

Südwestfälische Meisterschaften Lange Strecken / Masters /SMK

vom 21.02.2026 bis 22.02.2026 | Südbad

Seite 1

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

Wettkampf 110 - 400m Freistil weiblich (SMK und Jg. 2014-2016)

Pflichtzeiten

2016: 07:20,00 2015: 06:35,00 2014: 06:15,00

Jahrgang 2016

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
1. und Südwestfälische Jahrgangsmeisterin						
	Sophia Kaschner	2016	SG Eintracht Ergste	06:07,62	258	
	100m: 01:26,67 (01:26,67) 200m: 03:01,56 (01:34,89) 300m: 04:38,27 (01:36,71) 400m: 06:07,62 (01:29,35)					
2.	Adele Rossinelli	2016	SG Dortmund	06:08,50	256	
	100m: 01:25,79 (01:25,79) 200m: 03:01,49 (01:35,70) 300m: 04:37,17 (01:35,68) 400m: 06:08,50 (01:31,33)					
3.	Mila Murray	2016	Wfr. TuRa Bergkamen	06:09,32	254	
	100m: 01:26,53 (01:26,53) 200m: 03:01,84 (01:35,31) 300m: 04:37,94 (01:36,10) 400m: 06:09,32 (01:31,38)					
4.	Nela Schauerte	2016	SG Dortmund	06:22,60	229	
	100m: 01:30,40 (01:30,40) 200m: 03:08,79 (01:38,39) 300m: 04:45,99 (01:37,20) 400m: 06:22,60 (01:36,61)					
5.	Alessia Mongiello	2016	SG Wassersport Iserlohn	06:26,46	222	
	100m: 01:35,17 (01:35,17) 200m: 03:13,73 (01:38,56) 300m: 04:52,65 (01:38,92) 400m: 06:26,46 (01:33,81)					
6.	Ida Freytag	2016	SG Lünen	06:27,74	220	
	100m: 01:32,43 (01:32,43) 200m: 03:15,37 (01:42,94) 300m: 04:56,36 (01:40,99) 400m: 06:27,74 (01:31,38)					
7.	Sophie Peikert	2016	SG Ruhr	06:30,17	216	
	100m: 01:33,22 (01:33,22) 200m: 03:16,23 (01:43,01) 300m: 04:57,14 (01:40,91) 400m: 06:30,17 (01:33,03)					
8.	Lara Sophia Manns	2016	SG Wassersport Iserlohn	06:30,61	215	
	100m: 01:32,36 (01:32,36) 200m: 03:12,57 (01:40,21) 300m: 04:53,56 (01:40,99) 400m: 06:30,61 (01:37,05)					
9.	Tessa Minschke	2016	SG Eintracht Ergste	06:58,64	175	
	100m: 01:37,94 (01:37,94) 200m: 03:26,12 (01:48,18) 300m: 05:15,89 (01:49,77) 400m: 06:58,64 (01:42,75)					
10.	Maia Kappel	2016	Teutonia Lippstadt	07:11,16	160	
	100m: 01:42,23 (01:42,23) 200m: 03:37,56 (01:55,33) 300m: 05:29,58 (01:52,02) 400m: 07:11,16 (01:41,58)					
11.	Carla Vorderstraße	2016	Teutonia Lippstadt	07:13,18	157	
	100m: 01:40,88 (01:40,88) 200m: 03:34,51 (01:53,63) 300m: 05:28,00 (01:53,49) 400m: 07:13,18 (01:45,18)					
12.	Helena Mathilde Niederhofer	2016	SV Blau-Weiß Bochum	07:13,53	157	
	100m: 01:40,81 (01:40,81) 200m: 03:32,50 (01:51,69) 300m: 05:23,90 (01:51,40) 400m: 07:13,53 (01:49,63)					
13.	Talea Dörr	2016	SV Delphin 58 Wattenscheid	07:21,05	149	EnM
	100m: 01:43,15 (01:43,15) 200m: 03:38,79 (01:55,64) 300m: 05:31,72 (01:52,93) 400m: 07:21,05 (01:49,33)					
14.	Martha Schlüter	2016	SG Ruhr	07:23,39	147	EnM
	100m: 01:43,54 (01:43,54) 200m: 03:42,29 (01:58,75) 300m: 05:38,73 (01:56,44) 400m: 07:23,39 (01:44,66)					
15.	Leonie Springer	2016	SG Eintracht Ergste	07:25,05	145	EnM
	100m: 01:44,58 (01:44,58) 200m: 03:41,14 (01:56,56) 300m: 05:39,91 (01:58,77) 400m: 07:25,05 (01:45,14)					
16.	Franziska Wohlgemuth	2016	SSC Hörde 54/58 e.V.	07:29,87	141	EnM
	100m: 01:48,92 (01:48,92) 200m: 03:44,92 (01:56,00) 300m: 05:39,54 (01:54,62) 400m: 07:29,87 (01:50,33)					

noch Wettkampf 110 - 400m Freistil weiblich (SMK und Jg. 2014-2016)

noch Jahrgang 2016

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	EnM
17.	Julia Klaus 100m: 01:46,49 (01:46,49) 200m: 03:45,43 (01:58,94) 300m: 05:45,29 (01:59,86) 400m: 07:36,14 (01:50,85)	2016	SSC Hörde 54/58 e.V.	07:36,14	135	EnM
18.	Lea Schroll 100m: 01:56,29 (01:56,29) 200m: 04:07,86 (02:11,57) 300m: 06:17,44 (02:09,58) 400m: 08:21,78 (02:04,34)	2016	SSC Hörde 54/58 e.V.	08:21,78	101	EnM
19.	Emma Putina 100m: 02:03,05 (02:03,05) 200m: 04:21,89 (02:18,84) 300m: 06:41,79 (02:19,90) 400m: 08:59,19 (02:17,40)	2016	SSC Hörde 54/58 e.V.	08:59,19	81	EnM

Jahrgang 2015

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	EnM
1. und Südwestfälische Jahrgangsmeisterin	Valentina Bauer 100m: 01:16,27 (01:16,27) 200m: 02:36,26 (01:19,99) 300m: 03:56,73 (01:20,47) 400m: 05:15,26 (01:18,53)	2015	SG Dortmund	05:15,26	409	
2.	Catalaya Giudice 100m: 01:17,87 (01:17,87) 200m: 02:42,57 (01:24,70) 300m: 04:07,31 (01:24,74) 400m: 05:29,36 (01:22,05)	2015	SG Ruhr	05:29,36	359	
3.	Meike Haak 100m: 01:19,78 (01:19,78) 200m: 02:45,31 (01:25,53) 300m: 04:12,64 (01:27,33) 400m: 05:33,62 (01:20,98)	2015	SG Dortmund	05:33,62	345	
4.	Amy Galambos 100m: 01:19,89 (01:19,89) 200m: 02:46,28 (01:26,39) 300m: 04:12,93 (01:26,65) 400m: 05:35,61 (01:22,68)	2015	SG Dortmund	05:35,61	339	
5.	Emilia Minnerup 100m: 01:17,41 (01:17,41) 200m: 02:47,16 (01:29,75) 300m: 04:18,71 (01:31,55) 400m: 05:47,56 (01:28,85)	2015	Wfr. TuRa Bergkamen	05:47,56	305	
6.	Sui Strecker 100m: 01:22,03 (01:22,03) 200m: 02:51,82 (01:29,79) 300m: 04:20,54 (01:28,72) 400m: 05:49,39 (01:28,85)	2015	SG Dortmund	05:49,39	301	
7.	Livia Ruohan Liu 100m: 01:23,18 (01:23,18) 200m: 02:55,75 (01:32,57) 300m: 04:28,66 (01:32,91) 400m: 05:54,77 (01:26,11)	2015	SV Blau-Weiß Bochum	05:54,77	287	
8.	Malia Wiemann 100m: 01:23,53 (01:23,53) 200m: 02:56,19 (01:32,66) 300m: 04:28,76 (01:32,57) 400m: 05:55,38 (01:26,62)	2015	SV Blau-Weiß Bochum	05:55,38	286	
9.	Isabella Schulz 100m: 01:28,17 (01:28,17) 200m: 03:02,97 (01:34,80) 300m: 04:37,19 (01:34,22) 400m: 06:06,61 (01:29,42)	2015	SV Blau-Weiß Bochum	06:06,61	260	
10.	Karlotta Priestersbach 100m: 01:26,68 (01:26,68) 200m: 03:02,13 (01:35,45) 300m: 04:37,88 (01:35,75) 400m: 06:09,46 (01:31,58)	2015	SG Dortmund	06:09,46	254	
11.	Tilda Schauerte 100m: 01:28,03 (01:28,03) 200m: 03:02,60 (01:34,57) 300m: 04:37,77 (01:35,17) 400m: 06:10,44 (01:32,67)	2015	SG Dortmund	06:10,44	252	
12.	Marieke Luise Althoff 100m: 01:29,85 (01:29,85) 200m: 03:06,47 (01:36,62) 300m: 04:42,57 (01:36,10) 400m: 06:16,07 (01:33,50)	2015	SG Dortmund	06:16,07	241	
13.	Linnea Junker 100m: 01:23,59 (01:23,59) 200m: 03:03,72 (01:40,13) 300m: 04:46,43 (01:42,71) 400m: 06:25,98 (01:39,55)	2015	SG Siegen	06:25,98	223	

noch Wettkampf 110 - 400m Freistil weiblich (SMK und Jg. 2014-2016)

noch Jahrgang 2015

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
14.	Mila Ellerkmann 100m: 01:30,72 (01:30,72) 200m: 03:10,33 (01:39,61) 300m: 04:51,64 (01:41,31) 400m: 06:27,63 (01:35,99)	2015	Wfr. TuRa Bergkamen	06:27,63	220
15.	Maleen Stricker 100m: 01:29,45 (01:29,45) 200m: 03:09,92 (01:40,47) 300m: 04:53,53 (01:43,61) 400m: 06:28,38 (01:34,85)	2015	SSC Hörde 54/58 e.V.	06:28,38	219
16.	Fraja Freudenberg 100m: 01:32,26 (01:32,26) 200m: 03:12,81 (01:40,55) 300m: 04:53,70 (01:40,89) 400m: 06:29,11 (01:35,41)	2015	WASPO Blau Gelb Delphin Bochum e.V.	06:29,11	217
	<u>abgemeldet</u> Julika Dirks	2015	SG Ruhr		

Jahrgang 2014

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Südwestfälische Jahrgangsmeisterin	Anna Schellenbach 100m: 01:12,07 (01:12,07) 200m: 02:30,14 (01:18,07) 300m: 03:48,88 (01:18,74) 400m: 05:03,51 (01:14,63)	2014	SG Dortmund	05:03,51	459
2.	Melina Peikert 100m: 01:12,66 (01:12,66) 200m: 02:30,57 (01:17,91) 300m: 03:49,38 (01:18,81) 400m: 05:04,43 (01:15,05)	2014	SG Ruhr	05:04,43	455
3.	Masa Mastelica 100m: 01:13,12 (01:13,12) 200m: 02:35,50 (01:22,38) 300m: 03:57,25 (01:21,75) 400m: 05:13,87 (01:16,62)	2014	SG Dortmund	05:13,87	415
4.	Alina Weingard 100m: 01:14,87 (01:14,87) 200m: 02:36,41 (01:21,54) 300m: 03:57,14 (01:20,73) 400m: 05:14,21 (01:17,07)	2014	SG Dortmund	05:14,21	413
5.	Isabel Frey 100m: 01:14,83 (01:14,83) 200m: 02:37,64 (01:22,81) 300m: 04:01,21 (01:23,57) 400m: 05:22,16 (01:20,95)	2014	SG Eintracht Ergste	05:22,16	384
6.	Nadine Lara Mahersi 100m: 01:16,18 (01:16,18) 200m: 02:38,79 (01:22,61) 300m: 04:03,98 (01:25,19) 400m: 05:27,60 (01:23,62)	2014	SG Dortmund	05:27,60	365
7.	Emily Tews 100m: 01:14,59 (01:14,59) 200m: 02:40,52 (01:25,93) 300m: 04:07,53 (01:27,01) 400m: 05:33,67 (01:26,14)	2014	SG Dortmund	05:33,67	345
8.	Nele Hesse 100m: 01:21,44 (01:21,44) 200m: 02:48,49 (01:27,05) 300m: 04:16,82 (01:28,33) 400m: 05:35,91 (01:19,09)	2014	SG Dortmund	05:35,91	338
9.	Filippa Tosev 100m: 01:19,71 (01:19,71) 200m: 02:46,38 (01:26,67) 300m: 04:14,99 (01:28,61) 400m: 05:40,00 (01:25,01)	2014	SG Dortmund	05:40,00	326
10.	Alina Meyer 100m: 01:19,79 (01:19,79) 200m: 02:49,98 (01:30,19) 300m: 04:17,85 (01:27,87) 400m: 05:42,75 (01:24,90)	2014	Rote Erde/SWIM-TEAM TuS 1859 Hamm	05:42,75	318
11.	Leyla Friedrichs 100m: 01:22,79 (01:22,79) 200m: 02:51,94 (01:29,15) 300m: 04:21,79 (01:29,85) 400m: 05:47,30 (01:25,51)	2014	SV Blau-Weiß Bochum	05:47,30	306
12.	Mia Marie Schroller 100m: 01:25,42 (01:25,42) 200m: 02:55,33 (01:29,91) 300m: 04:23,90 (01:28,57) 400m: 05:49,99 (01:26,09)	2014	SG Dortmund	05:49,99	299

Südwestfälische Meisterschaften Lange Strecken / Masters /SMK

vom 21.02.2026 bis 22.02.2026 | Südbad

Seite 4

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

noch Wettkampf 110 - 400m Freistil weiblich (SMK und Jg. 2014-2016)

noch Jahrgang 2014

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
13.	Ida Helene Sobek 100m: 01:19,69 (01:19,69) 200m: 02:50,97 (01:31,28) 300m: 04:23,09 (01:32,12) 400m: 05:50,66 (01:27,57)	2014	SV Blau-Weiß Bochum	05:50,66	297
14.	Lilly Rataj 100m: 01:26,24 (01:26,24) 200m: 03:00,24 (01:34,00) 300m: 04:34,59 (01:34,35) 400m: 06:02,56 (01:27,97)	2014	SSC Hörde 54/58 e.V.	06:02,56	269
15.	Milena Schober 100m: 01:25,79 (01:25,79) 200m: 03:00,76 (01:34,97) 300m: 04:36,54 (01:35,78) 400m: 06:05,63 (01:29,09)	2014	Teutonia Lippstadt	06:05,63	262
16.	Thea Herrmann 100m: 01:25,28 (01:25,28) 200m: 03:00,60 (01:35,32) 300m: 04:36,20 (01:35,60) 400m: 06:07,60 (01:31,40)	2014	SSC Hörde 54/58 e.V.	06:07,60	258
17.	Mia Riemer 100m: 01:27,50 (01:27,50) 200m: 03:03,12 (01:35,62) 300m: 04:38,53 (01:35,41) 400m: 06:09,80 (01:31,27)	2014	Sport Union Annen	06:09,80	253