

## Wettkampf 45 - 400m Freistil weiblich (2011 und älter)

### Pflichtzeiten

2011: 06:05,00 2010: 05:55,00 2009: 05:37,00 2008: 05:34,00 2007 und älter: 05:30,00

### Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Bezirksjahrgangsmeisterin					
	Helene Boller	2011	SG Essen	04:48,77	548
	100m: 01:07,82 (01:07,82)   200m: 02:21,43 (01:13,61)   300m: 03:36,03 (01:14,60) 400m: 04:48,77 (01:12,74)				
2.	Hannah Skokic	2011	SG Mülheim	05:03,16	474
	100m: 01:13,38 (01:13,38)   200m: 02:30,95 (01:17,57)   300m: 03:48,41 (01:17,46) 400m: 05:03,16 (01:14,75)				
3.	Johanna Jänike	2011	SG Mülheim	05:03,76	471
	100m: 01:13,96 (01:13,96)   200m: 02:32,38 (01:18,42)   300m: 03:49,84 (01:17,46) 400m: 05:03,76 (01:13,92)				
4.	Mathilda Yu-Ri Buschmeyer	2011	SG Essen	05:04,99	465
	100m: 01:11,28 (01:11,28)   200m: 02:28,95 (01:17,67)   300m: 03:47,33 (01:18,38) 400m: 05:04,99 (01:17,66)				
5.	Maya Farès	2011	SG Mülheim	05:22,36	394
	100m: 01:17,14 (01:17,14)   200m: 02:39,90 (01:22,76)   300m: 04:01,88 (01:21,98) 400m: 05:22,36 (01:20,48)				
6.	Esila Alkan	2011	SG Oberhausen	05:50,32	307
	100m: 01:21,46 (01:21,46)   200m: 02:51,29 (01:29,83)   300m: 04:22,53 (01:31,24) 400m: 05:50,32 (01:27,79)				

### Jahrgang 2010

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Bezirksjahrgangsmeisterin					
	Marina Maja Krietenbrink	2010	SG Essen	04:34,41	639
	100m: 01:04,29 (01:04,29)   200m: 02:14,44 (01:10,15)   300m: 03:24,87 (01:10,43) 400m: 04:34,41 (01:09,54)				
2.	Anni Winter	2010	SG Essen	04:39,88	602
	100m: 01:06,71 (01:06,71)   200m: 02:17,33 (01:10,62)   300m: 03:29,13 (01:11,80) 400m: 04:39,88 (01:10,75)				
3.	Wiebke Werner	2010	SG Mülheim	04:48,89	547
	100m: 01:08,18 (01:08,18)   200m: 02:20,97 (01:12,79)   300m: 03:34,88 (01:13,91) 400m: 04:48,89 (01:14,01)				
4.	Franziska Marie van Heumen	2010	Duisburger ST	05:17,97	410
	100m: 01:14,14 (01:14,14)   200m: 02:36,00 (01:21,86)   300m: 03:58,08 (01:22,08) 400m: 05:17,97 (01:19,89)				
5.	Emma Alferding	2010	PSV Oberhausen	05:34,72	352
	100m: 01:15,64 (01:15,64)   200m: 02:42,58 (01:26,94)   300m: 04:10,65 (01:28,07) 400m: 05:34,72 (01:24,07)				
6.	Valeria Miske	2010	SG Oberhausen	05:44,31	323
	100m: 01:18,44 (01:18,44)   200m: 02:46,11 (01:27,67)   300m: 04:16,07 (01:29,96) 400m: 05:44,31 (01:28,24)				

### Jahrgang 2009

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Bezirksjahrgangsmeisterin					
	Franziska Vogt	2009	Duisburger ST	05:21,32	398
	100m: 01:15,03 (01:15,03)   200m: 02:36,58 (01:21,55)   300m: 03:59,68 (01:23,10) 400m: 05:21,32 (01:21,64)				
2.	Nele Göbel	2009	SG Oberhausen	05:24,81	385
	100m: 01:12,78 (01:12,78)   200m: 02:36,52 (01:23,74)   300m: 04:01,93 (01:25,41) 400m: 05:24,81 (01:22,88)				

## noch Wettkampf 45 - 400m Freistil weiblich (2011 und älter)

### Jahrgang 2007

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Bezirksjahrgangsmeisterin	Cynthia Sander	2007	Duisburger ST	05:06,82	457
	100m: 01:13,45 (01:13,45)   200m: 02:32,76 (01:19,31)   300m: 03:52,41 (01:19,65) 400m: 05:06,82 (01:14,41)				
2.	Daniela Vogt	2007	SG Oberhausen	05:30,70	365
	100m: 01:16,15 (01:16,15)   200m: 02:40,06 (01:23,91)   300m: 04:06,01 (01:25,95) 400m: 05:30,70 (01:24,69)				

### Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Bezirksmeisterin	Marina Maja Krietenbrink	2010	SG Essen	04:34,41	639
	100m: 01:04,29 (01:04,29)   200m: 02:14,44 (01:10,15)   300m: 03:24,87 (01:10,43) 400m: 04:34,41 (01:09,54)				
2.	Anni Winter	2010	SG Essen	04:39,88	602
	100m: 01:06,71 (01:06,71)   200m: 02:17,33 (01:10,62)   300m: 03:29,13 (01:11,80) 400m: 04:39,88 (01:10,75)				
3.	Helene Boller	2011	SG Essen	04:48,77	548
	100m: 01:07,82 (01:07,82)   200m: 02:21,43 (01:13,61)   300m: 03:36,03 (01:14,60) 400m: 04:48,77 (01:12,74)				
4.	Wiebke Werner	2010	SG Mülheim	04:48,89	547
	100m: 01:08,18 (01:08,18)   200m: 02:20,97 (01:12,79)   300m: 03:34,88 (01:13,91) 400m: 04:48,89 (01:14,01)				
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6.	Johanna Jänike	2011	SG Mülheim	05:03,76	471
	100m: 01:13,96 (01:13,96)   200m: 02:32,38 (01:18,42)   300m: 03:49,84 (01:17,46) 400m: 05:03,76 (01:13,92)				
7.	Mathilda Yu-Ri Buschmeyer	2011	SG Essen	05:04,99	465
	100m: 01:11,28 (01:11,28)   200m: 02:28,95 (01:17,67)   300m: 03:47,33 (01:18,38) 400m: 05:04,99 (01:17,66)				
8.	Cynthia Sander	2007	Duisburger ST	05:06,82	457
	100m: 01:13,45 (01:13,45)   200m: 02:32,76 (01:19,31)   300m: 03:52,41 (01:19,65) 400m: 05:06,82 (01:14,41)				
9.	Franziska Marie van Heumen	2010	Duisburger ST	05:17,97	410
	100m: 01:14,14 (01:14,14)   200m: 02:36,00 (01:21,86)   300m: 03:58,08 (01:22,08) 400m: 05:17,97 (01:19,89)				
10.	Franziska Vogt	2009	Duisburger ST	05:21,32	398
	100m: 01:15,03 (01:15,03)   200m: 02:36,58 (01:21,55)   300m: 03:59,68 (01:23,10) 400m: 05:21,32 (01:21,64)				
11.	Maya Farès	2011	SG Mülheim	05:22,36	394
	100m: 01:17,14 (01:17,14)   200m: 02:39,90 (01:22,76)   300m: 04:01,88 (01:21,98) 400m: 05:22,36 (01:20,48)				
12.	Nele Göbel	2009	SG Oberhausen	05:24,81	385
	100m: 01:12,78 (01:12,78)   200m: 02:36,52 (01:23,74)   300m: 04:01,93 (01:25,41) 400m: 05:24,81 (01:22,88)				
13.	Daniela Vogt	2007	SG Oberhausen	05:30,70	365
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14.	Emma Alferding	2010	PSV Oberhausen	05:34,72	352
	100m: 01:15,64 (01:15,64)   200m: 02:42,58 (01:26,94)   300m: 04:10,65 (01:28,07) 400m: 05:34,72 (01:24,07)				
15.	Valeria Miske	2010	SG Oberhausen	05:44,31	323
	100m: 01:18,44 (01:18,44)   200m: 02:46,11 (01:27,67)   300m: 04:16,07 (01:29,96) 400m: 05:44,31 (01:28,24)				

**noch Wettkampf 45 - 400m Freistil weiblich (2011 und älter)**

**noch Offene Wertung**

<i>Platz</i>	<i>Schwimmer(in)</i>	<i>Jg.</i>	<i>Verein</i>	<i>Endzeit</i>	<i>WA</i>
	<u>nicht am Start</u> Berit Brauksiepe	1996	SG Essen		