

Wettkampf 31 - 400m Freistil weiblich

Jahrgang 2016

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1.	Lexi Büngener 50m: 00:44,74 (00:44,74) 100m: 01:34,59 (00:49,85) 150m: 02:24,87 (00:50,28) 200m: 03:14,67 (00:49,80) 250m: 04:05,08 (00:50,41) 300m: 04:56,33 (00:51,25) 350m: 05:45,73 (00:49,40) 400m: 06:33,74 (00:48,01)	2016	SVD Tria Kettwig	06:33,74	6
2.	Sophie Peikert 50m: 00:44,45 (00:44,45) 100m: 01:37,35 (00:52,90) 150m: 02:29,55 (00:52,20) 200m: 03:23,41 (00:53,86) 250m: 04:16,42 (00:53,01) 300m: 05:09,82 (00:53,40) 350m: 06:02,77 (00:52,95) 400m: 06:50,34 (00:47,57)	2016	SG Ruhr	06:50,34	3
3.	Lara Wiemers 50m: 00:46,61 (00:46,61) 100m: 01:40,78 (00:54,17) 150m: 02:35,45 (00:54,67) 200m: 03:30,24 (00:54,79) 250m: 04:25,14 (00:54,90) 300m: 05:19,22 (00:54,08) 350m: 06:11,48 (00:52,26) 400m: 06:59,47 (00:47,99)	2016	Uerdinger SV	06:59,47	1

Jahrgang 2015

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1.	Carla Hellfeier 50m: 00:39,78 (00:39,78) 100m: 01:24,59 (00:44,81) 150m: 02:11,52 (00:46,93) 200m: 02:58,35 (00:46,83) 250m: 03:46,70 (00:48,35) 300m: 04:32,38 (00:45,68) 350m: 05:20,42 (00:48,04) 400m: 06:03,44 (00:43,02)	2015	Uerdinger SV	06:03,44	6
2.	Sophia Mayer 50m: 00:40,91 (00:40,91) 100m: 01:28,52 (00:47,61) 150m: 02:16,11 (00:47,59) 200m: 03:05,50 (00:49,39) 250m: 03:52,52 (00:47,02) 300m: 04:40,34 (00:47,82) 350m: 05:26,60 (00:46,26) 400m: 06:07,85 (00:41,25)	2015	Uerdinger SV	06:07,85	5
3.	Fraja Freudenberg 50m: 00:44,34 (00:44,34) 100m: 01:33,63 (00:49,29) 150m: 02:26,88 (00:53,25) 200m: 03:17,97 (00:51,09) 250m: 04:11,26 (00:53,29) 300m: 05:03,16 (00:51,90) 350m: 05:55,76 (00:52,60) 400m: 06:43,46 (00:47,70)	2015	WASPO Blau Gelb Delphin Bochum	06:43,46	
4.	Jana Lyding 50m: 00:44,52 (00:44,52) 100m: 01:36,76 (00:52,24) 150m: 02:28,95 (00:52,19) 200m: 03:22,46 (00:53,51) 250m: 04:14,31 (00:51,85) 300m: 05:06,84 (00:52,53) 350m: 05:59,22 (00:52,38) 400m: 06:49,27 (00:50,05)	2015	SG Ruhr	06:49,27	

Jahrgang 2014

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1.	Yade Yurt 50m: 00:37,17 (00:37,17) 100m: 01:18,43 (00:41,26) 150m: 02:01,40 (00:42,97) 200m: 02:45,90 (00:44,50) 250m: 03:29,22 (00:43,32) 300m: 04:14,02 (00:44,80) 350m: 04:57,19 (00:43,17) 400m: 05:40,00 (00:42,81)	2014	Uerdinger SV	05:40,00	6
2.	Milou Goluch 50m: 00:43,92 (00:43,92) 100m: 01:34,90 (00:50,98) 150m: 02:25,04 (00:50,14) 200m: 03:16,01 (00:50,97) 250m: 04:07,75 (00:51,74) 300m: 04:58,77 (00:51,02) 350m: 05:49,30 (00:50,53) 400m: 06:38,42 (00:49,12)	2014	Uerdinger SV	06:38,42	

Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1.	Alexandra Cremers 50m: 00:35,48 (00:35,48) 100m: 01:14,76 (00:39,28) 150m: 01:56,64 (00:41,88) 200m: 02:36,65 (00:40,01) 250m: 03:19,66 (00:43,01) 300m: 04:01,19 (00:41,53) 350m: 04:43,59 (00:42,40) 400m: 05:18,11 (00:34,52)	2013	Uerdinger SV	05:18,11	8

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noch Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
2.	Elisa Becker 50m: 00:38,89 (00:38,89) 100m: 01:24,58 (00:45,69) 150m: 02:10,26 (00:45,68) 200m: 02:55,99 (00:45,73) 250m: 03:41,21 (00:45,22) 300m: 04:27,33 (00:46,12) 350m: 05:11,79 (00:44,46) 400m: 05:55,84 (00:44,05)	2013	Uerdinger SV	05:55,84	
3.	Sofia Grieser 50m: 00:38,70 (00:38,70) 100m: 01:23,83 (00:45,13) 150m: 02:09,30 (00:45,47) 200m: 02:55,52 (00:46,22) 250m: 03:41,68 (00:46,16) 300m: 04:27,83 (00:46,15) 350m: 05:12,67 (00:44,84) 400m: 05:56,96 (00:44,29)	2013	SV Westfalen Hagen	05:56,96	
4.	Louisa Mescher 50m: 00:37,45 (00:37,45) 100m: 01:22,06 (00:44,61) 150m: 02:08,04 (00:45,98) 200m: 02:54,79 (00:46,75) 250m: 03:40,74 (00:45,95) 300m: 04:27,31 (00:46,57) 350m: 05:13,14 (00:45,83) 400m: 05:57,24 (00:44,10)	2013	SV Steele	05:57,24	
5.	Carla Isabel Becker 50m: 00:40,56 (00:40,56) 100m: 01:27,08 (00:46,52) 150m: 02:14,44 (00:47,36) 200m: 03:01,80 (00:47,36) 250m: 03:49,06 (00:47,26) 300m: 04:35,86 (00:46,80) 350m: 05:20,31 (00:44,45) 400m: 06:00,29 (00:39,98)	2013	Uerdinger SV	06:00,29	
6.	Johanna Schwarz 50m: 00:39,29 (00:39,29) 100m: 01:23,97 (00:44,68) 150m: 02:11,51 (00:47,54) 200m: 02:59,57 (00:48,06) 250m: 03:47,17 (00:47,60) 300m: 04:35,04 (00:47,87) 350m: 05:22,94 (00:47,90) 400m: 06:05,66 (00:42,72)	2013	TV Grüne Linde	06:05,66	

Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1.	Melissa Korutschka 50m: 00:33,93 (00:33,93) 100m: 01:12,79 (00:38,86) 150m: 01:52,24 (00:39,45) 200m: 02:32,75 (00:40,51) 250m: 03:13,00 (00:40,25) 300m: 03:53,31 (00:40,31) 350m: 04:33,94 (00:40,63) 400m: 05:11,32 (00:37,38)	2012	TSG Stadtbergen	05:11,32	6
2.	Julia Lesniak 50m: 00:34,21 (00:34,21) 100m: 01:13,49 (00:39,28) 150m: 01:54,50 (00:41,01) 200m: 02:33,95 (00:39,45) 250m: 03:16,26 (00:42,31) 300m: 03:55,99 (00:39,73) 350m: 04:35,66 (00:39,67) 400m: 05:11,45 (00:35,79)	2012	UKS G8 Warschau	05:11,45	6
3.	Jana Kosche 50m: 00:35,58 (00:35,58) 100m: 01:15,18 (00:39,60) 150m: 01:55,63 (00:40,45) 200m: 02:35,71 (00:40,08) 250m: 03:16,72 (00:41,01) 300m: 03:56,80 (00:40,08) 350m: 04:36,64 (00:39,84) 400m: 05:13,75 (00:37,11)	2012	Uerdinger SV	05:13,75	6
4.	Mira Ohrt 50m: 00:34,92 (00:34,92) 100m: 01:15,45 (00:40,53) 150m: 01:56,60 (00:41,15) 200m: 02:38,67 (00:42,07) 250m: 03:20,06 (00:41,39) 300m: 04:01,37 (00:41,31) 350m: 04:42,49 (00:41,12) 400m: 05:21,23 (00:38,74)	2012	SG Ruhr	05:21,23	4
5.	Nike Diehl 50m: 00:35,03 (00:35,03) 100m: 01:15,08 (00:40,05) 150m: 01:56,47 (00:41,39) 200m: 02:38,40 (00:41,93) 250m: 03:20,08 (00:41,68) 300m: 04:01,84 (00:41,76) 350m: 04:43,26 (00:41,42) 400m: 05:21,86 (00:38,60)	2012	Team Bochum	05:21,86	3
6.	Hannah Katharina Dolny 50m: 00:35,38 (00:35,38) 100m: 01:16,35 (00:40,97) 150m: 01:59,16 (00:42,81) 200m: 02:41,95 (00:42,79) 250m: 03:23,80 (00:41,85) 300m: 04:06,63 (00:42,83) 350m: 04:49,86 (00:43,23) 400m: 05:29,45 (00:39,59)	2012	SV Steele	05:29,45	2
7.	Sarah Becker 50m: 00:37,56 (00:37,56) 100m: 01:21,19 (00:43,63) 150m: 02:05,75 (00:44,56) 200m: 02:50,92 (00:45,17) 250m: 03:35,98 (00:45,06) 300m: 04:22,58 (00:46,60) 350m: 05:07,95 (00:45,37) 400m: 05:50,91 (00:42,96)	2012	WASPO Blau Gelb Delphin Bochum	05:50,91	

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noch Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
8.	Katharina Feldhoff <i>50m: 00:37,17 (00:37,17) 100m: 01:21,42 (00:44,25) 150m: 02:07,95 (00:46,53) 200m: 02:55,09 (00:47,14) 250m: 03:41,50 (00:46,41) 300m: 04:27,17 (00:45,67) 350m: 05:13,21 (00:46,04) 400m: 05:55,70 (00:42,49)</i>	2012	SVD Tria Kettwig	05:55,70	
	nicht am Start				
	Carlotta Amalia Nadler	2012	SV Westfalen Hagen		
	Clara Spannagel	2012	SV Westfalen Hagen		

Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1.	Laura Isabel Hansen <i>50m: 00:34,57 (00:34,57) 100m: 01:14,56 (00:39,99) 150m: 01:54,90 (00:40,34) 200m: 02:35,09 (00:40,19) 250m: 03:15,94 (00:40,85) 300m: 03:57,53 (00:41,59) 350m: 04:36,29 (00:38,76) 400m: 05:12,43 (00:36,14)</i>	2011	Team Bochum	05:12,43	4
2.	Emilia Scholz <i>50m: 00:34,95 (00:34,95) 100m: 01:16,33 (00:41,38) 150m: 01:58,41 (00:42,08) 200m: 02:40,34 (00:41,93) 250m: 03:22,71 (00:42,37) 300m: 04:04,11 (00:41,40) 350m: 04:44,18 (00:40,07) 400m: 05:21,37 (00:37,19)</i>	2011	SB Delphin Augsburg	05:21,37	2
3.	Frida Hannes <i>50m: 00:40,71 (00:40,71) 100m: 01:26,88 (00:46,17) 150m: 02:14,04 (00:47,16) 200m: 03:01,91 (00:47,87) 250m: 03:49,97 (00:48,06) 300m: 04:38,01 (00:48,04) 350m: 05:25,39 (00:47,38) 400m: 06:10,11 (00:44,72)</i>	2011	Linden-Dahlhauser SV	06:10,11	

Jahrgang 2010

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1.	Thea Treute <i>50m: 00:37,64 (00:37,64) 100m: 01:20,70 (00:43,06) 150m: 02:06,06 (00:45,36) 200m: 02:51,64 (00:45,58) 250m: 03:38,34 (00:46,70) 300m: 04:23,72 (00:45,38) 350m: 05:09,46 (00:45,74) 400m: 05:51,86 (00:42,40)</i>	2010	SV Steele	05:51,86	

Jahrgang 2009 und älter

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1.	Lucy Riese <i>50m: 00:32,90 (00:32,90) 100m: 01:11,10 (00:38,20) 150m: 01:49,30 (00:38,20) 200m: 02:28,40 (00:39,10) 250m: 03:07,03 (00:38,63) 300m: 03:46,40 (00:39,37) 350m: 04:25,00 (00:38,60) 400m: 05:02,83 (00:37,83)</i>	2004	SV Steele	05:02,83	2
2.	Hanna Maringer <i>50m: 00:36,90 (00:36,90) 100m: 01:17,13 (00:40,23) 150m: 02:00,05 (00:42,92) 200m: 02:42,62 (00:42,57) 250m: 03:26,54 (00:43,92) 300m: 04:10,05 (00:43,51) 350m: 04:54,35 (00:44,30) 400m: 05:37,50 (00:43,15)</i>	2008	Schwimmverein Wasserhelden	05:37,50	
3.	Annekathrin Gawlick <i>50m: 00:39,70 (00:39,70) 100m: 01:24,59 (00:44,89) 150m: 02:11,14 (00:46,55) 200m: 02:57,77 (00:46,63) 250m: 03:44,05 (00:46,28) 300m: 04:30,78 (00:46,73) 350m: 05:15,38 (00:44,60) 400m: 05:56,69 (00:41,31)</i>	2009	Linden-Dahlhauser SV	05:56,69	
4.	Julie Delphine Eggels <i>50m: 00:38,50 (00:38,50) 100m: 01:22,41 (00:43,91) 150m: 02:10,62 (00:48,21) 200m: 03:01,06 (00:50,44) 250m: 03:53,05 (00:51,99) 300m: 04:43,83 (00:50,78) 350m: 05:35,93 (00:52,10) 400m: 06:25,24 (00:49,31)</i>	2009	TSV Gruiten	06:25,24	



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noch Jahrgang 2009 und älter

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
5.	Nele Overhage	2009	Schwimmverein Wasserhelden	06:40,98	
50m: 00:41,93 (00:41,93) 100m: 01:29,52 (00:47,59) 150m: 02:19,75 (00:50,23)					
200m: 03:10,90 (00:51,15) 250m: 04:03,59 (00:52,69) 300m: 04:56,48 (00:52,89)					
350m: 05:50,39 (00:53,91) 400m: 06:40,98 (00:50,59)					