

## Event 10 - 400m IM female

### Masters 1

Place	Swimmer	Yob   Class	Country	Time	
1. und Internationale Deutsche Meisterin Masters 1					
	Maike Zeterberg	1984   AB	Sportfreunde Berlin 06	06:01,96	419
	50m: 00:37,92 (00:37,92)   100m: 01:21,69 (00:43,77)   150m: 02:07,65 (00:45,96)   200m: 02:53,03 (00:45,38) 250m: 03:46,57 (00:53,54)   300m: 04:40,90 (00:54,33)   350m: 05:22,00 (00:41,10)   400m: 06:01,96 (00:39,96)				

### Overall

Place	Swimmer	Yob   Class	Country	Time		
1. und Internationale Deutsche Meisterin						
	Siena Oxby	2007   SM14	Aquatics GB	05:40,37	603	
	50m: 00:33,60 (00:33,60)   100m: 01:15,16 (00:41,56)   150m: 02:01,37 (00:46,21)   200m: 02:45,15 (00:43,78) 250m: 03:32,66 (00:47,51)   300m: 04:20,88 (00:48,22)   350m: 05:00,96 (00:40,08)   400m: 05:40,37 (00:39,41)					
2.	Maike Zeterberg	1984   AB	Sportfreunde Berlin 06	06:01,96	419	
	50m: 00:37,92 (00:37,92)   100m: 01:21,69 (00:43,77)   150m: 02:07,65 (00:45,96)   200m: 02:53,03 (00:45,38) 250m: 03:46,57 (00:53,54)   300m: 04:40,90 (00:54,33)   350m: 05:22,00 (00:41,10)   400m: 06:01,96 (00:39,96)					
3.	Katharina Ganz	1998   SM14	Rüsselsheimer Schwimm-Club 1954	06:29,26	403	
	50m: 00:44,64 (00:44,64)   100m: 01:38,88 (00:54,24)   150m: 02:31,36 (00:52,48)   200m: 03:22,62 (00:51,26) 250m: 04:12,52 (00:49,90)   300m: 05:02,62 (00:50,10)   350m: 05:48,16 (00:45,54)   400m: 06:29,26 (00:41,10)					
4.	Sarah Steinke	1991   AB	Team Bayern	06:29,34	337	EnM
	50m: 00:38,04 (00:38,04)   100m: 01:26,33 (00:48,29)   150m: 02:16,96 (00:50,63)   200m: 03:04,71 (00:47,75) 250m: 04:01,37 (00:56,66)   300m: 05:01,17 (00:59,80)   350m: 05:46,14 (00:44,97)   400m: 06:29,34 (00:43,20)					
5.	Charlotte Hallermann	2006   AB	Ahlener Sportgemeinschaft 93	06:42,34	305	EnM
	50m: 00:43,51 (00:43,51)   100m: 01:42,69 (00:59,18)   150m: 02:34,71 (00:52,02)   200m: 03:25,02 (00:50,31) 250m: 04:19,90 (00:54,88)   300m: 05:16,77 (00:56,87)   350m: 06:01,70 (00:44,93)   400m: 06:42,34 (00:40,64)					

### Mastersmeister - National

Place	Swimmer	Yob   Class	Country	Time		
1. und Deutsche Meisterin Masters						
	Maike Zeterberg	1984   AB	Sportfreunde Berlin 06	06:01,96	419	5
	50m: 00:37,92 (00:37,92)   100m: 01:21,69 (00:43,77)   150m: 02:07,65 (00:45,96)   200m: 02:53,03 (00:45,38) 250m: 03:46,57 (00:53,54)   300m: 04:40,90 (00:54,33)   350m: 05:22,00 (00:41,10)   400m: 06:01,96 (00:39,96)					

### Overall - National

Place	Swimmer	Yob   Class	Country	Time		
1. und Deutsche Meisterin						
	Maike Zeterberg	1984   AB	Sportfreunde Berlin 06	06:01,96	419	10
	50m: 00:37,92 (00:37,92)   100m: 01:21,69 (00:43,77)   150m: 02:07,65 (00:45,96)   200m: 02:53,03 (00:45,38) 250m: 03:46,57 (00:53,54)   300m: 04:40,90 (00:54,33)   350m: 05:22,00 (00:41,10)   400m: 06:01,96 (00:39,96)					
2.	Katharina Ganz	1998   SM14	Rüsselsheimer Schwimm-Club 1954	06:29,26	403	8
	50m: 00:44,64 (00:44,64)   100m: 01:38,88 (00:54,24)   150m: 02:31,36 (00:52,48)   200m: 03:22,62 (00:51,26) 250m: 04:12,52 (00:49,90)   300m: 05:02,62 (00:50,10)   350m: 05:48,16 (00:45,54)   400m: 06:29,26 (00:41,10)					
3.	Sarah Steinke	1991   AB	Team Bayern	06:29,34	337	5
	50m: 00:38,04 (00:38,04)   100m: 01:26,33 (00:48,29)   150m: 02:16,96 (00:50,63)   200m: 03:04,71 (00:47,75) 250m: 04:01,37 (00:56,66)   300m: 05:01,17 (00:59,80)   350m: 05:46,14 (00:44,97)   400m: 06:29,34 (00:43,20)					

**still Event 10 - 400m IM female**

**still Overall - National**

Place	Swimmer	Yob   Class	Country	Time			
4.	Charlotte Hallermann	2006   AB	Ahlener Sportgemeinschaft 93	06:42,34	305	3	EMM
50m: 00:43,51 (00:43,51)   100m: 01:42,69 (00:59,18)   150m: 02:34,71 (00:52,02)   200m: 03:25,02 (00:50,31) 250m: 04:19,90 (00:54,88)   300m: 05:16,77 (00:56,87)   350m: 06:01,70 (00:44,93)   400m: 06:42,34 (00:40,64)							