

# Protokoll

Kreismeisterschaften "Lange Strecken" 2019  
vom 18.01.2019 bis 19.01.2019

Veranstalter: Märkischer Schwimmkreis  
Ausrichter: SG Wassersport Iserlohn

## Wettkampfbecken

8 Bahnen á 25m  
Wellenkiller-Leinen  
Wassertemperatur ca. 26°C  
Handzeitnahme

## Schwimmbad-Adresse

Seilerseebad  
Seeuferstr. 26  
58636 Iserlohn



## Anzahl Meldungen

Teilnehmer: weiblich/männlich    Meldungen: Einzel/Staffel

### Schwimmverband Nordrhein-Westfalen (LSV-Nr.: 17)

Nr.	Verein	DSV-Id	Teilnehmer	Abs.1	Abs.2	Gesamt
1.	Mendener SV	5170	6/ 3	8/ 0	5/ 0	13/ 0
2.	SC Gut Naß Altena	2813	0/ 1	1/ 0	1/ 0	2/ 0
3.	SG Wassersport Iserlohn	6651	16/ 8	31/ 0	35/ 0	66/ 0
4.	SSG Altena 08/47 e.V	2911	2/ 1	2/ 0	2/ 0	4/ 0
5.	SV Albatros Letmathe	5169	3/ 3	3/ 0	6/ 0	9/ 0
6.	SV Bieber Lendringsen	2935	13/ 8	21/ 0	27/ 0	48/ 0
7.	SV Hemer 1921	2987	5/ 5	6/ 0	9/ 0	15/ 0
8.	SV Plettenberg 1951 e.V.	3013	5/ 10	20/ 0	25/ 0	45/ 0
9.	SV08 Werdohl	2941	4/ 7	8/ 0	10/ 0	18/ 0
10.	TuS Neuenrade	3127	9/ 5	10/ 0	12/ 0	22/ 0
11.	Wasserfreunde 79 Balve	3038	2/ 0	1/ 0	2/ 0	3/ 0
12.	Wfr. Lüdenscheid	3227	10/ 5	2/ 0	16/ 0	18/ 0
	<b>Gesamt für den Verband</b>		<b>75/ 56</b>	<b>113/ 0</b>	<b>150/ 0</b>	<b>263/ 0</b>

## Abschnitt 1 - Freitag 18.01.2019

Einlass: 16:30 Uhr | Einschwimmen: 16:30 Uhr | Kampfrichtersitzung: 16:45 Uhr  
Beginn: 17:30 Uhr

### Kampfgericht Abschnitt 1

Position	Name	Verein
Schiedsrichter weiblich	Mark Lenhard	
Schiedsrichter männlich	Stefan Plötz	
Starter weiblich	Stephanie Konnatidis	
Starter männlich	Maik Dobrinsky	
Schwimmrichter 1	Lena Heide(Azubi)	
Sprecher 1	Sinan Cakir	
Sprecher 2	Dina Afify	
Auswerter 1	Katrin Schaaf	
Protokollführer	Raimond Schaaf	

### Zielgericht

Position	Name	Verein
Zielrichterobmann	Myriam Crämer-Thröner	
Zielrichter 1	Anne Butzkamm	
Zielrichter 2	Julie Böhnigk	

### Zeitgericht 1

Position	Name	Verein
Zeitnehmerobmann	Theo Röhrs	
Zeitnehmer Bahn 1	Mark Lenhard	
Zeitnehmer Bahn 2	Raphael Schaaf	
Zeitnehmer Bahn 3	Lisanne Paßolat	
Zeitnehmer Bahn 4	Dustin Dobrinsky	
Zeitnehmer Bahn 5	Jens Linnenbürger	
Zeitnehmer Bahn 6	Jenny Peters	
Zeitnehmer Bahn 7	Benedikt Gal	
Zeitnehmer Bahn 8	Janna Twelker	

### Zeitgericht 2

Position	Name	Verein
Zeitnehmerobmann	Theo Röhrs	
Zeitnehmer Bahn 1	Veronika Herdes	
Zeitnehmer Bahn 2	Yonne Schalk	
Zeitnehmer Bahn 3	Nathalie Paßolat	
Zeitnehmer Bahn 4	Jens Hahn	
Zeitnehmer Bahn 5	Andreas Barth	
Zeitnehmer Bahn 6	Hennig Thomas	
Zeitnehmer Bahn 7	Laura Masche	
Zeitnehmer Bahn 8	Katja Helwering	

### Wendegericht

Position	Name	Verein
Wenderichter Obmann	Michael Schnelle	
Wenderichter Bahn 1	Robert Schaaf	

## Wettkampffolge für Abschnitt 1

- Wettkampf 1 - 400m Lagen weiblich
- Wettkampf 2 - 400m Lagen Masters weiblich
- Wettkampf 3 - 400m Lagen männlich
- Wettkampf 4 - 400m Lagen Masters männlich
- Wettkampf 5 - 800m Freistil weiblich
- Wettkampf 6 - 800m Freistil Masters weiblich
- Wettkampf 7 - 800m Freistil männlich
- Wettkampf 8 - 800m Freistil Masters männlich

## Wettkampf 1 - 400m Lagen weiblich

### Jahrgang 2007

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Lavinia Mongiello	2007	SG Wassersport Iserlohn	07:11,00
	100m: 01:48,90 (01:48,90)   200m: 03:46,32 (01:57,42)   300m: 05:37,88 (01:51,56)			
	400m: 07:11,00 (01:33,12)			
2.	Lara Göhausen	2007	TuS Neuenrade	08:08,38
	100m: 01:59,85 (01:59,85)   200m: 04:07,56 (02:07,71)   300m: 06:19,34 (02:11,78)			
	400m: 08:08,38 (01:49,04)			
3.	Carla Romahn	2007	SG Wassersport Iserlohn	08:18,99
	200m: 04:19,43 (04:19,43)   300m: 06:26,96 (02:07,53)   400m: 08:18,99 (01:52,03)			

### Jahrgang 2006

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Mia Twelker	2006	SV Bieber Lendringsen	06:16,69
	100m: 01:32,47 (01:32,47)   200m: 03:05,69 (01:33,22)   300m: 04:55,44 (01:49,75)			
	400m: 06:16,69 (01:21,25)			
2.	Alexia Kounatidis	2006	SV Plettenberg 1951 e.V.	06:44,83
	100m: 01:41,34 (01:41,34)   200m: 03:26,81 (01:45,47)   300m: 05:13,74 (01:46,93)			
	400m: 06:44,83 (01:31,09)			
3.	Greta Weiland	2006	SG Wassersport Iserlohn	06:47,51
	100m: 01:46,48 (01:46,48)   200m: 03:30,80 (01:44,32)   300m: 05:19,39 (01:48,59)			
	400m: 06:47,51 (01:28,12)			
	<u>abgemeldet</u>			
	Neele Srejic	2006	SG Wassersport Iserlohn	

### Jahrgang 2005

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Kim Melina Kaqija	2005	SG Wassersport Iserlohn	06:25,88
	100m: 01:34,86 (01:34,86)   200m: 03:15,32 (01:40,46)   300m: 05:03,66 (01:48,34)			
	400m: 06:25,88 (01:22,22)			
2.	Michelle Zofia Winkler	2005	SV Plettenberg 1951 e.V.	06:26,49
	100m: 01:34,72 (01:34,72)   200m: 03:10,05 (01:35,33)   300m: 05:02,20 (01:52,15)			
	400m: 06:26,49 (01:24,29)			
3.	Frieda Romahn	2005	SG Wassersport Iserlohn	06:36,82
	100m: 01:30,65 (01:30,65)   200m: 03:15,19 (01:44,54)   300m: 05:09,78 (01:54,59)			
	400m: 06:36,82 (01:27,04)			
4.	Hannah Sophie Böhnigk	2005	SG Wassersport Iserlohn	06:46,62
	100m: 01:36,22 (01:36,22)   200m: 03:24,47 (01:48,25)   300m: 05:16,62 (01:52,15)			
	400m: 06:46,62 (01:30,00)			

## Jahrgang 2004

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Liane Lübke	2004	Mendener SV	06:04,10
	100m: 01:23,03 (01:23,03)   200m: 02:55,11 (01:32,08)   300m: 04:41,01 (01:45,90)			
	400m: 06:04,10 (01:23,09)			
2.	Pia Neß	2004	SV Plettenberg 1951 e.V.	06:07,35
	100m: 01:23,78 (01:23,78)   200m: 03:03,53 (01:39,75)   300m: 04:47,35 (01:43,82)			
	400m: 06:07,35 (01:20,00)			
3.	Anuschka Friedrich	2004	SV Bieber Lendringsen	06:30,38
	100m: 01:37,10 (01:37,10)   200m: 03:18,02 (01:40,92)   300m: 05:03,03 (01:45,01)			
	400m: 06:30,38 (01:27,35)			
4.	Neele Ludwig	2004	SG Wassersport Iserlohn	07:14,02
	100m: 01:42,08 (01:42,08)   200m: 03:25,91 (01:43,83)   300m: 05:31,80 (02:05,89)			
	400m: 07:14,02 (01:42,22)			
5.	Emily Cramer	2004	TuS Neuenrade	08:20,00
	100m: 01:46,41 (01:46,41)   200m: 04:12,44 (02:26,03)   300m: 06:21,96 (02:09,52)			
	400m: 08:20,00 (01:58,04)			

## Jahrgang 2003

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Jasmin Hollmann	2003	SV Bieber Lendringsen	06:04,10
	100m: 01:28,49 (01:28,49)   200m: 03:05,57 (01:37,08)   300m: 04:44,22 (01:38,65)			
	400m: 06:04,10 (01:19,88)			

## Jahrgang 2002

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Marit Niggemann	2002	SV08 Werdohl	06:30,38
	100m: 01:32,26 (01:32,26)   200m: 03:14,51 (01:42,25)   300m: 05:04,02 (01:49,51)			
	400m: 06:30,38 (01:26,36)			
2.	Swantje Hammecke	2002	Wasserfreunde 79 Balve	06:57,86
	100m: 01:31,00 (01:31,00)   200m: 03:11,50 (01:40,50)   300m: 05:15,81 (02:04,31)			
	400m: 06:57,86 (01:42,05)			
3.	Leonie Schnelle	2002	TuS Neuenrade	07:38,68
	100m: 01:55,59 (01:55,59)   200m: 03:45,24 (01:49,65)   300m: 05:52,88 (02:07,64)			
	400m: 07:38,68 (01:45,80)			
	<u>abgemeldet</u>			
	Alexa Lauke	2002	TuS Neuenrade	

## Jahrgang 2001

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Gina Barth	2001	Mendener SV	05:20,81
	100m: 01:14,84 (01:14,84)   200m: 02:38,87 (01:24,03)   300m: 04:06,03 (01:27,16)			
	400m: 05:20,81 (01:14,78)			
2.	Maike Romberg	2001	Mendener SV	05:50,26
	100m: 01:17,10 (01:17,10)   200m: 02:49,42 (01:32,32)   300m: 04:24,80 (01:35,38)			
	400m: 05:50,26 (01:25,46)			
3.	Yvonne Bandlofsky	2001	SG Wassersport Iserlohn	07:29,53
	100m: 01:49,12 (01:49,12)   200m: 03:40,63 (01:51,51)   300m: 05:55,30 (02:14,67)			
	400m: 07:29,53 (01:34,23)			

## Jahrgang 2000

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Jeanine Möglich	2000	SV08 Werdohl	05:36,84
	100m: 01:14,25 (01:14,25)   200m: 02:44,01 (01:29,76)   300m: 04:19,19 (01:35,18)			
	400m: 05:36,84 (01:17,65)			
2.	Mandy Wältermann	2000	SV Bieber Lendringsen	05:54,98
	100m: 01:19,64 (01:19,64)   200m: 02:52,05 (01:32,41)   300m: 04:37,35 (01:45,30)			
	400m: 05:54,98 (01:17,63)			

## Jahrgang 1999 und älter

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Katrin Harnischmacher	1997	SV Bieber Lendringsen	05:20,50
	100m: 01:12,52 (01:12,52)   200m: 02:33,87 (01:21,35)   300m: 04:06,31 (01:32,44)			
	400m: 05:20,50 (01:14,19)			

## Wettkampf 2 - 400m Lagen Masters weiblich

### Ak 45

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Eva Hoffmann	1974/AK 45	SV Hemer 1921	05:53,64
	100m: 01:22,31 (01:22,31)   200m: 02:56,92 (01:34,61)   300m: 04:32,57 (01:35,65)			
	400m: 05:53,64 (01:21,07)			

## Wettkampf 3 - 400m Lagen männlich

### Jahrgang 2007

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Kirill Bojko	2007	TuS Neuenrade	07:51,85
	100m: 02:03,77 (02:03,77)   200m: 04:01,21 (01:57,44)   300m: 06:08,70 (02:07,49)			
	400m: 07:51,85 (01:43,15)			

### Jahrgang 2006

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Elias Thröner	2006	SG Wassersport Iserlohn	07:11,42
	100m: 01:49,24 (01:49,24)   200m: 03:36,39 (01:47,15)   300m: 05:38,83 (02:02,44)			
	400m: 07:11,42 (01:32,59)			

### Jahrgang 2005

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Norman Neß	2005	SV Plettenberg 1951 e.V.	06:04,54
	100m: 01:28,48 (01:28,48)   200m: 03:01,78 (01:33,30)   300m: 04:44,02 (01:42,24)			
	400m: 06:04,54 (01:20,52)			
2.	Wael Afify	2005	SG Wassersport Iserlohn	06:26,89
	100m: 01:36,55 (01:36,55)   200m: 03:11,44 (01:34,89)   300m: 05:01,76 (01:50,32)			
	400m: 06:26,89 (01:25,13)			
3.	Jan Knoche	2005	SV08 Werdohl	06:31,60
	100m: 01:35,92 (01:35,92)   200m: 03:22,82 (01:46,90)   300m: 05:05,92 (01:43,10)			
	400m: 06:31,60 (01:25,68)			

## Jahrgang 2004

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Lennie Twelker	2004	SV Bieber Lendringsen	06:25,78
	100m: 01:33,32 (01:33,32)   200m: 03:10,01 (01:36,69)   300m: 05:01,08 (01:51,07)			
	400m: 06:25,78 (01:24,70)			
2.	Jonas Pflüger	2004	SV08 Werdohl	06:32,29
	100m: 01:37,78 (01:37,78)   200m: 03:23,82 (01:46,04)   300m: 05:05,80 (01:41,98)			
	400m: 06:32,29 (01:26,49)			
3.	Arkadiusz Tryk	2004	SV08 Werdohl	06:32,49
	100m: 01:28,67 (01:28,67)   200m: 03:17,17 (01:48,50)   300m: 05:06,45 (01:49,28)			
	400m: 06:32,49 (01:26,04)			

## Jahrgang 2003

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Tobias Hahn	2003	SV Plettenberg 1951 e.V.	05:52,28
	100m: 01:15,03 (01:15,03)   200m: 02:50,63 (01:35,60)   300m: 04:32,76 (01:42,13)			
	400m: 05:52,28 (01:19,52)			
2.	Elias Levermann	2003	SV Plettenberg 1951 e.V.	06:14,07
	100m: 01:22,39 (01:22,39)   200m: 03:06,19 (01:43,80)   300m: 04:42,83 (01:36,64)			
	400m: 06:14,07 (01:31,24)			
3.	Jan Lukas Schmidt	2003	SV Plettenberg 1951 e.V.	06:55,99
	100m: 01:27,26 (01:27,26)   200m: 03:16,04 (01:48,78)   300m: 05:26,61 (02:10,57)			
	400m: 06:55,99 (01:29,38)			

## Jahrgang 2001

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Lukas Linnenbürger	2001	SV Bieber Lendringsen	04:55,88
	100m: 01:04,76 (01:04,76)   200m: 02:23,34 (01:18,58)   300m: 03:48,55 (01:25,21)			
	400m: 04:55,88 (01:07,33)			
2.	Bastian Hollmann	2001	SV Bieber Lendringsen	05:24,51
	100m: 01:10,92 (01:10,92)   200m: 02:38,48 (01:27,56)   300m: 04:11,33 (01:32,85)			
	400m: 05:24,51 (01:13,18)			
3.	Mattheos Kounatidis	2001	SV Plettenberg 1951 e.V.	06:22,45
	100m: 01:26,86 (01:26,86)   200m: 03:04,16 (01:37,30)   300m: 04:49,56 (01:45,40)			
	400m: 06:22,45 (01:32,89)			

## Jahrgang 2000

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Michael Peters	2000	SV Bieber Lendringsen	05:31,11
	100m: 01:09,22 (01:09,22)   200m: 02:32,44 (01:23,22)   300m: 04:17,18 (01:44,74)			
	400m: 05:31,11 (01:13,93)			
2.	Marcel Proske	2000	SV Albatros Letmathe	06:10,10
	100m: 01:21,27 (01:21,27)   200m: 02:53,83 (01:32,56)   300m: 04:42,40 (01:48,57)			
	400m: 06:10,10 (01:27,70)			

## Jahrgang 1999 und älter

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Florian Renzing	1993	SG Wassersport Iserlohn	05:08,08
	100m: 01:08,80 (01:08,80)   200m: 02:26,69 (01:17,89)   300m: 03:58,35 (01:31,66)			
	400m: 05:08,08 (01:09,73)			

## Wettkampf 4 - 400m Lagen Masters männlich

### Ak 20

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Jannik Thomas	1997/AK 20	SV Plettenberg 1951 e.V.	05:10,63
	100m: 01:06,62 (01:06,62)   200m: 02:28,39 (01:21,77)   300m: 03:55,06 (01:26,67)			
	400m: 05:10,63 (01:15,57)			

### Ak 45

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Maik Dobrinsky	1972/AK 45	SSG Altena 08/47 e.V	07:13,01
	100m: 01:34,57 (01:34,57)   200m: 03:29,57 (01:55,00)   300m: 05:27,75 (01:58,18)			
	400m: 07:13,01 (01:45,26)			

### Ak 55

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Götz Hübenthal	1964/AK 55	SC Gut Naß Altena	07:28,84
	100m: 01:38,62 (01:38,62)   200m: 03:38,06 (01:59,44)   300m: 05:41,24 (02:03,18)			
	400m: 07:28,84 (01:47,60)			

## Wettkampf 5 - 800m Freistil weiblich

### Jahrgang 2007

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Lavinia Mongiello	2007	SG Wassersport Iserlohn	13:09,26
	100m: 01:34,92 (01:34,92)   200m: 03:16,13 (01:41,21)   300m: 04:58,92 (01:42,79)			
	400m: 07:31,57 (02:32,65)   500m: 09:11,92 (01:40,35)   600m: 10:49,00 (01:37,08)			
	700m: 11:37,36 (00:48,36)   800m: 13:09,26 (01:31,90)			
2.	Leonie Sophie Wächter	2007	SG Wassersport Iserlohn	14:22,19
	100m: 01:42,72 (01:42,72)   200m: 03:30,79 (01:48,07)   300m: 05:21,65 (01:50,86)			
	400m: 07:12,87 (01:51,22)   500m: 09:04,94 (01:52,07)   600m: 10:54,40 (01:49,46)			
	700m: 12:43,15 (01:48,75)   800m: 14:22,19 (01:39,04)			
3.	Kaitlyn Lipps	2007	SV Plettenberg 1951 e.V.	14:36,28
	100m: 01:42,68 (01:42,68)   200m: 03:34,60 (01:51,92)   300m: 05:28,58 (01:53,98)			
	400m: 07:22,80 (01:54,22)   500m: 09:15,65 (01:52,85)   600m: 11:08,61 (01:52,96)			
	700m: 12:58,01 (01:49,40)   800m: 14:36,28 (01:38,27)			
4.	Carla Romahn	2007	SG Wassersport Iserlohn	15:22,25
	100m: 01:48,04 (01:48,04)   200m: 03:41,99 (01:53,95)   300m: 05:36,57 (01:54,58)			
	400m: 07:34,21 (01:57,64)   500m: 09:34,48 (02:00,27)   600m: 11:31,29 (01:56,81)			
	700m: 13:29,17 (01:57,88)   800m: 15:22,25 (01:53,08)			
5.	Lara Göhausen	2007	TuS Neuenrade	15:28,79
	100m: 01:46,70 (01:46,70)   200m: 03:42,89 (01:56,19)   300m: 05:40,20 (01:57,31)			
	400m: 07:39,49 (01:59,29)   500m: 09:43,88 (02:04,39)   600m: 11:36,03 (01:52,15)			
	700m: 13:33,70 (01:57,67)   800m: 15:28,79 (01:55,09)			
6.	Angela Bala	2007	SG Wassersport Iserlohn	16:02,40
	100m: 02:52,40 (02:52,40)   200m: 03:54,59 (01:02,19)   300m: 05:59,74 (02:05,15)			
	400m: 08:02,54 (02:02,80)   500m: 10:07,07 (02:04,53)   600m: 12:11,65 (02:04,58)			
	700m: 14:14,05 (02:02,40)   800m: 16:02,40 (01:48,35)			



## Jahrgang 2006

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Mia Twelker	2006	SV Bieber Lendringsen	11:19,18
	100m: 01:18,44 (01:18,44)   200m: 02:42,55 (01:24,11)   300m: 04:07,90 (01:25,35)			
	400m: 05:34,14 (01:26,24)   500m: 07:01,73 (01:27,59)   600m: 08:29,65 (01:27,92)			
	700m: 09:56,60 (01:26,95)   800m: 11:19,18 (01:22,58)			
2.	Greta Weiland	2006	SG Wassersport Iserlohn	12:07,78
	100m: 01:25,36 (01:25,36)   200m: 02:57,80 (01:32,44)   300m: 04:31,08 (01:33,28)			
	400m: 06:03,80 (01:32,72)   500m: 07:34,89 (01:31,09)   600m: 09:06,39 (01:31,50)			
	700m: 10:38,77 (01:32,38)   800m: 12:07,78 (01:29,01)			
3.	Neele Srejc	2006	SG Wassersport Iserlohn	12:20,52
	100m: 01:25,81 (01:25,81)   200m: 02:57,22 (01:31,41)   300m: 04:30,94 (01:33,72)			
	500m: 07:40,44 (03:09,50)   600m: 09:15,36 (01:34,92)   700m: 10:50,20 (01:34,84)			
	800m: 12:20,52 (01:30,32)			
4.	Alexia Kounatidis	2006	SV Plettenberg 1951 e.V.	13:00,43
	100m: 01:25,73 (01:25,73)   200m: 03:03,34 (01:37,61)   300m: 04:43,38 (01:40,04)			
	400m: 06:24,31 (01:40,93)   500m: 08:04,52 (01:40,21)   600m: 09:44,18 (01:39,66)			
	700m: 11:24,63 (01:40,45)   800m: 13:00,43 (01:35,80)			

## Jahrgang 2005

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Kim Melina Kaqija	2005	SG Wassersport Iserlohn	11:25,07
	100m: 01:18,76 (01:18,76)   200m: 02:44,70 (01:25,94)   300m: 04:12,39 (01:27,69)			
	400m: 05:39,70 (01:27,31)   500m: 07:07,13 (01:27,43)   600m: 08:38,57 (01:31,44)			
	700m: 10:00,64 (01:22,07)   800m: 11:25,07 (01:24,43)			
2.	Michelle Zofia Winkler	2005	SV Plettenberg 1951 e.V.	11:46,39
	100m: 01:23,06 (01:23,06)   200m: 02:53,96 (01:30,90)   300m: 04:24,81 (01:30,85)			
	400m: 05:55,81 (01:31,00)   500m: 07:24,20 (01:28,39)   600m: 08:53,12 (01:28,92)			
	700m: 10:22,42 (01:29,30)   800m: 11:46,39 (01:23,97)			
3.	Frieda Romahn	2005	SG Wassersport Iserlohn	11:54,23
	100m: 01:22,84 (01:22,84)   200m: 02:52,62 (01:29,78)   300m: 04:24,51 (01:31,89)			
	400m: 05:57,43 (01:32,92)   500m: 07:28,38 (01:30,95)   600m: 08:58,09 (01:29,71)			
	700m: 10:26,62 (01:28,53)   800m: 11:54,23 (01:27,61)			
4.	Hannah Sophie Böhnigk	2005	SG Wassersport Iserlohn	12:20,51
	100m: 01:24,73 (01:24,73)   200m: 02:58,23 (01:33,50)   300m: 04:32,92 (01:34,69)			
	400m: 06:07,10 (01:34,18)   500m: 07:41,16 (01:34,06)   600m: 09:14,60 (01:33,44)			
	700m: 10:48,20 (01:33,60)   800m: 12:20,51 (01:32,31)			
5.	Jolina Schnelle	2005	TuS Neuenrade	13:58,46
	100m: 01:35,73 (01:35,73)   200m: 03:19,47 (01:43,74)   300m: 05:09,61 (01:50,14)			
	400m: 06:58,90 (01:49,29)   500m: 08:47,79 (01:48,89)   600m: 10:34,78 (01:46,99)			
	700m: 12:19,89 (01:45,11)   800m: 13:58,46 (01:38,57)			

## Jahrgang 2004

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Pia Neß	2004	SV Plettenberg 1951 e.V.	11:14,31
	100m: 01:17,91 (01:17,91)   200m: 02:43,59 (01:25,68)   300m: 04:09,56 (01:25,97)			
	400m: 05:34,44 (01:24,88)   500m: 07:00,04 (01:25,60)   600m: 08:25,94 (01:25,90)			
	700m: 09:53,56 (01:27,62)   800m: 11:14,31 (01:20,75)			
2.	Anuschka Friedrich	2004	SV Bieber Lendringsen	11:51,30
	100m: 01:23,28 (01:23,28)   200m: 02:53,23 (01:29,95)   300m: 04:24,45 (01:31,22)			
	400m: 05:55,62 (01:31,17)   500m: 07:28,08 (01:32,46)   600m: 09:00,14 (01:32,06)			
	700m: 10:28,06 (01:27,92)   800m: 11:51,30 (01:23,24)			
3.	Anna Sophie Küppers	2004	SV Bieber Lendringsen	12:25,88
	100m: 01:21,73 (01:21,73)   200m: 02:55,30 (01:33,57)   300m: 04:29,56 (01:34,26)			
	400m: 06:05,16 (01:35,60)   500m: 07:41,16 (01:36,00)   600m: 09:19,27 (01:38,11)			
	700m: 10:57,90 (01:38,63)   800m: 12:25,88 (01:27,98)			

Platz	Schwimmerin	Jg.	Verein	Endzeit
4.	Kristina Hartwich	2004	Wfr. Lüdenscheid	14:37,29
	100m: 01:34,45 (01:34,45)   200m: 03:23,80 (01:49,35)   300m: 05:19,70 (01:55,90)			
	400m: 07:15,36 (01:55,66)   500m: 09:11,10 (01:55,74)   600m: 11:06,54 (01:55,44)			
	700m: 12:56,26 (01:49,72)   800m: 14:37,29 (01:41,03)			
	<u>abgemeldet</u>			
	Jana Göddeke	2004	SV Hemer 1921	
	Neele Ludwig	2004	SG Wassersport Iserlohn	

## Jahrgang 2003

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Jasmin Hollmann	2003	SV Bieber Lendringsen	11:27,97
	100m: 01:23,02 (01:23,02)   200m: 02:52,05 (01:29,03)   300m: 04:21,77 (01:29,72)			
	400m: 05:51,33 (01:29,56)   500m: 07:19,55 (01:28,22)   600m: 08:45,49 (01:25,94)			
	700m: 10:10,49 (01:25,00)   800m: 11:27,97 (01:17,48)			
	<u>abgemeldet</u>			
	Ellen Dirksmeier	2003	Mendener SV	

## Jahrgang 2002

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Lena Brammen	2002	SG Wassersport Iserlohn	11:34,38
	100m: 01:16,87 (01:16,87)   200m: 02:40,47 (01:23,60)   300m: 04:07,77 (01:27,30)			
	400m: 05:36,13 (01:28,36)   500m: 07:06,27 (01:30,14)   600m: 08:37,15 (01:30,88)			
	700m: 10:09,07 (01:31,92)   800m: 11:34,38 (01:25,31)			

## Jahrgang 2001

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Gina Barth	2001	Mendener SV	09:54,22
	100m: 01:08,50 (01:08,50)   200m: 02:22,88 (01:14,38)   300m: 03:37,64 (01:14,76)			
	400m: 04:53,27 (01:15,63)   500m: 06:08,60 (01:15,33)   600m: 07:24,74 (01:16,14)			
	700m: 08:40,49 (01:15,75)   800m: 09:54,22 (01:13,73)			
2.	Maike Romberg	2001	Mendener SV	10:49,34
	100m: 01:12,43 (01:12,43)   200m: 02:34,51 (01:22,08)   300m: 03:57,76 (01:23,25)			
	400m: 05:20,51 (01:22,75)   500m: 06:44,81 (01:24,30)   600m: 08:09,60 (01:24,79)			
	700m: 09:34,00 (01:24,40)   800m: 10:49,34 (01:15,34)			
3.	Senja Ritzmann	2001	SV Bieber Lendringsen	11:50,90
	100m: 01:20,76 (01:20,76)   200m: 02:48,69 (01:27,93)   300m: 04:18,27 (01:29,58)			
	400m: 05:48,75 (01:30,48)   500m: 07:18,70 (01:29,95)   600m: 08:49,77 (01:31,07)			
	700m: 10:21,32 (01:31,55)   800m: 11:50,90 (01:29,58)			
4.	Yvonne Bandlofsky	2001	SG Wassersport Iserlohn	13:42,72
	100m: 01:36,92 (01:36,92)   200m: 03:19,22 (01:42,30)   300m: 05:04,27 (01:45,05)			
	400m: 06:50,94 (01:46,67)   500m: 08:36,43 (01:45,49)   600m: 10:22,99 (01:46,56)			
	700m: 12:06,70 (01:43,71)   800m: 13:42,72 (01:36,02)			

## Jahrgang 2000

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Jeanine Möglich	2000	SV08 Werdohl	10:09,84
	100m: 01:10,87 (01:10,87)   200m: 02:28,63 (01:17,76)   300m: 03:48,14 (01:19,51)			
	400m: 05:06,42 (01:18,28)   500m: 06:25,52 (01:19,10)   600m: 07:39,98 (01:14,46)			
	700m: 08:56,20 (01:16,22)   800m: 10:09,84 (01:13,64)			
2.	Katharina Simmert	2000	SG Wassersport Iserlohn	15:21,19
	100m: 01:37,91 (01:37,91)   200m: 03:33,37 (01:55,46)   300m: 05:33,22 (01:59,85)			
	400m: 07:32,80 (01:59,58)   500m: 09:32,52 (01:59,72)   600m: 11:30,44 (01:57,92)			
	700m: 13:27,48 (01:57,04)   800m: 15:21,19 (01:53,71)			

## Jahrgang 1999 und älter

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Raissa Böttcher	1990	SV08 Werdohl	10:09,54
	100m: 01:08,05 (01:08,05)   200m: 02:21,50 (01:13,45)   300m: 03:36,90 (01:15,40)			
	400m: 04:54,45 (01:17,55)   500m: 06:13,47 (01:19,02)   600m: 07:32,60 (01:19,13)			
	700m: 08:52,59 (01:19,99)   800m: 10:09,54 (01:16,95)			
2.	Katrin Harnischmacher	1997	SV Bieber Lendringsen	10:13,87
	100m: 01:09,06 (01:09,06)   200m: 02:24,00 (01:14,94)   300m: 03:40,83 (01:16,83)			
	400m: 04:59,98 (01:19,15)   500m: 06:17,72 (01:17,74)   600m: 07:36,44 (01:18,72)			
	700m: 08:54,41 (01:17,97)   800m: 10:13,87 (01:19,46)			

## Wettkampf 6 - 800m Freistil Masters weiblich

### Ak 20

Platz	Schwimmerin	Jg.	Verein	Endzeit
	<u>abgemeldet</u>			
	Melina Booms	1998/AK 20	TuS Neuenrade	

### Ak 45

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Eva Hoffmann	1974/AK 45	SV Hemer 1921	11:29,21
	100m: 01:18,85 (01:18,85)   200m: 02:45,43 (01:26,58)   300m: 04:12,74 (01:27,31)			
	400m: 05:40,97 (01:28,23)   500m: 07:09,88 (01:28,91)   600m: 08:38,37 (01:28,49)			
	700m: 10:06,18 (01:27,81)   800m: 11:29,21 (01:23,03)			
2.	Brigitte Dobrinsky	1972/AK 45	SSG Altena 08/47 e.V	18:20,55
	100m: 01:59,03 (01:59,03)   200m: 04:20,16 (02:21,13)   300m: 06:39,83 (02:19,67)			
	400m: 09:00,58 (02:20,75)   500m: 11:20,73 (02:20,15)   600m: 13:41,58 (02:20,85)			
	700m: 16:01,31 (02:19,73)   800m: 18:20,55 (02:19,24)			
3.	Cornelia Schalk-Zeinstra	1973/AK 45	Wfr. Lüdenscheid	19:24,93
	100m: 02:07,21 (02:07,21)   200m: 04:31,56 (02:24,35)   300m: 06:58,86 (02:27,30)			
	400m: 09:25,88 (02:27,02)   500m: 11:56,18 (02:30,30)   600m: 14:25,42 (02:29,24)			
	700m: 16:59,91 (02:34,49)   800m: 19:24,93 (02:25,02)			

### Ak 55

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Birgit Jardzejewski	1961/AK 55	TuS Neuenrade	16:52,84
	100m: 01:44,74 (01:44,74)   200m: 03:52,07 (02:07,33)   300m: 06:03,37 (02:11,30)			
	400m: 08:17,03 (02:13,66)   500m: 10:28,74 (02:11,71)   600m: 12:37,34 (02:08,60)			
	700m: 14:47,61 (02:10,27)   800m: 16:52,84 (02:05,23)			

## Wettkampf 7 - 800m Freistil männlich

### Jahrgang 2007

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Mats Schürmann	2007	SV Bieber Lendringsen	13:21,65
	100m: 01:28,38 (01:28,38)   200m: 03:09,42 (01:41,04)   300m: 04:32,80 (01:23,38)			
	400m: 06:35,67 (02:02,87)   500m: 08:19,85 (01:44,18)   600m: 10:03,05 (01:43,20)			
	700m: 11:45,99 (01:42,94)   800m: 13:21,65 (01:35,66)			
2.	Deniz Arlt	2007	SG Wassersport Iserlohn	16:46,88
	100m: 01:43,94 (01:43,94)   200m: 03:50,28 (02:06,34)   300m: 05:59,36 (02:09,08)			
	400m: 08:08,68 (02:09,32)   500m: 10:19,61 (02:10,93)   600m: 12:30,36 (02:10,75)			
	700m: 14:42,34 (02:11,98)   800m: 16:46,88 (02:04,54)			

## Jahrgang 2006

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Elias Thröner	2006	SG Wassersport Iserlohn	12:49,72
	100m: 01:28,08 (01:28,08)   200m: 03:04,85 (01:36,77)   300m: 04:42,20 (01:37,35)			
	400m: 06:21,82 (01:39,62)   500m: 08:02,93 (01:41,11)   600m: 09:42,44 (01:39,51)			
	700m: 11:20,43 (01:37,99)   800m: 12:49,72 (01:29,29)			
2.	Marcellus Tiffe	2006	TuS Neuenrade	13:26,82
	100m: 01:27,90 (01:27,90)   200m: 03:08,95 (01:41,05)   300m: 04:50,37 (01:41,42)			
	400m: 06:34,96 (01:44,59)   500m: 08:19,21 (01:44,25)   600m: 10:05,36 (01:46,15)			
	700m: 11:49,30 (01:43,94)   800m: 13:26,82 (01:37,52)			
3.	Fabian Cyron	2006	SV Albatros Letmathe	14:35,97
	100m: 01:29,33 (01:29,33)   200m: 03:15,80 (01:46,47)   300m: 05:09,24 (01:53,44)			
	400m: 07:05,02 (01:55,78)   500m: 09:02,52 (01:57,50)   600m: 10:57,39 (01:54,87)			
	700m: 12:49,99 (01:52,60)   800m: 14:35,97 (01:45,98)			

## Jahrgang 2005

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Wael Afify	2005	SG Wassersport Iserlohn	11:38,82
	100m: 01:19,57 (01:19,57)   200m: 02:47,42 (01:27,85)   300m: 04:17,10 (01:29,68)			
	400m: 05:47,70 (01:30,60)   500m: 07:15,36 (01:27,66)   600m: 08:43,00 (01:27,64)			
	700m: 10:12,67 (01:29,67)   800m: 11:38,82 (01:26,15)			
2.	Norman Neß	2005	SV Plettenberg 1951 e.V.	11:40,70
	100m: 01:21,17 (01:21,17)   200m: 02:52,30 (01:31,13)   300m: 04:22,98 (01:30,68)			
	400m: 05:53,08 (01:30,10)   500m: 07:20,90 (01:27,82)   600m: 08:49,15 (01:28,25)			
	700m: 10:16,43 (01:27,28)   800m: 11:40,70 (01:24,27)			
3.	Leon Blöink	2005	SV08 Werdohl	12:20,39
	100m: 01:15,42 (01:15,42)   200m: 02:42,90 (01:27,48)   300m: 04:13,50 (01:30,60)			
	400m: 05:45,59 (01:32,09)   500m: 07:21,42 (01:35,83)   600m: 09:03,24 (01:41,82)			
	700m: 10:44,85 (01:41,61)   800m: 12:20,39 (01:35,54)			
4.	Achilleas Bibos	2005	SV Plettenberg 1951 e.V.	13:55,42
	100m: 01:27,36 (01:27,36)   200m: 03:09,82 (01:42,46)   300m: 04:56,67 (01:46,85)			
	400m: 06:44,48 (01:47,81)   500m: 08:33,36 (01:48,88)   600m: 10:23,86 (01:50,50)			
	700m: 12:14,23 (01:50,37)   800m: 13:55,42 (01:41,19)			
5.	Matthias Mönig	2005	SV Albatros Letmathe	14:14,18
	100m: 01:28,08 (01:28,08)   200m: 03:12,36 (01:44,28)   300m: 05:02,75 (01:50,39)			
	400m: 06:52,93 (01:50,18)   500m: 08:43,58 (01:50,65)   600m: 10:34,75 (01:51,17)			
	700m: 12:26,86 (01:52,11)   800m: 14:14,18 (01:47,32)			

## Jahrgang 2004

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Jakob Linnenbürger	2004	SV Bieber Lendringsen	11:42,02
	100m: 01:18,19 (01:18,19)   200m: 02:46,18 (01:27,99)   300m: 04:15,79 (01:29,61)			
	400m: 05:47,55 (01:31,76)   500m: 07:17,37 (01:29,82)   600m: 08:47,15 (01:29,78)			
	700m: 10:16,98 (01:29,83)   800m: 11:42,02 (01:25,04)			
2.	Jonas Rinscheidt	2004	Mendener SV	11:44,70
	100m: 01:15,89 (01:15,89)   200m: 02:42,48 (01:26,59)   300m: 04:11,96 (01:29,48)			
	400m: 05:42,85 (01:30,89)   500m: 07:16,01 (01:33,16)   600m: 08:46,13 (01:30,12)			
	700m: 10:18,30 (01:32,17)   800m: 11:44,70 (01:26,40)			
3.	Lennie Twelker	2004	SV Bieber Lendringsen	12:07,97
	100m: 01:24,37 (01:24,37)   200m: 02:56,12 (01:31,75)   300m: 04:27,76 (01:31,64)			
	400m: 05:59,89 (01:32,13)   500m: 07:32,77 (01:32,88)   600m: 09:08,02 (01:35,25)			
	700m: 10:39,68 (01:31,66)   800m: 12:07,97 (01:28,29)			
4.	Matthias Schäfer	2004	SG Wassersport Iserlohn	14:18,13
	100m: 01:28,21 (01:28,21)   200m: 03:13,16 (01:44,95)   300m: 04:57,34 (01:44,18)			
	400m: 06:44,82 (01:47,48)   500m: 08:37,02 (01:52,20)   600m: 10:31,83 (01:54,81)			
	700m: 12:27,12 (01:55,29)   800m: 14:18,13 (01:51,01)			

Platz	Schwimmer	Jg.	Verein	Endzeit
5.	Björn-Ole Blanke	2004	SV Hemer 1921	17:41,93
	100m: 01:51,95 (01:51,95)   200m: 03:55,79 (02:03,84)   300m: 06:10,10 (02:14,31)			
	400m: 08:29,31 (02:19,21)   500m: 10:48,45 (02:19,14)   600m: 13:05,46 (02:17,01)			
	700m: 15:26,65 (02:21,19)   800m: 17:41,93 (02:15,28)			

### Jahrgang 2003

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister				
	Tobias Hahn	2003	SV Plettenberg 1951 e.V.	10:54,35
	100m: 01:13,32 (01:13,32)   200m: 02:34,83 (01:21,51)   300m: 03:59,61 (01:24,78)			
	400m: 05:24,87 (01:25,26)   500m: 06:48,04 (01:23,17)   600m: 08:12,14 (01:24,10)			
	700m: 09:36,39 (01:24,25)   800m: 10:54,35 (01:17,96)			
2.	Jan Lukas Schmidt	2003	SV Plettenberg 1951 e.V.	11:42,50
	100m: 01:12,93 (01:12,93)   200m: 02:40,02 (01:27,09)   300m: 04:09,21 (01:29,19)			
	400m: 05:40,20 (01:30,99)   500m: 07:12,28 (01:32,08)   600m: 08:44,20 (01:31,92)			
	700m: 10:16,20 (01:32,00)   800m: 11:42,50 (01:26,30)			
3.	Elias Levermann	2003	SV Plettenberg 1951 e.V.	12:37,93
	100m: 01:21,71 (01:21,71)   200m: 02:55,55 (01:33,84)   300m: 04:32,00 (01:36,45)			
	400m: 06:09,23 (01:37,23)   500m: 07:48,72 (01:39,49)   600m: 09:26,79 (01:38,07)			
	700m: 11:04,17 (01:37,38)   800m: 12:37,93 (01:33,76)			

### Jahrgang 2002

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister				
	Lukas Schwermann	2002	Mendener SV	10:38,17
	100m: 01:11,23 (01:11,23)   200m: 02:29,92 (01:18,69)   300m: 03:50,73 (01:20,81)			
	400m: 05:12,69 (01:21,96)   500m: 06:35,58 (01:22,89)   600m: 07:59,25 (01:23,67)			
	700m: 09:21,23 (01:21,98)   800m: 10:38,17 (01:16,94)			

### Jahrgang 2001

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister				
	Lukas Linnenbürger	2001	SV Bieber Lendringsen	09:07,00
	100m: 01:01,64 (01:01,64)   200m: 02:09,69 (01:08,05)   300m: 03:19,89 (01:10,20)			
	400m: 04:29,59 (01:09,70)   500m: 05:39,71 (01:10,12)   600m: 06:50,01 (01:10,30)			
	700m: 08:00,49 (01:10,48)   800m: 09:07,00 (01:06,51)			
2.	Bastian Hollmann	2001	SV Bieber Lendringsen	09:56,71
	100m: 01:06,85 (01:06,85)   200m: 02:22,51 (01:15,66)   300m: 03:39,25 (01:16,74)			
	400m: 04:56,26 (01:17,01)   500m: 06:14,28 (01:18,02)   600m: 07:32,29 (01:18,01)			
	700m: 08:48,84 (01:16,55)   800m: 09:56,71 (01:07,87)			
3.	Robert Schaaf	2001	SV Hemer 1921	12:45,24
	100m: 01:19,30 (01:19,30)   200m: 02:52,14 (01:32,84)   300m: 04:30,18 (01:38,04)			
	400m: 06:08,24 (01:38,06)   500m: 07:50,00 (01:41,76)   600m: 09:29,64 (01:39,64)			
	700m: 11:09,67 (01:40,03)   800m: 12:45,24 (01:35,57)			
4.	Mattheos Kounatidis	2001	SV Plettenberg 1951 e.V.	13:30,80
	100m: 01:12,74 (01:12,74)   200m: 02:44,89 (01:32,15)   300m: 04:19,54 (01:34,65)			
	400m: 06:10,51 (01:50,97)   500m: 08:03,58 (01:53,07)   600m: 09:56,23 (01:52,65)			
	700m: 11:48,45 (01:52,22)   800m: 13:30,80 (01:42,35)			

### Jahrgang 2000

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister				
	Dominik Peters	2000	SV Bieber Lendringsen	10:59,62
	100m: 01:10,66 (01:10,66)   200m: 02:31,06 (01:20,40)   300m: 03:54,48 (01:23,42)			
	400m: 05:19,02 (01:24,54)   500m: 06:44,88 (01:25,86)   600m: 08:10,76 (01:25,88)			
	700m: 09:36,48 (01:25,72)   800m: 10:59,62 (01:23,14)			

## Jahrgang 1999 und älter

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Florian Renzing	1993	SG Wassersport Iserlohn	09:23,25
	100m: 01:04,67 (01:04,67)   200m: 02:15,36 (01:10,69)   300m: 03:26,74 (01:11,38)			
	400m: 04:38,02 (01:11,28)   500m: 05:50,65 (01:12,63)   600m: 07:03,02 (01:12,37)			
	700m: 08:15,05 (01:12,03)   800m: 09:23,25 (01:08,20)			

## Wettkampf 8 - 800m Freistil Masters männlich

### Ak 20

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Jannik Thomas	1997/AK 20	SV Plettenberg 1951 e.V.	10:07,36
	100m: 01:06,01 (01:06,01)   200m: 02:19,44 (01:13,43)   300m: 03:35,09 (01:15,65)			
	400m: 04:53,21 (01:18,12)   500m: 06:11,26 (01:18,05)   600m: 07:32,22 (01:20,96)			
	700m: 08:52,52 (01:20,30)   800m: 10:07,36 (01:14,84)			

### Ak 50

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Raimond Schaaf	1967/AK 50	SV Hemer 1921	14:07,95
	100m: 01:37,82 (01:37,82)   200m: 03:27,13 (01:49,31)   300m: 05:14,70 (01:47,57)			
	400m: 07:04,57 (01:49,87)   500m: 08:53,10 (01:48,53)   600m: 10:41,89 (01:48,79)			
	700m: 12:27,95 (01:46,06)   800m: 14:07,95 (01:40,00)			

### Ak 60

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Theodor Röhrs	1956/AK 60	SG Wassersport Iserlohn	19:37,88
	100m: 02:17,11 (02:17,11)   200m: 04:44,49 (02:27,38)   300m: 07:12,46 (02:27,97)			
	400m: 09:41,36 (02:28,90)   500m: 12:10,77 (02:29,41)   600m: 14:39,02 (02:28,25)			
	700m: 17:08,68 (02:29,66)   800m: 19:37,88 (02:29,20)			

Iserlohn, den 18.01.2019

Abschnittende: 19:55 Uhr

Protokollende: 20:05 Uhr

gez. Mark Lenhard

gez. Stefan Plötz

gez. Raimond Schaaf

Schiedsrichter weiblich

Schiedsrichter männlich

Protokollführer

## Abschnitt 2 - Samstag 19.01.2019

Einlass: 14:30 Uhr | Einschwimmen: 14:30 Uhr | Kampfrichtersitzung: 14:45 Uhr  
Beginn: 15:30 Uhr

### Kampfgericht Abschnitt 2

Position	Name	Verein
Schiedsrichter weiblich	Mark Dobrinski	
Schiedsrichter männlich	Stefan Plötz	
Starter weiblich	Stefan Plötz	
Starter männlich	Mark Dobrinski	
Sprecher 1	Sinan Cakir	
Sprecher 2	Dina Afify	
Auswerter 1	Katrin Schaaf	
Protokollführer	Raimond Schaaf	

### Zielgericht

Position	Name	Verein
Zielrichterobmann	Myriam Crämer-Thröner	
Zielrichter 1	Nadine Srejc	
Zielrichter 2	Laura Masche	

### Zeitgericht 1

Position	Name	Verein
Zeitnehmerobmann	Theo Röhrs	
Zeitnehmer Bahn 1	Florian Temme	
Zeitnehmer Bahn 2	Nathalie Paßolat	
Zeitnehmer Bahn 3	Dustin Dobrinsky	
Zeitnehmer Bahn 4	Jens Linnenbürger	
Zeitnehmer Bahn 5	Stefanus Pavlakis	
Zeitnehmer Bahn 6	Stephan Schürmann	
Zeitnehmer Bahn 7	Cordula Rinscheid	
Zeitnehmer Bahn 8	Kristina Hartwich	

### Zeitgericht 2

Position	Name	Verein
Zeitnehmerobmann	Theo Röhrs	
Zeitnehmer Bahn 1	Mark Lenhard	
Zeitnehmer Bahn 2	Marcel Proske	
Zeitnehmer Bahn 3	Lisanne Paßolat	
Zeitnehmer Bahn 4	Jens Hahn	
Zeitnehmer Bahn 5	Anke Kramer	
Zeitnehmer Bahn 6	Martin Hyduck	
Zeitnehmer Bahn 7	Raphael Schaaf	

### Wendegericht

Position	Name	Verein
Wenderichter Obmann	Michael Schnelle	
Wenderichter Bahn 1	Samet Ramazan Cakir	
Wenderichter Bahn 2	Lina Hartmann	

## Wettkampffolge für Abschnitt 2

Wettkampf 9 - 400m Freistil weiblich  
Wettkampf 10 - 400m Freistil Masters weiblich  
Wettkampf 11 - 400m Freistil männlich  
Wettkampf 12 - 400m Freistil Masters männlich  
Wettkampf 13 - 1500m Freistil weiblich  
Wettkampf 14 - 1500m Freistil Masters weiblich  
Wettkampf 15 - 1500m Freistil männlich  
Wettkampf 16 - 1500m Freistil Masters männlich

## Wettkampf 9 - 400m Freistil weiblich

### Jahrgang 2009

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister				
	Louisa Zettier	2009	SG Wassersport Iserlohn	07:49,54
	100m: 01:47,78 (01:47,78)   200m: 03:51,86 (02:04,08)   300m: 05:54,01 (02:02,15)			
	400m: 07:49,54 (01:55,53)			
2.	Emma Schürmann	2009	SV Bieber Lendringsen	08:04,23
	100m: 01:49,35 (01:49,35)   200m: 03:55,48 (02:06,13)   300m: 06:02,24 (02:06,76)			
	400m: 08:04,23 (02:01,99)			

### Jahrgang 2008

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister				
	Amelie Böcher	2008	SG Wassersport Iserlohn	05:55,95
	100m: 01:22,84 (01:22,84)   200m: 02:53,65 (01:30,81)   300m: 04:24,56 (01:30,91)			
	400m: 05:55,95 (01:31,39)			
2.	Peggy Neß	2008	SV Plettenberg 1951 e.V.	06:15,36
	100m: 01:26,73 (01:26,73)   200m: 03:01,45 (01:34,72)   300m: 04:37,81 (01:36,36)			
	400m: 06:15,36 (01:37,55)			
3.	Lea Jolie Butzkamm	2008	SV Albatros Letmathe	06:58,33
	100m: 01:33,36 (01:33,36)   200m: 03:21,80 (01:48,44)   300m: 05:11,65 (01:49,85)			
	400m: 06:58,33 (01:46,68)			
4.	Johanna Ernst	2008	TuS Neuenrade	07:13,10
	100m: 01:34,46 (01:34,46)   200m: 03:24,73 (01:50,27)   300m: 05:17,93 (01:53,20)			
	400m: 07:13,10 (01:55,17)			
5.	Marike Helmering	2008	SV Albatros Letmathe	07:13,69
	100m: 01:36,49 (01:36,49)   200m: 03:28,09 (01:51,60)   300m: 05:21,96 (01:53,87)			
	400m: 07:13,69 (01:51,73)			
6.	Sara Guth	2008	TuS Neuenrade	08:17,63
	100m: 01:57,67 (01:57,67)   200m: 04:06,45 (02:08,78)   300m: 06:15,57 (02:09,12)			
	400m: 08:17,63 (02:02,06)			
7.	Reena Dirksmeier	2008	Mendener SV	08:41,29
	100m: 01:53,64 (01:53,64)   200m: 04:11,85 (02:18,21)   300m: 06:32,83 (02:20,98)			
	400m: 08:41,29 (02:08,46)			
8.	Helena Hometa	2008	SV Hemer 1921	08:43,21
	100m: 01:57,98 (01:57,98)   200m: 04:14,77 (02:16,79)   300m: 06:30,66 (02:15,89)			
	400m: 08:43,21 (02:12,55)			
9.	Jördis Johanna Blanke	2008	SV Hemer 1921	08:45,17
	100m: 02:00,04 (02:00,04)   200m: 04:15,10 (02:15,06)   300m: 06:32,37 (02:17,27)			
	400m: 08:45,17 (02:12,80)			
	<u>abgemeldet</u>			
	Emilia Brüggemann	2008	SG Wassersport Iserlohn	



## Jahrgang 2007

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Lavinia Mongiello	2007	SG Wassersport Iserlohn	05:56,09
	100m: 01:24,20 (01:24,20)   200m: 02:55,12 (01:30,92)   300m: 04:26,63 (01:31,51)			
	400m: 05:56,09 (01:29,46)			
2.	Lorena Janke	2007	SV Bieber Lendringsen	06:02,44
	100m: 01:21,20 (01:21,20)   200m: 02:54,45 (01:33,25)   300m: 04:29,83 (01:35,38)			
	400m: 06:02,44 (01:32,61)			
3.	Mareike Ludenia	2007	SV08 Werdohl	06:37,31
	100m: 01:27,99 (01:27,99)   200m: 03:11,36 (01:43,37)   300m: 04:56,30 (01:44,94)			
	400m: 06:37,31 (01:41,01)			
4.	Kaitlyn Lipps	2007	SV Plettenberg 1951 e.V.	07:00,23
	100m: 01:38,95 (01:38,95)   200m: 03:27,55 (01:48,60)   300m: 05:20,99 (01:53,44)			
	400m: 07:00,23 (01:39,24)			
5.	Leonie Sophie Wächter	2007	SG Wassersport Iserlohn	07:01,97
	100m: 01:41,67 (01:41,67)   200m: 03:29,34 (01:47,67)   300m: 05:19,30 (01:49,96)			
	400m: 07:01,97 (01:42,67)			
6.	Olivia Molina Karras	2007	Wfr. Lüdenscheid	07:18,72
	100m: 01:47,69 (01:47,69)   200m: 03:39,66 (01:51,97)   300m: 05:31,44 (01:51,78)			
	400m: 07:18,72 (01:47,28)			
7.	Carla Romahn	2007	SG Wassersport Iserlohn	07:28,95
	100m: 01:41,93 (01:41,93)   200m: 03:36,29 (01:54,36)   300m: 05:36,68 (02:00,39)			
	400m: 07:28,95 (01:52,27)			
8.	Julia Filla	2007	SV Bieber Lendringsen	07:49,58
	100m: 01:41,06 (01:41,06)   200m: 03:41,23 (02:00,17)   300m: 05:46,70 (02:05,47)			
	400m: 07:49,58 (02:02,88)			
9.	Angela Bala	2007	SG Wassersport Iserlohn	07:54,63
	100m: 01:47,17 (01:47,17)   200m: 03:50,45 (02:03,28)   300m: 05:53,09 (02:02,64)			
	400m: 07:54,63 (02:01,54)			
10.	Hannah Opalla	2007	SSG Altena 08/47 e.V	08:41,65
	100m: 01:55,85 (01:55,85)   200m: 04:14,14 (02:18,29)   300m: 06:33,99 (02:19,85)			
	400m: 08:41,65 (02:07,66)			

## Jahrgang 2006

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Mia Twelker	2006	SV Bieber Lendringsen	05:20,50
	100m: 01:13,07 (01:13,07)   200m: 02:35,61 (01:22,54)   300m: 03:59,86 (01:24,25)			
	400m: 05:20,50 (01:20,64)			
2.	Greta Weiland	2006	SG Wassersport Iserlohn	05:46,44
	100m: 01:18,58 (01:18,58)   200m: 02:47,61 (01:29,03)   300m: 04:18,42 (01:30,81)			
	400m: 05:46,44 (01:28,02)			
3.	Neele Srejic	2006	SG Wassersport Iserlohn	05:50,59
	100m: 01:21,33 (01:21,33)   200m: 02:50,61 (01:29,28)   400m: 05:50,59 (02:59,98)			
4.	Alexia Kounatidis	2006	SV Plettenberg 1951 e.V.	06:05,98
	100m: 01:20,77 (01:20,77)   200m: 02:55,73 (01:34,96)   300m: 04:32,27 (01:36,54)			
	400m: 06:05,98 (01:33,71)			
5.	Carina Müller	2006	SV Bieber Lendringsen	06:15,19
	100m: 01:23,30 (01:23,30)   200m: 03:00,06 (01:36,76)   300m: 04:37,04 (01:36,98)			
	400m: 06:15,19 (01:38,15)			
6.	Caroline Köster	2006	SV Bieber Lendringsen	07:31,22
	100m: 01:39,75 (01:39,75)   200m: 03:35,18 (01:55,43)   300m: 05:33,34 (01:58,16)			
	400m: 07:31,22 (01:57,88)			
	<u>abgemeldet</u>			
	Mia Dietrich	2006	SV Albatros Letmathe	

## Jahrgang 2005

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Kim Melina Kaqija	2005	SG Wassersport Iserlohn	05:19,52
	100m: 01:13,78 (01:13,78)   200m: 02:36,24 (01:22,46)   300m: 03:59,43 (01:23,19)			
	400m: 05:19,52 (01:20,09)			
2.	Michelle Zofia Winkler	2005	SV Plettenberg 1951 e.V.	05:35,14
	100m: 01:16,40 (01:16,40)   200m: 02:41,67 (01:25,27)   300m: 04:10,09 (01:28,42)			
	400m: 05:35,14 (01:25,05)			
3.	Frieda Romahn	2005	SG Wassersport Iserlohn	05:41,54
	100m: 01:18,72 (01:18,72)   200m: 02:45,82 (01:27,10)   300m: 04:13,79 (01:27,97)			
	400m: 05:41,54 (01:27,75)			
4.	Hannah Sophie Böhnigk	2005	SG Wassersport Iserlohn	05:46,61
	100m: 01:19,00 (01:19,00)   200m: 02:47,61 (01:28,61)   300m: 04:18,43 (01:30,82)			
	400m: 05:46,61 (01:28,18)			
5.	Jolina Schnelle	2005	TuS Neuenrade	06:47,04
	100m: 01:33,41 (01:33,41)   200m: 03:19,03 (01:45,62)   300m: 05:06,99 (01:47,96)			
	400m: 06:47,04 (01:40,05)			
6.	Lara Klein	2005	SV Hemer 1921	07:11,50
	100m: 01:40,30 (01:40,30)   200m: 03:34,21 (01:53,91)   300m: 05:26,27 (01:52,06)			
	400m: 07:11,50 (01:45,23)			

## Jahrgang 2004

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Pia Neß	2004	SV Plettenberg 1951 e.V.	05:27,84
	100m: 01:12,28 (01:12,28)   200m: 02:35,51 (01:23,23)   300m: 04:04,13 (01:28,62)			
	400m: 05:27,84 (01:23,71)			
2.	Anuschka Friedrich	2004	SV Bieber Lendringsen	05:28,44
	100m: 01:15,95 (01:15,95)   200m: 02:40,82 (01:24,87)   300m: 04:05,67 (01:24,85)			
	400m: 05:28,44 (01:22,77)			
3.	Anna Sophie Küppers	2004	SV Bieber Lendringsen	05:57,66
	100m: 01:22,30 (01:22,30)   200m: 02:55,21 (01:32,91)   300m: 04:28,71 (01:33,50)			
	400m: 05:57,66 (01:28,95)			
4.	Neele Ludwig	2004	SG Wassersport Iserlohn	06:04,29
	100m: 01:24,53 (01:24,53)   200m: 02:55,06 (01:30,53)   300m: 04:30,51 (01:35,45)			
	400m: 06:04,29 (01:33,78)			
5.	Petronella George	2004	SV Bieber Lendringsen	06:16,96
	100m: 01:27,65 (01:27,65)   200m: 03:05,74 (01:38,09)   300m: 04:43,81 (01:38,07)			
	400m: 06:16,96 (01:33,15)			
6.	Emily Cramer	2004	TuS Neuenrade	07:40,04
	100m: 01:38,39 (01:38,39)   200m: 03:35,48 (01:57,09)   300m: 05:40,27 (02:04,79)			
	400m: 07:40,04 (01:59,77)			
	<u>abgemeldet</u>			
	Jana Göddeke	2004	SV Hemer 1921	

## Jahrgang 2003

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Stefanie Buchholz	2003	Wfr. Lüdenscheid	04:47,54
	100m: 01:07,24 (01:07,24)   200m: 02:21,19 (01:13,95)   300m: 03:33,16 (01:11,97)			
	400m: 04:47,54 (01:14,38)			
2.	Jasmin Hollmann	2003	SV Bieber Lendringsen	05:22,19
	100m: 01:15,36 (01:15,36)   200m: 02:37,77 (01:22,41)   300m: 04:01,01 (01:23,24)			
	400m: 05:22,19 (01:21,18)			

## Jahrgang 2002

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Lena Brammen	2002	SG Wassersport Iserlohn	05:21,72
	100m: 01:12,83 (01:12,83)   200m: 02:35,92 (01:23,09)   300m: 04:00,12 (01:24,20)			
	400m: 05:21,72 (01:21,60)			
2.	Swantje Hammecke	2002	Wasserfreunde 79 Balve	06:09,39
	100m: 01:23,59 (01:23,59)   200m: 02:59,92 (01:36,33)   300m: 04:38,97 (01:39,05)			
	400m: 06:09,39 (01:30,42)			
3.	Leonie Schnelle	2002	TuS Neuenrade	06:58,06
	100m: 01:35,29 (01:35,29)   200m: 03:22,29 (01:47,00)   300m: 05:12,25 (01:49,96)			
	400m: 06:58,06 (01:45,81)			

## Jahrgang 2001

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Yvonne Bandlofsky	2001	SG Wassersport Iserlohn	06:11,63
	100m: 01:25,84 (01:25,84)   200m: 03:01,00 (01:35,16)   300m: 04:39,04 (01:38,04)			
	400m: 06:11,63 (01:32,59)			

## Jahrgang 2000

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Jeanine Möglich	2000	SV08 Werdohl	04:50,54
	100m: 01:07,01 (01:07,01)   200m: 02:20,06 (01:13,05)   300m: 03:35,21 (01:15,15)			
	400m: 04:50,54 (01:15,33)			
2.	Mandy Wältermann	2000	SV Bieber Lendringsen	05:02,92
	100m: 01:11,48 (01:11,48)   200m: 02:28,67 (01:17,19)   300m: 03:46,52 (01:17,85)			
	400m: 05:02,92 (01:16,40)			
3.	Johanna Schwermann	2000	Mendener SV	05:30,62
	100m: 01:16,24 (01:16,24)   200m: 02:39,61 (01:23,37)   300m: 04:05,24 (01:25,63)			
	400m: 05:30,62 (01:25,38)			
4.	Katharina Simmert	2000	SG Wassersport Iserlohn	07:07,84
	100m: 01:30,69 (01:30,69)   200m: 03:21,71 (01:51,02)   300m: 05:16,18 (01:54,47)			
	400m: 07:07,84 (01:51,66)			

## Jahrgang 1999 und älter

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Raissa Böttcher	1990	SV08 Werdohl	04:54,39
	100m: 01:07,04 (01:07,04)   200m: 02:20,66 (01:13,62)   300m: 03:36,47 (01:15,81)			
	400m: 04:54,39 (01:17,92)			

## Wettkampf 10 - 400m Freistil Masters weiblich

### Ak 25

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Veronika Herdes	1993/AK 25	Wasserfreunde 79 Balve	06:34,46
	100m: 01:25,62 (01:25,62)   200m: 03:07,54 (01:41,92)   300m: 04:53,17 (01:45,63)			
	400m: 06:34,46 (01:41,29)			

# Wettkampf 11 - 400m Freistil männlich

## Jahrgang 2009

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Max Schlemmer	2009	SG Wassersport Iserlohn	08:08,18
	100m: 01:49,03 (01:49,03)   200m: 03:54,59 (02:05,56)   300m: 06:02,40 (02:07,81)			
	400m: 08:08,18 (02:05,78)			

## Jahrgang 2008

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Kelvin Witt	2008	SV Plettenberg 1951 e.V.	05:55,13
	100m: 01:20,44 (01:20,44)   200m: 02:51,42 (01:30,98)   300m: 04:25,60 (01:34,18)			
	400m: 05:55,13 (01:29,53)			
2.	Olgierd Tryk	2008	SV08 Werdohl	06:59,54
	100m: 01:34,73 (01:34,73)   200m: 03:24,37 (01:49,64)   300m: 05:15,05 (01:50,68)			
	400m: 06:59,54 (01:44,49)			
3.	Silas Guth	2008	TuS Neuenrade	07:54,59
	100m: 01:46,76 (01:46,76)   200m: 03:51,00 (02:04,24)   300m: 05:55,71 (02:04,71)			
	400m: 07:54,59 (01:58,88)			
	<u>abgemeldet</u>			
	Felix Holzkamp	2008	TuS Neuenrade	

## Jahrgang 2007

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Mats Schürmann	2007	SV Bieber Lendringsen	06:28,94
	100m: 01:29,55 (01:29,55)   200m: 03:10,16 (01:40,61)   300m: 04:21,32 (01:11,16)			
	400m: 06:28,94 (02:07,62)			
2.	Kirill Bojko	2007	TuS Neuenrade	06:59,11
	100m: 01:36,85 (01:36,85)   200m: 03:24,92 (01:48,07)   300m: 05:14,39 (01:49,47)			
	400m: 06:59,11 (01:44,72)			
3.	Deniz Arlt	2007	SG Wassersport Iserlohn	07:09,43
	100m: 01:37,39 (01:37,39)   200m: 03:32,92 (01:55,53)   300m: 05:26,77 (01:53,85)			
	400m: 07:09,43 (01:42,66)			

## Jahrgang 2006

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Marcellus Tiffe	2006	TuS Neuenrade	06:12,62
	100m: 01:25,87 (01:25,87)   200m: 03:02,51 (01:36,64)   300m: 04:41,74 (01:39,23)			
	400m: 06:12,62 (01:30,88)			
2.	Paul Baumgärtel	2006	SV08 Werdohl	06:12,83
	100m: 01:24,14 (01:24,14)   200m: 03:00,83 (01:36,69)   300m: 04:38,93 (01:38,10)			
	400m: 06:12,83 (01:33,90)			
3.	Elias Thröner	2006	SG Wassersport Iserlohn	06:17,23
	100m: 01:26,90 (01:26,90)   200m: 03:02,59 (01:35,69)   300m: 04:40,48 (01:37,89)			
	400m: 06:17,23 (01:36,75)			
4.	Fabian Cyron	2006	SV Albatros Letmathe	06:45,78
	100m: 01:26,67 (01:26,67)   200m: 03:10,98 (01:44,31)   300m: 04:57,17 (01:46,19)			
	400m: 06:45,78 (01:48,61)			

## Jahrgang 2005

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Nils Rüsche	2005	Wfr. Lüdenscheid	04:52,25
	100m: 01:09,87 (01:09,87)   200m: 02:24,15 (01:14,28)   300m: 03:39,00 (01:14,85)			
	400m: 04:52,25 (01:13,25)			
2.	Norman Neß	2005	SV Plettenberg 1951 e.V.	05:30,97
	100m: 01:19,47 (01:19,47)   200m: 02:43,92 (01:24,45)   300m: 04:07,97 (01:24,05)			
	400m: 05:30,97 (01:23,00)			
3.	Wael Afify	2005	SG Wassersport Iserlohn	05:37,22
	100m: 01:15,68 (01:15,68)   200m: 02:41,24 (01:25,56)   300m: 04:09,05 (01:27,81)			
	400m: 05:37,22 (01:28,17)			
4.	Leon Blöink	2005	SV08 Werdohl	05:45,25
	100m: 01:13,86 (01:13,86)   200m: 02:39,22 (01:25,36)   300m: 04:10,32 (01:31,10)			
	400m: 05:45,25 (01:34,93)			
5.	Lukas Franke	2005	SV Plettenberg 1951 e.V.	05:50,56
	100m: 01:15,60 (01:15,60)   200m: 02:47,07 (01:31,47)   300m: 04:20,02 (01:32,95)			
	400m: 05:50,56 (01:30,54)			
6.	Achilleas Bibos	2005	SV Plettenberg 1951 e.V.	06:42,18
	100m: 01:30,68 (01:30,68)   200m: 03:13,59 (01:42,91)   300m: 05:00,43 (01:46,84)			
	400m: 06:42,18 (01:41,75)			
7.	Matthias Mönig	2005	SV Albatros Letmathe	06:49,58
	100m: 01:25,29 (01:25,29)   200m: 03:10,08 (01:44,79)   300m: 04:59,58 (01:49,50)			
	400m: 06:49,58 (01:50,00)			
8.	Felix Franke	2005	SV Plettenberg 1951 e.V.	06:57,04
	100m: 01:31,06 (01:31,06)   200m: 03:21,54 (01:50,48)   300m: 05:13,71 (01:52,17)			
	400m: 06:57,04 (01:43,33)			

## Jahrgang 2004

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Jonas Rinscheidt	2004	Mendener SV	05:32,63
	100m: 01:14,68 (01:14,68)   200m: 02:40,66 (01:25,98)   300m: 04:08,08 (01:27,42)			
	400m: 05:32,63 (01:24,55)			
2.	Jakob Linnenbürger	2004	SV Bieber Lendringsen	05:33,27
	100m: 01:15,19 (01:15,19)   200m: 02:41,29 (01:26,10)   300m: 04:08,50 (01:27,21)			
	400m: 05:33,27 (01:24,77)			
3.	Lennie Twelker	2004	SV Bieber Lendringsen	05:46,04
	100m: 01:20,43 (01:20,43)   200m: 02:48,78 (01:28,35)   300m: 04:19,21 (01:30,43)			
	400m: 05:46,04 (01:26,83)			
4.	Matthias Schäfer	2004	SG Wassersport Iserlohn	06:38,47
	100m: 01:24,35 (01:24,35)   200m: 03:07,17 (01:42,82)   300m: 04:53,93 (01:46,76)			
	400m: 06:38,47 (01:44,54)			
5.	Björn-Ole Blanke	2004	SV Hemer 1921	08:04,95
	100m: 01:37,09 (01:37,09)   200m: 03:44,54 (02:07,45)   300m: 05:56,50 (02:11,96)			
	400m: 08:04,95 (02:08,45)			

## Jahrgang 2003

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Tobias Hahn	2003	SV Plettenberg 1951 e.V.	05:19,03
	100m: 01:06,07 (01:06,07)   200m: 02:25,14 (01:19,07)   300m: 03:51,40 (01:26,26)			
	400m: 05:19,03 (01:27,63)			
2.	Jan Lukas Schmidt	2003	SV Plettenberg 1951 e.V.	05:36,45
	100m: 01:12,30 (01:12,30)   200m: 02:37,71 (01:25,41)   300m: 04:07,66 (01:29,95)			
	400m: 05:36,45 (01:28,79)			
3.	Elias Levermann	2003	SV Plettenberg 1951 e.V.	05:55,95
	100m: 01:16,29 (01:16,29)   200m: 02:47,63 (01:31,34)   300m: 04:22,66 (01:35,03)			
	400m: 05:55,95 (01:33,29)			

Platz	Schwimmer	Jg.	Verein	Endzeit
4.	Raphael Rudolf Schaaf	2003	SV Hemer 1921	06:40,41
	100m: 01:26,90 (01:26,90)   200m: 03:12,23 (01:45,33)   300m: 04:57,46 (01:45,23)			
	400m: 06:40,41 (01:42,95)			

## Jahrgang 2001

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister				
	Lukas Linnenbürger	2001	SV Bieber Lendringsen	04:23,41
	100m: 00:59,37 (00:59,37)   200m: 02:05,53 (01:06,16)   300m: 03:14,05 (01:08,52)			
	400m: 04:23,41 (01:09,36)			
2.	Maximilian Buchholz	2001	Wfr. Lüdenscheid	04:32,40
	100m: 01:03,32 (01:03,32)   200m: 02:11,96 (01:08,64)   300m: 03:22,37 (01:10,41)			
	400m: 04:32,40 (01:10,03)			
3.	Bastian Hollmann	2001	SV Bieber Lendringsen	05:00,61
	100m: 01:07,02 (01:07,02)   200m: 02:21,96 (01:14,94)   300m: 03:40,98 (01:19,02)			
	400m: 05:00,61 (01:19,63)			
4.	Mattheos Kounatidis	2001	SV Plettenberg 1951 e.V.	05:41,59
	100m: 01:10,87 (01:10,87)   200m: 02:38,89 (01:28,02)   300m: 04:10,36 (01:31,47)			
	400m: 05:41,59 (01:31,23)			

## Jahrgang 2000

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister				
	Michael Peters	2000	SV Bieber Lendringsen	04:38,35
	100m: 01:01,98 (01:01,98)   200m: 02:12,31 (01:10,33)   300m: 03:24,94 (01:12,63)			
	400m: 04:38,35 (01:13,41)			
2.	Dominik Peters	2000	SV Bieber Lendringsen	05:09,18
	100m: 01:09,86 (01:09,86)   200m: 02:29,64 (01:19,78)   300m: 03:51,18 (01:21,54)			
	400m: 05:09,18 (01:18,00)			
3.	Sebastian Peters	2000	SV Bieber Lendringsen	05:10,37
	100m: 01:09,79 (01:09,79)   200m: 02:28,54 (01:18,75)   300m: 03:50,45 (01:21,91)			
	400m: 05:10,37 (01:19,92)			
4.	Marcel Proske	2000	SV Albatros Letmathe	05:36,30
	100m: 01:11,04 (01:11,04)   200m: 02:36,07 (01:25,03)   300m: 04:07,24 (01:31,17)			
	400m: 05:36,30 (01:29,06)			
5.	Maik Brester	2000	SG Wassersport Iserlohn	05:38,75
	100m: 01:10,77 (01:10,77)   200m: 02:35,07 (01:24,30)   300m: 04:05,97 (01:30,90)			
	400m: 05:38,75 (01:32,78)			

## Jahrgang 1999 und älter

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister				
	Florian Renzing	1993	SG Wassersport Iserlohn	04:23,41
	100m: 01:01,56 (01:01,56)   200m: 02:07,85 (01:06,29)   300m: 03:16,61 (01:08,76)			
	400m: 04:23,41 (01:06,80)			

## Wettkampf 12 - 400m Freistil Masters männlich

### Ak 20

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister				
	Jannik Thomas	1997/AK 20	SV Plettenberg 1951 e.V.	04:36,74
	100m: 01:01,57 (01:01,57)   200m: 02:11,14 (01:09,57)   300m: 03:24,26 (01:13,12)			
	400m: 04:36,74 (01:12,48)			
2.	Dominik Möglich	1997/AK 20	SV08 Werdohl	04:46,29
	100m: 01:05,17 (01:05,17)   200m: 02:17,61 (01:12,44)   300m: 03:32,46 (01:14,85)			
	400m: 04:46,29 (01:13,83)			

Platz	Schwimmer	Jg.	Verein	Endzeit
3.	Sven Bartels	1997/AK 20	TuS Neuenrade	06:18,66
	100m: 01:22,74 (01:22,74)   200m: 02:58,18 (01:35,44)   300m: 04:29,90 (01:31,72) 400m: 06:18,66 (01:48,76)			

## Ak 50

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Olaf Wohlfahrt	1967/AK 50	SV Hemer 1921	05:31,59
	100m: 01:18,97 (01:18,97)   200m: 02:43,08 (01:24,11)   300m: 04:07,82 (01:24,74) 400m: 05:31,59 (01:23,77)			

## Ak 55

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Götz Hübenthal	1964/AK 55	SC Gut Naß Altena	07:26,14
	100m: 01:37,02 (01:37,02)   200m: 03:32,77 (01:55,75)   300m: 05:29,14 (01:56,37) 400m: 07:26,14 (01:57,00)			

## Ak 60

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Theodor Röhrs	1956/AK 60	SG Wassersport Iserlohn	09:33,44
	100m: 02:16,64 (02:16,64)   200m: 04:43,84 (02:27,20)   300m: 07:11,08 (02:27,24) 400m: 09:33,44 (02:22,36)			

## Wettkampf 13 - 1500m Freistil weiblich

### Jahrgang 2007

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Jana Rüsche	2007	Wfr. Lüdenscheid	23:00,50
	100m: 01:30,10 (01:30,10)   200m: 02:52,10 (01:22,00)   300m: 04:27,38 (01:35,28) 400m: 06:01,60 (01:34,22)   500m: 07:35,25 (01:33,65)   600m: 09:07,98 (01:32,73) 700m: 10:40,38 (01:32,40)   800m: 12:14,64 (01:34,26)   900m: 13:47,19 (01:32,55) 1000m: 15:19,91 (01:32,72)   1100m: 16:52,69 (01:32,78)   1200m: 18:25,31 (01:32,62) 1300m: 20:14,39 (01:49,08)   1400m: 21:33,09 (01:18,70)   1500m: 23:00,50 (01:27,41)			
2.	Lavinia Mongiello	2007	SG Wassersport Iserlohn	24:22,18
	100m: 01:32,33 (01:32,33)   200m: 03:12,55 (01:40,22)   300m: 04:51,11 (01:38,56) 400m: 06:31,45 (01:40,34)   500m: 08:11,77 (01:40,32)   600m: 09:50,92 (01:39,15) 700m: 11:29,89 (01:38,97)   800m: 12:11,36 (00:41,47)   900m: 14:52,92 (02:41,56) 1000m: 16:33,42 (01:40,50)   1100m: 18:09,95 (01:36,53)   1200m: 19:49,52 (01:39,57) 1300m: 21:24,17 (01:34,65)   1400m: 22:56,46 (01:32,29)   1500m: 24:22,18 (01:25,72)			
3.	Kimberly Kligge	2007	Wfr. Lüdenscheid	25:38,91
	100m: 01:28,60 (01:28,60)   200m: 03:09,41 (01:40,81)   300m: 04:51,55 (01:42,14) 400m: 06:35,01 (01:43,46)   500m: 08:19,37 (01:44,36)   600m: 10:06,33 (01:46,96) 700m: 11:51,64 (01:45,31)   800m: 13:37,19 (01:45,55)   900m: 15:22,99 (01:45,80) 1000m: 17:08,92 (01:45,93)   1100m: 18:49,41 (01:40,49)   1200m: 20:34,07 (01:44,66) 1300m: 22:17,42 (01:43,35)   1400m: 24:01,31 (01:43,89)   1500m: 25:38,91 (01:37,60)			
4.	Laura Galinski	2007	Wfr. Lüdenscheid	26:41,19
	100m: 01:31,64 (01:31,64)   200m: 03:17,19 (01:45,55)   300m: 05:08,61 (01:51,42) 400m: 06:58,82 (01:50,21)   500m: 08:47,82 (01:49,00)   600m: 10:34,74 (01:46,92) 700m: 12:22,51 (01:47,77)   800m: 14:06,11 (01:43,60)   900m: 15:53,58 (01:47,47) 1000m: 17:42,93 (01:49,35)   1100m: 19:32,60 (01:49,67)   1200m: 21:20,08 (01:47,48) 1300m: 23:08,38 (01:48,30)   1400m: 24:59,59 (01:51,21)   1500m: 26:41,19 (01:41,60)			

## Jahrgang 2006

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Greta Weiland	2006	SG Wassersport Iserlohn	23:35,90
	100m: 01:25,76 (01:25,76)   200m: 03:00,14 (01:34,38)   300m: 04:35,59 (01:35,45)			
	400m: 06:11,37 (01:35,78)   500m: 07:44,98 (01:33,61)   600m: 09:20,84 (01:35,86)			
	700m: 10:57,45 (01:36,61)   800m: 12:32,12 (01:34,67)   900m: 14:07,84 (01:35,72)			
	1000m: 15:44,15 (01:36,31)   1100m: 17:20,46 (01:36,31)   1200m: 18:56,68 (01:36,22)			
	1300m: 20:33,26 (01:36,58)   1400m: 22:09,09 (01:35,83)   1500m: 23:35,90 (01:26,81)			
2.	Neele Srejjc	2006	SG Wassersport Iserlohn	23:49,99
	100m: 01:29,62 (01:29,62)   200m: 03:07,44 (01:37,82)   300m: 04:45,96 (01:38,52)			
	400m: 06:23,71 (01:37,75)   500m: 08:00,55 (01:36,84)   600m: 09:37,21 (01:36,66)			
	700m: 11:13,03 (01:35,82)   800m: 12:48,94 (01:35,91)   900m: 14:24,98 (01:36,04)			
	1000m: 16:01,25 (01:36,27)   1100m: 17:37,87 (01:36,62)   1200m: 19:14,24 (01:36,37)			
	1300m: 20:50,21 (01:35,97)   1400m: 22:24,89 (01:34,68)   1500m: 23:49,99 (01:25,10)			
3.	Alexia Kounatidis	2006	SV Plettenberg 1951 e.V.	24:36,92
	100m: 01:25,63 (01:25,63)   200m: 03:04,87 (01:39,24)   300m: 04:46,44 (01:41,57)			
	400m: 06:27,57 (01:41,13)   500m: 08:08,85 (01:41,28)   600m: 09:49,62 (01:40,77)			
	700m: 11:32,54 (01:42,92)   800m: 13:12,25 (01:39,71)   900m: 14:51,10 (01:38,85)			
	1000m: 16:31,73 (01:40,63)   1100m: 19:09,28 (02:37,55)   1200m: 19:46,74 (00:37,46)			
	1300m: 21:26,29 (01:39,55)   1400m: 23:04,84 (01:38,55)   1500m: 24:36,92 (01:32,08)			

## Jahrgang 2005

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Kim Melina Kaqija	2005	SG Wassersport Iserlohn	21:33,31
	100m: 01:15,28 (01:15,28)   200m: 02:40,56 (01:25,28)   300m: 04:06,93 (01:26,37)			
	400m: 05:32,60 (01:25,67)   500m: 06:58,64 (01:26,04)   600m: 08:25,78 (01:27,14)			
	700m: 09:53,43 (01:27,65)   800m: 11:22,25 (01:28,82)   900m: 12:50,14 (01:27,89)			
	1000m: 14:20,21 (01:30,07)   1100m: 15:49,53 (01:29,32)   1200m: 17:14,78 (01:25,25)			
	1300m: 18:42,18 (01:27,40)   1400m: 20:08,46 (01:26,28)   1500m: 21:33,31 (01:24,85)			
2.	Lambrini Tatidou	2005	Wfr. Lüdenscheid	22:09,35
	100m: 01:19,76 (01:19,76)   200m: 02:48,01 (01:28,25)   300m: 04:16,25 (01:28,24)			
	400m: 05:45,41 (01:29,16)   500m: 07:13,47 (01:28,06)   600m: 08:42,73 (01:29,26)			
	700m: 10:13,97 (01:31,24)   800m: 11:43,85 (01:29,88)   900m: 13:14,30 (01:30,45)			
	1000m: 14:45,23 (01:30,93)   1100m: 16:15,53 (01:30,30)   1200m: 17:45,09 (01:29,56)			
	1300m: 19:14,96 (01:29,87)   1400m: 20:45,37 (01:30,41)   1500m: 22:09,35 (01:23,98)			
3.	Frieda Romahn	2005	SG Wassersport Iserlohn	22:23,40
	100m: 01:21,87 (01:21,87)   200m: 02:50,44 (01:28,57)   300m: 04:20,23 (01:29,79)			
	400m: 05:51,55 (01:31,32)   500m: 07:21,57 (01:30,02)   600m: 08:52,40 (01:30,83)			
	700m: 10:22,77 (01:30,37)   800m: 11:52,24 (01:29,47)   900m: 13:22,44 (01:30,20)			
	1000m: 14:50,94 (01:28,50)   1100m: 16:22,05 (01:31,11)   1200m: 17:52,50 (01:30,45)			
	1300m: 19:23,45 (01:30,95)   1400m: 20:54,76 (01:31,31)   1500m: 22:23,40 (01:28,64)			
4.	Michelle Zofia Winkler	2005	SV Plettenberg 1951 e.V.	23:00,01
	100m: 01:17,32 (01:17,32)   200m: 02:47,26 (01:29,94)   300m: 04:20,68 (01:33,42)			
	400m: 05:52,60 (01:31,92)   500m: 07:24,93 (01:32,33)   600m: 08:57,58 (01:32,65)			
	700m: 10:30,20 (01:32,62)   800m: 12:04,57 (01:34,37)   900m: 13:39,56 (01:34,99)			
	1000m: 15:12,99 (01:33,43)   1100m: 16:46,41 (01:33,42)   1200m: 18:21,79 (01:35,38)			
	1300m: 19:56,66 (01:34,87)   1400m: 21:32,00 (01:35,34)   1500m: 23:00,01 (01:28,01)			
5.	Hannah Sophie Böhnigk	2005	SG Wassersport Iserlohn	23:49,51
	100m: 01:23,76 (01:23,76)   200m: 02:45,92 (01:22,16)   300m: 04:28,67 (01:42,75)			
	400m: 06:03,88 (01:35,21)   500m: 07:38,03 (01:34,15)   600m: 09:11,90 (01:33,87)			
	700m: 10:45,63 (01:33,73)   800m: 12:19,95 (01:34,32)   900m: 13:54,21 (01:34,26)			
	1000m: 15:35,02 (01:40,81)   1100m: 17:09,60 (01:34,58)   1200m: 18:54,16 (01:44,56)			
	1300m: 20:32,40 (01:38,24)   1400m: 22:11,66 (01:39,26)   1500m: 23:49,51 (01:37,85)			
6.	Jolina Schnelle	2005	TuS Neuenrade	27:59,99
	100m: 01:41,09 (01:41,09)   200m: 03:32,60 (01:51,51)   300m: 05:26,17 (01:53,57)			
	400m: 07:21,08 (01:54,91)   500m: 09:16,30 (01:55,22)   600m: 11:10,38 (01:54,08)			
	700m: 13:04,87 (01:54,49)   800m: 14:58,21 (01:53,34)   900m: 16:52,53 (01:54,32)			
	1000m: 18:49,52 (01:56,99)   1100m: 20:44,55 (01:55,03)   1200m: 22:38,14 (01:53,59)			
	1300m: 24:28,08 (01:49,94)   1400m: 26:18,87 (01:50,79)   1500m: 27:59,99 (01:41,12)			



## Jahrgang 2004

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Pia Neß	2004	SV Plettenberg 1951 e.V.	21:59,55
	100m: 01:17,34 (01:17,34)   200m: 02:44,50 (01:27,16)   300m: 04:13,74 (01:29,24)			
	400m: 05:42,70 (01:28,96)   500m: 07:12,14 (01:29,44)   600m: 08:40,49 (01:28,35)			
	700m: 10:09,21 (01:28,72)   800m: 11:37,99 (01:28,78)   900m: 13:05,99 (01:28,00)			
	1000m: 14:34,82 (01:28,83)   1100m: 16:04,20 (01:29,38)   1200m: 17:32,68 (01:28,48)			
	1300m: 19:00,25 (01:27,57)   1400m: 20:26,12 (01:25,87)   1500m: 21:59,55 (01:33,43)			
2.	Anuschka Friedrich	2004	SV Bieber Lendringsen	22:38,47
	100m: 01:18,07 (01:18,07)   200m: 02:44,07 (01:26,00)   300m: 04:11,96 (01:27,89)			
	400m: 05:39,72 (01:27,76)   500m: 07:07,99 (01:28,27)   600m: 08:40,23 (01:32,24)			
	700m: 10:09,54 (01:29,31)   800m: 11:43,44 (01:33,90)   900m: 13:18,76 (01:35,32)			
	1000m: 14:54,75 (01:35,99)   1100m: 16:28,58 (01:33,83)   1200m: 17:59,84 (01:31,26)			
	1300m: 19:29,46 (01:29,62)   1400m: 21:07,43 (01:37,97)   1500m: 22:38,47 (01:31,04)			
3.	Vanessa Galinski	2004	Wfr. Lüdenscheid	24:07,71
	100m: 01:23,10 (01:23,10)   200m: 02:54,40 (01:31,30)   300m: 04:27,90 (01:33,50)			
	400m: 06:02,81 (01:34,91)   500m: 07:38,63 (01:35,82)   600m: 09:14,75 (01:36,12)			
	700m: 10:52,35 (01:37,60)   800m: 12:29,51 (01:37,16)   900m: 14:14,30 (01:44,79)			
	1000m: 15:54,19 (01:39,89)   1100m: 17:31,56 (01:37,37)   1200m: 19:14,66 (01:43,10)			
	1300m: 20:56,23 (01:41,57)   1400m: 22:34,17 (01:37,94)   1500m: 24:07,71 (01:33,54)			
4.	Anna Sophie Küppers	2004	SV Bieber Lendringsen	24:50,22
	100m: 01:26,18 (01:26,18)   200m: 03:01,90 (01:35,72)   300m: 04:38,90 (01:37,00)			
	400m: 06:16,49 (01:37,59)   500m: 07:54,93 (01:38,44)   600m: 09:35,12 (01:40,19)			
	700m: 11:16,30 (01:41,18)   800m: 12:57,83 (01:41,53)   900m: 14:40,55 (01:42,72)			
	1000m: 16:23,71 (01:43,16)   1100m: 18:05,93 (01:42,22)   1200m: 19:50,83 (01:44,90)			
	1300m: 21:35,58 (01:44,75)   1400m: 23:15,65 (01:40,07)   1500m: 24:50,22 (01:34,57)			

### abgemeldet

Neele Ludwig 2004 SG Wassersport Iserlohn

## Jahrgang 2003

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Stefanie Buchholz	2003	Wfr. Lüdenscheid	19:09,77
	100m: 01:12,46 (01:12,46)   200m: 02:29,77 (01:17,31)   300m: 03:47,16 (01:17,39)			
	400m: 05:05,25 (01:18,09)   500m: 06:22,63 (01:17,38)   600m: 07:01,64 (00:39,01)			
	700m: 09:59,69 (02:58,05)   800m: 10:18,32 (00:18,63)   900m: 11:36,64 (01:18,32)			
	1000m: 12:53,77 (01:17,13)   1100m: 14:11,32 (01:17,55)   1200m: 15:27,37 (01:16,05)			
	1300m: 16:21,71 (00:54,34)   1400m: 17:58,03 (01:36,32)   1500m: 19:09,77 (01:11,74)			
2.	Jasmin Hollmann	2003	SV Bieber Lendringsen	21:52,08
	100m: 01:18,19 (01:18,19)   200m: 02:44,72 (01:26,53)   300m: 04:12,19 (01:27,47)			
	400m: 05:39,37 (01:27,18)   500m: 07:09,15 (01:29,78)   600m: 08:38,69 (01:29,54)			
	700m: 10:07,97 (01:29,28)   800m: 11:38,47 (01:30,50)   900m: 13:09,22 (01:30,75)			
	1000m: 14:38,90 (01:29,68)   1100m: 16:08,97 (01:30,07)   1200m: 17:38,75 (01:29,78)			
	1300m: 19:07,58 (01:28,83)   1400m: 20:33,65 (01:26,07)   1500m: 21:52,08 (01:18,43)			

## Jahrgang 2002

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Lea Sophie Hörner	2002	Wfr. Lüdenscheid	20:57,95
	100m: 01:16,70 (01:16,70)   200m: 02:39,90 (01:23,20)   300m: 04:03,23 (01:23,33)			
	400m: 05:28,03 (01:24,80)   500m: 06:52,29 (01:24,26)   600m: 08:16,78 (01:24,49)			
	700m: 09:41,44 (01:24,66)   800m: 11:05,73 (01:24,29)   900m: 12:30,26 (01:24,53)			
	1000m: 13:55,77 (01:25,51)   1100m: 15:21,99 (01:26,22)   1200m: 16:46,86 (01:24,87)			
	1300m: 18:12,53 (01:25,67)   1400m: 19:37,25 (01:24,72)   1500m: 20:57,95 (01:20,70)			

Platz	Schwimmerin	Jg.	Verein	Endzeit
2.	Leonie Schnelle	2002	TuS Neuenrade	27:25,40
	100m: 01:34,91 (01:34,91)   200m: 03:22,31 (01:47,40)   300m: 05:12,08 (01:49,77) 400m: 07:02,55 (01:50,47)   500m: 09:53,38 (02:50,83)   600m: 10:44,64 (00:51,26) 700m: 12:34,13 (01:49,49)   800m: 14:23,11 (01:48,98)   900m: 16:15,82 (01:52,71) 1000m: 18:08,31 (01:52,49)   1100m: 20:01,33 (01:53,02)   1200m: 21:53,57 (01:52,24) 1300m: 23:46,84 (01:53,27)   1400m: 25:39,05 (01:52,21)   1500m: 27:25,40 (01:46,35)			

abgemeldet

Lena Brammen 2002 SG Wassersport Iserlohn

## Jahrgang 2001

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Yvonne Bandlofsky	2001	SG Wassersport Iserlohn	25:45,38
	100m: 01:32,03 (01:32,03)   300m: 04:52,98 (03:20,95)   400m: 06:32,98 (01:40,00) 500m: 08:15,41 (01:42,43)   600m: 09:59,78 (01:44,37)   700m: 11:45,34 (01:45,56) 800m: 13:30,84 (01:45,50)   900m: 15:16,63 (01:45,79)   1000m: 17:01,48 (01:44,85) 1100m: 18:45,38 (01:43,90)   1200m: 20:33,31 (01:47,93)   1300m: 22:19,41 (01:46,10) 1400m: 24:09,23 (01:49,82)   1500m: 25:45,38 (01:36,15)			

## Jahrgang 2000

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Jeanine Möglich	2000	SV08 Werdohl	19:53,07
	100m: 01:12,85 (01:12,85)   200m: 02:30,26 (01:17,41)   300m: 03:48,69 (01:18,43) 400m: 05:09,58 (01:20,89)   500m: 06:32,28 (01:22,70)   600m: 07:54,43 (01:22,15) 700m: 09:17,25 (01:22,82)   800m: 10:38,86 (01:21,61)   900m: 12:01,09 (01:22,23) 1000m: 13:24,43 (01:23,34)   1100m: 14:42,40 (01:17,97)   1200m: 15:59,71 (01:17,31) 1300m: 17:17,22 (01:17,51)   1400m: 18:36,41 (01:19,19)   1500m: 19:53,07 (01:16,66)			

## Jahrgang 1999 und älter

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Raissa Böttcher	1990	SV08 Werdohl	19:31,23
	100m: 01:12,20 (01:12,20)   200m: 02:29,05 (01:16,85)   300m: 03:46,68 (01:17,63) 400m: 05:04,79 (01:18,11)   500m: 06:23,14 (01:18,35)   600m: 07:41,54 (01:18,40) 700m: 09:00,12 (01:18,58)   800m: 10:19,03 (01:18,91)   900m: 11:37,68 (01:18,65) 1000m: 12:56,92 (01:19,24)   1100m: 14:16,47 (01:19,55)   1200m: 15:35,91 (01:19,44) 1300m: 16:54,90 (01:18,99)   1400m: 18:13,71 (01:18,81)   1500m: 19:31,23 (01:17,52)			

## Wettkampf 14 - 1500m Freistil Masters weiblich

### Ak 45

Platz	Schwimmerin	Jg.	Verein	Endzeit
1. und Kreismeister	Brigitte Dobrinsky	1972/AK 45	SSG Altena 08/47 e.V	35:26,65
	100m: 02:02,23 (02:02,23)   200m: 04:22,72 (02:20,49)   400m: 09:05,46 (04:42,74) 500m: 11:26,78 (02:21,32)   600m: 13:51,78 (02:25,00)   700m: 16:14,78 (02:23,00) 800m: 18:42,28 (02:27,50)   900m: 21:04,90 (02:22,62)   1000m: 23:30,56 (02:25,66) 1100m: 27:08,15 (03:37,59)   1200m: 28:27,19 (01:19,04)   1300m: 30:43,28 (02:16,09) 1400m: 33:08,28 (02:25,00)   1500m: 35:26,65 (02:18,37)			

## Wettkampf 15 - 1500m Freistil männlich

## Jahrgang 2006

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Elias Thröner	2006	SG Wassersport Iserlohn	24:38,28
	100m: 01:31,19 (01:31,19)   200m: 03:10,21 (01:39,02)   300m: 04:48,87 (01:38,66)			
	400m: 06:30,10 (01:41,23)   500m: 08:09,24 (01:39,14)   600m: 09:50,40 (01:41,16)			
	700m: 11:30,08 (01:39,68)   800m: 13:09,64 (01:39,56)   900m: 14:51,20 (01:41,56)			
	1000m: 16:29,53 (01:38,33)   1100m: 18:07,95 (01:38,42)   1200m: 19:48,34 (01:40,39)			
	1300m: 21:27,65 (01:39,31)   1400m: 23:06,93 (01:39,28)   1500m: 24:38,28 (01:31,35)			

## Jahrgang 2005

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Nils Rüsche	2005	Wfr. Lüdenscheid	19:29,85
	100m: 01:12,05 (01:12,05)   200m: 02:28,64 (01:16,59)   300m: 03:46,64 (01:18,00)			
	400m: 05:04,68 (01:18,04)   500m: 06:23,00 (01:18,32)   600m: 07:41,56 (01:18,56)			
	700m: 08:59,97 (01:18,41)   800m: 10:17,59 (01:17,62)   900m: 11:36,38 (01:18,79)			
	1000m: 12:55,15 (01:18,77)   1100m: 14:14,30 (01:19,15)   1200m: 15:34,02 (01:19,72)			
	1300m: 16:53,64 (01:19,62)   1400m: 18:13,11 (01:19,47)   1500m: 19:29,85 (01:16,74)			
2.	Leon Blöink	2005	SV08 Werdohl	22:13,30
	100m: 01:24,72 (01:24,72)   200m: 02:54,53 (01:29,81)   300m: 04:24,79 (01:30,26)			
	400m: 05:52,39 (01:27,60)   500m: 07:27,02 (01:34,63)   600m: 08:49,22 (01:22,20)			
	700m: 10:16,65 (01:27,43)   800m: 11:45,75 (01:29,10)   900m: 13:14,97 (01:29,22)			
	1000m: 14:45,97 (01:31,00)   1100m: 16:16,76 (01:30,79)   1200m: 17:47,24 (01:30,48)			
	1300m: 19:18,83 (01:31,59)   1400m: 20:48,38 (01:29,55)   1500m: 22:13,30 (01:24,92)			
3.	Norman Neß	2005	SV Plettenberg 1951 e.V.	22:14,26
	100m: 01:21,65 (01:21,65)   200m: 02:51,01 (01:29,36)   300m: 04:21,00 (01:29,99)			
	400m: 05:49,28 (01:28,28)   500m: 07:18,72 (01:29,44)   600m: 08:50,22 (01:31,50)			
	700m: 10:22,27 (01:32,05)   800m: 11:55,41 (01:33,14)   900m: 13:25,40 (01:29,99)			
	1000m: 14:56,88 (01:31,48)   1100m: 16:27,16 (01:30,28)   1200m: 17:54,99 (01:27,83)			
	1300m: 19:22,00 (01:27,01)   1400m: 20:48,41 (01:26,41)   1500m: 22:14,26 (01:25,85)			
4.	Lukas Franke	2005	SV Plettenberg 1951 e.V.	22:29,76
	100m: 01:18,33 (01:18,33)   200m: 02:46,00 (01:27,67)   300m: 04:13,54 (01:27,54)			
	400m: 05:44,56 (01:31,02)   500m: 07:14,33 (01:29,77)   600m: 08:42,98 (01:28,65)			
	700m: 10:17,80 (01:34,82)   800m: 11:50,59 (01:32,79)   900m: 13:24,12 (01:33,53)			
	1000m: 14:54,62 (01:30,50)   1100m: 16:25,93 (01:31,31)   1200m: 17:56,21 (01:30,28)			
	1300m: 19:32,80 (01:36,59)   1400m: 21:05,18 (01:32,38)   1500m: 22:29,76 (01:24,58)			
5.	Wael Afify	2005	SG Wassersport Iserlohn	22:34,41
	100m: 01:22,60 (01:22,60)   200m: 02:52,75 (01:30,15)   300m: 04:27,74 (01:34,99)			
	400m: 05:55,00 (01:27,26)   500m: 07:25,82 (01:30,82)   600m: 08:57,69 (01:31,87)			
	700m: 10:29,38 (01:31,69)   800m: 11:58,20 (01:28,82)   900m: 13:29,15 (01:30,95)			
	1000m: 15:03,05 (01:33,90)   1100m: 16:36,05 (01:33,00)   1200m: 18:07,55 (01:31,50)			
	1300m: 19:40,80 (01:33,25)   1400m: 21:11,76 (01:30,96)   1500m: 22:34,41 (01:22,65)			

## Jahrgang 2004

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Linus Pavlakis	2004	Wfr. Lüdenscheid	20:55,48
	100m: 01:14,03 (01:14,03)   200m: 02:34,50 (01:20,47)   300m: 03:57,55 (01:23,05)			
	400m: 05:21,25 (01:23,70)   500m: 06:45,34 (01:24,09)   600m: 08:10,65 (01:25,31)			
	700m: 09:36,52 (01:25,87)   800m: 11:03,01 (01:26,49)   900m: 12:29,07 (01:26,06)			
	1000m: 13:54,44 (01:25,37)   1100m: 15:20,13 (01:25,69)   1200m: 16:45,25 (01:25,12)			
	1300m: 18:10,54 (01:25,29)   1400m: 19:34,40 (01:23,86)   1500m: 20:55,48 (01:21,08)			
2.	Jonas Rinscheidt	2004	Mendener SV	22:28,69
	100m: 02:29,55 (02:29,55)   200m: 03:59,99 (01:30,44)   300m: 04:20,44 (00:20,45)			
	400m: 05:54,19 (01:33,75)   500m: 07:28,16 (01:33,97)   600m: 09:02,50 (01:34,34)			
	700m: 10:34,06 (01:31,56)   800m: 12:03,34 (01:29,28)   900m: 13:30,89 (01:27,55)			
	1000m: 15:01,79 (01:30,90)   1100m: 16:34,82 (01:33,03)   1200m: 18:02,16 (01:27,34)			
	1300m: 19:33,07 (01:30,91)   1400m: 21:03,14 (01:30,07)   1500m: 22:28,69 (01:25,55)			

Platz	Schwimmer	Jg.	Verein	Endzeit
3.	Jakob Linnenbürger	2004	SV Bieber Lendringsen	22:40,12
	100m: 01:21,54 (01:21,54)   200m: 02:51,73 (01:30,19)   300m: 04:23,20 (01:31,47)			
	400m: 05:55,79 (01:32,59)   500m: 07:29,19 (01:33,40)   600m: 08:58,19 (01:29,00)			
	700m: 10:28,40 (01:30,21)   800m: 12:00,14 (01:31,74)   900m: 13:32,97 (01:32,83)			
	1000m: 14:05,44 (00:32,47)   1100m: 16:36,76 (02:31,32)   1200m: 18:04,11 (01:27,35)			
	1300m: 19:39,23 (01:35,12)   1400m: 21:11,91 (01:32,68)   1500m: 22:40,12 (01:28,21)			
4.	Lennie Twelker	2004	SV Bieber Lendringsen	23:26,08
	100m: 01:24,02 (01:24,02)   200m: 01:45,75 (00:21,73)   300m: 04:32,20 (02:46,45)			
	400m: 06:06,68 (01:34,48)   500m: 07:39,27 (01:32,59)   600m: 09:12,15 (01:32,88)			
	700m: 10:47,25 (01:35,10)   800m: 12:23,70 (01:36,45)   900m: 13:47,95 (01:24,25)			
	1000m: 15:34,14 (01:46,19)   1100m: 17:11,03 (01:36,89)   1200m: 18:47,74 (01:36,71)			
	1300m: 20:23,81 (01:36,07)   1400m: 21:57,77 (01:33,96)   1500m: 23:26,08 (01:28,31)			

## Jahrgang 2003

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister				
	Theo Schwermann	2003	Mendener SV	20:04,33
	100m: 01:08,09 (01:08,09)   200m: 02:26,88 (01:18,79)   300m: 03:46,61 (01:19,73)			
	400m: 05:07,30 (01:20,69)   500m: 06:27,40 (01:20,10)   600m: 07:48,92 (01:21,52)			
	700m: 09:10,61 (01:21,69)   800m: 10:32,92 (01:22,31)   900m: 11:55,08 (01:22,16)			
	1000m: 13:47,84 (01:52,76)   1100m: 14:39,64 (00:51,80)   1200m: 16:02,42 (01:22,78)			
	1300m: 17:25,33 (01:22,91)   1400m: 18:47,66 (01:22,33)   1500m: 20:04,33 (01:16,67)			
2.	Tobias Hahn	2003	SV Plettenberg 1951 e.V.	21:12,47
	100m: 01:16,90 (01:16,90)   200m: 02:43,68 (01:26,78)   300m: 04:11,96 (01:28,28)			
	400m: 05:39,93 (01:27,97)   500m: 07:06,93 (01:27,00)   600m: 08:31,49 (01:24,56)			
	700m: 09:56,21 (01:24,72)   800m: 11:19,40 (01:23,19)   900m: 12:44,80 (01:25,40)			
	1000m: 14:12,24 (01:27,44)   1100m: 15:36,36 (01:24,12)   1200m: 17:04,46 (01:28,10)			
	1300m: 18:29,61 (01:25,15)   1400m: 19:55,11 (01:25,50)   1500m: 21:12,47 (01:17,36)			
3.	Jan Lukas Schmidt	2003	SV Plettenberg 1951 e.V.	23:09,41
	100m: 01:14,84 (01:14,84)   200m: 02:47,12 (01:32,28)   300m: 04:19,68 (01:32,56)			
	400m: 05:52,12 (01:32,44)   500m: 07:23,70 (01:31,58)   600m: 08:56,77 (01:33,07)			
	700m: 10:30,70 (01:33,93)   800m: 12:06,07 (01:35,37)   900m: 13:42,56 (01:36,49)			
	1000m: 15:16,91 (01:34,35)   1100m: 16:51,87 (01:34,96)   1200m: 18:26,77 (01:34,90)			
	1300m: 20:01,68 (01:34,91)   1400m: 21:37,34 (01:35,66)   1500m: 23:09,41 (01:32,07)			
4.	Elias Levermann	2003	SV Plettenberg 1951 e.V.	24:19,87
	100m: 01:24,40 (01:24,40)   200m: 02:58,80 (01:34,40)   300m: 04:35,70 (01:36,90)			
	400m: 06:14,69 (01:38,99)   500m: 07:55,28 (01:40,59)   600m: 09:35,98 (01:40,70)			
	700m: 11:16,07 (01:40,09)   800m: 12:55,72 (01:39,65)   900m: 14:33,66 (01:37,94)			
	1000m: 16:12,29 (01:38,63)   1100m: 17:50,24 (01:37,95)   1200m: 19:30,66 (01:40,42)			
	1300m: 21:10,22 (01:39,56)   1400m: 22:48,31 (01:38,09)   1500m: 24:19,87 (01:31,56)			

## Jahrgang 2002

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister				
	Ben Recht	2002	Wfr. Lüdenscheid	20:16,21
	100m: 01:11,14 (01:11,14)   200m: 02:28,67 (01:17,53)   300m: 03:47,89 (01:19,22)			
	400m: 05:08,56 (01:20,67)   500m: 06:30,46 (01:21,90)   600m: 07:51,39 (01:20,93)			
	700m: 09:13,03 (01:21,64)   800m: 10:35,39 (01:22,36)   900m: 11:58,81 (01:23,42)			
	1000m: 13:21,92 (01:23,11)   1100m: 14:45,53 (01:23,61)   1200m: 16:09,64 (01:24,11)			
	1300m: 17:33,21 (01:23,57)   1400m: 18:55,96 (01:22,75)   1500m: 20:16,21 (01:20,25)			

## Jahrgang 2001

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Lukas Linnenbürger	2001	SV Bieber Lendringsen	17:42,72
	100m: 01:03,75 (01:03,75)   200m: 02:15,30 (01:11,55)   300m: 03:24,82 (01:09,52)			
	400m: 04:34,98 (01:10,16)   500m: 05:45,97 (01:10,99)   700m: 08:08,26 (02:22,29)			
	800m: 09:18,95 (01:10,69)   900m: 10:29,86 (01:10,91)   1000m: 11:42,28 (01:12,42)			
	1100m: 12:54,53 (01:12,25)   1200m: 14:07,74 (01:13,21)   1300m: 15:19,25 (01:11,51)			
	1400m: 16:32,41 (01:13,16)   1500m: 17:42,72 (01:10,31)			
2.	Maximilian Buchholz	2001	Wfr. Lüdenscheid	18:17,25
	100m: 01:06,18 (01:06,18)   200m: 02:17,27 (01:11,09)   300m: 03:29,80 (01:12,53)			
	400m: 04:43,00 (01:13,20)   500m: 05:55,39 (01:12,39)   600m: 07:09,31 (01:13,92)			
	700m: 08:23,24 (01:13,93)   800m: 09:37,30 (01:14,06)   900m: 10:50,52 (01:13,22)			
	1000m: 12:04,71 (01:14,19)   1100m: 13:18,45 (01:13,74)   1200m: 14:32,55 (01:14,10)			
	1300m: 15:47,62 (01:15,07)   1400m: 17:03,71 (01:16,09)   1500m: 18:17,25 (01:13,54)			
3.	Bastian Hollmann	2001	SV Bieber Lendringsen	19:32,76
	100m: 01:11,35 (01:11,35)   200m: 02:27,25 (01:15,90)   300m: 03:45,27 (01:18,02)			
	400m: 05:03,73 (01:18,46)   500m: 06:22,93 (01:19,20)   600m: 07:43,08 (01:20,15)			
	700m: 09:04,06 (01:20,98)   800m: 10:22,59 (01:18,53)   900m: 11:42,42 (01:19,83)			
	1000m: 13:02,35 (01:19,93)   1100m: 14:22,05 (01:19,70)   1200m: 15:41,36 (01:19,31)			
	1300m: 16:57,03 (01:15,67)   1400m: 18:13,67 (01:16,64)   1500m: 19:32,76 (01:19,09)			
4.	Jeremy Rosenberg	2001	Wfr. Lüdenscheid	20:26,00
	100m: 01:14,78 (01:14,78)   200m: 02:35,68 (01:20,90)   300m: 03:57,36 (01:21,68)			
	400m: 05:20,25 (01:22,89)   500m: 06:42,56 (01:22,31)   600m: 08:05,00 (01:22,44)			
	700m: 09:30,06 (01:25,06)   800m: 10:54,06 (01:24,00)   900m: 12:17,39 (01:23,33)			
	1000m: 13:40,28 (01:22,89)   1100m: 15:03,18 (01:22,90)   1200m: 16:26,28 (01:23,10)			
	1300m: 17:47,56 (01:21,28)   1400m: 19:08,21 (01:20,65)   1500m: 20:26,00 (01:17,79)			
5.	Mattheos Kounatidis	2001	SV Plettenberg 1951 e.V.	24:02,60
	100m: 01:17,05 (01:17,05)   200m: 02:50,63 (01:33,58)   300m: 04:24,05 (01:33,42)			
	400m: 06:01,62 (01:37,57)   500m: 07:38,61 (01:36,99)   600m: 09:18,82 (01:40,21)			
	700m: 10:57,53 (01:38,71)   800m: 12:39,33 (01:41,80)   900m: 14:17,11 (01:37,78)			
	1000m: 15:55,57 (01:38,46)   1100m: 17:33,28 (01:37,71)   1200m: 19:14,55 (01:41,27)			
	1300m: 20:50,58 (01:36,03)   1400m: 22:30,93 (01:40,35)   1500m: 24:02,60 (01:31,67)			
6.	Robert Schaaf	2001	SV Hemer 1921	26:17,57
	100m: 01:26,64 (01:26,64)   200m: 03:07,20 (01:40,56)   300m: 04:51,93 (01:44,73)			
	400m: 06:36,91 (01:44,98)   500m: 08:22,84 (01:45,93)   600m: 10:12,49 (01:49,65)			
	700m: 11:59,80 (01:47,31)   800m: 13:46,38 (01:46,58)   900m: 15:35,40 (01:49,02)			
	1000m: 17:24,81 (01:49,41)   1100m: 19:14,62 (01:49,81)   1200m: 21:01,59 (01:46,97)			
	1300m: 22:48,96 (01:47,37)   1400m: 24:38,29 (01:49,33)   1500m: 26:17,57 (01:39,28)			

## Jahrgang 2000

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Michael Peters	2000	SV Bieber Lendringsen	20:08,18
	100m: 01:10,43 (01:10,43)   200m: 02:27,88 (01:17,45)   300m: 03:48,38 (01:20,50)			
	400m: 05:10,75 (01:22,37)   500m: 06:32,30 (01:21,55)   600m: 07:54,89 (01:22,59)			
	700m: 09:15,56 (01:20,67)   800m: 10:36,93 (01:21,37)   900m: 11:59,22 (01:22,29)			
	1000m: 13:20,20 (01:20,98)   1100m: 14:44,57 (01:24,37)   1200m: 16:05,26 (01:20,69)			
	1300m: 17:26,61 (01:21,35)   1400m: 18:47,70 (01:21,09)   1500m: 20:08,18 (01:20,48)			

# Wettkampf 16 - 1500m Freistil Masters männlich

## Ak 20

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Jannik Thomas	1997/AK 20	SV Plettenberg 1951 e.V.	19:37,71
	100m: 01:08,71 (01:08,71)   200m: 02:23,62 (01:14,91)   300m: 03:40,76 (01:17,14)			
	400m: 04:57,63 (01:16,87)   500m: 06:16,34 (01:18,71)   600m: 07:37,87 (01:21,53)			
	700m: 08:57,85 (01:19,98)   800m: 10:19,28 (01:21,43)   900m: 11:38,82 (01:19,54)			
	1000m: 12:59,42 (01:20,60)   1100m: 14:20,00 (01:20,58)   1200m: 15:40,05 (01:20,05)			
	1300m: 17:00,26 (01:20,21)   1400m: 18:21,00 (01:20,74)   1500m: 19:37,71 (01:16,71)			

## Ak 50

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Kreismeister	Raimond Schaaf	1967/AK 50	SV Hemer 1921	26:53,99
	100m: 01:39,04 (01:39,04)   200m: 03:29,78 (01:50,74)   300m: 05:19,53 (01:49,75)			
	400m: 07:11,73 (01:52,20)   500m: 09:01,22 (01:49,49)   600m: 10:50,87 (01:49,65)			
	700m: 12:39,90 (01:49,03)   800m: 14:28,36 (01:48,46)   900m: 16:16,84 (01:48,48)			
	1000m: 18:05,01 (01:48,17)   1100m: 19:52,00 (01:46,99)   1200m: 21:39,35 (01:47,35)			
	1300m: 23:25,72 (01:46,37)   1400m: 25:19,37 (01:53,65)   1500m: 26:53,99 (01:34,62)			

Iserlohn, den 19.01.2019

Abschnittende: 19:14 Uhr

Protokollende: 19:38 Uhr

gez. Mark Dobrinski

gez. Stefan Plötz

gez. Raimond Schaaf

Schiedsrichter weiblich

Schiedsrichter männlich

Protokollführer