

**Wettkampf 29 - 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.	Laetitia Adelhardt 50m: 00:32,72 (00:32,72)   100m: 01:09,39 (00:36,67)   150m: 01:46,35 (00:36,96)   200m: 02:23,65 (00:37,30) 250m: 03:00,34 (00:36,69)   300m: 03:37,44 (00:37,10)   350m: 04:13,72 (00:36,28)   400m: 04:46,51 (00:32,79)	2012	SC Wfr. München	04:46,51	546
2.	Mathilda Stühler 50m: 00:33,28 (00:33,28)   100m: 01:09,56 (00:36,28)   150m: 01:47,08 (00:37,52)   200m: 02:25,01 (00:37,93) 250m: 03:03,57 (00:38,56)   300m: 03:42,04 (00:38,47)   350m: 04:20,74 (00:38,70)   400m: 04:57,15 (00:36,41)	2012	SV Würzburg 05	04:57,15	489
3.	Lea Attig 50m: 00:34,61 (00:34,61)   100m: 01:11,95 (00:37,34)   150m: 01:50,28 (00:38,33)   200m: 02:29,15 (00:38,87) 250m: 03:08,25 (00:39,10)   300m: 03:47,60 (00:39,35)   350m: 04:27,06 (00:39,46)   400m: 05:04,99 (00:37,93)	2012	SG Worms	05:04,99	452
4.	Nele Solveij Kämper 50m: 00:35,08 (00:35,08)   100m: 01:14,07 (00:38,99)   150m: 01:54,16 (00:40,09)   200m: 02:33,71 (00:39,55) 250m: 03:13,01 (00:39,30)   300m: 03:52,98 (00:39,97)   350m: 04:32,44 (00:39,46)   400m: 05:10,63 (00:38,19)	2012	SC Wiesbaden 1911	05:10,63	428
	nicht am Start Magdalena Bär	2012	SC Wfr. München		

**Jahrgang 2011**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Frida Zimmer 50m: 00:25,05 (00:25,05)   100m: 01:09,11 (00:44,06)   150m: 01:46,09 (00:36,98)   200m: 02:23,07 (00:36,98) 250m: 02:59,66 (00:36,59)   300m: 03:36,94 (00:37,28)   350m: 04:13,95 (00:37,01)   400m: 04:50,28 (00:36,33)	2011	SSG Saar Max Ritter	04:50,28	525
2.	Nadine Zellat 50m: 00:32,14 (00:32,14)   100m: 01:08,00 (00:35,86)   150m: 01:45,28 (00:37,28)   200m: 02:22,85 (00:37,57) 250m: 03:00,33 (00:37,48)   300m: 03:38,53 (00:38,20)   350m: 04:14,88 (00:36,35)   400m: 04:50,93 (00:36,05)	2011	SV Würzburg 05	04:50,93	521
3.	Enya Bentz 50m: 00:32,89 (00:32,89)   100m: 01:09,50 (00:36,61)   150m: 01:47,69 (00:38,19)   200m: 02:26,43 (00:38,74) 250m: 03:05,67 (00:39,24)   300m: 03:45,48 (00:39,81)   350m: 04:24,44 (00:38,96)   400m: 05:02,27 (00:37,83)	2011	SC Wörth	05:02,27	465
4.	Amelie Seltz 50m: 00:32,84 (00:32,84)   100m: 01:09,95 (00:37,11)   150m: 01:48,94 (00:38,99)   200m: 02:27,96 (00:39,02) 250m: 03:07,44 (00:39,48)   300m: 03:47,10 (00:39,66)   350m: 04:26,65 (00:39,55)   400m: 05:05,01 (00:38,36)	2011	SV Mannheim	05:05,01	452
5.	Nina Ackermann 50m: 00:34,48 (00:34,48)   100m: 01:12,33 (00:37,85)   150m: 01:51,85 (00:39,52)   200m: 02:31,31 (00:39,46) 250m: 03:11,47 (00:40,16)   300m: 03:50,94 (00:39,47)   350m: 04:30,26 (00:39,32)   400m: 05:07,91 (00:37,65)	2011	TSG Darmstadt	05:07,91	439
6.	Flora Reimertz 50m: 00:33,16 (00:33,16)   100m: 01:10,79 (00:37,63)   150m: 01:50,11 (00:39,32)   200m: 02:29,76 (00:39,65) 250m: 03:09,94 (00:40,18)   300m: 03:49,79 (00:39,85)   350m: 04:30,05 (00:40,26)   400m: 05:08,52 (00:38,47)	2011	Hofheimer SC	05:08,52	437
7.	Nora Wilke 50m: 00:33,71 (00:33,71)   100m: 01:11,98 (00:38,27)   150m: 01:51,36 (00:39,38)   200m: 02:31,46 (00:40,10) 250m: 03:11,45 (00:39,99)   300m: 03:51,29 (00:39,84)   350m: 04:30,85 (00:39,56)   400m: 05:08,85 (00:38,00)	2011	Kaiserslauterer SK	05:08,85	435



**noch Wettkampf 29 - 400m Freistil weiblich****Jahrgang 2010**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Carys Wagner 50m: 00:32,92 (00:32,92)   100m: 01:08,44 (00:35,52)   150m: 01:45,01 (00:36,57)   200m: 02:21,43 (00:36,42) 250m: 02:58,40 (00:36,97)   300m: 03:34,95 (00:36,55)   350m: 04:11,41 (00:36,46)   400m: 04:46,72 (00:35,31)	2010	SC Wfr. München	04:46,72	544
2.	Amélie Gieser 50m: 00:33,73 (00:33,73)   100m: 01:10,70 (00:36,97)   150m: 01:47,92 (00:37,22)   200m: 02:25,64 (00:37,72) 250m: 03:03,49 (00:37,85)   300m: 03:42,33 (00:38,84)   350m: 04:20,87 (00:38,54)   400m: 04:58,54 (00:37,67)	2010	SSG Saar Max Ritter	04:58,54	482
3.	Tamina Kessel 50m: 00:32,98 (00:32,98)   100m: 01:10,76 (00:37,78)   150m: 01:50,10 (00:39,34)   200m: 02:29,22 (00:39,12) 250m: 03:08,69 (00:39,47)   300m: 03:47,69 (00:39,00)   350m: 04:21,92 (00:34,23)   400m: 05:01,61 (00:39,69)	2010	WSV Großkrotzenburg	05:01,61	468
4.	Marie-Christin Karras 50m: 00:35,41 (00:35,41)   100m: 01:14,48 (00:39,07)   150m: 01:55,09 (00:40,61)   200m: 02:35,90 (00:40,81) 250m: 03:17,29 (00:41,39)   300m: 03:58,17 (00:40,88)   350m: 04:39,73 (00:41,56)   400m: 05:18,85 (00:39,12)	2010	SC Wfr. München	05:18,85	396

**Jahrgang 2009**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Sophia Teresa Kosumi 50m: 00:32,71 (00:32,71)   100m: 01:09,20 (00:36,49)   150m: 01:46,38 (00:37,18)   200m: 02:23,30 (00:36,92) 250m: 03:00,34 (00:37,04)   300m: 03:37,03 (00:36,69)   350m: 04:14,52 (00:37,49)   400m: 04:50,96 (00:36,44)	2009	SV Mannheim	04:50,96	521
2.	Sabina Ahmedov 50m: 00:33,69 (00:33,69)   100m: 01:10,49 (00:36,80)   150m: 01:48,97 (00:38,48)   200m: 02:27,50 (00:38,53) 250m: 03:06,07 (00:38,57)   300m: 03:44,72 (00:38,65)   350m: 04:23,05 (00:38,33)   400m: 04:58,16 (00:35,11)	2009	SC Wiesbaden 1911	04:58,16	484
3.	Livia Scheinker 50m: 00:34,27 (00:34,27)   100m: 01:12,63 (00:38,36)   150m: 01:51,97 (00:39,34)   200m: 02:31,58 (00:39,61) 250m: 03:11,09 (00:39,51)   300m: 03:50,99 (00:39,90)   350m: 04:30,64 (00:39,65)   400m: 05:07,91 (00:37,27)	2009	SV Mannheim	05:07,91	439
4.	Suri Song 50m: 00:34,72 (00:34,72)   100m: 01:13,35 (00:38,63)   150m: 01:53,10 (00:39,75)   200m: 02:32,60 (00:39,50) 250m: 03:12,60 (00:40,00)   300m: 03:52,33 (00:39,73)   350m: 04:31,76 (00:39,43)   400m: 05:09,44 (00:37,68)	2009	SV Mannheim	05:09,44	433

abgemeldet

Teresa Steinbach 2009 White Sharks BKS

**Jahrgang 2008**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Sophia Ivanova 50m: 00:34,50 (00:34,50)   100m: 01:12,08 (00:37,58)   150m: 01:50,38 (00:38,30)   200m: 02:29,43 (00:39,05) 250m: 03:08,45 (00:39,02)   300m: 03:48,08 (00:39,63)   350m: 04:27,64 (00:39,56)   400m: 05:06,84 (00:39,20)	2008	DJK-SSG Bensheim	05:06,84	444

abgemeldet

Vivien Joelle Häming 2008 SG StoBa

**Offene Wertung**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Sophia Herbsthoff 50m: 00:31,28 (00:31,28)   100m: 01:05,42 (00:34,14)   150m: 01:40,86 (00:35,44)   200m: 02:16,65 (00:35,79) 250m: 02:52,62 (00:35,97)   300m: 03:28,93 (00:36,31)   350m: 04:05,47 (00:36,54)   400m: 04:40,99 (00:35,52)	2004	DSW 1912 Darmstadt	04:40,99	578



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

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
2.	Laetitia Adelhardt 50m: 00:32,72 (00:32,72)   100m: 01:09,39 (00:36,67)   150m: 01:46,35 (00:36,96)   200m: 02:23,65 (00:37,30) 250m: 03:00,34 (00:36,69)   300m: 03:37,44 (00:37,10)   350m: 04:13,72 (00:36,28)   400m: 04:46,51 (00:32,79)	2012	SC Wfr. München	04:46,51	546
3.	Carys Wagner 50m: 00:32,92 (00:32,92)   100m: 01:08,44 (00:35,52)   150m: 01:45,01 (00:36,57)   200m: 02:21,43 (00:36,42) 250m: 02:58,40 (00:36,97)   300m: 03:34,95 (00:36,55)   350m: 04:11,41 (00:36,46)   400m: 04:46,72 (00:35,31)	2010	SC Wfr. München	04:46,72	544
4.	Frida Zimmer 50m: 00:25,05 (00:25,05)   100m: 01:09,11 (00:44,06)   150m: 01:46,09 (00:36,98)   200m: 02:23,07 (00:36,98) 250m: 02:59,66 (00:36,59)   300m: 03:36,94 (00:37,28)   350m: 04:13,95 (00:37,01)   400m: 04:50,28 (00:36,33)	2011	SSG Saar Max Ritter	04:50,28	525
5.	Nadine Zellat 50m: 00:32,14 (00:32,14)   100m: 01:08,00 (00:35,86)   150m: 01:45,28 (00:37,28)   200m: 02:22,85 (00:37,57) 250m: 03:00,33 (00:37,48)   300m: 03:38,53 (00:38,20)   350m: 04:14,88 (00:36,35)   400m: 04:50,93 (00:36,05)	2011	SV Würzburg 05	04:50,93	521
6.	Sophia Teresa Kosumi 50m: 00:32,71 (00:32,71)   100m: 01:09,20 (00:36,49)   150m: 01:46,38 (00:37,18)   200m: 02:23,30 (00:36,92) 250m: 03:00,34 (00:37,04)   300m: 03:37,03 (00:36,69)   350m: 04:14,52 (00:37,49)   400m: 04:50,96 (00:36,44)	2009	SV Mannheim	04:50,96	521
7.	Mathilda Stühler 50m: 00:33,28 (00:33,28)   100m: 01:09,56 (00:36,28)   150m: 01:47,08 (00:37,52)   200m: 02:25,01 (00:37,93) 250m: 03:03,57 (00:38,56)   300m: 03:42,04 (00:38,47)   350m: 04:20,74 (00:38,70)   400m: 04:57,15 (00:36,41)	2012	SV Würzburg 05	04:57,15	489
8.	Sabina Ahmedov 50m: 00:33,69 (00:33,69)   100m: 01:10,49 (00:36,80)   150m: 01:48,97 (00:38,48)   200m: 02:27,50 (00:38,53) 250m: 03:06,07 (00:38,57)   300m: 03:44,72 (00:38,65)   350m: 04:23,05 (00:38,33)   400m: 04:58,16 (00:35,11)	2009	SC Wiesbaden 1911	04:58,16	484
9.	Amélie Gieser 50m: 00:33,73 (00:33,73)   100m: 01:10,70 (00:36,97)   150m: 01:47,92 (00:37,22)   200m: 02:25,64 (00:37,72) 250m: 03:03,49 (00:37,85)   300m: 03:42,33 (00:38,84)   350m: 04:20,87 (00:38,54)   400m: 04:58,54 (00:37,67)	2010	SSG Saar Max Ritter	04:58,54	482
10.	Patrizia Maus 50m: 00:33,41 (00:33,41)   100m: 01:10,29 (00:36,88)   150m: 01:47,90 (00:37,61)   200m: 02:26,33 (00:38,43) 250m: 03:04,72 (00:38,39)   300m: 03:43,76 (00:39,04)   350m: 04:21,77 (00:38,01)   400m: 04:59,03 (00:37,26)	2000	SG Soden Kelkheim	04:59,03	480
11.	Daniela Becker 50m: 00:33,22 (00:33,22)   100m: 01:09,48 (00:36,26)   150m: 01:47,75 (00:38,27)   200m: 02:26,58 (00:38,83) 250m: 03:05,56 (00:38,98)   300m: 03:44,15 (00:38,59)   350m: 04:23,05 (00:38,90)   400m: 05:00,15 (00:37,10)	1980	TSG Darmstadt	05:00,15	474
12.	Luise Mans 50m: 00:33,09 (00:33,09)   100m: 01:10,74 (00:37,65)   150m: 01:49,01 (00:38,27)   200m: 02:27,87 (00:38,86) 250m: 03:07,19 (00:39,32)   300m: 03:46,78 (00:39,59)   350m: 04:25,32 (00:38,54)   400m: 05:01,03 (00:35,71)	2006	WSV Großkrotzenburg	05:01,03	470
13.	Tamina Kessel 50m: 00:32,98 (00:32,98)   100m: 01:10,76 (00:37,78)   150m: 01:50,10 (00:39,34)   200m: 02:29,22 (00:39,12) 250m: 03:08,69 (00:39,47)   300m: 03:47,69 (00:39,00)   350m: 04:21,92 (00:34,23)   400m: 05:01,61 (00:39,69)	2010	WSV Großkrotzenburg	05:01,61	468
14.	Enya Bentz 50m: 00:32,89 (00:32,89)   100m: 01:09,50 (00:36,61)   150m: 01:47,69 (00:38,19)   200m: 02:26,43 (00:38,74) 250m: 03:05,67 (00:39,24)   300m: 03:45,48 (00:39,81)   350m: 04:24,44 (00:38,96)   400m: 05:02,27 (00:37,83)	2011	SC Wörth	05:02,27	465
15.	Lea Attig 50m: 00:34,61 (00:34,61)   100m: 01:11,95 (00:37,34)   150m: 01:50,28 (00:38,33)   200m: 02:29,15 (00:38,87) 250m: 03:08,25 (00:39,10)   300m: 03:47,60 (00:39,35)   350m: 04:27,06 (00:39,46)   400m: 05:04,99 (00:37,93)	2012	SG Worms	05:04,99	452
16.	Amelie Seltz 50m: 00:32,84 (00:32,84)   100m: 01:09,95 (00:37,11)   150m: 01:48,94 (00:38,99)   200m: 02:27,96 (00:39,02) 250m: 03:07,44 (00:39,48)   300m: 03:47,10 (00:39,66)   350m: 04:26,65 (00:39,55)   400m: 05:05,01 (00:38,36)	2011	SV Mannheim	05:05,01	452



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

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
17.	Sophia Ivanova 50m: 00:34,50 (00:34,50)   100m: 01:12,08 (00:37,58)   150m: 01:50,38 (00:38,30)   200m: 02:29,43 (00:39,05) 250m: 03:08,45 (00:39,02)   300m: 03:48,08 (00:39,63)   350m: 04:27,64 (00:39,56)   400m: 05:06,84 (00:39,20)	2008	DJK-SSG Bensheim	05:06,84	444
18.	Livia Scheinker 50m: 00:34,27 (00:34,27)   100m: 01:12,63 (00:38,36)   150m: 01:51,97 (00:39,34)   200m: 02:31,58 (00:39,61) 250m: 03:11,09 (00:39,51)   300m: 03:50,99 (00:39,90)   350m: 04:30,64 (00:39,65)   400m: 05:07,91 (00:37,27)	2009	SV Mannheim	05:07,91	439
18.	Nina Ackermann 50m: 00:34,48 (00:34,48)   100m: 01:12,33 (00:37,85)   150m: 01:51,85 (00:39,52)   200m: 02:31,31 (00:39,46) 250m: 03:11,47 (00:40,16)   300m: 03:50,94 (00:39,47)   350m: 04:30,26 (00:39,32)   400m: 05:07,91 (00:37,65)	2011	TSG Darmstadt	05:07,91	439
20.	Flora Reimertz 50m: 00:33,16 (00:33,16)   100m: 01:10,79 (00:37,63)   150m: 01:50,11 (00:39,32)   200m: 02:29,76 (00:39,65) 250m: 03:09,94 (00:40,18)   300m: 03:49,79 (00:39,85)   350m: 04:30,05 (00:40,26)   400m: 05:08,52 (00:38,47)	2011	Hofheimer SC	05:08,52	437
21.	Nora Wilke 50m: 00:33,71 (00:33,71)   100m: 01:11,98 (00:38,27)   150m: 01:51,36 (00:39,38)   200m: 02:31,46 (00:40,10) 250m: 03:11,45 (00:39,99)   300m: 03:51,29 (00:39,84)   350m: 04:30,85 (00:39,56)   400m: 05:08,85 (00:38,00)	2011	Kaiserslauterer SK	05:08,85	435
22.	Suri Song 50m: 00:34,72 (00:34,72)   100m: 01:13,35 (00:38,63)   150m: 01:53,10 (00:39,75)   200m: 02:32,60 (00:39,50) 250m: 03:12,60 (00:40,00)   300m: 03:52,33 (00:39,73)   350m: 04:31,76 (00:39,43)   400m: 05:09,44 (00:37,68)	2009	SV Mannheim	05:09,44	433
23.	Nele Solveij Kämper 50m: 00:35,08 (00:35,08)   100m: 01:14,07 (00:38,99)   150m: 01:54,16 (00:40,09)   200m: 02:33,71 (00:39,55) 250m: 03:13,01 (00:39,30)   300m: 03:52,98 (00:39,97)   350m: 04:32,44 (00:39,46)   400m: 05:10,63 (00:38,19)	2012	SC Wiesbaden 1911	05:10,63	428
24.	Marie-Christin Karras 50m: 00:35,41 (00:35,41)   100m: 01:14,48 (00:39,07)   150m: 01:55,09 (00:40,61)   200m: 02:35,90 (00:40,81) 250m: 03:17,29 (00:41,39)   300m: 03:58,17 (00:40,88)   350m: 04:39,73 (00:41,56)   400m: 05:18,85 (00:39,12)	2010	SC Wfr. München	05:18,85	396

