

42. ISF des SSV BINGEN in Wiesbaden - Cross-the-River-Cup

vom 20.09.2025 bis 21.09.2025 im Kleinfeldchen

Veranstalter: SSV Bingen / Ausrichter: SSV Bingen

Protokoll

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Wettkampf/Event 35 - 400m Freistil/Freestyle w - nage libre f - freestyle f

Jahrgang 2015

Platz	Teilnehmer/athlete(in)	Jg.	Verein	Endzeit	WA
1.	Elise Mathilda Fertig		SC Wiesbaden 1911	06:27,20	213
100m: 01:30,98 (01:30,98) 200m: 03:11,32 (01:40,34) 300m: 04:49,05 (01:37,73) 400m: 06:27,20 (01:38,15)					

Jahrgang 2014

Platz	Teilnehmer/athlete(in)	Jg.	Verein	Endzeit	WA
1.	Diana Lyzen		SG EWR Rheinhessen-Mainz	05:32,24	337
100m: 01:21,33 (01:21,33) 200m: 02:46,92 (01:25,59) 300m: 04:11,09 (01:24,17) 400m: 05:32,24 (01:21,15)					
2.	Lilly Schreiber		DSW 1912 Darmstadt e.V.	05:38,54	318
100m: 01:21,09 (01:21,09) 200m: 02:49,90 (01:28,81) 300m: 04:16,65 (01:26,75) 400m: 05:38,54 (01:21,89)					
3.	Benedetta Josephine Meyer		SV Delphin Wiesbaden e.V.	06:05,87	252
100m: 01:26,49 (01:26,49) 200m: 03:02,05 (01:35,56) 300m: 04:37,11 (01:35,06) 400m: 06:05,87 (01:28,76)					
4.	Emely Klotz		SC Wiesbaden 1911	06:10,79	242
100m: 01:28,03 (01:28,03) 200m: 03:04,37 (01:36,34) 300m: 04:39,92 (01:35,55) 400m: 06:10,79 (01:30,87)					
5.	Karlotta Maack		SC Wiesbaden 1911	06:40,86	192
100m: 01:31,94 (01:31,94) 200m: 03:13,36 (01:41,42) 300m: 04:56,13 (01:42,77) 400m: 06:40,86 (01:44,73)					
6.	Leni Schäfer		VfR Simmern	06:55,91	172
100m: 01:35,79 (01:35,79) 200m: 03:22,22 (01:46,43) 300m: 05:09,98 (01:47,76) 400m: 06:55,91 (01:45,93)					

Jahrgang 2013

Platz	Teilnehmer/athlete(in)	Jg.	Verein	Endzeit	WA
1.	Ásta Pórey Einarsdóttir		Sundfélag Hafnarfjarðar	05:06,48	429
100m: 01:14,24 (01:14,24) 200m: 02:33,53 (01:19,29) 300m: 03:52,96 (01:19,43) 400m: 05:06,48 (01:13,52)					
2.	Miia Bartash		DSW 1912 Darmstadt e.V.	05:07,46	425
100m: 01:14,64 (01:14,64) 200m: 02:32,78 (01:18,14) 300m: 03:51,91 (01:19,13) 400m: 05:07,46 (01:15,55)					
3.	Lisa Schwartmann		DSW 1912 Darmstadt e.V.	05:17,22	387
100m: 01:14,72 (01:14,72) 200m: 02:35,83 (01:21,11) 300m: 03:57,52 (01:21,69) 400m: 05:17,22 (01:19,70)					
4.	Nora Michalk		DSW 1912 Darmstadt e.V.	05:27,50	352
100m: 01:17,85 (01:17,85) 200m: 02:42,30 (01:24,45) 300m: 04:07,05 (01:24,75) 400m: 05:27,50 (01:20,45)					
5.	Juliane Fertig		SC Wiesbaden 1911	05:28,05	350
100m: 01:19,54 (01:19,54) 200m: 02:44,60 (01:25,06) 300m: 04:08,27 (01:23,67) 400m: 05:28,05 (01:19,78)					
6.	Emma Sophie Jestädt		DSW 1912 Darmstadt e.V.	05:31,57	339
100m: 01:18,34 (01:18,34) 200m: 02:44,53 (01:26,19) 300m: 04:09,37 (01:24,84) 400m: 05:31,57 (01:22,20)					
7.	Emma Proft		DSW 1912 Darmstadt e.V.	05:32,61	336
100m: 01:18,31 (01:18,31) 200m: 02:43,05 (01:24,74) 300m: 04:08,80 (01:25,75) 400m: 05:32,61 (01:23,81)					
8.	Lucy Horschig		SV Delphin Wiesbaden e.V.	05:33,80	332
100m: 01:22,70 (01:22,70) 200m: 02:52,84 (01:30,14) 300m: 04:23,88 (01:31,04) 400m: 05:33,80 (01:09,92)					
9.	Laura Sophie Link		TV Wetzlar 1847	05:34,29	331
100m: 01:20,13 (01:20,13) 200m: 02:46,45 (01:26,32) 300m: 04:10,89 (01:24,44) 400m: 05:34,29 (01:23,40)					
10.	Lara Löbig		DSW 1912 Darmstadt e.V.	05:39,92	315
100m: 01:21,06 (01:21,06) 200m: 02:48,10 (01:27,04) 300m: 04:14,51 (01:26,41) 400m: 05:39,92 (01:25,41)					
11.	Adelina Schnaidt		Mainzer Schwimmverein 01	05:47,36	295
100m: 01:23,45 (01:23,45) 200m: 02:53,30 (01:29,85) 300m: 04:23,02 (01:29,72) 400m: 05:47,36 (01:24,34)					
12.	Änni Schultetus		SG EWR Rheinhessen-Mainz	05:51,44	285
100m: 01:25,92 (01:25,92) 200m: 02:56,06 (01:30,14) 300m: 04:25,83 (01:29,77) 400m: 05:51,44 (01:25,61)					
13.	Finja Willbuck		SG EWR Rheinhessen-Mainz	05:53,20	280
100m: 01:26,07 (01:26,07) 200m: 02:56,48 (01:30,41) 300m: 04:26,54 (01:30,06) 400m: 05:53,20 (01:26,66)					
14.	Sarah Prinz		SG EWR Rheinhessen-Mainz	05:55,83	274
100m: 01:24,61 (01:24,61) 200m: 02:55,66 (01:31,05) 300m: 04:26,08 (01:30,42) 400m: 05:55,83 (01:29,75)					
15.	Mia-Sophie Storm		TV Wetzlar 1847	06:03,70	257
100m: 01:26,60 (01:26,60) 200m: 02:59,60 (01:33,00) 300m: 04:32,07 (01:32,47) 400m: 06:03,70 (01:31,63)					
16.	Johanna Schwalbe		SC Wiesbaden 1911	06:15,02	234
100m: 01:27,60 (01:27,60) 200m: 03:03,16 (01:35,56) 300m: 04:38,82 (01:35,66) 400m: 06:15,02 (01:36,20)					
17.	Jasmina Botic		VfR Simmern	07:14,64	150
100m: 01:40,30 (01:40,30) 200m: 03:23,20 (01:42,90) 300m: 05:26,08 (02:02,88) 400m: 07:14,64 (01:48,56)					



Wettkampf/Eventdaten unter: bingen.schwimm-service.de

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noch Wettkampf/Event 35 - 400m Freistil/Freestyle w - nage libre f - freestyle f

noch Jahrgang 2013

Platz	Teilnehmer/athlete(in)	Jg.	Verein	Endzeit	WA
18.	Paula Becker		VfR Simmern	07:29,66	136
100m: 01:40,53 (01:40,53) 200m: 03:37,91 (01:57,38) 300m: 05:35,50 (01:57,59) 400m: 07:29,66 (01:54,16)					

abgemeldet

Pauline Derucki

SC Wiesbaden 1911

Jahrgang 2012

Platz	Teilnehmer/athlete(in)	Jg.	Verein	Endzeit	WA
1.	Lara-Maria Bensalah		SC Wiesbaden 1911	04:43,88	540
100m: 01:07,07 (01:07,07) 200m: 02:19,91 (01:12,84) 300m: 03:32,63 (01:12,72) 400m: 04:43,88 (01:11,25)					
2.	Nele Solveij Kämper		SC Wiesbaden 1911	05:03,70	441
100m: 01:13,06 (01:13,06) 200m: 02:30,61 (01:17,55) 300m: 03:48,06 (01:17,45) 400m: 05:03,70 (01:15,64)					
3.	Alexia Jesse		DSW 1912 Darmstadt e.V.	05:12,00	407
100m: 01:12,97 (01:12,97) 200m: 02:28,19 (01:15,22) 300m: 03:53,16 (01:24,97) 400m: 05:12,00 (01:18,84)					
4.	Eva Goda Pratusytė		Sundfēlag Hafnarfjarðar	05:12,20	406
100m: 01:15,36 (01:15,36) 200m: 02:35,11 (01:19,75) 300m: 03:55,05 (01:19,94) 400m: 05:12,20 (01:17,15)					
5.	Jule Sophie Kärcher		TV Wetzlar 1847	05:14,76	396
100m: 01:15,92 (01:15,92) 200m: 02:36,67 (01:20,75) 300m: 03:56,86 (01:20,19) 400m: 05:14,76 (01:17,90)					
6.	Milena Wegele		Mainzer Schwimmverein 01	05:16,96	388
100m: 01:15,10 (01:15,10) 200m: 02:35,88 (01:20,78) 300m: 03:57,47 (01:21,59) 400m: 05:16,96 (01:19,49)					
7.	Amelie Prinz		SG EWR Rheinhessen-Mainz	05:25,87	357
100m: 01:16,48 (01:16,48) 200m: 02:40,08 (01:23,60) 300m: 04:03,33 (01:23,25) 400m: 05:25,87 (01:22,54)					
8.	Clara Tissen		TV Wetzlar 1847	05:27,45	352
100m: 01:16,67 (01:16,67) 200m: 02:41,11 (01:24,44) 300m: 04:05,36 (01:24,25) 400m: 05:27,45 (01:22,09)					
9.	Marie Zündorf		SG EWR Rheinhessen-Mainz	05:35,45	327
100m: 01:19,77 (01:19,77) 200m: 02:45,45 (01:25,68) 300m: 04:11,53 (01:26,08) 400m: 05:35,45 (01:23,92)					
10.	Briana Ósk Alvarsdóttir		Sundfēlag Hafnarfjarðar	05:38,89	317
100m: 01:20,57 (01:20,57) 200m: 02:48,57 (01:28,00) 300m: 04:15,76 (01:27,19) 400m: 05:38,89 (01:23,13)					
11.	Lina Bozhinoski		DSW 1912 Darmstadt e.V.	05:40,92	312
100m: 01:21,85 (01:21,85) 200m: 02:51,12 (01:29,27) 300m: 04:19,68 (01:28,56) 400m: 05:40,92 (01:21,24)					
12.	Ella Wörsdörfer		SC Wiesbaden 1911	05:46,02	298
100m: 01:24,13 (01:24,13) 200m: 02:50,65 (01:26,52) 300m: 04:18,90 (01:28,25) 400m: 05:46,02 (01:27,12)					
13.	Emilia Völk		Mainzer Schwimmverein 01	05:54,47	277
100m: 01:21,92 (01:21,92) 200m: 02:51,30 (01:29,38) 300m: 04:23,11 (01:31,81) 400m: 05:54,47 (01:31,36)					
14.	Alba Gálvez Gomez		SC Wiesbaden 1911	06:04,97	254
100m: 01:27,15 (01:27,15) 200m: 03:00,50 (01:33,35) 300m: 04:34,43 (01:33,93) 400m: 06:04,97 (01:30,54)					
15.	Sophia Lynch		VfR Simmern	06:16,20	232
100m: 01:27,11 (01:27,11) 200m: 03:03,85 (01:36,74) 300m: 04:41,73 (01:37,88) 400m: 06:16,20 (01:34,47)					
16.	Emma Titze		SG EWR Rheinhessen-Mainz	06:45,79	185
100m: 01:35,08 (01:35,08) 200m: 03:21,60 (01:46,52) 300m: 05:08,12 (01:46,52) 400m: 06:45,79 (01:37,67)					
17.	Mia Martha Wahl		VfR Simmern	06:52,93	175
100m: 01:38,07 (01:38,07) 200m: 03:23,65 (01:45,58) 300m: 05:10,37 (01:46,72) 400m: 06:52,93 (01:42,56)					
18.	Klara Pohlmann		VfR Simmern	07:33,52	132
100m: 01:45,13 (01:45,13) 200m: 03:37,09 (01:51,96) 300m: 05:28,88 (01:51,79) 400m: 07:33,52 (02:04,64)					

Jahrgang 2011

Platz	Teilnehmer/athlete(in)	Jg.	Verein	Endzeit	WA
1.	Mila Kleinert		DSW 1912 Darmstadt e.V.	04:43,94	540
100m: 01:08,43 (01:08,43) 200m: 02:20,85 (01:12,42) 300m: 03:33,36 (01:12,51) 400m: 04:43,94 (01:10,58)					
2.	Maeva Schneider		TV Wetzlar 1847	05:01,23	452
100m: 01:12,02 (01:12,02) 200m: 02:30,07 (01:18,05) 300m: 03:48,76 (01:18,69) 400m: 05:01,23 (01:12,47)					
3.	Nora Balzer		Kaiserslauterer SK	05:06,07	431
100m: 01:12,00 (01:12,00) 200m: 02:30,00 (01:18,00) 300m: 03:48,76 (01:18,76) 400m: 05:06,07 (01:17,31)					
4.	Laura Gheonea		TV Wetzlar 1847	05:10,78	412
100m: 01:12,15 (01:12,15) 200m: 02:31,97 (01:19,82) 300m: 03:52,38 (01:20,41) 400m: 05:10,78 (01:18,40)					



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noch Wettkampf/Event 35 - 400m Freistil/Freestyle w - nage libre f - freestyle f

noch Jahrgang 2011

Platz	Teilnehmer/athlete(in)	Jg.	Verein	Endzeit	WA
5.	Dafne Stibenz		SG Worms	05:18,68	382
	100m: 01:14,75 (01:14,75) 200m: 02:36,46 (01:21,71) 300m: 03:58,17 (01:21,71) 400m: 05:18,68 (01:20,51)				
6.	Charlotte Heinendirk		SC Wiesbaden 1911	05:27,04	353
	100m: 01:15,39 (01:15,39) 200m: 02:38,48 (01:23,09) 300m: 04:04,83 (01:26,35) 400m: 05:27,04 (01:22,21)				
7.	Lara Clemens		Schwimm-Team Bingerbrück	05:31,99	338
	100m: 01:15,75 (01:15,75) 200m: 02:41,32 (01:25,57) 300m: 04:07,56 (01:26,24) 400m: 05:31,99 (01:24,43)				
8.	Ida Becker		VfR Simmern	05:40,20	314
	100m: 01:19,36 (01:19,36) 200m: 02:47,05 (01:27,69) 300m: 04:14,54 (01:27,49) 400m: 05:40,20 (01:25,66)				
9.	Magdalena Schmidt		Schwimm-Team Bingerbrück	05:58,13	269
	100m: 01:21,82 (01:21,82) 200m: 02:53,83 (01:32,01) 300m: 04:27,21 (01:33,38) 400m: 05:58,13 (01:30,92)				
10.	Karlotta Petry		SC Wiesbaden 1911	05:58,80	267
	100m: 01:23,58 (01:23,58) 200m: 02:54,76 (01:31,18) 300m: 04:28,03 (01:33,27) 400m: 05:58,80 (01:30,77)				
11.	Mia Meiya He		TV Wetzlar 1847	06:04,77	254
	100m: 01:28,77 (01:28,77) 200m: 03:01,66 (01:32,89) 300m: 04:34,10 (01:32,44) 400m: 06:04,77 (01:30,67)				

nicht am Start

Auguste Balciunaite

Sundfélag Hafnarfjarðar

Jahrgang 2010

Platz	Teilnehmer/athlete(in)	Jg.	Verein	Endzeit	WA
1.	Nika Kolmans		SC Wiesbaden 1911	04:38,26	574
	100m: 01:06,95 (01:06,95) 200m: 02:17,32 (01:10,37) 300m: 03:27,80 (01:10,48) 400m: 04:38,26 (01:10,46)				
2.	Ema Austa Pratusytė		Sundfélag Hafnarfjarðar	04:45,52	531
	100m: 01:08,38 (01:08,38) 200m: 02:22,19 (01:13,81) 300m: 03:34,24 (01:12,05) 400m: 04:45,52 (01:11,28)				
3.	Alicja Julia Kempisty		Sundfélag Hafnarfjarðar	04:47,21	522
	100m: 01:07,15 (01:07,15) 200m: 02:20,66 (01:13,51) 300m: 03:34,92 (01:14,26) 400m: 04:47,21 (01:12,29)				
4.	Hildur Erla Hákonardóttir		Sundfélag Hafnarfjarðar	04:56,45	474
	100m: 01:10,95 (01:10,95) 200m: 02:27,80 (01:16,85) 300m: 03:43,61 (01:15,81) 400m: 04:56,45 (01:12,84)				
5.	Lena Felicitas Umland		SG Worms	05:06,26	430
	100m: 01:13,82 (01:13,82) 200m: 02:31,36 (01:17,54) 300m: 03:49,48 (01:18,12) 400m: 05:06,26 (01:16,78)				
6.	Frederike Dargatz		Wfr. Fechenheim	05:13,60	401
	100m: 01:14,95 (01:14,95) 200m: 02:34,32 (01:19,37) 300m: 03:54,60 (01:20,28) 400m: 05:13,60 (01:19,00)				
7.	Emilía Björt Magnúsdóttir		Sundfélag Hafnarfjarðar	05:20,37	376
	100m: 01:17,59 (01:17,59) 200m: 02:39,15 (01:21,56) 300m: 04:01,50 (01:22,35) 400m: 05:20,37 (01:18,87)				
8.	Laura Janzer		SG Worms	05:25,54	358
	100m: 01:16,85 (01:16,85) 200m: 02:40,41 (01:23,56) 300m: 04:04,20 (01:23,79) 400m: 05:25,54 (01:21,34)				
9.	Audrey Kurr		SC Wiesbaden 1911	05:37,36	322
	100m: 01:16,67 (01:16,67) 200m: 02:44,45 (01:27,78) 300m: 04:12,33 (01:27,88) 400m: 05:37,36 (01:25,03)				
10.	Lisa Anderie		SC Holzland	05:57,32	271
	100m: 01:23,75 (01:23,75) 200m: 02:55,66 (01:31,91) 300m: 04:28,69 (01:33,03) 400m: 05:57,32 (01:28,63)				

abgemeldet

Zohra Görlitz

Mainzer Schwimmverein 01

Jahrgang 2009

Platz	Teilnehmer/athlete(in)	Jg.	Verein	Endzeit	WA
1.	Marlene Tecklenburg		SC Wiesbaden 1911	04:35,47	591
	100m: 01:07,30 (01:07,30) 200m: 02:17,03 (01:09,73) 300m: 03:25,99 (01:08,96) 400m: 04:35,47 (01:09,48)				
2.	Karlotta Reihle		SC Wiesbaden 1911	04:53,53	489
	100m: 01:09,78 (01:09,78) 200m: 02:24,43 (01:14,65) 300m: 03:39,24 (01:14,81) 400m: 04:53,53 (01:14,29)				
3.	Clara Freyberg		SG Worms	04:57,13	471
	100m: 01:09,80 (01:09,80) 200m: 02:24,82 (01:15,02) 300m: 03:41,60 (01:16,78) 400m: 04:57,13 (01:15,53)				
4.	Sabina Ahmedov		SC Wiesbaden 1911	05:06,90	428
	100m: 01:11,15 (01:11,15) 200m: 02:29,84 (01:18,69) 300m: 03:49,73 (01:19,89) 400m: 05:06,90 (01:17,17)				



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noch Jahrgang 2009

Platz	Teilnehmer/athlete(in)	Jg.	Verein	Endzeit	WA
5.	Medea Lautdt		TV Wetzlar 1847	05:12,12	406
	100m: 01:13,06 (01:13,06) 200m: 02:31,98 (01:18,92) 300m: 03:52,09 (01:20,11) 400m: 05:12,12 (01:20,03)				
6.	Lina Pohlmann		VfR Simmern	06:19,16	227
	100m: 01:25,09 (01:25,09) 200m: 03:00,56 (01:35,47) 300m: 04:39,26 (01:38,70) 400m: 06:19,16 (01:39,90)				

Jahrgang 2008

Platz	Teilnehmer/athlete(in)	Jg.	Verein	Endzeit	WA
1.	Lucy Fiedler		SG EWR Rheinhessen-Mainz	04:53,31	490
	100m: 01:07,54 (01:07,54) 200m: 02:22,22 (01:14,68) 300m: 03:39,48 (01:17,26) 400m: 04:53,31 (01:13,83)				
2.	Ricarda Clemens		Schwimm-Team Bingerbrück	05:06,32	430
	100m: 01:13,18 (01:13,18) 200m: 02:29,80 (01:16,62) 300m: 03:48,74 (01:18,94) 400m: 05:06,32 (01:17,58)				
3.	Sara Spira		SG EWR Rheinhessen-Mainz	05:07,20	426
	100m: 01:14,76 (01:14,76) 200m: 02:33,82 (01:19,06) 300m: 03:51,20 (01:17,38) 400m: 05:07,20 (01:16,00)				

abgemeldet

Lilly Joséphine Lohse

Schwimm-Team Bingerbrück

Jahrgang 2007 und älter

Platz	Teilnehmer/athlete(in)	Jg.	Verein	Endzeit	WA
1.	Yvonne Pohn		SC Wiesbaden 1911	04:28,06	642
	100m: 01:04,57 (01:04,57) 200m: 02:11,47 (01:06,90) 300m: 03:19,74 (01:08,27) 400m: 04:28,06 (01:08,32)				
2.	Sophia Herbsthoff		DSW 1912 Darmstadt e.V.	04:33,09	607
	100m: 01:04,94 (01:04,94) 200m: 02:13,75 (01:08,81) 300m: 03:23,71 (01:09,96) 400m: 04:33,09 (01:09,38)				
3.	Fiona Dengler-Harles		Mainzer Schwimmverein 01	04:40,45	560
	100m: 01:07,04 (01:07,04) 200m: 02:18,64 (01:11,60) 300m: 03:30,02 (01:11,38) 400m: 04:40,45 (01:10,43)				
4.	Paula Preißing		SC Wiesbaden 1911	04:51,39	500
	100m: 01:08,27 (01:08,27) 200m: 02:21,86 (01:13,59) 300m: 03:36,50 (01:14,64) 400m: 04:51,39 (01:14,89)				
5.	Clara Connert		TV Wetzlar 1847	04:59,45	460
	100m: 01:10,78 (01:10,78) 200m: 02:26,88 (01:16,10) 300m: 03:43,82 (01:16,94) 400m: 04:59,45 (01:15,63)				
6.	Florentine Heischling		SG Worms	04:59,89	458
	100m: 01:10,85 (01:10,85) 200m: 02:25,91 (01:15,06) 300m: 03:42,70 (01:16,79) 400m: 04:59,89 (01:17,19)				
7.	Emmelie Stief		Kaiserslauterer SK	05:06,80	428
	100m: 01:11,20 (01:11,20) 200m: 02:28,80 (01:17,60) 300m: 03:47,58 (01:18,78) 400m: 05:06,80 (01:19,22)				



Wettkampf/Eventdaten unter: bingen.schwimm-service.de

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