

SVMV - Bestenliste weiblich ab 2010 - Kurzbahn

50m Freistil

| | | | | | |
|---------------|------------------------|-------------|------------------------------------|----------------|----------------|
| <i>Rekord</i> | <i>Marie Michalski</i> | <i>2000</i> | <i>NSSV Delphin Neubrandenburg</i> | <i>0:26,09</i> | <i>11/2021</i> |
| Platz | Schwimmer | JG | Verein | Zeit | Datum |
| 1 | Marie Michalski | 2000 | NSSV Delphin Neubrandenburg | 0:26,09 | 11/2021 |
| 2 | Emilia Wandel | 2003 | SV Olympia Rostock | 0:26,55 | 10/2019 |
| 3 | Sarah Wendt | 2001 | SC EMPOR Rostock 2000 | 0:26,87 | 11/2017 |
| 4 | Julia Dammann | 1991 | SC EMPOR Rostock 2000 | 0:27,21 | 12/2012 |
| 5 | Nele Klein | 1998 | PSV Schwerin | 0:27,28 | 11/2010 |
| 6 | Nadine Stache | 1994 | Hanse SV Rostock | 0:27,29 | 11/2022 |
| 7 | Sarah Woitendorf | 1991 | Hanse SV Rostock | 0:27,30 | 06/2016 |
| 8 | Pauline Grabe | 2002 | PSV Stralsund | 0:27,36 | 05/2018 |
| 9 | Nicola Werth | 1996 | SC EMPOR Rostock 2000 | 0:27,38 | 10/2012 |
| 10 | Julia Irmer | 1997 | SV Olympia Rostock | 0:27,70 | 11/2015 |

100m Freistil

| | | | | | |
|---------------|------------------------|-------------|-----------------------------|----------------|----------------|
| <i>Rekord</i> | <i>Emilia Wandel</i> | <i>2003</i> | <i>SV Olympia Rostock</i> | <i>0:56,86</i> | <i>10/2019</i> |
| Platz | Schwimmer | JG | Verein | Zeit | Datum |
| 1 | Emilia Wandel | 2003 | SV Olympia Rostock | 0:56,86 | 10/2019 |
| 2 | Sarah Wendt | 2001 | SC EMPOR Rostock 2000 | 0:57,45 | 11/2015 |
| 3 | Marie Michalski | 2000 | NSSV Delphin Neubrandenburg | 0:57,81 | 10/2021 |
| 4 | Julia Dammann | 1991 | SC EMPOR Rostock 2000 | 0:58,69 | 12/2012 |
| 5 | Mia Motczinski | 2007 | SV Olympia Rostock | 0:59,87 | 06/2022 |
| 6 | Pauline Grabe | 2002 | PSV Stralsund | 0:59,93 | 05/2018 |
| 7 | Laura Kienapfel | 2002 | SV Olympia Rostock | 1:00,13 | 12/2017 |
| 8 | Lisanne Marie Großmann | 1995 | PSV Schwerin | 1:00,22 | 05/2012 |
| 9 | Sarah Woitendorf | 1991 | Hanse SV Rostock | 1:00,24 | 06/2016 |
| 10 | Nele Salow | 1997 | PSV Schwerin | 1:00,25 | 10/2010 |

200m Freistil

| | | | | | |
|---------------|------------------------|-------------|------------------------------|----------------|----------------|
| <i>Rekord</i> | <i>Antje Mahn</i> | <i>1989</i> | <i>SC EMPOR Rostock 2000</i> | <i>2:02,59</i> | <i>10/2004</i> |
| Platz | Schwimmer | JG | Verein | Zeit | Datum |
| 1 | Sarah Wendt | 2001 | SC EMPOR Rostock 2000 | 2:04,35 | 11/2015 |
| 2 | Emilia Wandel | 2003 | SV Olympia Rostock | 2:08,95 | 09/2019 |
| 3 | Julia Dammann | 1991 | SC EMPOR Rostock 2000 | 2:09,06 | 10/2011 |
| 4 | Laura Kienapfel | 2002 | SV Olympia Rostock | 2:09,19 | 10/2019 |
| 5 | Lisanne Marie Großmann | 1995 | PSV Schwerin | 2:09,23 | 05/2012 |
| 6 | Marie Franck | 2000 | NSSV Delphin Neubrandenburg | 2:10,74 | 10/2019 |
| 7 | Kathleen Russnak | 1994 | SC EMPOR Rostock 2000 | 2:10,75 | 10/2010 |
| 8 | Nele Salow | 1997 | PSV Schwerin | 2:11,49 | 10/2012 |
| 9 | Nicola Werth | 1996 | SC EMPOR Rostock 2000 | 2:11,94 | 10/2011 |
| 10 | Mia Motczinski | 2007 | SV Olympia Rostock | 2:12,91 | 06/2022 |

SVMV - Bestenliste weiblich ab 2010 - Kurzbahn

400m Freistil

| <i>Rekord</i> | <i>Britta Kamrau</i> | <i>1979</i> | <i>SC EMPOR Rostock 2000</i> | <i>4:14,00</i> | <i>11/2007</i> |
|---------------|------------------------|-------------|------------------------------|----------------|----------------|
| Platz | Schwimmer | JG | Verein | Zeit | Datum |
| 1 | Sarah Wendt | 2001 | SC EMPOR Rostock 2000 | 4:16,83 | 11/2015 |
| 2 | Emilia Wandel | 2003 | SV Olympia Rostock | 4:26,90 | 10/2021 |
| 3 | Laura Kienapfel | 2002 | SV Olympia Rostock | 4:27,85 | 10/2017 |
| 4 | Lydia Winkler | 1991 | SC EMPOR Rostock 2000 | 4:29,91 | 11/2010 |
| 5 | Nicola Werth | 1996 | SC EMPOR Rostock 2000 | 4:34,10 | 10/2012 |
| 6 | Lisanne Marie Großmann | 1995 | PSV Schwerin | 4:36,85 | 06/2011 |
| 7 | Lea Heilmann | 1994 | SC EMPOR Rostock 2000 | 4:38,25 | 10/2010 |
| 8 | Annike Märthe Scheltz | 1995 | SC EMPOR Rostock 2000 | 4:38,76 | 11/2010 |
| 9 | Jasmin Herhold | 2004 | SC EMPOR Rostock 2000 | 4:40,10 | 10/2018 |
| 10 | Mia Motczinski | 2007 | SV Olympia Rostock | 4:43,20 | 10/2021 |

800m Freistil

| <i>Rekord</i> | <i>Britta Kamrau</i> | <i>1979</i> | <i>SC EMPOR Rostock 2000</i> | <i>8:31,49</i> | <i>11/2007</i> |
|---------------|------------------------|-------------|------------------------------|----------------|----------------|
| Platz | Schwimmer | JG | Verein | Zeit | Datum |
| 1 | Sarah Wendt | 2001 | SC EMPOR Rostock 2000 | 8:48,87 | 11/2015 |
| 2 | Lydia Winkler | 1991 | SC EMPOR Rostock 2000 | 9:07,22 | 11/2010 |
| 3 | Nicola Werth | 1996 | SC EMPOR Rostock 2000 | 9:17,55 | 10/2012 |
| 4 | Annike Märthe Scheltz | 1995 | SC EMPOR Rostock 2000 | 9:23,27 | 11/2010 |
| 5 | Lisanne Marie Großmann | 1995 | PSV Schwerin | 9:25,62 | 10/2011 |
| 6 | Jasmin Herhold | 2004 | SC EMPOR Rostock 2000 | 9:27,14 | 10/2019 |
| 7 | Mia Motczinski | 2007 | SV Olympia Rostock | 9:35,33 | 11/2021 |
| 8 | Emilia Wandel | 2003 | SV Olympia Rostock | 9:45,88 | 11/2017 |
| 9 | Lila Göll | 2005 | SC EMPOR Rostock 2000 | 9:47,42 | 10/2019 |
| 10 | Janine Lübcke | 1996 | SV Olympia Rostock | 9:47,90 | 10/2010 |

1500m Freistil

| <i>Rekord</i> | <i>Britta Kamrau</i> | <i>1979</i> | <i>SC EMPOR Rostock 2000</i> | <i>16:28,05</i> | <i>11/2007</i> |
|---------------|-----------------------|-------------|------------------------------|-----------------|----------------|
| Platz | Schwimmer | JG | Verein | Zeit | Datum |
| 1 | Sarah Wendt | 2001 | SC EMPOR Rostock 2000 | 16:56,98 | 11/2015 |
| 2 | Lydia Winkler | 1991 | SC EMPOR Rostock 2000 | 17:21,50 | 11/2010 |
| 3 | Annike Märthe Scheltz | 1995 | SC EMPOR Rostock 2000 | 17:43,44 | 11/2010 |
| 4 | Nicola Werth | 1996 | SC EMPOR Rostock 2000 | 17:45,45 | 11/2011 |
| 5 | Clara Sander | 1995 | SC EMPOR Rostock 2000 | 18:46,38 | 10/2012 |
| 6 | Marie Michalski | 2000 | SC EMPOR Rostock 2000 | 19:25,32 | 12/2022 |
| 7 | Sophie Fischer | 1997 | SC EMPOR Rostock 2000 | 19:34,10 | 10/2012 |
| 8 | Alexandra Assmann | 2008 | PSV Stralsund | 20:15,13 | 12/2023 |
| 9 | Tracy Schätzchen | 2004 | HSG Uni Greifswald | 22:00,93 | 12/2018 |
| 10 | Swantje Schartow | 2008 | TSV Schwerin | 24:37,78 | 11/2023 |

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50m Brust

| <i>Rekord</i> | <i>Julia Irmer</i> | <i>1997</i> | <i>SV Olympia Rostock</i> | <i>0:32,15</i> | <i>11/2014</i> |
|---------------|------------------------|-------------|---------------------------|----------------|----------------|
| Platz | Schwimmer | JG | Verein | Zeit | Datum |
| 1 | Julia Irmer | 1997 | SV Olympia Rostock | 0:32,15 | 11/2014 |
| 2 | Laura Kienapfel | 2002 | SV Olympia Rostock | 0:32,26 | 11/2019 |
| 3 | Julia Dammann | 1991 | SC EMPOR Rostock 2000 | 0:33,31 | 10/2012 |
| 4 | Marie Michalski | 2000 | SC EMPOR Rostock 2000 | 0:33,61 | 11/2022 |
| 5 | Hannah Rühlke | 2000 | PSV Schwerin | 0:33,90 | 12/2017 |
| 6 | Jette Helene Schindler | 2006 | HSG Uni Greifswald | 0:33,99 | 10/2023 |
| 7 | Marlene Bahr | 2002 | PSV Stralsund | 0:34,38 | 05/2018 |
| 8 | Neele Rudolph | 1995 | SC EMPOR Rostock 2000 | 0:34,48 | 10/2011 |
| 9 | Sarah Wendt | 2001 | SC EMPOR Rostock 2000 | 0:34,75 | 10/2018 |
| 10 | Anja Hartung | 2003 | SV Olympia Rostock | 0:34,84 | 10/2018 |

100m Brust

| <i>Rekord</i> | <i>Laura Kienapfel</i> | <i>2002</i> | <i>SV Olympia Rostock</i> | <i>1:10,14</i> | <i>11/2019</i> |
|---------------|------------------------|-------------|---------------------------|----------------|----------------|
| Platz | Schwimmer | JG | Verein | Zeit | Datum |
| 1 | Laura Kienapfel | 2002 | SV Olympia Rostock | 1:10,14 | 11/2019 |
| 2 | Julia Irmer | 1997 | SV Olympia Rostock | 1:10,42 | 11/2014 |
| 3 | Julia Dammann | 1991 | SC EMPOR Rostock 2000 | 1:11,41 | 10/2011 |
| 4 | Marie Michalski | 2000 | SC EMPOR Rostock 2000 | 1:13,03 | 11/2022 |
| 5 | Hannah Rühlke | 2000 | PSV Schwerin | 1:13,94 | 07/2017 |
| 6 | Marlene Bahr | 2002 | PSV Stralsund | 1:14,35 | 05/2018 |
| 7 | Friederike Fass | 2002 | PSV Schwerin | 1:14,36 | 05/2016 |
| 8 | Neele Rudolph | 1995 | SC EMPOR Rostock 2000 | 1:14,42 | 11/2011 |
| 9 | Jette Helene Schindler | 2006 | HSG Uni Greifswald | 1:14,88 | 11/2023 |
| 10 | Sophia Reck | 1996 | PSV Schwerin | 1:15,69 | 05/2013 |

200m Brust

| <i>Rekord</i> | <i>Laura Kienapfel</i> | <i>2002</i> | <i>SV Olympia Rostock</i> | <i>2:29,61</i> | <i>11/2019</i> |
|---------------|------------------------|-------------|---------------------------|----------------|----------------|
| Platz | Schwimmer | JG | Verein | Zeit | Datum |
| 1 | Laura Kienapfel | 2002 | SV Olympia Rostock | 2:29,61 | 11/2019 |
| 2 | Julia Dammann | 1991 | SC EMPOR Rostock 2000 | 2:33,66 | 10/2011 |
| 3 | Julia Irmer | 1997 | SV Olympia Rostock | 2:37,33 | 10/2011 |
| 4 | Hannah Rühlke | 2000 | PSV Schwerin | 2:37,43 | 07/2017 |
| 5 | Marlene Bahr | 2002 | PSV Stralsund | 2:39,40 | 10/2017 |
| 6 | Neele Rudolph | 1995 | SC EMPOR Rostock 2000 | 2:40,84 | 11/2011 |
| 7 | Sophia Reck | 1996 | PSV Schwerin | 2:44,24 | 05/2012 |
| 8 | Friederike Fass | 2002 | PSV Schwerin | 2:45,40 | 11/2015 |
| 9 | Marie Michalski | 2000 | SC EMPOR Rostock 2000 | 2:45,68 | 12/2022 |
| 10 | Jette Mann | 1998 | SC EMPOR Rostock 2000 | 2:45,92 | 11/2010 |

SVMV - Bestenliste weiblich ab 2010 - Kurzbahn

50m Rücken

| | | | | | |
|---------------|------------------------|-------------|------------------------------------|----------------|----------------|
| <i>Rekord</i> | <i>Marie Michalski</i> | <i>2000</i> | <i>NSSV Delphin Neubrandenburg</i> | <i>0:28,89</i> | <i>06/2022</i> |
| Platz | Schwimmer | JG | Verein | Zeit | Datum |
| 1 | Marie Michalski | 2000 | NSSV Delphin Neubrandenburg | 0:28,89 | 06/2022 |
| 2 | Gina Elisa Koop | 2000 | PSV Schwerin | 0:30,17 | 07/2017 |
| 3 | Julia Irmer | 1997 | SV Olympia Rostock | 0:30,43 | 10/2013 |
| 4 | Antonia Czech | 2008 | PSV Schwerin | 0:30,52 | 10/2023 |
| 5 | Sarah Wendt | 2001 | SC EMPOR Rostock 2000 | 0:30,58 | 10/2015 |
| 6 | Sophie Maria Rudolph | 1998 | SV Olympia Rostock | 0:30,69 | 12/2012 |
| 7 | Lisanne Marie Großmann | 1995 | PSV Schwerin | 0:31,24 | 10/2012 |
| 7 | Julia Dammann | 1991 | SC EMPOR Rostock 2000 | 0:31,32 | 10/2012 |
| 9 | Amelie Ritter | 2003 | PSV Schwerin | 0:31,32 | 09/2019 |
| 10 | Josefiné Mayer | 1997 | PSV Schwerin | 0:31,48 | 11/2011 |

100m Rücken

| | | | | | |
|---------------|------------------------|-------------|------------------------------------|----------------|----------------|
| <i>Rekord</i> | <i>Marie Michalski</i> | <i>2000</i> | <i>NSSV Delphin Neubrandenburg</i> | <i>1:02,74</i> | <i>06/2022</i> |
| Platz | Schwimmer | JG | Verein | Zeit | Datum |
| 1 | Marie Michalski | 2000 | NSSV Delphin Neubrandenburg | 1:02,74 | 06/2022 |
| 2 | Gina Elisa Koop | 2000 | PSV Schwerin | 1:04,79 | 07/2017 |
| 3 | Josefiné Mayer | 1997 | PSV Schwerin | 1:04,90 | 05/2015 |
| 4 | Antonia Czech | 2008 | PSV Schwerin | 1:05,86 | 10/2023 |
| 5 | Sarah Wendt | 2001 | SC EMPOR Rostock 2000 | 1:06,01 | 11/2014 |
| 6 | Julia Irmer | 1997 | SV Olympia Rostock | 1:07,44 | 10/2013 |
| 7 | Lisanne Marie Großmann | 1995 | PSV Schwerin | 1:07,61 | 10/2012 |
| 8 | Mia Motczinski | 2007 | SV Olympia Rostock | 1:07,86 | 11/2021 |
| 9 | Jette Helene Schindler | 2006 | HSG Uni Greifswald | 1:08,02 | 11/2023 |
| 10 | Nele Klein | 1998 | PSV Schwerin | 1:08,03 | 10/2010 |

200m Rücken

| | | | | | |
|---------------|------------------------|-------------|------------------------------------|----------------|----------------|
| <i>Rekord</i> | <i>Marie Michalski</i> | <i>2000</i> | <i>NSSV Delphin Neubrandenburg</i> | <i>2:19,58</i> | <i>06/2022</i> |
| Platz | Schwimmer | JG | Verein | Zeit | Datum |
| 1 | Marie Michalski | 2000 | NSSV Delphin Neubrandenburg | 2:19,58 | 06/2022 |
| 2 | Josefiné Mayer | 1997 | PSV Schwerin | 2:20,90 | 11/2011 |
| 3 | Sarah Wendt | 2001 | SC EMPOR Rostock 2000 | 2:21,03 | 11/2014 |
| 4 | Gina Elisa Koop | 2000 | PSV Schwerin | 2:22,03 | 07/2017 |
| 5 | Mia Motczinski | 2007 | SV Olympia Rostock | 2:26,21 | 11/2021 |
| 6 | Nele Klein | 1998 | PSV Schwerin | 2:27,35 | 11/2010 |
| 7 | Nicola Werth | 1996 | SC EMPOR Rostock 2000 | 2:27,63 | 10/2011 |
| 8 | Lisanne Marie Großmann | 1995 | PSV Schwerin | 2:28,23 | 05/2012 |
| 9 | Hannah Hinckeldeyn | 2003 | NSSV Delphin Neubrandenburg | 2:29,02 | 10/2018 |
| 10 | Maike Kozelnik | 2002 | PSV Schwerin | 2:29,40 | 09/2018 |

SVMV - Bestenliste weiblich ab 2010 - Kurzbahn

50m Schmetterling

| | | | | | |
|---------------|------------------------|-------------|-----------------------------|----------------|----------------|
| <i>Rekord</i> | <i>Emilia Wandel</i> | <i>2003</i> | <i>SV Olympia Rostock</i> | <i>0:28,45</i> | <i>10/2019</i> |
| Platz | Schwimmer | JG | Verein | Zeit | Datum |
| 1 | Emilia Wandel | 2003 | SV Olympia Rostock | 0:28,45 | 10/2019 |
| 2 | Jette Helene Schindler | 2006 | HSG Uni Greifswald | 0:28,46 | 10/2023 |
| 3 | Marie Michalski | 2000 | NSSV Delphin Neubrandenburg | 0:28,56 | 11/2021 |
| 4 | Sarah Weitendorf | 1991 | Hanse SV Rostock | 0:28,88 | 06/2016 |
| 5 | Olivia Schulze | 1997 | HSG Uni Rostock | 0:28,91 | 11/2022 |
| 6 | Laura Kienapfel | 2002 | SV Olympia Rostock | 0:29,13 | 06/2018 |
| 7 | Julia Dammann | 1991 | SC EMPOR Rostock 2000 | 0:29,51 | 12/2012 |
| 8 | Nadine Stache | 1994 | Hanse SV Rostock | 0:29,57 | 11/2022 |
| 9 | Mia Motczinski | 2007 | SV Olympia Rostock | 0:29,88 | 09/2022 |
| | Antonia Czech | 2008 | PSV Schwerin | 0:29,88 | 10/2023 |

100m Schmetterling

| | | | | | |
|---------------|------------------------|-------------|------------------------------|----------------|----------------|
| <i>Rekord</i> | <i>Antje Mahn</i> | <i>1989</i> | <i>SC EMPOR Rostock 2000</i> | <i>1:01,88</i> | <i>11/2008</i> |
| Platz | Schwimmer | JG | Verein | Zeit | Datum |
| 1 | Emilia Wandel | 2003 | SV Olympia Rostock | 1:02,93 | 11/2019 |
| 2 | Marie Michalski | 2000 | NSSV Delphin Neubrandenburg | 1:03,50 | 10/2021 |
| 3 | Josefiné Mayer | 1997 | PSV Schwerin | 1:03,82 | 05/2015 |
| | Jette Helene Schindler | 2006 | HSG Uni Greifswald | 1:03,82 | 11/2023 |
| 5 | Laura Kienapfel | 2002 | SV Olympia Rostock | 1:04,92 | 10/2019 |
| 6 | Kathleen Russnak | 1994 | SC EMPOR Rostock 2000 | 1:06,43 | 10/2010 |
| 7 | Charlene Mütschow | 1997 | SV Olympia Rostock | 1:06,66 | 10/2012 |
| 8 | Lydia Winkler | 1991 | SC EMPOR Rostock 2000 | 1:06,90 | 10/2011 |
| 9 | Sarah Weitendorf | 1991 | Hanse SV Rostock | 1:07,12 | 06/2017 |
| 10 | Hannah Rühlke | 2000 | PSV Schwerin | 1:07,21 | 09/2017 |

200m Schmetterling

| | | | | | |
|---------------|------------------------|-------------|------------------------------|----------------|----------------|
| <i>Rekord</i> | <i>Antje Mahn</i> | <i>1989</i> | <i>SC EMPOR Rostock 2000</i> | <i>2:13,59</i> | <i>11/2004</i> |
| Platz | Schwimmer | JG | Verein | Zeit | Datum |
| 1 | Emilia Wandel | 2003 | SV Olympia Rostock | 2:16,90 | 11/2019 |
| 2 | Laura Kienapfel | 2002 | SV Olympia Rostock | 2:20,21 | 10/2017 |
| 3 | Jette Helene Schindler | 2006 | HSG Uni Greifswald | 2:25,37 | 10/2023 |
| 4 | Charlene Mütschow | 1997 | SV Olympia Rostock | 2:27,05 | 10/2012 |
| 5 | Silvana Bodenstein | 1999 | PSV Schwerin | 2:28,18 | 05/2016 |
| 6 | Lea Heilmann | 1994 | SC EMPOR Rostock 2000 | 2:30,21 | 10/2010 |
| 7 | Marie Michalski | 2000 | SC EMPOR Rostock 2000 | 2:32,39 | 12/2022 |
| 8 | Lentje Dierke | 2010 | SC EMPOR Rostock 2000 | 2:32,94 | 06/2023 |
| 9 | Sarah Wendt | 2001 | SC EMPOR Rostock 2000 | 2:33,67 | 11/2015 |
| 10 | Hanna-Maria Stegemann | 2002 | PSV Schwerin | 2:35,10 | 11/2015 |

SVMV - Bestenliste weiblich ab 2010 - Kurzbahn

100m Lagen

| | | | | | |
|---------------|------------------------|-------------|------------------------------------|----------------|----------------|
| <i>Rekord</i> | <i>Marie Michalski</i> | <i>2000</i> | <i>NSSV Delphin Neubrandenburg</i> | <i>1:03,81</i> | <i>09/2021</i> |
| Platz | Schwimmer | JG | Verein | Zeit | Datum |
| 1 | Marie Michalski | 2000 | NSSV Delphin Neubrandenburg | 1:03,81 | 09/2021 |
| 2 | Julia Dammann | 1991 | SC EMPOR Rostock 2000 | 1:05,11 | 12/2012 |
| 3 | Julia Irmer | 1997 | SV Olympia Rostock | 1:05,55 | 11/2014 |
| 4 | Jette Helene Schindler | 2006 | HSG Uni Greifswald | 1:06,77 | 06/2023 |
| 5 | Emilia Wandel | 2003 | SV Olympia Rostock | 1:07,65 | 10/2019 |
| 6 | Hannah Rühlke | 2000 | PSV Schwerin | 1:07,71 | 11/2017 |
| 7 | Sarah Wendt | 2001 | SC EMPOR Rostock 2000 | 1:07,72 | 10/2018 |
| 8 | Laura Kienapfel | 2002 | SV Olympia Rostock | 1:08,02 | 06/2018 |
| 9 | Friederike Fass | 2002 | PSV Schwerin | 1:08,35 | 05/2016 |
| 10 | Marlene Bahr | 2002 | PSV Stralsund | 1:08,65 | 05/2018 |

200m Lagen

| | | | | | |
|---------------|-------------------|-------------|------------------------------|----------------|----------------|
| <i>Rekord</i> | <i>Antje Mahn</i> | <i>1989</i> | <i>SC EMPOR Rostock 2000</i> | <i>2:19,61</i> | <i>11/2003</i> |
| Platz | Schwimmer | JG | Verein | Zeit | Datum |
| 1 | Marie Michalski | 2000 | NSSV Delphin Neubrandenburg | 2:20,64 | 10/2021 |
| 2 | Julia Dammann | 1991 | SC EMPOR Rostock 2000 | 2:22,06 | 10/2011 |
| 3 | Emilia Wandel | 2003 | SV Olympia Rostock | 2:22,48 | 06/2019 |
| 4 | Laura Kienapfel | 2002 | SV Olympia Rostock | 2:23,58 | 07/2017 |
| 5 | Sarah Wendt | 2001 | SC EMPOR Rostock 2000 | 2:24,68 | 10/2017 |
| 6 | Julia Irmer | 1997 | SV Olympia Rostock | 2:25,19 | 11/2014 |
| 7 | Hannah Rühlke | 2000 | PSV Schwerin | 2:25,80 | 07/2017 |
| 8 | Lydia Winkler | 1991 | SC EMPOR Rostock 2000 | 2:25,85 | 10/2010 |
| 9 | Marlene Bahr | 2002 | PSV Stralsund | 2:27,16 | 05/2018 |
| 10 | Friederike Fass | 2002 | PSV Schwerin | 2:28,13 | 05/2016 |

400m Lagen

| | | | | | |
|---------------|-------------------|-------------|------------------------------|----------------|----------------|
| <i>Rekord</i> | <i>Antje Mahn</i> | <i>1989</i> | <i>SC EMPOR Rostock 2000</i> | <i>4:50,97</i> | <i>11/2004</i> |
| Platz | Schwimmer | JG | Verein | Zeit | Datum |
| 1 | Emilia Wandel | 2003 | SV Olympia Rostock | 4:53,73 | 11/2019 |
| 2 | Laura Kienapfel | 2002 | SV Olympia Rostock | 4:55,89 | 10/2019 |
| 3 | Lydia Winkler | 1991 | SC EMPOR Rostock 2000 | 5:04,07 | 11/2011 |
| 4 | Sarah Wendt | 2001 | SC EMPOR Rostock 2000 | 5:04,61 | 11/2015 |
| 5 | Josefiné Mayer | 1997 | PSV Schwerin | 5:05,84 | 10/2011 |
| 6 | Marie Michalski | 2000 | SC EMPOR Rostock 2000 | 5:10,70 | 12/2022 |
| 7 | Nicola Werth | 1996 | SC EMPOR Rostock 2000 | 5:15,22 | 10/2011 |
| 8 | Neele Rudolph | 1995 | SC EMPOR Rostock 2000 | 5:15,67 | 10/2012 |
| 9 | Charlene Mütschow | 1997 | SV Olympia Rostock | 5:16,68 | 10/2012 |
| 10 | Marlene Bahr | 2002 | PSV Stralsund | 5:17,11 | 10/2017 |