

## Wettkampf 17 - 400m Freistil weiblich

Internationales Frühjahrsschwimmfest: 04:27,31 - () am 30.12.1899 in

### Jahrgang 2014

1. Mila Baetz 2014 TV 1879 e.V. Jüchen 06:54,65 173  
100m: 01:36,91 (01:36,91) | 200m: 03:24,44 (01:47,53) | 300m: 05:11,22 (01:46,78)  
400m: 06:54,65 (01:43,43)
2. Emelie Cremer 2014 Freie Schwimmer Wegberg 1993 07:25,18 140  
100m: 01:41,52 (01:41,52) | 200m: 03:34,60 (01:53,08) | 300m: 05:30,31 (01:55,71)  
400m: 07:25,18 (01:54,87)

### Jahrgang 2013

1. Fenna Beumer 2013 RZ Roermond 06:03,17 258  
100m: 01:26,65 (01:26,65) | 200m: 03:00,30 (01:33,65) | 300m: 04:35,96 (01:35,66)  
400m: 06:03,17 (01:27,21)
2. Elisa Hahn 2013 TV 1879 e.V. Jüchen 06:15,86 233  
100m: 01:27,74 (01:27,74) | 200m: 03:05,13 (01:37,39) | 300m: 04:43,64 (01:38,51)  
400m: 06:15,86 (01:32,22)
3. Sophie Moll 2013 Freie Schwimmer Wegberg 1993 08:14,58 102  
100m: 01:49,81 (01:49,81) | 200m: 03:58,25 (02:08,44) | 300m: 06:07,91 (02:09,66)  
400m: 08:14,58 (02:06,67)

#### nicht am Start

Kira Hapina 2013 TV 1879 e.V. Jüchen

### Jahrgang 2012

1. Jana Nelissen 2012 SG Patrick - De Roersoppers 05:35,25 328  
100m: 01:19,82 (01:19,82) | 200m: 02:45,98 (01:26,16) | 300m: 04:13,35 (01:27,37)  
400m: 05:35,25 (01:21,90)
2. Marleen Werner 2012 TV 1879 e.V. Jüchen 06:14,21 236  
100m: 01:26,69 (01:26,69) | 200m: 03:02,76 (01:36,07) | 300m: 04:40,85 (01:38,09)  
400m: 06:14,21 (01:33,36)

#### nicht am Start

Nele Mohnen 2012 Freie Schwimmer Wegberg 1993

### Jahrgang 2011

1. Mira Fricke 2011 TV 1879 e.V. Jüchen 05:00,98 453  
100m: 01:12,16 (01:12,16) | 200m: 02:30,20 (01:18,04) | 300m: 03:48,84 (01:18,64)  
400m: 05:00,98 (01:12,14)
2. Nynke Muntinga 2011 ZPCH 05:26,59 355  
100m: 01:19,85 (01:19,85) | 200m: 02:45,09 (01:25,24) | 300m: 04:08,16 (01:23,07)  
400m: 05:26,59 (01:18,43)

**noch Wettkampf 17 - 400m Freistil weiblich**

## noch Jahrgang 2011

3.	Elisa Redich	2011	TV 1879 e.V. Jüchen	05:54,04	278
	<i>100m: 01:22,65 (01:22,65)   200m: 02:54,36 (01:31,71)   300m: 04:26,09 (01:31,73)</i>				
	<i>400m: 05:54,04 (01:27,95)</i>				
4.	Smilla Lyko	2011	Delphin Ratingen Lintorf im TuS 08 Lintorf	06:38,26	195
	<i>100m: 01:33,21 (01:33,21)   200m: 03:16,16 (01:42,95)   300m: 05:01,30 (01:45,14)</i>				
	<i>400m: 06:38,26 (01:36,96)</i>				
5.	Lisa Holswilder	2011	ZPCH	06:44,66	186
	<i>100m: 01:37,32 (01:37,32)   200m: 03:22,39 (01:45,07)   300m: 05:07,06 (01:44,67)</i>				
	<i>400m: 06:44,66 (01:37,60)</i>				

## Jahrgang 2010

1.	Linou van Kampen	2010	ZPCH	04:57,09	471
	<i>100m: 01:10,26 (01:10,26)   200m: 02:25,47 (01:15,21)   300m: 03:41,21 (01:15,74)</i>				
	<i>400m: 04:57,09 (01:15,88)</i>				
2.	Vera Lappeßen	2010	TV Rheindahlen 1883 e.V.	05:28,17	350
	<i>100m: 01:15,97 (01:15,97)   200m: 02:40,42 (01:24,45)   300m: 04:04,96 (01:24,54)</i>				
	<i>400m: 05:28,17 (01:23,21)</i>				
3.	Wies Hermans	2010	ZPCH	05:39,09	317
	<i>100m: 01:21,98 (01:21,98)   200m: 02:48,93 (01:26,95)   300m: 04:15,86 (01:26,93)</i>				
	<i>400m: 05:39,09 (01:23,23)</i>				
4.	Noëmi Kroon	2010	ZPCH	05:47,79	294
	<i>100m: 01:23,30 (01:23,30)   200m: 02:52,95 (01:29,65)   300m: 04:22,75 (01:29,80)</i>				
	<i>400m: 05:47,79 (01:25,04)</i>				
5.	Julia Nacken	2010	SG Erkelenz-Hückelhoven	07:06,31	159
	<i>100m: 01:36,50 (01:36,50)   200m: 03:31,06 (01:54,56)   300m: 05:22,81 (01:51,75)</i>				
	<i>400m: 07:06,31 (01:43,50)</i>				

## Jahrgang 2009

1.	Jenny Muntinga	2009	ZPCH	04:48,12	517
	<i>100m: 01:07,90 (01:07,90)   200m: 02:22,16 (01:14,26)   300m: 03:36,62 (01:14,46)</i>				
	<i>400m: 04:48,12 (01:11,50)</i>				
2.	Nele Behrens	2009	TV Korschenbroich	05:28,47	349
	<i>100m: 01:17,09 (01:17,09)   200m: 02:41,02 (01:23,93)   300m: 04:05,93 (01:24,91)</i>				
	<i>400m: 05:28,47 (01:22,54)</i>				
3.	Rieke Meyer	2009	TV 1879 e.V. Jüchen	05:51,23	285
	<i>100m: 01:23,77 (01:23,77)   200m: 02:55,83 (01:32,06)   300m: 04:26,84 (01:31,01)</i>				
	<i>400m: 05:51,23 (01:24,39)</i>				
4.	Desiree Strumps	2009	SG Neuss	06:07,62	249
	<i>100m: 01:24,54 (01:24,54)   200m: 02:58,29 (01:33,75)   300m: 04:34,68 (01:36,39)</i>				
	<i>400m: 06:07,62 (01:32,94)</i>				
5.	Britt Pas	2009	ZPCH	06:43,77	187
	<i>100m: 01:35,51 (01:35,51)   200m: 03:20,60 (01:45,09)   300m: 05:06,10 (01:45,50)</i>				
	<i>400m: 06:43,77 (01:37,67)</i>				

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## noch Wettkampf 17 - 400m Freistil weiblich

### Jahrgang 2008

- |    |  |      |                          |          |     |
|----|--|------|--------------------------|----------|-----|
| 1. | Hannah Unger   | 2008 | TV Rheindahlen 1883 e.V. | 05:09,32 | 418 |
|    | <i>100m: 01:13,39 (01:13,39)   200m: 02:32,21 (01:18,82)   300m: 03:52,14 (01:19,93)</i> |      |                          |          |     |
|    | <i>400m: 05:09,32 (01:17,18)</i>   |      |                          |          |     |
| 2. | Jana Engeln  | 2008 | Moerser TV 1850          | 06:51,02 | 178 |
|    | <i>100m: 01:36,74 (01:36,74)   200m: 03:23,10 (01:46,36)   300m: 05:10,65 (01:47,55)</i> |      |                          |          |     |
|    | <i>400m: 06:51,02 (01:40,37)</i>   |      |                          |          |     |

### Jahrgang 2006 und älter

- |    |  |      |                   |          |     |
|----|--|------|-------------------|----------|-----|
| 1. | Sophie Brouwer   | 2005 | ZPCH              | 04:58,73 | 464 |
|    | <i>100m: 01:10,48 (01:10,48)   200m: 02:26,09 (01:15,61)   300m: 03:42,26 (01:16,17)</i> |      |                   |          |     |
|    | <i>400m: 04:58,73 (01:16,47)</i>   |      |                   |          |     |
| 2. | Annikе Nilgen  | 2004 | TV Korschenbroich | 05:17,33 | 387 |
|    | <i>100m: 01:13,11 (01:13,11)   200m: 02:34,44 (01:21,33)   300m: 03:57,02 (01:22,58)</i> |      |                   |          |     |
|    | <i>400m: 05:17,33 (01:20,31)</i>   |      |                   |          |     |