

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 5 - 400m Freistil weiblich / SMK

Pflichtzeiten

Jg.2014: 07:45,00 Jg.2013: 07:15,00 Jg.2012: 07:02,00 Jg.2011: 06:25,00 Jg.2010: 05:56,00 Jg.2009: 05:48,00 Jg.2008: 05:40,00 Jg.2007: 05:38,00 Offen: 05:32,00

Jahrgang 2014

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
1. und Südwestfälische Jahrgangsmeisterin						
	Nadine Lara Mahersi	2014	SG Dortmund	06:12,36	255	
	100m: 01:26,67 (01:26,67) 200m: 03:01,99 (01:35,32) 300m: 04:38,81 (01:36,82) 400m: 06:12,36 (01:33,55)					
2.	Mia Schroller	2014	Wfr. Lüdenscheid	06:20,19	240	
	100m: 01:29,80 (01:29,80) 200m: 03:08,19 (01:38,39) 300m: 04:46,65 (01:38,46) 400m: 06:20,19 (01:33,54)					
3.	Anna Schellenbach	2014	SV Blau-Weiß Bochum	06:29,30	223	
	100m: 01:29,13 (01:29,13) 200m: 03:09,62 (01:40,49) 300m: 04:51,27 (01:41,65) 400m: 06:29,30 (01:38,03)					
4.	Romy Hoffmann	2014	SG Dortmund	06:38,59	208	
	100m: 01:33,32 (01:33,32) 200m: 03:17,78 (01:44,46) 300m: 05:00,32 (01:42,54) 400m: 06:38,59 (01:38,27)					
5.	Filippa Meese	2014	Rote Erde/SWIM-TEAM TuS 1859 Hamm	06:47,38	195	
	100m: 01:37,56 (01:37,56) 200m: 03:22,63 (01:45,07) 300m: 05:08,25 (01:45,62) 400m: 06:47,38 (01:39,13)					
6.	Lilly Rataj	2014	SSC Hörde 54/58 e.V.	06:48,33	194	
	100m: 01:34,96 (01:34,96) 200m: 03:24,30 (01:49,34) 300m: 05:11,49 (01:47,19) 400m: 06:48,33 (01:36,84)					
7.	Melina Peikert	2014	SG Ruhr	06:52,06	188	
	100m: 01:37,29 (01:37,29) 200m: 03:22,57 (01:45,28) 300m: 05:08,79 (01:46,22) 400m: 06:52,06 (01:43,27)					
8.	Luisa Schütte	2014	SG Dortmund	07:01,21	176	
	100m: 01:41,54 (01:41,54) 200m: 03:29,24 (01:47,70) 300m: 05:15,83 (01:46,59) 400m: 07:01,21 (01:45,38)					
9.	Ida Helene Sobek	2014	SV Blau-Weiß Bochum	07:02,67	174	
	100m: 01:40,38 (01:40,38) 200m: 03:29,43 (01:49,05) 300m: 05:16,66 (01:47,23) 400m: 07:02,67 (01:46,01)					
10.	Noemi Rossinelli	2014	SG Dortmund	07:08,03	168	
	100m: 01:39,28 (01:39,28) 200m: 03:29,24 (01:49,96) 300m: 05:20,93 (01:51,69) 400m: 07:08,03 (01:47,10)					
11.	Luna Amelie Gratzel	2014	SG Dortmund	07:10,18	165	
	100m: 01:41,07 (01:41,07) 200m: 03:33,99 (01:52,92) 300m: 05:26,08 (01:52,09) 400m: 07:10,18 (01:44,10)					
12.	Thea Herrmann	2014	SSC Hörde 54/58 e.V.	07:12,37	163	
	100m: 01:38,40 (01:38,40) 200m: 03:30,02 (01:51,62) 300m: 05:23,49 (01:53,47) 400m: 07:12,37 (01:48,88)					
13.	Vivienne Tielmann	2014	SSC Hörde 54/58 e.V.	07:36,51	138	
	100m: 01:45,69 (01:45,69) 200m: 03:44,24 (01:58,55) 300m: 05:41,97 (01:57,73) 400m: 07:36,51 (01:54,54)					
14.	Frida Neumann	2014	SG Lünen	07:49,84	127	EnM
	100m: 01:48,39 (01:48,39) 200m: 03:53,47 (02:05,08) 300m: 05:56,06 (02:02,59) 400m: 07:49,84 (01:53,78)					
	<u>disqualifiziert</u>					
	Marlene Sophie Horn	2014	SSC Hörde 54/58 e.V.			EnM
	Die Sportlerin startete vor dem Startsignal. Uhrzeit der Bekanntgabe: 13:25					

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
abgemeldet					
	Alina Weingard	2014	SG Dortmund		
	Hanna Hausberg	2014	VfL Kemminghausen		
	Nele Hesse	2014	SG Dortmund		
	Perla Ankhiluun Batbayar	2014	SG Dortmund		
	Sofiia Tsap	2014	SG Dortmund		

Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälische Jahrgangsmeisterin					
	Riva Franke	2013	SG Dortmund	05:35,18	350
	100m: 01:19,00 (01:19,00) 200m: 02:43,69 (01:24,69) 300m: 04:09,28 (01:25,59) 400m: 05:35,18 (01:25,90)				
2.	Laura Dück	2013	SG Dortmund	05:35,38	350
	100m: 01:17,32 (01:17,32) 200m: 02:42,25 (01:24,93) 300m: 04:10,82 (01:28,57) 400m: 05:35,38 (01:24,56)				
3.	Ella Hartmann	2013	SG Dortmund	05:36,53	346
	100m: 01:16,40 (01:16,40) 200m: 02:41,84 (01:25,44) 300m: 04:10,27 (01:28,43) 400m: 05:36,53 (01:26,26)				
4.	Katharina Kohl	2013	SG Dortmund	05:38,96	339
	100m: 01:21,65 (01:21,65) 200m: 02:49,63 (01:27,98) 300m: 04:15,97 (01:26,34) 400m: 05:38,96 (01:22,99)				
5.	Pia Luciana Solmecke	2013	SG Dortmund	05:54,92	295
	100m: 01:24,84 (01:24,84) 200m: 02:56,40 (01:31,56) 300m: 04:28,86 (01:32,46) 400m: 05:54,92 (01:26,06)				
6.	Sofia Grieser	2013	SV Westfalen Hagen	05:57,42	289
	100m: 01:27,98 (01:27,98) 200m: 02:59,69 (01:31,71) 300m: 04:32,10 (01:32,41) 400m: 05:57,42 (01:25,32)				
7.	Lena Mallinkrodt	2013	SG Siegen	06:19,71	241
	100m: 01:28,54 (01:28,54) 200m: 03:07,58 (01:39,04) 300m: 04:47,23 (01:39,65) 400m: 06:19,71 (01:32,48)				
8.	Mia-Luise Köhling	2013	SV Blau-Weiß Bochum	06:21,76	237
	100m: 01:28,52 (01:28,52) 200m: 03:06,93 (01:38,41) 300m: 04:46,45 (01:39,52) 400m: 06:21,76 (01:35,31)				
9.	Mathilde Schulte-Steinberg	2013	SSC Hörde 54/58 e.V.	06:25,75	230
	100m: 01:30,27 (01:30,27) 200m: 03:09,61 (01:39,34) 300m: 04:49,68 (01:40,07) 400m: 06:25,75 (01:36,07)				
10.	Merle Racherbäumer	2013	SV Blau-Weiß Bochum	06:26,22	229
	100m: 01:30,42 (01:30,42) 200m: 03:10,36 (01:39,94) 300m: 04:50,35 (01:39,99) 400m: 06:26,22 (01:35,87)				
11.	Pia Tempelhoff	2013	SSC Hörde 54/58 e.V.	06:33,87	216
	100m: 01:24,05 (01:24,05) 200m: 03:07,62 (01:43,57) 300m: 04:52,94 (01:45,32) 400m: 06:33,87 (01:40,93)				
12.	Leonie Jedek	2013	TV Werne 03 Wasserfreunde	06:36,08	212
	100m: 01:32,42 (01:32,42) 200m: 03:16,85 (01:44,43) 300m: 04:59,56 (01:42,71) 400m: 06:36,08 (01:36,52)				
13.	Lina Kölpin	2013	SG Ruhr	06:45,46	198
	100m: 01:33,20 (01:33,20) 200m: 03:19,23 (01:46,03) 300m: 05:04,78 (01:45,55) 400m: 06:45,46 (01:40,68)				
14.	Emily Marie Dietz	2013	SV Blau-Weiß Bochum	07:03,07	174
	100m: 01:39,57 (01:39,57) 200m: 03:26,58 (01:47,01) 300m: 05:16,15 (01:49,57) 400m: 07:03,07 (01:46,92)				

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
15.	Sarah Großpietsch 100m: 01:42,14 (01:42,14) 200m: 03:32,38 (01:50,24) 300m: 05:22,34 (01:49,96) 400m: 07:04,61 (01:42,27)	2013	Wfr. TuRa Bergkamen	07:04,61	172
16.	Felia Jordan 100m: 01:41,55 (01:41,55) 200m: 03:35,83 (01:54,28) 300m: 05:25,32 (01:49,49) 400m: 07:11,54 (01:46,22)	2013	SSC Hörde 54/58 e.V.	07:11,54	164
abgemeldet					
	Anna-Lena Treue	2013	SSC Hörde 54/58 e.V.		
	Carlotta Schulze	2013	SG Lünen		
	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					
	Mia Radloff 100m: 01:21,41 (01:21,41) 200m: 02:49,96 (01:28,55) 300m: 04:17,71 (01:27,75) 400m: 05:40,40 (01:22,69)	2012	SG Dortmund	05:40,40	334
2.	Mira Ohrt 100m: 01:22,27 (01:22,27) 200m: 02:51,98 (01:29,71) 300m: 04:21,71 (01:29,73) 400m: 05:49,78 (01:28,07)	2012	SG Ruhr	05:49,78	308
3.	Tineke Meese 100m: 01:25,13 (01:25,13) 200m: 02:55,38 (01:30,25) 300m: 04:25,57 (01:30,19) 400m: 05:52,07 (01:26,50)	2012	Rote Erde/SWIM-TEAM TuS 1859 Hamm	05:52,07	302
4.	Nike Diehl 100m: 01:22,06 (01:22,06) 200m: 02:52,98 (01:30,92) 300m: 04:25,76 (01:32,78) 400m: 05:52,60 (01:26,84)	2012	SG Dortmund-Süd 1983	05:52,60	301
5.	Lotta Schroller 100m: 01:23,29 (01:23,29) 200m: 02:53,65 (01:30,36) 300m: 04:24,67 (01:31,02) 400m: 05:55,67 (01:31,00)	2012	Wfr. Lüdenscheid	05:55,67	293
6.	Katarina Flömer 100m: 01:20,00 (01:20,00) 200m: 02:52,44 (01:32,44) 300m: 04:26,75 (01:34,31) 400m: 05:57,55 (01:30,80)	2012	SG Dortmund	05:57,55	289
7.	Mouna El Khafifi 100m: 01:22,94 (01:22,94) 200m: 02:54,49 (01:31,55) 300m: 04:26,78 (01:32,29) 400m: 05:57,92 (01:31,14)	2012	SG Dortmund	05:57,92	288
8.	Emma Klömpken 100m: 01:25,83 (01:25,83) 200m: 03:02,01 (01:36,18) 300m: 04:33,66 (01:31,65) 400m: 06:00,97 (01:27,31)	2012	SG Lünen	06:00,97	280
9.	Federica Bartmann 100m: 01:27,36 (01:27,36) 200m: 03:01,17 (01:33,81) 300m: 04:33,70 (01:32,53) 400m: 06:01,01 (01:27,31)	2012	SG Wassersport Iserlohn	06:01,01	280
10.	Hanna Wolter 100m: 01:27,32 (01:27,32) 200m: 03:02,22 (01:34,90) 300m: 04:34,90 (01:32,68) 400m: 06:06,16 (01:31,26)	2012	SV Hagen 1894	06:06,16	269
11.	Emma Bernard 100m: 01:23,00 (01:23,00) 200m: 03:04,04 (01:41,04) 300m: 04:38,97 (01:34,93) 400m: 06:06,29 (01:27,32)	2012	SG Wassersport Iserlohn	06:06,29	268
12.	Elea Stute 100m: 01:27,22 (01:27,22) 200m: 03:03,64 (01:36,42) 300m: 04:40,83 (01:37,19) 400m: 06:11,38 (01:30,55)	2012	TuS Sundern	06:11,38	257

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
13.	Clara Spannagel 100m: 01:24,28 (01:24,28) 200m: 03:01,91 (01:37,63) 300m: 04:41,28 (01:39,37) 400m: 06:14,95 (01:33,67)	2012	SV Westfalen Hagen	06:14,95	250	
14.	Vanessa Amy Tank 100m: 01:28,70 (01:28,70) 200m: 03:06,90 (01:38,20) 300m: 04:46,24 (01:39,34) 400m: 06:19,06 (01:32,82)	2012	SV Plettenberg 1951 e.V.	06:19,06	242	
15.	Emma Polok 100m: 01:27,24 (01:27,24) 200m: 03:05,60 (01:38,36) 300m: 04:45,80 (01:40,20) 400m: 06:21,46 (01:35,66)	2012	SG Dortmund	06:21,46	238	
16.	Emelie Brand 100m: 01:29,83 (01:29,83) 200m: 03:08,18 (01:38,35) 300m: 04:46,96 (01:38,78) 400m: 06:21,89 (01:34,93)	2012	SV Hagen 1894	06:21,89	237	
17.	Angelina Below 100m: 01:28,33 (01:28,33) 200m: 03:06,52 (01:38,19) 300m: 04:48,03 (01:41,51) 400m: 06:23,33 (01:35,30)	2012	Teutonia Lippstadt	06:23,33	234	
18.	Lilly Hass 100m: 01:23,78 (01:23,78) 200m: 03:06,01 (01:42,23) 300m: 04:48,65 (01:42,64) 400m: 06:24,25 (01:35,60)	2012	Wassersportverein Herringen 1929 e.V.	06:24,25	232	
19.	Karolin Kramer 100m: 01:31,84 (01:31,84) 200m: 03:12,31 (01:40,47) 300m: 04:53,56 (01:41,25) 400m: 06:25,19 (01:31,63)	2012	SG Siegen	06:25,19	231	
20.	Lena Drews 100m: 01:30,82 (01:30,82) 200m: 03:13,85 (01:43,03) 300m: 04:57,55 (01:43,70) 400m: 06:38,88 (01:41,33)	2012	SV Schwerte 06	06:38,88	208	
21.	Clara Schlabach 100m: 01:34,66 (01:34,66) 200m: 03:21,66 (01:47,00) 300m: 05:07,76 (01:46,10) 400m: 06:48,29 (01:40,53)	2012	SG Siegen	06:48,29	194	
22.	Alina Bresinsky 100m: 01:35,93 (01:35,93) 200m: 03:24,21 (01:48,28) 300m: 05:11,16 (01:46,95) 400m: 06:48,33 (01:37,17)	2012	SV Schwerte 06	06:48,33	194	
23.	Miriam Malcharek 100m: 01:36,04 (01:36,04) 200m: 03:22,79 (01:46,75) 300m: 05:08,78 (01:45,99) 400m: 06:53,86 (01:45,08)	2012	Teutonia Lippstadt	06:53,86	186	
24.	Anni Schulte 100m: 01:39,08 (01:39,08) 200m: 03:27,58 (01:48,50) 300m: 05:17,08 (01:49,50) 400m: 06:58,47 (01:41,39)	2012	SG Lünen	06:58,47	180	
25.	Lena Schlüter 100m: 01:40,50 (01:40,50) 200m: 03:32,46 (01:51,96) 300m: 05:24,85 (01:52,39) 400m: 07:13,28 (01:48,43)	2012	SG Lünen	07:13,28	162	EnM
26.	Amelie Riepe 100m: 01:42,92 (01:42,92) 200m: 03:36,60 (01:53,68) 300m: 05:32,09 (01:55,49) 400m: 07:23,13 (01:51,04)	2012	SG Lünen	07:23,13	151	EnM

Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
1. und Südwestfälische Jahrgangsmeisterin						
	Mara Klump 100m: 01:16,90 (01:16,90) 200m: 02:41,13 (01:24,23) 300m: 04:04,38 (01:23,25) 400m: 05:24,43 (01:20,05)	2011	SG Siegen	05:24,43	386	
2.	Nike Midderhoff 100m: 01:15,51 (01:15,51) 200m: 02:37,41 (01:21,90) 400m: 05:25,00 (02:47,59)	2011	SV Plettenberg 1951 e.V.	05:25,00	384	
3.	Iva Rezig 100m: 01:19,34 (01:19,34) 200m: 02:42,58 (01:23,24) 300m: 04:06,68 (01:24,10) 400m: 05:28,60 (01:21,92)	2011	SG Siegen	05:28,60	372	

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.	Charlotte Dielenschneider 100m: 01:20,19 (01:20,19) 200m: 02:47,69 (01:27,50) 300m: 04:14,26 (01:26,57) 400m: 05:37,26 (01:23,00)	2011	Rote Erde/SWIM-TEAM TuS 1859 Hamm	05:37,26	344
5.	Mila Linstaedt 100m: 01:20,33 (01:20,33) 200m: 02:45,20 (01:24,87) 300m: 04:12,87 (01:27,67) 400m: 05:41,17 (01:28,30)	2011	SG Wassersport Iserlohn	05:41,17	332
6.	Tzu-Tien Chen 100m: 01:18,39 (01:18,39) 200m: 02:45,13 (01:26,74) 300m: 04:16,13 (01:31,00) 400m: 05:44,63 (01:28,50)	2011	SG Dortmund	05:44,63	322
7.	Hannah Sophie Grunert 100m: 01:20,37 (01:20,37) 300m: 04:19,84 (02:59,47) 400m: 05:45,51 (01:25,67)	2011	SG Lünen	05:45,51	320
8.	Mila Fee Krause 100m: 01:21,89 (01:21,89) 200m: 02:53,47 (01:31,58) 300m: 04:25,67 (01:32,20) 400m: 05:53,68 (01:28,01)	2011	Wfr. TuRa Bergkamen	05:53,68	298
9.	Linda Mahersi 100m: 01:21,01 (01:21,01) 200m: 02:54,36 (01:33,35) 300m: 04:29,90 (01:35,54) 400m: 06:02,61 (01:32,71)	2011	SG Dortmund	06:02,61	277
10.	Sophia Daudrich 100m: 01:25,66 (01:25,66) 200m: 03:04,51 (01:38,85) 300m: 04:41,13 (01:36,62) 400m: 06:11,31 (01:30,18)	2011	SG Siegen	06:11,31	258
11.	Laura Drexelius 100m: 01:25,74 (01:25,74) 200m: 03:01,41 (01:35,67) 300m: 04:38,41 (01:37,00) 400m: 06:12,25 (01:33,84)	2011	SV Plettenberg 1951 e.V.	06:12,25	256
12.	Lilly Marleen Jann 100m: 01:26,12 (01:26,12) 200m: 03:03,90 (01:37,78) 300m: 04:45,21 (01:41,31) 400m: 06:21,10 (01:35,89)	2011	TV Werne 03 Wasserfreunde	06:21,10	238
<u>nicht am Start</u>					
	Monia Pinner	2011	SV Schwerte 06		EnM

Jahrgang 2010

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälische Jahrgangsmeisterin					
	Angelina Sophie Zafirov 100m: 01:10,54 (01:10,54) 200m: 02:30,29 (01:19,75) 300m: 03:49,29 (01:19,00) 400m: 05:04,72 (01:15,43)	2010	SV Blau-Weiß Bochum	05:04,72	466
2.	Anna Berenberg 100m: 01:13,80 (01:13,80) 200m: 02:35,89 (01:22,09) 300m: 03:57,61 (01:21,72) 400m: 05:15,30 (01:17,69)	2010	SV Schwerte 06	05:15,30	421
3.	Ida Philine Schneider 100m: 01:18,16 (01:18,16) 200m: 02:40,36 (01:22,20) 300m: 04:03,21 (01:22,85) 400m: 05:20,89 (01:17,68)	2010	SG Siegen	05:20,89	399
4.	Fiona Fee Ackermann 100m: 01:17,03 (01:17,03) 200m: 02:40,80 (01:23,77) 300m: 04:04,07 (01:23,27) 400m: 05:22,53 (01:18,46)	2010	SG Ruhr	05:22,53	393
5.	Hanna Bernard 100m: 01:17,15 (01:17,15) 200m: 02:41,85 (01:24,70) 300m: 04:05,44 (01:23,59) 400m: 05:22,73 (01:17,29)	2010	SG Wassersport Iserlohn	05:22,73	393
6.	Matilda Sophie Fischer 100m: 01:16,30 (01:16,30) 200m: 02:42,40 (01:26,10) 300m: 04:08,47 (01:26,07) 400m: 05:28,36 (01:19,89)	2010	Wfr. Lüdenscheid	05:28,36	373
7.	Greta Bock 100m: 01:18,83 (01:18,83) 200m: 02:45,54 (01:26,71) 300m: 04:11,37 (01:25,83) 400m: 05:35,08 (01:23,71)	2010	Teutonia Lippstadt	05:35,08	351

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
8.	Ida Schultz	2010	SF Unna 01/10	05:42,78	328
	100m: 01:21,38 (01:21,38) 200m: 02:51,84 (01:30,46) 300m: 04:20,35 (01:28,51)				
	400m: 05:42,78 (01:22,43)				
9.	Lia Hufnagel	2010	SG Wassersport Iserlohn	05:53,08	300
	100m: 01:24,15 (01:24,15) 200m: 02:54,30 (01:30,15) 300m: 04:24,21 (01:29,91)				
	400m: 05:53,08 (01:28,87)				

Jahrgang 2009

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
1. und Südwestfälische Jahrgangsmeisterin						
	Carla Nolte	2009	Rote Erde/SWIM-TEAM TuS 1859 Hamm	05:11,58	436	
	100m: 01:16,49 (01:16,49) 200m: 02:36,32 (01:19,83) 300m: 03:57,28 (01:20,96)					
	400m: 05:11,58 (01:14,30)					
2.	Maja Jagielski	2009	SG Siegen	05:15,84	419	
	100m: 01:12,79 (01:12,79) 200m: 02:34,79 (01:22,00) 300m: 03:56,60 (01:21,81)					
	400m: 05:15,84 (01:19,24)					
3.	Ella Altmann	2009	SSC Hörde 54/58 e.V.	05:17,81	411	
	100m: 01:13,81 (01:13,81) 200m: 02:36,26 (01:22,45) 300m: 03:59,13 (01:22,87)					
	400m: 05:17,81 (01:18,68)					
4.	Hanna Lichte	2009	Rote Erde/SWIM-TEAM TuS 1859 Hamm	05:20,54	401	
	100m: 01:16,46 (01:16,46) 200m: 02:38,66 (01:22,20) 300m: 04:01,76 (01:23,10)					
	400m: 05:20,54 (01:18,78)					
5.	Finja Sophie Althoff	2009	SG Dortmund	05:29,04	370	
	100m: 01:17,20 (01:17,20) 200m: 02:41,65 (01:24,45) 300m: 04:07,06 (01:25,41)					
	400m: 05:29,04 (01:21,98)					
6.	Carlotta Bartmann	2009	SG Wassersport Iserlohn	05:30,58	365	
	100m: 01:17,73 (01:17,73) 200m: 02:42,99 (01:25,26) 300m: 04:07,73 (01:24,74)					
	400m: 05:30,58 (01:22,85)					
7.	Tilda Reh	2009	SG Siegen	05:34,43	353	
	100m: 01:17,97 (01:17,97) 200m: 02:43,61 (01:25,64) 300m: 04:10,94 (01:27,33)					
	400m: 05:34,43 (01:23,49)					
8.	Lotte Adolph	2009	SG Siegen	05:46,71	316	
	100m: 01:21,99 (01:21,99) 200m: 02:50,42 (01:28,43) 300m: 04:20,74 (01:30,32)					
	400m: 05:46,71 (01:25,97)					
9.	Sophie Neß	2009	SV Plettenberg 1951 e.V.	05:53,35	299	EnM
	100m: 01:18,90 (01:18,90) 200m: 02:50,23 (01:31,33) 300m: 04:23,15 (01:32,92)					
	400m: 05:53,35 (01:30,20)					
10.	Lena Jürgens	2009	Teutonia Lippstadt	05:54,58	296	EnM
	100m: 01:21,65 (01:21,65) 200m: 02:51,87 (01:30,22) 300m: 04:24,22 (01:32,35)					
	400m: 05:54,58 (01:30,36)					

Jahrgang 2008

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälische Jahrgangsmeisterin					
	Emmi Liara Schneider	2008	SG Siegen	04:50,73	537
	100m: 01:08,34 (01:08,34) 200m: 02:22,23 (01:13,89) 300m: 03:36,83 (01:14,60)				
	400m: 04:50,73 (01:13,90)				
2.	Sophie Thurow	2008	SG Siegen	04:55,38	512
	100m: 01:09,85 (01:09,85) 200m: 02:25,08 (01:15,23) 300m: 03:41,48 (01:16,40)				
	400m: 04:55,38 (01:13,90)				
3.	Livia Gajda	2008	SG Dortmund	04:59,22	493
	100m: 01:11,11 (01:11,11) 200m: 02:27,86 (01:16,75) 300m: 03:44,95 (01:17,09)				
	400m: 04:59,22 (01:14,27)				

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
4.	Greta Fuchs 100m: 01:11,44 (01:11,44) 200m: 02:27,88 (01:16,44) 300m: 03:44,72 (01:16,84) 400m: 05:00,63 (01:15,91)	2008	SG Siegen	05:00,63	486	
5.	Amelie Böcher 100m: 01:12,54 (01:12,54) 200m: 02:33,23 (01:20,69) 300m: 03:55,24 (01:22,01) 400m: 05:09,26 (01:14,02)	2008	SG Wassersport Iserlohn	05:09,26	446	
6.	Lea Muche 100m: 01:16,44 (01:16,44) 200m: 02:40,22 (01:23,78) 300m: 04:04,70 (01:24,48) 400m: 05:28,42 (01:23,72)	2008	SV Hagen 1894	05:28,42	372	
7.	Luisa Jansing 100m: 01:16,64 (01:16,64) 200m: 02:42,64 (01:26,00) 300m: 04:09,01 (01:26,37) 400m: 05:33,66 (01:24,65)	2008	SSC Hörde 54/58 e.V.	05:33,66	355	
8.	Hannah Riebel 100m: 01:19,22 (01:19,22) 200m: 02:46,90 (01:27,68) 300m: 04:13,60 (01:26,70) 400m: 05:39,19 (01:25,59)	2008	SSC Hörde 54/58 e.V.	05:39,19	338	
9.	Dana Mantau 100m: 01:19,52 (01:19,52) 200m: 02:49,89 (01:30,37) 300m: 04:22,30 (01:32,41) 400m: 05:49,56 (01:27,26)	2008	SV Wasserfreunde Soest e.V. 1913	05:49,56	309	EnM
10.	Mia Henneböhle 100m: 01:17,15 (01:17,15) 200m: 02:49,99 (01:32,84) 300m: 04:23,06 (01:33,07) 400m: 05:50,17 (01:27,11)	2008	SV Schwerte 06	05:50,17	307	EnM

Jahrgang 2007

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
1. und Südwestfälische Jahrgangsmeisterin	Pia Jost 100m: 01:10,74 (01:10,74) 200m: 02:28,06 (01:17,32) 300m: 03:46,33 (01:18,27) 400m: 05:00,44 (01:14,11)	2007	SG Wassersport Iserlohn	05:00,44	487	
2.	Fenja Droste 100m: 01:10,85 (01:10,85) 200m: 02:30,29 (01:19,44) 300m: 03:49,85 (01:19,56) 400m: 05:05,48 (01:15,63)	2007	VfL Kemminghausen	05:05,48	463	
3.	Karina Cecilia Soetomo 100m: 01:11,33 (01:11,33) 200m: 02:29,22 (01:17,89) 300m: 03:49,60 (01:20,38) 400m: 05:09,26 (01:19,66)	2007	SG Dortmund	05:09,26	446	
4.	Laura Ortmann 100m: 01:14,37 (01:14,37) 200m: 02:37,07 (01:22,70) 300m: 03:58,51 (01:21,44) 400m: 05:17,16 (01:18,65)	2007	Teutonia Lippstadt	05:17,16	414	
5.	Leonie Sophie Wächter 100m: 01:20,13 (01:20,13) 200m: 02:48,38 (01:28,25) 300m: 04:16,03 (01:27,65) 400m: 05:40,63 (01:24,60)	2007	SG Wassersport Iserlohn	05:40,63	334	EnM

Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
1. und Südwestfälische Meisterin	Emmi Liara Schneider 100m: 01:08,34 (01:08,34) 200m: 02:22,23 (01:13,89) 300m: 03:36,83 (01:14,60) 400m: 04:50,73 (01:13,90)	2008	SG Siegen	04:50,73	537	
2.	Sophie Thurow 100m: 01:09,85 (01:09,85) 200m: 02:25,08 (01:15,23) 300m: 03:41,48 (01:16,40) 400m: 04:55,38 (01:13,90)	2008	SG Siegen	04:55,38	512	
3.	Livia Gajda 100m: 01:11,11 (01:11,11) 200m: 02:27,86 (01:16,75) 300m: 03:44,95 (01:17,09) 400m: 04:59,22 (01:14,27)	2008	SG Dortmund	04:59,22	493	

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
4.	Pia Jost 100m: 01:10,74 (01:10,74) 200m: 02:28,06 (01:17,32) 300m: 03:46,33 (01:18,27) 400m: 05:00,44 (01:14,11)	2007	SG Wassersport Iserlohn	05:00,44	487
5.	Greta Fuchs 100m: 01:11,44 (01:11,44) 200m: 02:27,88 (01:16,44) 300m: 03:44,72 (01:16,84) 400m: 05:00,63 (01:15,91)	2008	SG Siegen	05:00,63	486
6.	Angelina Sophie Zafirov 100m: 01:10,54 (01:10,54) 200m: 02:30,29 (01:19,75) 300m: 03:49,29 (01:19,00) 400m: 05:04,72 (01:15,43)	2010	SV Blau-Weiß Bochum	05:04,72	466
7.	Fenja Droste 100m: 01:10,85 (01:10,85) 200m: 02:30,29 (01:19,44) 300m: 03:49,85 (01:19,56) 400m: 05:05,48 (01:15,63)	2007	VfL Kemminghausen	05:05,48	463
8.	Amelie Böcher 100m: 01:12,54 (01:12,54) 200m: 02:33,23 (01:20,69) 300m: 03:55,24 (01:22,01) 400m: 05:09,26 (01:14,02)	2008	SG Wassersport Iserlohn	05:09,26	446
9.	Karina Cecilia Soetomo 100m: 01:11,33 (01:11,33) 200m: 02:29,22 (01:17,89) 300m: 03:49,60 (01:20,38) 400m: 05:09,26 (01:19,66)	2007	SG Dortmund	05:09,26	446
10.	Carla Nolte 100m: 01:16,49 (01:16,49) 200m: 02:36,32 (01:19,83) 300m: 03:57,28 (01:20,96) 400m: 05:11,58 (01:14,30)	2009	Rote Erde/SWIM-TEAM TuS 1859 Hamm	05:11,58	436
11.	Mandy Wältermann 100m: 01:11,43 (01:11,43) 200m: 02:31,15 (01:19,72) 300m: 03:53,03 (01:21,88) 400m: 05:14,14 (01:21,11)	2000	SV Bieber 67 Lendringsen	05:14,14	426
12.	Anna Berenberg 100m: 01:13,80 (01:13,80) 200m: 02:35,89 (01:22,09) 300m: 03:57,61 (01:21,72) 400m: 05:15,30 (01:17,69)	2010	SV Schwerte 06	05:15,30	421
13.	Maja Jagielski 100m: 01:12,79 (01:12,79) 200m: 02:34,79 (01:22,00) 300m: 03:56,60 (01:21,81) 400m: 05:15,84 (01:19,24)	2009	SG Siegen	05:15,84	419
14.	Laura Ortmann 100m: 01:14,37 (01:14,37) 200m: 02:37,07 (01:22,70) 300m: 03:58,51 (01:21,44) 400m: 05:17,16 (01:18,65)	2007	Teutonia Lippstadt	05:17,16	414
15.	Ella Altmann 100m: 01:13,81 (01:13,81) 200m: 02:36,26 (01:22,45) 300m: 03:59,13 (01:22,87) 400m: 05:17,81 (01:18,68)	2009	SSC Hörde 54/58 e.V.	05:17,81	411
16.	Hanna Lichte 100m: 01:16,46 (01:16,46) 200m: 02:38,66 (01:22,20) 300m: 04:01,76 (01:23,10) 400m: 05:20,54 (01:18,78)	2009	Rote Erde/SWIM-TEAM TuS 1859 Hamm	05:20,54	401
17.	Karina Dering 100m: 01:16,60 (01:16,60) 200m: 02:39,50 (01:22,90) 300m: 04:02,74 (01:23,24) 400m: 05:20,73 (01:17,99)	2006	Rote Erde/SWIM-TEAM TuS 1859 Hamm	05:20,73	400
18.	Ida Philine Schneider 100m: 01:18,16 (01:18,16) 200m: 02:40,36 (01:22,20) 300m: 04:03,21 (01:22,85) 400m: 05:20,89 (01:17,68)	2010	SG Siegen	05:20,89	399
19.	Sophia Holzmann 100m: 01:14,90 (01:14,90) 200m: 02:38,05 (01:23,15) 300m: 04:00,81 (01:22,76) 400m: 05:21,05 (01:20,24)	2006	SG Siegen	05:21,05	399
20.	Fiona Fee Ackermann 100m: 01:17,03 (01:17,03) 200m: 02:40,80 (01:23,77) 300m: 04:04,07 (01:23,27) 400m: 05:22,53 (01:18,46)	2010	SG Ruhr	05:22,53	393
21.	Hanna Bernard 100m: 01:17,15 (01:17,15) 200m: 02:41,85 (01:24,70) 300m: 04:05,44 (01:23,59) 400m: 05:22,73 (01:17,29)	2010	SG Wassersport Iserlohn	05:22,73	393

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	
22.	Mara Klump 100m: 01:16,90 (01:16,90) 200m: 02:41,13 (01:24,23) 300m: 04:04,38 (01:23,25) 400m: 05:24,43 (01:20,05)	2011	SG Siegen	05:24,43	386	
23.	Nike Midderhoff 100m: 01:15,51 (01:15,51) 200m: 02:37,41 (01:21,90) 400m: 05:25,00 (02:47,59)	2011	SV Plettenberg 1951 e.V.	05:25,00	384	
24.	Matilda Sophie Fischer 100m: 01:16,30 (01:16,30) 200m: 02:42,40 (01:26,10) 300m: 04:08,47 (01:26,07) 400m: 05:28,36 (01:19,89)	2010	Wfr. Lüdenscheid	05:28,36	373	
25.	Lea Muche 100m: 01:16,44 (01:16,44) 200m: 02:40,22 (01:23,78) 300m: 04:04,70 (01:24,48) 400m: 05:28,42 (01:23,72)	2008	SV Hagen 1894	05:28,42	372	
26.	Iva Rezic 100m: 01:19,34 (01:19,34) 200m: 02:42,58 (01:23,24) 300m: 04:06,68 (01:24,10) 400m: 05:28,60 (01:21,92)	2011	SG Siegen	05:28,60	372	
27.	Finja Sophie Althoff 100m: 01:17,20 (01:17,20) 200m: 02:41,65 (01:24,45) 300m: 04:07,06 (01:25,41) 400m: 05:29,04 (01:21,98)	2009	SG Dortmund	05:29,04	370	
28.	Carlotta Bartmann 100m: 01:17,73 (01:17,73) 200m: 02:42,99 (01:25,26) 300m: 04:07,73 (01:24,74) 400m: 05:30,58 (01:22,85)	2009	SG Wassersport Iserlohn	05:30,58	365	
29.	Luisa Jansing 100m: 01:16,64 (01:16,64) 200m: 02:42,64 (01:26,00) 300m: 04:09,01 (01:26,37) 400m: 05:33,66 (01:24,65)	2008	SSC Hörde 54/58 e.V.	05:33,66	355	
30.	Tilda Reh 100m: 01:17,97 (01:17,97) 200m: 02:43,61 (01:25,64) 300m: 04:10,94 (01:27,33) 400m: 05:34,43 (01:23,49)	2009	SG Siegen	05:34,43	353	
31.	Greta Bock 100m: 01:18,83 (01:18,83) 200m: 02:45,54 (01:26,71) 300m: 04:11,37 (01:25,83) 400m: 05:35,08 (01:23,71)	2010	Teutonia Lippstadt	05:35,08	351	
32.	Riva Franke 100m: 01:19,00 (01:19,00) 200m: 02:43,69 (01:24,69) 300m: 04:09,28 (01:25,59) 400m: 05:35,18 (01:25,90)	2013	SG Dortmund	05:35,18	350	
33.	Laura Dück 100m: 01:17,32 (01:17,32) 200m: 02:42,25 (01:24,93) 300m: 04:10,82 (01:28,57) 400m: 05:35,38 (01:24,56)	2013	SG Dortmund	05:35,38	350	
34.	Ella Hartmann 100m: 01:16,40 (01:16,40) 200m: 02:41,84 (01:25,44) 300m: 04:10,27 (01:28,43) 400m: 05:36,53 (01:26,26)	2013	SG Dortmund	05:36,53	346	
35.	Charlotte Dielenschneider 100m: 01:20,19 (01:20,19) 200m: 02:47,69 (01:27,50) 300m: 04:14,26 (01:26,57) 400m: 05:37,26 (01:23,00)	2011	Rote Erde/SWIM-TEAM TuS 1859 Hamm	05:37,26	344	
36.	Katharina Kohl 100m: 01:21,65 (01:21,65) 200m: 02:49,63 (01:27,98) 300m: 04:15,97 (01:26,34) 400m: 05:38,96 (01:22,99)	2013	SG Dortmund	05:38,96	339	
37.	Hannah Riebel 100m: 01:19,22 (01:19,22) 200m: 02:46,90 (01:27,68) 300m: 04:13,60 (01:26,70) 400m: 05:39,19 (01:25,59)	2008	SSC Hörde 54/58 e.V.	05:39,19	338	
38.	Mia Radloff 100m: 01:21,41 (01:21,41) 200m: 02:49,96 (01:28,55) 300m: 04:17,71 (01:27,75) 400m: 05:40,40 (01:22,69)	2012	SG Dortmund	05:40,40	334	
39.	Leonie Sophie Wächter 100m: 01:20,13 (01:20,13) 200m: 02:48,38 (01:28,25) 300m: 04:16,03 (01:27,65) 400m: 05:40,63 (01:24,60)	2007	SG Wassersport Iserlohn	05:40,63	334	EnM

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
40.	Mila Linstaedt 100m: 01:20,33 (01:20,33) 200m: 02:45,20 (01:24,87) 300m: 04:12,87 (01:27,67) 400m: 05:41,17 (01:28,30)	2011	SG Wassersport Iserlohn	05:41,17	332	
41.	Ida Schultz 100m: 01:21,38 (01:21,38) 200m: 02:51,84 (01:30,46) 300m: 04:20,35 (01:28,51) 400m: 05:42,78 (01:22,43)	2010	SF Unna 01/10	05:42,78	328	
42.	Tzu-Tien Chen 100m: 01:18,39 (01:18,39) 200m: 02:45,13 (01:26,74) 300m: 04:16,13 (01:31,00) 400m: 05:44,63 (01:28,50)	2011	SG Dortmund	05:44,63	322	
43.	Hannah Sophie Grunert 100m: 01:20,37 (01:20,37) 300m: 04:19,84 (02:59,47) 400m: 05:45,51 (01:25,67)	2011	SG Lünen	05:45,51	320	
44.	Lotte Adolph 100m: 01:21,99 (01:21,99) 200m: 02:50,42 (01:28,43) 300m: 04:20,74 (01:30,32) 400m: 05:46,71 (01:25,97)	2009	SG Siegen	05:46,71	316	
45.	Dana Mantau 100m: 01:19,52 (01:19,52) 200m: 02:49,89 (01:30,37) 300m: 04:22,30 (01:32,41) 400m: 05:49,56 (01:27,26)	2008	SV Wasserfreunde Soest e.V. 1913	05:49,56	309	EnM
46.	Mira Ohrt 100m: 01:22,27 (01:22,27) 200m: 02:51,98 (01:29,71) 300m: 04:21,71 (01:29,73) 400m: 05:49,78 (01:28,07)	2012	SG Ruhr	05:49,78	308	
47.	Mia Henneböhle 100m: 01:17,15 (01:17,15) 200m: 02:49,99 (01:32,84) 300m: 04:23,06 (01:33,07) 400m: 05:50,17 (01:27,11)	2008	SV Schwerte 06	05:50,17	307	EnM
48.	Tineke Meese 100m: 01:25,13 (01:25,13) 200m: 02:55,38 (01:30,25) 300m: 04:25,57 (01:30,19) 400m: 05:52,07 (01:26,50)	2012	Rote Erde/SWIM-TEAM TuS 1859 Hamm	05:52,07	302	
49.	Nike Diehl 100m: 01:22,06 (01:22,06) 200m: 02:52,98 (01:30,92) 300m: 04:25,76 (01:32,78) 400m: 05:52,60 (01:26,84)	2012	SG Dortmund-Süd 1983	05:52,60	301	
50.	Lia Hufnagel 100m: 01:24,15 (01:24,15) 200m: 02:54,30 (01:30,15) 300m: 04:24,21 (01:29,91) 400m: 05:53,08 (01:28,87)	2010	SG Wassersport Iserlohn	05:53,08	300	
51.	Sophie Neß 100m: 01:18,90 (01:18,90) 200m: 02:50,23 (01:31,33) 300m: 04:23,15 (01:32,92) 400m: 05:53,35 (01:30,20)	2009	SV Plettenberg 1951 e.V.	05:53,35	299	EnM
52.	Mila Fee Krause 100m: 01:21,89 (01:21,89) 200m: 02:53,47 (01:31,58) 300m: 04:25,67 (01:32,20) 400m: 05:53,68 (01:28,01)	2011	Wfr. TuRa Bergkamen	05:53,68	298	
53.	Lena Jürgens 100m: 01:21,65 (01:21,65) 200m: 02:51,87 (01:30,22) 300m: 04:24,22 (01:32,35) 400m: 05:54,58 (01:30,36)	2009	Teutonia Lippstadt	05:54,58	296	EnM
54.	Pia Luciana Solmecke 100m: 01:24,84 (01:24,84) 200m: 02:56,40 (01:31,56) 300m: 04:28,86 (01:32,46) 400m: 05:54,92 (01:26,06)	2013	SG Dortmund	05:54,92	295	
55.	Lotta Schroller 100m: 01:23,29 (01:23,29) 200m: 02:53,65 (01:30,36) 300m: 04:24,67 (01:31,02) 400m: 05:55,67 (01:31,00)	2012	Wfr. Lüdenscheid	05:55,67	293	
56.	Sofia Grieser 100m: 01:27,98 (01:27,98) 200m: 02:59,69 (01:31,71) 300m: 04:32,10 (01:32,41) 400m: 05:57,42 (01:25,32)	2013	SV Westfalen Hagen	05:57,42	289	
57.	Katarina Flömer 100m: 01:20,00 (01:20,00) 200m: 02:52,44 (01:32,44) 300m: 04:26,75 (01:34,31) 400m: 05:57,55 (01:30,80)	2012	SG Dortmund	05:57,55	289	

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
58.	Mouna El Khafifi 100m: 01:22,94 (01:22,94) 200m: 02:54,49 (01:31,55) 300m: 04:26,78 (01:32,29) 400m: 05:57,92 (01:31,14)	2012	SG Dortmund	05:57,92	288
59.	Emma Klömpken 100m: 01:25,83 (01:25,83) 200m: 03:02,01 (01:36,18) 300m: 04:33,66 (01:31,65) 400m: 06:00,97 (01:27,31)	2012	SG Lünen	06:00,97	280
60.	Federica Bartmann 100m: 01:27,36 (01:27,36) 200m: 03:01,17 (01:33,81) 300m: 04:33,70 (01:32,53) 400m: 06:01,01 (01:27,31)	2012	SG Wassersport Iserlohn	06:01,01	280
61.	Linda Mahersi 100m: 01:21,01 (01:21,01) 200m: 02:54,36 (01:33,35) 300m: 04:29,90 (01:35,54) 400m: 06:02,61 (01:32,71)	2011	SG Dortmund	06:02,61	277
62.	Hanna Wolter 100m: 01:27,32 (01:27,32) 200m: 03:02,22 (01:34,90) 300m: 04:34,90 (01:32,68) 400m: 06:06,16 (01:31,26)	2012	SV Hagen 1894	06:06,16	269
63.	Emma Bernard 100m: 01:23,00 (01:23,00) 200m: 03:04,04 (01:41,04) 300m: 04:38,97 (01:34,93) 400m: 06:06,29 (01:27,32)	2012	SG Wassersport Iserlohn	06:06,29	268
64.	Sophia Daudrich 100m: 01:25,66 (01:25,66) 200m: 03:04,51 (01:38,85) 300m: 04:41,13 (01:36,62) 400m: 06:11,31 (01:30,18)	2011	SG Siegen	06:11,31	258
65.	Elea Stute 100m: 01:27,22 (01:27,22) 200m: 03:03,64 (01:36,42) 300m: 04:40,83 (01:37,19) 400m: 06:11,38 (01:30,55)	2012	TuS Sundern	06:11,38	257
66.	Laura Drexelius 100m: 01:25,74 (01:25,74) 200m: 03:01,41 (01:35,67) 300m: 04:38,41 (01:37,00) 400m: 06:12,25 (01:33,84)	2011	SV Plettenberg 1951 e.V.	06:12,25	256
67.	Clara Spannagel 100m: 01:24,28 (01:24,28) 200m: 03:01,91 (01:37,63) 300m: 04:41,28 (01:39,37) 400m: 06:14,95 (01:33,67)	2012	SV Westfalen Hagen	06:14,95	250
68.	Vanessa Amy Tank 100m: 01:28,70 (01:28,70) 200m: 03:06,90 (01:38,20) 300m: 04:46,24 (01:39,34) 400m: 06:19,06 (01:32,82)	2012	SV Plettenberg 1951 e.V.	06:19,06	242
69.	Lena Mallinkrodt 100m: 01:28,54 (01:28,54) 200m: 03:07,58 (01:39,04) 300m: 04:47,23 (01:39,65) 400m: 06:19,71 (01:32,48)	2013	SG Siegen	06:19,71	241
70.	Lilly Marleen Jann 100m: 01:26,12 (01:26,12) 200m: 03:03,90 (01:37,78) 300m: 04:45,21 (01:41,31) 400m: 06:21,10 (01:35,89)	2011	TV Werne 03 Wasserfreunde	06:21,10	238
71.	Emma Polok 100m: 01:27,24 (01:27,24) 200m: 03:05,60 (01:38,36) 300m: 04:45,80 (01:40,20) 400m: 06:21,46 (01:35,66)	2012	SG Dortmund	06:21,46	238
72.	Mia-Luise Köhling 100m: 01:28,52 (01:28,52) 200m: 03:06,93 (01:38,41) 300m: 04:46,45 (01:39,52) 400m: 06:21,76 (01:35,31)	2013	SV Blau-Weiß Bochum	06:21,76	237
73.	Emelie Brand 100m: 01:29,83 (01:29,83) 200m: 03:08,18 (01:38,35) 300m: 04:46,96 (01:38,78) 400m: 06:21,89 (01:34,93)	2012	SV Hagen 1894	06:21,89	237
74.	Angelina Below 100m: 01:28,33 (01:28,33) 200m: 03:06,52 (01:38,19) 300m: 04:48,03 (01:41,51) 400m: 06:23,33 (01:35,30)	2012	Teutonia Lippstadt	06:23,33	234
75.	Lilly Hass 100m: 01:23,78 (01:23,78) 200m: 03:06,01 (01:42,23) 300m: 04:48,65 (01:42,64) 400m: 06:24,25 (01:35,60)	2012	Wassersportverein Herringen 1929 e.V.	06:24,25	232

Südwestfälische Meisterschaften Lange Strecken / Masters / SMK 2024

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
76.	Karolin Kramer 100m: 01:31,84 (01:31,84) 200m: 03:12,31 (01:40,47) 300m: 04:53,56 (01:41,25) 400m: 06:25,19 (01:31,63)	2012	SG Siegen	06:25,19	231	
77.	Mathilde Schulte-Steinberg 100m: 01:30,27 (01:30,27) 200m: 03:09,61 (01:39,34) 300m: 04:49,68 (01:40,07) 400m: 06:25,75 (01:36,07)	2013	SSC Hörde 54/58 e.V.	06:25,75	230	
78.	Merle Racherbäumer 100m: 01:30,42 (01:30,42) 200m: 03:10,36 (01:39,94) 300m: 04:50,35 (01:39,99) 400m: 06:26,22 (01:35,87)	2013	SV Blau-Weiß Bochum	06:26,22	229	
79.	Pia Tempelhoff 100m: 01:24,05 (01:24,05) 200m: 03:07,62 (01:43,57) 300m: 04:52,94 (01:45,32) 400m: 06:33,87 (01:40,93)	2013	SSC Hörde 54/58 e.V.	06:33,87	216	
80.	Leonie Jedek 100m: 01:32,42 (01:32,42) 200m: 03:16,85 (01:44,43) 300m: 04:59,56 (01:42,71) 400m: 06:36,08 (01:36,52)	2013	TV Werne 03 Wasserfreunde	06:36,08	212	
81.	Lena Drews 100m: 01:30,82 (01:30,82) 200m: 03:13,85 (01:43,03) 300m: 04:57,55 (01:43,70) 400m: 06:38,88 (01:41,33)	2012	SV Schwerte 06	06:38,88	208	
82.	Lina Kölpin 100m: 01:33,20 (01:33,20) 200m: 03:19,23 (01:46,03) 300m: 05:04,78 (01:45,55) 400m: 06:45,46 (01:40,68)	2013	SG Ruhr	06:45,46	198	
83.	Clara Schlabach 100m: 01:34,66 (01:34,66) 200m: 03:21,66 (01:47,00) 300m: 05:07,76 (01:46,10) 400m: 06:48,29 (01:40,53)	2012	SG Siegen	06:48,29	194	
84.	Alina Bresinsky 100m: 01:35,93 (01:35,93) 200m: 03:24,21 (01:48,28) 300m: 05:11,16 (01:46,95) 400m: 06:48,33 (01:37,17)	2012	SV Schwerte 06	06:48,33	194	
85.	Miriam Malcharek 100m: 01:36,04 (01:36,04) 200m: 03:22,79 (01:46,75) 300m: 05:08,78 (01:45,99) 400m: 06:53,86 (01:45,08)	2012	Teutonia Lippstadt	06:53,86	186	
86.	Anni Schulte 100m: 01:39,08 (01:39,08) 200m: 03:27,58 (01:48,50) 300m: 05:17,08 (01:49,50) 400m: 06:58,47 (01:41,39)	2012	SG Lünen	06:58,47	180	
87.	Emily Marie Dietz 100m: 01:39,57 (01:39,57) 200m: 03:26,58 (01:47,01) 300m: 05:16,15 (01:49,57) 400m: 07:03,07 (01:46,92)	2013	SV Blau-Weiß Bochum	07:03,07	174	
88.	Sarah Großpietsch 100m: 01:42,14 (01:42,14) 200m: 03:32,38 (01:50,24) 300m: 05:22,34 (01:49,96) 400m: 07:04,61 (01:42,27)	2013	Wfr. TuRa Bergkamen	07:04,61	172	
89.	Felia Jordan 100m: 01:41,55 (01:41,55) 200m: 03:35,83 (01:54,28) 300m: 05:25,32 (01:49,49) 400m: 07:11,54 (01:46,22)	2013	SSC Hörde 54/58 e.V.	07:11,54	164	
90.	Lena Schlüter 100m: 01:40,50 (01:40,50) 200m: 03:32,46 (01:51,96) 300m: 05:24,85 (01:52,39) 400m: 07:13,28 (01:48,43)	2012	SG Lünen	07:13,28	162	EnM
91.	Amelie Riepe 100m: 01:42,92 (01:42,92) 200m: 03:36,60 (01:53,68) 300m: 05:32,09 (01:55,49) 400m: 07:23,13 (01:51,04)	2012	SG Lünen	07:23,13	151	EnM
<u>abgemeldet</u>						
	Carina Müller	2006	SV Bieber 67 Lendringsen			
	Jolina Widders	2006	Rote Erde/SWIM-TEAM TuS 1859 Hamm			