

## Wettkampf 3 - 400m Freistil weiblich

CR: 04:12,80 - Reva Foss (SG Frankfurt) am 24.03.2019 in Essen

### Pflichtzeiten

2013 bis 2016: 06:40,00 2012 und älter: 05:20,00

### Jugend D

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1.	Schiller, Mathilda <i>50m: 00:37,73 (00:37,73) 100m: 01:18,53 (00:40,80) 150m: 02:01,27 (00:42,74) 200m: 02:43,15 (00:41,88) 250m: 03:26,26 (00:43,11) 300m: 04:09,24 (00:42,98) 350m: 04:51,42 (00:42,18) 400m: 05:32,38 (00:40,96)</i>	2015	SG Essen	05:32,38	8
2.	Jessen, Jette <i>50m: 00:36,45 (00:36,45) 100m: 01:19,67 (00:43,22) 150m: 02:01,60 (00:41,93) 200m: 02:45,30 (00:43,70) 250m: 03:28,48 (00:43,18) 300m: 04:11,98 (00:43,50) 350m: 04:54,74 (00:42,76) 400m: 05:34,62 (00:39,88)</i>	2016	SG Mülheim	05:34,62	12
3.	Hübner, Annouk <i>50m: 00:40,31 (00:40,31) 100m: 01:27,92 (00:47,61) 150m: 02:15,76 (00:47,84) 200m: 03:06,97 (00:51,21) 250m: 03:54,71 (00:47,74) 300m: 04:44,93 (00:50,22) 350m: 05:31,92 (00:46,99) 400m: 06:18,73 (00:46,81)</i>	2016	SG Essen	06:18,73	3

### Jugend C

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1.	Puttkammer, Carlotta <i>50m: 00:33,53 (00:33,53) 100m: 01:10,66 (00:37,13) 150m: 01:49,40 (00:38,74) 200m: 02:28,15 (00:38,75) 250m: 03:07,34 (00:39,19) 300m: 03:46,53 (00:39,19) 350m: 04:25,22 (00:38,69) 400m: 05:01,77 (00:36,55)</i>	2013	SG HT16	05:01,77	9
2.	Deuker, Paula <i>50m: 00:34,49 (00:34,49) 100m: 01:12,69 (00:38,20) 150m: 01:51,59 (00:38,90) 200m: 02:30,39 (00:38,80) 250m: 03:09,17 (00:38,78) 300m: 03:48,49 (00:39,32) 350m: 04:27,10 (00:38,61) 400m: 05:02,31 (00:35,21)</i>	2013	SG Essen	05:02,31	8
3.	Zimmer, Lilly Rosalie <i>50m: 00:34,22 (00:34,22) 100m: 01:11,90 (00:37,68) 150m: 01:51,00 (00:39,10) 200m: 02:29,49 (00:38,49) 250m: 03:08,44 (00:38,95) 300m: 03:47,41 (00:38,97) 350m: 04:26,78 (00:39,37) 400m: 05:03,26 (00:36,48)</i>	2014	SG Essen	05:03,26	11
4.	Elbe, Milena <i>50m: 00:36,51 (00:36,51) 100m: 01:16,82 (00:40,31) 150m: 01:57,51 (00:40,69) 200m: 02:38,21 (00:40,70) 250m: 03:19,91 (00:41,70) 300m: 04:01,15 (00:41,24) 350m: 04:41,35 (00:40,20) 400m: 05:19,26 (00:37,91)</i>	2014	SG Essen	05:19,26	7
5.	Boller, Charlotte <i>50m: 00:36,73 (00:36,73) 100m: 01:17,08 (00:40,35) 150m: 01:58,63 (00:41,55) 200m: 02:39,97 (00:41,34) 250m: 03:21,79 (00:41,82) 300m: 04:03,20 (00:41,41) 350m: 04:43,94 (00:40,74) 400m: 05:22,57 (00:38,63)</i>	2014	SG Essen	05:22,57	6
6.	Kontny, Ella <i>50m: 00:34,82 (00:34,82) 100m: 01:16,04 (00:41,22) 150m: 01:56,71 (00:40,67) 200m: 02:39,39 (00:42,68) 250m: 03:20,65 (00:41,26) 300m: 04:03,34 (00:42,69) 350m: 04:44,34 (00:41,00) 400m: 05:22,69 (00:38,35)</i>	2014	SG Essen	05:22,69	6
7.	Arts, Lotte <i>50m: 00:38,02 (00:38,02) 100m: 01:19,60 (00:41,58) 150m: 02:02,34 (00:42,74) 200m: 02:45,65 (00:43,31) 250m: 03:28,39 (00:42,74) 300m: 04:12,10 (00:43,71) 350m: 04:54,87 (00:42,77) 400m: 05:35,07 (00:40,20)</i>	2013	SG Mülheim	05:35,07	
8.	Dumrauf, Sofia <i>50m: 00:37,45 (00:37,45) 100m: 01:20,98 (00:43,53) 150m: 02:07,12 (00:46,14) 200m: 02:54,58 (00:47,46) 250m: 03:42,64 (00:48,06) 300m: 04:30,69 (00:48,05) 350m: 05:18,92 (00:48,23) 400m: 06:04,42 (00:45,50)</i>	2014	PSV Oberhausen	06:04,42	

#### nicht am Start

Beckert, Luise	2013	SG Bille Hamburg	KMR
Schulz, Lenia	2014	SG Essen	KMR

## noch Wettkampf 3 - 400m Freistil weiblich

### Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1.	Selimovic, Zara	2007	SG Essen	04:22,12	13
	<i>50m: 00:29,87 (00:29,87) 100m: 01:02,26 (00:32,39) 150m: 01:35,69 (00:33,43) 200m: 02:09,16 (00:33,47) 250m: 02:42,56 (00:33,40) 300m: 03:15,98 (00:33,42) 350m: 03:49,97 (00:33,99) 400m: 04:22,12 (00:32,15)</i>				
2.	Hentschke, Cleo	2008	SG Essen	04:31,64	12
	<i>50m: 00:30,35 (00:30,35) 100m: 01:03,36 (00:33,01) 150m: 01:37,70 (00:34,34) 200m: 02:12,17 (00:34,47) 250m: 02:47,05 (00:34,88) 300m: 03:21,96 (00:34,91) 350m: 03:57,36 (00:35,40) 400m: 04:31,64 (00:34,28)</i>				
3.	Schmidt-Seithe, Lotte	2008	SG Hamburg-West	04:34,07	11
	<i>50m: 00:31,38 (00:31,38) 100m: 01:06,52 (00:35,14) 150m: 01:41,29 (00:34,77) 200m: 02:16,43 (00:35,14) 250m: 02:51,15 (00:34,72) 300m: 03:26,42 (00:35,27) 350m: 04:01,31 (00:34,89) 400m: 04:34,07 (00:32,76)</i>				
4.	Kindel, Emma	2010	SG HT16	04:34,35	12
	<i>50m: 00:31,49 (00:31,49) 100m: 01:05,82 (00:34,33) 150m: 01:40,61 (00:34,79) 200m: 02:15,48 (00:34,87) 250m: 02:50,58 (00:35,10) 300m: 03:25,44 (00:34,86) 350m: 04:00,58 (00:35,14) 400m: 04:34,35 (00:33,77)</i>				
5.	Yuan, Lai	2010	SG Essen	04:36,14	11
	<i>50m: 00:31,31 (00:31,31) 100m: 01:06,22 (00:34,91) 150m: 01:41,47 (00:35,25) 200m: 02:16,93 (00:35,46) 250m: 02:51,89 (00:34,96) 300m: 03:27,31 (00:35,42) 350m: 04:02,28 (00:34,97) 400m: 04:36,14 (00:33,86)</i>				
6.	Boateng Sekyere, Nana Hema	2009	Hamburger SC	04:36,47	11
	<i>50m: 00:31,78 (00:31,78) 100m: 01:06,12 (00:34,34) 150m: 01:40,85 (00:34,73) 200m: 02:15,32 (00:34,47) 250m: 02:50,50 (00:35,18) 300m: 03:25,62 (00:35,12) 350m: 04:01,49 (00:35,87) 400m: 04:36,47 (00:34,98)</i>				
7.	Becker, Judith	2007	Hamburger SC	04:36,76	9
	<i>50m: 00:32,38 (00:32,38) 100m: 01:07,68 (00:35,30) 150m: 01:43,96 (00:36,28) 200m: 02:19,61 (00:35,65) 250m: 02:54,92 (00:35,31) 300m: 03:29,57 (00:34,65) 350m: 04:03,89 (00:34,32) 400m: 04:36,76 (00:32,87)</i>				
8.	Boller, Helene	2011	SG Essen	04:36,85	12
	<i>50m: 00:31,00 (00:31,00) 100m: 01:05,57 (00:34,57) 150m: 01:40,90 (00:35,33) 200m: 02:16,29 (00:35,39) 250m: 02:52,00 (00:35,71) 300m: 03:27,15 (00:35,15) 350m: 04:02,81 (00:35,66) 400m: 04:36,85 (00:34,04)</i>				
9.	Brüggmann, Liv	2011	SG HT16	04:39,49	11
	<i>50m: 00:32,09 (00:32,09) 100m: 01:07,36 (00:35,27) 150m: 01:43,08 (00:35,72) 200m: 02:18,77 (00:35,69) 250m: 02:54,35 (00:35,58) 300m: 03:29,82 (00:35,47) 350m: 04:04,48 (00:34,66) 400m: 04:39,49 (00:35,01)</i>				
10.	Stark, Caroline	2011	SG Essen	04:42,44	10
	<i>50m: 00:31,59 (00:31,59) 100m: 01:07,06 (00:35,47) 150m: 01:42,96 (00:35,90) 200m: 02:19,14 (00:36,18) 250m: 02:55,48 (00:36,34) 300m: 03:32,04 (00:36,56) 350m: 04:08,34 (00:36,30) 400m: 04:42,44 (00:34,10)</i>				
11.	Kalweit, Mira	2011	SG HT16	04:42,81	10
	<i>50m: 00:31,89 (00:31,89) 100m: 01:07,34 (00:35,45) 150m: 01:42,77 (00:35,43) 200m: 02:18,82 (00:36,05) 250m: 02:54,31 (00:35,49) 300m: 03:31,17 (00:36,86) 350m: 04:06,95 (00:35,78) 400m: 04:42,81 (00:35,86)</i>				
12.	Mc Clurg Tilling, Lilly	2011	SG HT16	04:43,07	10
	<i>50m: 00:32,03 (00:32,03) 100m: 01:07,29 (00:35,26) 150m: 01:43,15 (00:35,86) 200m: 02:19,47 (00:36,32) 250m: 02:55,82 (00:36,35) 300m: 03:32,43 (00:36,61) 350m: 04:08,18 (00:35,75) 400m: 04:43,07 (00:34,89)</i>				
13.	Buck, Victoria	2012	AMTV-WTB Hamburg	04:51,50	9
	<i>50m: 00:32,75 (00:32,75) 100m: 01:09,31 (00:36,56) 150m: 01:46,38 (00:37,07) 200m: 02:23,39 (00:37,01) 250m: 03:00,83 (00:37,44) 300m: 03:38,53 (00:37,70) 350m: 04:15,71 (00:37,18) 400m: 04:51,50 (00:35,79)</i>				
14.	Dahlke, Mia	2011	SG Essen	04:53,89	7
	<i>50m: 00:33,30 (00:33,30) 100m: 01:09,00 (00:35,70) 150m: 01:46,62 (00:37,62) 200m: 02:24,84 (00:38,22) 250m: 03:02,77 (00:37,93) 300m: 03:40,71 (00:37,94) 350m: 04:17,98 (00:37,27) 400m: 04:53,89 (00:35,91)</i>				
14.	Migala, Annika	2012	SG Essen	04:53,89	9
	<i>50m: 00:32,03 (00:32,03) 100m: 01:08,16 (00:36,13) 150m: 01:44,69 (00:36,53) 200m: 02:21,77 (00:37,08) 250m: 02:59,33 (00:37,56) 300m: 03:38,13 (00:38,80) 350m: 04:16,55 (00:38,42) 400m: 04:53,89 (00:37,34)</i>				
16.	Radloff, Mia	2012	SG Essen	04:54,26	8
	<i>50m: 00:33,19 (00:33,19) 100m: 01:10,06 (00:36,87) 150m: 01:47,61 (00:37,55) 200m: 02:24,91 (00:37,30) 250m: 03:02,73 (00:37,82) 300m: 03:40,26 (00:37,53) 350m: 04:17,96 (00:37,70) 400m: 04:54,26 (00:36,30)</i>				

## noch Wettkampf 3 - 400m Freistil weiblich

### noch Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
17.	Bippen, Lina Sophie	2012	SG HT16	04:54,91	8
	<i>50m: 00:33,96 (00:33,96) 100m: 01:11,22 (00:37,26) 150m: 01:48,42 (00:37,20) 200m: 02:26,39 (00:37,97) 250m: 03:03,95 (00:37,56) 300m: 03:41,66 (00:37,71) 350m: 04:19,23 (00:37,57) 400m: 04:54,91 (00:35,68)</i>				
18.	Brauckmann, Mia	2011	SG Essen	04:55,03	7
	<i>50m: 00:32,10 (00:32,10) 100m: 01:09,22 (00:37,12) 150m: 01:46,00 (00:36,78) 200m: 02:24,10 (00:38,10) 250m: 03:01,47 (00:37,37) 300m: 03:39,97 (00:38,50) 350m: 04:17,13 (00:37,16) 400m: 04:55,03 (00:37,90)</i>				
19.	Vogt, Myrtha	2012	SG Essen	04:57,52	8
	<i>50m: 00:33,45 (00:33,45) 100m: 01:10,50 (00:37,05) 150m: 01:47,91 (00:37,41) 200m: 02:26,44 (00:38,53) 250m: 03:04,66 (00:38,22) 300m: 03:43,30 (00:38,64) 350m: 04:21,26 (00:37,96) 400m: 04:57,52 (00:36,26)</i>				
20.	Schulze, Paula Marlene	2011	SG Essen	05:00,39	6
	<i>50m: 00:31,70 (00:31,70) 100m: 01:09,26 (00:37,56) 150m: 01:47,97 (00:38,71) 200m: 02:27,23 (00:39,26) 250m: 03:07,19 (00:39,96) 300m: 03:45,46 (00:38,27) 350m: 04:23,42 (00:37,96) 400m: 05:00,39 (00:36,97)</i>				
21.	Käding, Lucy	2012	Ratzeburger SV von 1862	05:01,35	7
	<i>50m: 00:32,92 (00:32,92) 100m: 01:09,44 (00:36,52) 150m: 01:48,05 (00:38,61) 200m: 02:26,54 (00:38,49) 250m: 03:06,07 (00:39,53) 300m: 03:45,47 (00:39,40) 350m: 04:24,97 (00:39,50) 400m: 05:01,35 (00:36,38)</i>				
22.	Buschmeyer, Mathilda Yu-Ri	2011	SG Essen	05:01,59	5
	<i>50m: 00:32,68 (00:32,68) 100m: 01:09,60 (00:36,92) 150m: 01:48,11 (00:38,51) 200m: 02:26,80 (00:38,69) 250m: 03:05,74 (00:38,94) 300m: 03:44,99 (00:39,25) 350m: 04:24,29 (00:39,30) 400m: 05:01,59 (00:37,30)</i>				
23.	Puttkammer, Carlotta	2013	SG HT16	05:01,77	9
	<i>50m: 00:33,53 (00:33,53) 100m: 01:10,66 (00:37,13) 150m: 01:49,40 (00:38,74) 200m: 02:28,15 (00:38,75) 250m: 03:07,34 (00:39,19) 300m: 03:46,53 (00:39,19) 350m: 04:25,22 (00:38,69) 400m: 05:01,77 (00:36,55)</i>				
24.	Deuker, Paula	2013	SG Essen	05:02,31	8
	<i>50m: 00:34,49 (00:34,49) 100m: 01:12,69 (00:38,20) 150m: 01:51,59 (00:38,90) 200m: 02:30,39 (00:38,80) 250m: 03:09,17 (00:38,78) 300m: 03:48,49 (00:39,32) 350m: 04:27,10 (00:38,61) 400m: 05:02,31 (00:35,21)</i>				
25.	Zimmer, Lilly Rosalie	2014	SG Essen	05:03,26	11
	<i>50m: 00:34,22 (00:34,22) 100m: 01:11,90 (00:37,68) 150m: 01:51,00 (00:39,10) 200m: 02:29,49 (00:38,49) 250m: 03:08,44 (00:38,95) 300m: 03:47,41 (00:38,97) 350m: 04:26,78 (00:39,37) 400m: 05:03,26 (00:36,48)</i>				
26.	Kaiser, Lara	2011	SG Essen	05:03,98	5
	<i>50m: 00:32,68 (00:32,68) 100m: 01:09,12 (00:36,44) 150m: 01:47,78 (00:38,66) 200m: 02:26,08 (00:38,30) 250m: 03:06,17 (00:40,09) 300m: 03:45,43 (00:39,26) 350m: 04:24,93 (00:39,50) 400m: 05:03,98 (00:39,05)</i>				
27.	Freundlieb, Nia	2012	Hamburger SC	05:13,03	4
	<i>50m: 00:33,49 (00:33,49) 100m: 01:12,70 (00:39,21) 150m: 01:51,95 (00:39,25) 200m: 02:33,12 (00:41,17) 250m: 03:12,98 (00:39,86) 300m: 03:54,51 (00:41,53) 350m: 04:33,72 (00:39,21) 400m: 05:13,03 (00:39,31)</i>				
28.	Elbe, Milena	2014	SG Essen	05:19,26	7
	<i>50m: 00:36,51 (00:36,51) 100m: 01:16,82 (00:40,31) 150m: 01:57,51 (00:40,69) 200m: 02:38,21 (00:40,70) 250m: 03:19,91 (00:41,70) 300m: 04:01,15 (00:41,24) 350m: 04:41,35 (00:40,20) 400m: 05:19,26 (00:37,91)</i>				
29.	Boller, Charlotte	2014	SG Essen	05:22,57	6
	<i>50m: 00:36,73 (00:36,73) 100m: 01:17,08 (00:40,35) 150m: 01:58,63 (00:41,55) 200m: 02:39,97 (00:41,34) 250m: 03:21,79 (00:41,82) 300m: 04:03,20 (00:41,41) 350m: 04:43,94 (00:40,74) 400m: 05:22,57 (00:38,63)</i>				
30.	Kontny, Ella	2014	SG Essen	05:22,69	6
	<i>50m: 00:34,82 (00:34,82) 100m: 01:16,04 (00:41,22) 150m: 01:56,71 (00:40,67) 200m: 02:39,39 (00:42,68) 250m: 03:20,65 (00:41,26) 300m: 04:03,34 (00:42,69) 350m: 04:44,34 (00:41,00) 400m: 05:22,69 (00:38,35)</i>				
31.	Ermisch, Evelina	2011	PSV Oberhausen	05:23,45	KMR
	<i>50m: 00:34,50 (00:34,50) 100m: 01:13,77 (00:39,27) 150m: 01:55,00 (00:41,23) 200m: 02:37,30 (00:42,30) 250m: 03:19,97 (00:42,67) 300m: 04:01,89 (00:41,92) 350m: 04:44,08 (00:42,19) 400m: 05:23,45 (00:39,37)</i>				
32.	Alferding, Emma	2010	PSV Oberhausen	05:23,52	KMR
	<i>50m: 00:34,39 (00:34,39) 100m: 01:15,05 (00:40,66) 150m: 01:56,54 (00:41,49) 200m: 02:39,02 (00:42,48) 250m: 03:21,00 (00:41,98) 300m: 04:03,30 (00:42,30) 350m: 04:44,97 (00:41,67) 400m: 05:23,52 (00:38,55)</i>				

## noch Wettkampf 3 - 400m Freistil weiblich

### noch Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
33.	Schiller, Mathilda	2015	SG Essen	05:32,38	8
	<i>50m: 00:37,73 (00:37,73) 100m: 01:18,53 (00:40,80) 150m: 02:01,27 (00:42,74) 200m: 02:43,15 (00:41,88) 250m: 03:26,26 (00:43,11) 300m: 04:09,24 (00:42,98) 350m: 04:51,42 (00:42,18) 400m: 05:32,38 (00:40,96)</i>				
34.	Jessen, Jette	2016	SG Mülheim	05:34,62	12
	<i>50m: 00:36,45 (00:36,45) 100m: 01:19,67 (00:43,22) 150m: 02:01,60 (00:41,93) 200m: 02:45,30 (00:43,70) 250m: 03:28,48 (00:43,18) 300m: 04:11,98 (00:43,50) 350m: 04:54,74 (00:42,76) 400m: 05:34,62 (00:39,88)</i>				
35.	Arts, Lotte	2013	SG Mülheim	05:35,07	
	<i>50m: 00:38,02 (00:38,02) 100m: 01:19,60 (00:41,58) 150m: 02:02,34 (00:42,74) 200m: 02:45,65 (00:43,31) 250m: 03:28,39 (00:42,74) 300m: 04:12,10 (00:43,71) 350m: 04:54,87 (00:42,77) 400m: 05:35,07 (00:40,20)</i>				
36.	Dumrauf, Sofia	2014	PSV Oberhausen	06:04,42	
	<i>50m: 00:37,45 (00:37,45) 100m: 01:20,98 (00:43,53) 150m: 02:07,12 (00:46,14) 200m: 02:54,58 (00:47,46) 250m: 03:42,64 (00:48,06) 300m: 04:30,69 (00:48,05) 350m: 05:18,92 (00:48,23) 400m: 06:04,42 (00:45,50)</i>				
37.	Hübner, Annouk	2016	SG Essen	06:18,73	3
	<i>50m: 00:40,31 (00:40,31) 100m: 01:27,92 (00:47,61) 150m: 02:15,76 (00:47,84) 200m: 03:06,97 (00:51,21) 250m: 03:54,71 (00:47,74) 300m: 04:44,93 (00:50,22) 350m: 05:31,92 (00:46,99) 400m: 06:18,73 (00:46,81)</i>				

#### nicht am Start

Spiwoкс, Jeannette                      1998    SG Essen    KMR