

# Übersicht der Ergebnisse

## Nordwestfälische Meisterschaften Lange Strecke und SMK 2026

Name	Jg	M/W	Wk	Strecke	Typ	Abs	Zeit	Platz	Rek	Bemerkung
Binia, Pia	2016	W	3	400m F	E	2	08:12,81	24		
Binia, Pia	2016	W	403	200m R	E	1	03:57,99	6	PBZ	
Binia, Pia	2016	W	411	15m X	E	1	00:14,25	21	VR	
Binia, Pia	2016	W	415	15m X	E	2	00:17,32	24	VR	
Binia, Pia	2016	W	421	100m R	E	3	01:56,76	7	PBZ	
Binia, Pia	2016	W	430	50m RB	E	3	01:13,21	6	PBZ	
Binia, Pia	2016	W	438	200m L	E	4	03:59,89	4	PBZ	
Böke, Hannah	2015	W	3	400m F	E	2	07:48,09	26		
Böke, Hannah	2015	W	402	200m S	E	1	04:50,08	3	PBZ	
Böke, Hannah	2015	W	413	25m X	E	1	00:25,63	21	VR	
Böke, Hannah	2015	W	417	25m X	E	2	00:26,63	13	VR	
Böke, Hannah	2015	W	420	100m S	E	3	02:11,66	3	PBZ	
Böke, Hannah	2015	W	429	50m DB	E	3	01:05,26	3		
Böke, Hannah	2015	W	437	200m L	E	4	04:08,67	3	PBZ	
Heimann, Sophia Stella	2014	W	3	400m F	E	2	06:51,02	22	PBZ	
Heimann, Sophia Stella	2014	W	402	200m S	E	1	03:57,72	3	PBZ	
Heimann, Sophia Stella	2014	W	413	25m X	E	1	00:20,10	8	VR	
Heimann, Sophia Stella	2014	W	417	25m X	E	2	00:21,79	10	VR	
Heimann, Sophia Stella	2014	W	420	100m S	E	3	01:41,67	3	PBZ	
Heimann, Sophia Stella	2014	W	429	50m DB	E	3	00:56,50	3	VR	
Heimann, Sophia Stella	2014	W	437	200m L	E	4	03:31,28	2	PBZ	
Henschel, Marie	2012	W	1	1500m F	E	1	24:34,35	5	SBZ	
Henschel, Marie	2012	W	3	400m F	E	2	06:11,71	8	SBZ	
Kirsch, Joshua	2016	M	4	400m F	E	2	08:01,84	15		
Kirsch, Joshua	2016	M	410	200m F	E	1	03:52,76	5	PBZ	
Kirsch, Joshua	2016	M	412	15m X	E	1	00:11,83	6	VR	
Kirsch, Joshua	2016	M	416	15m X	E	2	00:13,81	6	VR	
Kirsch, Joshua	2016	M	428	100m F	E	3	01:45,38	5	PBZ	
Kirsch, Joshua	2016	M	436	50m KB	E	3	00:50,22	1	VR	
Kirsch, Joshua	2016	M	444	200m L	E	4	04:27,82	4	PBZ	
Krause, Luana-Melody	2014	W	3	400m F	E	2	n.a			
Krause, Luana-Melody	2014	W	5	800m F	E	3	n.a			
Krause, Luana-Melody	2014	W	404	200m B	E	1	n.a			
Krause, Luana-Melody	2014	W	413	25m X	E	1	n.a			
Krause, Luana-Melody	2014	W	417	25m X	E	2	n.a			
Krause, Luana-Melody	2014	W	422	100m B	E	3	n.a			
Krause, Luana-Melody	2014	W	431	50m BB	E	3	n.a			
Krause, Luana-Melody	2014	W	439	200m L	E	4	n.a			
Langer, Elena	2013	W	1	1500m F	E	1	n.a			
Langer, Elena	2013	W	3	400m F	E	2	n.a			
Notthoff, Felix	2014	M	2	1500m F	E	1	30:22,48	2	PBZ	
Notthoff, Felix	2014	M	4	400m F	E	2	07:35,27	17	PBZ	
Ruf, Albert	2014	M	4	400m F	E	2	07:12,81	15	PBZ	
Ruf, Albert	2014	M	409	200m B	E	1	03:35,77	2	PBZ	
Ruf, Albert	2014	M	414	25m X	E	1	00:30,59	15	VR	
Ruf, Albert	2014	M	418	25m X	E	2	00:39,39	18	VR	

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Ruf, Albert	2014	M	427	100m B	E	3	01:42,72	2	PBZ	
Ruf, Albert	2014	M	435	50m BB	E	3	01:00,80	2	PBZ	
Ruf, Albert	2014	M	443	200m L	E	4	03:29,69	2	PBZ	
Ruf, Rafael	2015	M	4	400m F	E	2	07:09,76	16	PBZ	
Ruf, Rafael	2015	M	410	200m F	E	1	03:24,40	8	PBZ	
Ruf, Rafael	2015	M	414	25m X	E	1	00:24,66	14	VR	
Ruf, Rafael	2015	M	418	25m X	E	2	00:28,18	16	VR	
Ruf, Rafael	2015	M	428	100m F	E	3	01:26,53	4		
Ruf, Rafael	2015	M	436	50m KB	E	3	01:07,03	6	PBZ	
Ruf, Rafael	2015	M	444	200m L	E	4	03:30,04	3	PBZ	
Ruf, Robert	2012	M	2	1500m F	E	1	19:09,53	1	VR	
Ruf, Robert	2012	M	4	400m F	E	2	04:51,51	1	PBZ	
Ruf, Robert	2012	M	6	800m F	E	3	10:05,10	1	VR	
Ruf, Robert	2012	M	8	400m L	E	4	05:38,87	1	PBZ	
Schulz, Lilly Paula	2015	W	3	400m F	E	2	07:04,74	19	PBZ	
Schulz, Lilly Paula	2015	W	5	800m F	E	3	14:47,60	4		
Schulz, Lilly Paula	2015	W	403	200m R	E	1	03:54,78	8	PBZ	
Schulz, Lilly Paula	2015	W	413	25m X	E	1	00:24,72	18	VR	
Schulz, Lilly Paula	2015	W	417	25m X	E	2	00:29,20	21	VR	
Schulz, Lilly Paula	2015	W	421	100m R	E	3	01:47,72	7		
Schulz, Lilly Paula	2015	W	430	50m RB	E	3	01:06,32	7	VR	
Schulz, Lilly Paula	2015	W	438	200m L	E	4	04:03,71	8		