

Wettkampf 19 - 400m Freistil weiblich

Pflichtzeiten

2013: 05:05,82 2012: 04:54,25 2011: 04:49,62 2010: 04:46,86 2009: 04:45,95 2007 bis 2008: 04:44,26
 1900 bis 2006: 04:39,89

Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
	Sophia Malin Dorittke	2013	Schwimm-Zentrum Elmshorn	04:46,91	543	
	50m: 00:33,04 (00:33,04) 100m: 01:09,43 (00:36,39) 150m: 01:45,63 (00:36,20) 200m: 02:23,05 (00:37,42) 250m: 02:59,77 (00:36,72) 300m: 03:36,21 (00:36,44) 350m: 04:12,54 (00:36,33) 400m: 04:46,91 (00:34,37)					
	Estella Greif	2013	PSV Cottbus 90	04:49,06	531	
	50m: 00:31,75 (00:31,75) 100m: 01:07,02 (00:35,27) 150m: 01:43,77 (00:36,75) 200m: 02:21,58 (00:37,81) 250m: 02:58,97 (00:37,39) 300m: 03:36,27 (00:37,30) 350m: 04:15,18 (00:38,91) 400m: 04:49,06 (00:33,88)					
	Enna Finke	2013	SG Hamburg-West	04:51,67	517	
	50m: 00:32,07 (00:32,07) 100m: 01:08,02 (00:35,95) 150m: 01:45,07 (00:37,05) 200m: 02:22,62 (00:37,55) 250m: 03:00,25 (00:37,63) 300m: 03:38,15 (00:37,90) 350m: 04:15,51 (00:37,36) 400m: 04:51,67 (00:36,16)					
	Nina Maria Reusch	2013	SGS Hannover	04:52,50	513	
	50m: 00:30,89 (00:30,89) 100m: 01:06,62 (00:35,73) 150m: 01:43,41 (00:36,79) 200m: 02:21,94 (00:38,53) 250m: 03:00,04 (00:38,10) 300m: 03:38,95 (00:38,91) 350m: 04:16,97 (00:38,02) 400m: 04:52,50 (00:35,53)					
	Luise Beckert	2013	SG Bille Hamburg	04:52,87	511	
	50m: 00:32,49 (00:32,49) 100m: 01:08,22 (00:35,73) 150m: 01:45,27 (00:37,05) 200m: 02:22,52 (00:37,25) 250m: 03:00,60 (00:38,08) 300m: 03:38,20 (00:37,60) 350m: 04:15,69 (00:37,49) 400m: 04:52,87 (00:37,18)					
	Leylani Alexa Penderak	2013	Delmenhorster SV 1905	05:03,98	457	
	50m: 00:33,72 (00:33,72) 100m: 01:12,06 (00:38,34) 150m: 01:51,15 (00:39,09) 200m: 02:30,31 (00:39,16) 250m: 03:10,07 (00:39,76) 300m: 03:49,13 (00:39,06) 350m: 04:27,37 (00:38,24) 400m: 05:03,98 (00:36,61)					
	Keya Keyser	2013	Aqua Berlin e.V.	05:05,96	448	EnM
	50m: 00:33,77 (00:33,77) 100m: 01:11,87 (00:38,10) 150m: 01:50,88 (00:39,01) 200m: 02:30,44 (00:39,56) 250m: 03:09,53 (00:39,09) 300m: 03:48,85 (00:39,32) 350m: 04:27,56 (00:38,71) 400m: 05:05,96 (00:38,40)					
	Jalina Chiara Döppner	2013	SSG Braunschweig	05:07,42	442	EnM
	50m: 00:33,95 (00:33,95) 100m: 01:12,15 (00:38,20) 150m: 01:51,75 (00:39,60) 200m: 02:30,96 (00:39,21) 250m: 03:10,80 (00:39,84) 300m: 03:50,22 (00:39,42) 350m: 04:29,75 (00:39,53) 400m: 05:07,42 (00:37,67)					

Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
	Jaike Marie Petersen	2012	TSV RW Niebüll	04:49,51	529	
	50m: 00:32,62 (00:32,62) 100m: 01:08,27 (00:35,65) 150m: 01:45,06 (00:36,79) 200m: 02:22,38 (00:37,32) 250m: 02:59,80 (00:37,42) 300m: 03:37,52 (00:37,72) 350m: 04:15,17 (00:37,65) 400m: 04:49,51 (00:34,34)					
	Julia Liepe	2012	SV Olympia Rostock	04:52,25	514	
	50m: 00:32,42 (00:32,42) 100m: 01:08,01 (00:35,59) 150m: 01:45,25 (00:37,24) 200m: 02:23,13 (00:37,88) 250m: 03:01,18 (00:38,05) 300m: 03:38,80 (00:37,62) 350m: 04:16,30 (00:37,50) 400m: 04:52,25 (00:35,95)					
	Carina Riedel	2012	SV Burgwedel	04:53,83	506	
	50m: 00:32,22 (00:32,22) 100m: 01:08,65 (00:36,43) 150m: 01:45,57 (00:36,92) 200m: 02:23,96 (00:38,39) 250m: 03:01,87 (00:37,91) 300m: 03:39,87 (00:38,00) 350m: 04:17,56 (00:37,69) 400m: 04:53,83 (00:36,27)					

Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
	Runa Thiesen	2011	TSV RW Niebüll	04:43,27	564	
	50m: 00:31,74 (00:31,74) 100m: 01:06,41 (00:34,67) 150m: 01:41,76 (00:35,35) 200m: 02:18,47 (00:36,71) 250m: 02:55,33 (00:36,86) 300m: 03:32,41 (00:37,08) 350m: 04:09,28 (00:36,87) 400m: 04:43,27 (00:33,99)					
	Maja Junia Döppner	2011	SSG Braunschweig	04:44,38	558	
	50m: 00:32,64 (00:32,64) 100m: 01:07,58 (00:34,94) 150m: 01:43,74 (00:36,16) 200m: 02:19,56 (00:35,82) 250m: 02:56,03 (00:36,47) 300m: 03:32,30 (00:36,27) 350m: 04:08,85 (00:36,55) 400m: 04:44,38 (00:35,53)					
	Jule Daweke	2011	VfL Osnabrück	04:45,61	551	
	50m: 00:31,75 (00:31,75) 100m: 01:06,47 (00:34,72) 150m: 01:42,37 (00:35,90) 200m: 02:19,04 (00:36,67) 250m: 02:56,36 (00:37,32) 300m: 03:33,22 (00:36,86) 350m: 04:10,01 (00:36,79) 400m: 04:45,61 (00:35,60)					
	Marissa Röttger	2011	MTV Goslar	04:53,26	509	EnM
	50m: 00:32,50 (00:32,50) 100m: 01:08,29 (00:35,79) 150m: 01:45,25 (00:36,96) 200m: 02:22,73 (00:37,48) 250m: 03:00,58 (00:37,85) 300m: 03:38,87 (00:38,29) 350m: 04:16,83 (00:37,96) 400m: 04:53,26 (00:36,43)					

noch Wettkampf 19 - 400m Freistil weiblich

Jahrgang 2010

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
	Lara Marie Temmen	2010	SC Delphin Lübeck v.1960 e.V.	04:31,79	639
	50m: 00:30,45 (00:30,45) 100m: 01:04,26 (00:33,81) 150m: 01:38,65 (00:34,39) 200m: 02:13,81 (00:35,16) 250m: 02:47,59 (00:33,78) 300m: 03:23,30 (00:35,71) 350m: 03:47,75 (00:24,45) 400m: 04:31,79 (00:44,04)				
	Elisa Fiedler	2010	SV Olympia Rostock	04:38,44	594
	50m: 00:31,54 (00:31,54) 100m: 01:06,11 (00:34,57) 150m: 01:41,57 (00:35,46) 200m: 02:17,29 (00:35,72) 250m: 02:53,30 (00:36,01) 300m: 03:29,19 (00:35,89) 350m: 04:04,59 (00:35,40) 400m: 04:38,44 (00:33,85)				
	Laura Welzel	2010	SSG Braunschweig	04:38,81	592
	50m: 00:31,16 (00:31,16) 100m: 01:05,62 (00:34,46) 150m: 01:41,01 (00:35,39) 200m: 02:16,65 (00:35,64) 250m: 02:52,17 (00:35,52) 300m: 03:28,28 (00:36,11) 350m: 04:03,99 (00:35,71) 400m: 04:38,81 (00:34,82)				
	Isabel Brinken	2010	VfL Osnabrück	04:45,76	550
	50m: 00:32,19 (00:32,19) 100m: 01:06,97 (00:34,78) 150m: 01:42,83 (00:35,86) 200m: 02:19,33 (00:36,50) 250m: 02:55,77 (00:36,44) 300m: 03:32,47 (00:36,70) 350m: 04:09,37 (00:36,90) 400m: 04:45,76 (00:36,39)				
	Greta Roeske	2010	SG Schöneberg, Berlin e. V.	04:47,68	539
	50m: 00:31,93 (00:31,93) 100m: 01:07,17 (00:35,24) 150m: 01:44,38 (00:37,21) 200m: 02:21,69 (00:37,31) 250m: 02:58,72 (00:37,03) 300m: 03:35,83 (00:37,11) 350m: 04:13,05 (00:37,22) 400m: 04:47,68 (00:34,63)				
	<u>abgemeldet</u>				
	Anna Rosenow	2010	Potsdamer SV		

EnM

Jahrgang 2009

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
	Annie Ebermann	2009	Zehlendorfer TSV von 1888 e.V.	04:40,32	583
	50m: 00:30,24 (00:30,24) 100m: 01:04,33 (00:34,09) 150m: 01:39,77 (00:35,44) 200m: 02:15,99 (00:36,22) 250m: 02:52,30 (00:36,31) 300m: 03:29,04 (00:36,74) 350m: 04:04,74 (00:35,70) 400m: 04:40,32 (00:35,58)				

Jahrgang 204/2008

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
	Elena Masetto	2008	SG Schöneberg, Berlin e. V.	04:44,01	560
	50m: 00:31,38 (00:31,38) 100m: 01:05,47 (00:34,09) 150m: 01:40,11 (00:34,64) 200m: 02:15,73 (00:35,62) 250m: 02:51,99 (00:36,26) 300m: 03:29,48 (00:37,49) 350m: 04:07,24 (00:37,76) 400m: 04:44,01 (00:36,77)				

abgemeldet

Lotte Schmidt-Seithe 2008 SG Hamburg-West

Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
	Lara Marie Temmen	2010	SC Delphin Lübeck v.1960 e.V.	04:31,79	639
	50m: 00:30,45 (00:30,45) 100m: 01:04,26 (00:33,81) 150m: 01:38,65 (00:34,39) 200m: 02:13,81 (00:35,16) 250m: 02:47,59 (00:33,78) 300m: 03:23,30 (00:35,71) 350m: 03:47,75 (00:24,45) 400m: 04:31,79 (00:44,04)				
	Elisa Fiedler	2010	SV Olympia Rostock	04:38,44	594
	50m: 00:31,54 (00:31,54) 100m: 01:06,11 (00:34,57) 150m: 01:41,57 (00:35,46) 200m: 02:17,29 (00:35,72) 250m: 02:53,30 (00:36,01) 300m: 03:29,19 (00:35,89) 350m: 04:04,59 (00:35,40) 400m: 04:38,44 (00:33,85)				
	Laura Welzel	2010	SSG Braunschweig	04:38,81	592
	50m: 00:31,16 (00:31,16) 100m: 01:05,62 (00:34,46) 150m: 01:41,01 (00:35,39) 200m: 02:16,65 (00:35,64) 250m: 02:52,17 (00:35,52) 300m: 03:28,28 (00:36,11) 350m: 04:03,99 (00:35,71) 400m: 04:38,81 (00:34,82)				
	Annie Ebermann	2009	Zehlendorfer TSV von 1888 e.V.	04:40,32	583
	50m: 00:30,24 (00:30,24) 100m: 01:04,33 (00:34,09) 150m: 01:39,77 (00:35,44) 200m: 02:15,99 (00:36,22) 250m: 02:52,30 (00:36,31) 300m: 03:29,04 (00:36,74) 350m: 04:04,74 (00:35,70) 400m: 04:40,32 (00:35,58)				
	Runa Thiesen	2011	TSV RW Niebüll	04:43,27	564
	50m: 00:31,74 (00:31,74) 100m: 01:06,41 (00:34,67) 150m: 01:41,76 (00:35,35) 200m: 02:18,47 (00:36,71) 250m: 02:55,33 (00:36,86) 300m: 03:32,41 (00:37,08) 350m: 04:09,28 (00:36,87) 400m: 04:43,27 (00:33,99)				
	Elena Masetto	2008	SG Schöneberg, Berlin e. V.	04:44,01	560
	50m: 00:31,38 (00:31,38) 100m: 01:05,47 (00:34,09) 150m: 01:40,11 (00:34,64) 200m: 02:15,73 (00:35,62) 250m: 02:51,99 (00:36,26) 300m: 03:29,48 (00:37,49) 350m: 04:07,24 (00:37,76) 400m: 04:44,01 (00:36,77)				
	Maja Junia Döppner	2011	SSG Braunschweig	04:44,38	558
	50m: 00:32,64 (00:32,64) 100m: 01:07,58 (00:34,94) 150m: 01:43,74 (00:36,16) 200m: 02:19,56 (00:35,82) 250m: 02:56,03 (00:36,47) 300m: 03:32,30 (00:36,27) 350m: 04:08,85 (00:36,55) 400m: 04:44,38 (00:35,53)				



noch Wettkampf 19 - 400m Freistil weiblich

noch Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
	Jule Daweke	2011	VfL Osnabrück	04:45,61	551	
	50m: 00:31,75 (00:31,75) 100m: 01:06,47 (00:34,72) 150m: 01:42,37 (00:35,90) 200m: 02:19,04 (00:36,67) 250m: 02:56,36 (00:37,32) 300m: 03:33,22 (00:36,86) 350m: 04:10,01 (00:36,79) 400m: 04:45,61 (00:35,60)					
	Isabel Brinken	2010	VfL Osnabrück	04:45,76	550	
	50m: 00:32,19 (00:32,19) 100m: 01:06,97 (00:34,78) 150m: 01:42,83 (00:35,86) 200m: 02:19,33 (00:36,50) 250m: 02:55,77 (00:36,44) 300m: 03:32,47 (00:36,70) 350m: 04:09,37 (00:36,90) 400m: 04:45,76 (00:36,39)					
	Sophia Malin Dorittke	2013	Schwimm-Zentrum Elmshorn	04:46,91	543	
	50m: 00:33,04 (00:33,04) 100m: 01:09,43 (00:36,39) 150m: 01:45,63 (00:36,20) 200m: 02:23,05 (00:37,42) 250m: 02:59,77 (00:36,72) 300m: 03:36,21 (00:36,44) 350m: 04:12,54 (00:36,33) 400m: 04:46,91 (00:34,37)					
	Greta Roeske	2010	SG Schöneberg, Berlin e. V.	04:47,68	539	EnM
	50m: 00:31,93 (00:31,93) 100m: 01:07,17 (00:35,24) 150m: 01:44,38 (00:37,21) 200m: 02:21,69 (00:37,31) 250m: 02:58,72 (00:37,03) 300m: 03:35,83 (00:37,11) 350m: 04:13,05 (00:37,22) 400m: 04:47,68 (00:34,63)					
	Estella Greif	2013	PSV Cottbus 90	04:49,06	531	
	50m: 00:31,75 (00:31,75) 100m: 01:07,02 (00:35,27) 150m: 01:43,77 (00:36,75) 200m: 02:21,58 (00:37,81) 250m: 02:58,97 (00:37,39) 300m: 03:36,27 (00:37,30) 350m: 04:15,18 (00:38,91) 400m: 04:49,06 (00:33,88)					
	Jaike Marie Petersen	2012	TSV RW Niebüll	04:49,51	529	
	50m: 00:32,62 (00:32,62) 100m: 01:08,27 (00:35,65) 150m: 01:45,06 (00:36,79) 200m: 02:22,38 (00:37,32) 250m: 02:59,80 (00:37,42) 300m: 03:37,52 (00:37,72) 350m: 04:15,17 (00:37,65) 400m: 04:49,51 (00:34,34)					
	Enna Finke	2013	SG Hamburg-West	04:51,67	517	
	50m: 00:32,07 (00:32,07) 100m: 01:08,02 (00:35,95) 150m: 01:45,07 (00:37,05) 200m: 02:22,62 (00:37,55) 250m: 03:00,25 (00:37,63) 300m: 03:38,15 (00:37,90) 350m: 04:15,51 (00:37,36) 400m: 04:51,67 (00:36,16)					
	Julia Liepe	2012	SV Olympia Rostock	04:52,25	514	
	50m: 00:32,42 (00:32,42) 100m: 01:08,01 (00:35,59) 150m: 01:45,25 (00:37,24) 200m: 02:23,13 (00:37,88) 250m: 03:01,18 (00:38,05) 300m: 03:38,80 (00:37,62) 350m: 04:16,30 (00:37,50) 400m: 04:52,25 (00:35,95)					
	Nina Maria Reusch	2013	SGS Hannover	04:52,50	513	
	50m: 00:30,89 (00:30,89) 100m: 01:06,62 (00:35,73) 150m: 01:43,41 (00:36,79) 200m: 02:21,94 (00:38,53) 250m: 03:00,04 (00:38,10) 300m: 03:38,95 (00:38,91) 350m: 04:16,97 (00:38,02) 400m: 04:52,50 (00:35,53)					
	Luise Beckert	2013	SG Bille Hamburg	04:52,87	511	
	50m: 00:32,49 (00:32,49) 100m: 01:08,22 (00:35,73) 150m: 01:45,27 (00:37,05) 200m: 02:22,52 (00:37,25) 250m: 03:00,60 (00:38,08) 300m: 03:38,20 (00:37,60) 350m: 04:15,69 (00:37,49) 400m: 04:52,87 (00:37,18)					
	Marissa Röttger	2011	MTV Goslar	04:53,26	509	EnM
	50m: 00:32,50 (00:32,50) 100m: 01:08,29 (00:35,79) 150m: 01:45,25 (00:36,96) 200m: 02:22,73 (00:37,48) 250m: 03:00,58 (00:37,85) 300m: 03:38,87 (00:38,29) 350m: 04:16,83 (00:37,96) 400m: 04:53,26 (00:36,43)					
	Carina Riedel	2012	SV Burgwedel	04:53,83	506	
	50m: 00:32,22 (00:32,22) 100m: 01:08,65 (00:36,43) 150m: 01:45,57 (00:36,92) 200m: 02:23,96 (00:38,39) 250m: 03:01,87 (00:37,91) 300m: 03:39,87 (00:38,00) 350m: 04:17,56 (00:37,69) 400m: 04:53,83 (00:36,27)					
	Leylani Alexa Penderak	2013	Delmenhorster SV 1905	05:03,98	457	
	50m: 00:33,72 (00:33,72) 100m: 01:12,06 (00:38,34) 150m: 01:51,15 (00:39,09) 200m: 02:30,31 (00:39,16) 250m: 03:10,07 (00:39,76) 300m: 03:49,13 (00:39,06) 350m: 04:27,37 (00:38,24) 400m: 05:03,98 (00:36,61)					
	Keya Keyser	2013	Aqua Berlin e.V.	05:05,96	448	EnM
	50m: 00:33,77 (00:33,77) 100m: 01:11,87 (00:38,10) 150m: 01:50,88 (00:39,01) 200m: 02:30,44 (00:39,56) 250m: 03:09,53 (00:39,09) 300m: 03:48,85 (00:39,32) 350m: 04:27,56 (00:38,71) 400m: 05:05,96 (00:38,40)					
	Jalina Chiara Döppner	2013	SSG Braunschweig	05:07,42	442	EnM
	50m: 00:33,95 (00:33,95) 100m: 01:12,15 (00:38,20) 150m: 01:51,75 (00:39,60) 200m: 02:30,96 (00:39,21) 250m: 03:10,80 (00:39,84) 300m: 03:50,22 (00:39,42) 350m: 04:29,75 (00:39,53) 400m: 05:07,42 (00:37,67)					