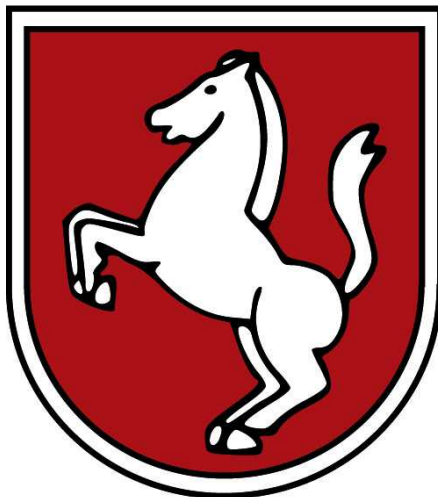


Schwimm-Verband Südwestfalen

Südwestfälische Meisterschaften der Lang- und Mittelstrecken Südwestfälische Masters-Meisterschaften der langen Strecken Südwestfälischer Schwimm-Mehrkampf (SMK)



Protokoll Abschnitt 4

Veranstalter:	Schwimm-Verband Südwestfalen e.V.
Ausrichter:	Kreisverband Schwimmen Dortmund e.V.
Austragungsort:	Südbad Dortmund, ,
Startbahnen:	8, Wellenkiller-Leinen
Bahnlänge:	50m
Wassertiefe:	1,80 m
Wassertemperatur:	25 Grad Celsius
Zeitmessung:	Automatische Zeitnahme / Handzeitnahme

Abschnitt 1, Samstag, 17. Februar 2024

Einlass:	Kampfrichtersitzung:	Ende Einschwimmen:	Beginn:
09:00 Uhr	09:15 Uhr	09:55 Uhr	10:00 Uhr

Abschnitt 2, Samstag, 17. Februar 2024

Einlass:	Kampfrichtersitzung:	Ende Einschwimmen:	Beginn:
--:-- Uhr	--:-- Uhr	--:-- Uhr	60 Min. nach Abs. 1

Abschnitt 3, Sonntag, 18. Februar 2024

Einlass:	Kampfrichtersitzung:	Ende Einschwimmen:	Beginn:
09:00 Uhr	09:15 Uhr	09:55 Uhr	10:00 Uhr

Abschnitt 4, Sonntag, 18. Februar 2024

Einlass:	Kampfrichtersitzung:	Ende Einschwimmen:	Beginn:
--:-- Uhr	--:-- Uhr	--:-- Uhr	60 Min. nach Abs. 1

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

vom 17.02.2024 bis 18.02.2024 | Südbad Dortmund

Veranstalter: Schwimm-Verband Südwestfalen e.V. | Ausrichter: Kreisverband Schwimmen Dortmund e.V.

Anzahl Meldungen, Abschnitt 4

Teilnehmer: weiblich/männlich Meldungen: Einzel/Staffel

Schwimmverband Nordrhein-Westfalen (LSV-Nr.: 17)

Verein	DSV-Id	Teilnehmer	Abs.4
ATV 1878 Dorstfeld	2655	2/ 0	2/ 0
Mendener SV	5170	1/ 1	2/ 0
Rote Erde/SWIM-TEAM TuS 1859 Hamm	7084	4/ 1	5/ 0
SC Gut Naß Altena	2813	1/ 0	1/ 0
SC Wiking Herne 1921	2847	2/ 2	4/ 0
SF Unna 01/10	2853	1/ 1	2/ 0
SG Dortmund	2636	12/ 16	28/ 0
SG Eintracht Ergste	2867	1/ 0	1/ 0
SG Lünen	2881	1/ 1	2/ 0
SG Ruhr	5454	5/ 9	14/ 0
SG Siegen	6352	14/ 5	19/ 0
SG Wassersport Iserlohn	6651	6/ 1	7/ 0
Sport Union Annen	2926	0/ 2	2/ 0
SSC Hörde 54/58 e.V.	2850	4/ 6	10/ 0
SV Bieber 67 Lendringsen	2935	0/ 1	1/ 0
SV Blau-Weiß Bochum	2954	12/ 9	21/ 0
SV Hagen 1894	2979	3/ 0	3/ 0
SV Plettenberg 1951 e.V.	3013	3/ 3	6/ 0
SV Schwerte 06	3024	6/ 3	9/ 0
SV Wasserfreunde Soest e.V. 1913	3040	1/ 0	1/ 0
SV Westfalen Hagen	3035	1/ 0	1/ 0
SWIM-TEAM TV 1862 Geseke	3145	0/ 1	1/ 0
Teutonia Lippstadt	2760	3/ 1	4/ 0
Turn- u. Skiklub Breckerfeld	3078	1/ 2	3/ 0
TuS Dortmund-Brackel	3106	3/ 2	5/ 0
TuS Sundern	3087	1/ 2	3/ 0
TV Grüne Linde 1901	3142	0/ 1	1/ 0
VfL Kemminghausen	3207	1/ 0	1/ 0
Wfr. Lüdenscheid	3227	1/ 0	1/ 0
Wfr. TuRa Bergkamen	3229	0/ 2	2/ 0
Gesamt für den Verband		90/ 72	162/ 0

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

vom 17.02.2024 bis 18.02.2024 | Südbad Dortmund

Veranstalter: Schwimm-Verband Südwestfalen e.V. | Ausrichter: Kreisverband Schwimmen Dortmund e.V.

Abschnitt 4 - Sonntag 18.02.2024

Einlass: 00:00 nach Abs.3 | Einschwimmen: 00:00 nach Abs.3 | Kampfrichtersitzung: 00:00 nach Abs.3
Beginn: 01:00 nach Abs.3

Kampfgericht Abschnitt 4

Position	Name	Verein
Schiedsrichter weiblich	Franco Murgia	SVSW
Schiedsrichter männlich	Markus Kohnen	SVSW
Starter weiblich	Frank Sette	SG Lünen
Starter männlich	Henning Jordan	SVSW
Schwimmrichter 1	Udo Fiegenbaum	SG Lünen
Schwimmrichter 2	Lasse Dumke	SG Ruhr
Sprecher 1	Sabrina Fettin	SVSW
Auswerter 1	Bettina Fettin	SVSW
Protokollführer	Oliver Reinert	SVSW
Zeitmessung	Markus Kleber	TuS Dortmund-Brackel

Zielgericht

Position	Name	Verein
Zielrichterobmann	Britta Hackländer	SG Lünen
Zielrichter 1	Gaby Wächter	SG Wassersport Iserlohn
Zielrichter 2	Marion Kroes	SV Hagen 1894

Zeitgericht 1

Position	Name	Verein
Zeitnehmerobmann	Fabian Rudkowski	SV Blau-Weiß Bochum
Zeitnehmer Bahn 1	Micaela Riebel	SSC Hörde 54/58 e.V.
Zeitnehmer Bahn 2	Daniel Frickemeier	TuS Dortmund-Brackel
Zeitnehmer Bahn 3	Kala Böck	SSC Hörde 54/58 e.V.
Zeitnehmer Bahn 4	Kirsten Hagebeuker	Turn- u. Skiklub Breckerfeld
Zeitnehmer Bahn 5	Ann-Katrin Wegener	SSC Hörde 54/58 e.V.
Zeitnehmer Bahn 6	Sandra Mühling	ATV 1878 Dorstfeld
Zeitnehmer Bahn 7	Martin Biskup	SV Blau-Weiß Bochum
Zeitnehmer Bahn 8	Julius Schwager	SG Dortmund

Zeitgericht 2

Position	Name	Verein
Zeitnehmer Bahn 1	Kathrin Fritz	Mendener SV
Zeitnehmer Bahn 2	Nicole Lichte	Rote Erde/SWIM-TEAM TuS 1859 Hamm
Zeitnehmer Bahn 3	Patricia Drews	SV Schwerte 06
Zeitnehmer Bahn 4	Susanne Nitschke	SF Unna 01/10
Zeitnehmer Bahn 5	Silke Pichura-Falletta	SV Blau-Weiß Bochum
Zeitnehmer Bahn 6	Lisa Schaaf	SG Ruhr
Zeitnehmer Bahn 7	Alexander Schmidt	SG Ruhr (A)
Zeitnehmer Bahn 8	Mario Volmer	SG Dortmund
Reservezeitnehmer 1	Sven Zimmermann	Teutonia Lippstadt

Wendegericht

Position	Name	Verein
Wenderichter Obmann	Sabrina Mallinkrodt	SG Siegen
Wenderichter Bahn 1	Jörg Droste	VfL Kemminghausen
Wenderichter Bahn 2	Daniela Drexelius	SV Plettenberg 1951 e.V.
Wenderichter Bahn 3	Brigitte Dobrinsky	SG Wassersport Iserlohn

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

vom 17.02.2024 bis 18.02.2024 | Südbad Dortmund

Veranstalter: Schwimm-Verband Südwestfalen e.V. | Ausrichter: Kreisverband Schwimmen Dortmund e.V.

Weitere Kampfrichter

Position	Name	Verein
Schimmrichter	Uwe Hermann	SSC Hörde 54/58 e.V.

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Wettkampffolge für Abschnitt 4

- Wettkampf 19 - 800m Freistil weiblich - Masters
- Wettkampf 20 - 800m Freistil weiblich
- Wettkampf 21 - 800m Freistil männlich - Masters
- Wettkampf 22 - 1500m Freistil männlich

Wettkampf 19 - 800m Freistil weiblich - Masters

AK 70

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälische Masters-Meisterin					
	Petra Henn	1950/AK 70	Turn- u. Skiklub Breckerfeld	19:01,83	76
	100m: 02:12,87 (02:12,87) 200m: 04:34,17 (02:21,30) 300m: 06:57,82 (02:23,65)				
	400m: 09:21,31 (02:23,49) 500m: 11:46,92 (02:25,61) 600m: 14:11,44 (02:24,52)				
	700m: 16:36,42 (02:24,98) 800m: 19:01,83 (02:25,41)				

AK 55

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälische Masters-Meisterin					
	Teodora König	1966/AK 55	SC Gut Naß Altena	12:43,82	255
	100m: 01:27,65 (01:27,65) 200m: 03:04,86 (01:37,21) 300m: 04:41,95 (01:37,09)				
	400m: 06:19,13 (01:37,18) 500m: 07:55,68 (01:36,55) 600m: 09:32,54 (01:36,86)				
	700m: 11:09,79 (01:37,25) 800m: 12:43,82 (01:34,03)				
2.	Undine Botz	1965/AK 55	SV Hagen 1894	13:50,86	198
	100m: 01:33,55 (01:33,55) 200m: 03:16,28 (01:42,73) 300m: 05:02,97 (01:46,69)				
	400m: 06:49,10 (01:46,13) 500m: 08:25,40 (01:36,30) 600m: 10:21,30 (01:55,90)				
	700m: 12:07,32 (01:46,02) 800m: 13:50,86 (01:43,54)				

AK 50

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälische Masters-Meisterin					
	Tanja Kirchhoff	1974/AK 50	SC Wiking Herne 1921	13:58,94	192
	100m: 01:34,84 (01:34,84) 200m: 03:22,09 (01:47,25) 300m: 05:09,13 (01:47,04)				
	400m: 06:56,73 (01:47,60) 500m: 08:43,62 (01:46,89) 600m: 10:30,15 (01:46,53)				
	700m: 12:16,97 (01:46,82) 800m: 13:58,94 (01:41,97)				

AK 45

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälische Masters-Meisterin					
	Daniela Brand	1978/AK 45	SV Hagen 1894	12:23,97	276
	100m: 01:24,72 (01:24,72) 200m: 02:57,75 (01:33,03) 300m: 04:32,56 (01:34,81)				
	400m: 06:06,91 (01:34,35) 500m: 07:42,03 (01:35,12) 600m: 09:16,56 (01:34,53)				
	700m: 10:51,44 (01:34,88) 800m: 12:23,97 (01:32,53)				
2.	Sarah Fladung	1978/AK 45	SG Lünen	12:31,34	268
	100m: 01:26,53 (01:26,53) 200m: 03:01,01 (01:34,48) 300m: 04:37,17 (01:36,16)				
	400m: 06:13,58 (01:36,41) 500m: 07:48,85 (01:35,27) 600m: 09:23,84 (01:34,99)				
	700m: 10:59,20 (01:35,36) 800m: 12:31,34 (01:32,14)				

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

AK 40

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälische Masters-Meisterin					
	Janine Gallisch	1981/AK 40	ATV 1878 Dorstfeld	13:54,23	196
	100m: 01:32,62 (01:32,62) 200m: 03:17,33 (01:44,71) 300m: 05:02,95 (01:45,62)				
	400m: 06:50,33 (01:47,38) 500m: 08:36,82 (01:46,49) 600m: 10:24,23 (01:47,41)				
	700m: 12:09,33 (01:45,10) 800m: 13:54,23 (01:44,90)				

AK 35

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
	<u>abgemeldet</u>				
	Izabela Kisiel	1988/AK 35	SG Wassersport Iserlohn		

AK 30

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälische Masters-Meisterin					
	Pia Freitag	1994/AK 30	TuS Sundern	11:15,38	369
	100m: 01:18,19 (01:18,19) 200m: 02:21,36 (01:03,17) 300m: 04:05,58 (01:44,22)				
	400m: 05:30,58 (01:25,00) 500m: 06:56,58 (01:26,00) 600m: 08:24,02 (01:27,44)				
	700m: 09:50,64 (01:26,62) 800m: 11:15,38 (01:24,74)				

AK 25

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälische Masters-Meisterin					
	Ayleen Kramer	1999/AK 25	SV Hagen 1894	10:00,37	526
	100m: 01:07,17 (01:07,17) 200m: 02:21,72 (01:14,55) 300m: 03:37,70 (01:15,98)				
	400m: 04:54,47 (01:16,77) 500m: 06:11,52 (01:17,05) 600m: 07:28,92 (01:17,40)				
	700m: 08:46,08 (01:17,16) 800m: 10:00,37 (01:14,29)				
2.	Katharina Neuhaus	1997/AK 25	SF Unna 01/10	10:56,54	402
	100m: 01:12,42 (01:12,42) 200m: 02:33,37 (01:20,95) 300m: 03:56,26 (01:22,89)				
	400m: 05:20,41 (01:24,15) 500m: 06:44,47 (01:24,06) 600m: 08:09,29 (01:24,82)				
	700m: 09:34,17 (01:24,88) 800m: 10:56,54 (01:22,37)				
3.	Nele Pommerening	1998/AK 25	ATV 1878 Dorstfeld	12:32,53	267
	100m: 01:22,22 (01:22,22) 200m: 02:57,65 (01:35,43) 300m: 04:35,25 (01:37,60)				
	400m: 06:11,25 (01:36,00) 500m: 07:47,15 (01:35,90) 600m: 09:24,47 (01:37,32)				
	700m: 11:00,43 (01:35,96) 800m: 12:32,53 (01:32,10)				

AK 20

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälische Masters-Meisterin					
	Lea Walter	2004/AK 20	SG Siegen	11:51,99	315
	100m: 01:23,57 (01:23,57) 200m: 02:56,42 (01:32,85) 300m: 04:28,21 (01:31,79)				
	400m: 05:58,54 (01:30,33) 500m: 07:28,32 (01:29,78) 600m: 08:57,29 (01:28,97)				
	700m: 10:26,31 (01:29,02) 800m: 11:51,99 (01:25,68)				
2.	Maren Sauer	2001/AK 20	SG Siegen	12:04,73	299
	200m: 02:54,76 (02:54,76) 300m: 04:26,68 (01:31,92) 400m: 05:58,76 (01:32,08)				
	500m: 07:31,32 (01:32,56) 600m: 09:04,16 (01:32,84) 700m: 10:34,88 (01:30,72)				
	800m: 12:04,73 (01:29,85)				
3.	Leyan Kaygusuz	2004/AK 20	SC Wiking Herne 1921	12:17,03	284
	100m: 01:20,47 (01:20,47) 200m: 02:50,43 (01:29,96) 300m: 04:24,47 (01:34,04)				
	400m: 06:00,16 (01:35,69) 500m: 07:35,44 (01:35,28) 600m: 09:09,61 (01:34,17)				
	700m: 10:44,21 (01:34,60) 800m: 12:17,03 (01:32,82)				

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

vom 17.02.2024 bis 18.02.2024 | Südbad Dortmund

Veranstalter: Schwimm-Verband Südwestfalen e.V. | Ausrichter: Kreisverband Schwimmen Dortmund e.V.

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
4.	Angelina Dzhumelya	2001/AK 20	SV Schwerte 06	12:27,45	272
	100m: 01:19,89 (01:19,89) 200m: 02:50,97 (01:31,08) 300m: 04:26,29 (01:35,32)				
	400m: 06:00,84 (01:34,55) 500m: 07:39,59 (01:38,75) 600m: 09:17,59 (01:38,00)				
	700m: 10:54,87 (01:37,28) 800m: 12:27,45 (01:32,58)				

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

vom 17.02.2024 bis 18.02.2024 | Südbad Dortmund

Veranstalter: Schwimm-Verband Südwestfalen e.V. | Ausrichter: Kreisverband Schwimmen Dortmund e.V.

Wettkampf 20 - 800m Freistil weiblich

Pflichtzeiten

Jg.2013: 15:01,00 Jg.2012: 14:44,00 Jg.2011: 13:18,00 Jg.2010: 12:13,00 Jg.2009: 11:59,00 Jg.2008: 11:44,00 Jg.2007: 11:40,00
Offen: 11:24,00

Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälische Jahrgangsmeisterin					
	Laura Dück	2013	SG Dortmund	11:26,55	352
	100m: 01:18,51 (01:18,51) 200m: 02:44,50 (01:25,99) 300m: 04:12,10 (01:27,60)				
	400m: 05:40,45 (01:28,35) 500m: 07:07,75 (01:27,30) 600m: 08:36,39 (01:28,64)				
	700m: 10:02,92 (01:26,53) 800m: 11:26,55 (01:23,63)				
2.	Ella Hartmann	2013	SG Dortmund	11:41,57	329
	100m: 01:24,10 (01:24,10) 200m: 02:54,07 (01:29,97) 300m: 04:24,04 (01:29,97)				
	400m: 05:51,85 (01:27,81) 500m: 07:21,69 (01:29,84) 600m: 08:51,22 (01:29,53)				
	700m: 10:20,25 (01:29,03) 800m: 11:41,57 (01:21,32)				
3.	Katharina Kohl	2013	SG Dortmund	11:43,28	327
	100m: 01:23,97 (01:23,97) 200m: 02:53,60 (01:29,63) 300m: 04:23,70 (01:30,10)				
	400m: 05:51,70 (01:28,00) 500m: 07:21,20 (01:29,50) 600m: 08:51,20 (01:30,00)				
	700m: 10:20,00 (01:28,80) 800m: 11:43,28 (01:23,28)				
4.	Riva Franke	2013	SG Dortmund	12:05,53	298
	100m: 01:24,38 (01:24,38) 200m: 02:54,60 (01:30,22) 300m: 04:26,97 (01:32,37)				
	400m: 05:59,41 (01:32,44) 500m: 07:31,57 (01:32,16) 600m: 09:03,88 (01:32,31)				
	700m: 10:36,38 (01:32,50) 800m: 12:05,53 (01:29,15)				
5.	Sofia Grieser	2013	SV Westfalen Hagen	12:19,50	281
	100m: 01:30,80 (01:30,80) 200m: 03:05,49 (01:34,69) 300m: 04:39,25 (01:33,76)				
	400m: 06:12,11 (01:32,86) 500m: 07:43,54 (01:31,43) 600m: 09:17,02 (01:33,48)				
	700m: 10:49,45 (01:32,43) 800m: 12:19,50 (01:30,05)				
6.	Pia Luciana Solmecke	2013	SG Dortmund	12:19,63	281
	100m: 01:28,97 (01:28,97) 200m: 03:03,31 (01:34,34) 300m: 04:36,88 (01:33,57)				
	400m: 06:10,56 (01:33,68) 500m: 07:45,03 (01:34,47) 600m: 09:18,59 (01:33,56)				
	700m: 10:52,28 (01:33,69) 800m: 12:19,63 (01:27,35)				
7.	Lena Mallinkrodt	2013	SG Siegen	13:19,14	223
	100m: 01:32,13 (01:32,13) 200m: 03:14,28 (01:42,15) 300m: 04:57,76 (01:43,48)				
	400m: 06:41,21 (01:43,45) 500m: 08:26,20 (01:44,99) 600m: 10:07,57 (01:41,37)				
	700m: 11:47,80 (01:40,23) 800m: 13:19,14 (01:31,34)				
8.	Lina Kölpin	2013	SG Ruhr	14:14,49	182
	100m: 01:35,37 (01:35,37) 200m: 03:25,30 (01:49,93) 300m: 05:13,97 (01:48,67)				
	400m: 07:04,17 (01:50,20) 500m: 08:53,76 (01:49,59) 600m: 10:44,64 (01:50,88)				
	700m: 12:36,31 (01:51,67) 800m: 14:14,49 (01:38,18)				
	<u>abgemeldet</u>				
	Christin Zuber	2013	SG Dortmund		
	Emilia Klaus	2013	SG Dortmund		
	Jette Disterheft	2013	SG Ruhr		

Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälische Jahrgangsmeisterin					
	Katarina Flömer	2012	SG Dortmund	12:17,43	284
	100m: 01:23,95 (01:23,95) 200m: 02:57,09 (01:33,14) 300m: 04:31,75 (01:34,66)				
	400m: 06:05,90 (01:34,15) 500m: 07:40,62 (01:34,72) 600m: 09:14,90 (01:34,28)				
	700m: 10:48,64 (01:33,74) 800m: 12:17,43 (01:28,79)				

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
2.	Mouna El Khafifi	2012	SG Dortmund	12:27,88	272
	100m: 01:22,91 (01:22,91) 200m: 02:56,35 (01:33,44) 300m: 04:31,54 (01:35,19) 400m: 06:06,66 (01:35,12) 500m: 07:42,79 (01:36,13) 600m: 09:17,00 (01:34,21) 700m: 10:52,60 (01:35,60) 800m: 12:27,88 (01:35,28)				
3.	Lotta Schroller	2012	Wfr. Lüdenscheid	12:37,64	261
	100m: 01:27,36 (01:27,36) 200m: 03:01,61 (01:34,25) 300m: 04:26,95 (01:25,34) 400m: 06:13,47 (01:46,52) 500m: 07:50,36 (01:36,89) 600m: 09:29,27 (01:38,91) 700m: 11:06,41 (01:37,14) 800m: 12:37,64 (01:31,23)				
4.	Vanessa Amy Tank	2012	SV Plettenberg 1951 e.V.	12:49,19	250
	100m: 01:28,60 (01:28,60) 200m: 03:04,30 (01:35,70) 300m: 04:42,82 (01:38,52) 400m: 06:20,16 (01:37,34) 500m: 07:58,96 (01:38,80) 600m: 09:37,78 (01:38,82) 700m: 11:16,95 (01:39,17) 800m: 12:49,19 (01:32,24)				
5.	Emma Polok	2012	SG Dortmund	13:29,93	214
	100m: 01:28,71 (01:28,71) 200m: 03:08,27 (01:39,56) 300m: 04:53,08 (01:44,81) 400m: 06:36,88 (01:43,80) 500m: 08:24,43 (01:47,55) 600m: 10:07,67 (01:43,24) 700m: 11:49,73 (01:42,06) 800m: 13:29,93 (01:40,20)				
6.	Julia Lesniak	2012	SV Wasserfreunde Soest e.V. 1913	13:43,64	203
	100m: 01:35,33 (01:35,33) 200m: 03:19,52 (01:44,19) 300m: 05:05,29 (01:45,77) 400m: 06:52,99 (01:47,70) 500m: 08:38,75 (01:45,76) 600m: 10:25,36 (01:46,61) 700m: 12:08,21 (01:42,85) 800m: 13:43,64 (01:35,43)				
7.	Clara Schlabach	2012	SG Siegen	13:51,97	197
	100m: 01:37,73 (01:37,73) 200m: 03:24,48 (01:46,75) 300m: 05:13,10 (01:48,62) 400m: 07:00,69 (01:47,59) 500m: 08:45,88 (01:45,19) 600m: 10:30,07 (01:44,19) 700m: 12:14,03 (01:43,96) 800m: 13:51,97 (01:37,94)				
8.	Lena Drews	2012	SV Schwerte 06	13:53,12	197
	100m: 01:33,06 (01:33,06) 200m: 03:19,80 (01:46,74) 300m: 05:08,28 (01:48,48) 400m: 06:56,47 (01:48,19) 500m: 08:41,44 (01:44,97) 600m: 10:28,14 (01:46,70) 700m: 12:12,81 (01:44,67) 800m: 13:53,12 (01:40,31)				
9.	Alina Bresinsky	2012	SV Schwerte 06	14:05,00	188
	100m: 01:37,75 (01:37,75) 200m: 03:24,47 (01:46,72) 300m: 05:11,83 (01:47,36) 400m: 07:00,50 (01:48,67) 500m: 08:50,87 (01:50,37) 600m: 10:39,19 (01:48,32) 700m: 12:26,22 (01:47,03) 800m: 14:05,00 (01:38,78)				

Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälische Jahrgangsmeisterin	Naya Johannknecht	2011	SV Blau-Weiß Bochum	10:21,28	475
	100m: 01:10,86 (01:10,86) 200m: 02:29,09 (01:18,23) 300m: 03:49,21 (01:20,12) 400m: 05:09,79 (01:20,58) 500m: 06:29,99 (01:20,20) 600m: 07:49,33 (01:19,34) 700m: 09:07,42 (01:18,09) 800m: 10:21,28 (01:13,86)				
2.	Paulina Bauer	2011	SV Blau-Weiß Bochum	10:32,10	451
	100m: 01:10,00 (01:10,00) 200m: 02:27,17 (01:17,17) 300m: 03:46,84 (01:19,67) 400m: 05:07,34 (01:20,50) 500m: 06:28,35 (01:21,01) 600m: 07:48,50 (01:20,15) 700m: 09:08,23 (01:19,73) 800m: 10:32,10 (01:23,87)				
3.	Anneke Göllner	2011	SV Blau-Weiß Bochum	10:57,71	400
	100m: 01:14,38 (01:14,38) 200m: 02:36,51 (01:22,13) 300m: 03:59,73 (01:23,22) 400m: 05:23,86 (01:24,13) 500m: 06:48,34 (01:24,48) 600m: 08:13,72 (01:25,38) 700m: 09:37,11 (01:23,39) 800m: 10:57,71 (01:20,60)				
4.	Mara Klump	2011	SG Siegen	10:59,02	398
	100m: 01:15,91 (01:15,91) 200m: 02:39,30 (01:23,39) 300m: 04:02,92 (01:23,62) 400m: 05:27,01 (01:24,09) 500m: 06:51,12 (01:24,11) 600m: 08:15,18 (01:24,06) 700m: 09:39,01 (01:23,83) 800m: 10:59,02 (01:20,01)				

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

vom 17.02.2024 bis 18.02.2024 | Südbad Dortmund

Veranstalter: Schwimm-Verband Südwestfalen e.V. | Ausrichter: Kreisverband Schwimmen Dortmund e.V.

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
5.	Nike Midderhoff	2011	SV Plettenberg 1951 e.V.	11:18,18	365
	100m: 01:17,71 (01:17,71) 200m: 02:42,83 (01:25,12) 300m: 04:09,92 (01:27,09) 400m: 05:36,99 (01:27,07) 500m: 07:03,84 (01:26,85) 600m: 08:30,49 (01:26,65) 700m: 09:55,38 (01:24,89) 800m: 11:18,18 (01:22,80)				
6.	Paulina Rosalie Tönges	2011	SV Blau-Weiß Bochum	11:23,70	356
	100m: 01:17,44 (01:17,44) 200m: 02:42,79 (01:25,35) 300m: 04:09,73 (01:26,94) 400m: 05:36,79 (01:27,06) 500m: 07:04,12 (01:27,33) 600m: 08:32,29 (01:28,17) 700m: 09:59,31 (01:27,02) 800m: 11:23,70 (01:24,39)				
7.	Charlotte Dielenschneider	2011	Rote Erde/SWIM-TEAM TuS 1859 Hamm	11:26,50	352
	100m: 01:20,24 (01:20,24) 200m: 02:47,15 (01:26,91) 300m: 04:14,45 (01:27,30) 400m: 05:41,88 (01:27,43) 500m: 07:11,18 (01:29,30) 600m: 08:39,11 (01:27,93) 700m: 10:05,09 (01:25,98) 800m: 11:26,50 (01:21,41)				
8.	Iva Rezic	2011	SG Siegen	11:26,97	351
	100m: 01:19,24 (01:19,24) 200m: 02:45,13 (01:25,89) 300m: 04:12,27 (01:27,14) 400m: 05:39,80 (01:27,53) 500m: 07:07,62 (01:27,82) 600m: 08:35,84 (01:28,22) 700m: 10:01,18 (01:25,34) 800m: 11:26,97 (01:25,79)				
9.	Pauline Lanari	2011	TuS Dortmund-Brackel	11:39,56	332
	100m: 01:17,87 (01:17,87) 200m: 02:46,23 (01:28,36) 300m: 04:15,10 (01:28,87) 400m: 05:44,58 (01:29,48) 500m: 07:15,78 (01:31,20) 600m: 08:46,21 (01:30,43) 700m: 10:16,48 (01:30,27) 800m: 11:39,56 (01:23,08)				
10.	Hannah Amelie Joswig	2011	SV Blau-Weiß Bochum	12:27,39	272
	100m: 01:24,49 (01:24,49) 200m: 02:57,17 (01:32,68) 300m: 04:32,09 (01:34,92) 400m: 06:07,03 (01:34,94) 500m: 07:44,24 (01:37,21) 600m: 09:23,07 (01:38,83) 700m: 10:58,09 (01:35,02) 800m: 12:27,39 (01:29,30)				
11.	Victoria Elis Schmidt	2011	SSC Hörde 54/58 e.V.	12:30,39	269
	100m: 01:23,47 (01:23,47) 200m: 02:56,32 (01:32,85) 300m: 04:31,28 (01:34,96) 400m: 06:07,16 (01:35,88) 500m: 07:43,77 (01:36,61) 600m: 09:21,50 (01:37,73) 700m: 10:58,82 (01:37,32) 800m: 12:30,39 (01:31,57)				
12.	Laura Drexelius	2011	SV Plettenberg 1951 e.V.	12:47,56	251
	100m: 01:25,64 (01:25,64) 200m: 03:02,01 (01:36,37) 300m: 04:40,67 (01:38,66) 400m: 06:16,70 (01:36,03) 500m: 07:57,34 (01:40,64) 600m: 09:36,23 (01:38,89) 700m: 11:15,67 (01:39,44) 800m: 12:47,56 (01:31,89)				
13.	Sophia Daudrich	2011	SG Siegen	12:53,06	246
	100m: 01:28,03 (01:28,03) 200m: 03:06,62 (01:38,59) 300m: 04:47,40 (01:40,78) 400m: 06:27,43 (01:40,03) 500m: 08:05,34 (01:37,91) 600m: 09:49,59 (01:44,25) 700m: 11:19,68 (01:30,09) 800m: 12:53,06 (01:33,38)				
	<u>abgemeldet</u>				
	Monia Pinner	2011	SV Schwerte 06		

Jahrgang 2010

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälische Jahrgangsmeisterin	Jella Rudkowski	2010	SV Blau-Weiß Bochum	10:03,16	519
	100m: 01:11,47 (01:11,47) 200m: 02:27,09 (01:15,62) 300m: 03:43,38 (01:16,29) 400m: 04:59,97 (01:16,59) 500m: 06:17,15 (01:17,18) 600m: 07:33,71 (01:16,56) 700m: 08:50,03 (01:16,32) 800m: 10:03,16 (01:13,13)				
2.	Alina Sophia Niehaus	2010	SV Blau-Weiß Bochum	10:09,63	502
	100m: 01:10,88 (01:10,88) 200m: 02:26,66 (01:15,78) 300m: 03:43,07 (01:16,41) 400m: 04:59,57 (01:16,50) 500m: 06:16,88 (01:17,31) 600m: 07:34,10 (01:17,22) 700m: 08:51,75 (01:17,65) 800m: 10:09,63 (01:17,88)				

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
3.	Alica Radons	2010	SG Dortmund	10:13,86	492
	100m: 01:09,50 (01:09,50) 200m: 02:24,07 (01:14,57) 300m: 03:41,84 (01:17,77) 400m: 04:59,61 (01:17,77) 500m: 06:18,96 (01:19,35) 600m: 07:38,93 (01:19,97) 700m: 08:58,93 (01:20,00) 800m: 10:13,86 (01:14,93)				
4.	Angelina Sophie Zafirov	2010	SV Blau-Weiß Bochum	10:36,91	440
	100m: 01:11,57 (01:11,57) 200m: 02:31,16 (01:19,59) 300m: 03:51,66 (01:20,50) 400m: 05:13,73 (01:22,07) 500m: 06:36,54 (01:22,81) 600m: 07:59,03 (01:22,49) 700m: 09:20,50 (01:21,47) 800m: 10:36,91 (01:16,41)				
5.	Ida Philine Schneider	2010	SG Siegen	11:03,56	389
	100m: 01:19,03 (01:19,03) 200m: 02:44,38 (01:25,35) 300m: 04:08,56 (01:24,18) 400m: 05:34,47 (01:25,91) 500m: 06:58,34 (01:23,87) 600m: 08:21,88 (01:23,54) 700m: 09:45,00 (01:23,12) 800m: 11:03,56 (01:18,56)				
6.	Ida Rudkowski	2010	SV Blau-Weiß Bochum	11:07,53	383
	100m: 01:16,75 (01:16,75) 200m: 02:41,95 (01:25,20) 300m: 04:07,05 (01:25,10) 400m: 05:31,50 (01:24,45) 500m: 06:57,12 (01:25,62) 600m: 08:23,07 (01:25,95) 700m: 09:47,66 (01:24,59) 800m: 11:07,53 (01:19,87)				
7.	Hanna Bernard	2010	SG Wassersport Iserlohn	11:07,74	382
	100m: 01:16,65 (01:16,65) 200m: 02:42,16 (01:25,51) 300m: 04:07,21 (01:25,05) 400m: 05:32,38 (01:25,17) 500m: 06:56,85 (01:24,47) 600m: 08:22,13 (01:25,28) 700m: 09:47,04 (01:24,91) 800m: 11:07,74 (01:20,70)				
8.	Anna Berenberg	2010	SV Schwerte 06	11:07,98	382
	100m: 01:15,15 (01:15,15) 200m: 02:38,60 (01:23,45) 300m: 04:03,12 (01:24,52) 400m: 05:28,43 (01:25,31) 500m: 06:54,12 (01:25,69) 600m: 08:19,52 (01:25,40) 700m: 09:45,78 (01:26,26) 800m: 11:07,98 (01:22,20)				
9.	Fiona Fee Ackermann	2010	SG Ruhr	11:16,65	367
	100m: 01:19,01 (01:19,01) 200m: 02:43,83 (01:24,82) 300m: 04:08,12 (01:24,29) 400m: 05:32,78 (01:24,66) 500m: 06:59,35 (01:26,57) 600m: 08:27,25 (01:27,90) 700m: 09:54,53 (01:27,28) 800m: 11:16,65 (01:22,12)				
10.	Greta Bock	2010	Teutonia Lippstadt	11:36,88	336
	100m: 01:18,98 (01:18,98) 200m: 02:45,71 (01:26,73) 300m: 04:14,14 (01:28,43) 400m: 05:43,60 (01:29,46) 500m: 07:12,87 (01:29,27) 600m: 08:43,15 (01:30,28) 700m: 10:12,80 (01:29,65) 800m: 11:36,88 (01:24,08)				
11.	Ella Rosalie Erbeskern	2010	SV Blau-Weiß Bochum	12:00,97	304
	100m: 01:23,88 (01:23,88) 200m: 02:56,13 (01:32,25) 300m: 04:29,16 (01:33,03) 400m: 06:00,50 (01:31,34) 500m: 07:32,68 (01:32,18) 600m: 09:04,21 (01:31,53) 700m: 10:34,93 (01:30,72) 800m: 12:00,97 (01:26,04)				
12.	Tara Rosenkranz	2010	SSC Hörde 54/58 e.V.	12:04,07	300
	100m: 01:20,12 (01:20,12) 200m: 02:47,60 (01:27,48) 300m: 04:18,88 (01:31,28) 400m: 05:52,14 (01:33,26) 500m: 07:36,15 (01:44,01) 600m: 09:00,32 (01:24,17) 700m: 10:34,95 (01:34,63) 800m: 12:04,07 (01:29,12)				
	<u>abgemeldet</u>				
	Cherien Volmer	2010	SG Dortmund		
	Lucie Mia Racherbäumer	2010	SV Blau-Weiß Bochum		

Jahrgang 2009

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälische Jahrgangsmeisterin	Wiebke Bäschnitt	2009	SG Ruhr	10:40,31	434
	100m: 01:20,43 (01:20,43) 200m: 02:35,64 (01:15,21) 300m: 03:57,36 (01:21,72) 400m: 05:19,64 (01:22,28) 500m: 06:41,56 (01:21,92) 600m: 08:02,76 (01:21,20) 700m: 09:24,04 (01:21,28) 800m: 10:40,31 (01:16,27)				

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
2.	Maja Jagielski	2009	SG Siegen	10:47,87	418	
	100m: 01:12,35 (01:12,35) 200m: 02:32,84 (01:20,49) 300m: 03:55,11 (01:22,27)					
	400m: 05:18,95 (01:23,84) 500m: 08:06,03 (02:47,08) 600m: 09:29,70 (01:23,67)					
	800m: 10:47,87 (01:18,17)					
3.	Ella Altmann	2009	SSC Hörde 54/58 e.V.	10:51,41	412	
	100m: 01:14,38 (01:14,38) 200m: 02:36,69 (01:22,31) 300m: 03:59,09 (01:22,40)					
	400m: 05:23,06 (01:23,97) 500m: 06:45,66 (01:22,60) 600m: 08:09,91 (01:24,25)					
	700m: 09:32,38 (01:22,47) 800m: 10:51,41 (01:19,03)					
4.	Lina Smyczynski	2009	SG Eintracht Ergste	10:57,95	400	
	100m: 01:15,18 (01:15,18) 200m: 02:38,34 (01:23,16) 300m: 04:02,32 (01:23,98)					
	400m: 05:26,30 (01:23,98) 500m: 06:50,43 (01:24,13) 600m: 08:14,93 (01:24,50)					
	700m: 09:37,51 (01:22,58) 800m: 10:57,95 (01:20,44)					
5.	Hanna Lichte	2009	Rote Erde/SWIM-TEAM TuS 1859 Hamm	11:07,12	383	
	100m: 01:14,65 (01:14,65) 200m: 02:37,15 (01:22,50) 300m: 04:01,39 (01:24,24)					
	400m: 05:25,89 (01:24,50) 500m: 06:51,60 (01:25,71) 600m: 08:17,63 (01:26,03)					
	700m: 09:43,57 (01:25,94) 800m: 11:07,12 (01:23,55)					
6.	Carlotta Bartmann	2009	SG Wassersport Iserlohn	11:22,50	358	
	100m: 01:19,16 (01:19,16) 200m: 02:46,75 (01:27,59) 300m: 04:14,31 (01:27,56)					
	400m: 05:40,78 (01:26,47) 500m: 07:07,84 (01:27,06) 600m: 08:35,00 (01:27,16)					
	700m: 10:01,16 (01:26,16) 800m: 11:22,50 (01:21,34)					
7.	Tilda Reh	2009	SG Siegen	11:36,92	336	
	100m: 01:19,88 (01:19,88) 200m: 02:47,06 (01:27,18) 300m: 04:15,97 (01:28,91)					
	400m: 05:44,99 (01:29,02) 500m: 07:15,13 (01:30,14) 600m: 08:44,33 (01:29,20)					
	700m: 10:13,53 (01:29,20) 800m: 11:36,92 (01:23,39)					
8.	Lotte Adolph	2009	SG Siegen	11:56,04	310	
	100m: 01:24,70 (01:24,70) 200m: 02:54,43 (01:29,73) 300m: 04:24,40 (01:29,97)					
	400m: 05:54,60 (01:30,20) 500m: 07:25,17 (01:30,57) 600m: 08:58,29 (01:33,12)					
	700m: 10:30,35 (01:32,06) 800m: 11:56,04 (01:25,69)					
9.	Lena Jürgens	2009	Teutonia Lippstadt	12:13,56	288	EnM
	100m: 01:23,78 (01:23,78) 200m: 02:55,19 (01:31,41) 300m: 04:29,06 (01:33,87)					
	400m: 06:03,28 (01:34,22) 500m: 07:36,53 (01:33,25) 600m: 09:10,66 (01:34,13)					
	700m: 10:44,41 (01:33,75) 800m: 12:13,56 (01:29,15)					

Jahrgang 2008

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
1. und Südwestfälische Jahrgangsmeisterin	Emmi Liara Schneider	2008	SG Siegen	09:57,46	534	
	100m: 01:09,90 (01:09,90) 200m: 02:24,33 (01:14,43) 300m: 03:39,46 (01:15,13)					
	400m: 04:55,33 (01:15,87) 500m: 06:11,04 (01:15,71) 600m: 07:27,37 (01:16,33)					
	700m: 08:42,29 (01:14,92) 800m: 09:57,46 (01:15,17)					
2.	Sophie Thurow	2008	SG Siegen	10:08,97	504	
	100m: 01:10,56 (01:10,56) 200m: 02:26,19 (01:15,63) 300m: 03:42,99 (01:16,80)					
	400m: 05:00,88 (01:17,89) 500m: 06:18,09 (01:17,21) 600m: 07:35,92 (01:17,83)					
	700m: 08:53,86 (01:17,94) 800m: 10:08,97 (01:15,11)					
3.	Greta Fuchs	2008	SG Siegen	10:18,01	482	
	100m: 01:11,62 (01:11,62) 200m: 02:29,37 (01:17,75) 300m: 03:47,76 (01:18,39)					
	400m: 05:06,06 (01:18,30) 500m: 06:24,97 (01:18,91) 600m: 07:43,83 (01:18,86)					
	700m: 09:02,15 (01:18,32) 800m: 10:18,01 (01:15,86)					
4.	Amelie Böcher	2008	SG Wassersport Iserlohn	10:58,04	399	
	100m: 01:15,89 (01:15,89) 200m: 02:40,91 (01:25,02) 300m: 04:04,35 (01:23,44)					
	400m: 05:28,11 (01:23,76) 500m: 06:54,27 (01:26,16) 600m: 08:18,76 (01:24,49)					
	700m: 09:43,93 (01:25,17) 800m: 10:58,04 (01:14,11)					

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
5.	Mia Henneböhle	2008	SV Schwerte 06	12:27,45	272	EnM
	100m: 01:21,61 (01:21,61) 200m: 02:56,87 (01:35,26) 300m: 04:33,23 (01:36,36)					
	400m: 06:10,64 (01:37,41) 500m: 07:44,92 (01:34,28) 600m: 09:23,96 (01:39,04)					
	700m: 10:59,33 (01:35,37) 800m: 12:27,45 (01:28,12)					
	abgemeldet					
	Norah Erbeskern	2008	SV Blau-Weiß Bochum			

Jahrgang 2007

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
1. und Südwestfälische Jahrgangsmeisterin						
	Teresa Beyer	2007	SG Ruhr	10:05,74	512	
	100m: 01:10,72 (01:10,72) 200m: 02:26,79 (01:16,07) 300m: 03:44,88 (01:18,09)					
	400m: 04:58,96 (01:14,08) 500m: 06:15,45 (01:16,49) 600m: 07:32,95 (01:17,50)					
	700m: 08:50,17 (01:17,22) 800m: 10:05,74 (01:15,57)					
2.	Pia Jost	2007	SG Wassersport Iserlohn	10:26,97	462	
	100m: 01:10,59 (01:10,59) 200m: 02:29,31 (01:18,72) 300m: 03:48,59 (01:19,28)					
	400m: 05:08,22 (01:19,63) 500m: 06:27,78 (01:19,56) 600m: 07:48,97 (01:21,19)					
	700m: 09:09,03 (01:20,06) 800m: 10:26,97 (01:17,94)					
3.	Fenja Droste	2007	VfL Kemminghausen	10:46,68	421	
	100m: 01:14,09 (01:14,09) 200m: 02:37,62 (01:23,53) 300m: 04:01,12 (01:23,50)					
	400m: 05:24,16 (01:23,04) 500m: 06:46,36 (01:22,20) 600m: 08:08,76 (01:22,40)					
	700m: 09:30,25 (01:21,49) 800m: 10:46,68 (01:16,43)					
4.	Pauline Kleber	2007	TuS Dortmund-Brackel	11:00,52	395	
	100m: 01:15,20 (01:15,20) 200m: 02:37,92 (01:22,72) 300m: 04:00,77 (01:22,85)					
	400m: 05:24,31 (01:23,54) 500m: 06:48,81 (01:24,50) 600m: 08:13,85 (01:25,04)					
	700m: 09:38,77 (01:24,92) 800m: 11:00,52 (01:21,75)					
5.	Maja Kleibauer	2007	TuS Dortmund-Brackel	11:03,72	389	
	100m: 01:15,20 (01:15,20) 200m: 02:36,65 (01:21,45) 300m: 04:00,70 (01:24,05)					
	400m: 05:25,41 (01:24,71) 500m: 06:50,30 (01:24,89) 600m: 08:15,41 (01:25,11)					
	700m: 09:40,60 (01:25,19) 800m: 11:03,72 (01:23,12)					
6.	Laura Ortmann	2007	Teutonia Lippstadt	11:08,97	380	
	100m: 01:14,36 (01:14,36) 200m: 02:39,99 (01:25,63) 300m: 04:05,96 (01:25,97)					
	400m: 05:32,19 (01:26,23) 500m: 06:57,76 (01:25,57) 600m: 08:23,13 (01:25,37)					
	700m: 09:48,67 (01:25,54) 800m: 11:08,97 (01:20,30)					
7.	Leonie Sophie Wächter	2007	SG Wassersport Iserlohn	11:36,10	337	
	100m: 01:20,55 (01:20,55) 200m: 02:48,10 (01:27,55) 300m: 04:16,70 (01:28,60)					
	400m: 05:45,77 (01:29,07) 500m: 07:14,08 (01:28,31) 600m: 08:42,73 (01:28,65)					
	700m: 10:10,58 (01:27,85) 800m: 11:36,10 (01:25,52)					

Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
1. und Südwestfälische Meisterin						
	Emmi Liara Schneider	2008	SG Siegen	09:57,46	534	
	100m: 01:09,90 (01:09,90) 200m: 02:24,33 (01:14,43) 300m: 03:39,46 (01:15,13)					
	400m: 04:55,33 (01:15,87) 500m: 06:11,04 (01:15,71) 600m: 07:27,37 (01:16,33)					
	700m: 08:42,29 (01:14,92) 800m: 09:57,46 (01:15,17)					
2.	Jella Rudkowski	2010	SV Blau-Weiß Bochum	10:03,16	519	
	100m: 01:11,47 (01:11,47) 200m: 02:27,09 (01:15,62) 300m: 03:43,38 (01:16,29)					
	400m: 04:59,97 (01:16,59) 500m: 06:17,15 (01:17,18) 600m: 07:33,71 (01:16,56)					
	700m: 08:50,03 (01:16,32) 800m: 10:03,16 (01:13,13)					

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
3.	Teresa Beyer	2007	SG Ruhr	10:05,74	512
	100m: 01:10,72 (01:10,72) 200m: 02:26,79 (01:16,07) 300m: 03:44,88 (01:18,09) 400m: 04:58,96 (01:14,08) 500m: 06:15,45 (01:16,49) 600m: 07:32,95 (01:17,50) 700m: 08:50,17 (01:17,22) 800m: 10:05,74 (01:15,57)				
4.	Sophie Thurow	2008	SG Siegen	10:08,97	504
	100m: 01:10,56 (01:10,56) 200m: 02:26,19 (01:15,63) 300m: 03:42,99 (01:16,80) 400m: 05:00,88 (01:17,89) 500m: 06:18,09 (01:17,21) 600m: 07:35,92 (01:17,83) 700m: 08:53,86 (01:17,94) 800m: 10:08,97 (01:15,11)				
5.	Alina Sophia Niehaus	2010	SV Blau-Weiß Bochum	10:09,63	502
	100m: 01:10,88 (01:10,88) 200m: 02:26,66 (01:15,78) 300m: 03:43,07 (01:16,41) 400m: 04:59,57 (01:16,50) 500m: 06:16,88 (01:17,31) 600m: 07:34,10 (01:17,22) 700m: 08:51,75 (01:17,65) 800m: 10:09,63 (01:17,88)				
6.	Alica Radons	2010	SG Dortmund	10:13,86	492
	100m: 01:09,50 (01:09,50) 200m: 02:24,07 (01:14,57) 300m: 03:41,84 (01:17,77) 400m: 04:59,61 (01:17,77) 500m: 06:18,96 (01:19,35) 600m: 07:38,93 (01:19,97) 700m: 08:58,93 (01:20,00) 800m: 10:13,86 (01:14,93)				
7.	Greta Fuchs	2008	SG Siegen	10:18,01	482
	100m: 01:11,62 (01:11,62) 200m: 02:29,37 (01:17,75) 300m: 03:47,76 (01:18,39) 400m: 05:06,06 (01:18,30) 500m: 06:24,97 (01:18,91) 600m: 07:43,83 (01:18,86) 700m: 09:02,15 (01:18,32) 800m: 10:18,01 (01:15,86)				
8.	Naya Johannknecht	2011	SV Blau-Weiß Bochum	10:21,28	475
	100m: 01:10,86 (01:10,86) 200m: 02:29,09 (01:18,23) 300m: 03:49,21 (01:20,12) 400m: 05:09,79 (01:20,58) 500m: 06:29,99 (01:20,20) 600m: 07:49,33 (01:19,34) 700m: 09:07,42 (01:18,09) 800m: 10:21,28 (01:13,86)				
9.	Pia Jost	2007	SG Wassersport Iserlohn	10:26,97	462
	100m: 01:10,59 (01:10,59) 200m: 02:29,31 (01:18,72) 300m: 03:48,59 (01:19,28) 400m: 05:08,22 (01:19,63) 500m: 06:27,78 (01:19,56) 600m: 07:48,97 (01:21,19) 700m: 09:09,03 (01:20,06) 800m: 10:26,97 (01:17,94)				
10.	Paulina Bauer	2011	SV Blau-Weiß Bochum	10:32,10	451
	100m: 01:10,00 (01:10,00) 200m: 02:27,17 (01:17,17) 300m: 03:46,84 (01:19,67) 400m: 05:07,34 (01:20,50) 500m: 06:28,35 (01:21,01) 600m: 07:48,50 (01:20,15) 700m: 09:08,23 (01:19,73) 800m: 10:32,10 (01:23,87)				
11.	Angelina Sophie Zafirov	2010	SV Blau-Weiß Bochum	10:36,91	440
	100m: 01:11,57 (01:11,57) 200m: 02:31,16 (01:19,59) 300m: 03:51,66 (01:20,50) 400m: 05:13,73 (01:22,07) 500m: 06:36,54 (01:22,81) 600m: 07:59,03 (01:22,49) 700m: 09:20,50 (01:21,47) 800m: 10:36,91 (01:16,41)				
12.	Wiebke Bäschnitt	2009	SG Ruhr	10:40,31	434
	100m: 01:20,43 (01:20,43) 200m: 02:35,64 (01:15,21) 300m: 03:57,36 (01:21,72) 400m: 05:19,64 (01:22,28) 500m: 06:41,56 (01:21,92) 600m: 08:02,76 (01:21,20) 700m: 09:24,04 (01:21,28) 800m: 10:40,31 (01:16,27)				
13.	Fenja Droste	2007	VfL Kemminghausen	10:46,68	421
	100m: 01:14,09 (01:14,09) 200m: 02:37,62 (01:23,53) 300m: 04:01,12 (01:23,50) 400m: 05:24,16 (01:23,04) 500m: 06:46,36 (01:22,20) 600m: 08:08,76 (01:22,40) 700m: 09:30,25 (01:21,49) 800m: 10:46,68 (01:16,43)				
14.	Maja Jagielski	2009	SG Siegen	10:47,87	418
	100m: 01:12,35 (01:12,35) 200m: 02:32,84 (01:20,49) 300m: 03:55,11 (01:22,27) 400m: 05:18,95 (01:23,84) 500m: 08:06,03 (02:47,08) 600m: 09:29,70 (01:23,67) 800m: 10:47,87 (01:18,17)				
15.	Ella Altmann	2009	SSC Hörde 54/58 e.V.	10:51,41	412
	100m: 01:14,38 (01:14,38) 200m: 02:36,69 (01:22,31) 300m: 03:59,09 (01:22,40) 400m: 05:23,06 (01:23,97) 500m: 06:45,66 (01:22,60) 600m: 08:09,91 (01:24,25) 700m: 09:32,38 (01:22,47) 800m: 10:51,41 (01:19,03)				

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
16.	Anneke Göllner	2011	SV Blau-Weiß Bochum	10:57,71	400
	100m: 01:14,38 (01:14,38) 200m: 02:36,51 (01:22,13) 300m: 03:59,73 (01:23,22)				
	400m: 05:23,86 (01:24,13) 500m: 06:48,34 (01:24,48) 600m: 08:13,72 (01:25,38)				
	700m: 09:37,11 (01:23,39) 800m: 10:57,71 (01:20,60)				
17.	Lina Smyczynski	2009	SG Eintracht Ergste	10:57,95	400
	100m: 01:15,18 (01:15,18) 200m: 02:38,34 (01:23,16) 300m: 04:02,32 (01:23,98)				
	400m: 05:26,30 (01:23,98) 500m: 06:50,43 (01:24,13) 600m: 08:14,93 (01:24,50)				
	700m: 09:37,51 (01:22,58) 800m: 10:57,95 (01:20,44)				
18.	Amelie Böcher	2008	SG Wassersport Iserlohn	10:58,04	399
	100m: 01:15,89 (01:15,89) 200m: 02:40,91 (01:25,02) 300m: 04:04,35 (01:23,44)				
	400m: 05:28,11 (01:23,76) 500m: 06:54,27 (01:26,16) 600m: 08:18,76 (01:24,49)				
	700m: 09:43,93 (01:25,17) 800m: 10:58,04 (01:14,11)				
19.	Mara Klump	2011	SG Siegen	10:59,02	398
	100m: 01:15,91 (01:15,91) 200m: 02:39,30 (01:23,39) 300m: 04:02,92 (01:23,62)				
	400m: 05:27,01 (01:24,09) 500m: 06:51,12 (01:24,11) 600m: 08:15,18 (01:24,06)				
	700m: 09:39,01 (01:23,83) 800m: 10:59,02 (01:20,01)				
20.	Pauline Kleber	2007	TuS Dortmund-Brackel	11:00,52	395
	100m: 01:15,20 (01:15,20) 200m: 02:37,92 (01:22,72) 300m: 04:00,77 (01:22,85)				
	400m: 05:24,31 (01:23,54) 500m: 06:48,81 (01:24,50) 600m: 08:13,85 (01:25,04)				
	700m: 09:38,77 (01:24,92) 800m: 11:00,52 (01:21,75)				
21.	Ida Philine Schneider	2010	SG Siegen	11:03,56	389
	100m: 01:19,03 (01:19,03) 200m: 02:44,38 (01:25,35) 300m: 04:08,56 (01:24,18)				
	400m: 05:34,47 (01:25,91) 500m: 06:58,34 (01:23,87) 600m: 08:21,88 (01:23,54)				
	700m: 09:45,00 (01:23,12) 800m: 11:03,56 (01:18,56)				
22.	Maja Kleibauer	2007	TuS Dortmund-Brackel	11:03,72	389
	100m: 01:15,20 (01:15,20) 200m: 02:36,65 (01:21,45) 300m: 04:00,70 (01:24,05)				
	400m: 05:25,41 (01:24,71) 500m: 06:50,30 (01:24,89) 600m: 08:15,41 (01:25,11)				
	700m: 09:40,60 (01:25,19) 800m: 11:03,72 (01:23,12)				
23.	Hanna Lichte	2009	Rote Erde/SWIM-TEAM TuS 1859 Hamm	11:07,12	383
	100m: 01:14,65 (01:14,65) 200m: 02:37,15 (01:22,50) 300m: 04:01,39 (01:24,24)				
	400m: 05:25,89 (01:24,50) 500m: 06:51,60 (01:25,71) 600m: 08:17,63 (01:26,03)				
	700m: 09:43,57 (01:25,94) 800m: 11:07,12 (01:23,55)				
24.	Ida Rudkowski	2010	SV Blau-Weiß Bochum	11:07,53	383
	100m: 01:16,75 (01:16,75) 200m: 02:41,95 (01:25,20) 300m: 04:07,05 (01:25,10)				
	400m: 05:31,50 (01:24,45) 500m: 06:57,12 (01:25,62) 600m: 08:23,07 (01:25,95)				
	700m: 09:47,66 (01:24,59) 800m: 11:07,53 (01:19,87)				
25.	Hanna Bernard	2010	SG Wassersport Iserlohn	11:07,74	382
	100m: 01:16,65 (01:16,65) 200m: 02:42,16 (01:25,51) 300m: 04:07,21 (01:25,05)				
	400m: 05:32,38 (01:25,17) 500m: 06:56,85 (01:24,47) 600m: 08:22,13 (01:25,28)				
	700m: 09:47,04 (01:24,91) 800m: 11:07,74 (01:20,70)				
26.	Anna Berenberg	2010	SV Schwerte 06	11:07,98	382
	100m: 01:15,15 (01:15,15) 200m: 02:38,60 (01:23,45) 300m: 04:03,12 (01:24,52)				
	400m: 05:28,43 (01:25,31) 500m: 06:54,12 (01:25,69) 600m: 08:19,52 (01:25,40)				
	700m: 09:45,78 (01:26,26) 800m: 11:07,98 (01:22,20)				
27.	Laura Ortmann	2007	Teutonia Lippstadt	11:08,97	380
	100m: 01:14,36 (01:14,36) 200m: 02:39,99 (01:25,63) 300m: 04:05,96 (01:25,97)				
	400m: 05:32,19 (01:26,23) 500m: 06:57,76 (01:25,57) 600m: 08:23,13 (01:25,37)				
	700m: 09:48,67 (01:25,54) 800m: 11:08,97 (01:20,30)				
28.	Fiona Fee Ackermann	2010	SG Ruhr	11:16,65	367
	100m: 01:19,01 (01:19,01) 200m: 02:43,83 (01:24,82) 300m: 04:08,12 (01:24,29)				
	400m: 05:32,78 (01:24,66) 500m: 06:59,35 (01:26,57) 600m: 08:27,25 (01:27,90)				
	700m: 09:54,53 (01:27,28) 800m: 11:16,65 (01:22,12)				

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
29.	Nike Midderhoff	2011	SV Plettenberg 1951 e.V.	11:18,18	365	
	100m: 01:17,71 (01:17,71) 200m: 02:42,83 (01:25,12) 300m: 04:09,92 (01:27,09)					
	400m: 05:36,99 (01:27,07) 500m: 07:03,84 (01:26,85) 600m: 08:30,49 (01:26,65)					
	700m: 09:55,38 (01:24,89) 800m: 11:18,18 (01:22,80)					
30.	Carlotta Bartmann	2009	SG Wassersport Iserlohn	11:22,50	358	
	100m: 01:19,16 (01:19,16) 200m: 02:46,75 (01:27,59) 300m: 04:14,31 (01:27,56)					
	400m: 05:40,78 (01:26,47) 500m: 07:07,84 (01:27,06) 600m: 08:35,00 (01:27,16)					
	700m: 10:01,16 (01:26,16) 800m: 11:22,50 (01:21,34)					
31.	Paulina Rosalie Tönges	2011	SV Blau-Weiß Bochum	11:23,70	356	
	100m: 01:17,44 (01:17,44) 200m: 02:42,79 (01:25,35) 300m: 04:09,73 (01:26,94)					
	400m: 05:36,79 (01:27,06) 500m: 07:04,12 (01:27,33) 600m: 08:32,29 (01:28,17)					
	700m: 09:59,31 (01:27,02) 800m: 11:23,70 (01:24,39)					
32.	Charlotte Dielenschneider	2011	Rote Erde/SWIM-TEAM TuS 1859 Hamm	11:26,50	352	
	100m: 01:20,24 (01:20,24) 200m: 02:47,15 (01:26,91) 300m: 04:14,45 (01:27,30)					
	400m: 05:41,88 (01:27,43) 500m: 07:11,18 (01:29,30) 600m: 08:39,11 (01:27,93)					
	700m: 10:05,09 (01:25,98) 800m: 11:26,50 (01:21,41)					
33.	Laura Dück	2013	SG Dortmund	11:26,55	352	
	100m: 01:18,51 (01:18,51) 200m: 02:44,50 (01:25,99) 300m: 04:12,10 (01:27,60)					
	400m: 05:40,45 (01:28,35) 500m: 07:07,75 (01:27,30) 600m: 08:36,39 (01:28,64)					
	700m: 10:02,92 (01:26,53) 800m: 11:26,55 (01:23,63)					
34.	Iva Rezic	2011	SG Siegen	11:26,97	351	
	100m: 01:19,24 (01:19,24) 200m: 02:45,13 (01:25,89) 300m: 04:12,27 (01:27,14)					
	400m: 05:39,80 (01:27,53) 500m: 07:07,62 (01:27,82) 600m: 08:35,84 (01:28,22)					
	700m: 10:01,18 (01:25,34) 800m: 11:26,97 (01:25,79)					
35.	Coleen Andree Dirksmeier	2005	Mendener SV	11:30,97	345	EnM
	100m: 01:19,81 (01:19,81) 200m: 02:45,55 (01:25,74) 300m: 04:12,60 (01:27,05)					
	400m: 05:40,17 (01:27,57) 500m: 07:08,77 (01:28,60) 600m: 08:37,39 (01:28,62)					
	700m: 10:06,48 (01:29,09) 800m: 11:30,97 (01:24,49)					
36.	Leonie Sophie Wächter	2007	SG Wassersport Iserlohn	11:36,10	337	
	100m: 01:20,55 (01:20,55) 200m: 02:48,10 (01:27,55) 300m: 04:16,70 (01:28,60)					
	400m: 05:45,77 (01:29,07) 500m: 07:14,08 (01:28,31) 600m: 08:42,73 (01:28,65)					
	700m: 10:10,58 (01:27,85) 800m: 11:36,10 (01:25,52)					
37.	Greta Bock	2010	Teutonia Lippstadt	11:36,88	336	
	100m: 01:18,98 (01:18,98) 200m: 02:45,71 (01:26,73) 300m: 04:14,14 (01:28,43)					
	400m: 05:43,60 (01:29,46) 500m: 07:12,87 (01:29,27) 600m: 08:43,15 (01:30,28)					
	700m: 10:12,80 (01:29,65) 800m: 11:36,88 (01:24,08)					
38.	Tilda Reh	2009	SG Siegen	11:36,92	336	
	100m: 01:19,88 (01:19,88) 200m: 02:47,06 (01:27,18) 300m: 04:15,97 (01:28,91)					
	400m: 05:44,99 (01:29,02) 500m: 07:15,13 (01:30,14) 600m: 08:44,33 (01:29,20)					
	700m: 10:13,53 (01:29,20) 800m: 11:36,92 (01:23,39)					
39.	Pauline Lanari	2011	TuS Dortmund-Brackel	11:39,56	332	
	100m: 01:17,87 (01:17,87) 200m: 02:46,23 (01:28,36) 300m: 04:15,10 (01:28,87)					
	400m: 05:44,58 (01:29,48) 500m: 07:15,78 (01:31,20) 600m: 08:46,21 (01:30,43)					
	700m: 10:16,48 (01:30,27) 800m: 11:39,56 (01:23,08)					
40.	Ella Hartmann	2013	SG Dortmund	11:41,57	329	
	100m: 01:24,10 (01:24,10) 200m: 02:54,07 (01:29,97) 300m: 04:24,04 (01:29,97)					
	400m: 05:51,85 (01:27,81) 500m: 07:21,69 (01:29,84) 600m: 08:51,22 (01:29,53)					
	700m: 10:20,25 (01:29,03) 800m: 11:41,57 (01:21,32)					
41.	Katharina Kohl	2013	SG Dortmund	11:43,28	327	
	100m: 01:23,97 (01:23,97) 200m: 02:53,60 (01:29,63) 300m: 04:23,70 (01:30,10)					
	400m: 05:51,70 (01:28,00) 500m: 07:21,20 (01:29,50) 600m: 08:51,20 (01:30,00)					
	700m: 10:20,00 (01:28,80) 800m: 11:43,28 (01:23,28)					

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
42.	Lotte Adolph	2009	SG Siegen	11:56,04	310	
	100m: 01:24,70 (01:24,70) 200m: 02:54,43 (01:29,73) 300m: 04:24,40 (01:29,97)					
	400m: 05:54,60 (01:30,20) 500m: 07:25,17 (01:30,57) 600m: 08:58,29 (01:33,12)					
	700m: 10:30,35 (01:32,06) 800m: 11:56,04 (01:25,69)					
43.	Ella Rosalie Erbeskern	2010	SV Blau-Weiß Bochum	12:00,97	304	
	100m: 01:23,88 (01:23,88) 200m: 02:56,13 (01:32,25) 300m: 04:29,16 (01:33,03)					
	400m: 06:00,50 (01:31,34) 500m: 07:32,68 (01:32,18) 600m: 09:04,21 (01:31,53)					
	700m: 10:34,93 (01:30,72) 800m: 12:00,97 (01:26,04)					
44.	Tara Rosenkranz	2010	SSC Hörde 54/58 e.V.	12:04,07	300	
	100m: 01:20,12 (01:20,12) 200m: 02:47,60 (01:27,48) 300m: 04:18,88 (01:31,28)					
	400m: 05:52,14 (01:33,26) 500m: 07:36,15 (01:44,01) 600m: 09:00,32 (01:24,17)					
	700m: 10:34,95 (01:34,63) 800m: 12:04,07 (01:29,12)					
45.	Riva Franke	2013	SG Dortmund	12:05,53	298	
	100m: 01:24,38 (01:24,38) 200m: 02:54,60 (01:30,22) 300m: 04:26,97 (01:32,37)					
	400m: 05:59,41 (01:32,44) 500m: 07:31,57 (01:32,16) 600m: 09:03,88 (01:32,31)					
	700m: 10:36,38 (01:32,50) 800m: 12:05,53 (01:29,15)					
46.	Lena Jürgens	2009	Teutonia Lippstadt	12:13,56	288	EnM
	100m: 01:23,78 (01:23,78) 200m: 02:55,19 (01:31,41) 300m: 04:29,06 (01:33,87)					
	400m: 06:03,28 (01:34,22) 500m: 07:36,53 (01:33,25) 600m: 09:10,66 (01:34,13)					
	700m: 10:44,41 (01:33,75) 800m: 12:13,56 (01:29,15)					
47.	Katarina Flömer	2012	SG Dortmund	12:17,43	284	
	100m: 01:23,95 (01:23,95) 200m: 02:57,09 (01:33,14) 300m: 04:31,75 (01:34,66)					
	400m: 06:05,90 (01:34,15) 500m: 07:40,62 (01:34,72) 600m: 09:14,90 (01:34,28)					
	700m: 10:48,64 (01:33,74) 800m: 12:17,43 (01:28,79)					
48.	Sofia Grieser	2013	SV Westfalen Hagen	12:19,50	281	
	100m: 01:30,80 (01:30,80) 200m: 03:05,49 (01:34,69) 300m: 04:39,25 (01:33,76)					
	400m: 06:12,11 (01:32,86) 500m: 07:43,54 (01:31,43) 600m: 09:17,02 (01:33,48)					
	700m: 10:49,45 (01:32,43) 800m: 12:19,50 (01:30,05)					
49.	Pia Luciana Solmecke	2013	SG Dortmund	12:19,63	281	
	100m: 01:28,97 (01:28,97) 200m: 03:03,31 (01:34,34) 300m: 04:36,88 (01:33,57)					
	400m: 06:10,56 (01:33,68) 500m: 07:45,03 (01:34,47) 600m: 09:18,59 (01:33,56)					
	700m: 10:52,28 (01:33,69) 800m: 12:19,63 (01:27,35)					
50.	Hannah Amelie Joswig	2011	SV Blau-Weiß Bochum	12:27,39	272	
	100m: 01:24,49 (01:24,49) 200m: 02:57,17 (01:32,68) 300m: 04:32,09 (01:34,92)					
	400m: 06:07,03 (01:34,94) 500m: 07:44,24 (01:37,21) 600m: 09:23,07 (01:38,83)					
	700m: 10:58,09 (01:35,02) 800m: 12:27,39 (01:29,30)					
51.	Mia Henneböhle	2008	SV Schwerte 06	12:27,45	272	EnM
	100m: 01:21,61 (01:21,61) 200m: 02:56,87 (01:35,26) 300m: 04:33,23 (01:36,36)					
	400m: 06:10,64 (01:37,41) 500m: 07:44,92 (01:34,28) 600m: 09:23,96 (01:39,04)					
	700m: 10:59,33 (01:35,37) 800m: 12:27,45 (01:28,12)					
52.	Mouna El Khafifi	2012	SG Dortmund	12:27,88	272	
	100m: 01:22,91 (01:22,91) 200m: 02:56,35 (01:33,44) 300m: 04:31,54 (01:35,19)					
	400m: 06:06,66 (01:35,12) 500m: 07:42,79 (01:36,13) 600m: 09:17,00 (01:34,21)					
	700m: 10:52,60 (01:35,60) 800m: 12:27,88 (01:35,28)					
53.	Victoria Elis Schmidt	2011	SSC Hörde 54/58 e.V.	12:30,39	269	
	100m: 01:23,47 (01:23,47) 200m: 02:56,32 (01:32,85) 300m: 04:31,28 (01:34,96)					
	400m: 06:07,16 (01:35,88) 500m: 07:43,77 (01:36,61) 600m: 09:21,50 (01:37,73)					
	700m: 10:58,82 (01:37,32) 800m: 12:30,39 (01:31,57)					
54.	Lotta Schroller	2012	Wfr. Lüdenscheid	12:37,64	261	
	100m: 01:27,36 (01:27,36) 200m: 03:01,61 (01:34,25) 300m: 04:26,95 (01:25,34)					
	400m: 06:13,47 (01:46,52) 500m: 07:50,36 (01:36,89) 600m: 09:29,27 (01:38,91)					
	700m: 11:06,41 (01:37,14) 800m: 12:37,64 (01:31,23)					

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
55.	Laura Drexelius	2011	SV Plettenberg 1951 e.V.	12:47,56	251
	100m: 01:25,64 (01:25,64) 200m: 03:02,01 (01:36,37) 300m: 04:40,67 (01:38,66) 400m: 06:16,70 (01:36,03) 500m: 07:57,34 (01:40,64) 600m: 09:36,23 (01:38,89) 700m: 11:15,67 (01:39,44) 800m: 12:47,56 (01:31,89)				
56.	Vanessa Amy Tank	2012	SV Plettenberg 1951 e.V.	12:49,19	250
	100m: 01:28,60 (01:28,60) 200m: 03:04,30 (01:35,70) 300m: 04:42,82 (01:38,52) 400m: 06:20,16 (01:37,34) 500m: 07:58,96 (01:38,80) 600m: 09:37,78 (01:38,82) 700m: 11:16,95 (01:39,17) 800m: 12:49,19 (01:32,24)				
57.	Sophia Daudrich	2011	SG Siegen	12:53,06	246
	100m: 01:28,03 (01:28,03) 200m: 03:06,62 (01:38,59) 300m: 04:47,40 (01:40,78) 400m: 06:27,43 (01:40,03) 500m: 08:05,34 (01:37,91) 600m: 09:49,59 (01:44,25) 700m: 11:19,68 (01:30,09) 800m: 12:53,06 (01:33,38)				
58.	Lena Mallinkrodt	2013	SG Siegen	13:19,14	223
	100m: 01:32,13 (01:32,13) 200m: 03:14,28 (01:42,15) 300m: 04:57,76 (01:43,48) 400m: 06:41,21 (01:43,45) 500m: 08:26,20 (01:44,99) 600m: 10:07,57 (01:41,37) 700m: 11:47,80 (01:40,23) 800m: 13:19,14 (01:31,34)				
59.	Emma Polok	2012	SG Dortmund	13:29,93	214
	100m: 01:28,71 (01:28,71) 200m: 03:08,27 (01:39,56) 300m: 04:53,08 (01:44,81) 400m: 06:36,88 (01:43,80) 500m: 08:24,43 (01:47,55) 600m: 10:07,67 (01:43,24) 700m: 11:49,73 (01:42,06) 800m: 13:29,93 (01:40,20)				
60.	Julia Lesniak	2012	SV Wasserfreunde Soest e.V. 1913	13:43,64	203
	100m: 01:35,33 (01:35,33) 200m: 03:19,52 (01:44,19) 300m: 05:05,29 (01:45,77) 400m: 06:52,99 (01:47,70) 500m: 08:38,75 (01:45,76) 600m: 10:25,36 (01:46,61) 700m: 12:08,21 (01:42,85) 800m: 13:43,64 (01:35,43)				
61.	Clara Schlabach	2012	SG Siegen	13:51,97	197
	100m: 01:37,73 (01:37,73) 200m: 03:24,48 (01:46,75) 300m: 05:13,10 (01:48,62) 400m: 07:00,69 (01:47,59) 500m: 08:45,88 (01:45,19) 600m: 10:30,07 (01:44,19) 700m: 12:14,03 (01:43,96) 800m: 13:51,97 (01:37,94)				
62.	Lena Drews	2012	SV Schwerte 06	13:53,12	197
	100m: 01:33,06 (01:33,06) 200m: 03:19,80 (01:46,74) 300m: 05:08,28 (01:48,48) 400m: 06:56,47 (01:48,19) 500m: 08:41,44 (01:44,97) 600m: 10:28,14 (01:46,70) 700m: 12:12,81 (01:44,67) 800m: 13:53,12 (01:40,31)				
63.	Alina Bresinsky	2012	SV Schwerte 06	14:05,00	188
	100m: 01:37,75 (01:37,75) 200m: 03:24,47 (01:46,72) 300m: 05:11,83 (01:47,36) 400m: 07:00,50 (01:48,67) 500m: 08:50,87 (01:50,37) 600m: 10:39,19 (01:48,32) 700m: 12:26,22 (01:47,03) 800m: 14:05,00 (01:38,78)				
64.	Lina Kölpin	2013	SG Ruhr	14:14,49	182
	100m: 01:35,37 (01:35,37) 200m: 03:25,30 (01:49,93) 300m: 05:13,97 (01:48,67) 400m: 07:04,17 (01:50,20) 500m: 08:53,76 (01:49,59) 600m: 10:44,64 (01:50,88) 700m: 12:36,31 (01:51,67) 800m: 14:14,49 (01:38,18)				
	<u>abgemeldet</u>				
	Anna Heindorff	2005	SSC Hörde 54/58 e.V.		
	Jolina Widders	2006	Rote Erde/SWIM-TEAM TuS 1859 Hamm		
	Karina Dering	2006	Rote Erde/SWIM-TEAM TuS 1859 Hamm		

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Wettkampf 21 - 800m Freistil männlich - Masters

AK 70

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälischer Masters-Meister	Karl-Heinz Rickert	1951/AK 70	Turn- u. Skiklub Breckerfeld	19:04,27	61
	100m: 02:09,60 (02:09,60) 200m: 04:33,74 (02:24,14) 300m: 06:58,78 (02:25,04)				
	400m: 09:27,98 (02:29,20) 500m: 11:55,69 (02:27,71) 600m: 14:19,89 (02:24,20)				
	700m: 16:43,70 (02:23,81) 800m: 19:04,27 (02:20,57)				
2.	Lothar Henn	1950/AK 70	Turn- u. Skiklub Breckerfeld	20:44,09	47
	100m: 02:26,78 (02:26,78) 200m: 05:02,91 (02:36,13) 300m: 07:40,81 (02:37,90)				
	400m: 10:19,28 (02:38,47) 500m: 12:58,05 (02:38,77) 600m: 15:35,88 (02:37,83)				
	700m: 18:13,03 (02:37,15) 800m: 20:44,09 (02:31,06)				

AK 65

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälischer Masters-Meister	Friedrich Irlé	1957/AK 65	SC Wiking Herne 1921	14:14,63	148
	100m: 01:36,78 (01:36,78) 200m: 03:25,56 (01:48,78) 300m: 05:14,60 (01:49,04)				
	400m: 07:02,77 (01:48,17) 500m: 08:52,25 (01:49,48) 600m: 10:41,66 (01:49,41)				
	700m: 12:30,33 (01:48,67) 800m: 14:14,63 (01:44,30)				

AK 50

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälischer Masters-Meister	Norman Krell	1974/AK 50	SV Schwerte 06	14:51,24	130
	100m: 01:35,69 (01:35,69) 200m: 03:29,36 (01:53,67) 300m: 05:26,77 (01:57,41)				
	400m: 07:20,41 (01:53,64) 500m: 09:14,01 (01:53,60) 600m: 11:08,29 (01:54,28)				
	700m: 13:04,18 (01:55,89) 800m: 14:51,24 (01:47,06)				
2.	Maik Dobrinsky	1972/AK 50	SG Wassersport Iserlohn	15:19,59	118
	100m: 01:34,03 (01:34,03) 200m: 03:25,84 (01:51,81) 300m: 05:23,03 (01:57,19)				
	400m: 07:21,50 (01:58,47) 500m: 09:21,40 (01:59,90) 600m: 11:20,34 (01:58,94)				
	700m: 12:41,52 (01:21,18) 800m: 15:19,59 (02:38,07)				

AK 45

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälischer Masters-Meister	Frank Klemke	1978/AK 45	SF Unna 01/10	11:50,75	257
	100m: 01:18,95 (01:18,95) 200m: 02:46,37 (01:27,42) 300m: 04:15,69 (01:29,32)				
	400m: 05:49,52 (01:33,83) 500m: 07:17,36 (01:27,84) 600m: 08:48,82 (01:31,46)				
	700m: 10:19,62 (01:30,80) 800m: 11:50,75 (01:31,13)				
	nicht am Start				
	Michael Holzum	1979/AK 45	SWIM-TEAM TV 1862 Geseke		

AK 35

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälischer Masters-Meister	Sebastian Greiffer	1988/AK 35	TV Grüne Linde 1901	10:50,34	336
	100m: 01:15,54 (01:15,54) 200m: 02:36,40 (01:20,86) 300m: 03:58,01 (01:21,61)				
	400m: 05:20,74 (01:22,73) 500m: 06:43,35 (01:22,61) 600m: 08:06,91 (01:23,56)				
	700m: 09:30,15 (01:23,24) 800m: 10:50,34 (01:20,19)				

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
2.	Sebastian Fladung	1985/AK 35	SG Lünen	12:28,25	220
100m: 01:18,60 (01:18,60) 200m: 02:46,99 (01:28,39) 300m: 04:21,82 (01:34,83)					
400m: 05:57,90 (01:36,08) 500m: 07:35,08 (01:37,18) 600m: 09:14,10 (01:39,02)					
700m: 10:52,48 (01:38,38) 800m: 12:28,25 (01:35,77)					

AK 30

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälischer Masters-Meister	Jascha Buckel	1993/AK 30	SC Wiking Herne 1921	10:45,80	343
100m: 01:11,72 (01:11,72) 200m: 02:32,60 (01:20,88) 300m: 03:55,74 (01:23,14)					
400m: 05:19,18 (01:23,44) 500m: 06:42,80 (01:23,62) 600m: 08:05,68 (01:22,88)					
700m: 09:28,86 (01:23,18) 800m: 10:45,80 (01:16,94)					

AK 20

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälischer Masters-Meister	Tim Detambel	2003/AK 20	SV Schwerte 06	12:33,36	216
100m: 01:24,86 (01:24,86) 200m: 03:02,68 (01:37,82) 300m: 04:41,15 (01:38,47)					
400m: 06:19,32 (01:38,17) 500m: 07:56,82 (01:37,50) 600m: 09:31,65 (01:34,83)					
700m: 11:04,93 (01:33,28) 800m: 12:33,36 (01:28,43)					

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Wettkampf 22 - 1500m Freistil männlich

Pflichtzeiten

Jg.2013: 28:23,00 Jg.2012: 27:14,00 Jg.2011: 25:40,00 Jg.2010: 23:33,00 Jg.2009: 21:27,00 Jg.2008: 21:02,00 Jg.2007: 20:56,00
Offen: 20:04,00

Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälischer Jahrgangsmeister					
	Daniel Ransch	2013	SG Ruhr	23:15,87	242
	100m: 01:25,42 (01:25,42) 200m: 03:00,56 (01:35,14) 300m: 04:36,31 (01:35,75) 400m: 06:11,35 (01:35,04) 500m: 07:46,03 (01:34,68) 600m: 09:20,63 (01:34,60) 700m: 10:54,92 (01:34,29) 800m: 12:27,81 (01:32,89) 900m: 14:00,45 (01:32,64) 1000m: 15:34,06 (01:33,61) 1100m: 17:08,27 (01:34,21) 1200m: 18:41,85 (01:33,58) 1300m: 20:16,85 (01:35,00) 1400m: 21:51,82 (01:34,97) 1500m: 23:15,87 (01:24,05)				
2.	Maximilian Radloff	2013	SG Dortmund	24:07,03	218
	100m: 01:26,75 (01:26,75) 200m: 03:00,78 (01:34,03) 300m: 04:36,91 (01:36,13) 400m: 06:13,72 (01:36,81) 500m: 07:52,59 (01:38,87) 600m: 09:31,44 (01:38,85) 700m: 11:09,50 (01:38,06) 800m: 12:48,06 (01:38,56) 900m: 14:26,91 (01:38,85) 1000m: 16:06,66 (01:39,75) 1100m: 17:47,12 (01:40,46) 1200m: 19:24,84 (01:37,72) 1300m: 21:01,00 (01:36,16) 1400m: 22:37,09 (01:36,09) 1500m: 24:07,03 (01:29,94)				
3.	Karl Luis Spriestersbach	2013	SG Dortmund	25:06,49	193
	100m: 01:33,20 (01:33,20) 200m: 03:12,74 (01:39,54) 300m: 04:53,15 (01:40,41) 400m: 06:33,83 (01:40,68) 500m: 08:12,01 (01:38,18) 600m: 08:12,01 (00:00,00) 700m: 09:52,64 (01:40,63) 800m: 11:33,77 (01:41,13) 900m: 13:13,92 (01:40,15) 1000m: 14:56,11 (01:42,19) 1100m: 16:39,99 (01:43,88) 1200m: 18:21,91 (01:41,92) 1300m: 20:03,96 (01:42,05) 1400m: 21:46,90 (01:42,94) 1500m: 25:06,49 (03:19,59)				
4.	Ben Grigoryan	2013	SG Ruhr	27:36,23	145
	100m: 01:38,30 (01:38,30) 200m: 03:27,60 (01:49,30) 300m: 05:18,41 (01:50,81) 400m: 07:07,54 (01:49,13) 500m: 08:56,36 (01:48,82) 600m: 10:49,32 (01:52,96) 700m: 12:39,87 (01:50,55) 800m: 14:31,59 (01:51,72) 900m: 16:25,39 (01:53,80) 1000m: 18:19,23 (01:53,84) 1100m: 20:13,27 (01:54,04) 1200m: 22:08,21 (01:54,94) 1300m: 24:03,19 (01:54,98) 1400m: 25:55,33 (01:52,14) 1500m: 27:36,23 (01:40,90)				
	<u>nicht am Start</u>				
	Philipp Klinkowski	2013	SG Dortmund		EnM
	<u>abgemeldet</u>				
	Yue Gao	2013	SG Dortmund		

Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälischer Jahrgangsmeister					
	Paul Reuker	2012	SG Dortmund	21:14,29	319
	100m: 01:17,76 (01:17,76) 200m: 02:42,75 (01:24,99) 300m: 04:08,73 (01:25,98) 400m: 05:33,73 (01:25,00) 500m: 07:00,34 (01:26,61) 600m: 08:25,54 (01:25,20) 700m: 09:52,11 (01:26,57) 800m: 11:18,38 (01:26,27) 900m: 12:42,91 (01:24,53) 1000m: 14:08,75 (01:25,84) 1100m: 15:34,42 (01:25,67) 1200m: 17:01,21 (01:26,79) 1300m: 18:26,67 (01:25,46) 1400m: 19:51,82 (01:25,15) 1500m: 21:14,29 (01:22,47)				
2.	Pascal Reimann	2012	SG Dortmund	21:20,37	314
	100m: 01:20,37 (01:20,37) 200m: 02:46,30 (01:25,93) 300m: 04:12,08 (01:25,78) 400m: 05:38,83 (01:26,75) 500m: 07:05,83 (01:27,00) 600m: 08:31,97 (01:26,14) 700m: 09:56,87 (01:24,90) 800m: 11:22,72 (01:25,85) 900m: 12:48,62 (01:25,90) 1000m: 14:13,55 (01:24,93) 1100m: 15:38,47 (01:24,92) 1200m: 17:02,62 (01:24,15) 1300m: 18:28,94 (01:26,32) 1400m: 19:56,37 (01:27,43) 1500m: 21:20,37 (01:24,00)				

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
3.	Marcel Piskover	2012	SG Dortmund	22:45,12	259
	100m: 01:23,33 (01:23,33) 200m: 02:53,53 (01:30,20) 300m: 04:25,39 (01:31,86) 400m: 05:55,81 (01:30,42) 500m: 07:26,38 (01:30,57) 600m: 09:00,14 (01:33,76) 700m: 10:32,94 (01:32,80) 800m: 12:05,86 (01:32,92) 900m: 13:37,44 (01:31,58) 1000m: 15:08,81 (01:31,37) 1100m: 16:39,94 (01:31,13) 1200m: 18:12,27 (01:32,33) 1300m: 19:44,51 (01:32,24) 1400m: 21:16,94 (01:32,43) 1500m: 22:45,12 (01:28,18)				
4.	Jan Dudek	2012	SG Dortmund	22:49,87	257
	100m: 01:21,58 (01:21,58) 200m: 02:50,78 (01:29,20) 300m: 04:21,95 (01:31,17) 400m: 05:52,20 (01:30,25) 500m: 07:23,76 (01:31,56) 600m: 08:53,86 (01:30,10) 700m: 10:25,86 (01:32,00) 800m: 11:58,49 (01:32,63) 900m: 13:35,34 (01:36,85) 1000m: 15:09,28 (01:33,94) 1100m: 16:38,46 (01:29,18) 1200m: 18:11,17 (01:32,71) 1300m: 19:44,91 (01:33,74) 1400m: 21:18,08 (01:33,17) 1500m: 22:49,87 (01:31,79)				
5.	Kenzo Enguun Batbayar	2012	SG Dortmund	23:19,17	241
	100m: 01:26,91 (01:26,91) 200m: 03:03,68 (01:36,77) 300m: 04:38,97 (01:35,29) 400m: 06:14,76 (01:35,79) 500m: 07:51,41 (01:36,65) 600m: 09:28,11 (01:36,70) 700m: 11:02,96 (01:34,85) 800m: 12:38,36 (01:35,40) 900m: 14:13,58 (01:35,22) 1000m: 15:51,33 (01:37,75) 1100m: 17:25,85 (01:34,52) 1200m: 18:58,30 (01:32,45) 1300m: 20:29,41 (01:31,11) 1400m: 21:58,19 (01:28,78) 1500m: 23:19,17 (01:20,98)				
6.	Mattis Junker	2012	SG Siegen	24:11,51	216
	100m: 01:27,05 (01:27,05) 200m: 03:03,35 (01:36,30) 300m: 04:39,70 (01:36,35) 400m: 06:16,35 (01:36,65) 500m: 07:54,32 (01:37,97) 600m: 09:33,45 (01:39,13) 700m: 11:12,13 (01:38,68) 800m: 12:52,13 (01:40,00) 900m: 14:32,17 (01:40,04) 1000m: 16:10,17 (01:38,00) 1100m: 17:49,97 (01:39,80) 1200m: 19:29,43 (01:39,46) 1300m: 21:03,70 (01:34,27) 1400m: 22:41,86 (01:38,16) 1500m: 24:11,51 (01:29,65)				
7.	Leo Stracke	2012	SV Plettenberg 1951 e.V.	24:36,69	205
	100m: 01:27,34 (01:27,34) 200m: 03:04,92 (01:37,58) 300m: 04:44,62 (01:39,70) 400m: 06:27,28 (01:42,66) 500m: 08:07,86 (01:40,58) 600m: 09:47,83 (01:39,97) 700m: 11:25,40 (01:37,57) 800m: 13:09,49 (01:44,09) 900m: 14:49,00 (01:39,51) 1000m: 16:27,84 (01:38,84) 1100m: 18:08,59 (01:40,75) 1200m: 19:48,50 (01:39,91) 1300m: 21:29,30 (01:40,80) 1400m: 23:05,20 (01:35,90) 1500m: 24:36,69 (01:31,49)				
8.	Julian Bohle	2012	SG Dortmund	25:04,26	194
	100m: 01:32,02 (01:32,02) 200m: 03:13,92 (01:41,90) 300m: 04:54,43 (01:40,51) 400m: 06:36,47 (01:42,04) 500m: 08:17,90 (01:41,43) 600m: 09:57,58 (01:39,68) 700m: 11:40,34 (01:42,76) 800m: 13:19,58 (01:39,24) 900m: 15:02,62 (01:43,04) 1000m: 16:46,00 (01:43,38) 1100m: 18:28,19 (01:42,19) 1200m: 20:09,02 (01:40,83) 1300m: 21:49,05 (01:40,03) 1400m: 23:29,78 (01:40,73) 1500m: 25:04,26 (01:34,48)				
	abgemeldet				
	Raphael Zuber	2012	SG Dortmund		

Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälischer Jahrgangsmeister	Johann Schwager	2011	SG Dortmund	20:12,02	371
	100m: 01:14,06 (01:14,06) 200m: 02:35,80 (01:21,74) 300m: 03:57,41 (01:21,61) 400m: 05:18,90 (01:21,49) 500m: 06:41,76 (01:22,86) 600m: 08:02,70 (01:20,94) 700m: 09:24,12 (01:21,42) 800m: 10:45,27 (01:21,15) 900m: 12:08,41 (01:23,14) 1000m: 13:30,13 (01:21,72) 1100m: 14:51,61 (01:21,48) 1200m: 16:13,94 (01:22,33) 1300m: 17:35,04 (01:21,10) 1400m: 18:55,76 (01:20,72) 1500m: 20:12,02 (01:16,26)				

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
2.	Emil Schlegel	2011	SG Dortmund	20:56,10	333
	100m: 01:19,70 (01:19,70) 200m: 02:43,28 (01:23,58) 300m: 04:07,11 (01:23,83) 400m: 05:30,33 (01:23,22) 500m: 06:55,11 (01:24,78) 600m: 08:20,22 (01:25,11) 700m: 09:42,94 (01:22,72) 800m: 11:07,64 (01:24,70) 900m: 12:31,51 (01:23,87) 1000m: 13:57,41 (01:25,90) 1100m: 15:24,36 (01:26,95) 1200m: 16:48,30 (01:23,94) 1300m: 18:12,19 (01:23,89) 1400m: 19:37,06 (01:24,87) 1500m: 20:56,10 (01:19,04)				
3.	Julian Schulz	2011	SV Blau-Weiß Bochum	21:02,48	328
	100m: 01:17,59 (01:17,59) 200m: 02:40,41 (01:22,82) 300m: 04:03,78 (01:23,37) 400m: 05:28,53 (01:24,75) 500m: 06:52,84 (01:24,31) 600m: 08:17,31 (01:24,47) 700m: 09:42,28 (01:24,97) 800m: 11:07,41 (01:25,13) 900m: 12:34,16 (01:26,75) 1000m: 14:00,38 (01:26,22) 1100m: 15:26,20 (01:25,82) 1200m: 16:50,66 (01:24,46) 1300m: 18:17,23 (01:26,57) 1400m: 19:42,88 (01:25,65) 1500m: 21:02,48 (01:19,60)				
4.	Franz Schäfer	2011	SG Dortmund	21:10,52	322
	100m: 01:15,50 (01:15,50) 200m: 02:39,20 (01:23,70) 300m: 04:03,96 (01:24,76) 400m: 05:29,40 (01:25,44) 500m: 06:55,39 (01:25,99) 600m: 08:21,98 (01:26,59) 700m: 09:47,64 (01:25,66) 800m: 11:13,61 (01:25,97) 900m: 12:39,03 (01:25,42) 1000m: 14:04,70 (01:25,67) 1100m: 15:30,77 (01:26,07) 1200m: 16:58,18 (01:27,41) 1300m: 18:23,44 (01:25,26) 1400m: 19:48,36 (01:24,92) 1500m: 21:10,52 (01:22,16)				
5.	Xavier Tjiawi	2011	Sport Union Annen	21:32,86	305
	100m: 01:17,38 (01:17,38) 200m: 02:44,57 (01:27,19) 300m: 04:12,65 (01:28,08) 400m: 05:41,19 (01:28,54) 500m: 07:10,50 (01:29,31) 600m: 08:38,75 (01:28,25) 700m: 10:05,86 (01:27,11) 800m: 11:31,81 (01:25,95) 900m: 12:58,71 (01:26,90) 1000m: 14:26,52 (01:27,81) 1100m: 15:53,93 (01:27,41) 1200m: 17:18,91 (01:24,98) 1300m: 18:45,61 (01:26,70) 1400m: 20:10,88 (01:25,27) 1500m: 21:32,86 (01:21,98)				
6.	Jonah Welnic	2011	SG Ruhr	21:56,86	289
	100m: 01:16,42 (01:16,42) 200m: 02:42,24 (01:25,82) 300m: 04:10,05 (01:27,81) 400m: 05:38,60 (01:28,55) 500m: 07:07,65 (01:29,05) 600m: 08:36,28 (01:28,63) 700m: 10:05,24 (01:28,96) 800m: 11:34,71 (01:29,47) 900m: 13:04,03 (01:29,32) 1000m: 14:33,50 (01:29,47) 1100m: 16:02,93 (01:29,43) 1200m: 17:33,40 (01:30,47) 1300m: 19:02,78 (01:29,38) 1400m: 20:32,53 (01:29,75) 1500m: 21:56,86 (01:24,33)				
7.	Jakob Schäfer	2011	SG Dortmund	22:07,40	282
	100m: 01:19,24 (01:19,24) 200m: 02:47,22 (01:27,98) 300m: 04:15,62 (01:28,40) 400m: 05:43,92 (01:28,30) 500m: 07:13,77 (01:29,85) 600m: 08:43,86 (01:30,09) 700m: 10:12,92 (01:29,06) 800m: 11:43,16 (01:30,24) 900m: 13:14,01 (01:30,85) 1000m: 14:45,55 (01:31,54) 1100m: 16:15,55 (01:30,00) 1200m: 17:45,34 (01:29,79) 1300m: 19:12,93 (01:27,59) 1400m: 20:41,40 (01:28,47) 1500m: 22:07,40 (01:26,00)				
8.	Mika Knoche	2011	SV Plettenberg 1951 e.V.	23:49,39	226
	100m: 01:21,17 (01:21,17) 200m: 02:54,58 (01:33,41) 300m: 04:29,22 (01:34,64) 400m: 06:03,57 (01:34,35) 500m: 07:39,65 (01:36,08) 600m: 09:16,41 (01:36,76) 700m: 10:55,42 (01:39,01) 800m: 12:32,79 (01:37,37) 900m: 14:10,88 (01:38,09) 1000m: 15:49,56 (01:38,68) 1100m: 17:27,33 (01:37,77) 1200m: 19:03,24 (01:35,91) 1300m: 20:39,71 (01:36,47) 1400m: 22:17,87 (01:38,16) 1500m: 23:49,39 (01:31,52)				
9.	Joshua Mohan Virus	2011	SV Blau-Weiß Bochum	23:50,91	225
	100m: 01:23,25 (01:23,25) 200m: 02:56,62 (01:33,37) 300m: 04:31,93 (01:35,31) 400m: 06:08,42 (01:36,49) 500m: 07:44,84 (01:36,42) 600m: 09:21,47 (01:36,63) 700m: 10:59,26 (01:37,79) 800m: 12:36,81 (01:37,55) 900m: 14:14,74 (01:37,93) 1000m: 15:52,02 (01:37,28) 1100m: 17:28,43 (01:36,41) 1200m: 19:05,58 (01:37,15) 1300m: 20:41,59 (01:36,01) 1400m: 22:18,30 (01:36,71) 1500m: 23:50,91 (01:32,61)				
10.	Mika Tom Krause	2011	Wfr. TuRa Bergkamen	24:36,61	205
	100m: 01:27,97 (01:27,97) 200m: 03:07,66 (01:39,69) 300m: 04:48,53 (01:40,87) 400m: 06:28,88 (01:40,35) 500m: 08:07,31 (01:38,43) 600m: 09:47,13 (01:39,82) 700m: 11:25,75 (01:38,62) 800m: 13:06,47 (01:40,72) 900m: 14:48,03 (01:41,56) 1000m: 16:27,13 (01:39,10) 1100m: 18:07,56 (01:40,43) 1200m: 19:47,41 (01:39,85) 1300m: 21:28,56 (01:41,15) 1400m: 23:05,41 (01:36,85) 1500m: 24:36,61 (01:31,20)				

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
	abgemeldet				
	Lukas Kopchuk	2011	SG Dortmund		
	Nevio Altemeier	2011	Wfr. TuRa Bergkamen		
	Thilo Rehrmann	2011	SV Blau-Weiß Bochum		

Jahrgang 2010

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälischer Jahrgangsmeister					
	Linus Wiemann	2010	SV Blau-Weiß Bochum	19:19,17	424
	100m: 01:10,78 (01:10,78) 200m: 02:28,59 (01:17,81) 300m: 03:46,94 (01:18,35)				
	400m: 05:05,63 (01:18,69) 500m: 06:25,07 (01:19,44) 600m: 07:44,29 (01:19,22)				
	700m: 09:04,30 (01:20,01) 800m: 10:23,97 (01:19,67) 900m: 11:42,02 (01:18,05)				
	1000m: 13:00,19 (01:18,17) 1100m: 14:18,18 (01:17,99) 1200m: 15:35,96 (01:17,78)				
	1300m: 16:53,57 (01:17,61) 1400m: 18:09,78 (01:16,21) 1500m: 19:19,17 (01:09,39)				
2.	Fynn Krieg	2010	SG Ruhr	19:50,16	391
	100m: 01:15,30 (01:15,30) 200m: 02:34,62 (01:19,32) 300m: 03:53,51 (01:18,89)				
	400m: 05:12,95 (01:19,44) 500m: 06:32,39 (01:19,44) 600m: 07:53,64 (01:21,25)				
	700m: 09:14,02 (01:20,38) 800m: 10:34,61 (01:20,59) 900m: 11:53,51 (01:18,90)				
	1000m: 13:13,39 (01:19,88) 1100m: 14:33,09 (01:19,70) 1200m: 15:52,98 (01:19,89)				
	1300m: 17:14,01 (01:21,03) 1400m: 18:34,18 (01:20,17) 1500m: 19:50,16 (01:15,98)				
3.	Mark Nodelman	2010	SG Ruhr	19:53,00	389
	100m: 01:13,84 (01:13,84) 200m: 02:30,53 (01:16,69) 300m: 03:48,38 (01:17,85)				
	400m: 05:07,78 (01:19,40) 500m: 06:28,16 (01:20,38) 600m: 07:48,31 (01:20,15)				
	700m: 09:08,94 (01:20,63) 800m: 10:29,91 (01:20,97) 900m: 11:51,06 (01:21,15)				
	1000m: 13:12,06 (01:21,00) 1100m: 14:33,31 (01:21,25) 1200m: 15:54,84 (01:21,53)				
	1300m: 17:16,50 (01:21,66) 1400m: 18:37,59 (01:21,09) 1500m: 19:53,00 (01:15,41)				
4.	Leo Schaaf	2010	SG Ruhr	20:05,01	377
	100m: 01:14,50 (01:14,50) 200m: 02:35,97 (01:21,47) 300m: 03:57,62 (01:21,65)				
	400m: 05:19,53 (01:21,91) 500m: 06:41,30 (01:21,77) 600m: 08:03,76 (01:22,46)				
	700m: 09:25,71 (01:21,95) 800m: 10:46,93 (01:21,22) 900m: 12:09,00 (01:22,07)				
	1000m: 13:29,22 (01:20,22) 1100m: 14:49,78 (01:20,56) 1200m: 16:10,43 (01:20,65)				
	1300m: 17:31,13 (01:20,70) 1400m: 18:49,14 (01:18,01) 1500m: 20:05,01 (01:15,87)				
5.	Adrian Gusseva	2010	Sport Union Annen	20:37,94	348
	100m: 01:15,44 (01:15,44) 200m: 02:37,23 (01:21,79) 300m: 03:59,27 (01:22,04)				
	400m: 05:23,41 (01:24,14) 500m: 06:47,02 (01:23,61) 600m: 08:13,72 (01:26,70)				
	700m: 09:34,82 (01:21,10) 800m: 10:58,13 (01:23,31) 900m: 12:22,39 (01:24,26)				
	1000m: 13:44,56 (01:22,17) 1100m: 15:08,02 (01:23,46) 1200m: 16:31,53 (01:23,51)				
	1300m: 17:53,69 (01:22,16) 1400m: 19:18,60 (01:24,91) 1500m: 20:37,94 (01:19,34)				
6.	Robert Siedhoff	2010	TuS Sundern	21:02,94	328
	100m: 01:17,37 (01:17,37) 200m: 02:39,48 (01:22,11) 300m: 04:05,09 (01:25,61)				
	400m: 05:30,67 (01:25,58) 500m: 06:56,44 (01:25,77) 600m: 08:22,49 (01:26,05)				
	700m: 09:48,66 (01:26,17) 800m: 11:14,92 (01:26,26) 900m: 12:40,65 (01:25,73)				
	1000m: 14:06,52 (01:25,87) 1100m: 15:30,21 (01:23,69) 1200m: 16:55,12 (01:24,91)				
	1300m: 18:19,73 (01:24,61) 1400m: 19:44,14 (01:24,41) 1500m: 21:02,94 (01:18,80)				
7.	Jannik Jordan	2010	SSC Hörde 54/58 e.V.	21:22,47	313
	100m: 01:20,69 (01:20,69) 200m: 02:46,34 (01:25,65) 300m: 04:10,33 (01:23,99)				
	400m: 05:36,85 (01:26,52) 500m: 07:02,84 (01:25,99) 600m: 08:29,47 (01:26,63)				
	700m: 09:56,52 (01:27,05) 800m: 11:22,14 (01:25,62) 900m: 12:50,08 (01:27,94)				
	1000m: 14:16,46 (01:26,38) 1100m: 15:43,95 (01:27,49) 1200m: 17:10,39 (01:26,44)				
	1300m: 18:37,69 (01:27,30) 1400m: 20:04,49 (01:26,80) 1500m: 21:22,47 (01:17,98)				

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
8.	Ergin Yilmaz	2010	SSC Hörde 54/58 e.V.	21:22,78	313	
	100m: 01:15,87 (01:15,87) 200m: 02:39,87 (01:24,00) 300m: 04:05,72 (01:25,85) 400m: 05:30,78 (01:25,06) 500m: 06:56,69 (01:25,91) 600m: 08:24,66 (01:27,97) 700m: 09:51,94 (01:27,28) 800m: 11:19,75 (01:27,81) 900m: 12:47,56 (01:27,81) 1000m: 14:14,48 (01:26,92) 1100m: 15:42,37 (01:27,89) 1200m: 17:09,31 (01:26,94) 1300m: 18:36,97 (01:27,66) 1400m: 20:03,03 (01:26,06) 1500m: 21:22,78 (01:19,75)					
9.	Phil Biskup	2010	SV Blau-Weiß Bochum	21:26,76	310	
	100m: 01:17,57 (01:17,57) 200m: 02:42,95 (01:25,38) 300m: 04:08,66 (01:25,71) 400m: 05:34,58 (01:25,92) 500m: 07:01,53 (01:26,95) 600m: 08:28,70 (01:27,17) 700m: 09:55,72 (01:27,02) 800m: 11:23,65 (01:27,93) 900m: 12:49,15 (01:25,50) 1000m: 14:16,51 (01:27,36) 1100m: 15:43,04 (01:26,53) 1200m: 17:10,71 (01:27,67) 1300m: 18:37,54 (01:26,83) 1400m: 20:04,58 (01:27,04) 1500m: 21:26,76 (01:22,18)					
10.	Fabian Maas	2010	TuS Dortmund-Brackel	23:06,75	247	
	100m: 01:19,78 (01:19,78) 200m: 02:51,44 (01:31,66) 300m: 04:23,50 (01:32,06) 400m: 05:54,47 (01:30,97) 500m: 07:27,79 (01:33,32) 600m: 09:00,43 (01:32,64) 700m: 10:32,94 (01:32,51) 800m: 12:05,88 (01:32,94) 900m: 13:40,17 (01:34,29) 1000m: 15:14,11 (01:33,94) 1100m: 16:49,45 (01:35,34) 1200m: 18:25,80 (01:36,35) 1300m: 20:01,56 (01:35,76) 1400m: 21:36,93 (01:35,37) 1500m: 23:06,75 (01:29,82)					
11.	Moritz Fritz	2010	Mendener SV	23:46,87	227	EnM
	100m: 01:23,68 (01:23,68) 200m: 02:56,18 (01:32,50) 300m: 04:30,12 (01:33,94) 400m: 06:05,21 (01:35,09) 500m: 07:41,56 (01:36,35) 600m: 09:17,12 (01:35,56) 700m: 10:39,31 (01:22,19) 800m: 12:29,68 (01:50,37) 900m: 14:06,31 (01:36,63) 1000m: 15:43,34 (01:37,03) 1100m: 17:20,68 (01:37,34) 1200m: 18:56,08 (01:35,40) 1300m: 20:35,00 (01:38,92) 1400m: 22:13,46 (01:38,46) 1500m: 23:46,87 (01:33,41)					
	abgemeldet					
	Bastian Schmittinger	2010	SV Blau-Weiß Bochum			
	Dmitrii Stetsenko	2010	SV Blau-Weiß Bochum			

Jahrgang 2009

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
1. und Südwestfälischer Jahrgangsmeister						
	Frederik Klump	2009	SG Siegen	18:43,93	465	
	100m: 01:08,17 (01:08,17) 200m: 02:22,27 (01:14,10) 300m: 03:37,18 (01:14,91) 400m: 04:52,47 (01:15,29) 500m: 06:07,83 (01:15,36) 600m: 07:24,09 (01:16,26) 700m: 08:40,60 (01:16,51) 800m: 09:56,74 (01:16,14) 900m: 11:11,98 (01:15,24) 1000m: 12:27,12 (01:15,14) 1100m: 13:42,51 (01:15,39) 1200m: 14:58,34 (01:15,83) 1300m: 16:14,84 (01:16,50) 1400m: 17:30,91 (01:16,07) 1500m: 18:43,93 (01:13,02)					
2.	Linus Oskar Sotke	2009	SG Ruhr	18:53,68	453	
	100m: 01:08,57 (01:08,57) 200m: 02:23,89 (01:15,32) 300m: 03:38,91 (01:15,02) 400m: 04:54,65 (01:15,74) 500m: 06:10,61 (01:15,96) 600m: 07:27,60 (01:16,99) 700m: 08:45,31 (01:17,71) 800m: 10:01,50 (01:16,19) 900m: 11:19,10 (01:17,60) 1000m: 12:35,92 (01:16,82) 1100m: 13:51,88 (01:15,96) 1200m: 15:08,20 (01:16,32) 1300m: 16:25,17 (01:16,97) 1400m: 17:42,19 (01:17,02) 1500m: 18:53,68 (01:11,49)					
3.	Paul Juri Burow	2009	SG Ruhr	19:30,92	411	
	100m: 01:11,90 (01:11,90) 200m: 02:28,34 (01:16,44) 300m: 03:45,81 (01:17,47) 400m: 05:03,94 (01:18,13) 500m: 06:22,47 (01:18,53) 600m: 07:41,59 (01:19,12) 700m: 09:00,22 (01:18,63) 800m: 10:19,23 (01:19,01) 900m: 11:39,02 (01:19,79) 1000m: 12:58,66 (01:19,64) 1100m: 14:17,62 (01:18,96) 1200m: 15:37,94 (01:20,32) 1300m: 16:58,07 (01:20,13) 1400m: 18:16,02 (01:17,95) 1500m: 19:30,92 (01:14,90)					

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
4.	Noah Johannknecht	2009	SV Blau-Weiß Bochum	19:43,20	398	
	100m: 01:12,31 (01:12,31) 200m: 02:30,87 (01:18,56) 300m: 03:49,67 (01:18,80)					
	400m: 05:08,49 (01:18,82) 500m: 06:27,92 (01:19,43) 600m: 07:47,78 (01:19,86)					
	700m: 09:08,22 (01:20,44) 800m: 10:28,52 (01:20,30) 900m: 11:48,58 (01:20,06)					
	1000m: 13:08,53 (01:19,95) 1100m: 14:28,46 (01:19,93) 1200m: 15:58,49 (01:30,03)					
	1300m: 17:08,38 (01:09,89) 1400m: 18:26,73 (01:18,35) 1500m: 19:43,20 (01:16,47)					
5.	Max Zimmermann	2009	Teutonia Lippstadt	19:50,53	391	
	100m: 01:11,93 (01:11,93) 200m: 02:30,36 (01:18,43) 300m: 03:51,46 (01:21,10)					
	400m: 05:12,96 (01:21,50) 500m: 06:34,62 (01:21,66) 600m: 07:55,43 (01:20,81)					
	700m: 09:17,21 (01:21,78) 800m: 10:37,84 (01:20,63) 900m: 11:58,09 (01:20,25)					
	1000m: 13:18,65 (01:20,56) 1100m: 14:37,71 (01:19,06) 1200m: 15:57,25 (01:19,54)					
	1300m: 17:15,50 (01:18,25) 1400m: 18:34,28 (01:18,78) 1500m: 19:50,53 (01:16,25)					
6.	Marc Piechura	2009	SV Blau-Weiß Bochum	19:58,11	384	
	100m: 01:11,05 (01:11,05) 200m: 02:30,51 (01:19,46) 300m: 03:51,70 (01:21,19)					
	400m: 05:13,21 (01:21,51) 500m: 06:34,52 (01:21,31) 600m: 07:54,32 (01:19,80)					
	700m: 09:16,14 (01:21,82) 800m: 10:36,58 (01:20,44) 900m: 11:56,53 (01:19,95)					
	1000m: 13:18,22 (01:21,69) 1100m: 14:37,86 (01:19,64) 1200m: 15:58,38 (01:20,52)					
	1300m: 17:20,76 (01:22,38) 1400m: 18:42,45 (01:21,69) 1500m: 19:58,11 (01:15,66)					
7.	Lukas Weinert	2009	SG Siegen	20:59,92	330	
	100m: 01:17,48 (01:17,48) 200m: 02:42,22 (01:24,74) 300m: 04:08,50 (01:26,28)					
	400m: 05:34,57 (01:26,07) 500m: 06:59,96 (01:25,39) 600m: 08:25,14 (01:25,18)					
	700m: 09:51,01 (01:25,87) 800m: 11:16,21 (01:25,20) 900m: 12:44,16 (01:27,95)					
	1000m: 14:06,76 (01:22,60) 1100m: 15:32,41 (01:25,65) 1200m: 16:57,81 (01:25,40)					
	1300m: 18:22,11 (01:24,30) 1400m: 19:44,50 (01:22,39) 1500m: 20:59,92 (01:15,42)					
8.	Jasper Wojciech Meis	2009	SV Schwerte 06	21:12,25	320	
	100m: 01:13,06 (01:13,06) 200m: 02:36,66 (01:23,60) 300m: 04:02,38 (01:25,72)					
	400m: 05:27,36 (01:24,98) 500m: 06:52,81 (01:25,45) 600m: 08:16,60 (01:23,79)					
	700m: 09:42,61 (01:26,01) 800m: 11:07,87 (01:25,26) 900m: 12:34,50 (01:26,63)					
	1000m: 14:01,54 (01:27,04) 1100m: 15:29,17 (01:27,63) 1200m: 16:57,10 (01:27,93)					
	1300m: 18:24,04 (01:26,94) 1400m: 19:50,39 (01:26,35) 1500m: 21:12,25 (01:21,86)					
9.	Raik Kräuter	2009	SSC Hörde 54/58 e.V.	21:22,50	313	
	100m: 01:17,98 (01:17,98) 200m: 02:43,35 (01:25,37) 300m: 04:10,12 (01:26,77)					
	400m: 05:34,97 (01:24,85) 500m: 07:02,43 (01:27,46) 600m: 08:27,40 (01:24,97)					
	700m: 09:54,78 (01:27,38) 800m: 11:22,22 (01:27,44) 900m: 12:50,01 (01:27,79)					
	1000m: 14:16,07 (01:26,06) 1100m: 15:41,82 (01:25,75) 1200m: 17:09,76 (01:27,94)					
	1300m: 18:37,80 (01:28,04) 1400m: 20:04,16 (01:26,36) 1500m: 21:22,50 (01:18,34)					
10.	Jan Melcher	2009	TuS Sundern	21:32,70	305	EnM
	100m: 01:15,22 (01:15,22) 200m: 02:38,40 (01:23,18) 300m: 04:06,23 (01:27,83)					
	400m: 05:35,18 (01:28,95) 500m: 07:03,70 (01:28,52) 600m: 08:32,03 (01:28,33)					
	700m: 09:58,61 (01:26,58) 800m: 11:26,79 (01:28,18) 900m: 12:52,93 (01:26,14)					
	1000m: 14:22,35 (01:29,42) 1100m: 15:50,55 (01:28,20) 1200m: 17:18,09 (01:27,54)					
	1300m: 18:44,65 (01:26,56) 1400m: 20:09,75 (01:25,10) 1500m: 21:32,70 (01:22,95)					

Jahrgang 2008

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
1. und Südwestfälischer Jahrgangsmeister						
	Jordan Kribber	2008	SG Siegen	18:18,18	498	
	100m: 01:05,40 (01:05,40) 200m: 02:16,34 (01:10,94) 300m: 03:28,53 (01:12,19)					
	400m: 04:41,62 (01:13,09) 500m: 05:55,50 (01:13,88) 600m: 07:08,91 (01:13,41)					
	700m: 08:24,00 (01:15,09) 800m: 09:38,59 (01:14,59) 900m: 10:53,49 (01:14,90)					
	1000m: 12:07,90 (01:14,41) 1100m: 13:22,96 (01:15,06) 1200m: 14:38,62 (01:15,66)					
	1300m: 15:53,71 (01:15,09) 1400m: 17:07,75 (01:14,04) 1500m: 18:18,18 (01:10,43)					

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
2.	Luca Reber	2008	SSC Hörde 54/58 e.V.	18:48,75	459
	100m: 01:08,37 (01:08,37) 200m: 02:23,36 (01:14,99) 300m: 03:39,66 (01:16,30) 400m: 04:55,44 (01:15,78) 500m: 06:11,95 (01:16,51) 600m: 07:28,10 (01:16,15) 700m: 08:44,60 (01:16,50) 800m: 10:00,62 (01:16,02) 900m: 11:16,86 (01:16,24) 1000m: 12:33,82 (01:16,96) 1100m: 13:51,16 (01:17,34) 1200m: 15:07,69 (01:16,53) 1300m: 16:23,09 (01:15,40) 1400m: 17:37,47 (01:14,38) 1500m: 18:48,75 (01:11,28)				
3.	Aaron Pikowski	2008	SG Ruhr	18:50,68	457
	100m: 01:11,52 (01:11,52) 200m: 02:26,94 (01:15,42) 300m: 03:42,70 (01:15,76) 400m: 04:57,83 (01:15,13) 500m: 06:12,86 (01:15,03) 600m: 07:28,24 (01:15,38) 700m: 08:45,10 (01:16,86) 800m: 11:16,27 (02:31,17) 900m: 12:32,24 (01:15,97) 1000m: 13:49,06 (01:16,82) 1100m: 15:06,25 (01:17,19) 1200m: 16:22,86 (01:16,61) 1300m: 17:37,91 (01:15,05) 1500m: 18:50,68 (01:12,77)				
4.	Jonas Riebel	2008	SSC Hörde 54/58 e.V.	19:42,51	399
	100m: 01:09,39 (01:09,39) 200m: 02:28,53 (01:19,14) 300m: 03:47,70 (01:19,17) 400m: 05:07,23 (01:19,53) 500m: 06:27,04 (01:19,81) 600m: 07:45,85 (01:18,81) 700m: 09:05,40 (01:19,55) 800m: 10:24,93 (01:19,53) 900m: 11:44,21 (01:19,28) 1000m: 13:03,90 (01:19,69) 1100m: 14:24,50 (01:20,60) 1200m: 15:45,00 (01:20,50) 1300m: 17:05,55 (01:20,55) 1400m: 18:24,11 (01:18,56) 1500m: 19:42,51 (01:18,40)				
	<u>abgemeldet</u>				
	Kelvin Witt	2008	SV Plettenberg 1951 e.V.		

Jahrgang 2007

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
1. und Südwestfälischer Jahrgangsmeister						
	Falk Hermann	2007	SSC Hörde 54/58 e.V.	19:59,24	383	
	100m: 01:09,19 (01:09,19) 200m: 02:25,86 (01:16,67) 300m: 03:45,17 (01:19,31) 400m: 05:06,09 (01:20,92) 500m: 06:27,40 (01:21,31) 600m: 07:49,04 (01:21,64) 700m: 09:10,79 (01:21,75) 800m: 10:31,46 (01:20,67) 900m: 11:53,45 (01:21,99) 1000m: 13:15,29 (01:21,84) 1100m: 14:36,36 (01:21,07) 1200m: 15:58,37 (01:22,01) 1300m: 17:19,02 (01:20,65) 1400m: 18:40,13 (01:21,11) 1500m: 19:59,24 (01:19,11)					
2.	Julian Samen	2007	TuS Dortmund-Brackel	20:18,91	364	
	100m: 01:10,64 (01:10,64) 200m: 02:29,74 (01:19,10) 300m: 03:50,82 (01:21,08) 400m: 05:11,81 (01:20,99) 500m: 06:35,71 (01:23,90) 600m: 07:58,14 (01:22,43) 700m: 09:19,84 (01:21,70) 800m: 10:42,75 (01:22,91) 900m: 12:05,96 (01:23,21) 1000m: 13:29,52 (01:23,56) 1100m: 14:52,92 (01:23,40) 1200m: 16:14,93 (01:22,01) 1300m: 17:39,07 (01:24,14) 1400m: 19:02,34 (01:23,27) 1500m: 20:18,91 (01:16,57)					
3.	Mats Schürmann	2007	SV Bieber 67 Lendringsen	21:02,57	328	EnM
	100m: 01:11,49 (01:11,49) 200m: 02:32,13 (01:20,64) 300m: 03:56,47 (01:24,34) 400m: 05:21,04 (01:24,57) 500m: 06:47,08 (01:26,04) 600m: 08:11,56 (01:24,48) 700m: 09:36,81 (01:25,25) 800m: 11:02,81 (01:26,00) 900m: 12:30,25 (01:27,44) 1000m: 13:57,42 (01:27,17) 1100m: 15:24,34 (01:26,92) 1200m: 16:51,24 (01:26,90) 1300m: 18:17,16 (01:25,92) 1400m: 19:42,22 (01:25,06) 1500m: 21:02,57 (01:20,35)					
	<u>abgemeldet</u>					
	Erik Wagner	2007	Rote Erde/SWIM-TEAM TuS 1859 Hamm			

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälischer Meister	Jordan Kribber	2008	SG Siegen	18:18,18	498
	100m: 01:05,40 (01:05,40) 200m: 02:16,34 (01:10,94) 300m: 03:28,53 (01:12,19)				
	400m: 04:41,62 (01:13,09) 500m: 05:55,50 (01:13,88) 600m: 07:08,91 (01:13,41)				
	700m: 08:24,00 (01:15,09) 800m: 09:38,59 (01:14,59) 900m: 10:53,49 (01:14,90)				
	1000m: 12:07,90 (01:14,41) 1100m: 13:22,96 (01:15,06) 1200m: 14:38,62 (01:15,66)				
	1300m: 15:53,71 (01:15,09) 1400m: 17:07,75 (01:14,04) 1500m: 18:18,18 (01:10,43)				
2.	Frederik Klump	2009	SG Siegen	18:43,93	465
	100m: 01:08,17 (01:08,17) 200m: 02:22,27 (01:14,10) 300m: 03:37,18 (01:14,91)				
	400m: 04:52,47 (01:15,29) 500m: 06:07,83 (01:15,36) 600m: 07:24,09 (01:16,26)				
	700m: 08:40,60 (01:16,51) 800m: 09:56,74 (01:16,14) 900m: 11:11,98 (01:15,24)				
	1000m: 12:27,12 (01:15,14) 1100m: 13:42,51 (01:15,39) 1200m: 14:58,34 (01:15,83)				
	1300m: 16:14,84 (01:16,50) 1400m: 17:30,91 (01:16,07) 1500m: 18:43,93 (01:13,02)				
3.	Luca Reber	2008	SSC Hörde 54/58 e.V.	18:48,75	459
	100m: 01:08,37 (01:08,37) 200m: 02:23,36 (01:14,99) 300m: 03:39,66 (01:16,30)				
	400m: 04:55,44 (01:15,78) 500m: 06:11,95 (01:16,51) 600m: 07:28,10 (01:16,15)				
	700m: 08:44,60 (01:16,50) 800m: 10:00,62 (01:16,02) 900m: 11:16,86 (01:16,24)				
	1000m: 12:33,82 (01:16,96) 1100m: 13:51,16 (01:17,34) 1200m: 15:07,69 (01:16,53)				
	1300m: 16:23,09 (01:15,40) 1400m: 17:37,47 (01:14,38) 1500m: 18:48,75 (01:11,28)				
4.	Aaron Pikowski	2008	SG Ruhr	18:50,68	457
	100m: 01:11,52 (01:11,52) 200m: 02:26,94 (01:15,42) 300m: 03:42,70 (01:15,76)				
	400m: 04:57,83 (01:15,13) 500m: 06:12,86 (01:15,03) 600m: 07:28,24 (01:15,38)				
	700m: 08:45,10 (01:16,86) 800m: 11:16,27 (02:31,17) 900m: 12:32,24 (01:15,97)				
	1000m: 13:49,06 (01:16,82) 1100m: 15:06,25 (01:17,19) 1200m: 16:22,86 (01:16,61)				
	1300m: 17:37,91 (01:15,05) 1500m: 18:50,68 (01:12,77)				
5.	Linus Oskar Sotke	2009	SG Ruhr	18:53,68	453
	100m: 01:08,57 (01:08,57) 200m: 02:23,89 (01:15,32) 300m: 03:38,91 (01:15,02)				
	400m: 04:54,65 (01:15,74) 500m: 06:10,61 (01:15,96) 600m: 07:27,60 (01:16,99)				
	700m: 08:45,31 (01:17,71) 800m: 10:01,50 (01:16,19) 900m: 11:19,10 (01:17,60)				
	1000m: 12:35,92 (01:16,82) 1100m: 13:51,88 (01:15,96) 1200m: 15:08,20 (01:16,32)				
	1300m: 16:25,17 (01:16,97) 1400m: 17:42,19 (01:17,02) 1500m: 18:53,68 (01:11,49)				
6.	Linus Wiemann	2010	SV Blau-Weiß Bochum	19:19,17	424
	100m: 01:10,78 (01:10,78) 200m: 02:28,59 (01:17,81) 300m: 03:46,94 (01:18,35)				
	400m: 05:05,63 (01:18,69) 500m: 06:25,07 (01:19,44) 600m: 07:44,29 (01:19,22)				
	700m: 09:04,30 (01:20,01) 800m: 10:23,97 (01:19,67) 900m: 11:42,02 (01:18,05)				
	1000m: 13:00,19 (01:18,17) 1100m: 14:18,18 (01:17,99) 1200m: 15:35,96 (01:17,78)				
	1300m: 16:53,57 (01:17,61) 1400m: 18:09,78 (01:16,21) 1500m: 19:19,17 (01:09,39)				
7.	Paul Juri Burow	2009	SG Ruhr	19:30,92	411
	100m: 01:11,90 (01:11,90) 200m: 02:28,34 (01:16,44) 300m: 03:45,81 (01:17,47)				
	400m: 05:03,94 (01:18,13) 500m: 06:22,47 (01:18,53) 600m: 07:41,59 (01:19,12)				
	700m: 09:00,22 (01:18,63) 800m: 10:19,23 (01:19,01) 900m: 11:39,02 (01:19,79)				
	1000m: 12:58,66 (01:19,64) 1100m: 14:17,62 (01:18,96) 1200m: 15:37,94 (01:20,32)				
	1300m: 16:58,07 (01:20,13) 1400m: 18:16,02 (01:17,95) 1500m: 19:30,92 (01:14,90)				
8.	Jonas Riebel	2008	SSC Hörde 54/58 e.V.	19:42,51	399
	100m: 01:09,39 (01:09,39) 200m: 02:28,53 (01:19,14) 300m: 03:47,70 (01:19,17)				
	400m: 05:07,23 (01:19,53) 500m: 06:27,04 (01:19,81) 600m: 07:45,85 (01:18,81)				
	700m: 09:05,40 (01:19,55) 800m: 10:24,93 (01:19,53) 900m: 11:44,21 (01:19,28)				
	1000m: 13:03,90 (01:19,69) 1100m: 14:24,50 (01:20,60) 1200m: 15:45,00 (01:20,50)				
	1300m: 17:05,55 (01:20,55) 1400m: 18:24,11 (01:18,56) 1500m: 19:42,51 (01:18,40)				

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

vom 17.02.2024 bis 18.02.2024 | Südbad Dortmund

Veranstalter: Schwimm-Verband Südwestfalen e.V. | Ausrichter: Kreisverband Schwimmen Dortmund e.V.

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
9.	Noah Johannknecht	2009	SV Blau-Weiß Bochum	19:43,20	398
	100m: 01:12,31 (01:12,31) 200m: 02:30,87 (01:18,56) 300m: 03:49,67 (01:18,80)				
	400m: 05:08,49 (01:18,82) 500m: 06:27,92 (01:19,43) 600m: 07:47,78 (01:19,86)				
	700m: 09:08,22 (01:20,44) 800m: 10:28,52 (01:20,30) 900m: 11:48,58 (01:20,06)				
	1000m: 13:08,53 (01:19,95) 1100m: 14:28,46 (01:19,93) 1200m: 15:58,49 (01:30,03)				
	1300m: 17:08,38 (01:09,89) 1400m: 18:26,73 (01:18,35) 1500m: 19:43,20 (01:16,47)				
10.	Fynn Krieg	2010	SG Ruhr	19:50,16	391
	100m: 01:15,30 (01:15,30) 200m: 02:34,62 (01:19,32) 300m: 03:53,51 (01:18,89)				
	400m: 05:12,95 (01:19,44) 500m: 06:32,39 (01:19,44) 600m: 07:53,64 (01:21,25)				
	700m: 09:14,02 (01:20,38) 800m: 10:34,61 (01:20,59) 900m: 11:53,51 (01:18,90)				
	1000m: 13:13,39 (01:19,88) 1100m: 14:33,09 (01:19,70) 1200m: 15:52,98 (01:19,89)				
	1300m: 17:14,01 (01:21,03) 1400m: 18:34,18 (01:20,17) 1500m: 19:50,16 (01:15,98)				
11.	Max Zimmermann	2009	Teutonia Lippstadt	19:50,53	391
	100m: 01:11,93 (01:11,93) 200m: 02:30,36 (01:18,43) 300m: 03:51,46 (01:21,10)				
	400m: 05:12,96 (01:21,50) 500m: 06:34,62 (01:21,66) 600m: 07:55,43 (01:20,81)				
	700m: 09:17,21 (01:21,78) 800m: 10:37,84 (01:20,63) 900m: 11:58,09 (01:20,25)				
	1000m: 13:18,65 (01:20,56) 1100m: 14:37,71 (01:19,06) 1200m: 15:57,25 (01:19,54)				
	1300m: 17:15,50 (01:18,25) 1400m: 18:34,28 (01:18,78) 1500m: 19:50,53 (01:16,25)				
12.	Mark Nodelman	2010	SG Ruhr	19:53,00	389
	100m: 01:13,84 (01:13,84) 200m: 02:30,53 (01:16,69) 300m: 03:48,38 (01:17,85)				
	400m: 05:07,78 (01:19,40) 500m: 06:28,16 (01:20,38) 600m: 07:48,31 (01:20,15)				
	700m: 09:08,94 (01:20,63) 800m: 10:29,91 (01:20,97) 900m: 11:51,06 (01:21,15)				
	1000m: 13:12,06 (01:21,00) 1100m: 14:33,31 (01:21,25) 1200m: 15:54,84 (01:21,53)				
	1300m: 17:16,50 (01:21,66) 1400m: 18:37,59 (01:21,09) 1500m: 19:53,00 (01:15,41)				
13.	Marc Piechura	2009	SV Blau-Weiß Bochum	19:58,11	384
	100m: 01:11,05 (01:11,05) 200m: 02:30,51 (01:19,46) 300m: 03:51,70 (01:21,19)				
	400m: 05:13,21 (01:21,51) 500m: 06:34,52 (01:21,31) 600m: 07:54,32 (01:19,80)				
	700m: 09:16,14 (01:21,82) 800m: 10:36,58 (01:20,44) 900m: 11:56,53 (01:19,95)				
	1000m: 13:18,22 (01:21,69) 1100m: 14:37,86 (01:19,64) 1200m: 15:58,38 (01:20,52)				
	1300m: 17:20,76 (01:22,38) 1400m: 18:42,45 (01:21,69) 1500m: 19:58,11 (01:15,66)				
14.	Falk Hermann	2007	SSC Hörde 54/58 e.V.	19:59,24	383
	100m: 01:09,19 (01:09,19) 200m: 02:25,86 (01:16,67) 300m: 03:45,17 (01:19,31)				
	400m: 05:06,09 (01:20,92) 500m: 06:27,40 (01:21,31) 600m: 07:49,04 (01:21,64)				
	700m: 09:10,79 (01:21,75) 800m: 10:31,46 (01:20,67) 900m: 11:53,45 (01:21,99)				
	1000m: 13:15,29 (01:21,84) 1100m: 14:36,36 (01:21,07) 1200m: 15:58,37 (01:22,01)				
	1300m: 17:19,02 (01:20,65) 1400m: 18:40,13 (01:21,11) 1500m: 19:59,24 (01:19,11)				
15.	Leo Schaaf	2010	SG Ruhr	20:05,01	377
	100m: 01:14,50 (01:14,50) 200m: 02:35,97 (01:21,47) 300m: 03:57,62 (01:21,65)				
	400m: 05:19,53 (01:21,91) 500m: 06:41,30 (01:21,77) 600m: 08:03,76 (01:22,46)				
	700m: 09:25,71 (01:21,95) 800m: 10:46,93 (01:21,22) 900m: 12:09,00 (01:22,07)				
	1000m: 13:29,22 (01:20,22) 1100m: 14:49,78 (01:20,56) 1200m: 16:10,43 (01:20,65)				
	1300m: 17:31,13 (01:20,70) 1400m: 18:49,14 (01:18,01) 1500m: 20:05,01 (01:15,87)				
16.	Johann Schwager	2011	SG Dortmund	20:12,02	371
	100m: 01:14,06 (01:14,06) 200m: 02:35,80 (01:21,74) 300m: 03:57,41 (01:21,61)				
	400m: 05:18,90 (01:21,49) 500m: 06:41,76 (01:22,86) 600m: 08:02,70 (01:20,94)				
	700m: 09:24,12 (01:21,42) 800m: 10:45,27 (01:21,15) 900m: 12:08,41 (01:23,14)				
	1000m: 13:30,13 (01:21,72) 1100m: 14:51,61 (01:21,48) 1200m: 16:13,94 (01:22,33)				
	1300m: 17:35,04 (01:21,10) 1400m: 18:55,76 (01:20,72) 1500m: 20:12,02 (01:16,26)				
17.	Julian Samen	2007	TuS Dortmund-Brackel	20:18,91	364
	100m: 01:10,64 (01:10,64) 200m: 02:29,74 (01:19,10) 300m: 03:50,82 (01:21,08)				
	400m: 05:11,81 (01:20,99) 500m: 06:35,71 (01:23,90) 600m: 07:58,14 (01:22,43)				
	700m: 09:19,84 (01:21,70) 800m: 10:42,75 (01:22,91) 900m: 12:05,96 (01:23,21)				
	1000m: 13:29,52 (01:23,56) 1100m: 14:52,92 (01:23,40) 1200m: 16:14,93 (01:22,01)				
	1300m: 17:39,07 (01:24,14) 1400m: 19:02,34 (01:23,27) 1500m: 20:18,91 (01:16,57)				

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
18.	Louis Owie	2005	SG Siegen	20:37,30	348	EnM
	100m: 01:02,05 (01:02,05) 200m: 02:15,44 (01:13,39) 300m: 03:35,30 (01:19,86)					
	400m: 04:59,37 (01:24,07) 500m: 06:25,34 (01:25,97) 600m: 07:49,66 (01:24,32)					
	700m: 09:17,44 (01:27,78) 800m: 10:46,02 (01:28,58) 900m: 12:13,05 (01:27,03)					
	1000m: 13:42,55 (01:29,50) 1100m: 15:07,55 (01:25,00) 1200m: 16:33,47 (01:25,92)					
	1300m: 17:59,05 (01:25,58) 1400m: 19:22,91 (01:23,86) 1500m: 20:37,30 (01:14,39)					
19.	Adrian Gusseva	2010	Sport Union Annen	20:37,94	348	
	100m: 01:15,44 (01:15,44) 200m: 02:37,23 (01:21,79) 300m: 03:59,27 (01:22,04)					
	400m: 05:23,41 (01:24,14) 500m: 06:47,02 (01:23,61) 600m: 08:13,72 (01:26,70)					
	700m: 09:34,82 (01:21,10) 800m: 10:58,13 (01:23,31) 900m: 12:22,39 (01:24,26)					
	1000m: 13:44,56 (01:22,17) 1100m: 15:08,02 (01:23,46) 1200m: 16:31,53 (01:23,51)					
	1300m: 17:53,69 (01:22,16) 1400m: 19:18,60 (01:24,91) 1500m: 20:37,94 (01:19,34)					
20.	Emil Schlegel	2011	SG Dortmund	20:56,10	333	
	100m: 01:19,70 (01:19,70) 200m: 02:43,28 (01:23,58) 300m: 04:07,11 (01:23,83)					
	400m: 05:30,33 (01:23,22) 500m: 06:55,11 (01:24,78) 600m: 08:20,22 (01:25,11)					
	700m: 09:42,94 (01:22,72) 800m: 11:07,64 (01:24,70) 900m: 12:31,51 (01:23,87)					
	1000m: 13:57,41 (01:25,90) 1100m: 15:24,36 (01:26,95) 1200m: 16:48,30 (01:23,94)					
	1300m: 18:12,19 (01:23,89) 1400m: 19:37,06 (01:24,87) 1500m: 20:56,10 (01:19,04)					
21.	Lukas Weinert	2009	SG Siegen	20:59,92	330	
	100m: 01:17,48 (01:17,48) 200m: 02:42,22 (01:24,74) 300m: 04:08,50 (01:26,28)					
	400m: 05:34,57 (01:26,07) 500m: 06:59,96 (01:25,39) 600m: 08:25,14 (01:25,18)					
	700m: 09:51,01 (01:25,87) 800m: 11:16,21 (01:25,20) 900m: 12:44,16 (01:27,95)					
	1000m: 14:06,76 (01:22,60) 1100m: 15:32,41 (01:25,65) 1200m: 16:57,81 (01:25,40)					
	1300m: 18:22,11 (01:24,30) 1400m: 19:44,50 (01:22,39) 1500m: 20:59,92 (01:15,42)					
22.	Julian Schulz	2011	SV Blau-Weiß Bochum	21:02,48	328	
	100m: 01:17,59 (01:17,59) 200m: 02:40,41 (01:22,82) 300m: 04:03,78 (01:23,37)					
	400m: 05:28,53 (01:24,75) 500m: 06:52,84 (01:24,31) 600m: 08:17,31 (01:24,47)					
	700m: 09:42,28 (01:24,97) 800m: 11:07,41 (01:25,13) 900m: 12:34,16 (01:26,75)					
	1000m: 14:00,38 (01:26,22) 1100m: 15:26,20 (01:25,82) 1200m: 16:50,66 (01:24,46)					
	1300m: 18:17,23 (01:26,57) 1400m: 19:42,88 (01:25,65) 1500m: 21:02,48 (01:19,60)					
23.	Mats Schürmann	2007	SV Bieber 67 Lendringsen	21:02,57	328	EnM
	100m: 01:11,49 (01:11,49) 200m: 02:32,13 (01:20,64) 300m: 03:56,47 (01:24,34)					
	400m: 05:21,04 (01:24,57) 500m: 06:47,08 (01:26,04) 600m: 08:11,56 (01:24,48)					
	700m: 09:36,81 (01:25,25) 800m: 11:02,81 (01:26,00) 900m: 12:30,25 (01:27,44)					
	1000m: 13:57,42 (01:27,17) 1100m: 15:24,34 (01:26,92) 1200m: 16:51,24 (01:26,90)					
	1300m: 18:17,16 (01:25,92) 1400m: 19:42,22 (01:25,06) 1500m: 21:02,57 (01:20,35)					
24.	Robert Siedhoff	2010	TuS Sundern	21:02,94	328	
	100m: 01:17,37 (01:17,37) 200m: 02:39,48 (01:22,11) 300m: 04:05,09 (01:25,61)					
	400m: 05:30,67 (01:25,58) 500m: 06:56,44 (01:25,77) 600m: 08:22,49 (01:26,05)					
	700m: 09:48,66 (01:26,17) 800m: 11:14,92 (01:26,26) 900m: 12:40,65 (01:25,73)					
	1000m: 14:06,52 (01:25,87) 1100m: 15:30,21 (01:23,69) 1200m: 16:55,12 (01:24,91)					
	1300m: 18:19,73 (01:24,61) 1400m: 19:44,14 (01:24,41) 1500m: 21:02,94 (01:18,80)					
25.	Franz Schäfer	2011	SG Dortmund	21:10,52	322	
	100m: 01:15,50 (01:15,50) 200m: 02:39,20 (01:23,70) 300m: 04:03,96 (01:24,76)					
	400m: 05:29,40 (01:25,44) 500m: 06:55,39 (01:25,99) 600m: 08:21,98 (01:26,59)					
	700m: 09:47,64 (01:25,66) 800m: 11:13,61 (01:25,97) 900m: 12:39,03 (01:25,42)					
	1000m: 14:04,70 (01:25,67) 1100m: 15:30,77 (01:26,07) 1200m: 16:58,18 (01:27,41)					
	1300m: 18:23,44 (01:25,26) 1400m: 19:48,36 (01:24,92) 1500m: 21:10,52 (01:22,16)					
26.	Jasper Wojciech Meis	2009	SV Schwerte 06	21:12,25	320	
	100m: 01:13,06 (01:13,06) 200m: 02:36,66 (01:23,60) 300m: 04:02,38 (01:25,72)					
	400m: 05:27,36 (01:24,98) 500m: 06:52,81 (01:25,45) 600m: 08:16,60 (01:23,79)					
	700m: 09:42,61 (01:26,01) 800m: 11:07,87 (01:25,26) 900m: 12:34,50 (01:26,63)					
	1000m: 14:01,54 (01:27,04) 1100m: 15:29,17 (01:27,63) 1200m: 16:57,10 (01:27,93)					
	1300m: 18:24,04 (01:26,94) 1400m: 19:50,39 (01:26,35) 1500m: 21:12,25 (01:21,86)					

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
27.	Paul Reuker	2012	SG Dortmund	21:14,29	319	
	100m: 01:17,76 (01:17,76) 200m: 02:42,75 (01:24,99) 300m: 04:08,73 (01:25,98) 400m: 05:33,73 (01:25,00) 500m: 07:00,34 (01:26,61) 600m: 08:25,54 (01:25,20) 700m: 09:52,11 (01:26,57) 800m: 11:18,38 (01:26,27) 900m: 12:42,91 (01:24,53) 1000m: 14:08,75 (01:25,84) 1100m: 15:34,42 (01:25,67) 1200m: 17:01,21 (01:26,79) 1300m: 18:26,67 (01:25,46) 1400m: 19:51,82 (01:25,15) 1500m: 21:14,29 (01:22,47)					
28.	Pascal Reimann	2012	SG Dortmund	21:20,37	314	
	100m: 01:20,37 (01:20,37) 200m: 02:46,30 (01:25,93) 300m: 04:12,08 (01:25,78) 400m: 05:38,83 (01:26,75) 500m: 07:05,83 (01:27,00) 600m: 08:31,97 (01:26,14) 700m: 09:56,87 (01:24,90) 800m: 11:22,72 (01:25,85) 900m: 12:48,62 (01:25,90) 1000m: 14:13,55 (01:24,93) 1100m: 15:38,47 (01:24,92) 1200m: 17:02,62 (01:24,15) 1300m: 18:28,94 (01:26,32) 1400m: 19:56,37 (01:27,43) 1500m: 21:20,37 (01:24,00)					
29.	Jannik Jordan	2010	SSC Hörde 54/58 e.V.	21:22,47	313	
	100m: 01:20,69 (01:20,69) 200m: 02:46,34 (01:25,65) 300m: 04:10,33 (01:23,99) 400m: 05:36,85 (01:26,52) 500m: 07:02,84 (01:25,99) 600m: 08:29,47 (01:26,63) 700m: 09:56,52 (01:27,05) 800m: 11:22,14 (01:25,62) 900m: 12:50,08 (01:27,94) 1000m: 14:16,46 (01:26,38) 1100m: 15:43,95 (01:27,49) 1200m: 17:10,39 (01:26,44) 1300m: 18:37,69 (01:27,30) 1400m: 20:04,49 (01:26,80) 1500m: 21:22,47 (01:17,98)					
30.	Raik Kräuter	2009	SSC Hörde 54/58 e.V.	21:22,50	313	
	100m: 01:17,98 (01:17,98) 200m: 02:43,35 (01:25,37) 300m: 04:10,12 (01:26,77) 400m: 05:34,97 (01:24,85) 500m: 07:02,43 (01:27,46) 600m: 08:27,40 (01:24,97) 700m: 09:54,78 (01:27,38) 800m: 11:22,22 (01:27,44) 900m: 12:50,01 (01:27,79) 1000m: 14:16,07 (01:26,06) 1100m: 15:41,82 (01:25,75) 1200m: 17:09,76 (01:27,94) 1300m: 18:37,80 (01:28,04) 1400m: 20:04,16 (01:26,36) 1500m: 21:22,50 (01:18,34)					
31.	Ergin Yilmaz	2010	SSC Hörde 54/58 e.V.	21:22,78	313	
	100m: 01:15,87 (01:15,87) 200m: 02:39,87 (01:24,00) 300m: 04:05,72 (01:25,85) 400m: 05:30,78 (01:25,06) 500m: 06:56,69 (01:25,91) 600m: 08:24,66 (01:27,97) 700m: 09:51,94 (01:27,28) 800m: 11:19,75 (01:27,81) 900m: 12:47,56 (01:27,81) 1000m: 14:14,48 (01:26,92) 1100m: 15:42,37 (01:27,89) 1200m: 17:09,31 (01:26,94) 1300m: 18:36,97 (01:27,66) 1400m: 20:03,03 (01:26,06) 1500m: 21:22,78 (01:19,75)					
32.	Phil Biskup	2010	SV Blau-Weiß Bochum	21:26,76	310	
	100m: 01:17,57 (01:17,57) 200m: 02:42,95 (01:25,38) 300m: 04:08,66 (01:25,71) 400m: 05:34,58 (01:25,92) 500m: 07:01,53 (01:26,95) 600m: 08:28,70 (01:27,17) 700m: 09:55,72 (01:27,02) 800m: 11:23,65 (01:27,93) 900m: 12:49,15 (01:25,50) 1000m: 14:16,51 (01:27,36) 1100m: 15:43,04 (01:26,53) 1200m: 17:10,71 (01:27,67) 1300m: 18:37,54 (01:26,83) 1400m: 20:04,58 (01:27,04) 1500m: 21:26,76 (01:22,18)					
33.	Jan Melcher	2009	TuS Sundern	21:32,70	305	EnM
	100m: 01:15,22 (01:15,22) 200m: 02:38,40 (01:23,18) 300m: 04:06,23 (01:27,83) 400m: 05:35,18 (01:28,95) 500m: 07:03,70 (01:28,52) 600m: 08:32,03 (01:28,33) 700m: 09:58,61 (01:26,58) 800m: 11:26,79 (01:28,18) 900m: 12:52,93 (01:26,14) 1000m: 14:22,35 (01:29,42) 1100m: 15:50,55 (01:28,20) 1200m: 17:18,09 (01:27,54) 1300m: 18:44,65 (01:26,56) 1400m: 20:09,75 (01:25,10) 1500m: 21:32,70 (01:22,95)					
34.	Xavier Tjiawi	2011	Sport Union Annen	21:32,86	305	
	100m: 01:17,38 (01:17,38) 200m: 02:44,57 (01:27,19) 300m: 04:12,65 (01:28,08) 400m: 05:41,19 (01:28,54) 500m: 07:10,50 (01:29,31) 600m: 08:38,75 (01:28,25) 700m: 10:05,86 (01:27,11) 800m: 11:31,81 (01:25,95) 900m: 12:58,71 (01:26,90) 1000m: 14:26,52 (01:27,81) 1100m: 15:53,93 (01:27,41) 1200m: 17:18,91 (01:24,98) 1300m: 18:45,61 (01:26,70) 1400m: 20:10,88 (01:25,27) 1500m: 21:32,86 (01:21,98)					
35.	Jonah Welnic	2011	SG Ruhr	21:56,86	289	
	100m: 01:16,42 (01:16,42) 200m: 02:42,24 (01:25,82) 300m: 04:10,05 (01:27,81) 400m: 05:38,60 (01:28,55) 500m: 07:07,65 (01:29,05) 600m: 08:36,28 (01:28,63) 700m: 10:05,24 (01:28,96) 800m: 11:34,71 (01:29,47) 900m: 13:04,03 (01:29,32) 1000m: 14:33,50 (01:29,47) 1100m: 16:02,93 (01:29,43) 1200m: 17:33,40 (01:30,47) 1300m: 19:02,78 (01:29,38) 1400m: 20:32,53 (01:29,75) 1500m: 21:56,86 (01:24,33)					

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
36.	Jakob Schäfer	2011	SG Dortmund	22:07,40	282	
	100m: 01:19,24 (01:19,24) 200m: 02:47,22 (01:27,98) 300m: 04:15,62 (01:28,40)					
	400m: 05:43,92 (01:28,30) 500m: 07:13,77 (01:29,85) 600m: 08:43,86 (01:30,09)					
	700m: 10:12,92 (01:29,06) 800m: 11:43,16 (01:30,24) 900m: 13:14,01 (01:30,85)					
	1000m: 14:45,55 (01:31,54) 1100m: 16:15,55 (01:30,00) 1200m: 17:45,34 (01:29,79)					
	1300m: 19:12,93 (01:27,59) 1400m: 20:41,40 (01:28,47) 1500m: 22:07,40 (01:26,00)					
37.	Marcel Piskover	2012	SG Dortmund	22:45,12	259	
	100m: 01:23,33 (01:23,33) 200m: 02:53,53 (01:30,20) 300m: 04:25,39 (01:31,86)					
	400m: 05:55,81 (01:30,42) 500m: 07:26,38 (01:30,57) 600m: 09:00,14 (01:33,76)					
	700m: 10:32,94 (01:32,80) 800m: 12:05,86 (01:32,92) 900m: 13:37,44 (01:31,58)					
	1000m: 15:08,81 (01:31,37) 1100m: 16:39,94 (01:31,13) 1200m: 18:12,27 (01:32,33)					
	1300m: 19:44,51 (01:32,24) 1400m: 21:16,94 (01:32,43) 1500m: 22:45,12 (01:28,18)					
38.	Jan Dudek	2012	SG Dortmund	22:49,87	257	
	100m: 01:21,58 (01:21,58) 200m: 02:50,78 (01:29,20) 300m: 04:21,95 (01:31,17)					
	400m: 05:52,20 (01:30,25) 500m: 07:23,76 (01:31,56) 600m: 08:53,86 (01:30,10)					
	700m: 10:25,86 (01:32,00) 800m: 11:58,49 (01:32,63) 900m: 13:35,34 (01:36,85)					
	1000m: 15:09,28 (01:33,94) 1100m: 16:38,46 (01:29,18) 1200m: 18:11,17 (01:32,71)					
	1300m: 19:44,91 (01:33,74) 1400m: 21:18,08 (01:33,17) 1500m: 22:49,87 (01:31,79)					
39.	Fabian Maas	2010	TuS Dortmund-Brackel	23:06,75	247	
	100m: 01:19,78 (01:19,78) 200m: 02:51,44 (01:31,66) 300m: 04:23,50 (01:32,06)					
	400m: 05:54,47 (01:30,97) 500m: 07:27,79 (01:33,32) 600m: 09:00,43 (01:32,64)					
	700m: 10:32,94 (01:32,51) 800m: 12:05,88 (01:32,94) 900m: 13:40,17 (01:34,29)					
	1000m: 15:14,11 (01:33,94) 1100m: 16:49,45 (01:35,34) 1200m: 18:25,80 (01:36,35)					
	1300m: 20:01,56 (01:35,76) 1400m: 21:36,93 (01:35,37) 1500m: 23:06,75 (01:29,82)					
40.	Daniel Ransch	2013	SG Ruhr	23:15,87	242	
	100m: 01:25,42 (01:25,42) 200m: 03:00,56 (01:35,14) 300m: 04:36,31 (01:35,75)					
	400m: 06:11,35 (01:35,04) 500m: 07:46,03 (01:34,68) 600m: 09:20,63 (01:34,60)					
	700m: 10:54,92 (01:34,29) 800m: 12:27,81 (01:32,89) 900m: 14:00,45 (01:32,64)					
	1000m: 15:34,06 (01:33,61) 1100m: 17:08,27 (01:34,21) 1200m: 18:41,85 (01:33,58)					
	1300m: 20:16,85 (01:35,00) 1400m: 21:51,82 (01:34,97) 1500m: 23:15,87 (01:24,05)					
41.	Kenzo Enguun Batbayar	2012	SG Dortmund	23:19,17	241	
	100m: 01:26,91 (01:26,91) 200m: 03:03,68 (01:36,77) 300m: 04:38,97 (01:35,29)					
	400m: 06:14,76 (01:35,79) 500m: 07:51,41 (01:36,65) 600m: 09:28,11 (01:36,70)					
	700m: 11:02,96 (01:34,85) 800m: 12:38,36 (01:35,40) 900m: 14:13,58 (01:35,22)					
	1000m: 15:51,33 (01:37,75) 1100m: 17:25,85 (01:34,52) 1200m: 18:58,30 (01:32,45)					
	1300m: 20:29,41 (01:31,11) 1400m: 21:58,19 (01:28,78) 1500m: 23:19,17 (01:20,98)					
42.	Moritz Fritz	2010	Mendener SV	23:46,87	227	EnM
	100m: 01:23,68 (01:23,68) 200m: 02:56,18 (01:32,50) 300m: 04:30,12 (01:33,94)					
	400m: 06:05,21 (01:35,09) 500m: 07:41,56 (01:36,35) 600m: 09:17,12 (01:35,56)					
	700m: 10:39,31 (01:22,19) 800m: 12:29,68 (01:50,37) 900m: 14:06,31 (01:36,63)					
	1000m: 15:43,34 (01:37,03) 1100m: 17:20,68 (01:37,34) 1200m: 18:56,08 (01:35,40)					
	1300m: 20:35,00 (01:38,92) 1400m: 22:13,46 (01:38,46) 1500m: 23:46,87 (01:33,41)					
43.	Mika Knoche	2011	SV Plettenberg 1951 e.V.	23:49,39	226	
	100m: 01:21,17 (01:21,17) 200m: 02:54,58 (01:33,41) 300m: 04:29,22 (01:34,64)					
	400m: 06:03,57 (01:34,35) 500m: 07:39,65 (01:36,08) 600m: 09:16,41 (01:36,76)					
	700m: 10:55,42 (01:39,01) 800m: 12:32,79 (01:37,37) 900m: 14:10,88 (01:38,09)					
	1000m: 15:49,56 (01:38,68) 1100m: 17:27,33 (01:37,77) 1200m: 19:03,24 (01:35,91)					
	1300m: 20:39,71 (01:36,47) 1400m: 22:17,87 (01:38,16) 1500m: 23:49,39 (01:31,52)					
44.	Joshua Mohan Virus	2011	SV Blau-Weiß Bochum	23:50,91	225	
	100m: 01:23,25 (01:23,25) 200m: 02:56,62 (01:33,37) 300m: 04:31,93 (01:35,31)					
	400m: 06:08,42 (01:36,49) 500m: 07:44,84 (01:36,42) 600m: 09:21,47 (01:36,63)					
	700m: 10:59,26 (01:37,79) 800m: 12:36,81 (01:37,55) 900m: 14:14,74 (01:37,93)					
	1000m: 15:52,02 (01:37,28) 1100m: 17:28,43 (01:36,41) 1200m: 19:05,58 (01:37,15)					
	1300m: 20:41,59 (01:36,01) 1400m: 22:18,30 (01:36,71) 1500m: 23:50,91 (01:32,61)					

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
45.	Maximilian Radloff	2013	SG Dortmund	24:07,03	218
	100m: 01:26,75 (01:26,75) 200m: 03:00,78 (01:34,03) 300m: 04:36,91 (01:36,13) 400m: 06:13,72 (01:36,81) 500m: 07:52,59 (01:38,87) 600m: 09:31,44 (01:38,85) 700m: 11:09,50 (01:38,06) 800m: 12:48,06 (01:38,56) 900m: 14:26,91 (01:38,85) 1000m: 16:06,66 (01:39,75) 1100m: 17:47,12 (01:40,46) 1200m: 19:24,84 (01:37,72) 1300m: 21:01,00 (01:36,16) 1400m: 22:37,09 (01:36,09) 1500m: 24:07,03 (01:29,94)				
46.	Mattis Junker	2012	SG Siegen	24:11,51	216
	100m: 01:27,05 (01:27,05) 200m: 03:03,35 (01:36,30) 300m: 04:39,70 (01:36,35) 400m: 06:16,35 (01:36,65) 500m: 07:54,32 (01:37,97) 600m: 09:33,45 (01:39,13) 700m: 11:12,13 (01:38,68) 800m: 12:52,13 (01:40,00) 900m: 14:32,17 (01:40,04) 1000m: 16:10,17 (01:38,00) 1100m: 17:49,97 (01:39,80) 1200m: 19:29,43 (01:39,46) 1300m: 21:03,70 (01:34,27) 1400m: 22:41,86 (01:38,16) 1500m: 24:11,51 (01:29,65)				
47.	Mika Tom Krause	2011	Wfr. TuRa Bergkamen	24:36,61	205
	100m: 01:27,97 (01:27,97) 200m: 03:07,66 (01:39,69) 300m: 04:48,53 (01:40,87) 400m: 06:28,88 (01:40,35) 500m: 08:07,31 (01:38,43) 600m: 09:47,13 (01:39,82) 700m: 11:25,75 (01:38,62) 800m: 13:06,47 (01:40,72) 900m: 14:48,03 (01:41,56) 1000m: 16:27,13 (01:39,10) 1100m: 18:07,56 (01:40,43) 1200m: 19:47,41 (01:39,85) 1300m: 21:28,56 (01:41,15) 1400m: 23:05,41 (01:36,85) 1500m: 24:36,61 (01:31,20)				
48.	Leo Stracke	2012	SV Plettenberg 1951 e.V.	24:36,69	205
	100m: 01:27,34 (01:27,34) 200m: 03:04,92 (01:37,58) 300m: 04:44,62 (01:39,70) 400m: 06:27,28 (01:42,66) 500m: 08:07,86 (01:40,58) 600m: 09:47,83 (01:39,97) 700m: 11:25,40 (01:37,57) 800m: 13:09,49 (01:44,09) 900m: 14:49,00 (01:39,51) 1000m: 16:27,84 (01:38,84) 1100m: 18:08,59 (01:40,75) 1200m: 19:48,50 (01:39,91) 1300m: 21:29,30 (01:40,80) 1400m: 23:05,20 (01:35,90) 1500m: 24:36,69 (01:31,49)				
49.	Julian Bohle	2012	SG Dortmund	25:04,26	194
	100m: 01:32,02 (01:32,02) 200m: 03:13,92 (01:41,90) 300m: 04:54,43 (01:40,51) 400m: 06:36,47 (01:42,04) 500m: 08:17,90 (01:41,43) 600m: 09:57,58 (01:39,68) 700m: 11:40,34 (01:42,76) 800m: 13:19,58 (01:39,24) 900m: 15:02,62 (01:43,04) 1000m: 16:46,00 (01:43,38) 1100m: 18:28,19 (01:42,19) 1200m: 20:09,02 (01:40,83) 1300m: 21:49,05 (01:40,03) 1400m: 23:29,78 (01:40,73) 1500m: 25:04,26 (01:34,48)				
50.	Karl Luis Priestersbach	2013	SG Dortmund	25:06,49	193
	100m: 01:33,20 (01:33,20) 200m: 03:12,74 (01:39,54) 300m: 04:53,15 (01:40,41) 400m: 06:33,83 (01:40,68) 500m: 08:12,01 (01:38,18) 600m: 08:12,01 (00:00,00) 700m: 09:52,64 (01:40,63) 800m: 11:33,77 (01:41,13) 900m: 13:13,92 (01:40,15) 1000m: 14:56,11 (01:42,19) 1100m: 16:39,99 (01:43,88) 1200m: 18:21,91 (01:41,92) 1300m: 20:03,96 (01:42,05) 1400m: 21:46,90 (01:42,94) 1500m: 25:06,49 (03:19,59)				
51.	Ben Grigoryan	2013	SG Ruhr	27:36,23	145
	100m: 01:38,30 (01:38,30) 200m: 03:27,60 (01:49,30) 300m: 05:18,41 (01:50,81) 400m: 07:07,54 (01:49,13) 500m: 08:56,36 (01:48,82) 600m: 10:49,32 (01:52,96) 700m: 12:39,87 (01:50,55) 800m: 14:31,59 (01:51,72) 900m: 16:25,39 (01:53,80) 1000m: 18:19,23 (01:53,84) 1100m: 20:13,27 (01:54,04) 1200m: 22:08,21 (01:54,94) 1300m: 24:03,19 (01:54,98) 1400m: 25:55,33 (01:52,14) 1500m: 27:36,23 (01:40,90)				

Dortmund, den 18.02.2024

Abschnittende: 16:50 Uhr

Protokollende: 17:04 Uhr

gez. Franco Murgia
Schiedsrichter weiblich

gez. Markus Kohnen
Schiedsrichter männlich

gez. Oliver Reinert
Protokollführer