

## Wettkampf 1 - 400m Freistil weiblich

### Pflichtzeiten

2013: 08:00,00 2012: 07:20,00 2011: 07:00,00

### Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
	Hannah Ellermann	2011	TSG 07 Burg Gretesch	05:49,88
	50m: 00:36,33 (00:36,33)   100m: 01:17,31 (00:40,98)   150m: 02:01,93 (00:44,62) 200m: 02:47,57 (00:45,64)   250m: 03:33,56 (00:45,99)   300m: 04:19,63 (00:46,07) 350m: 05:05,36 (00:45,73)   400m: 05:49,88 (00:44,52)			
	Mette Theresa Lauf	2011	Schwimm-Club Seevetal	05:55,74
	50m: 00:38,04 (00:38,04)   100m: 01:22,36 (00:44,32)   150m: 02:08,57 (00:46,21) 200m: 02:54,78 (00:46,21)   250m: 03:41,99 (00:47,21)   300m: 04:27,67 (00:45,68) 350m: 05:13,40 (00:45,73)   400m: 05:55,74 (00:42,34)			
	Jette Hermeling	2011	SV Wasserfreunde Dalum	05:57,40
	50m: 00:38,33 (00:38,33)   100m: 01:21,62 (00:43,29)   150m: 02:06,90 (00:45,28) 200m: 02:53,09 (00:46,19)   250m: 03:39,15 (00:46,06)   300m: 04:26,40 (00:47,25) 350m: 05:12,91 (00:46,51)   400m: 05:57,40 (00:44,49)			
	Maya Fischmann	2011	SGS Barsinghausen	06:01,11
	50m: 00:38,32 (00:38,32)   100m: 01:22,96 (00:44,64)   150m: 02:08,73 (00:45,77) 200m: 02:55,51 (00:46,78)   250m: 03:42,83 (00:47,32)   300m: 04:30,09 (00:47,26) 350m: 05:16,87 (00:46,78)   400m: 06:01,11 (00:44,24)			
	Julia Thamer	2011	SV Nordenham	06:01,66
	50m: 00:38,10 (00:38,10)   100m: 01:22,31 (00:44,21)   150m: 02:09,11 (00:46,80) 200m: 02:56,80 (00:47,69)   250m: 03:43,91 (00:47,11)   300m: 04:30,76 (00:46,85) 350m: 05:17,98 (00:47,22)   400m: 06:01,66 (00:43,68)			
	Mara Schmidt	2011	SGS Langenhagen	06:05,74
	50m: 00:38,34 (00:38,34)   100m: 01:22,78 (00:44,44)   150m: 02:10,00 (00:47,22) 200m: 02:57,52 (00:47,52)   250m: 03:45,45 (00:47,93)   300m: 04:33,42 (00:47,97) 350m: 05:20,79 (00:47,37)   400m: 06:05,74 (00:44,95)			
	Emma Nickel	2011	TUS Wagenfeld	06:18,43
	50m: 00:39,89 (00:39,89)   100m: 01:24,90 (00:45,01)   150m: 02:13,08 (00:48,18) 200m: 03:03,42 (00:50,34)   250m: 03:54,30 (00:50,88)   300m: 04:44,61 (00:50,31) 350m: 05:31,64 (00:47,03)   400m: 06:18,43 (00:46,79)			
	Ina Sophie Raiser	2011	ASC Göttingen von 1846 e.V.	06:31,79
	50m: 00:41,97 (00:41,97)   100m: 01:31,45 (00:49,48)   150m: 02:22,05 (00:50,60) 200m: 03:14,33 (00:52,28)   300m: 04:57,37 (01:43,04)   350m: 05:48,79 (00:51,42) 400m: 06:31,79 (00:43,00)			
	Caroline Fischer	2011	MTV Dannenberg 1863	06:34,26
	50m: 00:38,75 (00:38,75)   100m: 01:24,72 (00:45,97)   150m: 02:13,82 (00:49,10) 200m: 03:06,23 (00:52,41)   250m: 03:57,75 (00:51,52)   300m: 04:52,10 (00:54,35) 400m: 06:34,26 (01:42,16)			
	Lene Bolte	2011	WSG Wunstorf	06:39,34
	50m: 00:42,30 (00:42,30)   100m: 01:31,35 (00:49,05)   150m: 02:22,74 (00:51,39) 200m: 03:14,18 (00:51,44)   250m: 04:06,10 (00:51,92)   300m: 04:58,08 (00:51,98) 350m: 05:50,42 (00:52,34)   400m: 06:39,34 (00:48,92)			
	Emma Charlotte Thöldtau	2011	WSG Wunstorf	06:39,87
	50m: 00:40,24 (00:40,24)   100m: 01:27,67 (00:47,43)   150m: 02:18,66 (00:50,99) 200m: 03:10,47 (00:51,81)   250m: 04:03,73 (00:53,26)   300m: 04:57,65 (00:53,92) 350m: 05:51,07 (00:53,42)   400m: 06:39,87 (00:48,80)			
	Nina Rahmstorf	2011	ASC Göttingen von 1846 e.V.	06:40,75
	50m: 00:37,65 (00:37,65)   100m: 01:25,84 (00:48,19)   150m: 02:17,54 (00:51,70) 200m: 03:11,21 (00:53,67)   250m: 04:04,40 (00:53,19)   300m: 04:58,27 (00:53,87) 350m: 05:50,89 (00:52,62)   400m: 06:40,75 (00:49,86)			
	Esther Hauptmeier	2011	SGS Langenhagen	06:46,06
	50m: 00:41,65 (00:41,65)   100m: 01:30,76 (00:49,11)   150m: 02:22,26 (00:51,50) 200m: 03:14,51 (00:52,25)   250m: 04:08,23 (00:53,72)   300m: 05:03,54 (00:55,31) 350m: 05:54,70 (00:51,16)   400m: 06:46,06 (00:51,36)			

#### abgemeldet

Eva Gurt 2011 TSV Otterndorf

## noch Wettkampf 1 - 400m Freistil weiblich

### Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
	Svea Güttler	2012	VfL Rastede	06:01,17
	50m: 00:39,76 (00:39,76)   100m: 01:25,35 (00:45,59)   150m: 02:11,15 (00:45,80) 200m: 02:57,83 (00:46,68)   250m: 03:45,22 (00:47,39)   300m: 04:32,40 (00:47,18) 350m: 05:19,07 (00:46,67)   400m: 06:01,17 (00:42,10)			
	Smilla Koriath	2012	Grafen Schwimmteam	06:12,37
	50m: 00:40,17 (00:40,17)   100m: 01:26,48 (00:46,31)   150m: 02:16,14 (00:49,66) 200m: 03:04,66 (00:48,52)   250m: 03:53,30 (00:48,64)   300m: 04:41,42 (00:48,12) 350m: 05:29,07 (00:47,65)   400m: 06:12,37 (00:43,30)			
	Clara Mathilda Bender	2012	SC Osnabrück 04	06:18,79
	50m: 00:39,44 (00:39,44)   100m: 01:25,18 (00:45,74)   150m: 02:13,72 (00:48,54) 200m: 03:03,15 (00:49,43)   250m: 03:52,81 (00:49,66)   300m: 04:43,93 (00:51,12) 350m: 05:33,95 (00:50,02)   400m: 06:18,79 (00:44,84)			
	Lea Enzensberger	2012	Delmenhorster SV 1905	06:21,49
	50m: 00:39,04 (00:39,04)   100m: 01:23,56 (00:44,52)   150m: 02:12,41 (00:48,85) 200m: 03:03,95 (00:51,54)   250m: 03:54,66 (00:50,71)   300m: 04:43,81 (00:49,15) 350m: 05:33,95 (00:50,14)   400m: 06:21,49 (00:47,54)			
	Sarah Froklage	2012	TSV Otterndorf	06:49,95
	50m: 00:40,53 (00:40,53)   100m: 01:31,52 (00:50,99)   150m: 02:24,27 (00:52,75) 200m: 03:17,71 (00:53,44)   250m: 04:10,46 (00:52,75)   300m: 05:03,89 (00:53,43) 350m: 05:57,58 (00:53,69)   400m: 06:49,95 (00:52,37)			
	Femke Chiara Böhmer	2012	VfL Rastede	06:53,46
	50m: 00:42,91 (00:42,91)   100m: 01:32,23 (00:49,32)   150m: 02:25,42 (00:53,19) 200m: 03:21,67 (00:56,25)   250m: 04:16,63 (00:54,96)   300m: 05:11,40 (00:54,77) 350m: 06:05,61 (00:54,21)   400m: 06:53,46 (00:47,85)			
	Cherine Rau	2012	TSV Otterndorf	06:54,36
	50m: 00:42,63 (00:42,63)   100m: 01:31,97 (00:49,34)   150m: 02:24,32 (00:52,35) 200m: 03:18,22 (00:53,90)   250m: 04:13,17 (00:54,95)   300m: 05:10,10 (00:56,93) 350m: 06:04,18 (00:54,08)   400m: 06:54,36 (00:50,18)			
	Ella Pauline Rozek	2012	TWG 1861 Göttingen	06:56,28
	50m: 00:44,81 (00:44,81)   100m: 01:38,90 (00:54,09)   150m: 02:32,86 (00:53,96) 200m: 03:28,78 (00:55,92)   250m: 04:24,86 (00:56,08)   300m: 05:19,13 (00:54,27) 350m: 06:09,93 (00:50,80)   400m: 06:56,28 (00:46,35)			

### Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
	Charlotta Bundkiel	2013	Polizei SV Oldenburg	06:20,21
	50m: 00:38,42 (00:38,42)   100m: 01:25,25 (00:46,83)   150m: 02:13,63 (00:48,38) 200m: 03:03,85 (00:50,22)   250m: 03:53,41 (00:49,56)   300m: 04:43,94 (00:50,53) 350m: 05:33,03 (00:49,09)   400m: 06:20,21 (00:47,18)			
	Johanna Obst	2013	SV Nienhagen 1928	06:40,87
	50m: 00:40,87 (00:40,87)   100m: 01:29,42 (00:48,55)   150m: 02:20,74 (00:51,32) 200m: 03:13,04 (00:52,30)   250m: 04:06,57 (00:53,53)   350m: 05:52,28 (01:45,71) 400m: 06:40,87 (00:48,59)			
	Nele Stein	2013	TV Jahn Schneverdingen	06:41,33
	50m: 00:42,82 (00:42,82)   100m: 01:32,52 (00:49,70)   150m: 02:24,54 (00:52,02) 200m: 03:18,03 (00:53,49)   250m: 04:08,78 (00:50,75)   300m: 05:02,32 (00:53,54) 350m: 05:52,41 (00:50,09)   400m: 06:41,33 (00:48,92)			
	Jule Girbig	2013	Eintracht Hildesheim	06:43,96
	50m: 00:43,81 (00:43,81)   100m: 01:35,49 (00:51,68)   150m: 02:28,37 (00:52,88) 200m: 03:19,79 (00:51,42)   250m: 04:11,93 (00:52,14)   300m: 05:04,70 (00:52,77) 350m: 05:55,77 (00:51,07)   400m: 06:43,96 (00:48,19)			
	Jule Lemmermann	2013	Delmenhorster SV 1905	06:44,25
	50m: 00:43,33 (00:43,33)   100m: 01:35,51 (00:52,18)   150m: 02:28,25 (00:52,74) 200m: 03:20,25 (00:52,00)   250m: 04:13,29 (00:53,04)   300m: 05:06,41 (00:53,12) 350m: 05:57,13 (00:50,72)   400m: 06:44,25 (00:47,12)			
	Zane Josephina Seibt	2013	SG RethenSarstedt	06:48,91
	50m: 00:44,76 (00:44,76)   100m: 01:37,25 (00:52,49)   150m: 02:30,14 (00:52,89) 200m: 03:23,74 (00:53,60)   250m: 04:16,51 (00:52,77)   300m: 05:09,79 (00:53,28) 350m: 06:00,52 (00:50,73)   400m: 06:48,91 (00:48,39)			
	Carlie de Vries	2013	VfL Rastede	06:53,79
	50m: 00:43,48 (00:43,48)   100m: 01:32,60 (00:49,12)   150m: 02:25,07 (00:52,47) 200m: 03:18,15 (00:53,08)   250m: 04:12,17 (00:54,02)   300m: 05:07,11 (00:54,94) 350m: 06:02,22 (00:55,11)   400m: 06:53,79 (00:51,57)			

## noch Wettkampf 1 - 400m Freistil weiblich

### noch Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
	Sophie Förster	2013	Oldenburger SV 1902	07:05,39
	50m: 00:42,88 (00:42,88)   100m: 01:38,96 (00:56,08)   150m: 02:33,58 (00:54,62)			
	200m: 03:29,00 (00:55,42)   250m: 04:25,01 (00:56,01)   300m: 05:20,42 (00:55,41)			
	400m: 07:05,39 (01:44,97)			
	Luise Mollenhauer	2013	SV Nienhagen 1928	07:05,90
	50m: 00:45,92 (00:45,92)   100m: 01:40,46 (00:54,54)   150m: 02:36,70 (00:56,24)			
	200m: 03:31,68 (00:54,98)   250m: 04:26,46 (00:54,78)   300m: 05:21,08 (00:54,62)			
	350m: 06:15,34 (00:54,26)   400m: 07:05,90 (00:50,56)			
	Jil Burrichter	2013	Wardenburger SC	07:07,38
	50m: 00:45,85 (00:45,85)   100m: 01:40,63 (00:54,78)   150m: 02:35,77 (00:55,14)			
	200m: 03:32,21 (00:56,44)   250m: 04:27,14 (00:54,93)   300m: 05:21,84 (00:54,70)			
	350m: 06:17,42 (00:55,58)   400m: 07:07,38 (00:49,96)			
	Pheline Cohrs	2013	TV Jahn Schneverdingen	07:08,94
	50m: 00:47,26 (00:47,26)   100m: 01:42,50 (00:55,24)   150m: 02:38,22 (00:55,72)			
	200m: 03:33,05 (00:54,83)   250m: 04:26,66 (00:53,61)   300m: 05:22,59 (00:55,93)			
	350m: 06:16,27 (00:53,68)   400m: 07:08,94 (00:52,67)			
	Saya Sterz	2013	TSV Wietze	07:15,48
	50m: 00:45,78 (00:45,78)   100m: 01:42,47 (00:56,69)   150m: 02:39,36 (00:56,89)			
	200m: 03:36,46 (00:57,10)   250m: 04:34,21 (00:57,75)   300m: 05:30,45 (00:56,24)			
	350m: 06:25,87 (00:55,42)   400m: 07:15,48 (00:49,61)			
	Hanna Hübener	2013	TSV Adendorf 1923	07:16,56
	50m: 00:48,47 (00:48,47)   100m: 01:43,61 (00:55,14)   150m: 02:41,30 (00:57,69)			
	200m: 03:38,45 (00:57,15)   250m: 04:34,86 (00:56,41)   300m: 05:31,47 (00:56,61)			
	350m: 06:28,47 (00:57,00)   400m: 07:16,56 (00:48,09)			
	Inneke Grantz	2013	ATS Cuxhaven	07:17,67
	50m: 00:48,27 (00:48,27)   100m: 01:44,76 (00:56,49)   200m: 03:39,41 (01:54,65)			
	300m: 05:38,64 (01:59,23)   400m: 07:17,67 (01:39,03)			
	Isabelle Back	2013	Celler Schwimm-Club e.V.	07:34,54
	50m: 00:47,68 (00:47,68)   100m: 01:44,72 (00:57,04)   150m: 02:44,23 (00:59,51)			
	200m: 03:42,82 (00:58,59)   250m: 04:42,88 (01:00,06)   300m: 05:43,74 (01:00,86)			
	350m: 06:40,77 (00:57,03)   400m: 07:34,54 (00:53,77)			
	Amelie Walther	2013	Schwimm-Club Seevetal	07:37,27
	50m: 00:45,00 (00:45,00)   100m: 01:36,48 (00:51,48)   150m: 02:32,86 (00:56,38)			
	200m: 03:29,77 (00:56,91)   250m: 04:27,26 (00:57,49)   300m: 05:31,67 (01:04,41)			
	350m: 06:38,01 (01:06,34)   400m: 07:37,27 (00:59,26)			
	<u>abgemeldet</u>			
	Elisa Horn	2013	MTV Goslar	
	Malin Matthes	2013	MTV Goslar	

## **SMK und Einzel (400m Freistil weiblich)**

### **Jahrgang 2011**

<b>Platz</b>	<b>Schwimmerin</b>	<b>Jg.</b>	<b>Verein</b>	<b>Endzeit</b>
1. und Landesjahrgangsmeisterin				
	Caroline Back	2011	Celler Schwimm-Club e.V.	05:12,49
2.	Carla Bredemeier	2011	Wardenburger SC	05:14,39
3.	Maja Junia Döppner	2011	SSG Braunschweig	05:17,28
4.	Jana Frickel	2011	WSG Wunstorf	05:18,04
5.	Julia Seidler	2011	TSV Pattensen	05:24,03
6.	Maila Lüders	2011	Celler Schwimm-Club e.V.	05:27,42
7.	Jule Daweke	2011	VfL Osnabrück	05:28,06
8.	Lotta-Marie Maßmann	2011	VfL Osnabrück	05:30,94
9.	Mathea Meyer	2011	ASC Göttingen von 1846 e.V.	05:37,89
10.	Zarah Podlogar	2011	Wardenburger SC	05:38,02
11.	Sophia Surmann	2011	Wardenburger SC	05:38,37
12.	Noelia Krampen	2011	SGS Barsinghausen	05:42,01
13.	Luise Suchantke	2011	VfV Hildesheim	05:43,93
14.	Hermine Hemme	2011	TV Meppen	05:44,29
15.	Marissa Röttger	2011	MTV Goslar	05:44,97
16.	Neva Mielke	2011	ASC Göttingen von 1846 e.V.	05:45,32
17.	Hannah Ellermann	2011	TSG 07 Burg Gretesch	05:49,88
18.	Mette Theresa Lauf	2011	Schwimm-Club Seevetal	05:55,74
19.	Gesine Marie Brase	2011	TWG 1861 Göttingen	05:55,82
20.	Jette Hermeling	2011	SV Wasserfreunde Dalum	05:57,40
21.	Maya Fischmann	2011	SGS Barsinghausen	06:01,11
22.	Julia Thamer	2011	SV Nordenham	06:01,66
23.	Mara Schmidt	2011	SGS Langenhagen	06:05,74
24.	Carlotta Hohmann	2011	SGS Hannover	06:08,54
25.	Mariella Günther	2011	MTV Goslar	06:13,50
26.	Emma Nickel	2011	TUS Wagenfeld	06:18,43
27.	Hannah Weiß	2011	TSV Pattensen	06:22,40
28.	Wendi Xu	2011	ASC Göttingen von 1846 e.V.	06:25,30
29.	Ina Sophie Raiser	2011	ASC Göttingen von 1846 e.V.	06:31,79
30.	Caroline Fischer	2011	MTV Dannenberg 1863	06:34,26
31.	Lene Bolte	2011	WSG Wunstorf	06:39,34
32.	Emma Charlotte Thöldtau	2011	WSG Wunstorf	06:39,87
33.	Nina Rahmstorf	2011	ASC Göttingen von 1846 e.V.	06:40,75
34.	Esther Hauptmeier	2011	SGS Langenhagen	06:46,06

## noch SMK und Einzel (400m Freistil weiblich)

### Jahrgang 2012

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Landesjahrgangsmeisterin	Josefine Klein	2012	SV Burgwedel	05:41,77
2.	Nele Habig	2012	MTV Goslar	05:49,72
3.	Monika Yu	2012	TuS 1849 Clausthal-Zellerfeld	05:50,10
4.	Carina Riedel	2012	SSG Nord-Calenberg	05:51,33
5.	Ronja Langowicz	2012	VfV Hildesheim	05:54,29
6.	Amelie Sophie Buss	2012	SC Altwarmbüchen	05:58,57
7.	Svea Güttler	2012	VfL Rastede	06:01,17
8.	Marlene Knoop	2012	MTV Goslar	06:01,73
9.	Emma Klöber	2012	SGS Barsinghausen	06:02,46
10.	Jana Luise Papstein	2012	MTV Goslar	06:03,66
11.	Marie Wolff	2012	TSG 07 Burg Gretesch	06:08,70
12.	Ella Oeßel	2012	Eintracht Hildesheim	06:08,72
13.	Melina Busse	2012	Celler Schwimm-Club e.V.	06:09,76
14.	Smilla Koriath	2012	Grafen Schwimmteam	06:12,37
15.	Elva Krauß	2012	SV Nienhagen 1928	06:15,56
16.	Clara Mathilda Bender	2012	SC Osnabrück 04	06:18,79
17.	Nieke Bluhm	2012	SG Syke / Barrien	06:19,61
18.	Lea Enzensberger	2012	Delmenhorster SV 1905	06:21,49
19.	Liv Großmann	2012	SGS Hannover	06:26,90
20.	Leni Victoria Kilper	2012	SSG Braunschweig	06:28,56
21.	Marie Spangenberg	2012	TSV Pattensen	06:34,88
22.	Diana Sievers	2012	TSV Pattensen	06:35,92
23.	Meike Spangenberg	2012	TSV Pattensen	06:46,39
24.	Elina Unruh	2012	Landesschwimmverband Niedersachsen	06:47,61
25.	Sarah Froklage	2012	TSV Otterndorf	06:49,95
26.	Femke Chiara Böhmer	2012	VfL Rastede	06:53,46
27.	Anela Ahlers	2012	TSV Pattensen	06:53,50
28.	Cherine Rau	2012	TSV Otterndorf	06:54,36
29.	Lydia Behrens	2012	TWG 1861 Göttingen	06:55,66
30.	Ida Flemming	2012	SGS Langenhagen	06:55,84
31.	Ella Pauline Rozek	2012	TWG 1861 Göttingen	06:56,28
32.	Ida Mende	2012	SSG Braunschweig	06:56,49

### Jahrgang 2013

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Landesjahrgangsmeisterin	Charlotta Bundkiel	2013	Polizei SV Oldenburg	06:20,21
2.	Johanna Obst	2013	SV Nienhagen 1928	06:40,87
3.	Nele Stein	2013	TV Jahn Schneverdingen	06:41,33
4.	Jule Girbig	2013	Eintracht Hildesheim	06:43,96
5.	Jule Lemmermann	2013	Delmenhorster SV 1905	06:44,25
6.	Zane Josephina Seibt	2013	SG RethenSarstedt	06:48,91
7.	Carlie de Vries	2013	VfL Rastede	06:53,79
8.	Sophie Förster	2013	Oldenburger SV 1902	07:05,39
9.	Luise Mollenhauer	2013	SV Nienhagen 1928	07:05,90
10.	Jil Burrichter	2013	Wardenburger SC	07:07,38
11.	Pheline Cohrs	2013	TV Jahn Schneverdingen	07:08,94
12.	Saya Sterz	2013	TSV Wietze	07:15,48
13.	Hanna Hübener	2013	TSV Adendorf 1923	07:16,56
14.	Inneke Grantz	2013	ATS Cuxhaven	07:17,67
15.	Isabelle Back	2013	Celler Schwimm-Club e.V.	07:34,54
16.	Amelie Walther	2013	Schwimm-Club Seevetal	07:37,27