

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)				

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

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

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)				
	abgemeldet				
	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)					
	<u>abgemeldet</u>					
	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 Rezac	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		