

Südwestfälische Meisterschaften Lange Strecken / Masters /SMK

vom 21.02.2026 bis 22.02.2026 | Südbad

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

Wettkampf 8 - 400m Freistil weiblich (Jg. 2013 und älter)

Pflichtzeiten

2013: 05:55,00 2012: 05:35,00 2011: 05:25,00 2010: 05:20,00 2009: 05:20,00 2008 und älter: 05:10,00

Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälische Jahrgangsmeisterin					
	Emilia Klaus	2013	SG Dortmund	04:57,55	487
	100m: 01:10,62 (01:10,62) 200m: 02:27,00 (01:16,38) 300m: 03:44,23 (01:17,23) 400m: 04:57,55 (01:13,32)				
2.	Ella Hartmann	2013	SG Dortmund	05:00,85	471
	100m: 01:10,79 (01:10,79) 200m: 02:27,36 (01:16,57) 300m: 03:45,47 (01:18,11) 400m: 05:00,85 (01:15,38)				
3.	Louisa Färber	2013	SG Lünen	05:10,87	427
	100m: 01:12,59 (01:12,59) 200m: 02:33,19 (01:20,60) 300m: 03:55,70 (01:22,51) 400m: 05:10,87 (01:15,17)				
4.	Lena Mallinkrodt	2013	SG Siegen	05:12,15	422
	100m: 01:13,05 (01:13,05) 200m: 02:34,60 (01:21,55) 300m: 03:56,41 (01:21,81) 400m: 05:12,15 (01:15,74)				
5.	Katharina Kohl	2013	SG Dortmund	05:12,39	421
	100m: 01:12,22 (01:12,22) 200m: 02:31,48 (01:19,26) 300m: 03:54,01 (01:22,53) 400m: 05:12,39 (01:18,38)				
6.	Mathilde Schulte-Steinberg	2013	SSC Hörde 54/58 e.V.	05:20,23	391
	100m: 01:15,84 (01:15,84) 200m: 02:37,51 (01:21,67) 300m: 04:00,85 (01:23,34) 400m: 05:20,23 (01:19,38)				
7.	Sarah Großpietsch	2013	Wfr. TuRa Bergkamen	05:21,94	384
	100m: 01:16,98 (01:16,98) 200m: 02:38,77 (01:21,79) 300m: 04:01,67 (01:22,90) 400m: 05:21,94 (01:20,27)				
8.	Charlotte Siegner	2013	SG Dortmund	05:23,10	380
	100m: 01:15,82 (01:15,82) 200m: 02:40,05 (01:24,23) 300m: 04:03,78 (01:23,73) 400m: 05:23,10 (01:19,32)				
9.	Pia Luciana Solmecke	2013	SG Dortmund	05:25,78	371
	100m: 01:14,54 (01:14,54) 200m: 02:38,88 (01:24,34) 300m: 04:03,29 (01:24,41) 400m: 05:25,78 (01:22,49)				
10.	Lina Kölpin	2013	TV Grüne Linde 1901	05:36,31	337
	100m: 01:18,97 (01:18,97) 200m: 02:45,33 (01:26,36) 300m: 04:12,15 (01:26,82) 400m: 05:36,31 (01:24,16)				
11.	Paula Dammers	2013	SV Schwerte 06	05:39,15	329
	100m: 01:21,10 (01:21,10) 200m: 02:49,12 (01:28,02) 300m: 04:16,57 (01:27,45) 400m: 05:39,15 (01:22,58)				
12.	Johanna Schwarz	2013	TV Grüne Linde 1901	05:39,71	327
	100m: 01:16,53 (01:16,53) 200m: 02:44,16 (01:27,63) 300m: 04:12,94 (01:28,78) 400m: 05:39,71 (01:26,77)				
13.	Jette Disterheft	2013	SG Ruhr	05:42,71	319
	100m: 01:20,29 (01:20,29) 200m: 02:50,23 (01:29,94) 300m: 04:19,74 (01:29,51) 400m: 05:42,71 (01:22,97)				
14.	Mia-Luise Köhling	2013	SV Blau-Weiß Bochum	05:45,12	312
	100m: 01:17,84 (01:17,84) 200m: 02:46,49 (01:28,65) 300m: 04:18,48 (01:31,99) 400m: 05:45,12 (01:26,64)				
15.	Victoria Unger	2013	Sport Union Annen	05:45,71	310
	100m: 01:21,53 (01:21,53) 200m: 02:50,27 (01:28,74) 300m: 04:19,68 (01:29,41) 400m: 05:45,71 (01:26,03)				

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noch Wettkampf 8 - 400m Freistil weiblich (Jg. 2013 und älter)

Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
1. und Südwestfälische Jahrgangsmeisterin						
	Talya Tok	2012	SG Dortmund	04:54,33	503	
	100m: 01:09,70 (01:09,70) 200m: 02:26,65 (01:16,95) 300m: 03:44,46 (01:17,81)					
	400m: 04:54,33 (01:09,87)					
2.	Emma Klömpken	2012	SG Dortmund	05:10,49	429	
	100m: 01:11,95 (01:11,95) 200m: 02:31,16 (01:19,21) 300m: 03:52,40 (01:21,24)					
	400m: 05:10,49 (01:18,09)					
3.	Vivien Eisenburger	2012	SG Ruhr	05:19,32	394	
	100m: 01:15,59 (01:15,59) 200m: 02:38,16 (01:22,57) 300m: 04:00,57 (01:22,41)					
	400m: 05:19,32 (01:18,75)					
4.	Elea Stute	2012	TuS Sundern	05:30,09	357	
	100m: 01:16,89 (01:16,89) 200m: 02:41,35 (01:24,46) 300m: 04:07,42 (01:26,07)					
	400m: 05:30,09 (01:22,67)					
5.	Emelie Brand	2012	SV Hagen 1894	05:31,72	351	
	100m: 01:18,31 (01:18,31) 200m: 02:43,12 (01:24,81) 300m: 04:09,38 (01:26,26)					
	400m: 05:31,72 (01:22,34)					
6.	Lotta Schroller	2012	SG Wassersport Iserlohn	05:31,98	351	
	100m: 01:15,34 (01:15,34) 200m: 02:40,79 (01:25,45) 300m: 04:07,07 (01:26,28)					
	400m: 05:31,98 (01:24,91)					
7.	Hanna Wolter	2012	SV Hagen 1894	05:46,50	308	EnM
	100m: 01:18,27 (01:18,27) 200m: 02:47,01 (01:28,74) 300m: 04:18,84 (01:31,83)					
	400m: 05:46,50 (01:27,66)					
	<u>abgemeldet</u>					
	Federica Bartmann	2012	SG Wassersport Iserlohn			
	Karolin Kramer	2012	SG Siegen			

Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
1. und Südwestfälische Jahrgangsmeisterin						
	Iva Rezic	2011	SG Siegen	04:48,47	534	
	100m: 01:08,71 (01:08,71) 200m: 02:21,60 (01:12,89) 300m: 03:36,03 (01:14,43)					
	400m: 04:48,47 (01:12,44)					
2.	Charlotte Dielenschneider	2011	Rote Erde/SWIM-TEAM TuS 1859 Hamm	04:58,50	482	
	100m: 01:09,84 (01:09,84) 200m: 02:26,06 (01:16,22) 300m: 03:43,79 (01:17,73)					
	400m: 04:58,50 (01:14,71)					
3.	Finja-Marie Possovard	2011	Wfr. TuRa Bergkamen	05:32,01	350	EnM
	100m: 01:17,83 (01:17,83) 200m: 02:43,07 (01:25,24) 300m: 04:08,55 (01:25,48)					
	400m: 05:32,01 (01:23,46)					

Jahrgang 2010

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
1. und Südwestfälische Jahrgangsmeisterin						
	Matilda Fischer	2010	SG Wassersport Iserlohn	05:05,02	452	
	100m: 01:09,33 (01:09,33) 200m: 02:26,75 (01:17,42) 300m: 03:45,95 (01:19,20)					
	400m: 05:05,02 (01:19,07)					
2.	Talea Sofie Knipp	2010	SG Siegen	05:06,33	446	
	100m: 01:10,54 (01:10,54) 200m: 02:29,37 (01:18,83) 300m: 03:49,35 (01:19,98)					
	400m: 05:06,33 (01:16,98)					

noch Wettkampf 8 - 400m Freistil weiblich (Jg. 2013 und älter)

Jahrgang 2009

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälische Jahrgangsmeisterin	Sophia Brauneck	2009	SG Dortmund	04:31,10	644
	100m: 01:04,95 (01:04,95) 200m: 02:13,60 (01:08,65) 300m: 03:22,79 (01:09,19)				
	400m: 04:31,10 (01:08,31)				

Offen

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälische Meisterin	Sophia Brauneck	2009	SG Dortmund	04:31,10	644
	100m: 01:04,95 (01:04,95) 200m: 02:13,60 (01:08,65) 300m: 03:22,79 (01:09,19)				
	400m: 04:31,10 (01:08,31)				
2.	Elisa Balsamo	2008	SG Dortmund	04:42,72	568
	100m: 01:06,89 (01:06,89) 200m: 02:17,62 (01:10,73) 300m: 03:30,33 (01:12,71)				
	400m: 04:42,72 (01:12,39)				
3.	Emmi Liara Schneider	2008	SG Siegen	04:48,32	535
	100m: 01:08,12 (01:08,12) 200m: 02:21,46 (01:13,34) 300m: 03:36,27 (01:14,81)				
	400m: 04:48,32 (01:12,05)				
4.	Iva Rezic	2011	SG Siegen	04:48,47	534
	100m: 01:08,71 (01:08,71) 200m: 02:21,60 (01:12,89) 300m: 03:36,03 (01:14,43)				
	400m: 04:48,47 (01:12,44)				
5.	Jolina Widders	2006	Rote Erde/SWIM-TEAM TuS 1859 Hamm	04:53,05	510
	100m: 01:08,14 (01:08,14) 200m: 02:22,16 (01:14,02) 300m: 03:37,46 (01:15,30)				
	400m: 04:53,05 (01:15,59)				
6.	Talya Tok	2012	SG Dortmund	04:54,33	503
	100m: 01:09,70 (01:09,70) 200m: 02:26,65 (01:16,95) 300m: 03:44,46 (01:17,81)				
	400m: 04:54,33 (01:09,87)				
7.	Emilia Klaus	2013	SG Dortmund	04:57,55	487
	100m: 01:10,62 (01:10,62) 200m: 02:27,00 (01:16,38) 300m: 03:44,23 (01:17,23)				
	400m: 04:57,55 (01:13,32)				
8.	Charlotte Dielenschneider	2011	Rote Erde/SWIM-TEAM TuS 1859 Hamm	04:58,50	482
	100m: 01:09,84 (01:09,84) 200m: 02:26,06 (01:16,22) 300m: 03:43,79 (01:17,73)				
	400m: 04:58,50 (01:14,71)				
9.	Ella Hartmann	2013	SG Dortmund	05:00,85	471
	100m: 01:10,79 (01:10,79) 200m: 02:27,36 (01:16,57) 300m: 03:45,47 (01:18,11)				
	400m: 05:00,85 (01:15,38)				
10.	Matilda Fischer	2010	SG Wassersport Iserlohn	05:05,02	452
	100m: 01:09,33 (01:09,33) 200m: 02:26,75 (01:17,42) 300m: 03:45,95 (01:19,20)				
	400m: 05:05,02 (01:19,07)				
11.	Talea Sofie Knipp	2010	SG Siegen	05:06,33	446
	100m: 01:10,54 (01:10,54) 200m: 02:29,37 (01:18,83) 300m: 03:49,35 (01:19,98)				
	400m: 05:06,33 (01:16,98)				
12.	Emma Klömpken	2012	SG Dortmund	05:10,49	429
	100m: 01:11,95 (01:11,95) 200m: 02:31,16 (01:19,21) 300m: 03:52,40 (01:21,24)				
	400m: 05:10,49 (01:18,09)				
13.	Louisa Färber	2013	SG Lünen	05:10,87	427
	100m: 01:12,59 (01:12,59) 200m: 02:33,19 (01:20,60) 300m: 03:55,70 (01:22,51)				
	400m: 05:10,87 (01:15,17)				
14.	Lena Mallinkrodt	2013	SG Siegen	05:12,15	422
	100m: 01:13,05 (01:13,05) 200m: 02:34,60 (01:21,55) 300m: 03:56,41 (01:21,81)				
	400m: 05:12,15 (01:15,74)				

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noch Wettkampf 8 - 400m Freistil weiblich (Jg. 2013 und älter)

noch Offen

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
15.	Katharina Kohl 100m: 01:12,22 (01:12,22) 200m: 02:31,48 (01:19,26) 300m: 03:54,01 (01:22,53) 400m: 05:12,39 (01:18,38)	2013	SG Dortmund	05:12,39	421	
16.	Vivien Eisenburger 100m: 01:15,59 (01:15,59) 200m: 02:38,16 (01:22,57) 300m: 04:00,57 (01:22,41) 400m: 05:19,32 (01:18,75)	2012	SG Ruhr	05:19,32	394	
17.	Mathilde Schulte-Steinberg 100m: 01:15,84 (01:15,84) 200m: 02:37,51 (01:21,67) 300m: 04:00,85 (01:23,34) 400m: 05:20,23 (01:19,38)	2013	SSC Hörde 54/58 e.V.	05:20,23	391	
18.	Sarah Großpietsch 100m: 01:16,98 (01:16,98) 200m: 02:38,77 (01:21,79) 300m: 04:01,67 (01:22,90) 400m: 05:21,94 (01:20,27)	2013	Wfr. TuRa Bergkamen	05:21,94	384	
19.	Charlotte Siegner 100m: 01:15,82 (01:15,82) 200m: 02:40,05 (01:24,23) 300m: 04:03,78 (01:23,73) 400m: 05:23,10 (01:19,32)	2013	SG Dortmund	05:23,10	380	
20.	Pia Luciana Solmecke 100m: 01:14,54 (01:14,54) 200m: 02:38,88 (01:24,34) 300m: 04:03,29 (01:24,41) 400m: 05:25,78 (01:22,49)	2013	SG Dortmund	05:25,78	371	
21.	Elea Stute 100m: 01:16,89 (01:16,89) 200m: 02:41,35 (01:24,46) 300m: 04:07,42 (01:26,07) 400m: 05:30,09 (01:22,67)	2012	TuS Sundern	05:30,09	357	
22.	Emelie Brand 100m: 01:18,31 (01:18,31) 200m: 02:43,12 (01:24,81) 300m: 04:09,38 (01:26,26) 400m: 05:31,72 (01:22,34)	2012	SV Hagen 1894	05:31,72	351	
23.	Lotta Schroller 100m: 01:15,34 (01:15,34) 200m: 02:40,79 (01:25,45) 300m: 04:07,07 (01:26,28) 400m: 05:31,98 (01:24,91)	2012	SG Wassersport Iserlohn	05:31,98	351	
24.	Finja-Marie Possovard 100m: 01:17,83 (01:17,83) 200m: 02:43,07 (01:25,24) 300m: 04:08,55 (01:25,48) 400m: 05:32,01 (01:23,46)	2011	Wfr. TuRa Bergkamen	05:32,01	350	EnM
25.	Lina Kölpin 100m: 01:18,97 (01:18,97) 200m: 02:45,33 (01:26,36) 300m: 04:12,15 (01:26,82) 400m: 05:36,31 (01:24,16)	2013	TV Grüne Linde 1901	05:36,31	337	
26.	Paula Dammers 100m: 01:21,10 (01:21,10) 200m: 02:49,12 (01:28,02) 300m: 04:16,57 (01:27,45) 400m: 05:39,15 (01:22,58)	2013	SV Schwerte 06	05:39,15	329	
27.	Johanna Schwarz 100m: 01:16,53 (01:16,53) 200m: 02:44,16 (01:27,63) 300m: 04:12,94 (01:28,78) 400m: 05:39,71 (01:26,77)	2013	TV Grüne Linde 1901	05:39,71	327	
28.	Jette Disterheft 100m: 01:20,29 (01:20,29) 200m: 02:50,23 (01:29,94) 300m: 04:19,74 (01:29,51) 400m: 05:42,71 (01:22,97)	2013	SG Ruhr	05:42,71	319	
29.	Mia-Luise Köhling 100m: 01:17,84 (01:17,84) 200m: 02:46,49 (01:28,65) 300m: 04:18,48 (01:31,99) 400m: 05:45,12 (01:26,64)	2013	SV Blau-Weiß Bochum	05:45,12	312	
30.	Victoria Unger 100m: 01:21,53 (01:21,53) 200m: 02:50,27 (01:28,74) 300m: 04:19,68 (01:29,41) 400m: 05:45,71 (01:26,03)	2013	Sport Union Annen	05:45,71	310	
31.	Hanna Wolter 100m: 01:18,27 (01:18,27) 200m: 02:47,01 (01:28,74) 300m: 04:18,84 (01:31,83) 400m: 05:46,50 (01:27,66)	2012	SV Hagen 1894	05:46,50	308	EnM