

## Wettkampf 45 - 400m Freistil weiblich (2010 und älter)

### Pflichtzeiten

2010: 06:05,00 2009: 05:55,00 2008: 05:37,00 2007: 05:34,00 2006 und älter: 05:30,00

### Jahrgang 2010

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	FINA
1. und Bezirksjahrgangsmeisterin	Anni Winter	2010	SG Essen	04:41,04	595
	<i>50m: 00:31,94 (00:31,94)   100m: 01:06,81 (00:34,87)   150m: 01:42,23 (00:35,42) 200m: 02:17,77 (00:35,54)   250m: 02:53,89 (00:36,12)   300m: 03:29,79 (00:35,90) 350m: 04:06,24 (00:36,45)   400m: 04:41,04 (00:34,80)</i>				
2.	Franziska Marie van Heumen	2010	Duisburger ST	05:18,70	408
	<i>50m: 00:35,16 (00:35,16)   100m: 01:15,08 (00:39,92)   150m: 01:55,75 (00:40,67) 200m: 02:37,53 (00:41,78)   250m: 03:18,70 (00:41,17)   300m: 03:59,89 (00:41,19) 350m: 04:40,44 (00:40,55)   400m: 05:18,70 (00:38,26)</i>				
	<u>disqualifiziert</u>				
	Marina Maja Krietenbrink	2010	SG Essen		
	<i>Die Sportlerin startete vor dem Satrsignal. Uhrzeit der Bekanntgabe: 14:31</i>				

### Jahrgang 2009

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	FINA
1. und Bezirksjahrgangsmeisterin	Nele Göbel	2009	SG Oberhausen	05:18,63	408
	<i>50m: 00:34,59 (00:34,59)   100m: 01:13,81 (00:39,22)   150m: 01:54,94 (00:41,13) 200m: 02:35,89 (00:40,95)   250m: 03:17,17 (00:41,28)   300m: 03:59,17 (00:42,00) 350m: 04:41,78 (00:42,61)   400m: 05:18,63 (00:36,85)</i>				

### Jahrgang 2008

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	FINA
1. und Bezirksjahrgangsmeisterin	Celina Vollmer	2008	SG Mülheim	04:55,50	512
	<i>50m: 00:32,91 (00:32,91)   100m: 01:10,27 (00:37,36)   150m: 01:47,61 (00:37,34) 200m: 02:25,43 (00:37,82)   250m: 03:03,09 (00:37,66)   300m: 03:41,21 (00:38,12) 350m: 04:19,19 (00:37,98)   400m: 04:55,50 (00:36,31)</i>				
2.	Lena Mackowski	2008	PSV Oberhausen	05:19,83	404
	<i>50m: 00:34,26 (00:34,26)   100m: 01:13,15 (00:38,89)   150m: 01:53,61 (00:40,46) 200m: 02:34,67 (00:41,06)   250m: 03:16,53 (00:41,86)   300m: 03:58,19 (00:41,66) 350m: 04:40,40 (00:42,21)   400m: 05:19,83 (00:39,43)</i>				
3.	Lea Foks	2008	SG Oberhausen	05:26,98	378
	<i>50m: 00:35,49 (00:35,49)   100m: 01:15,18 (00:39,69)   150m: 01:55,95 (00:40,77) 200m: 02:37,97 (00:42,02)   250m: 03:20,58 (00:42,61)   300m: 04:03,33 (00:42,75) 350m: 04:46,29 (00:42,96)   400m: 05:26,98 (00:40,69)</i>				

## noch Wettkampf 45 - 400m Freistil weiblich (2010 und älter)

### Jahrgang 2007

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	FINA
1. und Bezirksjahrgangsmeisterin					
	Cynthia Sander	2007	Duisburger ST	05:07,46	454
	50m: 00:34,58 (00:34,58)   100m: 01:12,60 (00:38,02)   150m: 01:51,97 (00:39,37)				
	200m: 02:31,56 (00:39,59)   250m: 03:11,83 (00:40,27)   300m: 03:51,07 (00:39,24)				
	350m: 04:30,36 (00:39,29)   400m: 05:07,46 (00:37,10)				
2.	Daniela Vogt	2007	SG Oberhausen	05:23,40	390
	50m: 00:34,60 (00:34,60)   100m: 01:13,55 (00:38,95)   150m: 01:54,75 (00:41,20)				
	200m: 02:36,81 (00:42,06)   250m: 03:19,14 (00:42,33)   300m: 04:01,39 (00:42,25)				
	350m: 04:43,08 (00:41,69)   400m: 05:23,40 (00:40,32)				

### Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	FINA
1. und Bezirksmeisterin					
	Anni Winter	2010	SG Essen	04:41,04	595
	50m: 00:31,94 (00:31,94)   100m: 01:06,81 (00:34,87)   150m: 01:42,23 (00:35,42)				
	200m: 02:17,77 (00:35,54)   250m: 02:53,89 (00:36,12)   300m: 03:29,79 (00:35,90)				
	350m: 04:06,24 (00:36,45)   400m: 04:41,04 (00:34,80)				
2.	Celina Vollmer	2008	SG Mülheim	04:55,50	512
	50m: 00:32,91 (00:32,91)   100m: 01:10,27 (00:37,36)   150m: 01:47,61 (00:37,34)				
	200m: 02:25,43 (00:37,82)   250m: 03:03,09 (00:37,66)   300m: 03:41,21 (00:38,12)				
	350m: 04:19,19 (00:37,98)   400m: 04:55,50 (00:36,31)				
3.	Cynthia Sander	2007	Duisburger ST	05:07,46	454
	50m: 00:34,58 (00:34,58)   100m: 01:12,60 (00:38,02)   150m: 01:51,97 (00:39,37)				
	200m: 02:31,56 (00:39,59)   250m: 03:11,83 (00:40,27)   300m: 03:51,07 (00:39,24)				
	350m: 04:30,36 (00:39,29)   400m: 05:07,46 (00:37,10)				
4.	Lucy Riese	2004	SG Altenessen 19/26	05:08,57	449
	50m: 00:33,15 (00:33,15)   100m: 01:11,76 (00:38,61)   150m: 01:51,51 (00:39,75)				
	200m: 02:31,11 (00:39,60)   250m: 03:10,67 (00:39,56)   300m: 03:50,52 (00:39,85)				
	350m: 04:29,84 (00:39,32)   400m: 05:08,57 (00:38,73)				
5.	Nele Göbel	2009	SG Oberhausen	05:18,63	408
	50m: 00:34,59 (00:34,59)   100m: 01:13,81 (00:39,22)   150m: 01:54,94 (00:41,13)				
	200m: 02:35,89 (00:40,95)   250m: 03:17,17 (00:41,28)   300m: 03:59,17 (00:42,00)				
	350m: 04:41,78 (00:42,61)   400m: 05:18,63 (00:36,85)				
6.	Franziska Marie van Heumen	2010	Duisburger ST	05:18,70	408
	50m: 00:35,16 (00:35,16)   100m: 01:15,08 (00:39,92)   150m: 01:55,75 (00:40,67)				
	200m: 02:37,53 (00:41,78)   250m: 03:18,70 (00:41,17)   300m: 03:59,89 (00:41,19)				
	350m: 04:40,44 (00:40,55)   400m: 05:18,70 (00:38,26)				
7.	Lena Mackowski	2008	PSV Oberhausen	05:19,83	404
	50m: 00:34,26 (00:34,26)   100m: 01:13,15 (00:38,89)   150m: 01:53,61 (00:40,46)				
	200m: 02:34,67 (00:41,06)   250m: 03:16,53 (00:41,86)   300m: 03:58,19 (00:41,66)				
	350m: 04:40,40 (00:42,21)   400m: 05:19,83 (00:39,43)				
8.	Daniela Vogt	2007	SG Oberhausen	05:23,40	390
	50m: 00:34,60 (00:34,60)   100m: 01:13,55 (00:38,95)   150m: 01:54,75 (00:41,20)				
	200m: 02:36,81 (00:42,06)   250m: 03:19,14 (00:42,33)   300m: 04:01,39 (00:42,25)				
	350m: 04:43,08 (00:41,69)   400m: 05:23,40 (00:40,32)				

## noch Wettkampf 45 - 400m Freistil weiblich (2010 und älter)

### noch Offene Wertung

<b>Platz</b>	<b>Schwimmer(in)</b>	<b>Jg.</b>	<b>Verein</b>	<b>Endzeit</b>	<b>FINA</b>
9.	Lea Foks	2008	SG Oberhausen	05:26,98	378
	<i>50m: 00:35,49 (00:35,49)   100m: 01:15,18 (00:39,69)   150m: 01:55,95 (00:40,77)</i>				
	<i>200m: 02:37,97 (00:42,02)   250m: 03:20,58 (00:42,61)   300m: 04:03,33 (00:42,75)</i>				
	<i>350m: 04:46,29 (00:42,96)   400m: 05:26,98 (00:40,69)</i>				