

Wettkampf 31 - 400m Freistil weiblich

Weltrekord: 03:54,18 - McIntosh, Summer (Canada) am 07.06.2025 in Victoria (CAN)
Europarekord: 03:59,15 - Pellegrini, Federica (Italy) am 26.07.2009 in Rome (ITA)
Deutscher Rekord: 04:02,14 - Gose, Isabel (SC Magdeburg) am 27.07.2024 in Paris (FRA)
Bahnrekord Nordbad: 04:26,52 - Strohaln, Marie (SG Frankfurt) am 29.03.2025 in Darmstadt

Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Alexia Jesse 50m: 00:34,51 (00:34,51) 100m: 01:14,04 (00:39,53) 150m: 01:54,32 (00:40,28) 200m: 02:35,68 (00:41,36) 250m: 03:16,65 (00:40,97) 300m: 03:58,46 (00:41,81) 350m: 04:39,99 (00:41,53) 400m: 05:20,40 (00:40,41)	2012	DSW 1912 Darmstadt	05:20,40	390
2.	Lisa Gonzalez Bittner 50m: 00:35,01 (00:35,01) 100m: 01:15,10 (00:40,09) 150m: 01:56,37 (00:41,27) 200m: 02:37,41 (00:41,04) 250m: 03:19,09 (00:41,68) 300m: 04:01,51 (00:42,42) 350m: 04:43,66 (00:42,15) 400m: 05:22,01 (00:38,35)	2012	SC Oberursel 1958	05:22,01	384
3.	Laura Sophia Grünheit 50m: 00:35,90 (00:35,90) 100m: 01:19,37 (00:43,47) 150m: 02:01,46 (00:42,09) 200m: 02:43,94 (00:42,48) 250m: 03:26,68 (00:42,74) 300m: 04:09,69 (00:43,01) 350m: 04:52,28 (00:42,59) 400m: 05:30,20 (00:37,92)	2012	SC Oberursel 1958	05:30,20	356
4.	Elisabeth Abedini 50m: 00:38,75 (00:38,75) 100m: 01:21,53 (00:42,78) 150m: 02:05,10 (00:43,57) 200m: 02:47,09 (00:41,99) 250m: 03:29,30 (00:42,21) 300m: 04:11,42 (00:42,12) 350m: 04:52,54 (00:41,12) 400m: 05:32,39 (00:39,85)	2012	SVS Griesheim	05:32,39	349
5.	Lotta Falk 50m: 00:38,50 (00:38,50) 100m: 01:21,14 (00:42,64) 150m: 02:05,98 (00:44,84) 200m: 02:50,86 (00:44,88) 300m: 04:21,06 (01:30,20) 350m: 05:04,97 (00:43,91) 400m: 05:45,97 (00:41,00)	2012	SG Heddesheim	05:45,97	310
6.	Irem Senhalli 50m: 00:37,84 (00:37,84) 100m: 01:19,22 (00:41,38) 150m: 02:02,81 (00:43,59) 200m: 02:46,96 (00:44,15) 250m: 03:32,08 (00:45,12) 300m: 04:17,70 (00:45,62) 350m: 05:03,11 (00:45,41) 400m: 05:46,24 (00:43,13)	2012	SG Worms	05:46,24	309
7.	Anna Busam 50m: 00:40,37 (00:40,37) 100m: 01:26,03 (00:45,66) 150m: 02:12,57 (00:46,54) 200m: 03:00,28 (00:47,71) 250m: 03:47,22 (00:46,94) 300m: 04:34,00 (00:46,78) 350m: 05:19,00 (00:45,00) 400m: 06:00,86 (00:41,86)	2012	SG Worms	06:00,86	273
<u>nicht am Start</u>					
	Ayda Kiarie	2012	SG Worms		
	Julia Hümmerich	2012	Frankenthaler SV 1897		
<u>abgemeldet</u>					
	Marie Claire Lopka	2012	1. SSV Ingelheim 1966		

Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Mila Kleinert 50m: 00:32,58 (00:32,58) 100m: 01:09,20 (00:36,62) 150m: 01:46,36 (00:37,16) 200m: 02:23,37 (00:37,01) 250m: 03:00,72 (00:37,35) 300m: 03:37,93 (00:37,21) 350m: 04:14,98 (00:37,05) 400m: 04:50,13 (00:35,15)	2011	DSW 1912 Darmstadt	04:50,13	525
2.	Amelie Seltz 50m: 00:33,54 (00:33,54) 100m: 01:11,70 (00:38,16) 150m: 01:51,42 (00:39,72) 200m: 02:31,01 (00:39,59) 250m: 03:11,37 (00:40,36) 300m: 03:52,15 (00:40,78) 350m: 04:32,19 (00:40,04) 400m: 05:11,05 (00:38,86)	2011	SV Mannheim	05:11,05	426
3.	Nina Ackermann 50m: 00:34,95 (00:34,95) 100m: 01:13,52 (00:38,57) 150m: 01:53,61 (00:40,09) 200m: 02:33,96 (00:40,35) 250m: 03:14,43 (00:40,47) 300m: 03:55,11 (00:40,68) 350m: 04:35,36 (00:40,25) 400m: 05:14,62 (00:39,26)	2011	TSG Darmstadt	05:14,62	412



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noch Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
4.	Vivien Pokorny 50m: 00:34,47 (00:34,47) 100m: 01:13,45 (00:38,98) 150m: 01:54,39 (00:40,94) 200m: 02:36,04 (00:41,65) 250m: 03:17,54 (00:41,50) 300m: 03:59,09 (00:41,55) 350m: 04:39,97 (00:40,88) 400m: 05:18,84 (00:38,87)	2011	SVS Griesheim	05:18,84	396
5.	Julia Miriam Bukow 50m: 00:34,37 (00:34,37) 100m: 01:13,42 (00:39,05) 150m: 01:53,80 (00:40,38) 200m: 02:34,77 (00:40,97) 250m: 03:16,59 (00:41,82) 300m: 03:58,33 (00:41,74) 350m: 04:39,57 (00:41,24) 400m: 05:19,53 (00:39,96)	2011	SG Heddesheim	05:19,53	393
6.	Sofia Lecci 50m: 00:34,82 (00:34,82) 100m: 01:14,80 (00:39,98) 150m: 01:56,36 (00:41,56) 200m: 02:39,20 (00:42,84) 250m: 03:22,59 (00:43,39) 300m: 04:06,67 (00:44,08) 350m: 04:49,80 (00:43,13) 400m: 05:30,78 (00:40,98)	2011	1. SSV Ingelheim 1966	05:30,78	354
7.	Karolina Luise Schimmelpfennig 50m: 00:35,20 (00:35,20) 100m: 01:19,29 (00:44,09) 150m: 02:06,76 (00:47,47) 200m: 02:53,43 (00:46,67) 250m: 03:40,78 (00:47,35) 300m: 04:27,64 (00:46,86) 350m: 05:13,12 (00:45,48) 400m: 05:55,03 (00:41,91)	2011	1. SSV Ingelheim 1966	05:55,03	286

Jahrgang 2010

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Amélie Gieser 50m: 00:34,34 (00:34,34) 100m: 01:11,72 (00:37,38) 150m: 01:49,63 (00:37,91) 200m: 02:27,59 (00:37,96) 250m: 03:05,99 (00:38,40) 300m: 03:44,56 (00:38,57) 350m: 04:23,02 (00:38,46) 400m: 05:00,32 (00:37,30)	2010	SSG Saar Max Ritter	05:00,32	474
2.	Emiliiia Hrebeniuk 50m: 00:34,78 (00:34,78) 100m: 01:13,86 (00:39,08) 150m: 01:55,03 (00:41,17) 200m: 02:36,44 (00:41,41) 250m: 03:17,98 (00:41,54) 300m: 03:59,60 (00:41,62) 350m: 04:40,07 (00:40,47) 400m: 05:18,76 (00:38,69)	2010	TSG Darmstadt	05:18,76	396
3.	Anna Weber 50m: 00:35,36 (00:35,36) 100m: 01:16,06 (00:40,70) 150m: 01:58,05 (00:41,99) 200m: 02:39,89 (00:41,84) 250m: 03:21,48 (00:41,59) 300m: 04:03,22 (00:41,74) 350m: 04:45,10 (00:41,88) 400m: 05:25,18 (00:40,08)	2010	SG Heddesheim	05:25,18	373

Jahrgang 2009

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Sophia Teresa Kosumi 50m: 00:33,53 (00:33,53) 100m: 01:10,93 (00:37,40) 150m: 01:48,54 (00:37,61) 200m: 02:27,05 (00:38,51) 250m: 03:05,22 (00:38,17) 300m: 03:43,58 (00:38,36) 350m: 04:22,50 (00:38,92) 400m: 05:00,80 (00:38,30)	2009	SV Mannheim	05:00,80	471
2.	Clara Freyberg 50m: 00:34,48 (00:34,48) 100m: 01:12,35 (00:37,87) 150m: 01:51,82 (00:39,47) 200m: 02:31,67 (00:39,85) 250m: 03:12,09 (00:40,42) 300m: 03:52,39 (00:40,30) 350m: 04:32,96 (00:40,57) 400m: 05:12,39 (00:39,43)	2009	SG Worms	05:12,39	421
3.	Coralie Höppner 50m: 00:36,51 (00:36,51) 100m: 01:16,87 (00:40,36) 150m: 01:59,13 (00:42,26) 200m: 02:42,74 (00:43,61) 250m: 03:27,87 (00:45,13) 300m: 04:12,53 (00:44,66) 350m: 04:56,32 (00:43,79) 400m: 05:39,89 (00:43,57)	2009	SVS Griesheim	05:39,89	327

Jahrgang 2008

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Emilie Appel 50m: 00:32,26 (00:32,26) 100m: 01:07,76 (00:35,50) 150m: 01:43,68 (00:35,92) 200m: 02:19,41 (00:35,73) 250m: 02:55,04 (00:35,63) 300m: 03:30,94 (00:35,90) 350m: 04:06,78 (00:35,84) 400m: 04:41,71 (00:34,93)	2008	Wassersportverein 1923 Offenbach	04:41,71	574



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Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Emilie Appel 50m: 00:32,26 (00:32,26) 100m: 01:07,76 (00:35,50) 150m: 01:43,68 (00:35,92) 200m: 02:19,41 (00:35,73) 250m: 02:55,04 (00:35,63) 300m: 03:30,94 (00:35,90) 350m: 04:06,78 (00:35,84) 400m: 04:41,71 (00:34,93)	2008	Wassersportverein 1923 Offenbach	04:41,71	574
2.	Sophia Herbsthoff 50m: 00:32,65 (00:32,65) 100m: 01:08,08 (00:35,43) 150m: 01:43,94 (00:35,86) 200m: 02:19,67 (00:35,73) 250m: 02:55,74 (00:36,07) 300m: 03:32,15 (00:36,41) 350m: 04:08,45 (00:36,30) 400m: 04:44,54 (00:36,09)	2004	DSW 1912 Darmstadt	04:44,54	557
3.	Mila Kleinert 50m: 00:32,58 (00:32,58) 100m: 01:09,20 (00:36,62) 150m: 01:46,36 (00:37,16) 200m: 02:23,37 (00:37,01) 250m: 03:00,72 (00:37,35) 300m: 03:37,93 (00:37,21) 350m: 04:14,98 (00:37,05) 400m: 04:50,13 (00:35,15)	2011	DSW 1912 Darmstadt	04:50,13	525
4.	Amélie Gieser 50m: 00:34,34 (00:34,34) 100m: 01:11,72 (00:37,38) 150m: 01:49,63 (00:37,91) 200m: 02:27,59 (00:37,96) 250m: 03:05,99 (00:38,40) 300m: 03:44,56 (00:38,57) 350m: 04:23,02 (00:38,46) 400m: 05:00,32 (00:37,30)	2010	SSG Saar Max Ritter	05:00,32	474
5.	Sophia Teresa Kosumi 50m: 00:33,53 (00:33,53) 100m: 01:10,93 (00:37,40) 150m: 01:48,54 (00:37,61) 200m: 02:27,05 (00:38,51) 250m: 03:05,22 (00:38,17) 300m: 03:43,58 (00:38,36) 350m: 04:22,50 (00:38,92) 400m: 05:00,80 (00:38,30)	2009	SV Mannheim	05:00,80	471
6.	Mara Griebe 50m: 00:34,14 (00:34,14) 100m: 01:11,19 (00:37,05) 150m: 01:49,31 (00:38,12) 200m: 02:28,19 (00:38,88) 250m: 03:07,26 (00:39,07) 300m: 03:47,20 (00:39,94) 350m: 04:27,55 (00:40,35) 400m: 05:05,06 (00:37,51)	2006	Schwimmclub Delphin Grünstadt	05:05,06	452
7.	Daniela Becker 50m: 00:34,54 (00:34,54) 100m: 01:12,56 (00:38,02) 150m: 01:51,69 (00:39,13) 200m: 02:31,14 (00:39,45) 250m: 03:10,51 (00:39,37) 300m: 03:49,83 (00:39,32) 350m: 04:28,87 (00:39,04) 400m: 05:05,48 (00:36,61)	1980	TSG Darmstadt	05:05,48	450
8.	Luisa Meier-Noorden 50m: 00:34,77 (00:34,77) 100m: 01:12,58 (00:37,81) 150m: 01:51,61 (00:39,03) 200m: 02:31,25 (00:39,64) 250m: 03:10,86 (00:39,61) 300m: 03:51,21 (00:40,35) 350m: 04:31,57 (00:40,36) 400m: 05:09,80 (00:38,23)	2005	Erster Offenbacher SC	05:09,80	431
9.	Amelie Seltz 50m: 00:33,54 (00:33,54) 100m: 01:11,70 (00:38,16) 150m: 01:51,42 (00:39,72) 200m: 02:31,01 (00:39,59) 250m: 03:11,37 (00:40,36) 300m: 03:52,15 (00:40,78) 350m: 04:32,19 (00:40,04) 400m: 05:11,05 (00:38,86)	2011	SV Mannheim	05:11,05	426
10.	Clara Freyberg 50m: 00:34,48 (00:34,48) 100m: 01:12,35 (00:37,87) 150m: 01:51,82 (00:39,47) 200m: 02:31,67 (00:39,85) 250m: 03:12,09 (00:40,42) 300m: 03:52,39 (00:40,30) 350m: 04:32,96 (00:40,57) 400m: 05:12,39 (00:39,43)	2009	SG Worms	05:12,39	421
11.	Nina Ackermann 50m: 00:34,95 (00:34,95) 100m: 01:13,52 (00:38,57) 150m: 01:53,61 (00:40,09) 200m: 02:33,96 (00:40,35) 250m: 03:14,43 (00:40,47) 300m: 03:55,11 (00:40,68) 350m: 04:35,36 (00:40,25) 400m: 05:14,62 (00:39,26)	2011	TSG Darmstadt	05:14,62	412
12.	Emilii Hrebeniuk 50m: 00:34,78 (00:34,78) 100m: 01:13,86 (00:39,08) 150m: 01:55,03 (00:41,17) 200m: 02:36,44 (00:41,41) 250m: 03:17,98 (00:41,54) 300m: 03:59,60 (00:41,62) 350m: 04:40,07 (00:40,47) 400m: 05:18,76 (00:38,69)	2010	TSG Darmstadt	05:18,76	396
13.	Vivien Pokorny 50m: 00:34,47 (00:34,47) 100m: 01:13,45 (00:38,98) 150m: 01:54,39 (00:40,94) 200m: 02:36,04 (00:41,65) 250m: 03:17,54 (00:41,50) 300m: 03:59,09 (00:41,55) 350m: 04:39,97 (00:40,88) 400m: 05:18,84 (00:38,87)	2011	SVS Griesheim	05:18,84	396
14.	Julia Miriam Bukow 50m: 00:34,37 (00:34,37) 100m: 01:13,42 (00:39,05) 150m: 01:53,80 (00:40,38) 200m: 02:34,77 (00:40,97) 250m: 03:16,59 (00:41,82) 300m: 03:58,33 (00:41,74) 350m: 04:39,57 (00:41,24) 400m: 05:19,53 (00:39,96)	2011	SG Heddesheim	05:19,53	393
15.	Alexia Jesse 50m: 00:34,51 (00:34,51) 100m: 01:14,04 (00:39,53) 150m: 01:54,32 (00:40,28) 200m: 02:35,68 (00:41,36) 250m: 03:16,65 (00:40,97) 300m: 03:58,46 (00:41,81) 350m: 04:39,99 (00:41,53) 400m: 05:20,40 (00:40,41)	2012	DSW 1912 Darmstadt	05:20,40	390



noch Wettkampf 31 - 400m Freistil weiblich

noch Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
16.	Lisa Gonzalez Bittner 50m: 00:35,01 (00:35,01) 100m: 01:15,10 (00:40,09) 150m: 01:56,37 (00:41,27) 200m: 02:37,41 (00:41,04) 250m: 03:19,09 (00:41,68) 300m: 04:01,51 (00:42,42) 350m: 04:43,66 (00:42,15) 400m: 05:22,01 (00:38,35)	2012	SC Oberursel 1958	05:22,01	384
17.	Anna Weber 50m: 00:35,36 (00:35,36) 100m: 01:16,06 (00:40,70) 150m: 01:58,05 (00:41,99) 200m: 02:39,89 (00:41,84) 250m: 03:21,48 (00:41,59) 300m: 04:03,22 (00:41,74) 350m: 04:45,10 (00:41,88) 400m: 05:25,18 (00:40,08)	2010	SG Heddesheim	05:25,18	373
18.	Laura Sophia Grünheit 50m: 00:35,90 (00:35,90) 100m: 01:19,37 (00:43,47) 150m: 02:01,46 (00:42,09) 200m: 02:43,94 (00:42,48) 250m: 03:26,68 (00:42,74) 300m: 04:09,69 (00:43,01) 350m: 04:52,28 (00:42,59) 400m: 05:30,20 (00:37,92)	2012	SC Oberursel 1958	05:30,20	356
19.	Sofia Lecci 50m: 00:34,82 (00:34,82) 100m: 01:14,80 (00:39,98) 150m: 01:56,36 (00:41,56) 200m: 02:39,20 (00:42,84) 250m: 03:22,59 (00:43,39) 300m: 04:06,67 (00:44,08) 350m: 04:49,80 (00:43,13) 400m: 05:30,78 (00:40,98)	2011	1. SSV Ingelheim 1966	05:30,78	354
20.	Elisabeth Abedini 50m: 00:38,75 (00:38,75) 100m: 01:21,53 (00:42,78) 150m: 02:05,10 (00:43,57) 200m: 02:47,09 (00:41,99) 250m: 03:29,30 (00:42,21) 300m: 04:11,42 (00:42,12) 350m: 04:52,54 (00:41,12) 400m: 05:32,39 (00:39,85)	2012	SVS Griesheim	05:32,39	349
21.	Coralie Höppner 50m: 00:36,51 (00:36,51) 100m: 01:16,87 (00:40,36) 150m: 01:59,13 (00:42,26) 200m: 02:42,74 (00:43,61) 250m: 03:27,87 (00:45,13) 300m: 04:12,53 (00:44,66) 350m: 04:56,32 (00:43,79) 400m: 05:39,89 (00:43,57)	2009	SVS Griesheim	05:39,89	327
22.	Lotta Falk 50m: 00:38,50 (00:38,50) 100m: 01:21,14 (00:42,64) 150m: 02:05,98 (00:44,84) 200m: 02:50,86 (00:44,88) 300m: 04:21,06 (01:30,20) 350m: 05:04,97 (00:43,91) 400m: 05:45,97 (00:41,00)	2012	SG Heddesheim	05:45,97	310
23.	Irem Senhalli 50m: 00:37,84 (00:37,84) 100m: 01:19,22 (00:41,38) 150m: 02:02,81 (00:43,59) 200m: 02:46,96 (00:44,15) 250m: 03:32,08 (00:45,12) 300m: 04:17,70 (00:45,62) 350m: 05:03,11 (00:45,41) 400m: 05:46,24 (00:43,13)	2012	SG Worms	05:46,24	309
24.	Karolina Luise Schimmelpfennig 50m: 00:35,20 (00:35,20) 100m: 01:19,29 (00:44,09) 150m: 02:06,76 (00:47,47) 200m: 02:53,43 (00:46,67) 250m: 03:40,78 (00:47,35) 300m: 04:27,64 (00:46,86) 350m: 05:13,12 (00:45,48) 400m: 05:55,03 (00:41,91)	2011	1. SSV Ingelheim 1966	05:55,03	286
25.	Anna Busam 50m: 00:40,37 (00:40,37) 100m: 01:26,03 (00:45,66) 150m: 02:12,57 (00:46,54) 200m: 03:00,28 (00:47,71) 250m: 03:47,22 (00:46,94) 300m: 04:34,00 (00:46,78) 350m: 05:19,00 (00:45,00) 400m: 06:00,86 (00:41,86)	2012	SG Worms	06:00,86	273

