

Wettkampf 19 - 400m Lagen weiblich

Pflichtzeiten

2010 bis 2012: 05:38,00 2009: 05:41,00 2008 und älter: 05:38,00

Jahrgang 2009

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1. und Hessische Jahrgangmeisterin 2022					
	Milena Auer	2009	DSW 1912 Darmstadt e.V.	05:21,86	520
	50m: 00:32,99 (00:32,99) 100m: 01:12,17 (00:39,18)				
	150m: 01:55,29 (00:43,12) 200m: 02:37,53 (00:42,24)				
	250m: 03:23,62 (00:46,09) 300m: 04:09,44 (00:45,82)				
	350m: 04:47,13 (00:37,69) 400m: 05:21,86 (00:34,73)				
2.	Marlene Tecklenburg	2009	SC Wiesbaden 1911	05:31,92	474
	50m: 00:34,19 (00:34,19) 100m: 01:15,52 (00:41,33)				
	150m: 01:58,80 (00:43,28) 200m: 02:40,49 (00:41,69)				
	250m: 03:29,53 (00:49,04) 300m: 04:18,69 (00:49,16)				
	350m: 04:56,25 (00:37,56) 400m: 05:31,92 (00:35,67)				

Jahrgang 2008

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1. und Hessische Jahrgangmeisterin 2022					
	Hannah Schneider	2008	Hofheimer SC	05:01,31	634
	50m: 00:32,21 (00:32,21) 100m: 01:08,96 (00:36,75)				
	150m: 01:49,14 (00:40,18) 200m: 02:29,22 (00:40,08)				
	250m: 03:10,39 (00:41,17) 300m: 03:52,47 (00:42,08)				
	350m: 04:27,71 (00:35,24) 400m: 05:01,31 (00:33,60)				
2.	Anna Theissen	2008	SG Frankfurt	05:19,79	530
	50m: 00:33,25 (00:33,25) 100m: 01:12,52 (00:39,27)				
	150m: 01:53,95 (00:41,43) 200m: 02:34,57 (00:40,62)				
	250m: 03:20,96 (00:46,39) 300m: 04:08,61 (00:47,65)				
	350m: 04:44,80 (00:36,19) 400m: 05:19,79 (00:34,99)				
3.	Synthia-Lia Chantzaras	2008	SG Frankfurt	05:20,63	526
	50m: 00:33,01 (00:33,01) 100m: 01:11,00 (00:37,99)				
	150m: 01:53,23 (00:42,23) 200m: 02:34,04 (00:40,81)				
	250m: 03:20,25 (00:46,21) 300m: 04:07,69 (00:47,44)				
	350m: 04:44,54 (00:36,85) 400m: 05:20,63 (00:36,09)				
4.	Lara Olson	2008	SG Frankfurt	05:31,61	476
	50m: 00:34,40 (00:34,40) 100m: 01:14,05 (00:39,65)				
	150m: 01:57,06 (00:43,01) 200m: 02:39,01 (00:41,95)				
	250m: 03:27,78 (00:48,77) 300m: 04:16,47 (00:48,69)				
	350m: 04:54,37 (00:37,90) 400m: 05:31,61 (00:37,24)				

Jahrgang 2007

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1. und Hessische Jahrgangmeisterin 2022					
	Marie Strohalm	2007	SG Frankfurt	04:59,64	645
	50m: 00:33,14 (00:33,14) 100m: 01:11,13 (00:37,99)				
	150m: 01:49,61 (00:38,48) 200m: 02:27,09 (00:37,48)				
	250m: 03:09,58 (00:42,49) 300m: 03:52,29 (00:42,71)				
	350m: 04:27,04 (00:34,75) 400m: 04:59,64 (00:32,60)				
2.	Janka Racz	2007	SC Wiesbaden 1911	05:08,25	592
	50m: 00:32,88 (00:32,88) 100m: 01:10,58 (00:37,70)				
	150m: 01:50,78 (00:40,20) 200m: 02:29,97 (00:39,19)				
	250m: 03:13,60 (00:43,63) 300m: 03:58,14 (00:44,54)				
	350m: 04:34,24 (00:36,10) 400m: 05:08,25 (00:34,01)				

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noch Jahrgang 2007

Platz	Schwimmerin	Jg.	Verein	Endzeit	
3.	Shari Asmar	2007	SG Frankfurt	05:21,62	521
	50m: 00:32,98 (00:32,98) 100m: 01:11,39 (00:38,41)				
	150m: 01:52,65 (00:41,26) 200m: 02:34,51 (00:41,86)				
	250m: 03:18,02 (00:43,51) 300m: 04:02,70 (00:44,68)				
	350m: 04:42,72 (00:40,02) 400m: 05:21,62 (00:38,90)				
4.	Natalie Raschke	2007	SG Frankfurt	05:32,86	470
	50m: 00:34,22 (00:34,22) 100m: 01:14,34 (00:40,12)				
	150m: 01:58,49 (00:44,15) 200m: 02:41,49 (00:43,00)				
	250m: 03:27,79 (00:46,30) 300m: 04:15,21 (00:47,42)				
	350m: 04:54,98 (00:39,77) 400m: 05:32,86 (00:37,88)				
5.	Rosa Nirschl	2007	SCW Eschborn	05:33,80	466
	50m: 00:34,37 (00:34,37) 100m: 01:15,70 (00:41,33)				
	150m: 01:58,95 (00:43,25) 200m: 02:40,98 (00:42,03)				
	250m: 03:29,08 (00:48,10) 300m: 04:16,73 (00:47,65)				
	350m: 04:55,57 (00:38,84) 400m: 05:33,80 (00:38,23)				

Jahrgang 2006

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1. und Hessische Jahrgangsmeisterin 2022					
	Lilia-Marie Bensalah	2006	SC Wiesbaden 1911	05:19,96	530
	50m: 00:34,52 (00:34,52) 100m: 01:14,56 (00:40,04)				
	150m: 01:57,67 (00:43,11) 200m: 02:38,83 (00:41,16)				
	250m: 03:22,73 (00:43,90) 300m: 04:08,56 (00:45,83)				
	350m: 04:45,44 (00:36,88) 400m: 05:19,96 (00:34,52)				
	<u>abgemeldet</u>				
	Emily Jane Phelan	2006	SCW Eschborn		EnM

Jahrgang 2005

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1. und Hessische Jahrgangsmeisterin 2022					
	Yvonne Prehn	2005	SC Wiesbaden 1911	04:58,78	650
	50m: 00:31,55 (00:31,55) 100m: 01:07,62 (00:36,07)				
	150m: 01:45,74 (00:38,12) 200m: 02:23,33 (00:37,59)				
	250m: 03:06,05 (00:42,72) 300m: 03:50,05 (00:44,00)				
	350m: 04:25,10 (00:35,05) 400m: 04:58,78 (00:33,68)				
2.	Lavinia Haber	2005	SCW Eschborn	05:22,67	516
	50m: 00:32,86 (00:32,86) 100m: 01:11,23 (00:38,37)				
	150m: 01:51,54 (00:40,31) 200m: 02:32,16 (00:40,62)				
	250m: 03:20,07 (00:47,91) 300m: 04:09,62 (00:49,55)				
	350m: 04:47,02 (00:37,40) 400m: 05:22,67 (00:35,65)				
3.	Jette Dollak	2005	Hofheimer SC	05:26,33	499
	50m: 00:34,47 (00:34,47) 100m: 01:15,80 (00:41,33)				
	150m: 01:59,35 (00:43,55) 200m: 02:40,88 (00:41,53)				
	250m: 03:26,03 (00:45,15) 300m: 04:12,64 (00:46,61)				
	350m: 04:50,70 (00:38,06) 400m: 05:26,33 (00:35,63)				

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Juniorinnen

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1. und Hessische Juniorenmeisterin 2022					
	Jana Schomann	2004	SV Gelnhausen 1924 e.V.	05:14,95	555
	50m: 00:33,35 (00:33,35) 100m: 01:11,73 (00:38,38)				
	150m: 01:52,10 (00:40,37) 200m: 02:31,94 (00:39,84)				
	250m: 03:17,17 (00:45,23) 300m: 04:02,97 (00:45,80)				
	350m: 04:39,55 (00:36,58) 400m: 05:14,95 (00:35,40)				
	<u>abgemeldet</u>				
	Helene Weber	2004	TV Wetzlar		EnM

Offene Wertung

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1. und Hessische Meisterin 2022					
	Yvonne Prehn	2005	SC Wiesbaden 1911	04:58,78	650
	50m: 00:31,55 (00:31,55) 100m: 01:07,62 (00:36,07)				
	150m: 01:45,74 (00:38,12) 200m: 02:23,33 (00:37,59)				
	250m: 03:06,05 (00:42,72) 300m: 03:50,05 (00:44,00)				
	350m: 04:25,10 (00:35,05) 400m: 04:58,78 (00:33,68)				
2.	Marie Strohalm	2007	SG Frankfurt	04:59,64	645
	50m: 00:33,14 (00:33,14) 100m: 01:11,13 (00:37,99)				
	150m: 01:49,61 (00:38,48) 200m: 02:27,09 (00:37,48)				
	250m: 03:09,58 (00:42,49) 300m: 03:52,29 (00:42,71)				
	350m: 04:27,04 (00:34,75) 400m: 04:59,64 (00:32,60)				
3.	Hannah Schneider	2008	Hofheimer SC	05:01,31	634
	50m: 00:32,21 (00:32,21) 100m: 01:08,96 (00:36,75)				
	150m: 01:49,14 (00:40,18) 200m: 02:29,22 (00:40,08)				
	250m: 03:10,39 (00:41,17) 300m: 03:52,47 (00:42,08)				
	350m: 04:27,71 (00:35,24) 400m: 05:01,31 (00:33,60)				
4.	Janka Racz	2007	SC Wiesbaden 1911	05:08,25	592
	50m: 00:32,88 (00:32,88) 100m: 01:10,58 (00:37,70)				
	150m: 01:50,78 (00:40,20) 200m: 02:29,97 (00:39,19)				
	250m: 03:13,60 (00:43,63) 300m: 03:58,14 (00:44,54)				
	350m: 04:34,24 (00:36,10) 400m: 05:08,25 (00:34,01)				
5.	Carolina Walch	2000	Hofheimer SC	05:11,41	574
	50m: 00:32,80 (00:32,80) 100m: 01:10,01 (00:37,21)				
	150m: 01:50,55 (00:40,54) 200m: 02:29,74 (00:39,19)				
	250m: 03:13,97 (00:44,23) 300m: 03:57,22 (00:43,25)				
	350m: 04:35,47 (00:38,25) 400m: 05:11,41 (00:35,94)				
6.	Jana Schomann	2004	SV Gelnhausen 1924 e.V.	05:14,95	555
	50m: 00:33,35 (00:33,35) 100m: 01:11,73 (00:38,38)				
	150m: 01:52,10 (00:40,37) 200m: 02:31,94 (00:39,84)				
	250m: 03:17,17 (00:45,23) 300m: 04:02,97 (00:45,80)				
	350m: 04:39,55 (00:36,58) 400m: 05:14,95 (00:35,40)				
7.	Anna Theissen	2008	SG Frankfurt	05:19,79	530
	50m: 00:33,25 (00:33,25) 100m: 01:12,52 (00:39,27)				
	150m: 01:53,95 (00:41,43) 200m: 02:34,57 (00:40,62)				
	250m: 03:20,96 (00:46,39) 300m: 04:08,61 (00:47,65)				
	350m: 04:44,80 (00:36,19) 400m: 05:19,79 (00:34,99)				
8.	Lilia-Marie Bensalah	2006	SC Wiesbaden 1911	05:19,96	530
	50m: 00:34,52 (00:34,52) 100m: 01:14,56 (00:40,04)				
	150m: 01:57,67 (00:43,11) 200m: 02:38,83 (00:41,16)				
	250m: 03:22,73 (00:43,90) 300m: 04:08,56 (00:45,83)				
	350m: 04:45,44 (00:36,88) 400m: 05:19,96 (00:34,52)				

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noch Offene Wertung

Platz	Schwimmerin	Jg.	Verein	Endzeit	
9.	Synthia-Lia Chantzaras	2008	SG Frankfurt	05:20,63	526
	50m: 00:33,01 (00:33,01) 100m: 01:11,00 (00:37,99) 150m: 01:53,23 (00:42,23) 200m: 02:34,04 (00:40,81) 250m: 03:20,25 (00:46,21) 300m: 04:07,69 (00:47,44) 350m: 04:44,54 (00:36,85) 400m: 05:20,63 (00:36,09)				
10.	Shari Asmar	2007	SG Frankfurt	05:21,62	521
	50m: 00:32,98 (00:32,98) 100m: 01:11,39 (00:38,41) 150m: 01:52,65 (00:41,26) 200m: 02:34,51 (00:41,86) 250m: 03:18,02 (00:43,51) 300m: 04:02,70 (00:44,68) 350m: 04:42,72 (00:40,02) 400m: 05:21,62 (00:38,90)				
11.	Milena Auer	2009	DSW 1912 Darmstadt e.V.	05:21,86	520
	50m: 00:32,99 (00:32,99) 100m: 01:12,17 (00:39,18) 150m: 01:55,29 (00:43,12) 200m: 02:37,53 (00:42,24) 250m: 03:23,62 (00:46,09) 300m: 04:09,44 (00:45,82) 350m: 04:47,13 (00:37,69) 400m: 05:21,86 (00:34,73)				
12.	Lavinia Haber	2005	SCW Eschborn	05:22,67	516
	50m: 00:32,86 (00:32,86) 100m: 01:11,23 (00:38,37) 150m: 01:51,54 (00:40,31) 200m: 02:32,16 (00:40,62) 250m: 03:20,07 (00:47,91) 300m: 04:09,62 (00:49,55) 350m: 04:47,02 (00:37,40) 400m: 05:22,67 (00:35,65)				
13.	Jette Dollak	2005	Hofheimer SC	05:26,33	499
	50m: 00:34,47 (00:34,47) 100m: 01:15,80 (00:41,33) 150m: 01:59,35 (00:43,55) 200m: 02:40,88 (00:41,53) 250m: 03:26,03 (00:45,15) 300m: 04:12,64 (00:46,61) 350m: 04:50,70 (00:38,06) 400m: 05:26,33 (00:35,63)				
14.	Lara Olson	2008	SG Frankfurt	05:31,61	476
	50m: 00:34,40 (00:34,40) 100m: 01:14,05 (00:39,65) 150m: 01:57,06 (00:43,01) 200m: 02:39,01 (00:41,95) 250m: 03:27,78 (00:48,77) 300m: 04:16,47 (00:48,69) 350m: 04:54,37 (00:37,90) 400m: 05:31,61 (00:37,24)				
15.	Marlene Tecklenburg	2009	SC Wiesbaden 1911	05:31,92	474
	50m: 00:34,19 (00:34,19) 100m: 01:15,52 (00:41,33) 150m: 01:58,80 (00:43,28) 200m: 02:40,49 (00:41,69) 250m: 03:29,53 (00:49,04) 300m: 04:18,69 (00:49,16) 350m: 04:56,25 (00:37,56) 400m: 05:31,92 (00:35,67)				