

**Wettkampf 229 - 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 2016**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Ida Bings	2016	SG EWR Rheinhessen-Mainz	06:04,10	266
	50m: 00:39,86 (00:39,86)   100m: 01:25,51 (00:45,65)   150m: 02:12,26 (00:46,75)   200m: 02:58,29 (00:46,03) 250m: 03:46,25 (00:47,96)   300m: 04:33,69 (00:47,44)   350m: 05:20,46 (00:46,77)   400m: 06:04,10 (00:43,64)				
2.	Sophia Bennani	2016	DSW 1912 Darmstadt	06:14,03	245
	50m: 00:39,80 (00:39,80)   100m: 01:25,94 (00:46,14)   150m: 02:13,71 (00:47,77)   200m: 03:01,73 (00:48,02) 250m: 03:50,18 (00:48,45)   300m: 04:39,08 (00:48,90)   350m: 05:28,00 (00:48,92)   400m: 06:14,03 (00:46,03)				

**Jahrgang 2015**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Emma Marie Bösser	2015	VfL 1860 Marburg	05:09,09	434
	50m: 00:34,09 (00:34,09)   100m: 01:11,60 (00:37,51)   150m: 01:50,29 (00:38,69)   200m: 02:29,72 (00:39,43) 250m: 03:09,65 (00:39,93)   300m: 03:49,75 (00:40,10)   350m: 04:30,44 (00:40,69)   400m: 05:09,09 (00:38,65)				
2.	Anni Fehle	2015	SC Chemnitz von 1892	05:27,51	365
	50m: 00:36,56 (00:36,56)   100m: 01:17,32 (00:40,76)   150m: 01:51,21 (00:33,89)   200m: 02:41,06 (00:49,85) 250m: 03:08,72 (00:27,66)   300m: 04:05,64 (00:56,92)   350m: 04:35,61 (00:29,97)   400m: 05:27,51 (00:51,90)				
3.	Sophia Bashtanova	2015	SSG Saar Max Ritter	05:33,86	345
	50m: 00:38,17 (00:38,17)   100m: 01:19,79 (00:41,62)   150m: 02:02,09 (00:42,30)   200m: 02:44,79 (00:42,70) 250m: 03:28,32 (00:43,53)   300m: 04:11,61 (00:43,29)   350m: 04:54,49 (00:42,88)   400m: 05:33,86 (00:39,37)				
4.	Linea Gerdemann	2015	SSG Saar Max Ritter	05:52,94	292
	50m: 00:40,73 (00:40,73)   100m: 01:25,34 (00:44,61)   150m: 02:00,54 (00:35,20)   200m: 02:55,65 (00:55,11) 250m: 03:41,47 (00:45,82)   300m: 04:26,08 (00:44,61)   350m: 05:10,26 (00:44,18)   400m: 05:52,94 (00:42,68)				
5.	Manon Schrenk	2015	DSW 1912 Darmstadt	06:12,93	247
	50m: 00:39,39 (00:39,39)   100m: 01:25,40 (00:46,01)   150m: 02:12,42 (00:47,02)   200m: 03:00,77 (00:48,35) 250m: 03:49,50 (00:48,73)   300m: 04:38,14 (00:48,64)   350m: 05:18,95 (00:40,81)   400m: 06:12,93 (00:53,98)				
6.	Carlotta Wolf	2015	TSG Darmstadt	06:22,83	228
	50m: 00:41,35 (00:41,35)   100m: 01:28,49 (00:47,14)   150m: 02:18,12 (00:49,63)   200m: 03:08,70 (00:50,58) 250m: 03:58,95 (00:50,25)   300m: 04:49,73 (00:50,78)   350m: 05:38,40 (00:48,67)   400m: 06:22,83 (00:44,43)				
7.	Anabel Fronhoffs	2015	DSW 1912 Darmstadt	06:24,58	225
	50m: 00:31,55 (00:31,55)   100m: 01:33,93 (01:02,38)   150m: 02:23,34 (00:49,41)   200m: 03:13,61 (00:50,27) 250m: 04:02,59 (00:48,98)   300m: 04:51,34 (00:48,75)   350m: 05:34,34 (00:43,00)   400m: 06:24,58 (00:50,24)				
8.	Magdalena Moser	2015	DSW 1912 Darmstadt	06:38,78	202
	50m: 00:44,55 (00:44,55)   100m: 01:34,93 (00:50,38)   150m: 02:26,68 (00:51,75)   200m: 03:18,89 (00:52,21) 250m: 04:11,21 (00:52,32)   300m: 05:01,63 (00:50,42)   350m: 05:51,49 (00:49,86)   400m: 06:38,78 (00:47,29)				

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Adeline Pierre-Louis	2015	Aquakids Kaiserslautern
Helena Sarai Hotz	2015	DSW 1912 Darmstadt

abgemeldet

Isabella Marie Reutzel	2015	VfL 1860 Marburg
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**noch Wettkampf 229 - 400m Freistil weiblich****Jahrgang 2014**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Greta Carola Eckert	2014	TuS Griesheim	06:27,21	221
	50m: 00:41,25 (00:41,25)   100m: 01:29,84 (00:48,59)   150m: 02:19,61 (00:49,77)   200m: 03:09,06 (00:49,45) 250m: 04:00,18 (00:51,12)   300m: 04:49,36 (00:49,18)   350m: 05:39,32 (00:49,96)   400m: 06:27,21 (00:47,89)				

**Jahrgang 2013**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Miia Bartash	2013	DSW 1912 Darmstadt	04:58,42	483
	50m: 00:32,85 (00:32,85)   100m: 01:11,57 (00:38,72)   150m: 01:49,90 (00:38,33)   200m: 02:28,13 (00:38,23) 250m: 03:01,16 (00:33,03)   300m: 03:45,96 (00:44,80)   350m: 04:23,29 (00:37,33)   400m: 04:58,42 (00:35,13)				
2.	Lisa Schwartmann	2013	DSW 1912 Darmstadt	05:00,79	471
	50m: 00:33,11 (00:33,11)   100m: 01:09,80 (00:36,69)   150m: 01:48,33 (00:38,53)   200m: 02:26,97 (00:38,64) 250m: 03:05,74 (00:38,77)   300m: 03:44,08 (00:38,34)   350m: 04:22,93 (00:38,85)   400m: 05:00,79 (00:37,86)				
3.	Elli Glashauser	2013	SC Wfr. München	05:12,12	422
	50m: 00:35,60 (00:35,60)   100m: 01:14,08 (00:38,48)   150m: 01:53,65 (00:39,57)   200m: 02:33,66 (00:40,01) 250m: 03:14,07 (00:40,41)   300m: 03:54,47 (00:40,40)   350m: 04:33,74 (00:39,27)   400m: 05:12,12 (00:38,38)				
4.	Mila Schläwe	2013	TSG Darmstadt	05:13,73	415
	50m: 00:34,19 (00:34,19)   100m: 01:12,89 (00:38,70)   150m: 01:52,93 (00:40,04)   200m: 02:31,74 (00:38,81) 250m: 03:12,25 (00:40,51)   300m: 03:53,15 (00:40,90)   350m: 04:34,50 (00:41,35)   400m: 05:13,73 (00:39,23)				
5.	Luca Anna Zink	2013	VfL 1860 Marburg	05:14,22	413
	50m: 00:33,63 (00:33,63)   100m: 01:12,17 (00:38,54)   150m: 01:51,98 (00:39,81)   200m: 02:32,50 (00:40,52) 250m: 03:13,08 (00:40,58)   300m: 03:53,61 (00:40,53)   350m: 04:34,24 (00:40,63)   400m: 05:14,22 (00:39,98)				
6.	Mara Knuth	2013	SC Wiesbaden 1911	05:14,28	413
	50m: 00:35,57 (00:35,57)   100m: 01:14,94 (00:39,37)   150m: 01:55,22 (00:40,28)   200m: 02:35,02 (00:39,80) 250m: 03:15,63 (00:40,61)   300m: 03:56,03 (00:40,40)   350m: 04:36,37 (00:40,34)   400m: 05:14,28 (00:37,91)				
7.	Finja Willbuck	2013	SG EWR Rheinhessen-Mainz	05:16,55	404
	50m: 00:35,89 (00:35,89)   100m: 01:14,84 (00:38,95)   200m: 02:36,39 (01:21,55)   300m: 03:57,35 (01:20,96) 350m: 04:37,81 (00:40,46)   400m: 05:16,55 (00:38,74)				
8.	Änni Schultetus	2013	SG EWR Rheinhessen-Mainz	05:24,98	374
	50m: 00:37,08 (00:37,08)   100m: 01:19,71 (00:42,63)   150m: 01:57,86 (00:38,15)   200m: 02:42,73 (00:44,87) 250m: 03:11,09 (00:28,36)   300m: 04:05,99 (00:54,90)   350m: 04:46,32 (00:40,33)   400m: 05:24,98 (00:38,66)				
9.	Mona Bendadouch	2013	TV 1862 e.V. Bad Mergentheim	05:26,88	367
	50m: 00:36,90 (00:36,90)   100m: 01:17,47 (00:40,57)   150m: 01:59,42 (00:41,95)   200m: 02:41,67 (00:42,25) 250m: 03:24,41 (00:42,74)   300m: 04:06,73 (00:42,32)   350m: 04:48,39 (00:41,66)   400m: 05:26,88 (00:38,49)				
10.	Mila Baulig	2013	SG Worms	05:37,44	334
	50m: 00:38,30 (00:38,30)   100m: 01:20,12 (00:41,82)   150m: 02:03,19 (00:43,07)   200m: 02:46,12 (00:42,93) 250m: 03:29,83 (00:43,71)   300m: 04:13,34 (00:43,51)   350m: 04:56,58 (00:43,24)   400m: 05:37,44 (00:40,86)				
11.	Alma Rulhoff	2013	TSG Darmstadt	06:00,01	275
	100m: 01:23,45 (01:23,45)   150m: 02:09,16 (00:45,71)   200m: 02:54,14 (00:44,98)   250m: 03:40,83 (00:46,69) 300m: 04:28,03 (00:47,20)   350m: 05:15,87 (00:47,84)   400m: 06:00,01 (00:44,14)				

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Emily Chen                      2013      SC Wfr. München

