

## Wettkampf 16 - 400 m Freistilschwimmen weiblich

### Pflichtzeiten

2007: 06:30,00 2006: 05:43,00 2005: 05:21,00

### Jahrgang 2007

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1. und Hessische Jahrgangsmeisterin 2017					
	Shari Asmar	2007	SCW Eschborn	05:24,56	377
	50m: 00:35,63 (00:35,63)   100m: 01:15,95 (00:40,32)   150m: 01:56,76 (00:40,81)   200m: 02:37,71 (00:40,95) 250m: 03:19,24 (00:41,53)   300m: 03:59,73 (00:40,49)   350m: 04:39,07 (00:39,34)   400m: 05:24,56 (00:45,49)				
2.	Maja-Melina Volz	2007	SG 1886 Weiterstadt	05:28,11	365
	50m: 00:35,87 (00:35,87)   100m: 01:16,90 (00:41,03)   150m: 01:58,58 (00:41,68)   200m: 02:40,90 (00:42,32) 250m: 03:23,55 (00:42,65)   300m: 04:06,76 (00:43,21)   350m: 04:48,51 (00:41,75)   400m: 05:28,11 (00:39,60)				
3.	Lil-Jane Dehmer	2007	SG Frankfurt	05:32,24	351
	50m: 00:36,87 (00:36,87)   100m: 01:18,11 (00:41,24)   150m: 01:59,94 (00:41,83)   200m: 02:42,38 (00:42,44) 250m: 03:25,05 (00:42,67)   300m: 04:08,05 (00:43,00)   350m: 04:50,86 (00:42,81)   400m: 05:32,24 (00:41,38)				
4.	Lilith Bethke	2007	SG Hessen Nord	05:33,07	349
	50m: 00:36,75 (00:36,75)   100m: 01:17,74 (00:40,99)   150m: 02:00,12 (00:42,38)   200m: 02:43,12 (00:43,00) 250m: 03:26,22 (00:43,10)   300m: 04:09,58 (00:43,36)   350m: 04:51,79 (00:42,21)   400m: 05:33,07 (00:41,28)				
5.	Wiktoria Cygan	2007	Wfr. Fechenheim	05:42,02	322
	50m: 00:39,03 (00:39,03)   100m: 01:23,36 (00:44,33)   150m: 02:07,62 (00:44,26)   200m: 02:51,56 (00:43,94) 250m: 03:35,20 (00:43,64)   300m: 04:18,78 (00:43,58)   350m: 05:02,48 (00:43,70)   400m: 05:42,02 (00:39,54)				
6.	Leni Volk	2007	SCW Eschborn	05:43,94	317
	50m: 00:37,70 (00:37,70)   100m: 01:21,52 (00:43,82)   150m: 02:06,51 (00:44,99)   200m: 02:51,17 (00:44,66) 250m: 03:36,02 (00:44,85)   300m: 04:20,04 (00:44,02)   350m: 05:03,08 (00:43,04)   400m: 05:43,94 (00:40,86)				
7.	Lilly Seiler	2007	TV Wetzlar	05:47,03	308
	50m: 00:38,24 (00:38,24)   100m: 01:21,46 (00:43,22)   150m: 02:05,27 (00:43,81)   200m: 02:49,39 (00:44,12) 250m: 03:33,99 (00:44,60)   300m: 04:19,44 (00:45,45)   350m: 05:03,69 (00:44,25)   400m: 05:47,03 (00:43,34)				
8.	Marie Strohalm	2007	SCW Eschborn	05:51,82	296
	50m: 00:38,19 (00:38,19)   100m: 01:21,44 (00:43,25)   150m: 02:06,26 (00:44,82)   200m: 02:51,14 (00:44,88) 250m: 03:36,25 (00:45,11)   300m: 04:22,38 (00:46,13)   350m: 05:07,74 (00:45,36)   400m: 05:51,82 (00:44,08)				
9.	Lara-Sophie Stahl	2007	SC Wiesbaden 1911	05:52,90	293
	50m: 00:38,36 (00:38,36)   100m: 01:22,56 (00:44,20)   150m: 02:07,69 (00:45,13)   200m: 02:53,14 (00:45,45) 250m: 03:39,12 (00:45,98)   300m: 04:24,75 (00:45,63)   350m: 05:09,08 (00:44,33)   400m: 05:52,90 (00:43,82)				
10.	Laura Bachmann	2007	SC Oberursel	05:53,14	292
	50m: 00:40,95 (00:40,95)   100m: 01:26,17 (00:45,22)   150m: 02:13,03 (00:46,86)   200m: 02:59,47 (00:46,44) 250m: 03:44,08 (00:44,61)   300m: 04:28,21 (00:44,13)   350m: 05:12,17 (00:43,96)   400m: 05:53,14 (00:40,97)				
11.	Toni Elisa Heymann	2007	Hofheimer SC	05:58,43	280
	50m: 00:37,93 (00:37,93)   100m: 01:22,76 (00:44,83)   150m: 02:07,96 (00:45,20)   200m: 02:54,66 (00:46,70) 250m: 03:40,75 (00:46,09)   300m: 04:27,36 (00:46,61)   350m: 05:14,39 (00:47,03)   400m: 05:58,43 (00:44,04)				
12.	Luka-Viktoria Bornemann	2007	Hofheimer SC	06:04,38	266
	50m: 00:39,95 (00:39,95)   100m: 01:26,05 (00:46,10)   150m: 02:12,69 (00:46,64)   200m: 02:59,49 (00:46,80) 250m: 03:46,72 (00:47,23)   300m: 04:34,18 (00:47,46)   350m: 05:21,23 (00:47,05)   400m: 06:04,38 (00:43,15)				
13.	Anna- Lucia Rogall	2007	SG Frankfurt	06:09,29	256
	50m: 00:39,74 (00:39,74)   100m: 01:25,79 (00:46,05)   150m: 02:12,88 (00:47,09)   200m: 03:00,08 (00:47,20) 250m: 03:47,60 (00:47,52)   300m: 04:35,34 (00:47,74)   350m: 05:22,92 (00:47,58)   400m: 06:09,29 (00:46,37)				
14.	Ida Fiedler	2007	SG Frankfurt	06:12,15	250
	50m: 00:41,76 (00:41,76)   100m: 01:28,38 (00:46,62)   150m: 02:15,79 (00:47,41)   200m: 03:04,89 (00:49,10) 250m: 03:53,65 (00:48,76)   300m: 04:40,60 (00:46,95)   350m: 05:28,43 (00:47,83)   400m: 06:12,15 (00:43,72)				
15.	Elise Andrea Pohl	2007	Aqua Sports Eschborn	06:13,53	247
	50m: 00:41,84 (00:41,84)   100m: 01:30,02 (00:48,18)   150m: 02:18,38 (00:48,36)   200m: 03:06,59 (00:48,21) 250m: 03:54,72 (00:48,13)   300m: 04:42,21 (00:47,49)   350m: 05:29,72 (00:47,51)   400m: 06:13,53 (00:43,81)				



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## noch Wettkampf 16 - 400 m Freistilschwimmen weiblich

noch Jahrgang 2007

Platz	Schwimmerin	Jg.	Verein	Endzeit	
16.	Hannah Tiara Clarke	2007	SV Delphin Wiesbaden e.V.	06:14,42	245
	50m: 00:41,83 (00:41,83)   100m: 01:29,86 (00:48,03)   150m: 02:18,49 (00:48,63)   200m: 03:06,95 (00:48,46) 250m: 03:53,41 (00:46,46)   300m: 04:42,30 (00:48,89)   350m: 05:30,29 (00:47,99)   400m: 06:14,42 (00:44,13)				
17.	Mira Lentge	2007	Hofheimer SC	06:18,97	236
	50m: 00:40,08 (00:40,08)   100m: 01:26,43 (00:46,35)   150m: 02:15,21 (00:48,78)   200m: 03:04,59 (00:49,38) 250m: 03:53,82 (00:49,23)   300m: 04:43,45 (00:49,63)   350m: 05:32,53 (00:49,08)   400m: 06:18,97 (00:46,44)				
	<u>abgemeldet</u>				
	Fabienne Krenzer	2007	Wassersport-Hünfeld		EnM

Jahrgang 2006

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1. und Hessische Jahrgangsmeisterin 2017					
	Lara Mrozinski	2006	TV 1862 Langen e.V.	05:11,78	425
	50m: 00:35,32 (00:35,32)   100m: 01:15,18 (00:39,86)   150m: 01:54,36 (00:39,18)   200m: 02:34,27 (00:39,91) 250m: 03:13,73 (00:39,46)   300m: 03:53,93 (00:40,20)   350m: 04:33,49 (00:39,56)   400m: 05:11,78 (00:38,29)				
2.	Arina Balzer	2006	Erster Offenbacher SC	05:21,16	389
	50m: 00:35,96 (00:35,96)   100m: 01:16,14 (00:40,18)   150m: 01:56,64 (00:40,50)   200m: 02:37,44 (00:40,80) 250m: 03:18,99 (00:41,55)   300m: 04:00,22 (00:41,23)   350m: 04:41,76 (00:41,54)   400m: 05:21,16 (00:39,40)				
3.	Emma Nikles	2006	TV Wetzlar	05:23,87	379
	50m: 00:36,84 (00:36,84)   100m: 01:17,77 (00:40,93)   150m: 01:59,94 (00:42,17)   200m: 02:41,05 (00:41,11) 250m: 03:22,89 (00:41,84)   300m: 04:04,97 (00:42,08)   350m: 04:46,48 (00:41,51)   400m: 05:23,87 (00:37,39)				
4.	Maret Müller	2006	Hofheimer SC	05:27,98	365
	50m: 00:36,59 (00:36,59)   100m: 01:17,72 (00:41,13)   150m: 01:59,63 (00:41,91)   200m: 02:41,87 (00:42,24) 250m: 03:24,72 (00:42,85)   300m: 04:06,91 (00:42,19)   350m: 04:48,31 (00:41,40)   400m: 05:27,98 (00:39,67)				
5.	Emily Jane Phelan	2006	SCW Eschborn	05:29,15	361
	50m: 00:37,40 (00:37,40)   100m: 01:19,59 (00:42,19)   150m: 02:01,53 (00:41,94)   200m: 02:43,46 (00:41,93) 250m: 03:25,89 (00:42,43)   300m: 04:07,47 (00:41,58)   350m: 04:48,89 (00:41,42)   400m: 05:29,15 (00:40,26)				
6.	Emma Heierhoff	2006	SC Wiesbaden 1911	05:30,70	356
	50m: 00:38,44 (00:38,44)   100m: 01:20,33 (00:41,89)   150m: 02:02,49 (00:42,16)   200m: 02:45,08 (00:42,59) 250m: 03:26,91 (00:41,83)   300m: 04:08,94 (00:42,03)   350m: 04:50,92 (00:41,98)   400m: 05:30,70 (00:39,78)				
7.	Sophie Hauptmann	2006	Wassersportverein 1923 Offenbach e.V.	05:32,01	352
	50m: 00:39,06 (00:39,06)   100m: 01:20,94 (00:41,88)   150m: 02:03,20 (00:42,26)   200m: 02:45,90 (00:42,70) 250m: 03:28,65 (00:42,75)   300m: 04:11,29 (00:42,64)   350m: 04:53,63 (00:42,34)   400m: 05:32,01 (00:38,38)				
8.	Jasmin Sina	2006	SG Frankfurt	05:41,03	325
	50m: 00:37,74 (00:37,74)   100m: 01:20,19 (00:42,45)   150m: 02:03,63 (00:43,44)   200m: 02:47,38 (00:43,75) 250m: 03:31,21 (00:43,83)   300m: 04:15,87 (00:44,66)   350m: 04:59,37 (00:43,50)   400m: 05:41,03 (00:41,66)				
9.	Charlotte Uherek	2006	SC Undina Bruchköbel 90	05:41,54	323
	50m: 00:38,15 (00:38,15)   100m: 01:20,51 (00:42,36)   150m: 02:03,29 (00:42,78)   200m: 02:46,32 (00:43,03) 250m: 03:30,35 (00:44,03)   300m: 04:14,17 (00:43,82)   350m: 04:58,19 (00:44,02)   400m: 05:41,54 (00:43,35)				
	<u>nicht am Start</u>				
	Larissa Sina	2006	SG Frankfurt		EnM
	<u>abgemeldet</u>				
	Greta Wappenschmidt	2006	SCW Eschborn		EnM



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**noch Wettkampf 16 - 400 m Freistilschwimmen weiblich**

Jahrgang 2005

<b>Platz</b>	<b>Schwimmerin</b>	<b>Jg.</b>	<b>Verein</b>	<b>Endzeit</b>	
<b>1. und Hessische Jahrgangsmeisterin 2017</b>					
	Rianne Rose	2005	TV 1843 Dillenburg	04:37,56	603
	50m: 00:30,97 (00:30,97)   100m: 01:05,42 (00:34,45)   150m: 01:40,59 (00:35,17)   200m: 02:16,03 (00:35,44) 250m: 02:51,81 (00:35,78)   300m: 03:27,49 (00:35,68)   350m: 04:02,75 (00:35,26)   400m: 04:37,56 (00:34,81)				
2.	Nicola Schmitz	2005	SG Frankfurt	04:50,68	525
	50m: 00:31,93 (00:31,93)   100m: 01:08,15 (00:36,22)   150m: 01:44,54 (00:36,39)   200m: 02:21,55 (00:37,01) 250m: 02:58,66 (00:37,11)   300m: 03:36,21 (00:37,55)   350m: 04:13,87 (00:37,66)   400m: 04:50,68 (00:36,81)				
3.	Valentina Barreto Fabian	2005	Wfr. Fechenheim	04:55,87	498
	50m: 00:34,07 (00:34,07)   100m: 01:11,63 (00:37,56)   150m: 01:49,32 (00:37,69)   200m: 02:26,99 (00:37,67) 250m: 03:04,41 (00:37,42)   300m: 03:42,11 (00:37,70)   350m: 04:19,45 (00:37,34)   400m: 04:55,87 (00:36,42)				
4.	Kira Herzberger	2005	TSV Eintracht Stadtallendorf	05:07,47	443
	50m: 00:35,30 (00:35,30)   100m: 01:14,42 (00:39,12)   150m: 01:53,49 (00:39,07)   200m: 02:32,68 (00:39,19) 250m: 03:11,25 (00:38,57)   300m: 03:50,11 (00:38,86)   350m: 04:29,56 (00:39,45)   400m: 05:07,47 (00:37,91)				
5.	Mia-Antonia Volz	2005	SG 1886 Weiterstadt	05:09,48	435
	50m: 00:34,98 (00:34,98)   100m: 01:14,73 (00:39,75)   150m: 01:55,17 (00:40,44)   200m: 02:35,71 (00:40,54) 250m: 03:16,03 (00:40,32)   300m: 03:56,13 (00:40,10)   350m: 04:34,15 (00:38,02)   400m: 05:09,48 (00:35,33)				
6.	Nele Kühn	2005	SC Wiesbaden 1911	05:10,10	432
	50m: 00:34,92 (00:34,92)   100m: 01:13,63 (00:38,71)   150m: 01:52,80 (00:39,17)   200m: 02:32,28 (00:39,48) 250m: 03:12,80 (00:40,52)   300m: 03:53,01 (00:40,21)   350m: 04:32,59 (00:39,58)   400m: 05:10,10 (00:37,51)				
7.	Vivien Michelle Novy	2005	SG Wetterau	05:12,48	422
	50m: 00:35,62 (00:35,62)   100m: 01:15,07 (00:39,45)   150m: 01:54,88 (00:39,81)   200m: 02:34,76 (00:39,88) 250m: 03:14,41 (00:39,65)   300m: 03:54,41 (00:40,00)   350m: 04:34,22 (00:39,81)   400m: 05:12,48 (00:38,26)				
8.	Assal Bonakdar	2005	Wfr. Fechenheim	05:13,14	420
	50m: 00:35,95 (00:35,95)   100m: 01:16,29 (00:40,34)   150m: 01:56,22 (00:39,93)   200m: 02:36,15 (00:39,93) 250m: 03:15,98 (00:39,83)   300m: 03:55,51 (00:39,53)   350m: 04:35,03 (00:39,52)   400m: 05:13,14 (00:38,11)				
9.	Emilia Manafov	2005	DSW 1912 Darmstadt e.V.	05:16,17	408
	50m: 00:34,76 (00:34,76)   100m: 01:13,46 (00:38,70)   150m: 01:52,84 (00:39,38)   200m: 02:32,68 (00:39,84) 250m: 03:12,99 (00:40,31)   300m: 03:54,61 (00:41,62)   350m: 04:36,03 (00:41,42)   400m: 05:16,17 (00:40,14)				
10.	Lenja Hessberger	2005	SV Gelnhausen 1924 e.V.	05:24,64	376
	50m: 00:35,74 (00:35,74)   100m: 01:17,76 (00:42,02)   150m: 01:59,15 (00:41,39)   200m: 02:40,41 (00:41,26) 250m: 03:22,51 (00:42,10)   300m: 04:03,54 (00:41,03)   350m: 04:45,19 (00:41,65)   400m: 05:24,64 (00:39,45)				

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