

Nordrhein-Westfälischer Schwimm-Mehrkampf der Jahrgänge 2012 bis 2014

in Mönchengladbach vom 11.05.2024 bis 12.05.2024

Protokoll

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Wettkampf 11 - 400m Freistil weiblich

Jahrgang 2014

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Simsek, Zeynep 100m: 01:23,48 (01:23,48) 200m: 02:55,79 (01:32,31) 300m: 04:27,70 (01:31,91) 400m: 05:53,30 (01:25,60)	2014	TPSK 1925 e.V.	05:53,30	295
2.	Kottkamp, Anna 100m: 01:20,69 (01:20,69) 200m: 02:50,91 (01:30,22) 300m: 04:23,73 (01:32,82) 400m: 05:54,26 (01:30,53)	2014	SG Gelsenkirchen	05:54,26	293
3.	Friedrichs, Matilda 100m: 01:24,32 (01:24,32) 200m: 02:58,71 (01:34,39) 300m: 04:32,74 (01:34,03) 400m: 06:02,20 (01:29,46)	2014	SG Bayer	06:02,20	274
4.	Pfeiffer, Milena 100m: 01:27,00 (01:27,00) 200m: 03:01,13 (01:34,13) 300m: 04:36,78 (01:35,65) 400m: 06:07,55 (01:30,77)	2014	SG Mülheim	06:07,55	262
5.	Zimmer, Lilly Rosalie 100m: 01:27,43 (01:27,43) 200m: 03:03,47 (01:36,04) 300m: 04:38,79 (01:35,32) 400m: 06:08,25 (01:29,46)	2014	SG Essen	06:08,25	261
6.	Stock, Charlett 100m: 01:29,59 (01:29,59) 200m: 03:05,96 (01:36,37) 300m: 04:42,33 (01:36,37) 400m: 06:13,40 (01:31,07)	2014	SG Gelsenkirchen	06:13,40	250
7.	Ditgen, Tilda 100m: 01:27,86 (01:27,86) 200m: 03:07,08 (01:39,22) 300m: 04:47,14 (01:40,06) 400m: 06:16,64 (01:29,50)	2014	TV Ratingen	06:16,64	244
8.	Görzen, Anna 100m: 01:31,51 (01:31,51) 200m: 03:08,89 (01:37,38) 300m: 04:42,96 (01:34,07) 400m: 06:17,05 (01:34,09)	2014	SG Bergheim	06:17,05	243
9.	Erward, Luisa 100m: 01:31,43 (01:31,43) 200m: 03:11,61 (01:40,18) 300m: 04:48,12 (01:36,51) 400m: 06:17,11 (01:28,99)	2014	SG Mülheim	06:17,11	243
10.	Reul, Rosalie 100m: 01:29,04 (01:29,04) 200m: 03:06,68 (01:37,64) 300m: 04:44,50 (01:37,82) 400m: 06:17,54 (01:33,04)	2014	Kopfsprung Köln	06:17,54	242
11.	Rataj, Lilly 100m: 01:30,65 (01:30,65) 200m: 03:08,58 (01:37,93) 300m: 04:45,60 (01:37,02) 400m: 06:19,17 (01:33,57)	2014	SSC Hörde 54/58 e.V.	06:19,17	239
12.	Rhein, Marlene 100m: 01:29,19 (01:29,19) 200m: 03:07,24 (01:38,05) 300m: 04:45,45 (01:38,21) 400m: 06:19,21 (01:33,76)	2014	SG Gladbeck/Recklinghausen	06:19,21	239
13.	Peikert, Melina 100m: 01:28,93 (01:28,93) 200m: 03:07,73 (01:38,80) 300m: 04:47,55 (01:39,82) 400m: 06:21,15 (01:33,60)	2014	SG Ruhr	06:21,15	235
14.	Kurubas, Melissa 100m: 01:31,03 (01:31,03) 200m: 03:09,55 (01:38,52) 300m: 04:48,28 (01:38,73) 400m: 06:21,58 (01:33,30)	2014	SG Gelsenkirchen	06:21,58	234
15.	Kucharczyk, Lara 100m: 01:28,72 (01:28,72) 200m: 03:09,88 (01:41,16) 300m: 04:53,47 (01:43,59) 400m: 06:25,16 (01:31,69)	2014	SG Essen	06:25,16	228
16.	Lind, Alexandra 100m: 01:32,39 (01:32,39) 200m: 03:13,09 (01:40,70) 300m: 04:53,68 (01:40,59) 400m: 06:27,15 (01:33,47)	2014	TPSK 1925 e.V.	06:27,15	224
17.	Deimann, Cora 100m: 01:31,89 (01:31,89) 200m: 03:12,09 (01:40,20) 300m: 04:52,57 (01:40,48) 400m: 06:29,30 (01:36,73)	2014	SG Mönchengladbach	06:29,30	221
18.	Aydin, Josefine 100m: 01:33,73 (01:33,73) 200m: 03:15,39 (01:41,66) 300m: 04:54,51 (01:39,12) 400m: 06:29,73 (01:35,22)	2014	SG Gladbeck/Recklinghausen	06:29,73	220
19.	Trittschack, Paula 100m: 01:31,98 (01:31,98) 200m: 03:12,63 (01:40,65) 300m: 04:54,88 (01:42,25) 400m: 06:30,07 (01:35,19)	2014	SG Gladbeck/Recklinghausen	06:30,07	219
20.	Ernst, Emma 100m: 01:33,23 (01:33,23) 200m: 03:17,62 (01:44,39) 300m: 05:00,76 (01:43,14) 400m: 06:31,24 (01:30,48)	2014	SG Mülheim	06:31,24	217
21.	Spinner, Mia 100m: 01:30,86 (01:30,86) 200m: 03:11,53 (01:40,67) 300m: 04:53,42 (01:41,89) 400m: 06:32,42 (01:39,00)	2014	SG Gladbeck/Recklinghausen	06:32,42	215
22.	Kleynmans, Johanna 100m: 01:31,41 (01:31,41) 200m: 03:13,10 (01:41,69) 300m: 04:55,55 (01:42,45) 400m: 06:32,55 (01:37,00)	2014	SG Gladbeck/Recklinghausen	06:32,55	215
23.	Rebou, Linnéa Mathilde 100m: 01:30,30 (01:30,30) 200m: 03:11,84 (01:41,54) 300m: 04:53,86 (01:42,02) 400m: 06:33,52 (01:39,66)	2014	SG Gladbeck/Recklinghausen	06:33,52	213
24.	Yurt, Yade 100m: 01:33,56 (01:33,56) 200m: 03:15,57 (01:42,01) 300m: 04:57,04 (01:41,47) 400m: 06:35,36 (01:38,32)	2014	SG Bayer	06:35,36	211
25.	Hoffmann, Romy 100m: 01:33,97 (01:33,97) 200m: 03:14,94 (01:40,97) 300m: 04:56,22 (01:41,28) 400m: 06:35,55 (01:39,33)	2014	SG Dortmund	06:35,55	210
26.	Rose, Melia 100m: 01:34,10 (01:34,10) 200m: 03:14,32 (01:40,22) 300m: 04:56,64 (01:42,32) 400m: 06:35,66 (01:39,02)	2014	Kopfsprung Köln	06:35,66	210

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
27.	Schlieve, Ronja 100m: 01:34,59 (01:34,59) 200m: 03:17,20 (01:42,61) 300m: 05:01,50 (01:44,30) 400m: 06:36,06 (01:34,56)	2014	TV Ratingen	06:36,06	209
28.	Dumrauf, Sofia 100m: 01:31,66 (01:31,66) 200m: 03:15,76 (01:44,10) 300m: 05:00,47 (01:44,71) 400m: 06:41,15 (01:40,68)	2014	PSV Oberhausen	06:41,15	202
29.	Hesse, Nele 100m: 01:39,27 (01:39,27) 200m: 03:25,51 (01:46,24) 300m: 05:10,80 (01:45,29) 400m: 06:52,65 (01:41,85)	2014	SG Dortmund	06:52,65	185
30.	Kontny, Ella 100m: 01:37,34 (01:37,34) 200m: 03:24,43 (01:47,09) 300m: 05:10,57 (01:46,14) 400m: 06:53,54 (01:42,97)	2014	SG Essen	06:53,54	184
31.	Bjelopera, Maria 100m: 01:37,15 (01:37,15) 200m: 03:25,08 (01:47,93) 300m: 05:13,64 (01:48,56) 400m: 06:56,56 (01:42,92)	2014	SG Mülheim	06:56,56	180
32.	Thiermann, Lisa 100m: 01:37,07 (01:37,07) 200m: 03:23,88 (01:46,81) 300m: 05:11,66 (01:47,78) 400m: 06:56,70 (01:45,04)	2014	SG Mülheim	06:56,70	180
33.	Kaetz, Emma 100m: 01:37,55 (01:37,55) 200m: 03:27,98 (01:50,43) 300m: 05:17,18 (01:49,20) 400m: 07:00,86 (01:43,68)	2014	SC Hardtberg 1968	07:00,86	174
34.	Herrmann, Thea 100m: 01:37,19 (01:37,19) 200m: 03:25,81 (01:48,62) 300m: 05:16,55 (01:50,74) 400m: 07:01,82 (01:45,27)	2014	SSC Hörde 54/58 e.V.	07:01,82	173
35.	Gillmeister, Lia-Marie 100m: 01:36,93 (01:36,93) 200m: 03:25,49 (01:48,56) 300m: 05:17,46 (01:51,97) 400m: 07:02,61 (01:45,15)	2014	SC Delphin Geldern	07:02,61	172
36.	Benninghoff, Julia 100m: 01:37,64 (01:37,64) 200m: 03:28,38 (01:50,74) 300m: 05:20,98 (01:52,60) 400m: 07:11,00 (01:50,02)	2014	Duisburger ST	07:11,00	162

nicht am Start

Schellenbach, Anna 2014 SV Blau-Weiß Bochum
Sobek, Ida Helene 2014 SV Blau-Weiß Bochum

disqualifiziert

Mahersi, Nadine Lara 2014 SG Dortmund
Die Sportlerin hat ihre Seite der Bahn verlassen und die Sportlerin auf der linken Bahn behindert.

Uhrzeit der Bekanntgabe: 13:01

Rösler, Amelie Sophie 2014 Düsseldorfer SC 1898

Die Sportlerin startete vor dem Startsignal.

Uhrzeit der Bekanntgabe: 12:45

Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Nzounpe, Amelie 100m: 01:15,75 (01:15,75) 200m: 02:36,18 (01:20,43) 300m: 03:58,21 (01:22,03) 400m: 05:15,84 (01:17,63)	2013	SC Delphin Geldern	05:15,84	413
2.	Szabó, Sára 100m: 01:14,92 (01:14,92) 200m: 02:36,68 (01:21,76) 300m: 03:59,29 (01:22,61) 400m: 05:17,10 (01:17,81)	2013	SG Schwimmen Münster	05:17,10	408
3.	Bodenburg, Julia 100m: 01:16,69 (01:16,69) 200m: 02:38,55 (01:21,86) 300m: 04:00,38 (01:21,83) 400m: 05:17,37 (01:16,99)	2013	SG Mönchengladbach	05:17,37	407
4.	Basile da Costa, Valentina 100m: 01:17,21 (01:17,21) 200m: 02:38,65 (01:21,44) 300m: 04:01,43 (01:22,78) 400m: 05:19,60 (01:18,17)	2013	SG Bayer	05:19,60	399
5.	Hartmann, Ella 100m: 01:16,67 (01:16,67) 200m: 02:39,42 (01:22,75) 300m: 04:04,64 (01:25,22) 400m: 05:26,64 (01:22,00)	2013	SG Dortmund	05:26,64	374
6.	Kohl, Katharina 100m: 01:17,87 (01:17,87) 200m: 02:41,94 (01:24,07) 300m: 04:06,87 (01:24,93) 400m: 05:27,49 (01:20,62)	2013	SG Dortmund	05:27,49	371
7.	Pöland, Lisa 100m: 01:20,83 (01:20,83) 200m: 02:46,02 (01:25,19) 300m: 04:10,34 (01:24,32) 400m: 05:29,39 (01:19,05)	2013	TPSK 1925 e.V.	05:29,39	364
8.	Franke, Riva 100m: 01:18,68 (01:18,68) 200m: 02:42,90 (01:24,22) 300m: 04:07,17 (01:24,27) 400m: 05:29,47 (01:22,30)	2013	SG Dortmund	05:29,47	364

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noch Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
9.	Grund, Tilda-Constanze	2013	SG Schwimmen Münster	05:29,50	364
	100m: 01:21,43 (01:21,43) 200m: 02:47,29 (01:25,86) 300m: 04:10,34 (01:23,05) 400m: 05:29,50 (01:19,16)				
10.	Dück, Laura	2013	SG Dortmund	05:31,60	357
	100m: 01:18,72 (01:18,72) 200m: 02:43,61 (01:24,89) 300m: 04:08,92 (01:25,31) 400m: 05:31,60 (01:22,68)				
11.	Abrahams, Tjorven Ida	2013	SG Gelsenkirchen	05:32,38	355
	100m: 01:19,12 (01:19,12) 200m: 02:44,70 (01:25,58) 300m: 04:10,55 (01:25,85) 400m: 05:32,38 (01:21,83)				
12.	Göbl, Lina	2013	Hennefer TV 1895	05:33,70	350
	100m: 01:19,83 (01:19,83) 200m: 02:47,63 (01:27,80) 300m: 04:14,10 (01:26,47) 400m: 05:33,70 (01:19,60)				
13.	Klaus, Emilia	2013	SG Dortmund	05:34,28	349
	100m: 01:18,67 (01:18,67) 200m: 02:46,23 (01:27,56) 300m: 04:13,05 (01:26,82) 400m: 05:34,28 (01:21,23)				
14.	Jessen, Jule	2013	SG Mülheim	05:36,25	343
	100m: 01:19,27 (01:19,27) 200m: 02:45,30 (01:26,03) 300m: 04:11,01 (01:25,71) 400m: 05:36,25 (01:25,24)				
15.	Gerling, Franka	2013	SG Schwimmen Münster	05:41,84	326
	100m: 01:21,78 (01:21,78) 200m: 02:50,47 (01:28,69) 300m: 04:18,30 (01:27,83) 400m: 05:41,84 (01:23,54)				
16.	Kühnhenrich, Ilvy	2013	SG Bergheim	05:41,92	326
	100m: 01:22,27 (01:22,27) 200m: 02:48,65 (01:26,38) 300m: 04:16,83 (01:28,18) 400m: 05:41,92 (01:25,09)				
17.	Moskwa, Anastasia	2013	SG Bayer	05:43,20	322
	100m: 01:19,20 (01:19,20) 200m: 02:47,18 (01:27,98) 300m: 04:16,98 (01:29,80) 400m: 05:43,20 (01:26,22)				
18.	Cremers, Alexandra	2013	SG Bayer	05:43,71	321
	100m: 01:20,75 (01:20,75) 200m: 02:47,79 (01:27,04) 300m: 04:15,27 (01:27,48) 400m: 05:43,71 (01:28,44)				
19.	Blasch, Nele	2013	SG Mülheim	05:45,88	315
	100m: 01:24,28 (01:24,28) 200m: 02:50,98 (01:26,70) 300m: 04:19,92 (01:28,94) 400m: 05:45,88 (01:25,96)				
20.	Rotthoff, Emma Anni	2013	SG Gladbeck/Recklinghausen	05:47,80	309
	100m: 01:23,31 (01:23,31) 200m: 02:54,69 (01:31,38) 300m: 04:23,90 (01:29,21) 400m: 05:47,80 (01:23,90)				
21.	Schneider, Fiona	2013	SV Neptun Erkenschwick	05:48,15	309
	100m: 01:23,18 (01:23,18) 200m: 02:54,26 (01:31,08) 300m: 04:24,78 (01:30,52) 400m: 05:48,15 (01:23,37)				
22.	Eul, Sophia	2013	SG Gladbeck/Recklinghausen	05:48,73	307
	100m: 01:20,51 (01:20,51) 200m: 02:51,83 (01:31,32) 300m: 04:21,44 (01:29,61) 400m: 05:48,73 (01:27,29)				
23.	Grieser, Sofia	2013	SV Westfalen Hagen	05:50,72	302
	100m: 01:25,28 (01:25,28) 200m: 02:55,04 (01:29,76) 300m: 04:24,42 (01:29,38) 400m: 05:50,72 (01:26,30)				
24.	Sahraoui, Emna	2013	SG Bergheim	05:51,44	300
	100m: 01:21,82 (01:21,82) 200m: 02:54,52 (01:32,70) 300m: 04:25,21 (01:30,69) 400m: 05:51,44 (01:26,23)				
25.	Willenberg, Sophie	2013	PSV Oberhausen	05:53,60	294
	100m: 01:24,23 (01:24,23) 200m: 02:54,57 (01:30,34) 300m: 04:25,84 (01:31,27) 400m: 05:53,60 (01:27,76)				
26.	Sablin, Elisaweta	2013	SG Essen	05:53,66	294
	100m: 01:25,10 (01:25,10) 200m: 02:55,98 (01:30,88) 300m: 04:27,95 (01:31,97) 400m: 05:53,66 (01:25,71)				
27.	Zanuzzi, Elena	2013	TPSK 1925 e.V.	05:53,94	294
	100m: 01:24,94 (01:24,94) 200m: 02:56,92 (01:31,98) 300m: 04:28,02 (01:31,10) 400m: 05:53,94 (01:25,92)				
28.	Gerkens, Nina	2013	SV Übach-Palenberg	05:55,49	290
	100m: 01:21,62 (01:21,62) 200m: 02:52,10 (01:30,48) 300m: 04:25,14 (01:33,04) 400m: 05:55,49 (01:30,35)				
29.	Urban, Emilie	2013	SG Bayer	05:55,94	289
	100m: 01:24,97 (01:24,97) 200m: 02:56,15 (01:31,18) 300m: 04:20,33 (01:24,18) 400m: 05:55,94 (01:35,61)				
30.	Solmecke, Pia Luciana	2013	SG Dortmund	05:56,01	289
	100m: 01:26,45 (01:26,45) 200m: 02:58,39 (01:31,94) 300m: 04:30,96 (01:32,57) 400m: 05:56,01 (01:25,05)				
31.	Maierhofer, Maria	2013	SG Mülheim	05:56,26	288
	100m: 01:20,86 (01:20,86) 200m: 02:51,17 (01:30,31) 300m: 04:24,62 (01:33,45) 400m: 05:56,26 (01:31,64)				
32.	Tschunko, Leni	2013	SG Gladbeck/Recklinghausen	05:56,53	287
	100m: 01:23,91 (01:23,91) 200m: 02:55,56 (01:31,65) 300m: 04:27,97 (01:32,41) 400m: 05:56,53 (01:28,56)				
33.	Mund, Alva	2013	SC Delphin Geldern	05:57,77	284
	100m: 01:26,14 (01:26,14) 200m: 02:57,74 (01:31,60) 300m: 04:29,83 (01:32,09) 400m: 05:57,77 (01:27,94)				
34.	Börsch, Mia	2013	SG Gladbeck/Recklinghausen	06:05,60	266
	100m: 01:29,48 (01:29,48) 200m: 03:04,81 (01:35,33) 300m: 04:37,28 (01:32,47) 400m: 06:05,60 (01:28,32)				

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
35.	Figge, Klara Leonie 100m: 01:28,28 (01:28,28) 200m: 03:03,13 (01:34,85) 300m: 04:37,33 (01:34,20) 400m: 06:07,18 (01:29,85)	2013	S.V. Bergisch Gladbach 1920/71 e.V.	06:07,18	263
36.	Fischer, Pia 100m: 01:27,68 (01:27,68) 200m: 03:04,12 (01:36,44) 300m: 04:40,34 (01:36,22) 400m: 06:12,10 (01:31,76)	2013	SC Delphin Geldern	06:12,10	253
37.	Jagielski, Lina 100m: 01:27,64 (01:27,64) 200m: 03:04,14 (01:36,50) 300m: 04:40,99 (01:36,85) 400m: 06:16,25 (01:35,26)	2013	SG Gladbeck/Recklinghausen	06:16,25	244
38.	Köhling, Mia-Luise 100m: 01:25,00 (01:25,00) 200m: 03:00,09 (01:35,09) 300m: 04:40,30 (01:40,21) 400m: 06:17,60 (01:37,30)	2013	SV Blau-Weiß Bochum	06:17,60	242

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Deuker, Paula	2013	SG Essen
Tempelhoff, Pia	2013	SSC Hörde 54/58 e.V.

Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Cichon, Ina 100m: 01:12,83 (01:12,83) 200m: 02:30,60 (01:17,77) 300m: 03:49,18 (01:18,58) 400m: 05:06,08 (01:16,90)	2012	SG Bergheim	05:06,08	454
2.	Tok, Talya 100m: 01:13,39 (01:13,39) 200m: 02:32,25 (01:18,86) 300m: 03:52,85 (01:20,60) 400m: 05:06,29 (01:13,44)	2012	TPSK 1925 e.V.	05:06,29	453
3.	Migala, Annika 100m: 01:13,99 (01:13,99) 200m: 02:32,11 (01:18,12) 300m: 03:51,51 (01:19,40) 400m: 05:08,89 (01:17,38)	2012	SG Bayer	05:08,89	442
4.	Vogt, Myrtha 100m: 01:12,91 (01:12,91) 200m: 02:31,65 (01:18,74) 300m: 03:52,18 (01:20,53) 400m: 05:10,22 (01:18,04)	2012	SG Gladbeck/Recklinghausen	05:10,22	436
5.	Helesch, Calista 100m: 01:13,14 (01:13,14) 200m: 02:32,27 (01:19,13) 300m: 03:52,61 (01:20,34) 400m: 05:10,52 (01:17,91)	2012	SG Mülheim	05:10,52	435
6.	Pabel, Lina 100m: 01:14,66 (01:14,66) 200m: 02:36,17 (01:21,51) 300m: 03:58,00 (01:21,83) 400m: 05:18,66 (01:20,66)	2012	Schwimmverein Langenfeld 1912	05:18,66	403
7.	Stockel, Anna 100m: 01:17,37 (01:17,37) 200m: 02:38,77 (01:21,40) 300m: 04:00,21 (01:21,44) 400m: 05:19,21 (01:19,00)	2012	SG Schwimmen Münster	05:19,21	400
8.	Soydan, Eslem Su 100m: 01:14,52 (01:14,52) 200m: 02:36,92 (01:22,40) 300m: 04:01,36 (01:24,44) 400m: 05:19,55 (01:18,19)	2012	TPSK 1925 e.V.	05:19,55	399
9.	Weckbecker, Emma 100m: 01:16,21 (01:16,21) 200m: 02:37,65 (01:21,44) 300m: 04:00,74 (01:23,09) 400m: 05:20,03 (01:19,29)	2012	SG Mülheim	05:20,03	397
10.	Satsukevych, Sophie Simone 100m: 01:17,22 (01:17,22) 200m: 02:40,09 (01:22,87) 300m: 04:02,72 (01:22,63) 400m: 05:21,51 (01:18,79)	2012	SG Mönchengladbach	05:21,51	392
11.	Jarosch, Nina 100m: 01:17,05 (01:17,05) 200m: 02:37,98 (01:20,93) 300m: 04:00,87 (01:22,89) 400m: 05:23,08 (01:22,21)	2012	SG Bergheim	05:23,08	386
12.	Lind, Katharina 100m: 01:15,13 (01:15,13) 200m: 02:38,84 (01:23,71) 300m: 04:03,41 (01:24,57) 400m: 05:24,03 (01:20,62)	2012	TPSK 1925 e.V.	05:24,03	383
13.	Radloff, Mia 100m: 01:16,24 (01:16,24) 200m: 02:39,91 (01:23,67) 300m: 04:04,53 (01:24,62) 400m: 05:26,74 (01:22,21)	2012	SG Dortmund	05:26,74	373
14.	Lettmann, Tara 100m: 01:16,50 (01:16,50) 200m: 02:41,64 (01:25,14) 300m: 04:05,91 (01:24,27) 400m: 05:27,12 (01:21,21)	2012	SG Gladbeck/Recklinghausen	05:27,12	372
15.	Männich, Sophie 100m: 01:18,40 (01:18,40) 200m: 02:45,48 (01:27,08) 300m: 04:10,95 (01:25,47) 400m: 05:28,77 (01:17,82)	2012	SG Bayer	05:28,77	366
16.	Jonas, Amelie 100m: 01:18,68 (01:18,68) 200m: 02:43,57 (01:24,89) 300m: 04:09,02 (01:25,45) 400m: 05:31,50 (01:22,48)	2012	PSV Oberhausen	05:31,50	357
17.	Hartmannshenn, Lia 100m: 01:18,52 (01:18,52) 200m: 02:44,86 (01:26,34) 300m: 04:11,69 (01:26,83) 400m: 05:32,67 (01:20,98)	2012	SG Mönchengladbach	05:32,67	354
18.	Bencheikh, Lina 100m: 01:19,64 (01:19,64) 200m: 02:44,19 (01:24,55) 300m: 04:08,43 (01:24,24) 400m: 05:32,87 (01:24,44)	2012	SG Bayer	05:32,87	353

Nordrhein-Westfälischer Schwimm-Mehrkampf der Jahrgänge 2012 bis 2014

in Mönchengladbach vom 11.05.2024 bis 12.05.2024

Protokoll

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noch Wettkampf 11 - 400m Freistil weiblich

noch Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
19.	Koltaniuk, Kateryna 100m: 01:18,89 (01:18,89) 200m: 02:43,89 (01:25,00) 300m: 04:09,94 (01:26,05) 400m: 05:33,10 (01:23,16)	2012	SG Gelsenkirchen	05:33,10	352
20.	Erward, Emilia 100m: 01:19,56 (01:19,56) 200m: 02:46,37 (01:26,81) 300m: 04:12,16 (01:25,79) 400m: 05:34,27 (01:22,11)	2012	SG Mülheim	05:34,27	349
21.	Reis, Melina 100m: 01:16,36 (01:16,36) 200m: 02:42,05 (01:25,69) 300m: 04:09,49 (01:27,44) 400m: 05:34,33 (01:24,84)	2012	SC Delphin Geldern	05:34,33	348
22.	Michel, Josefine 100m: 01:20,75 (01:20,75) 200m: 02:47,45 (01:26,70) 300m: 04:12,12 (01:24,67) 400m: 05:34,96 (01:22,84)	2012	SG Schwimmen Münster	05:34,96	347
23.	Wilhelm, Finja 100m: 01:21,99 (01:21,99) 200m: 02:48,47 (01:26,48) 300m: 04:10,71 (01:22,24) 400m: 05:36,01 (01:25,30)	2012	TV Ratingen	05:36,01	343
24.	Klömpken, Emma 100m: 01:18,37 (01:18,37) 200m: 02:45,56 (01:27,19) 300m: 04:13,90 (01:28,34) 400m: 05:36,96 (01:23,06)	2012	SG Lünen	05:36,96	340
25.	Sonntag, Leona 100m: 01:18,11 (01:18,11) 200m: 02:45,05 (01:26,94) 300m: 04:13,64 (01:28,59) 400m: 05:38,17 (01:24,53)	2012	Wasserfreunde Wuppertal 1883 e.V.	05:38,17	337
26.	Diehl, Nike 100m: 01:20,22 (01:20,22) 200m: 02:47,94 (01:27,72) 300m: 04:17,27 (01:29,33) 400m: 05:38,68 (01:21,41)	2012	SG Dortmund-Süd 1983	05:38,68	335
27.	Böhm, Lina 100m: 01:18,82 (01:18,82) 200m: 02:45,93 (01:27,11) 300m: 04:14,47 (01:28,54) 400m: 05:40,68 (01:26,21)	2012	PSV Oberhausen	05:40,68	329
28.	Smyla, Juliana 100m: 01:24,29 (01:24,29) 200m: 02:53,07 (01:28,78) 300m: 04:19,93 (01:26,86) 400m: 05:41,19 (01:21,26)	2012	SG Schwimmen Münster	05:41,19	328
29.	Maiß, Matilda 100m: 01:20,06 (01:20,06) 200m: 02:48,54 (01:28,48) 300m: 04:17,57 (01:29,03) 400m: 05:42,71 (01:25,14)	2012	SG Gladbeck/Recklinghausen	05:42,71	323
30.	Meese, Tineke 100m: 01:20,15 (01:20,15) 200m: 02:49,04 (01:28,89) 300m: 04:18,02 (01:28,98) 400m: 05:43,37 (01:25,35)	2012	Rote Erde/SWIM-TEAM TuS 1859 Hamm	05:43,37	322
31.	Zimmermann, Charlotte 100m: 01:19,83 (01:19,83) 200m: 02:48,33 (01:28,50) 300m: 04:17,91 (01:29,58) 400m: 05:43,90 (01:25,99)	2012	SG Bayer	05:43,90	320
32.	Frohwerk, Charlotte Katharina 100m: 01:22,55 (01:22,55) 200m: 02:51,27 (01:28,72) 300m: 04:20,60 (01:29,33) 400m: 05:44,56 (01:23,96)	2012	SC Delphin Geldern	05:44,56	318
33.	Schemmerling, Cara Malia 100m: 01:21,51 (01:21,51) 200m: 02:51,31 (01:29,80) 300m: 04:22,80 (01:31,49) 400m: 05:46,46 (01:23,66)	2012	Schwimmverein Langenfeld 1912	05:46,46	313
34.	Niemeyer, Alicia 100m: 01:22,10 (01:22,10) 200m: 02:53,05 (01:30,95) 300m: 04:22,77 (01:29,72) 400m: 05:48,34 (01:25,57)	2012	SG Mülheim	05:48,34	308
35.	Linke, Marlene 100m: 01:21,32 (01:21,32) 200m: 02:53,03 (01:31,71) 300m: 04:22,87 (01:29,84) 400m: 05:49,80 (01:26,93)	2012	SG Gladbeck/Recklinghausen	05:49,80	304
36.	Gräwel, Lina 100m: 01:21,11 (01:21,11) 200m: 02:54,14 (01:33,03) 300m: 04:26,84 (01:32,70) 400m: 05:56,04 (01:29,20)	2012	SV Steele 1911	05:56,04	288
37.	Stassen, Romy 100m: 01:21,88 (01:21,88) 200m: 02:51,97 (01:30,09) 300m: 04:25,65 (01:33,68) 400m: 05:56,74 (01:31,09)	2012	SG Gladbeck/Recklinghausen	05:56,74	287
38.	Pielsticker, Cara Maria 100m: 01:22,37 (01:22,37) 200m: 02:54,22 (01:31,85) 300m: 04:28,41 (01:34,19) 400m: 05:58,41 (01:30,00)	2012	SG Bayer	05:58,41	283
39.	Stute, Elea 100m: 01:27,35 (01:27,35) 200m: 03:03,30 (01:35,95) 300m: 04:38,65 (01:35,35) 400m: 06:07,11 (01:28,46)	2012	TuS Sundern	06:07,11	263

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