

Wettkampf 15 - 400m Freistil weiblich

Jahrgang 2008

Platz	Schwimmerin	Jg.	Verein	Endzeit		
1.	Sophie Luschnitz	2008	SG EWR Rheinhessen-Mainz	06:38,72	203	10
	50m: 00:44,63 (00:44,63) 100m: 01:35,31 (00:50,68) 150m: 02:26,85 (00:51,54) 200m: 03:18,76 (00:51,91) 250m: 04:10,14 (00:51,38) 300m: 05:01,03 (00:50,89) 350m: 05:51,03 (00:50,00) 400m: 06:38,72 (00:47,69)					

Jahrgang 2007

Platz	Schwimmerin	Jg.	Verein	Endzeit		
1.	Shari Asmar	2007	SCW Eschborn	05:33,94	346	10
	50m: 00:36,76 (00:36,76) 100m: 01:18,72 (00:41,96) 150m: 02:01,80 (00:43,08) 200m: 02:44,71 (00:42,91) 250m: 03:27,92 (00:43,21) 300m: 04:10,35 (00:42,43) 350m: 04:53,12 (00:42,77) 400m: 05:33,94 (00:40,82)					
2.	Marie Strohalm	2007	SCW Eschborn	05:55,59	286	
	50m: 00:39,61 (00:39,61) 100m: 01:24,58 (00:44,97) 150m: 02:11,01 (00:46,43) 200m: 02:56,23 (00:45,22) 250m: 03:42,09 (00:45,86) 300m: 04:27,93 (00:45,84) 350m: 05:12,62 (00:44,69) 400m: 05:55,59 (00:42,97)					
3.	Leni Volk	2007	SCW Eschborn	05:55,89	286	
	50m: 00:40,64 (00:40,64) 100m: 01:25,81 (00:45,17) 150m: 02:12,47 (00:46,66) 200m: 02:57,88 (00:45,41) 250m: 03:43,20 (00:45,32) 300m: 04:29,39 (00:46,19) 350m: 05:13,99 (00:44,60) 400m: 05:55,89 (00:41,90)					
4.	Amelie Jungels	2007	SG EWR Rheinhessen-Mainz	06:29,02	219	8
	50m: 00:42,94 (00:42,94) 100m: 01:31,73 (00:48,79) 150m: 02:21,08 (00:49,35) 200m: 03:10,62 (00:49,54) 250m: 04:00,27 (00:49,65) 300m: 04:50,83 (00:50,56) 350m: 05:41,43 (00:50,60) 400m: 06:29,02 (00:47,59)					
5.	Anna-Lena Zirener	2007	SCW Eschborn	06:41,01	200	
	50m: 00:45,53 (00:45,53) 100m: 01:36,11 (00:50,58) 150m: 02:28,53 (00:52,42) 200m: 03:19,61 (00:51,08) 250m: 04:11,41 (00:51,80) 300m: 05:02,24 (00:50,83) 350m: 05:52,89 (00:50,65) 400m: 06:41,01 (00:48,12)					
6.	Carolin Schleiter	2007	Frankenberger SV	06:41,81	198	6
	50m: 00:45,37 (00:45,37) 100m: 01:38,44 (00:53,07) 150m: 02:29,56 (00:51,12) 200m: 03:21,71 (00:52,15) 250m: 04:13,09 (00:51,38) 300m: 05:06,03 (00:52,94) 350m: 05:58,04 (00:52,01) 400m: 06:41,81 (00:43,77)					
7.	Mia-Belen Hack	2007	SG EWR Rheinhessen-Mainz	06:47,51	190	
	50m: 00:42,27 (00:42,27) 100m: 01:32,56 (00:50,29) 150m: 02:25,04 (00:52,48) 200m: 03:17,61 (00:52,57) 250m: 04:10,63 (00:53,02) 300m: 05:03,42 (00:52,79) 350m: 05:57,21 (00:53,79) 400m: 06:47,51 (00:50,30)					
8.	Mia Kiegler	2007	SG EWR Rheinhessen-Mainz	06:52,56	183	
	50m: 00:44,00 (00:44,00) 100m: 01:34,59 (00:50,59) 150m: 02:26,51 (00:51,92) 200m: 03:19,20 (00:52,69) 250m: 04:12,36 (00:53,16) 300m: 05:06,83 (00:54,47) 350m: 06:00,79 (00:53,96) 400m: 06:52,56 (00:51,77)					
9.	Luisa Kiegler	2007	SG EWR Rheinhessen-Mainz	06:54,49	181	
	50m: 00:44,26 (00:44,26) 100m: 01:37,03 (00:52,77) 150m: 02:30,17 (00:53,14) 200m: 03:22,84 (00:52,67) 250m: 04:15,56 (00:52,72) 300m: 05:07,41 (00:51,85) 350m: 06:02,01 (00:54,60) 400m: 06:54,49 (00:52,48)					

Jahrgang 2006

Platz	Schwimmerin	Jg.	Verein	Endzeit		
1.	Finja Florentin Lang	2006	DSW 1912 Darmstadt e.V.	05:33,39	348	10
	50m: 00:36,12 (00:36,12) 100m: 01:17,97 (00:41,85) 150m: 02:01,22 (00:43,25) 200m: 02:44,44 (00:43,22) 250m: 03:27,38 (00:42,94) 300m: 04:10,34 (00:42,96) 350m: 04:52,99 (00:42,65) 400m: 05:33,39 (00:40,40)					
2.	Emily Jane Phelan	2006	SCW Eschborn	05:41,34	324	8
	50m: 00:38,39 (00:38,39) 100m: 01:20,98 (00:42,59) 150m: 02:04,35 (00:43,37) 200m: 02:48,11 (00:43,76) 250m: 03:31,76 (00:43,65) 300m: 04:16,46 (00:44,70) 350m: 05:00,57 (00:44,11) 400m: 05:41,34 (00:40,77)					
3.	Eva Schön	2006	Erster Sodener SC	05:44,14	316	6
	50m: 00:38,73 (00:38,73) 100m: 01:23,11 (00:44,38) 150m: 02:07,38 (00:44,27) 200m: 02:51,63 (00:44,25) 250m: 03:36,59 (00:44,96) 300m: 04:19,55 (00:42,96) 350m: 05:03,63 (00:44,08) 400m: 05:44,14 (00:40,51)					
4.	Helene Schultetus	2006	Mainzer Schwimmverein 01	05:48,82	303	4
	50m: 00:38,88 (00:38,88) 100m: 01:22,63 (00:43,75) 150m: 02:07,70 (00:45,07) 200m: 02:52,09 (00:44,39) 250m: 03:36,96 (00:44,87) 300m: 04:21,36 (00:44,40) 350m: 05:05,56 (00:44,20) 400m: 05:48,82 (00:43,26)					
5.	Lisa Weber	2006	SCW Eschborn	06:07,17	260	
	50m: 00:40,58 (00:40,58) 100m: 01:26,61 (00:46,03) 150m: 02:13,01 (00:46,40) 200m: 03:00,28 (00:47,27) 250m: 03:48,03 (00:47,75) 300m: 04:34,09 (00:46,06) 350m: 05:21,40 (00:47,31) 400m: 06:07,17 (00:45,77)					
6.	Noemi Sur	2006	SCW Eschborn	06:14,24	246	
	50m: 00:42,38 (00:42,38) 100m: 01:28,47 (00:46,09) 150m: 02:16,07 (00:47,60) 200m: 03:03,81 (00:47,74) 250m: 03:51,19 (00:47,38) 300m: 04:39,28 (00:48,09) 350m: 05:27,40 (00:48,12) 400m: 06:14,24 (00:46,84)					



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noch Jahrgang 2006

Platz	Schwimmerin	Jg.	Verein	Endzeit		
7.	Lina Michalk	2006	DSW 1912 Darmstadt e.V.	06:19,50	235	
	50m: 00:38,03 (00:38,03) 100m: 01:25,34 (00:47,31) 150m: 02:15,54 (00:50,20) 200m: 03:05,78 (00:50,24) 250m: 03:55,58 (00:49,80) 300m: 04:45,86 (00:50,28) 350m: 05:35,14 (00:49,28) 400m: 06:19,50 (00:44,36)					
8.	Anouk Schneider	2006	USC Mainz	06:25,35	225	2
	50m: 00:42,10 (00:42,10) 100m: 01:30,62 (00:48,52) 150m: 02:19,43 (00:48,81) 200m: 03:09,07 (00:49,64) 250m: 03:59,07 (00:50,00) 300m: 04:48,64 (00:49,57) 350m: 05:38,58 (00:49,94) 400m: 06:25,35 (00:46,77)					
9.	Hannah Diem	2006	USC Mainz	06:25,65	224	
	50m: 00:41,46 (00:41,46) 100m: 01:29,50 (00:48,04) 150m: 02:18,80 (00:49,30) 200m: 03:07,69 (00:48,89) 250m: 03:57,47 (00:49,78) 300m: 04:47,87 (00:50,40) 350m: 05:37,62 (00:49,75) 400m: 06:25,65 (00:48,03)					
10.	Lena Hensel	2006	SG EWR Rheinhessen-Mainz	06:39,84	201	1
	50m: 00:42,13 (00:42,13) 100m: 01:32,07 (00:49,94) 150m: 02:24,37 (00:52,30) 200m: 03:16,54 (00:52,17) 250m: 04:09,49 (00:52,95) 300m: 05:02,92 (00:53,43) 350m: 05:58,04 (00:55,12) 400m: 06:39,84 (00:41,80)					
	<u>nicht am Start</u>					
	Lara Keunecke	2006	DSW 1912 Darmstadt e.V.			

Jahrgang 2005

Platz	Schwimmerin	Jg.	Verein	Endzeit		
1.	Kira Herzberger	2005	TSV Eintracht Stadtallendorf	05:17,84	401	10
	50m: 00:36,58 (00:36,58) 100m: 01:16,27 (00:39,69) 150m: 01:56,86 (00:40,59) 200m: 02:37,05 (00:40,19) 250m: 03:17,28 (00:40,23) 300m: 03:58,33 (00:41,05) 350m: 04:39,33 (00:41,00) 400m: 05:17,84 (00:38,51)					
2.	Angelina-Louise Helmich	2005	SCW Eschborn	05:18,14	400	8
	50m: 00:34,58 (00:34,58) 100m: 01:13,93 (00:39,35) 150m: 01:54,42 (00:40,49) 200m: 02:35,57 (00:41,15) 250m: 03:17,42 (00:41,85) 300m: 03:58,08 (00:40,66) 350m: 04:38,41 (00:40,33) 400m: 05:18,14 (00:39,73)					
3.	Lilly Poepel	2005	Hofheimer SC	05:23,44	381	6
	50m: 00:37,40 (00:37,40) 100m: 01:19,24 (00:41,84) 150m: 02:01,19 (00:41,95) 200m: 02:43,08 (00:41,89) 250m: 03:23,61 (00:40,53) 300m: 04:04,54 (00:40,93) 350m: 04:44,98 (00:40,44) 400m: 05:23,44 (00:38,46)					
4.	Emilia Ebbs Sattlegger-Wendt	2005	DSW 1912 Darmstadt e.V.	05:43,52	318	4
	50m: 00:38,83 (00:38,83) 100m: 01:22,62 (00:43,79) 150m: 02:06,91 (00:44,29) 200m: 02:50,93 (00:44,02) 250m: 03:34,53 (00:43,60) 300m: 04:18,50 (00:43,97) 350m: 05:02,58 (00:44,08) 400m: 05:43,52 (00:40,94)					
5.	Marta Carvalho	2005	Aqua Sports Eschborn	06:10,84	252	2
	50m: 00:40,79 (00:40,79) 100m: 01:26,65 (00:45,86) 150m: 02:15,05 (00:48,40) 200m: 03:02,51 (00:47,46) 250m: 03:50,38 (00:47,87) 300m: 04:37,47 (00:47,09) 350m: 05:24,99 (00:47,52) 400m: 06:10,84 (00:45,85)					
6.	Amelie Gruber	2005	Aqua Sports Eschborn	06:39,58	202	
	50m: 00:43,77 (00:43,77) 100m: 01:33,70 (00:49,93) 150m: 02:24,87 (00:51,17) 200m: 03:16,52 (00:51,65) 250m: 04:08,60 (00:52,08) 300m: 05:00,55 (00:51,95) 350m: 05:53,15 (00:52,60) 400m: 06:39,58 (00:46,43)					

Jahrgang 2004

Platz	Schwimmerin	Jg.	Verein	Endzeit		
1.	Stella-Luna Alles	2004	SCW Eschborn	05:07,03	445	10
	50m: 00:33,93 (00:33,93) 100m: 01:12,40 (00:38,47) 150m: 01:51,65 (00:39,25) 200m: 02:31,62 (00:39,97) 250m: 03:11,19 (00:39,57) 300m: 03:51,11 (00:39,92) 350m: 04:30,50 (00:39,39) 400m: 05:07,03 (00:36,53)					
2.	Carolina Schäfer	2004	Erster Sodener SC	05:47,76	306	8
	50m: 00:38,60 (00:38,60) 100m: 01:22,02 (00:43,42) 150m: 02:06,38 (00:44,36) 200m: 02:51,59 (00:45,21) 250m: 03:37,15 (00:45,56) 300m: 04:22,07 (00:44,92) 350m: 05:05,80 (00:43,73) 400m: 05:47,76 (00:41,96)					
3.	Katharina Müller	2004	Erster Offenbacher SC	05:55,94	286	6
	50m: 00:39,85 (00:39,85) 100m: 01:25,02 (00:45,17) 150m: 02:10,85 (00:45,83) 200m: 02:56,99 (00:46,14) 250m: 03:43,16 (00:46,17) 300m: 04:28,54 (00:45,38) 350m: 05:13,58 (00:45,04) 400m: 05:55,94 (00:42,36)					
4.	Anna Brecht	2004	SG EWR Rheinhessen-Mainz	06:18,01	238	4
	50m: 00:40,10 (00:40,10) 100m: 01:26,77 (00:46,67) 150m: 02:15,74 (00:48,97) 200m: 03:04,94 (00:49,20) 250m: 03:55,35 (00:50,41) 300m: 04:43,77 (00:48,42) 400m: 06:18,01 (01:34,24)					



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Jahrgang 2003

Platz	Schwimmerin	Jg.	Verein	Endzeit		
1.	Lotte Volk	2003	SCW Eschborn	04:40,83	582	10
	50m: 00:31,79 (00:31,79) 100m: 01:07,23 (00:35,44) 150m: 01:42,55 (00:35,32) 200m: 02:18,06 (00:35,51) 250m: 02:53,70 (00:35,64) 300m: 03:29,42 (00:35,72) 350m: 04:05,41 (00:35,99) 400m: 04:40,83 (00:35,42)					
2.	Marie-Claire Weber	2003	SV Poseidon Limburg e. V.	05:29,10	361	8
	50m: 00:35,86 (00:35,86) 100m: 01:16,10 (00:40,24) 150m: 01:58,31 (00:42,21) 200m: 02:40,96 (00:42,65) 250m: 03:23,62 (00:42,66) 300m: 04:06,39 (00:42,77) 350m: 04:48,65 (00:42,26) 400m: 05:29,10 (00:40,45)					

Jahrgang 2002

Platz	Schwimmerin	Jg.	Verein	Endzeit		
1.	Christine Quadflieg	2002	Erster Offenbacher SC	04:46,17	550	10
	50m: 00:32,58 (00:32,58) 100m: 01:08,07 (00:35,49) 150m: 01:44,23 (00:36,16) 200m: 02:20,56 (00:36,33) 250m: 02:57,11 (00:36,55) 300m: 03:34,01 (00:36,90) 350m: 04:10,52 (00:36,51) 400m: 04:46,17 (00:35,65)					
2.	Alexandra Gamze	2002	SCW Eschborn	05:06,34	448	8
	50m: 00:32,40 (00:32,40) 100m: 01:08,23 (00:35,83) 150m: 01:45,52 (00:37,29) 200m: 02:23,77 (00:38,25) 250m: 03:03,22 (00:39,45) 300m: 03:43,57 (00:40,35) 350m: 04:24,87 (00:41,30) 400m: 05:06,34 (00:41,47)					

Jahrgang 2000 und älter

Platz	Schwimmerin	Jg.	Verein	Endzeit		
1.	Konstanze Klemet	1999	TV Wetzlar	04:35,16	619	10
	50m: 00:31,99 (00:31,99) 100m: 01:06,84 (00:34,85) 150m: 01:41,91 (00:35,07) 200m: 02:16,82 (00:34,91) 250m: 02:51,71 (00:34,89) 300m: 03:26,34 (00:34,63) 350m: 04:01,05 (00:34,71) 400m: 04:35,16 (00:34,11)					
2.	Zoe de Rossi	2000	Mainzer Schwimmverein 01	05:06,15	449	8
	50m: 00:34,56 (00:34,56) 100m: 01:13,05 (00:38,49) 150m: 01:52,11 (00:39,06) 200m: 02:31,04 (00:38,93) 250m: 03:09,87 (00:38,83) 300m: 03:49,54 (00:39,67) 350m: 04:28,67 (00:39,13) 400m: 05:06,15 (00:37,48)					
3.	Emma Graf	2000	Hofheimer SC	05:11,35	427	6
	50m: 00:35,14 (00:35,14) 100m: 01:13,83 (00:38,69) 150m: 01:53,30 (00:39,47) 200m: 02:32,70 (00:39,40) 250m: 03:12,52 (00:39,82) 300m: 03:52,42 (00:39,90) 350m: 04:32,50 (00:40,08) 400m: 05:11,35 (00:38,85)					