

Wettkampf 30 - 400m Freistil weiblich - nage libre f - freestyle f

DR: 03:59,12 - Köhler, Sarah (SG Frankfurt) am 17.12.2017 in Copenhagen (DEN)
DJR 12 J. (2007): 04:28,15 - Ditterich, Delara (SG EWR Rheinhessen Mainz) am 17.12.2017 in Berlin (GER)
DJR 13 J. (2006): 04:17,68 - Götz, Janina-Kristin (SV 1921 Bayreuth) am 10.12.1994 in Rostock (GER)
DJR 14 J. (2005): 04:04,89 - Gose, Isabel (Potsdamer SV im OSC Potsdam) am 20.11.2016 in Berlin (GER)
DJR 15 J. (2004): 04:06,14 - Gose, Isabel (Potsdamer SV im OSC Potsdam) am 17.12.2017 in Berlin (GER)
DJR 16 J. (2003): 04:03,22 - Beck, Leonie Antonia (SV Würzburg 05) am 11.08.2013 in Berlin (GER)
DJR 17 J. (2002): 04:02,92 - Jansen, Franziska (SV Nikar Heidelberg) am 15.11.2009 in Berlin (GER)
DJR 18 J. (2001): 04:02,05 - Strauß, Astrid (TSC Berlin) am 08.02.1987 in Bonn (GER)
DJR 19 J. (2000): 04:02,05 - Strauß, Astrid (TSC Berlin) am 08.02.1987 in Bonn (GER)
ISF: 04:12,08 - Reva Foos (DSW 1912 Darmstadt) am 24.09.2017 in Mainz (Taubertsbergbad)

Jahrgang 2008

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1.	Sophie Luschnitz 100m: 01:15,32 (01:15,32) 200m: 02:38,70 (01:23,38) 300m: 04:03,04 (01:24,34) 400m: 05:24,82 (01:21,78)		SG EWR Rheinhessen-Mainz	05:24,82	10
2.	Sophie-Marie Berker 100m: 01:17,50 (01:17,50) 200m: 02:42,88 (01:25,38) 300m: 04:08,06 (01:25,18) 400m: 05:30,50 (01:22,44)		SV Gelnhausen 1924	05:30,50	8
3.	Lucy Fiedler 100m: 01:16,57 (01:16,57) 200m: 02:40,82 (01:24,25) 300m: 04:07,20 (01:26,38) 400m: 05:32,36 (01:25,16)		SG EWR Rheinhessen-Mainz	05:32,36	6
4.	Svea Wilsmann 100m: 01:23,34 (01:23,34) 200m: 02:51,24 (01:27,90) 300m: 04:18,75 (01:27,51) 400m: 05:44,94 (01:26,19)		SV Delphin Wiesbaden	05:44,94	5
5.	Sarah Maria Tinti 100m: 01:21,64 (01:21,64) 300m: 04:22,54 (03:00,90) 400m: 05:49,23 (01:26,69)		Aquakids	05:49,23	4
6.	Rosa Reitz 100m: 01:21,51 (01:21,51) 200m: 02:50,17 (01:28,66) 300m: 04:18,45 (01:28,28) 400m: 05:49,35 (01:30,90)		SV Gelnhausen 1924	05:49,35	3
7.	Emma Weiler 100m: 01:24,54 (01:24,54) 200m: 02:54,86 (01:30,32) 300m: 04:23,16 (01:28,30) 400m: 05:54,42 (01:31,26)		SG EWR Rheinhessen-Mainz	05:54,42	2
8.	Ricarda Clemens 100m: 01:25,58 (01:25,58) 200m: 02:59,49 (01:33,91) 300m: 04:33,48 (01:33,99) 400m: 06:02,15 (01:28,67)		VfR Simmern	06:02,15	1
9.	Kathrin Wald 100m: 01:28,34 (01:28,34) 200m: 03:03,19 (01:34,85) 300m: 04:35,79 (01:32,60) 400m: 06:08,35 (01:32,56)		SG Rhein-Mosel	06:08,35	
10.	Antonina Stobbe 100m: 01:27,39 (01:27,39) 200m: 03:03,02 (01:35,63) 300m: 04:38,64 (01:35,62) 400m: 06:10,67 (01:32,03)		SV Delphin Wiesbaden	06:10,67	
11.	Rebecca Nelgen 100m: 01:29,16 (01:29,16) 200m: 03:11,06 (01:41,90) 300m: 04:50,15 (01:39,09) 400m: 06:24,78 (01:34,63)		SG EWR Rheinhessen-Mainz	06:24,78	
12.	Eliza KOLLENDÄ 100m: 01:33,38 (01:33,38) 200m: 03:11,97 (01:38,59) 300m: 04:53,60 (01:41,63) 400m: 06:31,94 (01:38,34)		SSC Landau	06:31,94	
13.	Lilly-Marie LEIBOLD 100m: 01:58,59 (01:58,59) 200m: 03:28,57 (01:29,98) 300m: 05:18,87 (01:50,30) 400m: 07:01,40 (01:42,53)		SSC Landau	07:01,40	
14.	Sara Spira 100m: 01:44,07 (01:44,07) 200m: 03:33,86 (01:49,79) 300m: 05:21,64 (01:47,78) 400m: 07:02,73 (01:41,09)		SG EWR Rheinhessen-Mainz	07:02,73	
15.	Marlene KOPF 100m: 01:42,44 (01:42,44) 200m: 03:31,96 (01:49,52) 300m: 05:22,93 (01:50,97) 400m: 07:10,93 (01:48,00)		SSC Landau	07:10,93	

nicht am Start

Ida Frieß

SG EWR Rheinhessen-Mainz

Platz	Schwimmerin	Jg.	Verein	Endzeit
	<u>abgemeldet</u> Sofie Lüfing		SG Rhein-Mosel	

Jahrgang 2007

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1.	Lea Maria Makovec 100m: 01:14,48 (01:14,48) 200m: 02:34,16 (01:19,68) 300m: 03:54,92 (01:20,76) 400m: 05:09,42 (01:14,50)		DSW 1912 Darmstadt	05:09,42	10
2.	Lilly Seiler 100m: 01:11,61 (01:11,61) 200m: 02:31,64 (01:20,03) 300m: 03:52,64 (01:21,00) 400m: 05:10,94 (01:18,30)		SV Gelnhausen 1924	05:10,94	8
3.	Sophia Elena Schulenberg Sarrazin 100m: 01:15,29 (01:15,29) 200m: 02:36,32 (01:21,03) 300m: 03:57,23 (01:20,91) 400m: 05:16,67 (01:19,44)		SC Wiesbaden 1911	05:16,67	6
4.	Janna Pauly 100m: 01:15,39 (01:15,39) 200m: 02:37,16 (01:21,77) 300m: 03:57,36 (01:20,20) 400m: 05:17,04 (01:19,68)		SV Delphin Wiesbaden	05:17,04	5
5.	Amelie Sophia Scheibel 100m: 01:20,78 (01:20,78) 200m: 02:50,56 (01:29,78) 300m: 04:21,94 (01:31,38) 400m: 05:49,05 (01:27,11)		DSW 1912 Darmstadt	05:49,05	4
6.	Luisa Kiegler 100m: 01:20,65 (01:20,65) 200m: 02:51,55 (01:30,90) 300m: 04:22,83 (01:31,28) 400m: 05:52,90 (01:30,07)		SG EWR Rheinhessen-Mainz	05:52,90	3
7.	Lena Hoffmann 100m: 01:20,08 (01:20,08) 200m: 02:53,41 (01:33,33) 300m: 04:27,36 (01:33,95) 400m: 05:54,43 (01:27,07)		VfR Simmern	05:54,43	2
8.	Mia Kiegler 100m: 01:22,91 (01:22,91) 200m: 02:55,71 (01:32,80) 300m: 04:28,44 (01:32,73) 400m: 05:58,82 (01:30,38)		SG EWR Rheinhessen-Mainz	05:58,82	1
9.	Tara Roth 100m: 01:25,02 (01:25,02) 200m: 02:58,26 (01:33,24) 300m: 04:31,80 (01:33,54) 400m: 06:02,44 (01:30,64)		SC Wiesbaden 1911	06:02,44	
10.	Julie Roth 100m: 01:27,17 (01:27,17) 200m: 03:00,85 (01:33,68) 300m: 04:34,08 (01:33,23) 400m: 06:08,07 (01:33,99)		SC Wiesbaden 1911	06:08,07	
11.	Linn Zimmermann 100m: 01:29,04 (01:29,04) 200m: 03:05,23 (01:36,19) 300m: 04:39,60 (01:34,37) 400m: 06:10,57 (01:30,97)		SG EWR Rheinhessen-Mainz	06:10,57	
12.	Alina Huhn 100m: 01:30,61 (01:30,61) 200m: 03:08,41 (01:37,80) 300m: 04:45,67 (01:37,26) 400m: 06:18,93 (01:33,26)		VfR Simmern	06:18,93	
13.	Lena Mühldorfer 100m: 01:35,35 (01:35,35) 200m: 03:17,06 (01:41,71) 300m: 05:00,06 (01:43,00) 400m: 06:37,25 (01:37,19)		SC Wiesbaden 1911	06:37,25	
14.	Josephine Meurisch 100m: 01:48,42 (01:48,42) 200m: 03:48,95 (02:00,53) 300m: 05:49,48 (02:00,53) 400m: 07:50,39 (02:00,91)		VfR Simmern	07:50,39	
	<u>nicht am Start</u> Catalina Bentjen		SV Gelnhausen 1924		

Jahrgang 2006

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1.	Lilia-Marie Bensalah 100m: 01:08,89 (01:08,89) 200m: 02:21,80 (01:12,91) 300m: 03:36,02 (01:14,22) 400m: 04:49,64 (01:13,62)		SG EWR Rheinhessen-Mainz	04:49,64	10
2.	Juli Clara Schmell 100m: 01:11,43 (01:11,43) 200m: 02:27,66 (01:16,23) 300m: 03:44,49 (01:16,83) 400m: 04:57,45 (01:12,96)		SG EWR Rheinhessen-Mainz	04:57,45	8

Platz	Schwimmerin	Jg.	Verein	Endzeit	
3.	Finja Florentin Lang 100m: 01:11,90 (01:11,90) 200m: 02:30,59 (01:18,69) 300m: 03:48,58 (01:17,99) 400m: 05:02,45 (01:13,87)		DSW 1912 Darmstadt	05:02,45	6
4.	Lina Michalk 100m: 01:11,59 (01:11,59) 200m: 02:32,26 (01:20,67) 300m: 03:53,27 (01:21,01) 400m: 05:13,26 (01:19,99)		DSW 1912 Darmstadt	05:13,26	5
5.	Lara Keunecke 100m: 01:14,36 (01:14,36) 200m: 02:35,86 (01:21,50) 300m: 03:56,64 (01:20,78) 400m: 05:14,76 (01:18,12)		DSW 1912 Darmstadt	05:14,76	4
6.	Emily Hölzel 100m: 01:16,48 (01:16,48) 200m: 02:38,26 (01:21,78) 300m: 03:59,38 (01:21,12) 400m: 05:17,29 (01:17,91)		SC Wiesbaden 1911	05:17,29	3
7.	Emma Heierhoff 100m: 01:15,62 (01:15,62) 200m: 02:37,93 (01:22,31) 300m: 03:59,75 (01:21,82) 400m: 05:18,90 (01:19,15)		SC Wiesbaden 1911	05:18,90	2
8.	Leia Marinovic 100m: 01:15,03 (01:15,03) 200m: 02:39,40 (01:24,37) 300m: 04:03,84 (01:24,44) 400m: 05:30,72 (01:26,88)		SV Gelnhausen 1924	05:30,72	1
9.	Franziska Parl 100m: 01:17,85 (01:17,85) 200m: 02:43,23 (01:25,38) 300m: 04:08,45 (01:25,22) 400m: 05:32,06 (01:23,61)		SV Gelnhausen 1924	05:32,06	
10.	Hannah Diem 100m: 01:18,89 (01:18,89) 200m: 02:45,36 (01:26,47) 300m: 04:13,20 (01:27,84) 400m: 05:35,98 (01:22,78)		USC Mainz	05:35,98	
11.	Helen Elenndt 100m: 01:19,59 (01:19,59) 200m: 02:46,16 (01:26,57) 300m: 04:12,89 (01:26,73) 400m: 05:37,16 (01:24,27)		DSW 1912 Darmstadt	05:37,16	
12.	Lina Müller 100m: 01:19,15 (01:19,15) 200m: 02:47,37 (01:28,22) 300m: 04:18,29 (01:30,92) 400m: 05:42,69 (01:24,40)		VfR Simmern	05:42,69	
13.	Paulina Fraszczak 100m: 01:20,01 (01:20,01) 200m: 02:48,24 (01:28,23) 300m: 04:17,58 (01:29,34) 400m: 05:46,20 (01:28,62)		DSW 1912 Darmstadt	05:46,20	
14.	Natalie Böhm 100m: 01:32,42 (01:32,42) 200m: 03:14,26 (01:41,84) 300m: 04:56,04 (01:41,78) 400m: 06:30,25 (01:34,21)		VfR Simmern	06:30,25	

Jahrgang 2005

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1.	Regina Guth 100m: 01:07,73 (01:07,73) 200m: 02:18,67 (01:10,94) 300m: 03:30,89 (01:12,22) 400m: 04:39,54 (01:08,65)		SC Neustadt/Weinstr.	04:39,54	10
2.	Lilli Fiedler 100m: 01:08,70 (01:08,70) 200m: 02:20,56 (01:11,86) 300m: 03:33,03 (01:12,47) 400m: 04:45,00 (01:11,97)		SG EWR Rheinhessen-Mainz	04:45,00	8
3.	Luisa Bouvain 100m: 01:09,92 (01:09,92) 200m: 02:24,45 (01:14,53) 300m: 03:38,26 (01:13,81) 400m: 04:49,32 (01:11,06)		SG EWR Rheinhessen-Mainz	04:49,32	6
4.	Paula Kühn 100m: 01:07,40 (01:07,40) 200m: 02:20,92 (01:13,52) 300m: 03:35,47 (01:14,55) 400m: 04:50,50 (01:15,03)		SG Rhein-Mosel	04:50,50	5
5.	Klara Marx 100m: 01:09,34 (01:09,34) 200m: 02:23,38 (01:14,04) 300m: 03:38,16 (01:14,78) 400m: 04:51,91 (01:13,75)		SG Rhein-Mosel	04:51,91	4
6.	Jazmin Döme 100m: 01:11,54 (01:11,54) 200m: 02:29,44 (01:17,90) 300m: 03:46,82 (01:17,38) 400m: 05:01,22 (01:14,40)		SV Gelnhausen 1924	05:01,22	3
7.	Aliki Maria Kostogiannis 100m: 01:10,00 (01:10,00) 200m: 02:27,70 (01:17,70) 300m: 03:46,18 (01:18,48) 400m: 05:03,72 (01:17,54)		DSW 1912 Darmstadt	05:03,72	2

Platz	Schwimmerin	Jg.	Verein	Endzeit	
8.	Luise SANDMANN 100m: 01:11,85 (01:11,85) 200m: 02:27,71 (01:15,86) 300m: 03:47,01 (01:19,30) 400m: 05:06,25 (01:19,24)		SSC Landau	05:06,25	1
9.	Emilia Ebbi Sattlegger-Wendt 100m: 01:13,16 (01:13,16) 200m: 02:32,27 (01:19,11) 300m: 03:56,93 (01:24,66) 400m: 05:06,82 (01:09,89)		DSW 1912 Darmstadt	05:06,82	
10.	Elsa Mlinaku 100m: 01:12,40 (01:12,40) 200m: 02:32,00 (01:19,60) 300m: 03:52,26 (01:20,26) 400m: 05:07,56 (01:15,30)		SSV Mutterstadt	05:07,56	
11.	Janika Bentjen 100m: 01:14,24 (01:14,24) 200m: 02:34,98 (01:20,74) 300m: 03:57,30 (01:22,32) 400m: 05:16,98 (01:19,68)		SV Gelnhausen 1924	05:16,98	
12.	Elisa Groß 100m: 01:16,60 (01:16,60) 200m: 02:43,95 (01:27,35) 300m: 04:09,51 (01:25,56) 400m: 05:35,67 (01:26,16)		SG Rhein-Mosel	05:35,67	
13.	Johanna Homann 100m: 01:19,13 (01:19,13) 200m: 02:47,02 (01:27,89) 300m: 04:14,67 (01:27,65) 400m: 05:37,26 (01:22,59)		SC Wiesbaden 1911	05:37,26	
14.	Anna Möller 100m: 01:23,42 (01:23,42) 200m: 02:59,01 (01:35,59) 300m: 04:35,82 (01:36,81) 400m: 06:10,54 (01:34,72)		SG Rhein-Mosel	06:10,54	
	<u>nicht am Start</u> Alina Haveresch Kira Seiler		SG EWR Rheinhessen-Mainz SV Gelnhausen 1924		

Jahrgang 2004

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1.	Jana Schomann 100m: 01:06,23 (01:06,23) 200m: 02:16,92 (01:10,69) 300m: 03:28,46 (01:11,54) 400m: 04:38,32 (01:09,86)		SV Gelnhausen 1924	04:38,32	10
2.	Clara Heuberger 100m: 01:06,85 (01:06,85) 200m: 02:18,10 (01:11,25) 300m: 03:30,60 (01:12,50) 400m: 04:41,44 (01:10,84)		DSW 1912 Darmstadt	04:41,44	8
3.	Luisa Hartmann 100m: 01:09,72 (01:09,72) 200m: 02:23,52 (01:13,80) 300m: 03:37,69 (01:14,17) 400m: 04:49,04 (01:11,35)		SC Neustadt/Weinstr.	04:49,04	6
4.	Luisa Drube 100m: 01:09,02 (01:09,02) 200m: 02:23,16 (01:14,14) 300m: 03:40,04 (01:16,88) 400m: 04:57,83 (01:17,79)		USC Mainz	04:57,83	5
5.	Anna-Maria Ivanov 100m: 01:11,02 (01:11,02) 200m: 02:27,73 (01:16,71) 300m: 03:44,23 (01:16,50) 400m: 05:02,34 (01:18,11)		SC Neustadt/Weinstr.	05:02,34	4
6.	Jana Krämer 100m: 01:10,02 (01:10,02) 200m: 02:26,54 (01:16,52) 300m: 03:47,25 (01:20,71) 400m: 05:10,32 (01:23,07)		SG Rhein-Mosel	05:10,32	3
7.	Anna Brecht 100m: 01:20,07 (01:20,07) 200m: 02:46,54 (01:26,47) 300m: 04:13,70 (01:27,16) 400m: 05:37,36 (01:23,66)		SG EWR Rheinhessen-Mainz	05:37,36	2
8.	Chiara Lindner 100m: 01:17,54 (01:17,54) 200m: 02:44,16 (01:26,62) 300m: 04:13,07 (01:28,91) 400m: 05:39,51 (01:26,44)		SC Wiesbaden 1911	05:39,51	1

Jahrgang 2003

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1.	Anna-Fiona Volz 100m: 01:05,25 (01:05,25) 200m: 02:13,85 (01:08,60) 300m: 03:25,43 (01:11,58) 400m: 04:35,68 (01:10,25)		DSW 1912 Darmstadt	04:35,68	10

Platz	Schwimmerin	Jg.	Verein	Endzeit	
2.	Charlotte Maskort		SC Wiesbaden 1911	04:59,64	8
	100m: 01:09,76 (01:09,76) 200m: 02:25,96 (01:16,20) 300m: 03:43,19 (01:17,23) 400m: 04:59,64 (01:16,45)				
3.	Emilia Noelle Popp		USC Mainz	05:21,21	6
	100m: 01:15,74 (01:15,74) 200m: 02:37,34 (01:21,60) 300m: 03:59,77 (01:22,43) 400m: 05:21,21 (01:21,44)				

Jahrgang 2002

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1.	Chiara Kirsch		SV Gelnhausen 1924	04:41,67	10
	100m: 01:06,91 (01:06,91) 200m: 02:18,15 (01:11,24) 300m: 03:30,01 (01:11,86) 400m: 04:41,67 (01:11,66)				
2.	Jana-Kristin Erni		USC Mainz	05:05,42	8
	100m: 01:13,54 (01:13,54) 200m: 02:33,70 (01:20,16) 300m: 03:51,54 (01:17,84) 400m: 05:05,42 (01:13,88)				
3.	Fiona Koch		SG EWR Rheinhessen-Mainz	05:29,02	6
	100m: 01:15,69 (01:15,69) 200m: 02:40,12 (01:24,43) 300m: 04:06,15 (01:26,03) 400m: 05:29,02 (01:22,87)				

Jahrgang 2001 und älter

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1.	Anna Spira		SG EWR Rheinhessen-Mainz	04:37,42	10
	100m: 01:05,84 (01:05,84) 200m: 02:16,02 (01:10,18) 300m: 03:27,06 (01:11,04) 400m: 04:37,42 (01:10,36)				
2.	Lea-Friederike Hackmann		SV Delphin Wiesbaden	04:44,77	8
	100m: 01:06,67 (01:06,67) 200m: 02:18,51 (01:11,84) 300m: 03:31,77 (01:13,26) 400m: 04:44,77 (01:13,00)				
3.	Elena Sophia Schneider		DSW 1912 Darmstadt	04:44,93	6
	100m: 01:07,31 (01:07,31) 200m: 02:20,43 (01:13,12) 300m: 03:33,38 (01:12,95) 400m: 04:44,93 (01:11,55)				
4.	Saskia Fettig		VfR Simmern	05:33,92	5
	100m: 01:16,16 (01:16,16) 200m: 02:42,04 (01:25,88) 300m: 04:08,95 (01:26,91) 400m: 05:33,92 (01:24,97)				
5.	Nastasia Marie Metzner		SG EWR Rheinhessen-Mainz	05:41,41	4
	100m: 01:17,64 (01:17,64) 200m: 02:44,98 (01:27,34) 300m: 04:14,09 (01:29,11) 400m: 05:41,41 (01:27,32)				
6.	Jolande Altenhöner		SG EWR Rheinhessen-Mainz	05:52,46	3
	100m: 01:21,79 (01:21,79) 200m: 02:52,72 (01:30,93) 300m: 04:24,92 (01:32,20) 400m: 05:52,46 (01:27,54)				
7.	Caroline Schimmel		SG EWR Rheinhessen-Mainz	06:17,82	2
	100m: 01:26,88 (01:26,88) 200m: 03:03,70 (01:36,82) 300m: 04:43,44 (01:39,74) 400m: 06:17,82 (01:34,38)				