

## Wettkampf 27 - 400m Freistil weiblich

LR: 04:06,34 - Harstick, Sara (SG Hildesheim) am 17.02.2002 in Hildesheim

### Pflichtzeiten

2009 bis 2012: 04:50,00 2008: 05:02,00 2007: 05:00,00 2006: 05:00,00 2005: 05:00,00 2003 bis 2004: 04:57,00 1900 bis 2002: 04:50,00

### Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und Landesmeisterin	Alena Gemici	2006	Hamelner Schwimmverein v. 1913 e.V.	04:24,77
	50m: 00:29,70 (00:29,70)   100m: 01:02,78 (00:33,08)   150m: 01:36,19 (00:33,41) 200m: 02:09,93 (00:33,74)   250m: 02:43,94 (00:34,01)   300m: 03:18,14 (00:34,20) 350m: 03:52,15 (00:34,01)   400m: 04:24,77 (00:32,62)			
2.	Jana Rohde	2007	Hannover 96	04:24,99
	50m: 00:30,00 (00:30,00)   100m: 01:03,02 (00:33,02)   150m: 01:36,54 (00:33,52) 200m: 02:10,48 (00:33,94)   250m: 02:44,47 (00:33,99)   300m: 03:18,63 (00:34,16) 350m: 03:53,04 (00:34,41)   400m: 04:24,99 (00:31,95)			
3.	Emily Flucht	2001	SGS Hannover	04:44,75
	50m: 00:31,18 (00:31,18)   100m: 01:06,42 (00:35,24)   150m: 01:42,58 (00:36,16) 200m: 02:19,05 (00:36,47)   250m: 02:56,35 (00:37,30)   300m: 03:33,33 (00:36,98) 350m: 04:10,14 (00:36,81)   400m: 04:44,75 (00:34,61)			
4.	Yosefina Deneff	2008	ATS Cuxhaven	04:44,77
	50m: 00:31,66 (00:31,66)   100m: 01:07,10 (00:35,44)   150m: 01:43,76 (00:36,66) 200m: 02:20,37 (00:36,61)   250m: 02:57,16 (00:36,79)   300m: 03:33,87 (00:36,71) 350m: 04:10,22 (00:36,35)   400m: 04:44,77 (00:34,55)			
5.	Mariette Blömer	2008	Wardenburger SC	04:47,84
	50m: 00:31,49 (00:31,49)   100m: 01:07,80 (00:36,31)   150m: 01:44,67 (00:36,87) 200m: 02:22,23 (00:37,56)   250m: 02:59,40 (00:37,17)   300m: 03:36,66 (00:37,26) 350m: 04:13,87 (00:37,21)   400m: 04:47,84 (00:33,97)			
6.	Paula Bachmann	2004	TWG 1861 Göttingen	04:48,65
	50m: 00:31,71 (00:31,71)   100m: 01:06,45 (00:34,74)   150m: 01:42,20 (00:35,75) 200m: 02:18,49 (00:36,29)   250m: 02:55,15 (00:36,66)   300m: 03:32,66 (00:37,51) 350m: 04:11,19 (00:38,53)   400m: 04:48,65 (00:37,46)			
7.	Leni Poerschke	2008	Celler Schwimm-Club e.V.	04:49,85
	50m: 00:30,99 (00:30,99)   100m: 01:06,62 (00:35,63)   150m: 01:43,26 (00:36,64) 200m: 02:20,31 (00:37,05)   250m: 02:57,71 (00:37,40)   300m: 03:35,65 (00:37,94) 350m: 04:13,19 (00:37,54)   400m: 04:49,85 (00:36,66)			
8.	Yael Esther Rohde	2008	Delmenhorster SV 1905	04:50,88
	50m: 00:32,05 (00:32,05)   100m: 01:08,20 (00:36,15)   150m: 01:44,86 (00:36,66) 200m: 02:22,30 (00:37,44)   250m: 02:59,64 (00:37,34)   300m: 03:37,29 (00:37,65) 350m: 04:14,49 (00:37,20)   400m: 04:50,88 (00:36,39)			
9.	Lina Olivia Kilper	2007	SSG Braunschweig	04:51,14
	50m: 00:32,57 (00:32,57)   100m: 01:08,33 (00:35,76)   150m: 01:45,23 (00:36,90) 200m: 02:22,37 (00:37,14)   250m: 02:59,71 (00:37,34)   300m: 03:37,25 (00:37,54) 350m: 04:14,77 (00:37,52)   400m: 04:51,14 (00:36,37)			
10.	Lisa Holm	2003	VfL Osnabrück	04:51,65
	50m: 00:32,66 (00:32,66)   100m: 01:08,25 (00:35,59)   150m: 01:45,20 (00:36,95) 200m: 02:22,45 (00:37,25)   250m: 03:00,11 (00:37,66)   300m: 03:37,85 (00:37,74) 350m: 04:15,37 (00:37,52)   400m: 04:51,65 (00:36,28)			
11.	Nora Sowinski	2006	TWG 1861 Göttingen	04:55,80
	50m: 00:32,35 (00:32,35)   100m: 01:08,20 (00:35,85)   150m: 01:45,42 (00:37,22) 200m: 02:22,85 (00:37,43)   250m: 03:00,88 (00:38,03)   300m: 03:38,45 (00:37,57) 350m: 04:17,18 (00:38,73)   400m: 04:55,80 (00:38,62)			
12.	Lilly Grewe	2005	SSG Braunschweig	05:02,72
	50m: 00:32,82 (00:32,82)   100m: 01:09,41 (00:36,59)   150m: 01:47,44 (00:38,03) 200m: 02:26,20 (00:38,76)   250m: 03:05,28 (00:39,08)   300m: 03:44,82 (00:39,54) 350m: 04:25,19 (00:40,37)   400m: 05:02,72 (00:37,53)			EnM

### Jahrgang 2008

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und Landesjahrgangsmeisterin	Yosefina Deneff	2008	ATS Cuxhaven	04:44,77
	50m: 00:31,66 (00:31,66)   100m: 01:07,10 (00:35,44)   150m: 01:43,76 (00:36,66) 200m: 02:20,37 (00:36,61)   250m: 02:57,16 (00:36,79)   300m: 03:33,87 (00:36,71) 350m: 04:10,22 (00:36,35)   400m: 04:44,77 (00:34,55)			

## noch Wettkampf 27 - 400m Freistil weiblich

### noch Jahrgang 2008

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
2.	Mariette Blömer 50m: 00:31,49 (00:31,49)   100m: 01:07,80 (00:36,31)   150m: 01:44,67 (00:36,87) 200m: 02:22,23 (00:37,56)   250m: 02:59,40 (00:37,17)   300m: 03:36,66 (00:37,26) 350m: 04:13,87 (00:37,21)   400m: 04:47,84 (00:33,97)	2008	Wardenburger SC	04:47,84
3.	Leni Poerschke 50m: 00:30,99 (00:30,99)   100m: 01:06,62 (00:35,63)   150m: 01:43,26 (00:36,64) 200m: 02:20,31 (00:37,05)   250m: 02:57,71 (00:37,40)   300m: 03:35,65 (00:37,94) 350m: 04:13,19 (00:37,54)   400m: 04:49,85 (00:36,66)	2008	Celler Schwimm-Club e.V.	04:49,85
4.	Yael Esther Rohde 50m: 00:32,05 (00:32,05)   100m: 01:08,20 (00:36,15)   150m: 01:44,86 (00:36,66) 200m: 02:22,30 (00:37,44)   250m: 02:59,64 (00:37,34)   300m: 03:37,29 (00:37,65) 350m: 04:14,49 (00:37,20)   400m: 04:50,88 (00:36,39)	2008	Delmenhorster SV 1905	04:50,88

### Jahrgang 2007

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und Landesjahrgangsmeisterin	Jana Rohde 50m: 00:30,00 (00:30,00)   100m: 01:03,02 (00:33,02)   150m: 01:36,54 (00:33,52) 200m: 02:10,48 (00:33,94)   250m: 02:44,47 (00:33,99)   300m: 03:18,63 (00:34,16) 350m: 03:53,04 (00:34,41)   400m: 04:24,99 (00:31,95)	2007	Hannover 96	04:24,99
2.	Lina Olivia Kilper 50m: 00:32,57 (00:32,57)   100m: 01:08,33 (00:35,76)   150m: 01:45,23 (00:36,90) 200m: 02:22,37 (00:37,14)   250m: 02:59,71 (00:37,34)   300m: 03:37,25 (00:37,54) 350m: 04:14,77 (00:37,52)   400m: 04:51,14 (00:36,37)	2007	SSG Braunschweig	04:51,14

### Jahrgang 2006

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und Landesjahrgangsmeisterin	Alena Gemici 50m: 00:29,70 (00:29,70)   100m: 01:02,78 (00:33,08)   150m: 01:36,19 (00:33,41) 200m: 02:09,93 (00:33,74)   250m: 02:43,94 (00:34,01)   300m: 03:18,14 (00:34,20) 350m: 03:52,15 (00:34,01)   400m: 04:24,77 (00:32,62)	2006	Hamelner Schwimmverein v. 1913 e.V.	04:24,77
2.	Nora Sowinski 50m: 00:32,35 (00:32,35)   100m: 01:08,20 (00:35,85)   150m: 01:45,42 (00:37,22) 200m: 02:22,85 (00:37,43)   250m: 03:00,88 (00:38,03)   300m: 03:38,45 (00:37,57) 350m: 04:17,18 (00:38,73)   400m: 04:55,80 (00:38,62)	2006	TWG 1861 Göttingen	04:55,80

### Jahrgang 2005

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und Landesjahrgangsmeisterin	Lilly Grewe 50m: 00:32,82 (00:32,82)   100m: 01:09,41 (00:36,59)   150m: 01:47,44 (00:38,03) 200m: 02:26,20 (00:38,76)   250m: 03:05,28 (00:39,08)   300m: 03:44,82 (00:39,54) 350m: 04:25,19 (00:40,37)   400m: 05:02,72 (00:37,53)	2005	SSG Braunschweig	05:02,72

EnM

### Juniorinnen

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und Landesjuniorinnenmeisterin	Paula Bachmann 50m: 00:31,71 (00:31,71)   100m: 01:06,45 (00:34,74)   150m: 01:42,20 (00:35,75) 200m: 02:18,49 (00:36,29)   250m: 02:55,15 (00:36,66)   300m: 03:32,66 (00:37,51) 350m: 04:11,19 (00:38,53)   400m: 04:48,65 (00:37,46)	2004	TWG 1861 Göttingen	04:48,65
2.	Lisa Holm 50m: 00:32,66 (00:32,66)   100m: 01:08,25 (00:35,59)   150m: 01:45,20 (00:36,95) 200m: 02:22,45 (00:37,25)   250m: 03:00,11 (00:37,66)   300m: 03:37,85 (00:37,74) 350m: 04:15,37 (00:37,52)   400m: 04:51,65 (00:36,28)	2003	VfL Osnabrück	04:51,65