

31. Internationales Dresdner Christstollen-Schwimmfest  
Dresden, 15. - 17.12.2023

Wettkampf 21  
16.12.2023 - 15:43

Frauen, 400m Freistil

Jahrgang 2013 und älter  
Protokoll

2005 und älter 18+: 5:00.99 / 2006 17: 5:00.99 / 2007 16: 5:00.99 / 2008 15: 5:00.99 / 2009 14: 5:15.99 / 2010 13: 5:30.99 /  
2011 12: 5:40.99 / 2012 11: 5:55.99 / 2013 10: 6:15.99

Punkte: FINA 2023

Rang	Jg.	Zeit	Pkt.		
<b>Jahrgang 2013</b>					
1.	Yana Kryzhanivska	13	Kvvs "Aquapark Plyazh" LVIV-Ukr	<b>5:19.88</b>	403
	50m: 35.38 35.38 150m: 1:57.65 41.49 250m: 3:20.45 41.10 350m: 4:42.00 40.64				
	100m: 1:16.16 40.78 200m: 2:39.35 41.70 300m: 4:01.36 40.91 400m: 5:19.88 37.88				
2.	Enya Bresler	13	PSV Cottbus 90	<b>5:51.44</b>	304
	50m: 40.14 40.14 150m: 2:09.87 45.93 250m: 3:39.93 45.10 350m: 5:09.74 44.10				
	100m: 1:23.94 43.80 200m: 2:54.83 44.96 300m: 4:25.64 45.71 400m: 5:51.44 41.70				
3.	Estella Greif	13	PSV Cottbus 90	<b>5:53.14</b>	299
	50m: 38.72 38.72 150m: 2:09.79 46.59 250m: 3:42.77 46.48 350m: 5:14.10 45.25				
	100m: 1:23.20 44.48 200m: 2:56.29 46.50 300m: 4:28.85 46.08 400m: 5:53.14 39.04				
4.	Lilly Dommach	13	PSV Cottbus 90	<b>5:55.01</b>	295
	50m: 39.52 39.52 150m: 2:09.30 45.86 250m: 3:41.10 45.50 350m: 5:12.36 45.39				
	100m: 1:23.44 43.92 200m: 2:55.60 46.30 300m: 4:26.97 45.87 400m: 5:55.01 42.65				
5.	Lotta-Estelle Kochinke	13	SSV PCK 90 Schwedt	<b>5:56.93</b>	290
	50m: 39.19 39.19 150m: 2:10.82 47.05 250m: 3:43.78 45.39 350m: 5:15.09 44.38				
	100m: 1:23.77 44.58 200m: 2:58.39 47.57 300m: 4:30.71 46.93 400m: 5:56.93 41.84				
6.	Luna Victoria Fatke	13	SSV PCK 90 Schwedt	<b>6:33.46</b>	216
	50m: 41.56 41.56 150m: 2:19.83 50.40 250m: 4:02.27 50.99 350m: 5:44.11 49.89				
	100m: 1:29.43 47.87 200m: 3:11.28 51.45 300m: 4:54.22 51.95 400m: 6:33.46 49.35				
7.	Emilia Tinginies	13	SSV PCK 90 Schwedt	<b>7:01.84</b>	175
	50m: 44.57 44.57 150m: 2:32.70 55.12 250m: 4:21.15 54.65 350m: 6:09.67 53.82				
	100m: 1:37.58 53.01 200m: 3:26.50 53.80 300m: 5:15.85 54.70 400m: 7:01.84 52.17				
8.	Nela Willim	13	SSV PCK 90 Schwedt	<b>7:19.81</b>	155
	50m: 45.80 45.80 150m: 2:39.94 57.22 250m: 4:33.12 56.33 350m: 6:25.29 55.41				
	100m: 1:42.72 56.92 200m: 3:36.79 56.85 300m: 5:29.88 56.76 400m: 7:19.81 54.52				
ab.	Viktorie Kostková	13	Elite Standard Academy HK		

**Jahrgang 2012**

1.	Henrijette Kobus	12	Dresdner SC 1898	<b>4:50.57</b>	538
	<i>neuer Hallenrekord</i>				
	50m: 32.07 32.07 150m: 1:46.74 37.67 250m: 3:01.41 37.62 350m: 4:15.97 37.01				
	100m: 1:09.07 37.00 200m: 2:23.79 37.05 300m: 3:38.96 37.55 400m: 4:50.57 34.60				
2.	Stella Fiedlerová	12	Elite Standard Academy HK	<b>5:02.00</b>	479
	50m: 34.34 34.34 150m: 1:51.87 39.21 250m: 3:08.68 37.51 350m: 4:25.94 38.69				
	100m: 1:12.66 38.32 200m: 2:31.17 39.30 300m: 3:47.25 38.57 400m: 5:02.00 36.06				
3.	Melissa Felicity Both	12	Berliner TSC	<b>5:05.55</b>	463
	50m: 34.39 34.39 150m: 1:52.04 39.38 250m: 3:10.31 38.90 350m: 4:29.02 39.27				
	100m: 1:12.66 38.27 200m: 2:31.41 39.37 300m: 3:49.75 39.44 400m: 5:05.55 36.53				
4.	Amelie Rühl	12	TV 1862 Langen e.V.	<b>5:19.49</b>	405
	50m: 35.32 35.32 150m: 1:58.46 41.37 250m: 3:21.73 41.14 350m: 4:42.03 40.06				
	100m: 1:17.09 41.77 200m: 2:40.59 42.13 300m: 4:01.97 40.24 400m: 5:19.49 37.46				
5.	Lotta-Elin Wunderlich	12	SVV Plauen	<b>5:19.80</b>	403
	50m: 36.77 36.77 150m: 1:59.84 41.45 250m: 3:21.93 40.93 350m: 4:42.48 39.82				
	100m: 1:18.39 41.62 200m: 2:41.00 41.16 300m: 4:02.66 40.73 400m: 5:19.80 37.32				
6.	Nova Tack	12	SC Wfr. München	<b>5:20.66</b>	400
	50m: 36.45 36.45 150m: 1:57.00 40.74 250m: 3:19.86 40.90 350m: 4:41.54 40.38				
	100m: 1:16.26 39.81 200m: 2:38.96 41.96 300m: 4:01.16 41.30 400m: 5:20.66 39.12				

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Wettkampf 21, Mädchen, 400m Freistil, Jahrgang 2012

Rang			Jg.					Zeit	Pkt.
7.	Karolina Kertész		12	Elite Standard Academy HK				<b>5:29.82</b>	368
	50m:	36.46 36.46	150m:	2:00.25 42.42	250m:	3:24.56 42.49	350m:	4:49.06 42.00	
	100m:	1:17.83 41.37	200m:	2:42.07 41.82	300m:	4:07.06 42.50	400m:	5:29.82 40.76	
8.	Pauline Ballas		12	SSG Leipzig e.V.				<b>5:40.53</b>	334
	50m:	38.41 38.41	150m:	2:03.67 42.96	250m:	3:30.76 43.78	350m:	4:58.62 43.42	
	100m:	1:20.71 42.30	200m:	2:46.98 43.31	300m:	4:15.20 44.44	400m:	5:40.53 41.91	
9.	Rosalie Drechsel		12	SC Chemnitz von 1892				<b>5:40.55</b>	334
	50m:	36.34 36.34	150m:	2:01.30 44.09	250m:	3:31.21 44.83	350m:	4:59.44 43.45	
	100m:	1:17.21 40.87	200m:	2:46.38 45.08	300m:	4:15.99 44.78	400m:	5:40.55 41.11	
10.	Sarafina Schellhammer		12	Dresdner SC 1898				<b>5:45.68</b>	319
	50m:	38.85 38.85	150m:	2:05.75 44.03	250m:	3:35.36 45.38	350m:	5:04.37 43.38	
	100m:	1:21.72 42.87	200m:	2:49.98 44.23	300m:	4:20.99 45.63	400m:	5:45.68 41.31	
11.	Milene Müller		12	Dresdner Delphine e.V.				<b>5:47.22</b>	315
	50m:	39.41 39.41	150m:	2:08.12 44.85	250m:	3:38.36 45.57	350m:	5:07.15 43.70	
	100m:	1:23.27 43.86	200m:	2:52.79 44.67	300m:	4:23.45 45.09	400m:	5:47.22 40.07	
12.	Charlotte Breitscheidel		12	KSC Strausberg e.V.				<b>5:58.16</b>	287
	50m:	36.29 36.29	150m:	2:03.97 45.00	250m:	3:37.39 46.90	350m:	5:12.76 47.42	
	100m:	1:18.97 42.68	200m:	2:50.49 46.52	300m:	4:25.34 47.95	400m:	5:58.16 45.40	
ab.	Milena Hauschild		12	SSV PCK 90 Schwedt					
ab.	Pia May Ludwig		12	SSV PCK 90 Schwedt					

Jahrgang 2011

1.	Mila Mauermann		11	SWV TuR Dresden				<b>4:44.49</b>	573
	50m:	31.37 31.37	150m:	1:43.41 36.69	250m:	2:57.08 36.73	350m:	4:10.13 36.00	
	100m:	1:06.72 35.35	200m:	2:20.35 36.94	300m:	3:34.13 37.05	400m:	4:44.49 34.36	
2.	Anastasia Fritzier		11	SG Neukölln e.V. Berlin				<b>4:53.02</b>	525
	50m:	31.94 31.94	150m:	1:45.45 37.36	250m:	3:01.95 38.33	350m:	4:17.78 37.52	
	100m:	1:08.09 36.15	200m:	2:23.62 38.17	300m:	3:40.26 38.31	400m:	4:53.02 35.24	
3.	Maike Winkler		11	Dresdner SC 1898				<b>4:54.08</b>	519
	50m:	32.12 32.12	150m:	1:47.04 38.29	250m:	3:03.30 38.20	350m:	4:20.57 38.66	
	100m:	1:08.75 36.63	200m:	2:25.10 38.06	300m:	3:41.91 38.61	400m:	4:54.08 33.51	
4.	Jule Jang		11	SC Freital				<b>5:00.05</b>	489
	50m:	32.07 32.07	150m:	1:46.88 38.51	250m:	3:05.49 39.54	350m:	4:23.31 38.68	
	100m:	1:08.37 36.30	200m:	2:25.95 39.07	300m:	3:44.63 39.14	400m:	5:00.05 36.74	
5.	Danielle-Sophie Nicolai		11	SC Chemnitz von 1892				<b>5:01.11</b>	483
	50m:	32.81 32.81	150m:	1:48.55 37.77	250m:	3:05.87 38.67	350m:	4:23.58 38.33	
	100m:	1:10.78 37.97	200m:	2:27.20 38.65	300m:	3:45.25 39.38	400m:	5:01.11 37.53	
6.	Anna Woods		11	VfL Piranhas Waldkraiburg				<b>5:12.67</b>	432
	50m:	33.57 33.57	150m:	1:51.85 39.76	250m:	3:14.46 41.62	350m:	4:35.27 39.76	
	100m:	1:12.09 38.52	200m:	2:32.84 40.99	300m:	3:55.51 41.05	400m:	5:12.67 37.40	
7.	Olha Kuzyk		11	Kvvs "Aquapark Plyazh" LVIV-Ukr				<b>5:21.03</b>	399
	50m:	34.30 34.30	150m:	1:56.36 41.89	250m:	3:20.09 42.06	350m:	4:42.89 40.90	
	100m:	1:14.47 40.17	200m:	2:38.03 41.67	300m:	4:01.99 41.90	400m:	5:21.03 38.14	
8.	Heidi Schultze		11	SC Chemnitz von 1892				<b>5:27.09</b>	377
	50m:	35.93 35.93	150m:	1:58.15 41.93	250m:	3:23.82 43.15	350m:	4:48.00 42.24	
	100m:	1:16.22 40.29	200m:	2:40.67 42.52	300m:	4:05.76 41.94	400m:	5:27.09 39.09	
9.	Sophie Nibler		11	SC Wfr. München				<b>5:36.55</b>	346
	50m:	36.62 36.62	150m:	2:01.14 43.57	250m:	3:28.61 43.81	350m:	4:56.36 43.58	
	100m:	1:17.57 40.95	200m:	2:44.80 43.66	300m:	4:12.78 44.17	400m:	5:36.55 40.19	
10.	Nora Balzer		11	Kaiserslauterer SK				<b>5:41.77</b>	330
	50m:	37.61 37.61	150m:	2:05.16 44.38	250m:	3:35.76 46.42	350m:	5:02.18 42.73	
	100m:	1:20.78 43.17	200m:	2:49.34 44.18	300m:	4:19.45 43.69	400m:	5:41.77 39.59	

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Wettkampf 21, Mädchen, 400m Freistil, Jahrgang 2011

Rang			Jg.					Zeit	Pkt.			
11.	Neele Schlegel		11	TV 1862 Langen e.V.				<b>5:44.16</b>	324			
	50m:	37.49	37.49	150m:	2:03.78	43.85	250m:	3:33.38	45.15	350m:	5:02.62	44.90
	100m:	1:19.93	42.44	200m:	2:48.23	44.45	300m:	4:17.72	44.34	400m:	5:44.16	41.54
12.	Lysena Glatzel		11	SSG Leipzig e.V.				<b>5:46.83</b>	316			
	50m:	37.99	37.99	150m:	2:04.88	44.25	250m:	3:33.92	45.25	350m:	5:03.28	43.93
	100m:	1:20.63	42.64	200m:	2:48.67	43.79	300m:	4:19.35	45.43	400m:	5:46.83	43.55
13.	Martha Leidel		11	Saalfelder SV				<b>5:54.92</b>	295			
	50m:	36.37	36.37	150m:	2:04.51	45.47	250m:	3:34.78	44.92	350m:	5:08.01	46.58
	100m:	1:19.04	42.67	200m:	2:49.86	45.35	300m:	4:21.43	46.65	400m:	5:54.92	46.91
na.	Antonia Schiffner		11	SC Wfr. München								
ab.	Melina Schüller		11	PSV Cottbus 90								

Jahrgang 2010

1.	Mia Albrecht		10	SV Weixdorf e.V.				<b>4:47.12</b>	558			
	50m:	31.71	31.71	150m:	1:43.67	36.59	250m:	2:57.63	36.86	350m:	4:11.63	36.89
	100m:	1:07.08	35.37	200m:	2:20.77	37.10	300m:	3:34.74	37.11	400m:	4:47.12	35.49
2.	Stephanie Jägerová		10	Elite Standard Academy HK				<b>5:08.29</b>	450			
	50m:	34.67	34.67	150m:	1:51.88	38.74	250m:	3:12.23	40.14	350m:	4:30.95	39.08
	100m:	1:13.14	38.47	200m:	2:32.09	40.21	300m:	3:51.87	39.64	400m:	5:08.29	37.34
3.	Lia Puzicha		10	TB 1888 Erlangen				<b>5:18.04</b>	410			
	50m:	32.77	32.77	150m:	1:51.27	40.29	250m:	3:14.74	41.67	350m:	4:38.32	41.61
	100m:	1:10.98	38.21	200m:	2:33.07	41.80	300m:	3:56.71	41.97	400m:	5:18.04	39.72
4.	Lena Dunkel		10	Dresdner SC 1898				<b>5:42.72</b>	328			
	50m:	36.60	36.60	150m:	2:02.98	43.83	250m:	3:33.32	45.36	350m:	5:00.73	43.50
	100m:	1:19.15	42.55	200m:	2:47.96	44.98	300m:	4:17.23	43.91	400m:	5:42.72	41.99
na.	Ella Fenech Attard		10	Olimpia								
aufg.	Marie-Christin Karras (Zeit: 15:54)		10	SC Wfr. München								
ab.	Edita Adámková		10	Elite Standard Academy HK								

Jahrgang 2009

1.	Emma Kugeler		09	Mainzer Schwimmverein 01				<b>4:47.16</b>	557			
	50m:	32.76	32.76	150m:	1:45.54	36.51	250m:	2:58.83	36.47	350m:	4:12.11	36.38
	100m:	1:09.03	36.27	200m:	2:22.36	36.82	300m:	3:35.73	36.90	400m:	4:47.16	35.05
2.	Gabriela Kubicka		09	SSKSit GLOSATOR Kraków				<b>4:51.84</b>	531			
	50m:	33.15	33.15	150m:	1:46.68	37.17	250m:	3:02.89	38.01	350m:	4:17.21	36.56
	100m:	1:09.51	36.36	200m:	2:24.88	38.20	300m:	3:40.65	37.76	400m:	4:51.84	34.63
3.	Annika Zische		09	Dresdner SC 1898				<b>4:55.58</b>	511			
	50m:	31.99	31.99	150m:	1:45.85	37.72	250m:	3:01.90	37.68	350m:	4:18.74	38.81
	100m:	1:08.13	36.14	200m:	2:24.22	38.37	300m:	3:39.93	38.03	400m:	4:55.58	36.84
4.	Anna Vnuková		09	Elite Standard Academy HK				<b>5:08.77</b>	448			
	50m:	34.62	34.62	150m:	1:52.75	39.53	250m:	3:11.61	39.74	350m:	4:30.57	39.27
	100m:	1:13.22	38.60	200m:	2:31.87	39.12	300m:	3:51.30	39.69	400m:	5:08.77	38.20
5.	Sophia Maurer		09	Schwimmverein Spremberg 1921 e.V.				<b>5:23.23</b>	391			
	50m:	33.37	33.37	150m:	1:53.43	40.65	250m:	3:17.88	42.57	350m:	4:42.90	42.32
	100m:	1:12.78	39.41	200m:	2:35.31	41.88	300m:	4:00.58	42.70	400m:	5:23.23	40.33
6.	Elizabeth Apap		09	Sliema ASC				<b>5:47.84</b>	313			
	50m:	39.22	39.22	150m:	2:07.08	44.41	250m:	3:36.88	44.81	350m:	5:06.28	43.75
	100m:	1:22.67	43.45	200m:	2:52.07	44.99	300m:	4:22.53	45.65	400m:	5:47.84	41.56

31. Internationales Dresdner Christstollen-Schwimmfest  
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Wettkampf 21, Frauen, 400m Freistil

Jahrgang 2008

1. Finja Seidel			08	SV Weixdorf e.V.			<b>4:36.38</b>	625
50m:	31.32	31.32	150m:	1:41.48	35.41	250m:	2:52.05	35.38
100m:	1:06.07	34.75	200m:	2:16.67	35.19	300m:	3:27.63	35.58
350m:			400m:				4:02.88	35.25
400m:							4:36.38	33.50
2. Mattea Micallef			08	Sliema ASC			<b>5:05.11</b>	465
50m:	34.41	34.41	150m:	1:50.63	37.96	250m:	3:08.32	38.80
100m:	1:12.67	38.26	200m:	2:29.52	38.89	300m:	3:47.79	39.47
350m:			400m:				4:27.33	39.54
400m:							5:05.11	37.78
3. Sarah Maria Tinti			08	Kaiserslauterer SK			<b>5:05.65</b>	462
50m:	33.48	33.48	150m:	1:49.89	39.02	250m:	3:09.35	40.02
100m:	1:10.87	37.39	200m:	2:29.33	39.44	300m:	3:49.50	40.15
350m:			400m:				4:29.31	39.81
400m:							5:05.65	36.34

Jahrgang 2007

1. Kristy Delia			07	Sliema ASC			<b>4:51.73</b>	532
50m:	31.89	31.89	150m:	1:43.99	36.86	250m:	2:59.13	37.77
100m:	1:07.13	35.24	200m:	2:21.36	37.37	300m:	3:37.43	38.30
350m:			400m:				4:15.23	37.80
400m:							4:51.73	36.50
2. Hannah Matthes			07	Post SV Dresden			<b>5:10.94</b>	439
50m:	33.94	33.94	150m:	1:51.93	39.53	250m:	3:11.73	40.37
100m:	1:12.40	38.46	200m:	2:31.36	39.43	300m:	3:51.99	40.26
350m:			400m:				4:31.99	40.00
400m:							5:10.94	38.95

Jahrgang 2005 und älter

1. Fiona Dengler-Harles			97	Mainzer Schwimmverein 01			<b>4:43.34</b>	580
50m:	32.32	32.32	150m:	1:44.15	36.22	250m:	2:56.32	36.03
100m:	1:07.93	35.61	200m:	2:20.29	36.14	300m:	3:32.43	36.11
350m:			400m:				4:08.10	35.67
400m:							4:43.34	35.24
2. Luisa Drube			04	Mainzer Schwimmverein 01			<b>4:59.97</b>	489
50m:	33.67	33.67	150m:	1:48.63	37.81	250m:	3:04.36	37.90
100m:	1:10.82	37.15	200m:	2:26.46	37.83	300m:	3:42.82	38.46
350m:			400m:				4:21.77	38.95
400m:							4:59.97	38.20
ab. Marleen Matthes			05	Post SV Dresden				
ab. Sarah Rößler			97	Dresdner SC 1898				