

Wettkampf 14 - 400m Freistil weiblich**Pflichtzeiten**

2015: 07:20,00 2014: 07:10,00 2013: 06:45,00 2012: 06:10,00 2011: 05:42,00 2010: 05:41,00 2009: 05:34,00
 2008: 05:26,00 2006 bis 2007: 05:18,00 2005 und älter: 05:15,00

Jahrgang 2015

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1. und Mittelrhein-Jahrgangsmeisterin					
	Lana Fellechner	2015	TPSK 1925	06:12,03	4
	50m: 00:41,79 (00:41,79) 100m: 01:30,14 (00:48,35) 150m: 02:18,89 (00:48,75) 200m: 03:06,15 (00:47,26) 250m: 03:54,67 (00:48,52) 300m: 04:42,49 (00:47,82) 350m: 05:28,80 (00:46,31) 400m: 06:12,03 (00:43,23)				
2.	Lou Wagner	2015	TPSK 1925	06:17,00	3
	50m: 00:39,70 (00:39,70) 100m: 01:26,30 (00:46,60) 150m: 02:14,95 (00:48,65) 200m: 03:04,58 (00:49,63) 250m: 03:54,24 (00:49,66) 300m: 04:43,92 (00:49,68) 350m: 05:32,07 (00:48,15) 400m: 06:17,00 (00:44,93)				
3.	Wo Rui Li	2015	SV Rhenania Köln 1919	06:17,09	3
	50m: 00:40,68 (00:40,68) 100m: 01:30,13 (00:49,45) 150m: 02:19,11 (00:48,98) 200m: 03:08,76 (00:49,65) 250m: 03:58,31 (00:49,55) 300m: 04:46,66 (00:48,35) 350m: 05:34,66 (00:48,00) 400m: 06:17,09 (00:42,43)				
4.	Nora Neumann	2015	SG Rhein-Sieg	06:43,35	
	50m: 00:44,71 (00:44,71) 100m: 01:35,97 (00:51,26) 150m: 02:28,57 (00:52,60) 200m: 03:20,67 (00:52,10) 250m: 04:13,19 (00:52,52) 300m: 05:07,14 (00:53,95) 350m: 05:57,92 (00:50,78) 400m: 06:43,35 (00:45,43)				
5.	Sura Turhan	2015	SG Bergheim	06:57,00	
	50m: 00:45,00 (00:45,00) 100m: 01:37,89 (00:52,89) 150m: 02:31,07 (00:53,18) 200m: 03:26,40 (00:55,33) 250m: 04:19,52 (00:53,12) 300m: 05:14,04 (00:54,52) 350m: 06:07,38 (00:53,34) 400m: 06:57,00 (00:49,62)				
6.	Miray Günes	2015	SG Bergheim	07:06,92	
	50m: 00:47,71 (00:47,71) 100m: 01:40,58 (00:52,87) 150m: 02:37,48 (00:56,90) 200m: 03:33,94 (00:56,46) 250m: 04:30,90 (00:56,96) 300m: 05:23,44 (00:52,54) 350m: 06:19,25 (00:55,81) 400m: 07:06,92 (00:47,67)				
7.	Leni Anna Giesen	2015	SG Rhein-Sieg	07:21,56	EnM
	50m: 00:43,40 (00:43,40) 100m: 01:38,67 (00:55,27) 150m: 02:34,04 (00:55,37) 200m: 03:31,90 (00:57,86) 250m: 04:29,15 (00:57,25) 300m: 05:27,68 (00:58,53) 350m: 06:26,56 (00:58,88) 400m: 07:21,56 (00:55,00)				

Jahrgang 2014

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1. und Mittelrhein-Jahrgangsmeisterin					
	Marla Engemann	2014	SG Bergheim	05:36,91	7
	100m: 01:21,27 (01:21,27) 150m: 02:04,74 (00:43,47) 200m: 02:47,95 (00:43,21) 250m: 03:30,95 (00:43,00) 300m: 04:13,50 (00:42,55) 350m: 04:56,67 (00:43,17) 400m: 05:36,91 (00:40,24)				
2.	Josephine Lilli Johanna Saldsieder	2014	SSF Bonn	05:40,36	6
	50m: 00:37,96 (00:37,96) 100m: 01:21,23 (00:43,27) 150m: 02:04,97 (00:43,74) 200m: 02:49,49 (00:44,52) 250m: 03:33,82 (00:44,33) 300m: 04:18,23 (00:44,41) 350m: 05:00,84 (00:42,61) 400m: 05:40,36 (00:39,52)				
3.	Anna Görzen	2014	SG Bergheim	05:42,54	6
	50m: 00:38,83 (00:38,83) 100m: 01:22,75 (00:43,92) 150m: 02:07,08 (00:44,33) 200m: 02:51,76 (00:44,68) 250m: 03:35,85 (00:44,09) 300m: 04:19,70 (00:43,85) 350m: 05:02,24 (00:42,54) 400m: 05:42,54 (00:40,30)				
4.	Emma Buchmann	2014	TPSK 1925	06:16,45	
	50m: 00:39,46 (00:39,46) 100m: 01:26,99 (00:47,53) 150m: 02:16,14 (00:49,15) 200m: 03:05,16 (00:49,02) 250m: 03:53,01 (00:47,85) 300m: 04:42,43 (00:49,42) 350m: 05:32,18 (00:49,75) 400m: 06:16,45 (00:44,27)				

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noch Jahrgang 2014

Platz	Schwimmer(in)	Jg.	Verein	EndzeitRudolph
5.	Aurela Rusani	2014	SG Köln-Worringen	06:51,94
	50m: 00:44,76 (00:44,76) 100m: 01:37,26 (00:52,50) 150m: 02:29,66 (00:52,40) 200m: 03:23,67 (00:54,01) 250m: 04:16,90 (00:53,23) 300m: 05:10,92 (00:54,02) 350m: 06:01,93 (00:51,01) 400m: 06:51,94 (00:50,01)			
	<u>abgemeldet</u>			
	Lynn Krämer	2014	SG Bergheim	
	Mieke Marine Lutz-Dettmer	2014	SSF Bonn	

Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	EndzeitRudolph
1. und Mittelrhein-Jahrgangsmeisterin				
	Ilvy Kühnhenrich	2013	SG Bergheim	05:20,23 7
	50m: 00:34,76 (00:34,76) 100m: 01:15,12 (00:40,36) 150m: 01:55,18 (00:40,06) 200m: 02:36,94 (00:41,76) 250m: 03:18,03 (00:41,09) 300m: 04:00,03 (00:42,00) 350m: 04:40,28 (00:40,25) 400m: 05:20,23 (00:39,95)			
2.	Hanna Hattingh	2013	SSF Bonn	05:23,77 6
	50m: 00:33,92 (00:33,92) 100m: 01:14,18 (00:40,26) 150m: 01:56,48 (00:42,30) 200m: 02:38,53 (00:42,05) 250m: 03:21,18 (00:42,65) 300m: 04:03,02 (00:41,84) 350m: 04:45,28 (00:42,26) 400m: 05:23,77 (00:38,49)			
3.	Lumi Hari Wagner	2013	SSF Bonn	05:26,86 5
	50m: 00:37,14 (00:37,14) 100m: 01:18,80 (00:41,66) 150m: 02:00,65 (00:41,85) 200m: 02:43,29 (00:42,64) 250m: 03:25,13 (00:41,84) 300m: 04:07,23 (00:42,10) 350m: 04:47,87 (00:40,64) 400m: 05:26,86 (00:38,99)			
4.	Leana Suppes	2013	SG Rhein-Sieg	05:27,94 5
	50m: 00:35,35 (00:35,35) 100m: 01:16,51 (00:41,16) 150m: 01:58,31 (00:41,80) 200m: 02:41,18 (00:42,87) 250m: 03:23,24 (00:42,06) 300m: 04:06,53 (00:43,29) 350m: 04:47,86 (00:41,33) 400m: 05:27,94 (00:40,08)			
5.	Emna Sahraoui	2013	SG Bergheim	05:30,71 4
	50m: 00:37,25 (00:37,25) 100m: 01:19,07 (00:41,82) 150m: 02:02,46 (00:43,39) 200m: 02:44,94 (00:42,48) 250m: 03:27,19 (00:42,25) 300m: 04:08,82 (00:41,63) 350m: 04:50,56 (00:41,74) 400m: 05:30,71 (00:40,15)			
6.	Mia Pollehn	2013	SC Hardtberg 1968	05:32,89 4
	50m: 00:35,18 (00:35,18) 100m: 01:16,05 (00:40,87) 150m: 01:58,21 (00:42,16) 200m: 02:40,62 (00:42,41) 250m: 03:23,72 (00:43,10) 300m: 04:07,14 (00:43,42) 350m: 04:51,01 (00:43,87) 400m: 05:32,89 (00:41,88)			
7.	Lea Sophie Ballof	2013	SSF Bonn	05:40,48 2
	50m: 00:37,44 (00:37,44) 100m: 01:20,32 (00:42,88) 150m: 02:04,67 (00:44,35) 200m: 02:48,71 (00:44,04) 250m: 03:33,29 (00:44,58) 300m: 04:16,89 (00:43,60) 350m: 04:59,84 (00:42,95) 400m: 05:40,48 (00:40,64)			
8.	Anastasia Wermke	2013	Kopfsprung Köln	05:48,55
	50m: 00:39,35 (00:39,35) 100m: 01:22,01 (00:42,66) 150m: 02:05,96 (00:43,95) 200m: 02:50,68 (00:44,72) 250m: 03:35,60 (00:44,92) 300m: 04:21,14 (00:45,54) 350m: 05:06,22 (00:45,08) 400m: 05:48,55 (00:42,33)			
9.	Anna-Lea Raddatz	2013	Schwimmverein Wasserhelden	05:50,19
	50m: 00:38,65 (00:38,65) 100m: 01:22,47 (00:43,82) 150m: 02:08,00 (00:45,53) 200m: 02:52,84 (00:44,84) 250m: 03:37,20 (00:44,36) 300m: 04:23,26 (00:46,06) 350m: 05:06,64 (00:43,38) 400m: 05:50,19 (00:43,55)			
10.	Emilia Kalmuk	2013	SC Hardtberg 1968	06:11,66
	50m: 00:41,89 (00:41,89) 100m: 01:29,85 (00:47,96) 150m: 02:17,16 (00:47,31) 200m: 03:05,74 (00:48,58) 250m: 03:53,84 (00:48,10) 300m: 04:41,98 (00:48,14) 350m: 05:29,06 (00:47,08) 400m: 06:11,66 (00:42,60)			
11.	Lamis Trabelsi	2013	TPSK 1925	06:12,84
	50m: 00:36,37 (00:36,37) 100m: 01:21,06 (00:44,69) 150m: 02:09,76 (00:48,70) 200m: 02:59,14 (00:49,38) 250m: 03:49,23 (00:50,09) 300m: 04:38,74 (00:49,51) 350m: 05:27,14 (00:48,40) 400m: 06:12,84 (00:45,70)			

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noch Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	EndzeitRudolph
	<u>nicht am Start</u>			
	Marie Soraya Sadowski	2013	TPSK 1925	EnM

Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	EndzeitRudolph
1. und Mittelrhein-Jahrgangsmeisterin				
	Nina Jarosch	2012	SG Bergheim	05:00,80 9
	50m: 00:34,10 (00:34,10) 100m: 01:11,10 (00:37,00) 150m: 01:48,87 (00:37,77) 200m: 02:26,29 (00:37,42) 250m: 03:05,11 (00:38,82) 300m: 03:44,47 (00:39,36) 350m: 04:23,93 (00:39,46) 400m: 05:00,80 (00:36,87)			
2.	Isabella Kauffmann	2012	SG Köln-Worringen	05:17,58 5
	50m: 00:33,35 (00:33,35) 100m: 01:12,58 (00:39,23) 150m: 01:53,55 (00:40,97) 200m: 02:34,88 (00:41,33) 250m: 03:16,32 (00:41,44) 300m: 03:57,44 (00:41,12) 350m: 04:38,73 (00:41,29) 400m: 05:17,58 (00:38,85)			
3.	Eslem Su Soydan	2012	TPSK 1925	05:20,64 4
	50m: 00:35,58 (00:35,58) 100m: 01:15,64 (00:40,06) 150m: 01:55,76 (00:40,12) 200m: 02:37,03 (00:41,27) 250m: 03:18,84 (00:41,81) 300m: 04:00,32 (00:41,48) 350m: 04:41,86 (00:41,54) 400m: 05:20,64 (00:38,78)			
4.	Jana Welinow	2012	SC Hardtberg 1968	05:26,08 2
	50m: 00:35,04 (00:35,04) 100m: 01:15,83 (00:40,79) 150m: 01:58,11 (00:42,28) 200m: 02:40,92 (00:42,81) 250m: 03:23,52 (00:42,60) 300m: 04:05,78 (00:42,26) 350m: 04:47,87 (00:42,09) 400m: 05:26,08 (00:38,21)			
5.	Johanna Szudarek	2012	SV Bergisch Gladbach	05:30,41 1
	50m: 00:35,52 (00:35,52) 100m: 01:16,28 (00:40,76) 150m: 01:58,22 (00:41,94) 200m: 02:40,34 (00:42,12) 250m: 03:23,53 (00:43,19) 300m: 04:06,65 (00:43,12) 350m: 04:49,16 (00:42,51) 400m: 05:30,41 (00:41,25)			
6.	Charlotte Breidenbach	2012	Kopfsprung Köln	06:04,50
	50m: 00:39,71 (00:39,71) 100m: 01:24,78 (00:45,07) 150m: 02:11,43 (00:46,65) 200m: 02:59,35 (00:47,92) 250m: 03:46,43 (00:47,08) 300m: 04:34,32 (00:47,89) 350m: 05:21,21 (00:46,89) 400m: 06:04,50 (00:43,29)			
	<u>abgemeldet</u>			
	Mila Lindstädt	2012	TPSK 1925	

Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	EndzeitRudolph
1. und Mittelrhein-Jahrgangsmeisterin				
	Ida Huth	2011	TPSK 1925	04:38,30 13
	50m: 00:31,81 (00:31,81) 100m: 01:06,87 (00:35,06) 150m: 01:42,33 (00:35,46) 200m: 02:18,19 (00:35,86) 250m: 02:53,64 (00:35,45) 300m: 03:29,32 (00:35,68) 350m: 04:04,28 (00:34,96) 400m: 04:38,30 (00:34,02)			
2.	Clara Marie Anni Fellechner	2011	TPSK 1925	05:08,70 5
	50m: 00:33,82 (00:33,82) 100m: 01:12,50 (00:38,68) 150m: 01:51,33 (00:38,83) 200m: 02:30,88 (00:39,55) 250m: 03:10,72 (00:39,84) 300m: 03:50,72 (00:40,00) 350m: 04:30,33 (00:39,61) 400m: 05:08,70 (00:38,37)			

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1. und Mittelrhein-Jahrgangsmeisterin					
	Lisa Jarosch	2010	SG Bergheim	04:49,16	9
	50m: 00:32,52 (00:32,52) 100m: 01:07,78 (00:35,26) 150m: 01:43,90 (00:36,12) 200m: 02:20,42 (00:36,52) 250m: 02:57,60 (00:37,18) 300m: 03:35,52 (00:37,92) 350m: 04:13,40 (00:37,88) 400m: 04:49,16 (00:35,76)				
2.	Lea Gerth	2010	SG Bergheim	04:49,69	8
	50m: 00:33,44 (00:33,44) 100m: 01:10,25 (00:36,81) 150m: 01:47,19 (00:36,94) 200m: 02:24,38 (00:37,19) 250m: 03:00,80 (00:36,42) 300m: 03:38,21 (00:37,41) 350m: 04:14,95 (00:36,74) 400m: 04:49,69 (00:34,74)				
3.	Alexia Traka	2010	TPSK 1925	05:01,46	5
	50m: 00:33,33 (00:33,33) 100m: 01:11,51 (00:38,18) 150m: 01:50,43 (00:38,92) 200m: 02:28,67 (00:38,24) 250m: 03:07,45 (00:38,78) 300m: 03:46,52 (00:39,07) 350m: 04:25,16 (00:38,64) 400m: 05:01,46 (00:36,30)				
4.	Veronika Belender	2010	SC Hardtberg 1968	05:43,42	EnM
	50m: 00:35,26 (00:35,26) 100m: 01:16,32 (00:41,06) 150m: 01:59,36 (00:43,04) 200m: 02:43,41 (00:44,05) 250m: 03:28,75 (00:45,34) 300m: 04:14,67 (00:45,92) 350m: 04:59,76 (00:45,09) 400m: 05:43,42 (00:43,66)				
	<u>abgemeldet</u>				
	Elaine Pasternak	2010	TPSK 1925		

Jahrgang 2009

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1. und Mittelrhein-Jahrgangsmeisterin					
	Rahel Debock	2009	TPSK 1925	05:02,91	4
	50m: 00:33,73 (00:33,73) 100m: 01:11,13 (00:37,40) 150m: 01:48,93 (00:37,80) 200m: 02:27,87 (00:38,94) 250m: 03:07,22 (00:39,35) 300m: 03:46,68 (00:39,46) 350m: 04:26,44 (00:39,76) 400m: 05:02,91 (00:36,47)				
2.	Pia Chiara Rüberg	2009	SSF Bonn	05:18,86	
	50m: 00:34,58 (00:34,58) 100m: 01:13,81 (00:39,23) 150m: 01:53,10 (00:39,29) 200m: 02:34,83 (00:41,73) 250m: 03:15,12 (00:40,29) 300m: 03:57,56 (00:42,44) 350m: 04:38,19 (00:40,63) 400m: 05:18,86 (00:40,67)				
3.	Anna Laroche	2009	SC Aqua Köln	05:25,54	
	50m: 00:34,19 (00:34,19) 100m: 01:14,58 (00:40,39) 150m: 01:56,37 (00:41,79) 200m: 02:37,77 (00:41,40) 250m: 03:19,78 (00:42,01) 300m: 04:02,37 (00:42,59) 350m: 04:43,97 (00:41,60) 400m: 05:25,54 (00:41,57)				

Jahrgang 2008

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1. und Mittelrhein-Jahrgangsmeisterin					
	Mia Pennartz	2008	TPSK 1925	04:55,93	6
	50m: 00:32,56 (00:32,56) 100m: 01:08,84 (00:36,28) 150m: 01:46,47 (00:37,63) 200m: 02:24,58 (00:38,11) 250m: 03:02,11 (00:37,53) 300m: 03:40,25 (00:38,14) 350m: 04:18,26 (00:38,01) 400m: 04:55,93 (00:37,67)				
2.	Dana Marie Giesert	2008	Kopfsprung Köln	05:14,63	1
	50m: 00:32,48 (00:32,48) 100m: 01:10,04 (00:37,56) 150m: 01:48,52 (00:38,48) 200m: 02:28,54 (00:40,02) 250m: 03:09,16 (00:40,62) 300m: 03:51,34 (00:42,18) 350m: 04:33,75 (00:42,41) 400m: 05:14,63 (00:40,88)				

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1. und Mittelrhein-Jahrgangsmeisterin	Charlotte Schwung	2007	TPSK 1925	04:40,38	10
	50m: 00:32,31 (00:32,31) 100m: 01:07,67 (00:35,36) 150m: 01:43,27 (00:35,60) 200m: 02:19,04 (00:35,77) 250m: 02:54,84 (00:35,80) 300m: 03:30,48 (00:35,64) 350m: 04:05,82 (00:35,34) 400m: 04:40,38 (00:34,56)				
2.	Melina Scheer	2007	SV Horrem-Sindorf	05:17,09	
	50m: 00:33,11 (00:33,11) 100m: 01:11,81 (00:38,70) 150m: 01:51,32 (00:39,51) 200m: 02:32,43 (00:41,11) 250m: 03:12,51 (00:40,08) 300m: 03:54,48 (00:41,97) 350m: 04:35,61 (00:41,13) 400m: 05:17,09 (00:41,48)				
3.	Fenja Althoff	2007	SV Horrem-Sindorf	05:37,54	
	50m: 00:36,28 (00:36,28) 100m: 01:16,69 (00:40,41) 150m: 01:59,47 (00:42,78) 200m: 02:42,27 (00:42,80) 300m: 04:10,18 (01:27,91) 350m: 04:54,75 (00:44,57) 400m: 05:37,54 (00:42,79)				

Offene Klasse

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1. und Mittelrheinmeisterin	Rebecca Dany	2001	TPSK 1925	04:23,42	13
	50m: 00:29,98 (00:29,98) 100m: 01:02,14 (00:32,16) 150m: 01:35,07 (00:32,93) 200m: 02:08,82 (00:33,75) 250m: 02:42,35 (00:33,53) 300m: 03:16,28 (00:33,93) 350m: 03:50,39 (00:34,11) 400m: 04:23,42 (00:33,03)				
2.	Ida Huth	2011	TPSK 1925	04:38,30	13
	50m: 00:31,81 (00:31,81) 100m: 01:06,87 (00:35,06) 150m: 01:42,33 (00:35,46) 200m: 02:18,19 (00:35,86) 250m: 02:53,64 (00:35,45) 300m: 03:29,32 (00:35,68) 350m: 04:04,28 (00:34,96) 400m: 04:38,30 (00:34,02)				
3.	Charlotte Schwung	2007	TPSK 1925	04:40,38	10
	50m: 00:32,31 (00:32,31) 100m: 01:07,67 (00:35,36) 150m: 01:43,27 (00:35,60) 200m: 02:19,04 (00:35,77) 250m: 02:54,84 (00:35,80) 300m: 03:30,48 (00:35,64) 350m: 04:05,82 (00:35,34) 400m: 04:40,38 (00:34,56)				
4.	Lisa Jarosch	2010	SG Bergheim	04:49,16	9
	50m: 00:32,52 (00:32,52) 100m: 01:07,78 (00:35,26) 150m: 01:43,90 (00:36,12) 200m: 02:20,42 (00:36,52) 250m: 02:57,60 (00:37,18) 300m: 03:35,52 (00:37,92) 350m: 04:13,40 (00:37,88) 400m: 04:49,16 (00:35,76)				
5.	Lea Gerth	2010	SG Bergheim	04:49,69	8
	50m: 00:33,44 (00:33,44) 100m: 01:10,25 (00:36,81) 150m: 01:47,19 (00:36,94) 200m: 02:24,38 (00:37,19) 250m: 03:00,80 (00:36,42) 300m: 03:38,21 (00:37,41) 350m: 04:14,95 (00:36,74) 400m: 04:49,69 (00:34,74)				
6.	Mia Pennartz	2008	TPSK 1925	04:55,93	6
	50m: 00:32,56 (00:32,56) 100m: 01:08,84 (00:36,28) 150m: 01:46,47 (00:37,63) 200m: 02:24,58 (00:38,11) 250m: 03:02,11 (00:37,53) 300m: 03:40,25 (00:38,14) 350m: 04:18,26 (00:38,01) 400m: 04:55,93 (00:37,67)				
7.	Nina Jarosch	2012	SG Bergheim	05:00,80	9
	50m: 00:34,10 (00:34,10) 100m: 01:11,10 (00:37,00) 150m: 01:48,87 (00:37,77) 200m: 02:26,29 (00:37,42) 250m: 03:05,11 (00:38,82) 300m: 03:44,47 (00:39,36) 350m: 04:23,93 (00:39,46) 400m: 05:00,80 (00:36,87)				
8.	Alexia Traka	2010	TPSK 1925	05:01,46	5
	50m: 00:33,33 (00:33,33) 100m: 01:11,51 (00:38,18) 150m: 01:50,43 (00:38,92) 200m: 02:28,67 (00:38,24) 250m: 03:07,45 (00:38,78) 300m: 03:46,52 (00:39,07) 350m: 04:25,16 (00:38,64) 400m: 05:01,46 (00:36,30)				
9.	Rahel Debock	2009	TPSK 1925	05:02,91	4
	50m: 00:33,73 (00:33,73) 100m: 01:11,13 (00:37,40) 150m: 01:48,93 (00:37,80) 200m: 02:27,87 (00:38,94) 250m: 03:07,22 (00:39,35) 300m: 03:46,68 (00:39,46) 350m: 04:26,44 (00:39,76) 400m: 05:02,91 (00:36,47)				
10.	Franka Sultan	2002	TPSK 1925	05:05,56	2
	50m: 00:33,82 (00:33,82) 100m: 01:10,71 (00:36,89) 150m: 01:48,71 (00:38,00) 200m: 02:27,47 (00:38,76) 250m: 03:06,32 (00:38,85) 300m: 03:45,86 (00:39,54) 350m: 04:25,86 (00:40,00) 400m: 05:05,56 (00:39,70)				

noch Wettkampf 14 - 400m Freistil weiblich

noch Offene Klasse

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
11.	Clara Marie Anni Fellechner	2011	TPSK 1925	05:08,70	5
	50m: 00:33,82 (00:33,82) 100m: 01:12,50 (00:38,68) 150m: 01:51,33 (00:38,83) 200m: 02:30,88 (00:39,55) 250m: 03:10,72 (00:39,84) 300m: 03:50,72 (00:40,00) 350m: 04:30,33 (00:39,61) 400m: 05:08,70 (00:38,37)				
12.	Dana Marie Giesert	2008	Kopfsprung Köln	05:14,63	1
	50m: 00:32,48 (00:32,48) 100m: 01:10,04 (00:37,56) 150m: 01:48,52 (00:38,48) 200m: 02:28,54 (00:40,02) 250m: 03:09,16 (00:40,62) 300m: 03:51,34 (00:42,18) 350m: 04:33,75 (00:42,41) 400m: 05:14,63 (00:40,88)				
13.	Melina Scheer	2007	SV Horrem-Sindorf	05:17,09	
	50m: 00:33,11 (00:33,11) 100m: 01:11,81 (00:38,70) 150m: 01:51,32 (00:39,51) 200m: 02:32,43 (00:41,11) 250m: 03:12,51 (00:40,08) 300m: 03:54,48 (00:41,97) 350m: 04:35,61 (00:41,13) 400m: 05:17,09 (00:41,48)				
14.	Isabella Kauffmann	2012	SG Köln-Worringen	05:17,58	5
	50m: 00:33,35 (00:33,35) 100m: 01:12,58 (00:39,23) 150m: 01:53,55 (00:40,97) 200m: 02:34,88 (00:41,33) 250m: 03:16,32 (00:41,44) 300m: 03:57,44 (00:41,12) 350m: 04:38,73 (00:41,29) 400m: 05:17,58 (00:38,85)				
15.	Pia Chiara Rüberg	2009	SSF Bonn	05:18,86	
	50m: 00:34,58 (00:34,58) 100m: 01:13,81 (00:39,23) 150m: 01:53,10 (00:39,29) 200m: 02:34,83 (00:41,73) 250m: 03:15,12 (00:40,29) 300m: 03:57,56 (00:42,44) 350m: 04:38,19 (00:40,63) 400m: 05:18,86 (00:40,67)				
16.	Ilvy Kühnhenrich	2013	SG Bergheim	05:20,23	7
	50m: 00:34,76 (00:34,76) 100m: 01:15,12 (00:40,36) 150m: 01:55,18 (00:40,06) 200m: 02:36,94 (00:41,76) 250m: 03:18,03 (00:41,09) 300m: 04:00,03 (00:42,00) 350m: 04:40,28 (00:40,25) 400m: 05:20,23 (00:39,95)				
17.	Eslem Su Soydan	2012	TPSK 1925	05:20,64	4
	50m: 00:35,58 (00:35,58) 100m: 01:15,64 (00:40,06) 150m: 01:55,76 (00:40,12) 200m: 02:37,03 (00:41,27) 250m: 03:18,84 (00:41,81) 300m: 04:00,32 (00:41,48) 350m: 04:41,86 (00:41,54) 400m: 05:20,64 (00:38,78)				
18.	Hanna Hattingh	2013	SSF Bonn	05:23,77	6
	50m: 00:33,92 (00:33,92) 100m: 01:14,18 (00:40,26) 150m: 01:56,48 (00:42,30) 200m: 02:38,53 (00:42,05) 250m: 03:21,18 (00:42,65) 300m: 04:03,02 (00:41,84) 350m: 04:45,28 (00:42,26) 400m: 05:23,77 (00:38,49)				
19.	Anna Laroche	2009	SC Aqua Köln	05:25,54	
	50m: 00:34,19 (00:34,19) 100m: 01:14,58 (00:40,39) 150m: 01:56,37 (00:41,79) 200m: 02:37,77 (00:41,40) 250m: 03:19,78 (00:42,01) 300m: 04:02,37 (00:42,59) 350m: 04:43,97 (00:41,60) 400m: 05:25,54 (00:41,57)				
20.	Jana Welinow	2012	SC Hardtberg 1968	05:26,08	2
	50m: 00:35,04 (00:35,04) 100m: 01:15,83 (00:40,79) 150m: 01:58,11 (00:42,28) 200m: 02:40,92 (00:42,81) 250m: 03:23,52 (00:42,60) 300m: 04:05,78 (00:42,26) 350m: 04:47,87 (00:42,09) 400m: 05:26,08 (00:38,21)				
21.	Lumi Hari Wagner	2013	SSF Bonn	05:26,86	5
	50m: 00:37,14 (00:37,14) 100m: 01:18,80 (00:41,66) 150m: 02:00,65 (00:41,85) 200m: 02:43,29 (00:42,64) 250m: 03:25,13 (00:41,84) 300m: 04:07,23 (00:42,10) 350m: 04:47,87 (00:40,64) 400m: 05:26,86 (00:38,99)				
22.	Leana Suppes	2013	SG Rhein-Sieg	05:27,94	5
	50m: 00:35,35 (00:35,35) 100m: 01:16,51 (00:41,16) 150m: 01:58,31 (00:41,80) 200m: 02:41,18 (00:42,87) 250m: 03:23,24 (00:42,06) 300m: 04:06,53 (00:43,29) 350m: 04:47,86 (00:41,33) 400m: 05:27,94 (00:40,08)				
23.	Johanna Szudarek	2012	SV Bergisch Gladbach	05:30,41	1
	50m: 00:35,52 (00:35,52) 100m: 01:16,28 (00:40,76) 150m: 01:58,22 (00:41,94) 200m: 02:40,34 (00:42,12) 250m: 03:23,53 (00:43,19) 300m: 04:06,65 (00:43,12) 350m: 04:49,16 (00:42,51) 400m: 05:30,41 (00:41,25)				
24.	Emna Sahraoui	2013	SG Bergheim	05:30,71	4
	50m: 00:37,25 (00:37,25) 100m: 01:19,07 (00:41,82) 150m: 02:02,46 (00:43,39) 200m: 02:44,94 (00:42,48) 250m: 03:27,19 (00:42,25) 300m: 04:08,82 (00:41,63) 350m: 04:50,56 (00:41,74) 400m: 05:30,71 (00:40,15)				

noch Wettkampf 14 - 400m Freistil weiblich

noch Offene Klasse

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
25.	Mia Pollehn 50m: 00:35,18 (00:35,18) 100m: 01:16,05 (00:40,87) 150m: 01:58,21 (00:42,16) 200m: 02:40,62 (00:42,41) 250m: 03:23,72 (00:43,10) 300m: 04:07,14 (00:43,42) 350m: 04:51,01 (00:43,87) 400m: 05:32,89 (00:41,88)	2013	SC Hardtberg 1968	05:32,89	4
26.	Marla Engemann 100m: 01:21,27 (01:21,27) 150m: 02:04,74 (00:43,47) 200m: 02:47,95 (00:43,21) 250m: 03:30,95 (00:43,00) 300m: 04:13,50 (00:42,55) 350m: 04:56,67 (00:43,17) 400m: 05:36,91 (00:40,24)	2014	SG Bergheim	05:36,91	7
27.	Fenja Althoff 50m: 00:36,28 (00:36,28) 100m: 01:16,69 (00:40,41) 150m: 01:59,47 (00:42,78) 200m: 02:42,27 (00:42,80) 300m: 04:10,18 (01:27,91) 350m: 04:54,75 (00:44,57) 400m: 05:37,54 (00:42,79)	2007	SV Horrem-Sindorf	05:37,54	
28.	Josephine Lilli Johanna Saldsieder 50m: 00:37,96 (00:37,96) 100m: 01:21,23 (00:43,27) 150m: 02:04,97 (00:43,74) 200m: 02:49,49 (00:44,52) 250m: 03:33,82 (00:44,33) 300m: 04:18,23 (00:44,41) 350m: 05:00,84 (00:42,61) 400m: 05:40,36 (00:39,52)	2014	SSF Bonn	05:40,36	6
29.	Lea Sophie Ballof 50m: 00:37,44 (00:37,44) 100m: 01:20,32 (00:42,88) 150m: 02:04,67 (00:44,35) 200m: 02:48,71 (00:44,04) 250m: 03:33,29 (00:44,58) 300m: 04:16,89 (00:43,60) 350m: 04:59,84 (00:42,95) 400m: 05:40,48 (00:40,64)	2013	SSF Bonn	05:40,48	2
30.	Anna Görzen 50m: 00:38,83 (00:38,83) 100m: 01:22,75 (00:43,92) 150m: 02:07,08 (00:44,33) 200m: 02:51,76 (00:44,68) 250m: 03:35,85 (00:44,09) 300m: 04:19,70 (00:43,85) 350m: 05:02,24 (00:42,54) 400m: 05:42,54 (00:40,30)	2014	SG Bergheim	05:42,54	6
31.	Veronika Belender 50m: 00:35,26 (00:35,26) 100m: 01:16,32 (00:41,06) 150m: 01:59,36 (00:43,04) 200m: 02:43,41 (00:44,05) 250m: 03:28,75 (00:45,34) 300m: 04:14,67 (00:45,92) 350m: 04:59,76 (00:45,09) 400m: 05:43,42 (00:43,66)	2010	SC Hardtberg 1968	05:43,42	EnM
32.	Anastasia Wermke 50m: 00:39,35 (00:39,35) 100m: 01:22,01 (00:42,66) 150m: 02:05,96 (00:43,95) 200m: 02:50,68 (00:44,72) 250m: 03:35,60 (00:44,92) 300m: 04:21,14 (00:45,54) 350m: 05:06,22 (00:45,08) 400m: 05:48,55 (00:42,33)	2013	Kopfsprung Köln	05:48,55	
33.	Anna-Lea Raddatz 50m: 00:38,65 (00:38,65) 100m: 01:22,47 (00:43,82) 150m: 02:08,00 (00:45,53) 200m: 02:52,84 (00:44,84) 250m: 03:37,20 (00:44,36) 300m: 04:23,26 (00:46,06) 350m: 05:06,64 (00:43,38) 400m: 05:50,19 (00:43,55)	2013	Schwimmverein Wasserhelden	05:50,19	
34.	Charlotte Breidenbach 50m: 00:39,71 (00:39,71) 100m: 01:24,78 (00:45,07) 150m: 02:11,43 (00:46,65) 200m: 02:59,35 (00:47,92) 250m: 03:46,43 (00:47,08) 300m: 04:34,32 (00:47,89) 350m: 05:21,21 (00:46,89) 400m: 06:04,50 (00:43,29)	2012	Kopfsprung Köln	06:04,50	
35.	Emilia Kalmuk 50m: 00:41,89 (00:41,89) 100m: 01:29,85 (00:47,96) 150m: 02:17,16 (00:47,31) 200m: 03:05,74 (00:48,58) 250m: 03:53,84 (00:48,10) 300m: 04:41,98 (00:48,14) 350m: 05:29,06 (00:47,08) 400m: 06:11,66 (00:42,60)	2013	SC Hardtberg 1968	06:11,66	
36.	Lana Fellechner 50m: 00:41,79 (00:41,79) 100m: 01:30,14 (00:48,35) 150m: 02:18,89 (00:48,75) 200m: 03:06,15 (00:47,26) 250m: 03:54,67 (00:48,52) 300m: 04:42,49 (00:47,82) 350m: 05:28,80 (00:46,31) 400m: 06:12,03 (00:43,23)	2015	TPSK 1925	06:12,03	4
37.	Lamis Trabelsi 50m: 00:36,37 (00:36,37) 100m: 01:21,06 (00:44,69) 150m: 02:09,76 (00:48,70) 200m: 02:59,14 (00:49,38) 250m: 03:49,23 (00:50,09) 300m: 04:38,74 (00:49,51) 350m: 05:27,14 (00:48,40) 400m: 06:12,84 (00:45,70)	2013	TPSK 1925	06:12,84	
38.	Emma Buchmann 50m: 00:39,46 (00:39,46) 100m: 01:26,99 (00:47,53) 150m: 02:16,14 (00:49,15) 200m: 03:05,16 (00:49,02) 250m: 03:53,01 (00:47,85) 300m: 04:42,43 (00:49,42) 350m: 05:32,18 (00:49,75) 400m: 06:16,45 (00:44,27)	2014	TPSK 1925	06:16,45	

noch Wettkampf 14 - 400m Freistil weiblich

noch Offene Klasse

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
39.	Lou Wagner	2015	TPSK 1925	06:17,00	3
	50m: 00:39,70 (00:39,70) 100m: 01:26,30 (00:46,60) 150m: 02:14,95 (00:48,65) 200m: 03:04,58 (00:49,63) 250m: 03:54,24 (00:49,66) 300m: 04:43,92 (00:49,68) 350m: 05:32,07 (00:48,15) 400m: 06:17,00 (00:44,93)				
40.	Wo Rui Li	2015	SV Rhenania Köln 1919	06:17,09	3
	50m: 00:40,68 (00:40,68) 100m: 01:30,13 (00:49,45) 150m: 02:19,11 (00:48,98) 200m: 03:08,76 (00:49,65) 250m: 03:58,31 (00:49,55) 300m: 04:46,66 (00:48,35) 350m: 05:34,66 (00:48,00) 400m: 06:17,09 (00:42,43)				
41.	Nora Neumann	2015	SG Rhein-Sieg	06:43,35	
	50m: 00:44,71 (00:44,71) 100m: 01:35,97 (00:51,26) 150m: 02:28,57 (00:52,60) 200m: 03:20,67 (00:52,10) 250m: 04:13,19 (00:52,52) 300m: 05:07,14 (00:53,95) 350m: 05:57,92 (00:50,78) 400m: 06:43,35 (00:45,43)				
42.	Aurela Rusani	2014	SG Köln-Worringen	06:51,94	
	50m: 00:44,76 (00:44,76) 100m: 01:37,26 (00:52,50) 150m: 02:29,66 (00:52,40) 200m: 03:23,67 (00:54,01) 250m: 04:16,90 (00:53,23) 300m: 05:10,92 (00:54,02) 350m: 06:01,93 (00:51,01) 400m: 06:51,94 (00:50,01)				
43.	Sura Turhan	2015	SG Bergheim	06:57,00	
	50m: 00:45,00 (00:45,00) 100m: 01:37,89 (00:52,89) 150m: 02:31,07 (00:53,18) 200m: 03:26,40 (00:55,33) 250m: 04:19,52 (00:53,12) 300m: 05:14,04 (00:54,52) 350m: 06:07,38 (00:53,34) 400m: 06:57,00 (00:49,62)				
44.	Miray Günes	2015	SG Bergheim	07:06,92	
	50m: 00:47,71 (00:47,71) 100m: 01:40,58 (00:52,87) 150m: 02:37,48 (00:56,90) 200m: 03:33,94 (00:56,46) 250m: 04:30,90 (00:56,96) 300m: 05:23,44 (00:52,54) 350m: 06:19,25 (00:55,81) 400m: 07:06,92 (00:47,67)				
45.	Leni Anna Giesen	2015	SG Rhein-Sieg	07:21,56	EnM
	50m: 00:43,40 (00:43,40) 100m: 01:38,67 (00:55,27) 150m: 02:34,04 (00:55,37) 200m: 03:31,90 (00:57,86) 250m: 04:29,15 (00:57,25) 300m: 05:27,68 (00:58,53) 350m: 06:26,56 (00:58,88) 400m: 07:21,56 (00:55,00)				

Duisburg, den 10.05.2025

Abschnittende: 17:15 Uhr

Protokollende: 17:18 Uhr

gez. Hermann Josef Aretz
Schiedsrichter
gez. Markus Klaes
Protokollführer

gez. Nils Scheer
Schiedsrichter

gez. Ingo Tank
Protokollführer