

**Wettkampf 29 - 400m Freistil weiblich**

## Pflichtzeiten

2008: 07:15,00 2007: 07:05,00 2006: 06:30,00 2005: 06:10,00 2004: 05:45,00 2003: 05:45,00 2002: 05:45,00  
 2001: 05:45,00 1999 bis 2000: 05:45,00 1998 und älter: 05:45,00

## Bezirksmeisterinnenwertung

Platz	Schwimmerin	Jg.	Verein	Endzeit	
1. und Bezirksmeisterin 2018					
	Anna-Fiona Volz	2003	SG 1886 Weiterstadt	04:43,43	580
	50m: 00:31,42 (00:31,42)   100m: 01:07,33 (00:35,91)   150m: 01:43,57 (00:36,24)   200m: 02:20,18 (00:36,61) 250m: 02:56,30 (00:36,12)   300m: 03:32,15 (00:35,85)   350m: 04:08,13 (00:35,98)   400m: 04:43,43 (00:35,30)				
2.	Greta Winterberg	2002	TSG Darmstadt	04:43,81	578
	50m: 00:32,34 (00:32,34)   100m: 01:08,36 (00:36,02)   150m: 01:44,66 (00:36,30)   200m: 02:20,67 (00:36,01) 250m: 02:56,88 (00:36,21)   300m: 03:32,69 (00:35,81)   350m: 04:09,09 (00:36,40)   400m: 04:43,81 (00:34,72)				
3.	Sophia Herbsthoff	2004	SG 1886 Weiterstadt	04:50,59	538
	50m: 00:32,00 (00:32,00)   100m: 01:07,90 (00:35,90)   150m: 01:44,44 (00:36,54)   200m: 02:21,11 (00:36,67) 250m: 02:58,56 (00:37,45)   300m: 03:36,16 (00:37,60)   350m: 04:13,93 (00:37,77)   400m: 04:50,59 (00:36,66)				
4.	Lea Hechler	2001	DSW 1912 Darmstadt e.V.	04:54,88	515
	50m: 00:33,50 (00:33,50)   100m: 01:10,27 (00:36,77)   150m: 01:48,05 (00:37,78)   200m: 02:26,09 (00:38,04) 250m: 03:03,77 (00:37,68)   300m: 03:41,65 (00:37,88)   350m: 04:19,11 (00:37,46)   400m: 04:54,88 (00:35,77)				
5.	Clara Heuberger	2004	DSW 1912 Darmstadt e.V.	05:03,71	471
	50m: 00:32,46 (00:32,46)   100m: 01:09,36 (00:36,90)   150m: 01:47,85 (00:38,49)   200m: 02:27,21 (00:39,36) 250m: 03:06,63 (00:39,42)   300m: 03:46,46 (00:39,83)   350m: 04:25,48 (00:39,02)   400m: 05:03,71 (00:38,23)				
6.	Melissa Siebenlist	2005	DSW 1912 Darmstadt e.V.	05:05,49	463
	50m: 00:32,98 (00:32,98)   100m: 01:10,84 (00:37,86)   150m: 01:49,67 (00:38,83)   200m: 02:29,64 (00:39,97) 250m: 03:09,73 (00:40,09)   300m: 03:49,30 (00:39,57)   350m: 04:28,73 (00:39,43)   400m: 05:05,49 (00:36,76)				
7.	Laura Schultes	2000	DSW 1912 Darmstadt e.V.	05:07,84	453
	50m: 00:33,50 (00:33,50)   100m: 01:10,58 (00:37,08)   150m: 01:49,42 (00:38,84)   200m: 02:29,28 (00:39,86) 250m: 03:08,94 (00:39,66)   300m: 03:48,94 (00:40,00)   350m: 04:28,77 (00:39,83)   400m: 05:07,84 (00:39,07)				
8.	Mia-Antonia Volz	2005	SG 1886 Weiterstadt	05:10,08	443
	50m: 00:34,93 (00:34,93)   100m: 01:13,71 (00:38,78)   150m: 01:53,58 (00:39,87)   200m: 02:33,08 (00:39,50) 250m: 03:12,58 (00:39,50)   300m: 03:52,74 (00:40,16)   350m: 04:32,59 (00:39,85)   400m: 05:10,08 (00:37,49)				
9.	Anna Lensker	2000	Viernheimer SV 1979	05:11,06	439
	50m: 00:34,27 (00:34,27)   100m: 01:12,97 (00:38,70)   150m: 01:52,72 (00:39,75)   200m: 02:33,31 (00:40,59) 250m: 03:12,70 (00:39,39)   300m: 03:52,31 (00:39,61)   350m: 04:32,08 (00:39,77)   400m: 05:11,06 (00:38,98)				
10.	Ellen Rausch	2000	VFS Rödermark	05:13,28	430
	50m: 00:35,59 (00:35,59)   100m: 01:14,86 (00:39,27)   150m: 01:54,72 (00:39,86)   200m: 02:34,71 (00:39,99) 250m: 03:14,92 (00:40,21)   300m: 03:54,98 (00:40,06)   350m: 04:35,12 (00:40,14)   400m: 05:13,28 (00:38,16)				
11.	Chiara Rausch	2005	SG 1886 Weiterstadt	05:17,29	413
	50m: 00:35,70 (00:35,70)   100m: 01:15,77 (00:40,07)   150m: 01:57,56 (00:41,79)   200m: 02:38,29 (00:40,73) 250m: 03:18,55 (00:40,26)   300m: 03:59,77 (00:41,22)   350m: 04:39,79 (00:40,02)   400m: 05:17,29 (00:37,50)				
12.	Adelia Manafov	2003	DSW 1912 Darmstadt e.V.	05:17,49	413
	50m: 00:35,19 (00:35,19)   100m: 01:14,07 (00:38,88)   150m: 01:54,10 (00:40,03)   200m: 02:35,03 (00:40,93) 250m: 03:15,67 (00:40,64)   300m: 03:57,05 (00:41,38)   350m: 04:37,91 (00:40,86)   400m: 05:17,49 (00:39,58)				
13.	Thalea Ahl	2000	SSV Raunheim	05:18,18	410
	50m: 00:34,05 (00:34,05)   100m: 01:13,48 (00:39,43)   150m: 01:53,42 (00:39,94)   200m: 02:34,39 (00:40,97) 250m: 03:14,29 (00:39,90)   300m: 03:55,68 (00:41,39)   350m: 04:37,35 (00:41,67)   400m: 05:18,18 (00:40,83)				
14.	Monja Christmann	2004	DSW 1912 Darmstadt e.V.	05:26,17	381
	50m: 00:34,22 (00:34,22)   100m: 01:14,74 (00:40,52)   150m: 01:56,44 (00:41,70)   200m: 02:38,71 (00:42,27) 250m: 03:20,66 (00:41,95)   300m: 04:03,14 (00:42,48)   350m: 04:45,04 (00:41,90)   400m: 05:26,17 (00:41,13)				
15.	Jacqueline Koch	2003	TSG Darmstadt	05:31,72	362
	50m: 00:35,56 (00:35,56)   100m: 01:15,20 (00:39,64)   150m: 01:57,57 (00:42,37)   200m: 02:39,29 (00:41,72) 250m: 03:22,53 (00:43,24)   300m: 04:06,46 (00:43,93)   350m: 04:50,93 (00:44,47)   400m: 05:31,72 (00:40,79)				
16.	Larissa Graho	2003	SSV Raunheim	05:36,83	345
	50m: 00:36,07 (00:36,07)   100m: 01:16,53 (00:40,46)   150m: 01:58,55 (00:42,02)   200m: 02:41,54 (00:42,99) 250m: 03:25,43 (00:43,89)   300m: 04:09,54 (00:44,11)   350m: 04:54,11 (00:44,57)   400m: 05:36,83 (00:42,72)				

### noch Wettkampf 29 - 400m Freistil weiblich

noch Bezirksmeisterinnenwertung

<b>Platz</b>	<b>Schwimmerin</b>	<b>Jg.</b>	<b>Verein</b>	<b>Endzeit</b>	
17.	Celina Füll	2003	SSV Raunheim	05:43,10	327
	50m: 00:36,06 (00:36,06)   100m: 01:17,99 (00:41,93)   150m: 02:01,63 (00:43,64)   200m: 02:46,85 (00:45,22) 250m: 03:31,13 (00:44,28)   300m: 04:16,16 (00:45,03)   350m: 05:00,33 (00:44,17)   400m: 05:43,10 (00:42,77)				
18.	Nadia Haßfeld	2004	Rüsselsheimer SC	05:44,92	322
	50m: 00:37,84 (00:37,84)   100m: 01:20,54 (00:42,70)   150m: 02:04,97 (00:44,43)   200m: 02:49,81 (00:44,84) 250m: 03:34,44 (00:44,63)   300m: 04:19,70 (00:45,26)   350m: 05:03,92 (00:44,22)   400m: 05:44,92 (00:41,00)				
19.	Antonia Habur	2005	VFS Rödermark	05:58,11	287
	50m: 00:37,57 (00:37,57)   100m: 01:21,40 (00:43,83)   150m: 02:07,79 (00:46,39)   200m: 02:54,72 (00:46,93) 250m: 03:41,70 (00:46,98)   300m: 04:27,99 (00:46,29)   350m: 05:14,97 (00:46,98)   400m: 05:58,11 (00:43,14)				
20.	Sara Attahiri	2006	Rüsselsheimer SC	06:50,96	190
	50m: 00:39,46 (00:39,46)   100m: 01:28,20 (00:48,74)   150m: 02:21,19 (00:52,99)   200m: 03:15,18 (00:53,99) 250m: 04:11,30 (00:56,12)   300m: 05:04,31 (00:53,01)   350m: 05:58,00 (00:53,69)   400m: 06:50,96 (00:52,96)				
21.	Lilly Schwientek	2008	SSV Raunheim	07:11,61	164
	50m: 00:45,04 (00:45,04)   100m: 01:36,67 (00:51,63)   150m: 02:31,76 (00:55,09)   200m: 03:27,03 (00:55,27) 250m: 04:23,58 (00:56,55)   300m: 05:19,52 (00:55,94)   350m: 06:17,45 (00:57,93)   400m: 07:11,61 (00:54,16)				
	<u>abgemeldet</u>				
	Carolin Fahrenholz	2001	DSW 1912 Darmstadt e.V.		

Jahrgang 2008

<b>Platz</b>	<b>Schwimmerin</b>	<b>Jg.</b>	<b>Verein</b>	<b>Endzeit</b>	
1. und Bezirksjahrgangsmeisterin 2018	Lilly Schwientek	2008	SSV Raunheim	07:11,61	164
	50m: 00:45,04 (00:45,04)   100m: 01:36,67 (00:51,63)   150m: 02:31,76 (00:55,09)   200m: 03:27,03 (00:55,27) 250m: 04:23,58 (00:56,55)   300m: 05:19,52 (00:55,94)   350m: 06:17,45 (00:57,93)   400m: 07:11,61 (00:54,16)				

Jahrgang 2006

<b>Platz</b>	<b>Schwimmerin</b>	<b>Jg.</b>	<b>Verein</b>	<b>Endzeit</b>	
1. und Bezirksjahrgangsmeisterin 2018	Sara Attahiri	2006	Rüsselsheimer SC	06:50,96	190
	50m: 00:39,46 (00:39,46)   100m: 01:28,20 (00:48,74)   150m: 02:21,19 (00:52,99)   200m: 03:15,18 (00:53,99) 250m: 04:11,30 (00:56,12)   300m: 05:04,31 (00:53,01)   350m: 05:58,00 (00:53,69)   400m: 06:50,96 (00:52,96)				

Jahrgang 2005

<b>Platz</b>	<b>Schwimmerin</b>	<b>Jg.</b>	<b>Verein</b>	<b>Endzeit</b>	
1. und Bezirksjahrgangsmeisterin 2018	Melissa Siebenlist	2005	DSW 1912 Darmstadt e.V.	05:05,49	463
	50m: 00:32,98 (00:32,98)   100m: 01:10,84 (00:37,86)   150m: 01:49,67 (00:38,83)   200m: 02:29,64 (00:39,97) 250m: 03:09,73 (00:40,09)   300m: 03:49,30 (00:39,57)   350m: 04:28,73 (00:39,43)   400m: 05:05,49 (00:36,76)				
2.	Mia-Antonia Volz	2005	SG 1886 Weiterstadt	05:10,08	443
	50m: 00:34,93 (00:34,93)   100m: 01:13,71 (00:38,78)   150m: 01:53,58 (00:39,87)   200m: 02:33,08 (00:39,50) 250m: 03:12,58 (00:39,50)   300m: 03:52,74 (00:40,16)   350m: 04:32,59 (00:39,85)   400m: 05:10,08 (00:37,49)				
3.	Chiara Rausch	2005	SG 1886 Weiterstadt	05:17,29	413
	50m: 00:35,70 (00:35,70)   100m: 01:15,77 (00:40,07)   150m: 01:57,56 (00:41,79)   200m: 02:38,29 (00:40,73) 250m: 03:18,55 (00:40,26)   300m: 03:59,77 (00:41,22)   350m: 04:39,79 (00:40,02)   400m: 05:17,29 (00:37,50)				
4.	Antonia Habur	2005	VFS Rödermark	05:58,11	287
	50m: 00:37,57 (00:37,57)   100m: 01:21,40 (00:43,83)   150m: 02:07,79 (00:46,39)   200m: 02:54,72 (00:46,93) 250m: 03:41,70 (00:46,98)   300m: 04:27,99 (00:46,29)   350m: 05:14,97 (00:46,98)   400m: 05:58,11 (00:43,14)				

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## Jahrgang 2004

<b>Platz</b>	<b>Schwimmerin</b>	<b>Jg.</b>	<b>Verein</b>	<b>Endzeit</b>	
1. und Bezirksjahrgangsmeisterin 2018					
	Sophia Herbsthoff	2004	SG 1886 Weiterstadt	04:50,59	538
	50m: 00:32,00 (00:32,00)   100m: 01:07,90 (00:35,90)   150m: 01:44,44 (00:36,54)   200m: 02:21,11 (00:36,67) 250m: 02:58,56 (00:37,45)   300m: 03:36,16 (00:37,60)   350m: 04:13,93 (00:37,77)   400m: 04:50,59 (00:36,66)				
2.	Clara Heuberger	2004	DSW 1912 Darmstadt e.V.	05:03,71	471
	50m: 00:32,46 (00:32,46)   100m: 01:09,36 (00:36,90)   150m: 01:47,85 (00:38,49)   200m: 02:27,21 (00:39,36) 250m: 03:06,63 (00:39,42)   300m: 03:46,46 (00:39,83)   350m: 04:25,48 (00:39,02)   400m: 05:03,71 (00:38,23)				
3.	Monja Christmann	2004	DSW 1912 Darmstadt e.V.	05:26,17	381
	50m: 00:34,22 (00:34,22)   100m: 01:14,74 (00:40,52)   150m: 01:56,44 (00:41,70)   200m: 02:38,71 (00:42,27) 250m: 03:20,66 (00:41,95)   300m: 04:03,14 (00:42,48)   350m: 04:45,04 (00:41,90)   400m: 05:26,17 (00:41,13)				
4.	Nadia Haßfeld	2004	Rüsselsheimer SC	05:44,92	322
	50m: 00:37,84 (00:37,84)   100m: 01:20,54 (00:42,70)   150m: 02:04,97 (00:44,43)   200m: 02:49,81 (00:44,84) 250m: 03:34,44 (00:44,63)   300m: 04:19,70 (00:45,26)   350m: 05:03,92 (00:44,22)   400m: 05:44,92 (00:41,00)				

## Jahrgang 2003

<b>Platz</b>	<b>Schwimmerin</b>	<b>Jg.</b>	<b>Verein</b>	<b>Endzeit</b>	
1. und Bezirksjahrgangsmeisterin 2018					
	Anna-Fiona Volz	2003	SG 1886 Weiterstadt	04:43,43	580
	50m: 00:31,42 (00:31,42)   100m: 01:07,33 (00:35,91)   150m: 01:43,57 (00:36,24)   200m: 02:20,18 (00:36,61) 250m: 02:56,30 (00:36,12)   300m: 03:32,15 (00:35,85)   350m: 04:08,13 (00:35,98)   400m: 04:43,43 (00:35,30)				
2.	Adelia Manafov	2003	DSW 1912 Darmstadt e.V.	05:17,49	413
	50m: 00:35,19 (00:35,19)   100m: 01:14,07 (00:38,88)   150m: 01:54,10 (00:40,03)   200m: 02:35,03 (00:40,93) 250m: 03:15,67 (00:40,64)   300m: 03:57,05 (00:41,38)   350m: 04:37,91 (00:40,86)   400m: 05:17,49 (00:39,58)				
3.	Jacqueline Koch	2003	TSG Darmstadt	05:31,72	362
	50m: 00:35,56 (00:35,56)   100m: 01:15,20 (00:39,64)   150m: 01:57,57 (00:42,37)   200m: 02:39,29 (00:41,72) 250m: 03:22,53 (00:43,24)   300m: 04:06,46 (00:43,93)   350m: 04:50,93 (00:44,47)   400m: 05:31,72 (00:40,79)				
4.	Larissa Graho	2003	SSV Raunheim	05:36,83	345
	50m: 00:36,07 (00:36,07)   100m: 01:16,53 (00:40,46)   150m: 01:58,55 (00:42,02)   200m: 02:41,54 (00:42,99) 250m: 03:25,43 (00:43,89)   300m: 04:09,54 (00:44,11)   350m: 04:54,11 (00:44,57)   400m: 05:36,83 (00:42,72)				
5.	Celina Füll	2003	SSV Raunheim	05:43,10	327
	50m: 00:36,06 (00:36,06)   100m: 01:17,99 (00:41,93)   150m: 02:01,63 (00:43,64)   200m: 02:46,85 (00:45,22) 250m: 03:31,13 (00:44,28)   300m: 04:16,16 (00:45,03)   350m: 05:00,33 (00:44,17)   400m: 05:43,10 (00:42,77)				

## Jahrgang 2002

<b>Platz</b>	<b>Schwimmerin</b>	<b>Jg.</b>	<b>Verein</b>	<b>Endzeit</b>	
1. und Bezirksjahrgangsmeisterin 2018					
	Greta Winterberg	2002	TSG Darmstadt	04:43,81	578
	50m: 00:32,34 (00:32,34)   100m: 01:08,36 (00:36,02)   150m: 01:44,66 (00:36,30)   200m: 02:20,67 (00:36,01) 250m: 02:56,88 (00:36,21)   300m: 03:32,69 (00:35,81)   350m: 04:09,09 (00:36,40)   400m: 04:43,81 (00:34,72)				

## Jahrgang 2001

<b>Platz</b>	<b>Schwimmerin</b>	<b>Jg.</b>	<b>Verein</b>	<b>Endzeit</b>	
1. und Bezirksjahrgangsmeisterin 2018					
	Lea Hechler	2001	DSW 1912 Darmstadt e.V.	04:54,88	515
	50m: 00:33,50 (00:33,50)   100m: 01:10,27 (00:36,77)   150m: 01:48,05 (00:37,78)   200m: 02:26,09 (00:38,04) 250m: 03:03,77 (00:37,68)   300m: 03:41,65 (00:37,88)   350m: 04:19,11 (00:37,46)   400m: 04:54,88 (00:35,77)				

## Juniorinnen

<b>Platz</b>	<b>Schwimmerin</b>	<b>Jg.</b>	<b>Verein</b>	<b>Endzeit</b>	
1. und Bezirksjuniorenmeisterin 2018					
	Laura Schultes	2000	DSW 1912 Darmstadt e.V.	05:07,84	453
	50m: 00:33,50 (00:33,50)   100m: 01:10,58 (00:37,08)   150m: 01:49,42 (00:38,84)   200m: 02:29,28 (00:39,86) 250m: 03:08,94 (00:39,66)   300m: 03:48,94 (00:40,00)   350m: 04:28,77 (00:39,83)   400m: 05:07,84 (00:39,07)				

**noch Wettkampf 29 - 400m Freistil weiblich**

noch Juniorinnen

<b>Platz</b>	<b>Schwimmerin</b>	<b>Jg.</b>	<b>Verein</b>	<b>Endzeit</b>	
2.	Anna Lensker	2000	Viernheimer SV 1979	05:11,06	439
	50m: 00:34,27 (00:34,27)   100m: 01:12,97 (00:38,70)   150m: 01:52,72 (00:39,75)   200m: 02:33,31 (00:40,59)				
	250m: 03:12,70 (00:39,39)   300m: 03:52,31 (00:39,61)   350m: 04:32,08 (00:39,77)   400m: 05:11,06 (00:38,98)				
3.	Ellen Rausch	2000	VFS Rödermark	05:13,28	430
	50m: 00:35,59 (00:35,59)   100m: 01:14,86 (00:39,27)   150m: 01:54,72 (00:39,86)   200m: 02:34,71 (00:39,99)				
	250m: 03:14,92 (00:40,21)   300m: 03:54,98 (00:40,06)   350m: 04:35,12 (00:40,14)   400m: 05:13,28 (00:38,16)				
4.	Thalea Ahl	2000	SSV Raunheim	05:18,18	410
	50m: 00:34,05 (00:34,05)   100m: 01:13,48 (00:39,43)   150m: 01:53,42 (00:39,94)   200m: 02:34,39 (00:40,97)				
	250m: 03:14,29 (00:39,90)   300m: 03:55,68 (00:41,39)   350m: 04:37,35 (00:41,67)   400m: 05:18,18 (00:40,83)				