

Abschnitt 1 - Samstag 07.03.2026

Einlass: 08:00 Uhr | Einschwimmen: 08:00 Uhr | Kampfrichtersitzung: 08:15 Uhr
Beginn: 09:00 Uhr

Wettkampfstätte

Rheinbad Hallenbad Düsseldorf, Sportpark Nord/Europaplatz 1, 40474 Düsseldorf
10 Bahnen á 50m, Wellenkiller, Elektronik, Wassertemperatur: ca. 26°C

Kampfgericht Abschnitt 1

Position	Name	Verein
Schiedsrichter weiblich	Christoph Holzhäuer	SV NRW
Schiedsrichter männlich	Inga Sieven	SV NRW
Starter weiblich	Klaus Bradtke	SV NRW
Starter männlich	Klaus Bradtke	SV NRW
Schwimmrichter 1	Axel Bielinski	SV NRW
Schwimmrichter 2	freier Schiedsrichter	SV NRW
Sprecher 1	Susanne Golaschewski	SV NRW
Auswerter 1	Veronika Reinert	SV NRW
Protokollführer	Veronika Reinert	SV NRW
Computer 1	SchwimmsportserviceNRW .	

Zielgericht

Position	Name	Verein
Zielrichter 1	Frank Brenner	SV NRW
Zielrichter 2	Bianca Cremers	SV NRW
Zielrichter 3	Heiko Krämer	SV NRW
Zielrichter 4	Simon Schwendger	SV NRW
Zielrichter 5	Starter	SV NRW

Zeitgericht 1

Position	Name	Verein
Zeitnehmerobmann	Wichad Johansen	SV NRW
Zeitnehmer Bahn 1	Alexandra Forsbach	SV NRW
Zeitnehmer Bahn 2	Nils Scheer	SV NRW
Zeitnehmer Bahn 3	Michaela Lesjak	SV NRW
Zeitnehmer Bahn 4	Tina Eckle	SV NRW
Zeitnehmer Bahn 5	Thomas Wachholz	SV NRW
Zeitnehmer Bahn 6	Bianca Knillmann	SV NRW
Zeitnehmer Bahn 7	Helmut Faust	SV NRW
Zeitnehmer Bahn 8	Melek Tok	SV NRW
Reservezeitnehmer 1	Wichard Johannsen	SV NRW

noch Kampfgericht Abschnitt 1**Zeitgericht 2**

Position	Name	Verein
Zeitnehmer Bahn 1	Stephan Kürbig	SV NRW
Zeitnehmer Bahn 2	Olaf Lottner	SV NRW
Zeitnehmer Bahn 3	Kriszta Medve	SV NRW
Zeitnehmer Bahn 4	Peter Ververgaert	SV NRW
Zeitnehmer Bahn 5	Yvonne Schützendorf	SV NRW
Zeitnehmer Bahn 6	Mark Scheer	SV NRW
Zeitnehmer Bahn 7	Frank Schäfer	SV NRW
Zeitnehmer Bahn 8	Stephanie Schwung	SV NRW

Wendegericht

Position	Name	Verein
Wenderichter Obmann	Norbert Heidenhof	SV NRW
Wenderichter Bahn 1	Katharina Huth	SV NRW
Wenderichter Bahn 2	Katharina Huth	SV NRW
Wenderichter Bahn 3	Beatrix Schubert	SV NRW
Wenderichter Bahn 4	Beatrix Schubert	SV NRW
Wenderichter Bahn 5	Ingo Schulz	SV NRW
Wenderichter Bahn 6	Ingo Schulz	SV NRW
Wenderichter Bahn 7	Nick Spielkamp	SV NRW
Wenderichter Bahn 8	Nick Spielkamp	SV NRW

Wettkampffolge für Abschnitt 1

- Wettkampf 1 - 400m Lagen weiblich
- Wettkampf 2 - 400m Lagen männlich
- Wettkampf 3 - 800m Freistil weiblich
- Wettkampf 4 - 800m Freistil männlich
- Wettkampf 5 - 5000m Freistil weiblich
- Wettkampf 6 - 5000m Freistil männlich

Wettkampf 1 - 400m Lagen weiblich

Jahrgang 2014

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	
1. und NRW Jahrgangsmeisterin	Lara Kucharczyk	2014	SG Essen	05:42,91	
	100m: 01:12,15 (01:12,15) 200m: 02:46,04 (01:33,89) 300m: 04:25,89 (01:39,85) 400m: 05:42,91 (01:17,02)				
2.	Alissa Wiebe	2014	SV Übach-Palenberg	05:46,81	
	100m: 01:18,54 (01:18,54) 200m: 02:46,68 (01:28,14) 300m: 04:27,79 (01:41,11) 400m: 05:46,81 (01:19,02)				
3.	Linnéa Mathilde Rebou	2014	SG Gladbeck/Recklinghausen	05:56,11	
	100m: 01:23,04 (01:23,04) 200m: 02:55,29 (01:32,25) 300m: 04:33,30 (01:38,01) 400m: 05:56,11 (01:22,81)				
4.	Tilda Ditgen	2014	TV Ratingen	05:59,70	
	100m: 01:18,41 (01:18,41) 200m: 02:51,88 (01:33,47) 300m: 04:35,23 (01:43,35) 400m: 05:59,70 (01:24,47)				
5.	Luisa Erward	2014	SG Mülheim	06:00,54	
	100m: 01:23,87 (01:23,87) 200m: 02:59,54 (01:35,67) 300m: 04:40,47 (01:40,93) 400m: 06:00,54 (01:20,07)				
6.	Milena Elbe	2014	SG Essen	06:01,52	
	100m: 01:29,97 (01:29,97) 200m: 03:01,38 (01:31,41) 300m: 04:40,90 (01:39,52) 400m: 06:01,52 (01:20,62)				
7.	Melina Peikert	2014	SG Ruhr	06:02,21	
	100m: 01:27,42 (01:27,42) 200m: 03:02,55 (01:35,13) 300m: 04:44,97 (01:42,42) 400m: 06:02,21 (01:17,24)				
8.	Mia Spinner	2014	SG Gladbeck/Recklinghausen	06:04,77	
	100m: 01:20,70 (01:20,70) 200m: 02:55,06 (01:34,36) 300m: 04:37,87 (01:42,81) 400m: 06:04,77 (01:26,90)				
9.	Ella Kontny	2014	SG Essen	06:07,56	
	100m: 01:24,54 (01:24,54) 200m: 03:01,07 (01:36,53) 300m: 04:43,09 (01:42,02) 400m: 06:07,56 (01:24,47)				
10.	Julia Benninghoff	2014	Duisburger ST	06:13,63	
	100m: 01:21,16 (01:21,16) 200m: 03:02,25 (01:41,09) 300m: 04:51,03 (01:48,78) 400m: 06:13,63 (01:22,60)				
11.	Anna Kottkamp	2014	SG Gelsenkirchen	06:13,82	EnM
	100m: 01:30,68 (01:30,68) 200m: 02:59,42 (01:28,74) 300m: 04:53,17 (01:53,75) 400m: 06:13,82 (01:20,65)				
12.	Yade Yurt	2014	Uerdinger Schwimmverein 08	06:22,86	EnM
	100m: 01:29,11 (01:29,11) 200m: 03:07,65 (01:38,54) 300m: 04:59,43 (01:51,78) 400m: 06:22,86 (01:23,43)				
	<u>nicht am Start</u>				
	Lilly Rosalie Zimmer	2014	SG Essen		

Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	
1. und NRW Jahrgangsmeisterin	Valentina Basile da Costa	2013	Uerdinger Schwimmverein 08	05:30,07	
	100m: 01:10,97 (01:10,97) 200m: 02:39,50 (01:28,53) 300m: 04:11,58 (01:32,08) 400m: 05:30,07 (01:18,49)				
2.	Tjorven Ida Abrahams	2013	SG Gelsenkirchen	05:34,09	
	100m: 01:15,07 (01:15,07) 200m: 02:41,39 (01:26,32) 300m: 04:17,71 (01:36,32) 400m: 05:34,09 (01:16,38)				
3.	Lisa Pöland	2013	TPSK 1925 e.V.	05:34,27	
	100m: 01:18,90 (01:18,90) 200m: 02:43,02 (01:24,12) 300m: 04:20,06 (01:37,04) 400m: 05:34,27 (01:14,21)				
4.	Ella Hartmann	2013	SG Dortmund	05:42,05	
	100m: 01:17,00 (01:17,00) 200m: 02:47,14 (01:30,14) 300m: 04:25,58 (01:38,44) 400m: 05:42,05 (01:16,47)				
5.	Emilia Klaus	2013	SG Dortmund	05:46,31	
	100m: 01:21,16 (01:21,16) 200m: 02:50,17 (01:29,01) 300m: 04:29,05 (01:38,88) 400m: 05:46,31 (01:17,26)				
6.	Paula Deuker	2013	SG Essen	05:51,05	
	100m: 01:17,08 (01:17,08) 200m: 02:53,62 (01:36,54) 300m: 04:33,42 (01:39,80) 400m: 05:51,05 (01:17,63)				

Nordrhein-Westfälische Meisterschaften lange Strecken in Düsseldorf

vom 07.03.2026 bis 08.03.2026

Protokoll

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noch Wettkampf 1 - 400m Lagen weiblich

noch Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	
7.	Maria Maierhofer 100m: 01:23,65 (01:23,65) 200m: 02:51,52 (01:27,87) 300m: 04:32,86 (01:41,34) 400m: 05:52,17 (01:19,31)	2013	SG Mülheim	05:52,17	
8.	Mia Pollehn 100m: 01:21,09 (01:21,09) 200m: 02:52,49 (01:31,40) 300m: 04:30,04 (01:37,55) 400m: 05:52,53 (01:22,49)	2013	SSF Bonn	05:52,53	
9.	Lina Jagielski 100m: 01:21,02 (01:21,02) 200m: 02:53,20 (01:32,18) 300m: 04:33,92 (01:40,72) 400m: 05:55,91 (01:21,99)	2013	SG Gladbeck/Recklinghausen	05:55,91	
10.	Fiona Schneider 100m: 01:23,37 (01:23,37) 200m: 02:53,04 (01:29,67) 300m: 04:36,50 (01:43,46) 400m: 05:56,08 (01:19,58)	2013	SV Neptun Erkenschwick	05:56,08	
11.	Lina Göbl 100m: 01:16,94 (01:16,94) 200m: 02:58,02 (01:41,08) 300m: 04:39,34 (01:41,32) 400m: 05:59,26 (01:19,92)	2013	SV Rheine 68 eV.	05:59,26	EnM
12.	Ilvy Kühnhenrich 100m: 01:29,18 (01:29,18) 200m: 03:01,93 (01:32,75) 300m: 04:50,19 (01:48,26) 400m: 06:12,21 (01:22,02)	2013	SG Bergheim	06:12,21	EnM

Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	
1. und NRW Jahrgangsmeisterin	Lia Hartmannshenn 100m: 01:11,39 (01:11,39) 200m: 02:35,16 (01:23,77) 300m: 03:58,73 (01:23,57) 400m: 05:11,19 (01:12,46)	2012	SG Mönchengladbach	05:11,19	
2.	Lina Pabel 100m: 01:13,40 (01:13,40) 200m: 02:40,51 (01:27,11) 300m: 04:17,14 (01:36,63) 400m: 05:32,09 (01:14,95)	2012	SG Bayer	05:32,09	
3.	Nina Jarosch 100m: 01:15,15 (01:15,15) 200m: 02:37,62 (01:22,47) 300m: 04:17,65 (01:40,03) 400m: 05:32,14 (01:14,49)	2012	SG Bergheim	05:32,14	
4.	Charlotte Zimmermann 100m: 01:14,58 (01:14,58) 200m: 02:43,43 (01:28,85) 300m: 04:20,59 (01:37,16) 400m: 05:36,08 (01:15,49)	2012	SG Mülheim	05:36,08	
5.	Talya Tok 100m: 01:16,21 (01:16,21) 200m: 02:42,90 (01:26,69) 300m: 04:22,60 (01:39,70) 400m: 05:36,94 (01:14,34)	2012	SG Dortmund	05:36,94	
6.	Anna Stockel 100m: 01:22,43 (01:22,43) 200m: 02:49,16 (01:26,73) 300m: 04:22,40 (01:33,24) 400m: 05:37,21 (01:14,81)	2012	SG Schwimmen Münster	05:37,21	
7.	Marlene Linke 100m: 01:23,02 (01:23,02) 200m: 02:54,19 (01:31,17) 300m: 04:22,41 (01:28,22) 400m: 05:38,33 (01:15,92)	2012	SG Gladbeck/Recklinghausen	05:38,33	
8.	Emma Drenkelfuß 100m: 01:15,73 (01:15,73) 200m: 02:44,70 (01:28,97) 300m: 04:25,29 (01:40,59) 400m: 05:40,35 (01:15,06)	2012	SG Neuss	05:40,35	
9.	Annika Migala 100m: 01:13,58 (01:13,58) 200m: 02:43,58 (01:30,00) 300m: 04:21,79 (01:38,21) 400m: 05:42,92 (01:21,13)	2012	SG Essen	05:42,92	
10.	Milla Bodenschatz 100m: 01:19,83 (01:19,83) 200m: 02:50,97 (01:31,14) 300m: 04:28,76 (01:37,79) 400m: 05:45,68 (01:16,92)	2012	SG Bayer	05:45,68	
11.	Emilia Erward 100m: 01:20,52 (01:20,52) 200m: 02:46,32 (01:25,80) 300m: 04:27,59 (01:41,27) 400m: 05:45,99 (01:18,40)	2012	SG Mülheim	05:45,99	
12.	Pantea Ghaderi 100m: 01:20,83 (01:20,83) 200m: 02:51,31 (01:30,48) 300m: 04:29,99 (01:38,68) 400m: 05:47,42 (01:17,43)	2012	Düsseldorfer SC 1898	05:47,42	
13.	Calista Helesch 100m: 01:19,67 (01:19,67) 200m: 02:51,96 (01:32,29) 300m: 04:25,96 (01:34,00) 400m: 05:47,67 (01:21,71)	2012	SG Mülheim	05:47,67	
14.	Anna-Marie Elsing 100m: 01:17,48 (01:17,48) 200m: 02:49,70 (01:32,22) 300m: 04:33,42 (01:43,72) 400m: 05:50,54 (01:17,12)	2012	Wasserfreunde Bielefeld	05:50,54	EnM
15.	Chanyaphak Chaipattaraworakul 100m: 01:18,46 (01:18,46) 200m: 02:46,40 (01:27,94) 300m: 04:32,86 (01:46,46) 400m: 05:53,07 (01:20,21)	2012	Düsseldorfer SC 1898	05:53,07	EnM
16.	Jana Kosche 100m: 01:23,55 (01:23,55) 200m: 02:53,51 (01:29,96) 300m: 04:33,99 (01:40,48) 400m: 05:53,39 (01:19,40)	2012	Uerdinger Schwimmverein 08	05:53,39	EnM
17.	Sophie Marie Christine Männich 100m: 01:23,82 (01:23,82) 200m: 02:54,64 (01:30,82) 300m: 04:39,99 (01:45,35) 400m: 05:59,33 (01:19,34)	2012	Uerdinger Schwimmverein 08	05:59,33	EnM
18.	Cara Maria Pielsticker 100m: 01:18,76 (01:18,76) 200m: 02:53,07 (01:34,31) 300m: 04:38,71 (01:45,64) 400m: 06:04,47 (01:25,76)	2012	Uerdinger Schwimmverein 08	06:04,47	EnM

noch Wettkampf 1 - 400m Lagen weiblich

noch Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
	<u>nicht am Start</u>			
	Lina Niggemann	2012	Düsseldorfer SC 1898	
	Myrtha Vogt	2012	SG Essen	
	<u>disqualifiziert</u>			
	Viktoria Sinizki	2012	SG Neuss	
	Bei der 2. Wende erfolgte der Abstoß nicht nach den Bestimmungen der Schwimmart, die begonnen wurde			
	Uhrzeit der Bekanntgabe: 09:43			

Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und NRW Jahrgangsmeisterin	Anna Forsbach	2011	TV Ratingen	05:12,00
	100m: 01:10,15 (01:10,15) 200m: 02:31,92 (01:21,77) 300m: 04:03,25 (01:31,33) 400m: 05:12,00 (01:08,75)			
2.	Katalin Omai	2011	SSF Bonn	05:15,35
	100m: 01:10,44 (01:10,44) 200m: 02:31,47 (01:21,03) 300m: 04:02,59 (01:31,12) 400m: 05:15,35 (01:12,76)			
3.	Charlotte Drenker	2011	TV Ratingen	05:19,54
	100m: 01:15,74 (01:15,74) 200m: 02:39,39 (01:23,65) 300m: 04:07,40 (01:28,01) 400m: 05:19,54 (01:12,14)			
4.	Naya Johannknecht	2011	Team Bochum	05:21,07
	100m: 01:10,36 (01:10,36) 200m: 02:30,77 (01:20,41) 300m: 04:06,11 (01:35,34) 400m: 05:21,07 (01:14,96)			
5.	Hannah Amelie Joswig	2011	Team Bochum	05:24,60
	100m: 01:13,16 (01:13,16) 200m: 02:41,50 (01:28,34) 300m: 04:09,45 (01:27,95) 400m: 05:24,60 (01:15,15)			
6.	Lotte Preißler	2011	SSF Bonn	05:25,69
	100m: 01:16,10 (01:16,10) 200m: 02:44,23 (01:28,13) 300m: 04:10,57 (01:26,34) 400m: 05:25,69 (01:15,12)			
7.	Amelie Weiser	2011	Düsseldorfer SC 1898	05:26,96
	100m: 01:15,06 (01:15,06) 200m: 02:42,73 (01:27,67) 300m: 04:13,15 (01:30,42) 400m: 05:26,96 (01:13,81)			
8.	Caroline Stark	2011	SG Essen	05:27,25
	100m: 01:08,65 (01:08,65) 200m: 02:38,05 (01:29,40) 300m: 04:14,46 (01:36,41) 400m: 05:27,25 (01:12,79)			
9.	Johanna Jänike	2011	SG Mülheim	05:33,75
	100m: 01:19,48 (01:19,48) 200m: 02:43,75 (01:24,27) 300m: 04:18,35 (01:34,60) 400m: 05:33,75 (01:15,40)			
10.	Helena Jansen	2011	SG Gladbeck/Recklinghausen	05:34,75
	100m: 01:15,30 (01:15,30) 200m: 02:44,86 (01:29,56) 300m: 04:19,43 (01:34,57) 400m: 05:34,75 (01:15,32)			
11.	Emmy von Privaloff	2011	Schwimmverein Langenfeld 1912	05:37,07
	100m: 01:17,85 (01:17,85) 200m: 02:42,53 (01:24,68) 300m: 04:19,36 (01:36,83) 400m: 05:37,07 (01:17,71)			
12.	Iva Rezić	2011	SG Siegen	05:39,40
	100m: 01:16,60 (01:16,60) 200m: 02:47,49 (01:30,89) 300m: 04:25,42 (01:37,93) 400m: 05:39,40 (01:13,98)			
13.	Theresa Borzichowski	2011	SG Gladbeck/Recklinghausen	05:39,90
	100m: 01:15,23 (01:15,23) 200m: 02:40,80 (01:25,57) 300m: 04:22,32 (01:41,52) 400m: 05:39,90 (01:17,58)			
14.	Friederike Limbacher	2011	Freie Schwimmer Düsseldorf 1910	05:40,51
	100m: 01:17,64 (01:17,64) 200m: 02:48,34 (01:30,70) 300m: 04:22,27 (01:33,93) 400m: 05:40,51 (01:18,24)			
15.	Charlotte Dielenschneider	2011	Rote Erde/SWIM-TEAM TuS 1859 Hamm	05:42,24
	100m: 01:16,49 (01:16,49) 200m: 02:44,09 (01:27,60) 300m: 04:26,64 (01:42,55) 400m: 05:42,24 (01:15,60)			
16.	Paula Marlene Schulze	2011	SG Essen	05:43,20
	100m: 01:18,42 (01:18,42) 200m: 02:47,28 (01:28,86) 300m: 04:24,12 (01:36,84) 400m: 05:43,20 (01:19,08)			
17.	Paulina Bauer	2011	Team Bochum	05:45,28
	100m: 01:08,37 (01:08,37) 200m: 02:45,58 (01:37,21) 300m: 04:29,25 (01:43,67) 400m: 05:45,28 (01:16,03)			
18.	Ariane Linkerhand	2011	Freie Schwimmer Düsseldorf 1910	05:48,31
	100m: 01:24,49 (01:24,49) 200m: 02:57,39 (01:32,90) 300m: 04:30,00 (01:32,61) 400m: 05:48,31 (01:18,31)			
19.	Charlotte Weiß	2011	SG Neuss	06:00,17
	100m: 01:15,46 (01:15,46) 200m: 02:48,19 (01:32,73) 300m: 04:37,27 (01:49,08) 400m: 06:00,17 (01:22,90)			

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noch Wettkampf 1 - 400m Lagen weiblich

noch Jahrgang 2007 / 2008

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
3.	Cynthia Sander	2007	Duisburger ST	05:39,42
	100m: 01:16,90 (01:16,90) 200m: 02:46,72 (01:29,82) 300m: 04:23,16 (01:36,44) 400m: 05:39,42 (01:16,26)			
4.	Laura Krinke	2008	VFL Gladbeck 1921	05:43,25
	100m: 01:15,60 (01:15,60) 200m: 02:45,04 (01:29,44) 300m: 04:24,64 (01:39,60) 400m: 05:43,25 (01:18,61)			
5.	Jule Illian	2008	Uerdinger Schwimmverein 08	05:59,95
	100m: 01:24,68 (01:24,68) 200m: 02:53,35 (01:28,67) 300m: 04:37,64 (01:44,29) 400m: 05:59,95 (01:22,31)			

Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und Nordrhein-Westfälische Meisterin				
	Paula Buß	2009	Team Bochum	05:06,07
	100m: 01:06,35 (01:06,35) 200m: 02:25,16 (01:18,81) 300m: 03:57,03 (01:31,87) 400m: 05:06,07 (01:09,04)			
2.	Lia Hartmannshenn	2012	SG Mönchengladbach	05:11,19
	100m: 01:11,39 (01:11,39) 200m: 02:35,16 (01:23,77) 300m: 03:58,73 (01:23,57) 400m: 05:11,19 (01:12,46)			
3.	Anna Forsbach	2011	TV Ratingen	05:12,00
	100m: 01:10,15 (01:10,15) 200m: 02:31,92 (01:21,77) 300m: 04:03,25 (01:31,33) 400m: 05:12,00 (01:08,75)			
4.	Katalin Omai	2011	SSF Bonn	05:15,35
	100m: 01:10,44 (01:10,44) 200m: 02:31,47 (01:21,03) 300m: 04:02,59 (01:31,12) 400m: 05:15,35 (01:12,76)			
5.	Henriette Jacobs	2010	Freie Schwimmer Düsseldorf 1910	05:18,43
	100m: 01:13,40 (01:13,40) 200m: 02:37,84 (01:24,44) 300m: 04:03,17 (01:25,33) 400m: 05:18,43 (01:15,26)			
6.	Charlotte Drenker	2011	TV Ratingen	05:19,54
	100m: 01:15,74 (01:15,74) 200m: 02:39,39 (01:23,65) 300m: 04:07,40 (01:28,01) 400m: 05:19,54 (01:12,14)			
7.	Naya Johannknecht	2011	Team Bochum	05:21,07
	100m: 01:10,36 (01:10,36) 200m: 02:30,77 (01:20,41) 300m: 04:06,11 (01:35,34) 400m: 05:21,07 (01:14,96)			
8.	Lai Yuan	2010	SG Essen	05:21,39
	100m: 01:10,62 (01:10,62) 200m: 02:36,67 (01:26,05) 300m: 04:06,85 (01:30,18) 400m: 05:21,39 (01:14,54)			
9.	Mia Pennartz	2008	TPSK 1925 e.V.	05:24,14
	100m: 01:17,53 (01:17,53) 200m: 02:42,44 (01:24,91) 300m: 04:11,15 (01:28,71) 400m: 05:24,14 (01:12,99)			
10.	Hannah Amelie Joswig	2011	Team Bochum	05:24,60
	100m: 01:13,16 (01:13,16) 200m: 02:41,50 (01:28,34) 300m: 04:09,45 (01:27,95) 400m: 05:24,60 (01:15,15)			
11.	Lotte Preißler	2011	SSF Bonn	05:25,69
	100m: 01:16,10 (01:16,10) 200m: 02:44,23 (01:28,13) 300m: 04:10,57 (01:26,34) 400m: 05:25,69 (01:15,12)			
12.	Amelie Weiser	2011	Düsseldorfer SC 1898	05:26,96
	100m: 01:15,06 (01:15,06) 200m: 02:42,73 (01:27,67) 300m: 04:13,15 (01:30,42) 400m: 05:26,96 (01:13,81)			
13.	Caroline Stark	2011	SG Essen	05:27,25
	100m: 01:08,65 (01:08,65) 200m: 02:38,05 (01:29,40) 300m: 04:14,46 (01:36,41) 400m: 05:27,25 (01:12,79)			
14.	Emmi Liara Schneider	2008	SG Siegen	05:28,28
	100m: 01:12,26 (01:12,26) 200m: 02:38,56 (01:26,30) 300m: 04:13,98 (01:35,42) 400m: 05:28,28 (01:14,30)			
15.	Valentina Basile da Costa	2013	Uerdinger Schwimmverein 08	05:30,07
	100m: 01:10,97 (01:10,97) 200m: 02:39,50 (01:28,53) 300m: 04:11,58 (01:32,08) 400m: 05:30,07 (01:18,49)			
16.	Wolke Manka	2010	SG Bayer	05:31,91
	100m: 01:19,07 (01:19,07) 200m: 02:41,72 (01:22,65) 300m: 04:15,01 (01:33,29) 400m: 05:31,91 (01:16,90)			
17.	Lina Pabel	2012	SG Bayer	05:32,09
	100m: 01:13,40 (01:13,40) 200m: 02:40,51 (01:27,11) 300m: 04:17,14 (01:36,63) 400m: 05:32,09 (01:14,95)			
18.	Nina Jarosch	2012	SG Bergheim	05:32,14
	100m: 01:15,15 (01:15,15) 200m: 02:37,62 (01:22,47) 300m: 04:17,65 (01:40,03) 400m: 05:32,14 (01:14,49)			
19.	Caroline Haubrich	2010	SG Mönchengladbach	05:33,29
	100m: 01:16,32 (01:16,32) 200m: 02:44,08 (01:27,76) 300m: 04:18,14 (01:34,06) 400m: 05:33,29 (01:15,15)			
20.	Juna Acker	2009	SG Bayer	05:33,43
	100m: 01:14,23 (01:14,23) 200m: 02:37,49 (01:23,26) 300m: 04:17,89 (01:40,40) 400m: 05:33,43 (01:15,54)			
21.	Johanna Jänike	2011	SG Mülheim	05:33,75
	100m: 01:19,48 (01:19,48) 200m: 02:43,75 (01:24,27) 300m: 04:18,35 (01:34,60) 400m: 05:33,75 (01:15,40)			

noch Wettkampf 1 - 400m Lagen weiblich

noch Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
22.	Tjorven Ida Abrahams	2013	SG Gelsenkirchen	05:34,09 100m: 01:15,07 (01:15,07) 200m: 02:41,39 (01:26,32) 300m: 04:17,71 (01:36,32) 400m: 05:34,09 (01:16,38)
23.	Lena Otten	2009	TV Ratingen	05:34,26 100m: 01:15,84 (01:15,84) 200m: 02:43,26 (01:27,42) 300m: 04:19,26 (01:36,00) 400m: 05:34,26 (01:15,00)
24.	Lisa Pöland	2013	TPSK 1925 e.V.	05:34,27 100m: 01:18,90 (01:18,90) 200m: 02:43,02 (01:24,12) 300m: 04:20,06 (01:37,04) 400m: 05:34,27 (01:14,21)
25.	Lea Isabelle Weber	2010	Freie Schwimmer Düsseldorf 1910	05:34,40 100m: 01:13,41 (01:13,41) 200m: 02:39,42 (01:26,01) 300m: 04:18,68 (01:39,26) 400m: 05:34,40 (01:15,72)
26.	Helena Jansen	2011	SG Gladbeck/Recklinghausen	05:34,75 100m: 01:15,30 (01:15,30) 200m: 02:44,86 (01:29,56) 300m: 04:19,43 (01:34,57) 400m: 05:34,75 (01:15,32)
27.	Lara Breuer	2006	TSV Gruiten 1884	05:34,95 100m: 01:15,41 (01:15,41) 200m: 02:44,51 (01:29,10) 300m: 04:15,50 (01:30,99) 400m: 05:34,95 (01:19,45)
28.	Hannah Pabel	2010	Schwimmverein Langenfeld 1912	05:35,72 100m: 01:14,29 (01:14,29) 200m: 02:40,70 (01:26,41) 300m: 04:20,16 (01:39,46) 400m: 05:35,72 (01:15,56)
29.	Charlotte Zimmermann	2012	SG Mülheim	05:36,08 100m: 01:14,58 (01:14,58) 200m: 02:43,43 (01:28,85) 300m: 04:20,59 (01:37,16) 400m: 05:36,08 (01:15,49)
30.	Talya Tok	2012	SG Dortmund	05:36,94 100m: 01:16,21 (01:16,21) 200m: 02:42,90 (01:26,69) 300m: 04:22,60 (01:39,70) 400m: 05:36,94 (01:14,34)
31.	Emmy von Privaloff	2011	Schwimmverein Langenfeld 1912	05:37,07 100m: 01:17,85 (01:17,85) 200m: 02:42,53 (01:24,68) 300m: 04:19,36 (01:36,83) 400m: 05:37,07 (01:17,71)
32.	Anna Stockel	2012	SG Schwimmen Münster	05:37,21 100m: 01:22,43 (01:22,43) 200m: 02:49,16 (01:26,73) 300m: 04:22,40 (01:33,24) 400m: 05:37,21 (01:14,81)
33.	Marlene Linke	2012	SG Gladbeck/Recklinghausen	05:38,33 100m: 01:23,02 (01:23,02) 200m: 02:54,19 (01:31,17) 300m: 04:22,41 (01:28,22) 400m: 05:38,33 (01:15,92)
34.	Marharyta Mohilei	2009	1. Paderborner SV 1911	05:39,25 100m: 01:19,33 (01:19,33) 200m: 02:43,78 (01:24,45) 300m: 04:18,40 (01:34,62) 400m: 05:39,25 (01:20,85)
35.	Iva Rezic	2011	SG Siegen	05:39,40 100m: 01:16,60 (01:16,60) 200m: 02:47,49 (01:30,89) 300m: 04:25,42 (01:37,93) 400m: 05:39,40 (01:13,98)
36.	Cynthia Sander	2007	Duisburger ST	05:39,42 100m: 01:16,90 (01:16,90) 200m: 02:46,72 (01:29,82) 300m: 04:23,16 (01:36,44) 400m: 05:39,42 (01:16,26)
37.	Theresa Borzichowski	2011	SG Gladbeck/Recklinghausen	05:39,90 100m: 01:15,23 (01:15,23) 200m: 02:40,80 (01:25,57) 300m: 04:22,32 (01:41,52) 400m: 05:39,90 (01:17,58)
38.	Emma Drenkelfuß	2012	SG Neuss	05:40,35 100m: 01:15,73 (01:15,73) 200m: 02:44,70 (01:28,97) 300m: 04:25,29 (01:40,59) 400m: 05:40,35 (01:15,06)
39.	Friederike Limbacher	2011	Freie Schwimmer Düsseldorf 1910	05:40,51 100m: 01:17,64 (01:17,64) 200m: 02:48,34 (01:30,70) 300m: 04:22,27 (01:33,93) 400m: 05:40,51 (01:18,24)
40.	Ella Hartmann	2013	SG Dortmund	05:42,05 100m: 01:17,00 (01:17,00) 200m: 02:47,14 (01:30,14) 300m: 04:25,58 (01:38,44) 400m: 05:42,05 (01:16,47)
41.	Charlotte Dielenschneider	2011	Rote Erde/SWIM-TEAM TuS 1859 Hamm	05:42,24 100m: 01:16,49 (01:16,49) 200m: 02:44,09 (01:27,60) 300m: 04:26,64 (01:42,55) 400m: 05:42,24 (01:15,60)
42.	Lara Kucharczyk	2014	SG Essen	05:42,91 100m: 01:12,15 (01:12,15) 200m: 02:46,04 (01:33,89) 300m: 04:25,89 (01:39,85) 400m: 05:42,91 (01:17,02)
43.	Annika Migala	2012	SG Essen	05:42,92 100m: 01:13,58 (01:13,58) 200m: 02:43,58 (01:30,00) 300m: 04:21,79 (01:38,21) 400m: 05:42,92 (01:21,13)
44.	Paula Marlene Schulze	2011	SG Essen	05:43,20 100m: 01:18,42 (01:18,42) 200m: 02:47,28 (01:28,86) 300m: 04:24,12 (01:36,84) 400m: 05:43,20 (01:19,08)
45.	Laura Krinke	2008	VFL Gladbeck 1921	05:43,25 100m: 01:15,60 (01:15,60) 200m: 02:45,04 (01:29,44) 300m: 04:24,64 (01:39,60) 400m: 05:43,25 (01:18,61)
46.	Paulina Bauer	2011	Team Bochum	05:45,28 100m: 01:08,37 (01:08,37) 200m: 02:45,58 (01:37,21) 300m: 04:29,25 (01:43,67) 400m: 05:45,28 (01:16,03)
47.	Milla Bodenschatz	2012	SG Bayer	05:45,68 100m: 01:19,83 (01:19,83) 200m: 02:50,97 (01:31,14) 300m: 04:28,76 (01:37,79) 400m: 05:45,68 (01:16,92)

Nordrhein-Westfälische Meisterschaften lange Strecken in Düsseldorf

vom 07.03.2026 bis 08.03.2026

Protokoll

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noch Wettkampf 1 - 400m Lagen weiblich

noch Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	
48.	Emilia Erward 100m: 01:20,52 (01:20,52) 200m: 02:46,32 (01:25,80) 300m: 04:27,59 (01:41,27) 400m: 05:45,99 (01:18,40)	2012	SG Mülheim	05:45,99	
49.	Emilia Klaus 100m: 01:21,16 (01:21,16) 200m: 02:50,17 (01:29,01) 300m: 04:29,05 (01:38,88) 400m: 05:46,31 (01:17,26)	2013	SG Dortmund	05:46,31	
50.	Alissa Wiebe 100m: 01:18,54 (01:18,54) 200m: 02:46,68 (01:28,14) 300m: 04:27,79 (01:41,11) 400m: 05:46,81 (01:19,02)	2014	SV Übach-Palenberg	05:46,81	
51.	Pantea Ghaderi 100m: 01:20,83 (01:20,83) 200m: 02:51,31 (01:30,48) 300m: 04:29,99 (01:38,68) 400m: 05:47,42 (01:17,43)	2012	Düsseldorfer SC 1898	05:47,42	
52.	Calista Helesch 100m: 01:19,67 (01:19,67) 200m: 02:51,96 (01:32,29) 300m: 04:25,96 (01:34,00) 400m: 05:47,67 (01:21,71)	2012	SG Mülheim	05:47,67	
53.	Ariane Linkerhand 100m: 01:24,49 (01:24,49) 200m: 02:57,39 (01:32,90) 300m: 04:30,00 (01:32,61) 400m: 05:48,31 (01:18,31)	2011	Freie Schwimmer Düsseldorf 1910	05:48,31	EnM
54.	Lucie Mia Racherbäumer 100m: 01:07,38 (01:07,38) 200m: 02:41,86 (01:34,48) 300m: 04:28,93 (01:47,07) 400m: 05:49,97 (01:21,04)	2010	Team Bochum	05:49,97	
55.	Anna-Marie Elsing 100m: 01:17,48 (01:17,48) 200m: 02:49,70 (01:32,22) 300m: 04:33,42 (01:43,72) 400m: 05:50,54 (01:17,12)	2012	Wasserfreunde Bielefeld	05:50,54	EnM
56.	Paula Deuker 100m: 01:17,08 (01:17,08) 200m: 02:53,62 (01:36,54) 300m: 04:33,42 (01:39,80) 400m: 05:51,05 (01:17,63)	2013	SG Essen	05:51,05	
57.	Maria Maierhofer 100m: 01:23,65 (01:23,65) 200m: 02:51,52 (01:27,87) 300m: 04:32,86 (01:41,34) 400m: 05:52,17 (01:19,31)	2013	SG Mülheim	05:52,17	
58.	Mia Pollehn 100m: 01:21,09 (01:21,09) 200m: 02:52,49 (01:31,40) 300m: 04:30,04 (01:37,55) 400m: 05:52,53 (01:22,49)	2013	SSF Bonn	05:52,53	
59.	Chanyaphak Chaipattaraworakul 100m: 01:18,46 (01:18,46) 200m: 02:46,40 (01:27,94) 300m: 04:32,86 (01:46,46) 400m: 05:53,07 (01:20,21)	2012	Düsseldorfer SC 1898	05:53,07	EnM
60.	Jana Kosche 100m: 01:23,55 (01:23,55) 200m: 02:53,51 (01:29,96) 300m: 04:33,99 (01:40,48) 400m: 05:53,39 (01:19,40)	2012	Uerdinger Schwimmverein 08	05:53,39	EnM
61.	Lina Jagielski 100m: 01:21,02 (01:21,02) 200m: 02:53,20 (01:32,18) 300m: 04:33,92 (01:40,72) 400m: 05:55,91 (01:21,99)	2013	SG Gladbeck/Recklinghausen	05:55,91	
62.	Fiona Schneider 100m: 01:23,37 (01:23,37) 200m: 02:53,04 (01:29,67) 300m: 04:36,50 (01:43,46) 400m: 05:56,08 (01:19,58)	2013	SV Neptun Erkenschwick	05:56,08	
63.	Linnéa Mathilde Rebou 100m: 01:23,04 (01:23,04) 200m: 02:55,29 (01:32,25) 300m: 04:33,30 (01:38,01) 400m: 05:56,11 (01:22,81)	2014	SG Gladbeck/Recklinghausen	05:56,11	
64.	Lina Göbl 100m: 01:16,94 (01:16,94) 200m: 02:58,02 (01:41,08) 300m: 04:39,34 (01:41,32) 400m: 05:59,26 (01:19,92)	2013	SV Rheine 68 eV.	05:59,26	EnM
65.	Sophie Marie Christine Männich 100m: 01:23,82 (01:23,82) 200m: 02:54,64 (01:30,82) 300m: 04:39,99 (01:45,35) 400m: 05:59,33 (01:19,34)	2012	Uerdinger Schwimmverein 08	05:59,33	EnM
66.	Tilda Ditgen 100m: 01:18,41 (01:18,41) 200m: 02:51,88 (01:33,47) 300m: 04:35,23 (01:43,35) 400m: 05:59,70 (01:24,47)	2014	TV Ratingen	05:59,70	
67.	Jule Illian 100m: 01:24,68 (01:24,68) 200m: 02:53,35 (01:28,67) 300m: 04:37,64 (01:44,29) 400m: 05:59,95 (01:22,31)	2008	Uerdinger Schwimmverein 08	05:59,95	
68.	Charlotte Weiß 100m: 01:15,46 (01:15,46) 200m: 02:48,19 (01:32,73) 300m: 04:37,27 (01:49,08) 400m: 06:00,17 (01:22,90)	2011	SG Neuss	06:00,17	EnM
69.	Luisa Erward 100m: 01:23,87 (01:23,87) 200m: 02:59,54 (01:35,67) 300m: 04:40,47 (01:40,93) 400m: 06:00,54 (01:20,07)	2014	SG Mülheim	06:00,54	
70.	Milena Elbe 100m: 01:29,97 (01:29,97) 200m: 03:01,38 (01:31,41) 300m: 04:40,90 (01:39,52) 400m: 06:01,52 (01:20,62)	2014	SG Essen	06:01,52	
71.	Melina Peikert 100m: 01:27,42 (01:27,42) 200m: 03:02,55 (01:35,13) 300m: 04:44,97 (01:42,42) 400m: 06:02,21 (01:17,24)	2014	SG Ruhr	06:02,21	
72.	Cara Maria Pielsticker 100m: 01:18,76 (01:18,76) 200m: 02:53,07 (01:34,31) 300m: 04:38,71 (01:45,64) 400m: 06:04,47 (01:25,76)	2012	Uerdinger Schwimmverein 08	06:04,47	EnM
73.	Mia Spinner 100m: 01:20,70 (01:20,70) 200m: 02:55,06 (01:34,36) 300m: 04:37,87 (01:42,81) 400m: 06:04,77 (01:26,90)	2014	SG Gladbeck/Recklinghausen	06:04,77	

