

Wettkampf 7 - 400m Lagen weiblich

Pflichtzeiten

1994 bis 1998: 06:47,00 1989 bis 1993: 06:48,00 1984 bis 1988: 07:01,00 1979 bis 1983: 07:18,00 1974 bis 1978: 07:21,00
 1969 bis 1973: 07:32,00 1964 bis 1968: 07:37,00 1959 bis 1963: 08:32,00 1954 bis 1958: 08:58,00 1949 bis 1953: 09:54,00
 1944 bis 1948: 10:00,00

AK 80

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1. und Internationale Deutsche Altersklassenmeisterin					
	Annamarie Lüdicke	1938/AK 80	TV Gut Heil Zerbst	09:05,96	921
	50m: 01:02,87 (01:02,87) 100m: 02:20,63 (01:17,76)				
	150m: 03:36,00 (01:15,37) 200m: 04:42,10 (01:06,10)				
	250m: 05:52,70 (01:10,60) 300m: 07:01,09 (01:08,39)				
	350m: 08:05,23 (01:04,14) 400m: 09:05,96 (01:00,73)				

AK 70

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1. und Internationale Deutsche Altersklassenmeisterin					
	Dietlind Weise	1948/AK 70	TG Kitzingen	08:30,67	533
	50m: 00:57,53 (00:57,53) 100m: 02:01,05 (01:03,52)				
	150m: 03:11,35 (01:10,30) 200m: 04:21,78 (01:10,43)				
	250m: 05:32,56 (01:10,78) 300m: 06:44,32 (01:11,76)				
	350m: 07:39,57 (00:55,25) 400m: 08:30,67 (00:51,10)				
2.	Marlies Fieguth	1948/AK 70	TPSV Enkenbach	08:56,09	461
	50m: 00:55,33 (00:55,33) 100m: 02:01,90 (01:06,57)				
	150m: 03:14,13 (01:12,23) 200m: 04:23,70 (01:09,57)				
	250m: 05:38,34 (01:14,64) 300m: 06:55,53 (01:17,19)				
	350m: 07:58,69 (01:03,16) 400m: 08:56,09 (00:57,40)				

AK 65

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1. und Internationale Deutsche Altersklassenmeisterin					
	Kristina Geuter	1952/AK 65	SSG Coburg	07:45,87	682
	50m: 00:49,81 (00:49,81) 100m: 01:51,72 (01:01,91)				
	150m: 02:52,54 (01:00,82) 200m: 03:50,47 (00:57,93)				
	250m: 04:54,73 (01:04,26) 300m: 06:00,81 (01:06,08)				
	350m: 06:54,33 (00:53,52) 400m: 07:45,87 (00:51,54)				
2.	Sabine Morche-Bloch	1950/AK 65	TSV Achim 1860	08:14,77	569
	50m: 00:49,43 (00:49,43) 100m: 01:49,18 (00:59,75)				
	150m: 02:56,06 (01:06,88) 200m: 04:00,67 (01:04,61)				
	250m: 05:09,24 (01:08,57) 300m: 06:19,26 (01:10,02)				
	350m: 07:18,38 (00:59,12) 400m: 08:14,77 (00:56,39)				
3.	Brigitte Weinzierl	1952/AK 65	SV Lohhof	08:40,26	490
	50m: 00:58,98 (00:58,98) 100m: 02:08,68 (01:09,70)				
	150m: 03:18,53 (01:09,85) 200m: 04:30,20 (01:11,67)				
	250m: 05:36,47 (01:06,27) 300m: 06:46,10 (01:09,63)				
	350m: 07:44,08 (00:57,98) 400m: 08:40,26 (00:56,18)				

AK 60

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1. und Internationale Deutsche Altersklassenmeisterin					
	Dorothea Jäger	1957/AK 60	SV Weixdorf e.V.	07:29,89	615
	50m: 00:46,60 (00:46,60) 100m: 01:42,15 (00:55,55)				
	150m: 02:44,54 (01:02,39) 200m: 03:42,68 (00:58,14)				
	250m: 04:45,03 (01:02,35) 300m: 05:47,43 (01:02,40)				
	350m: 06:39,02 (00:51,59) 400m: 07:29,89 (00:50,87)				

Gefördert durch:



----- Institutionelle Partner -----

----- Technische Pool Partner -----

----- Kooperationspartner -----

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AK 55

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1. und Internationale Deutsche Altersklassenmeisterin					
	Anna DeLozier	1963/AK 55	TPSV Enkenbach	06:13,83	919
	50m: 00:40,71 (00:40,71) 100m: 01:29,50 (00:48,79)				
	150m: 02:17,36 (00:47,86) 200m: 03:03,78 (00:46,42)				
	250m: 03:57,56 (00:53,78) 300m: 04:52,48 (00:54,92)				
	350m: 05:33,81 (00:41,33) 400m: 06:13,83 (00:40,02)				
2.	Dr. Ilona Radermacher	1960/AK 55	SG Mönchengladbach	07:00,09	648
	50m: 00:47,91 (00:47,91) 100m: 01:43,19 (00:55,28)				
	150m: 02:35,98 (00:52,79) 200m: 03:27,96 (00:51,98)				
	250m: 04:25,80 (00:57,84) 300m: 05:25,99 (01:00,19)				
	350m: 06:13,77 (00:47,78) 400m: 07:00,09 (00:46,32)				
3.	Elisabeth Lentz	1959/AK 55	SV Hellas Brühl	07:00,44	646
	50m: 00:41,92 (00:41,92) 100m: 01:34,75 (00:52,83)				
	150m: 02:30,37 (00:55,62) 200m: 03:24,11 (00:53,74)				
	250m: 04:25,96 (01:01,85) 300m: 05:26,65 (01:00,69)				
	350m: 06:14,21 (00:47,56) 400m: 07:00,44 (00:46,23)				
	<u>abgemeldet</u>				
	Gabriele Brkowski	1961/AK 55	SV Hagen 1894		

AK 50

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1. und Internationale Deutsche Altersklassenmeisterin					
	Claudia Thielemann	1968/AK 50	SG Bayer	05:43,31	941
	50m: 00:34,91 (00:34,91) 100m: 01:15,17 (00:40,26)				
	150m: 02:00,16 (00:44,99) 200m: 02:44,54 (00:44,38)				
	250m: 03:34,12 (00:49,58) 300m: 04:25,84 (00:51,72)				
	350m: 05:05,14 (00:39,30) 400m: 05:43,31 (00:38,17)				
2.	Sandra Stuhr	1968/AK 50	SG Wiste	06:06,73	772
	50m: 00:37,60 (00:37,60) 100m: 01:21,07 (00:43,47)				
	150m: 02:11,70 (00:50,63) 200m: 03:00,39 (00:48,69)				
	250m: 03:51,78 (00:51,39) 300m: 04:44,13 (00:52,35)				
	350m: 05:25,86 (00:41,73) 400m: 06:06,73 (00:40,87)				
3.	Ursula Schröck	1966/AK 50	SSV Lahr 1921	06:11,37	743
	50m: 00:38,05 (00:38,05) 100m: 01:22,45 (00:44,40)				
	150m: 02:13,36 (00:50,91) 200m: 03:03,05 (00:49,69)				
	250m: 03:54,71 (00:51,66) 300m: 04:45,98 (00:51,27)				
	350m: 05:28,95 (00:42,97) 400m: 06:11,37 (00:42,42)				
4.	Susanne Marschner	1964/AK 50	SC Delphin Ingolstadt	06:32,95	627
	50m: 00:42,14 (00:42,14) 100m: 01:30,73 (00:48,59)				
	150m: 02:24,70 (00:53,97) 200m: 03:13,74 (00:49,04)				
	250m: 04:07,57 (00:53,83) 300m: 05:03,48 (00:55,91)				
	350m: 05:48,58 (00:45,10) 400m: 06:32,95 (00:44,37)				
5.	Almuth Beduhn	1964/AK 50	1. Wetzlarer SV 1908	06:48,96	556
	50m: 00:40,23 (00:40,23) 100m: 01:29,08 (00:48,85)				
	150m: 02:26,55 (00:57,47) 200m: 03:19,15 (00:52,60)				
	250m: 04:19,02 (00:59,87) 300m: 05:18,74 (00:59,72)				
	350m: 06:04,53 (00:45,79) 400m: 06:48,96 (00:44,43)				
6.	Beate Petersen	1967/AK 50	Bad Homburger SC	07:02,29	505
	50m: 00:43,63 (00:43,63) 100m: 01:40,11 (00:56,48)				
	150m: 02:34,81 (00:54,70) 200m: 03:28,48 (00:53,67)				
	250m: 04:28,55 (01:00,07) 300m: 05:28,25 (00:59,70)				
	350m: 06:16,64 (00:48,39) 400m: 07:02,29 (00:45,65)				

Gefördert durch:



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noch AK 50

Platz	Schwimmerin	Jg.	Verein	Endzeit		
	Undine Botz	1965/AK 50	SV Hagen 1894	07:39,69	392	EnM
	50m: 00:51,05 (00:51,05) 100m: 01:51,63 (01:00,58)					
	150m: 02:48,96 (00:57,33) 200m: 03:45,57 (00:56,61)					
	250m: 04:49,77 (01:04,20) 300m: 05:52,86 (01:03,09)					
	350m: 06:49,06 (00:56,20) 400m: 07:39,69 (00:50,63)					
	<u>abgemeldet</u>					
	Silke Will	1965/AK 50	SV Mannheim			

AK 45

Platz	Schwimmerin	Jg.	Verein	Endzeit		
1. und Internationale Deutsche Altersklassenmeisterin						
	Tanja Kintrup	1973/AK 45	SC Wiking Herne 1921	05:55,68	818	
	50m: 00:35,85 (00:35,85) 100m: 01:17,38 (00:41,53)					
	150m: 02:05,04 (00:47,66) 200m: 02:52,52 (00:47,48)					
	250m: 03:43,70 (00:51,18) 300m: 04:35,78 (00:52,08)					
	350m: 05:15,90 (00:40,12) 400m: 05:55,68 (00:39,78)					
2.	Katja Hechel	1971/AK 45	SG Glems	06:09,17	731	
	50m: 00:39,78 (00:39,78) 100m: 01:26,30 (00:46,52)					
	150m: 02:13,44 (00:47,14) 200m: 03:00,68 (00:47,24)					
	250m: 03:54,65 (00:53,97) 300m: 04:46,41 (00:51,76)					
	350m: 05:28,43 (00:42,02) 400m: 06:09,17 (00:40,74)					
3.	Sandra Hornig	1971/AK 45	SG Odenwald	06:11,14	720	
	50m: 00:49,99 (00:49,99) 100m: 01:46,75 (00:56,76)					
	150m: 02:30,65 (00:43,90) 200m: 03:13,21 (00:42,56)					
	250m: 04:05,70 (00:52,49) 300m: 04:56,04 (00:50,34)					
	350m: 05:34,37 (00:38,33) 400m: 06:11,14 (00:36,77)					
4.	Inga Wagner	1973/AK 45	Hamburger SC	06:11,58	717	
	50m: 00:37,01 (00:37,01) 100m: 01:21,07 (00:44,06)					
	150m: 02:11,98 (00:50,91) 200m: 03:01,35 (00:49,37)					
	250m: 03:52,48 (00:51,13) 300m: 04:43,44 (00:50,96)					
	350m: 05:29,06 (00:45,62) 400m: 06:11,58 (00:42,52)					

AK 40

Platz	Schwimmerin	Jg.	Verein	Endzeit		
1. und Internationale Deutsche Altersklassenmeisterin						
	Franziska Fleck	1977/AK 40	SV Mannheim	05:32,60	928	
	50m: 00:33,35 (00:33,35) 100m: 01:11,56 (00:38,21)					
	150m: 01:56,38 (00:44,82) 200m: 02:40,49 (00:44,11)					
	250m: 03:26,95 (00:46,46) 300m: 04:14,82 (00:47,87)					
	350m: 04:54,35 (00:39,53) 400m: 05:32,60 (00:38,25)					
2.	Annett von Rekowski	1976/AK 40	SG Bayer	05:50,21	795	
	50m: 00:35,45 (00:35,45) 100m: 01:17,53 (00:42,08)					
	150m: 02:02,80 (00:45,27) 200m: 02:46,98 (00:44,18)					
	250m: 03:39,71 (00:52,73) 300m: 04:31,61 (00:51,90)					
	350m: 05:11,08 (00:39,47) 400m: 05:50,21 (00:39,13)					
3.	Eva Hoffmann	1974/AK 40	SV Hemer 1921	06:07,10	690	
	50m: 00:40,75 (00:40,75) 100m: 01:24,79 (00:44,04)					
	150m: 02:13,35 (00:48,56) 200m: 03:01,65 (00:48,30)					
	250m: 03:50,67 (00:49,02) 300m: 04:40,39 (00:49,72)					
	350m: 05:25,16 (00:44,77) 400m: 06:07,10 (00:41,94)					

Gefördert durch:



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----- Kooperationspartner -----

noch Wettkampf 7 - 400m Lagen weiblich

noch AK 40

Platz	Schwimmerin	Jg.	Verein	Endzeit	
4.	Heike Pleines	1974/AK 40	Aqua Sports Eschborn	06:17,36	635
	50m: 00:40,83 (00:40,83) 100m: 01:29,40 (00:48,57)				
	150m: 02:16,80 (00:47,40) 200m: 03:03,18 (00:46,38)				
	250m: 03:58,54 (00:55,36) 300m: 04:53,69 (00:55,15)				
	350m: 05:36,64 (00:42,95) 400m: 06:17,36 (00:40,72)				

AK 35

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1. und Internationale Deutsche Altersklassenmeisterin					
	Britta Weber	1982/AK 35	SV Neviges	05:44,00	821
	50m: 00:35,26 (00:35,26) 100m: 01:21,06 (00:45,80)				
	150m: 02:07,38 (00:46,32) 200m: 02:52,24 (00:44,86)				
	250m: 03:40,35 (00:48,11) 300m: 04:28,54 (00:48,19)				
	350m: 05:06,48 (00:37,94) 400m: 05:44,00 (00:37,52)				
2.	Sandra Cummerow	1980/AK 35	Berliner TSC	05:48,69	788
	50m: 00:35,10 (00:35,10) 100m: 01:14,34 (00:39,24)				
	150m: 02:01,20 (00:46,86) 200m: 02:46,60 (00:45,40)				
	250m: 03:39,74 (00:53,14) 300m: 04:32,35 (00:52,61)				
	350m: 05:12,00 (00:39,65) 400m: 05:48,69 (00:36,69)				
3.	Susan Przywara	1983/AK 35	SCW Eschborn	05:51,45	770
	50m: 00:35,40 (00:35,40) 100m: 01:19,66 (00:44,26)				
	150m: 02:06,51 (00:46,85) 200m: 02:50,66 (00:44,15)				
	250m: 03:40,48 (00:49,82) 300m: 04:29,88 (00:49,40)				
	350m: 05:11,55 (00:41,67) 400m: 05:51,45 (00:39,90)				
4.	Nina Heese	1979/AK 35	SGS Hamburg	05:56,15	740
	50m: 00:35,92 (00:35,92) 100m: 01:19,39 (00:43,47)				
	150m: 02:05,75 (00:46,36) 200m: 02:51,92 (00:46,17)				
	250m: 03:43,26 (00:51,34) 300m: 04:36,58 (00:53,32)				
	350m: 05:17,16 (00:40,58) 400m: 05:56,15 (00:38,99)				

AK 30

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1. und Internationale Deutsche Altersklassenmeisterin					
	Anna Spietzack	1987/AK 30	Swimteam HedDos	05:15,16	903
	50m: 00:32,81 (00:32,81) 100m: 01:10,11 (00:37,30)				
	150m: 01:51,82 (00:41,71) 200m: 02:32,46 (00:40,64)				
	250m: 03:17,08 (00:44,62) 300m: 04:02,32 (00:45,24)				
	350m: 04:39,23 (00:36,91) 400m: 05:15,16 (00:35,93)				
2.	Maïke Grösch	1984/AK 30	Zehlendorfer TSV v. 1888 e.V.	05:33,43	762
	50m: 00:33,76 (00:33,76) 100m: 01:13,27 (00:39,51)				
	150m: 01:57,99 (00:44,72) 200m: 02:40,73 (00:42,74)				
	250m: 03:30,67 (00:49,94) 300m: 04:20,12 (00:49,45)				
	350m: 04:57,70 (00:37,58) 400m: 05:33,43 (00:35,73)				
3.	Ulrike Thielemann	1986/AK 30	Flensburger Schwimmklub v. 1930 e.V.	06:07,88	568
	50m: 00:41,28 (00:41,28) 100m: 01:29,19 (00:47,91)				
	150m: 02:18,05 (00:48,86) 200m: 03:05,63 (00:47,58)				
	250m: 03:57,75 (00:52,12) 300m: 04:49,17 (00:51,42)				
	350m: 05:30,10 (00:40,93) 400m: 06:07,88 (00:37,78)				
4.	Rita Steger	1984/AK 30	SB Delphin 03 Augsburg	06:08,14	566
	50m: 00:38,36 (00:38,36) 100m: 01:23,90 (00:45,54)				
	150m: 02:12,66 (00:48,76) 200m: 02:59,41 (00:46,75)				
	250m: 03:53,06 (00:53,65) 300m: 04:47,28 (00:54,22)				
	350m: 05:28,28 (00:41,00) 400m: 06:08,14 (00:39,86)				

Gefördert durch:



----- Institutionelle Partner -----

----- Technische Pool Partner -----

----- Kooperationspartner -----

noch Wettkampf 7 - 400m Lagen weiblich

AK 25

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1. und Internationale Deutsche Altersklassenmeisterin					
	Johanna Ahmann	1993/AK 25	SC Hardtberg 1968	05:33,97	724
	50m: 00:32,22 (00:32,22) 100m: 01:09,38 (00:37,16)				
	150m: 01:55,28 (00:45,90) 200m: 02:39,46 (00:44,18)				
	250m: 03:29,16 (00:49,70) 300m: 04:18,43 (00:49,27)				
	350m: 04:56,49 (00:38,06) 400m: 05:33,97 (00:37,48)				
2.	Linda Neumann	1993/AK 25	Zehlendorfer TSV v. 1888 e.V.	05:35,28	715
	50m: 00:34,92 (00:34,92) 100m: 01:16,34 (00:41,42)				
	150m: 01:59,44 (00:43,10) 200m: 02:41,54 (00:42,10)				
	250m: 03:30,22 (00:48,68) 300m: 04:19,95 (00:49,73)				
	350m: 04:58,01 (00:38,06) 400m: 05:35,28 (00:37,27)				
3.	Deike Homeyer	1991/AK 25	SG Wiste	05:45,40	654
	50m: 00:36,32 (00:36,32) 100m: 01:17,34 (00:41,02)				
	150m: 02:01,69 (00:44,35) 200m: 02:46,83 (00:45,14)				
	250m: 03:33,72 (00:46,89) 300m: 04:22,25 (00:48,53)				
	350m: 05:04,31 (00:42,06) 400m: 05:45,40 (00:41,09)				
4.	Stephanie Meinig	1991/AK 25	ASC Göttingen von 1846 e.V.	06:01,70	570
	50m: 00:37,16 (00:37,16) 100m: 01:24,38 (00:47,22)				
	150m: 02:12,23 (00:47,85) 200m: 02:58,11 (00:45,88)				
	250m: 03:49,29 (00:51,18) 300m: 04:41,28 (00:51,99)				
	350m: 05:22,20 (00:40,92) 400m: 06:01,70 (00:39,50)				
5.	Ann Kristin Stein	1989/AK 25	Gießener SV	06:04,12	558
	50m: 00:36,72 (00:36,72) 100m: 01:20,96 (00:44,24)				
	150m: 02:11,17 (00:50,21) 200m: 02:59,00 (00:47,83)				
	250m: 03:48,91 (00:49,91) 300m: 04:40,21 (00:51,30)				
	350m: 05:25,04 (00:44,83) 400m: 06:04,12 (00:39,08)				
6.	Lisa Paukstadt	1991/AK 25	Hamburger SC	06:11,15	527
	50m: 00:39,17 (00:39,17) 100m: 01:26,23 (00:47,06)				
	150m: 02:16,67 (00:50,44) 200m: 03:04,01 (00:47,34)				
	250m: 03:57,75 (00:53,74) 300m: 04:51,73 (00:53,98)				
	350m: 05:33,00 (00:41,27) 400m: 06:11,15 (00:38,15)				
7.	Imke Mülder	1993/AK 25	SV Wfr. Völlen-Papenburg	06:24,46	474
	50m: 00:41,92 (00:41,92) 100m: 01:31,85 (00:49,93)				
	150m: 02:20,99 (00:49,14) 200m: 03:08,14 (00:47,15)				
	250m: 04:06,94 (00:58,80) 300m: 05:04,76 (00:57,82)				
	350m: 05:45,44 (00:40,68) 400m: 06:24,46 (00:39,02)				
8.	Julia Lampe	1989/AK 25	SG Elbe	06:25,77	470
	50m: 00:36,08 (00:36,08) 100m: 01:24,89 (00:48,81)				
	150m: 02:17,23 (00:52,34) 200m: 03:09,46 (00:52,23)				
	250m: 04:00,10 (00:50,64) 300m: 04:52,89 (00:52,79)				
	350m: 05:39,13 (00:46,24) 400m: 06:25,77 (00:46,64)				

AK 20

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1. und Internationale Deutsche Altersklassenmeisterin					
	Fiona Dengler-Harles	1997/AK 20	Mainzer Schwimmverein 01	05:18,85	830
	50m: 00:33,39 (00:33,39) 100m: 01:10,66 (00:37,27)				
	150m: 01:54,08 (00:43,42) 200m: 02:35,94 (00:41,86)				
	250m: 03:23,34 (00:47,40) 300m: 04:10,15 (00:46,81)				
	350m: 04:45,32 (00:35,17) 400m: 05:18,85 (00:33,53)				

Gefördert durch:



----- Institutionelle Partner -----

----- Technische Pool Partner -----

----- Kooperationspartner -----

noch Wettkampf 7 - 400m Lagen weiblich

noch AK 20

Platz	Schwimmerin	Jg.	Verein	Endzeit	
2.	Lea-Friederike Hackmann	1997/AK 20	SV Delphin Wiesbaden e.V.	05:26,77	771
	50m: 00:32,48 (00:32,48) 100m: 01:09,62 (00:37,14) 150m: 01:51,25 (00:41,63) 200m: 02:31,44 (00:40,19) 250m: 03:20,92 (00:49,48) 300m: 04:10,06 (00:49,14) 350m: 04:48,44 (00:38,38) 400m: 05:26,77 (00:38,33)				
3.	Alisa Fatum	1995/AK 20	SSV Leutzsch	05:27,41	766
	50m: 00:33,64 (00:33,64) 100m: 01:13,11 (00:39,47) 150m: 01:55,29 (00:42,18) 200m: 02:37,64 (00:42,35) 250m: 03:26,57 (00:48,93) 300m: 04:17,19 (00:50,62) 350m: 04:53,24 (00:36,05) 400m: 05:27,41 (00:34,17)				
4.	Jennifer Vatter	1998/AK 20	SC Holzland	05:42,85	667
	50m: 00:34,45 (00:34,45) 100m: 01:17,75 (00:43,30) 150m: 02:03,73 (00:45,98) 200m: 02:47,41 (00:43,68) 250m: 03:38,00 (00:50,59) 300m: 04:27,80 (00:49,80) 350m: 05:06,43 (00:38,63) 400m: 05:42,85 (00:36,42)				
5.	Janne Saßenberg	1997/AK 20	SV Georgsmarienhütte	05:44,75	656
	50m: 00:35,57 (00:35,57) 100m: 01:17,45 (00:41,88) 150m: 02:04,59 (00:47,14) 200m: 02:51,05 (00:46,46) 250m: 03:38,78 (00:47,73) 300m: 04:28,11 (00:49,33) 350m: 05:07,13 (00:39,02) 400m: 05:44,75 (00:37,62)				
6.	Jennifer Köster	1996/AK 20	TSV OT Bremen	06:27,57	462
	50m: 00:35,66 (00:35,66) 100m: 01:22,46 (00:46,80) 150m: 02:14,98 (00:52,52) 200m: 03:04,17 (00:49,19) 250m: 03:57,59 (00:53,42) 300m: 04:52,25 (00:54,66) 350m: 05:39,73 (00:47,48) 400m: 06:27,57 (00:47,84)				

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