

Wettkampf 16 - 400m Freistil männlich**Pflichtzeiten**

2010: 05:05,00 2009: 04:55,00 2008: 04:43,00 2007: 04:39,00 2006: 04:35,00 2005: 04:35,00

Jahrgangswertung Jahrgang 2010

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	
1. und NRW Jahrgangsmeister					
	Woddow, Nils	2010	SG Ruhr	04:41,56	
	100m: 01:08,39 (01:08,39) 200m: 02:21,85 (01:13,46) 300m: 03:34,65 (01:12,80) 400m: 04:41,56 (01:06,91)				
2.	Nickel, Eric	2010	SG Mönchengladbach	04:42,88	
	100m: 01:06,96 (01:06,96) 200m: 02:18,80 (01:11,84) 300m: 03:31,41 (01:12,61) 400m: 04:42,88 (01:11,47)				
3.	Hamdouch, Ilias	2010	SV Rhenania Köln 1919	04:43,36	
	100m: 01:07,90 (01:07,90) 200m: 02:20,65 (01:12,75) 300m: 03:34,01 (01:13,36) 400m: 04:43,36 (01:09,35)				
4.	Engemann, Sören	2010	SG Bergheim	04:48,46	
	100m: 01:10,99 (01:10,99) 200m: 02:25,03 (01:14,04) 300m: 03:36,80 (01:11,77) 400m: 04:48,46 (01:11,66)				
5.	Marasus, Elija	2010	SG Schwimmen Münster	04:50,96	
	100m: 01:08,18 (01:08,18) 200m: 02:22,07 (01:13,89) 300m: 03:37,12 (01:15,05) 400m: 04:50,96 (01:13,84)				
6.	Weidenhaupt, Laurin	2010	SG Schwimmen Münster	04:52,65	
	100m: 01:07,39 (01:07,39) 200m: 02:22,38 (01:14,99) 300m: 03:38,33 (01:15,95) 400m: 04:52,65 (01:14,32)				
7.	Vogt, Nathanael	2010	SG Gladbeck/Recklinghausen	04:57,02	
	100m: 01:10,33 (01:10,33) 200m: 02:26,56 (01:16,23) 300m: 03:44,53 (01:17,97) 400m: 04:57,02 (01:12,49)				
8.	Mothes, Florian	2010	SG Bayer	04:59,81	
	100m: 01:09,23 (01:09,23) 200m: 02:25,30 (01:16,07) 300m: 03:42,59 (01:17,29) 400m: 04:59,81 (01:17,22)				
9.	von Eichel-Streiber, Justus	2010	SG Schwimmen Münster	05:03,51	
	100m: 01:11,90 (01:11,90) 200m: 02:29,46 (01:17,56) 300m: 03:47,61 (01:18,15) 400m: 05:03,51 (01:15,90)				
10.	Winter, Max	2010	SG Essen	05:06,59	EnM
	100m: 01:11,99 (01:11,99) 200m: 02:30,45 (01:18,46) 300m: 03:49,09 (01:18,64) 400m: 05:06,59 (01:17,50)				
11.	Nowak, Tobias	2010	SG Bayer	05:11,81	EnM
	100m: 01:13,96 (01:13,96) 200m: 02:33,73 (01:19,77) 300m: 03:53,32 (01:19,59) 400m: 05:11,81 (01:18,49)				
12.	Bret, David	2010	SV Rhenania Köln 1919	05:12,89	EnM
	100m: 01:14,32 (01:14,32) 200m: 02:34,79 (01:20,47) 300m: 03:55,49 (01:20,70) 400m: 05:12,89 (01:17,40)				
	<u>nicht am Start</u>				
	Malisanovic, Marko	2010	SG Bayer		

Jahrgangswertung Jahrgang 2009

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	
1. und NRW Jahrgangsmeister					
	Bodenburg, Julius	2009	SG Mönchengladbach	04:21,45	
	100m: 01:01,52 (01:01,52) 200m: 02:10,27 (01:08,75) 300m: 03:17,35 (01:07,08) 400m: 04:21,45 (01:04,10)				
2.	Wiens, Jakob	2009	SG Schwimmen Münster	04:29,01	
	100m: 01:01,66 (01:01,66) 200m: 02:10,21 (01:08,55) 300m: 03:19,21 (01:09,00) 400m: 04:29,01 (01:09,80)				

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit
3.	Honstein, Max 100m: 01:01,65 (01:01,65) 200m: 02:10,47 (01:08,82) 300m: 03:20,87 (01:10,40) 400m: 04:31,08 (01:10,21)	2009	SG Oberhausen	04:31,08
4.	Gerads, Moritz 100m: 01:03,31 (01:03,31) 200m: 02:12,76 (01:09,45) 300m: 03:24,05 (01:11,29) 400m: 04:32,86 (01:08,81)	2009	Aachener SV 06	04:32,86
5.	Walter, Alex 100m: 01:08,10 (01:08,10) 200m: 02:19,86 (01:11,76) 300m: 03:31,44 (01:11,58) 400m: 04:41,83 (01:10,39)	2009	SG Bergheim	04:41,83
6.	Wiens, Philipp 100m: 01:07,30 (01:07,30) 200m: 02:18,92 (01:11,62) 300m: 03:31,48 (01:12,56) 400m: 04:42,90 (01:11,42)	2009	SG Bergheim	04:42,90
7.	Nowacki, Timo 100m: 01:04,00 (01:04,00) 200m: 02:17,54 (01:13,54) 300m: 03:33,32 (01:15,78) 400m: 04:44,99 (01:11,67)	2009	SG Gladbeck/Recklinghausen	04:44,99
8.	Maktouf, Rayan 100m: 01:05,64 (01:05,64) 200m: 02:17,45 (01:11,81) 300m: 03:31,62 (01:14,17) 400m: 04:45,16 (01:13,54)	2009	Düsseldorfer SC 1898	04:45,16
9.	Fritah, Raed 100m: 01:08,53 (01:08,53) 200m: 02:21,35 (01:12,82) 300m: 03:32,37 (01:11,02) 400m: 04:45,27 (01:12,90)	2009	SV Rhenania Köln 1919	04:45,27
10.	Heiden, Bruno 100m: 01:05,91 (01:05,91) 200m: 02:19,07 (01:13,16) 300m: 03:33,31 (01:14,24) 400m: 04:45,39 (01:12,08)	2009	SG Neuss	04:45,39
11.	Klump, Frederik 100m: 01:08,41 (01:08,41) 200m: 02:21,66 (01:13,25) 300m: 03:35,59 (01:13,93) 400m: 04:47,34 (01:11,75)	2009	SG Siegen	04:47,34
12.	Forsbach, Timon 100m: 01:07,52 (01:07,52) 200m: 02:21,06 (01:13,54) 300m: 03:35,95 (01:14,89) 400m: 04:48,32 (01:12,37)	2009	TV Ratingen	04:48,32
13.	Hahn, Julian 100m: 01:08,23 (01:08,23) 200m: 02:22,97 (01:14,74) 300m: 03:38,35 (01:15,38) 400m: 04:50,91 (01:12,56)	2009	SG Mönchengladbach	04:50,91

Jahrgangswertung Jahrgang 2008

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und NRW Jahrgangsmeister				
	Bandt, Maximilian 100m: 00:59,33 (00:59,33) 200m: 02:03,38 (01:04,05) 300m: 03:08,60 (01:05,22) 400m: 04:12,66 (01:04,06)	2008	Düsseldorfer SC 1898	04:12,66
2.	Birk, Moritz 100m: 01:00,70 (01:00,70) 200m: 02:08,46 (01:07,76) 300m: 03:16,44 (01:07,98) 400m: 04:22,02 (01:05,58)	2008	SG Essen	04:22,02
3.	Ameziane, Hamza 100m: 01:00,27 (01:00,27) 200m: 02:08,67 (01:08,40) 300m: 03:17,27 (01:08,60) 400m: 04:22,70 (01:05,43)	2008	SG Essen	04:22,70
4.	Nam, Uhyun 100m: 01:03,31 (01:03,31) 200m: 02:14,39 (01:11,08) 300m: 03:26,24 (01:11,85) 400m: 04:36,01 (01:09,77)	2008	SG Schwimmen Münster	04:36,01
5.	Kusche, Elias 100m: 01:04,89 (01:04,89) 200m: 02:16,31 (01:11,42) 300m: 03:28,40 (01:12,09) 400m: 04:37,19 (01:08,79)	2008	VFL Gladbeck 1921	04:37,19

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	
6.	Reber, Luca 100m: 01:03,98 (01:03,98) 200m: 02:16,25 (01:12,27) 300m: 03:28,41 (01:12,16) 400m: 04:37,37 (01:08,96)	2008	SSC Hörde 54/58 e.V.	04:37,37	
7.	Zander, Max 100m: 01:03,89 (01:03,89) 200m: 02:15,93 (01:12,04) 300m: 03:28,68 (01:12,75) 400m: 04:39,66 (01:10,98)	2008	Duisburger ST	04:39,66	
8.	Bertram, Jan Mathis 100m: 01:05,10 (01:05,10) 200m: 02:16,80 (01:11,70) 300m: 03:29,59 (01:12,79) 400m: 04:40,44 (01:10,85)	2008	S. V. Bergisch Gladbach 1920/71 e.V.	04:40,44	
9.	Schliebener, Max 100m: 01:03,83 (01:03,83) 200m: 02:16,32 (01:12,49) 300m: 03:30,78 (01:14,46) 400m: 04:45,38 (01:14,60)	2008	SG Bayer	04:45,38	EnM
10.	Brockhaus, Johannes 100m: 01:06,43 (01:06,43) 200m: 02:18,35 (01:11,92) 300m: 03:32,51 (01:14,16) 400m: 04:45,75 (01:13,24)	2008	Freie Schwimmer Düsseldorf 1910	04:45,75	EnM

Jahrgangswertung Jahrgang 2007

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	
1. und NRW Jahrgangsmeister					
	Len, Maksym 100m: 01:00,22 (01:00,22) 200m: 02:04,63 (01:04,41) 300m: 03:09,25 (01:04,62) 400m: 04:12,47 (01:03,22)	2007	SG Dortmund	04:12,47	
2.	Klode, Henry 100m: 01:00,11 (01:00,11) 200m: 02:04,15 (01:04,04) 300m: 03:10,17 (01:06,02) 400m: 04:15,99 (01:05,82)	2007	SG Essen	04:15,99	
3.	Kock, Kevin 100m: 01:01,56 (01:01,56) 200m: 02:08,47 (01:06,91) 300m: 03:16,06 (01:07,59) 400m: 04:22,33 (01:06,27)	2007	SG Schwimmen Münster	04:22,33	
4.	Lewandowski, Julian 100m: 01:00,64 (01:00,64) 200m: 02:07,11 (01:06,47) 300m: 03:16,19 (01:09,08) 400m: 04:24,07 (01:07,88)	2007	SG Gladbeck/Recklinghausen	04:24,07	
5.	Albus, Finn 100m: 01:02,34 (01:02,34) 200m: 02:10,72 (01:08,38) 300m: 03:19,97 (01:09,25) 400m: 04:28,17 (01:08,20)	2007	Aachener SV 06	04:28,17	
6.	Cillien, Luca 100m: 01:03,67 (01:03,67) 200m: 02:12,07 (01:08,40) 300m: 03:21,61 (01:09,54) 400m: 04:30,54 (01:08,93)	2007	SG Bergheim	04:30,54	
7.	Lamberty, Elias 100m: 01:02,93 (01:02,93) 200m: 02:11,91 (01:08,98) 300m: 03:22,10 (01:10,19) 400m: 04:31,16 (01:09,06)	2007	SG Euregio Swim Team	04:31,16	
8.	Lange, Eric 100m: 01:05,03 (01:05,03) 200m: 02:15,45 (01:10,42) 300m: 03:27,95 (01:12,50) 400m: 04:38,57 (01:10,62)	2007	SG Bayer	04:38,57	
9.	Wicht, Justus 100m: 01:06,90 (01:06,90) 200m: 02:18,92 (01:12,02) 300m: 03:30,91 (01:11,99) 400m: 04:41,60 (01:10,69)	2007	SG Mönchengladbach	04:41,60	EnM
10.	Sopart, Ben 100m: 01:04,40 (01:04,40) 200m: 02:16,60 (01:12,20) 300m: 03:30,24 (01:13,64) 400m: 04:42,23 (01:11,99)	2007	Freie Schwimmer Düsseldorf 1910	04:42,23	EnM
11.	Linka, Lukas 100m: 01:04,20 (01:04,20) 200m: 02:16,44 (01:12,24) 300m: 03:30,24 (01:13,80) 400m: 04:43,02 (01:12,78)	2007	SV Steele 1911	04:43,02	EnM

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit
	<u>nicht am Start</u>			
	Tauer, Hannes	2007	SG Neuss	

Jahrgangswertung Jahrgang 2006

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und NRW Jahrgangsmeister				
	Kassenbrock, Maximilian	2006	SG Schwimmen Münster	04:17,66
	100m: 01:01,00 (01:01,00) 200m: 02:06,85 (01:05,85) 300m: 03:13,25 (01:06,40)			
	400m: 04:17,66 (01:04,41)			
2.	Koch, Thomas	2006	SG Niederrhein	04:18,06
	100m: 01:01,72 (01:01,72) 200m: 02:08,67 (01:06,95) 300m: 03:14,65 (01:05,98)			
	400m: 04:18,06 (01:03,41)			
3.	Klein, Leonard	2006	SG Gladbeck/Recklinghausen	04:26,59
	100m: 01:00,63 (01:00,63) 200m: 02:10,32 (01:09,69) 300m: 03:20,36 (01:10,04)			
	400m: 04:26,59 (01:06,23)			
4.	Walter, Tim	2006	SG Bergheim	04:31,40
	100m: 01:04,13 (01:04,13) 200m: 02:12,86 (01:08,73) 300m: 03:22,56 (01:09,70)			
	400m: 04:31,40 (01:08,84)			
	<u>nicht am Start</u>			
	Otte, Jason	2006	SG Bayer	
	Tschech, Ben Patrice	2006	SG Ruhr	

Jahrgangswertung Jahrgang 2005

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und NRW Jahrgangsmeister				
	Bäschnitt, Jarno	2005	SG Ruhr	04:05,55
	100m: 00:56,29 (00:56,29) 200m: 01:57,99 (01:01,70) 300m: 03:01,24 (01:03,25)			
	400m: 04:05,55 (01:04,31)			
2.	Schulz, Norik	2005	SG Dortmund	04:10,30
	100m: 00:57,63 (00:57,63) 200m: 02:00,59 (01:02,96) 300m: 03:05,10 (01:04,51)			
	400m: 04:10,30 (01:05,20)			
3.	Winkelmann, Moritz	2005	SG Neuss	04:13,70
	100m: 01:00,39 (01:00,39) 200m: 02:05,04 (01:04,65) 300m: 03:10,31 (01:05,27)			
	400m: 04:13,70 (01:03,39)			
4.	Schürmann, Lion Telmo	2005	SG Schwimmen Münster	04:19,55
	100m: 01:00,41 (01:00,41) 200m: 02:05,91 (01:05,50) 300m: 03:12,64 (01:06,73)			
	400m: 04:19,55 (01:06,91)			
5.	Sander, Diego	2005	Duisburger ST	04:30,86
	100m: 01:04,10 (01:04,10) 200m: 02:12,76 (01:08,66) 300m: 03:23,09 (01:10,33)			
	400m: 04:30,86 (01:07,77)			
6.	Wessing, Linus	2005	SG Gladbeck/Recklinghausen	04:32,18
	100m: 01:02,45 (01:02,45) 200m: 02:12,19 (01:09,74) 300m: 03:23,22 (01:11,03)			
	400m: 04:32,18 (01:08,96)			