

Wettkampf 103 - 400m Lagen weiblich

VR: 04:59,73 - Charlotta Ingenerf (W98 Hannover) am 07.12.2023 in Braunschweig

Pflichtzeiten

2014: 07:10,00 2013: 07:00,00 2012: 06:50,00 2011: 06:40,00 2010: 06:30,00 2009: 06:20,00 2007 bis 2008: 06:10,00
 2005 bis 2006: 06:00,00 1900 bis 2004: 05:50,00

Jahrgang 2014

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
1.	Enie Marie Niemeck	2014	SGS Langenhagen	06:11,09	367	LJR9
	50m: 00:42,77 (00:42,77) 100m: 01:36,46 (00:53,69) 150m: 02:20,29 (00:43,83) 200m: 03:04,00 (00:43,71) 250m: 03:57,69 (00:53,69) 300m: 04:50,53 (00:52,84) 350m: 05:30,60 (00:40,07) 400m: 06:11,09 (00:40,49)					
2.	Stine Bremer	2014	OSC Bremerhaven 1972	06:24,02	331	
	50m: 00:42,86 (00:42,86) 100m: 01:35,44 (00:52,58) 150m: 02:24,66 (00:49,22) 200m: 03:13,36 (00:48,70) 250m: 04:06,09 (00:52,73) 300m: 04:56,67 (00:50,58) 350m: 05:41,76 (00:45,09) 400m: 06:24,02 (00:42,26)					
3.	Anna Kottkamp	2014	SG Gelsenkirchen	06:31,62	312	
	50m: 00:40,60 (00:40,60) 100m: 01:36,32 (00:55,72) 150m: 02:21,83 (00:45,51) 200m: 03:07,72 (00:45,89) 250m: 04:08,86 (01:01,14) 300m: 05:09,21 (01:00,35) 350m: 05:50,70 (00:41,49) 400m: 06:31,62 (00:40,92)					
4.	Charlett Stock	2014	SG Gelsenkirchen	06:48,06	276	
	50m: 00:42,34 (00:42,34) 100m: 01:37,91 (00:55,57) 150m: 02:27,94 (00:50,03) 200m: 03:16,11 (00:48,17) 250m: 04:16,47 (01:00,36) 300m: 05:16,20 (00:59,73) 350m: 06:02,89 (00:46,69) 400m: 06:48,06 (00:45,17)					
5.	Melissa Kurubas	2014	SG Gelsenkirchen	06:57,97	257	
	50m: 00:49,39 (00:49,39) 100m: 01:45,56 (00:56,17) 150m: 02:35,93 (00:50,37) 200m: 03:26,10 (00:50,17) 250m: 04:26,08 (00:59,98) 300m: 05:25,80 (00:59,72) 350m: 06:12,64 (00:46,84) 400m: 06:57,97 (00:45,33)					

abgemeldet

Lenya Jorien Stender 2014 OSC Bremerhaven 1972

Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
1.	Tjorven Ida Abrahams	2013	SG Gelsenkirchen	06:03,04	392	
	50m: 00:39,04 (00:39,04) 100m: 01:29,08 (00:50,04) 150m: 02:14,57 (00:45,49) 200m: 03:00,10 (00:45,53) 250m: 03:51,95 (00:51,85) 300m: 04:42,79 (00:50,84) 350m: 05:23,65 (00:40,86) 400m: 06:03,04 (00:39,39)					
2.	Mara Kessel	2013	WSG Wunstorf	06:07,19	379	
	50m: 00:35,50 (00:35,50) 100m: 01:17,93 (00:42,43) 150m: 02:07,49 (00:49,56) 200m: 02:55,56 (00:48,07) 250m: 03:50,87 (00:55,31) 300m: 04:44,06 (00:53,19) 350m: 05:25,26 (00:41,20) 400m: 06:07,19 (00:41,93)					
3.	Johanna Obst	2013	Celler Schwimm-Club e.V.	06:08,20	376	
	50m: 00:39,32 (00:39,32) 100m: 01:27,18 (00:47,86) 150m: 02:16,59 (00:49,41) 200m: 03:04,60 (00:48,01) 250m: 03:55,38 (00:50,78) 300m: 04:45,25 (00:49,87) 350m: 05:27,90 (00:42,65) 400m: 06:08,20 (00:40,30)					
4.	Liesbeth Höhne	2013	SG ACT/Baunatal	06:15,85	353	
	50m: 00:38,85 (00:38,85) 100m: 01:24,72 (00:45,87) 150m: 02:15,34 (00:50,62) 200m: 03:03,62 (00:48,28) 250m: 03:57,88 (00:54,26) 300m: 04:52,70 (00:54,82) 350m: 05:35,26 (00:42,56) 400m: 06:15,85 (00:40,59)					
5.	Clementine Putzer	2013	SGS Hannover	06:24,03	331	
	50m: 00:39,62 (00:39,62) 100m: 01:25,05 (00:45,43) 150m: 02:13,44 (00:48,39) 200m: 03:00,31 (00:46,87) 250m: 03:59,44 (00:59,13) 300m: 04:57,75 (00:58,31) 350m: 05:41,46 (00:43,71) 400m: 06:24,03 (00:42,57)					
6.	Lilja Kroll	2013	SSG Braunschweig	06:44,55	283	
	50m: 00:47,85 (00:47,85) 100m: 01:43,35 (00:55,50) 150m: 02:30,68 (00:47,33) 200m: 03:18,95 (00:48,27) 250m: 04:18,42 (00:59,47) 300m: 05:15,48 (00:57,06) 350m: 06:02,34 (00:46,86) 400m: 06:44,55 (00:42,21)					

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noch Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
7.	Sarah Abu-Mugheisib	2013	SSG Braunschweig	06:53,75	265
50m: 00:49,59 (00:49,59) 100m: 01:46,57 (00:56,98) 150m: 02:35,10 (00:48,53) 200m: 03:24,63 (00:49,53) 250m: 04:21,17 (00:56,54) 300m: 05:16,90 (00:55,73) 350m: 06:06,38 (00:49,48) 400m: 06:53,75 (00:47,37)					
<u>abgemeldet</u>					
	Miley Redelfs	2013	Delmenhorster SV 1905		

Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Josefine Klein	2012	SV Burgwedel	05:44,28	460
50m: 00:37,33 (00:37,33) 100m: 01:20,33 (00:43,00) 150m: 02:05,94 (00:45,61) 200m: 02:49,88 (00:43,94) 250m: 03:38,69 (00:48,81) 300m: 04:25,44 (00:46,75) 350m: 05:06,81 (00:41,37) 400m: 05:44,28 (00:37,47)					
2.	Elva Krauß	2012	Celler Schwimm-Club e.V.	06:02,45	394
50m: 00:40,60 (00:40,60) 100m: 01:26,56 (00:45,96) 150m: 02:12,59 (00:46,03) 200m: 02:58,53 (00:45,94) 250m: 03:49,09 (00:50,56) 300m: 04:39,37 (00:50,28) 350m: 05:22,39 (00:43,02) 400m: 06:02,45 (00:40,06)					
3.	Johanna Börsch	2012	SG Gladbeck/Recklinghausen	06:07,57	378
50m: 00:39,70 (00:39,70) 100m: 01:26,01 (00:46,31) 150m: 02:11,04 (00:45,03) 200m: 02:56,22 (00:45,18) 250m: 03:48,55 (00:52,33) 300m: 04:41,45 (00:52,90) 350m: 05:24,79 (00:43,34) 400m: 06:07,57 (00:42,78)					
4.	Nele Habig	2012	MTV Goslar	06:15,50	354
50m: 00:41,22 (00:41,22) 100m: 01:31,57 (00:50,35) 150m: 02:20,23 (00:48,66) 200m: 03:08,26 (00:48,03) 250m: 04:02,62 (00:54,36) 300m: 04:54,68 (00:52,06) 350m: 05:35,94 (00:41,26) 400m: 06:15,50 (00:39,56)					
5.	Maja Marie Renner	2012	SG Gelsenkirchen	06:30,49	315
50m: 00:40,11 (00:40,11) 100m: 01:28,00 (00:47,89) 150m: 02:18,99 (00:50,99) 200m: 03:08,98 (00:49,99) 250m: 04:02,61 (00:53,63) 300m: 04:56,04 (00:53,43) 350m: 05:44,05 (00:48,01) 400m: 06:30,49 (00:46,44)					
6.	Sophie Sonnefeld	2012	OSC Bremerhaven 1972	06:39,95	293
50m: 00:42,19 (00:42,19) 100m: 01:34,39 (00:52,20) 150m: 02:21,85 (00:47,46) 200m: 03:09,02 (00:47,17) 250m: 04:09,74 (01:00,72) 300m: 05:11,23 (01:01,49) 350m: 05:55,03 (00:43,80) 400m: 06:39,95 (00:44,92)					
7.	Ida Mende	2012	SSG Braunschweig	06:45,15	282
50m: 00:44,62 (00:44,62) 100m: 01:37,75 (00:53,13) 150m: 02:30,08 (00:52,33) 200m: 03:20,30 (00:50,22) 250m: 04:16,73 (00:56,43) 300m: 05:13,15 (00:56,42) 350m: 06:01,47 (00:48,32) 400m: 06:45,15 (00:43,68)					
8.	Ines Bäuerle	2012	OSC Bremerhaven 1972	07:01,66	250
50m: 00:49,45 (00:49,45) 100m: 01:48,63 (00:59,18) 150m: 02:40,15 (00:51,52) 200m: 03:31,13 (00:50,98) 250m: 04:31,95 (01:00,82) 300m: 05:30,77 (00:58,82) 350m: 06:17,45 (00:46,68) 400m: 07:01,66 (00:44,21)					

RZ

Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Julia Seidler	2011	TSV Pattensen	05:27,27	536
50m: 00:34,26 (00:34,26) 100m: 01:14,14 (00:39,88) 150m: 01:58,70 (00:44,56) 200m: 02:41,29 (00:42,59) 250m: 03:25,43 (00:44,14) 300m: 04:09,76 (00:44,33) 350m: 04:49,77 (00:40,01) 400m: 05:27,27 (00:37,50)					
2.	Pia Abdic	2011	SGS Hannover	05:33,06	508
50m: 00:35,87 (00:35,87) 100m: 01:15,77 (00:39,90) 150m: 02:00,48 (00:44,71) 200m: 02:45,26 (00:44,78) 250m: 03:31,64 (00:46,38) 300m: 04:18,70 (00:47,06) 350m: 04:57,41 (00:38,71) 400m: 05:33,06 (00:35,65)					
3.	Caroline Kramer	2011	Celler Schwimm-Club e.V.	05:37,25	489
50m: 00:36,04 (00:36,04) 100m: 01:16,03 (00:39,99) 150m: 01:59,97 (00:43,94) 200m: 02:42,19 (00:42,22) 250m: 03:31,25 (00:49,06) 300m: 04:18,13 (00:46,88) 350m: 04:58,49 (00:40,36) 400m: 05:37,25 (00:38,76)					

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noch Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
4.	Isabella Wojtakowski	2011	SG Gelsenkirchen	05:39,17	481
	50m: 00:33,52 (00:33,52) 100m: 01:15,85 (00:42,33) 150m: 01:59,10 (00:43,25) 200m: 02:41,62 (00:42,52) 250m: 03:32,36 (00:50,74) 300m: 04:22,56 (00:50,20) 350m: 05:01,07 (00:38,51) 400m: 05:39,17 (00:38,10)				
5.	Maila Lüders	2011	Celler Schwimm-Club e.V.	06:03,39	391
	50m: 00:36,06 (00:36,06) 100m: 01:17,89 (00:41,83) 150m: 02:08,22 (00:50,33) 200m: 02:57,05 (00:48,83) 250m: 03:48,80 (00:51,75) 300m: 04:40,02 (00:51,22) 350m: 05:23,01 (00:42,99) 400m: 06:03,39 (00:40,38)				
6.	Wendi Xu	2011	ASC Göttingen von 1846 e.V.	06:26,52	325
	50m: 00:40,90 (00:40,90) 100m: 01:29,72 (00:48,82) 150m: 02:19,16 (00:49,44) 200m: 03:08,60 (00:49,44) 250m: 04:00,98 (00:52,38) 300m: 04:57,31 (00:56,33) 350m: 05:42,07 (00:44,76) 400m: 06:26,52 (00:44,45)				
7.	Nina Rahmstorf	2011	ASC Göttingen von 1846 e.V.	06:27,88	322
	50m: 00:40,46 (00:40,46) 100m: 01:28,48 (00:48,02) 150m: 02:17,13 (00:48,65) 200m: 03:06,57 (00:49,44) 250m: 04:02,14 (00:55,57) 300m: 04:59,97 (00:57,83) 350m: 05:45,33 (00:45,36) 400m: 06:27,88 (00:42,55)				

Jahrgang 2010

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Stella Nagelfeld	2010	OSC Bremerhaven 1972	05:48,32	444
	50m: 00:38,79 (00:38,79) 100m: 01:25,98 (00:47,19) 150m: 02:12,99 (00:47,01) 200m: 02:58,56 (00:45,57) 250m: 03:44,08 (00:45,52) 300m: 04:30,27 (00:46,19) 350m: 05:10,10 (00:39,83) 400m: 05:48,32 (00:38,22)				
2.	Lilia Fedorov	2010	VfL Osnabrück	05:56,58	414
	50m: 00:38,28 (00:38,28) 100m: 01:22,85 (00:44,57) 150m: 02:07,05 (00:44,20) 200m: 02:51,40 (00:44,35) 250m: 03:45,60 (00:54,20) 300m: 04:36,97 (00:51,37) 350m: 05:19,56 (00:42,59) 400m: 05:56,58 (00:37,02)				
3.	Tjara Abrahams	2010	SG Gelsenkirchen	05:56,86	413
	50m: 00:38,54 (00:38,54) 100m: 01:26,78 (00:48,24) 150m: 02:11,95 (00:45,17) 200m: 02:57,44 (00:45,49) 250m: 03:48,19 (00:50,75) 300m: 04:39,61 (00:51,42) 350m: 05:20,18 (00:40,57) 400m: 05:56,86 (00:36,68)				
4.	Laura Arnold	2010	OSC Bremerhaven 1972	06:20,49	341
	50m: 00:44,66 (00:44,66) 100m: 01:36,17 (00:51,51) 150m: 02:26,02 (00:49,85) 200m: 03:15,36 (00:49,34) 250m: 04:07,25 (00:51,89) 300m: 04:56,88 (00:49,63) 350m: 05:40,09 (00:43,21) 400m: 06:20,49 (00:40,40)				
5.	Ida Kanzog	2010	OSC Bremerhaven 1972	06:37,35	299
	50m: 00:41,19 (00:41,19) 100m: 01:30,00 (00:48,81) 150m: 02:20,42 (00:50,42) 200m: 03:10,99 (00:50,57) 250m: 04:06,03 (00:55,04) 300m: 05:01,82 (00:55,79) 350m: 05:50,21 (00:48,39) 400m: 06:37,35 (00:47,14)				

RZ

Jahrgang 2009

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Maya Grewe	2009	SSG Braunschweig	05:21,12	567
	50m: 00:33,93 (00:33,93) 100m: 01:13,91 (00:39,98) 150m: 01:55,42 (00:41,51) 200m: 02:35,41 (00:39,99) 250m: 03:22,02 (00:46,61) 300m: 04:08,07 (00:46,05) 350m: 04:46,14 (00:38,07) 400m: 05:21,12 (00:34,98)				
2.	Mayra Mahnken	2009	GTV Bremerhaven	05:40,42	476
	50m: 00:34,38 (00:34,38) 100m: 01:14,39 (00:40,01) 150m: 02:00,06 (00:45,67) 200m: 02:44,38 (00:44,32) 250m: 03:32,94 (00:48,56) 300m: 04:23,27 (00:50,33) 350m: 05:04,18 (00:40,91) 400m: 05:40,42 (00:36,24)				
3.	Isabella Simon	2009	GTV Bremerhaven	05:45,21	456
	50m: 00:37,84 (00:37,84) 100m: 01:20,35 (00:42,51) 150m: 02:04,92 (00:44,57) 200m: 02:48,11 (00:43,19) 250m: 03:39,85 (00:51,74) 300m: 04:28,84 (00:48,99) 350m: 05:07,51 (00:38,67) 400m: 05:45,21 (00:37,70)				

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Jahrgang 2007/2008

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Malou Fellner 50m: 00:39,60 (00:39,60) 100m: 01:25,19 (00:45,59) 150m: 02:12,45 (00:47,26) 200m: 02:58,29 (00:45,84) 250m: 03:47,45 (00:49,16) 300m: 04:33,83 (00:46,38) 350m: 05:14,42 (00:40,59) 400m: 05:52,72 (00:38,30)	2007	SSG Braunschweig	05:52,72	428
2.	Mia Charlotte Laaser 50m: 00:38,38 (00:38,38) 100m: 01:23,78 (00:45,40) 150m: 02:09,17 (00:45,39) 200m: 02:52,77 (00:43,60) 250m: 03:44,21 (00:51,44) 300m: 04:32,62 (00:48,41) 350m: 05:15,61 (00:42,99) 400m: 05:56,12 (00:40,51)	2008	TSV Pattensen	05:56,12	416

Jahrgang 2004 und älter

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Sabrina Wessalowski 50m: 00:34,46 (00:34,46) 100m: 01:14,36 (00:39,90) 150m: 01:58,31 (00:43,95) 200m: 02:40,20 (00:41,89) 250m: 03:28,18 (00:47,98) 300m: 04:14,53 (00:46,35) 400m: 05:33,26 (01:18,73)	2003	OSC Bremerhaven 1972	05:33,26	507
2.	Monia Mahnken 50m: 00:35,20 (00:35,20) 100m: 01:16,25 (00:41,05) 150m: 02:05,76 (00:49,51) 200m: 02:52,76 (00:47,00) 250m: 03:40,67 (00:47,91) 300m: 04:29,26 (00:48,59) 350m: 05:08,76 (00:39,50) 400m: 05:47,27 (00:38,51)	2004	GTV Bremerhaven	05:47,27	448
3.	Nadia Kristin Fraatz 50m: 00:43,83 (00:43,83) 100m: 01:35,75 (00:51,92) 150m: 02:27,67 (00:51,92) 200m: 03:18,27 (00:50,60) 250m: 04:18,49 (01:00,22) 300m: 05:16,07 (00:57,58) 350m: 06:02,46 (00:46,39) 400m: 06:49,41 (00:46,95)	1995	TWG 1861 Göttingen	06:49,41	273

RZ