

Wettkampf 4 - 400m Freistil männlich

CR: 03:51,94 - Poul Zellmann (SG Essen) am 23.03.2018 in Essen

Pflichtzeiten

2007 bis 2010: 06:40,00 2006 und älter: 05:10,00

Jugend D 2009/2010

Platz	Schwimmer	Jg.	Verein	Endzeit
1.	Florentin Bensalah	2009	SG EWR Rheinhessen-Mainz	05:16,11 337
	50m: 00:34,62 (00:34,62) 100m: 01:13,96 (00:39,34) 150m: 01:53,89 (00:39,93)			
	200m: 02:34,53 (00:40,64) 250m: 03:14,79 (00:40,26) 300m: 03:56,45 (00:41,66)			
	350m: 04:36,16 (00:39,71) 400m: 05:16,11 (00:39,95)			

Jugend C 2007/2008

Platz	Schwimmer	Jg.	Verein	Endzeit
1.	Frederic Bensalah	2007	SG EWR Rheinhessen-Mainz	04:36,72 502
	50m: 00:30,54 (00:30,54) 100m: 01:04,11 (00:33,57) 150m: 01:38,95 (00:34,84)			
	200m: 02:13,74 (00:34,79) 250m: 02:49,50 (00:35,76) 300m: 03:25,16 (00:35,66)			
	350m: 04:01,79 (00:36,63) 400m: 04:36,72 (00:34,93)			
2.	David Bauer	2007	SV Blau-Weiß Bochum	04:40,36 483
	50m: 00:30,42 (00:30,42) 100m: 01:04,59 (00:34,17) 150m: 01:40,27 (00:35,68)			
	200m: 02:16,72 (00:36,45) 250m: 02:53,47 (00:36,75) 300m: 03:30,00 (00:36,53)			
	350m: 04:06,32 (00:36,32) 400m: 04:40,36 (00:34,04)			
3.	Henry Klode	2007	SG Mülheim	04:41,01 480
	50m: 00:30,89 (00:30,89) 100m: 01:04,93 (00:34,04) 150m: 01:40,61 (00:35,68)			
	200m: 02:17,19 (00:36,58) 250m: 02:54,03 (00:36,84) 300m: 03:30,70 (00:36,67)			
	350m: 04:06,96 (00:36,26) 400m: 04:41,01 (00:34,05)			
4.	Paul Alexander Piontek	2008	SG Essen	04:53,98 419
	50m: 00:32,40 (00:32,40) 100m: 01:10,55 (00:38,15) 150m: 01:47,41 (00:36,86)			
	200m: 02:26,08 (00:38,67) 250m: 03:03,20 (00:37,12) 300m: 03:41,90 (00:38,70)			
	350m: 04:19,18 (00:37,28) 400m: 04:53,98 (00:34,80)			
5.	Ben Wichtermann	2007	SV Blau-Weiß Bochum	04:54,30 418
	50m: 00:31,90 (00:31,90) 100m: 01:07,69 (00:35,79) 150m: 01:44,72 (00:37,03)			
	200m: 02:23,33 (00:38,61) 250m: 03:01,18 (00:37,85) 300m: 03:39,40 (00:38,22)			
	350m: 04:17,66 (00:38,26) 400m: 04:54,30 (00:36,64)			
6.	Till Flotmann	2007	SG EWR Rheinhessen-Mainz	04:55,23 414
	50m: 00:33,02 (00:33,02) 100m: 01:10,61 (00:37,59) 150m: 01:47,91 (00:37,30)			
	200m: 02:25,19 (00:37,28) 250m: 03:03,23 (00:38,04) 300m: 03:40,84 (00:37,61)			
	350m: 04:18,99 (00:38,15) 400m: 04:55,23 (00:36,24)			
7.	Henry Thiemann	2007	SG Essen	04:56,58 408
	50m: 00:33,93 (00:33,93) 100m: 01:11,48 (00:37,55) 150m: 01:49,62 (00:38,14)			
	200m: 02:27,70 (00:38,08) 250m: 03:06,26 (00:38,56) 300m: 03:43,89 (00:37,63)			
	350m: 04:21,37 (00:37,48) 400m: 04:56,58 (00:35,21)			
8.	Nils Thomas Piontek	2008	SG Essen	04:58,42 401
	50m: 00:33,94 (00:33,94) 100m: 01:11,51 (00:37,57) 150m: 01:50,01 (00:38,50)			
	200m: 02:28,58 (00:38,57) 250m: 03:07,84 (00:39,26) 300m: 03:46,53 (00:38,69)			
	350m: 04:25,35 (00:38,82) 400m: 04:58,42 (00:33,07)			

noch Wettkampf 4 - 400m Freistil männlich

noch Jugend C 2007/2008

Platz	Schwimmer	Jg.	Verein	Endzeit
9.	Leon Pierre-Louis 50m: 00:33,20 (00:33,20) 100m: 01:12,21 (00:39,01) 150m: 01:50,89 (00:38,68) 200m: 02:30,86 (00:39,97) 250m: 03:10,92 (00:40,06) 300m: 03:50,84 (00:39,92) 350m: 04:31,15 (00:40,31) 400m: 05:09,27 (00:38,12)	2008	SK Kaiserslautern	05:09,27 360
10.	Maximilian Heß 50m: 00:34,74 (00:34,74) 100m: 01:14,44 (00:39,70) 150m: 01:54,66 (00:40,22) 200m: 02:35,80 (00:41,14) 250m: 03:16,83 (00:41,03) 300m: 03:59,90 (00:43,07) 350m: 04:40,18 (00:40,28) 400m: 05:20,04 (00:39,86)	2008	SG Mülheim	05:20,04 325

nicht am Start

Thomas Hergetz 2007 SV Mannheim EnM

abgemeldet

Leo Ilias Baumann 2008 Team Saarland - Swimming EnM
Luka Popovic 2007 SG Essen EnM

Offene Wertung

Platz	Schwimmer	Jg.	Verein	Endzeit
1.	Poul Zellmann 50m: 00:27,50 (00:27,50) 100m: 00:57,21 (00:29,71) 150m: 01:27,59 (00:30,38) 200m: 01:57,75 (00:30,16) 250m: 02:28,39 (00:30,64) 300m: 02:58,48 (00:30,09) 350m: 03:28,54 (00:30,06) 400m: 03:56,92 (00:28,38)	1995	SG Essen	03:56,92 801
2.	Gerard Serrano Pol 50m: 00:27,90 (00:27,90) 100m: 00:59,66 (00:31,76) 150m: 01:31,20 (00:31,54) 200m: 02:04,34 (00:33,14) 250m: 02:36,62 (00:32,28) 300m: 03:10,24 (00:33,62) 350m: 03:42,31 (00:32,07) 400m: 04:14,37 (00:32,06)	2003	SGR Karlsruhe	04:14,37 647
3.	Julian Krämer 50m: 00:29,58 (00:29,58) 100m: 01:02,09 (00:32,51) 150m: 01:35,56 (00:33,47) 200m: 02:09,14 (00:33,58) 250m: 02:43,13 (00:33,99) 300m: 03:17,00 (00:33,87) 350m: 03:49,34 (00:32,34) 400m: 04:21,03 (00:31,69)	2002	SG Essen	04:21,03 599
4.	Thure Stian Müller 50m: 00:30,13 (00:30,13) 100m: 01:03,18 (00:33,05) 150m: 01:37,04 (00:33,86) 200m: 02:10,54 (00:33,50) 250m: 02:44,26 (00:33,72) 300m: 03:17,74 (00:33,48) 350m: 03:50,40 (00:32,66) 400m: 04:21,72 (00:31,32)	2003	SGR Karlsruhe	04:21,72 594
5.	David Vandenhirtz 50m: 00:29,00 (00:29,00) 100m: 01:02,57 (00:33,57) 150m: 01:35,70 (00:33,13) 200m: 02:09,99 (00:34,29) 250m: 02:43,38 (00:33,39) 300m: 03:17,34 (00:33,96) 350m: 03:50,31 (00:32,97) 400m: 04:22,93 (00:32,62)	2005	Aachener SV 06	04:22,93 586
6.	Philipp Peschke 50m: 00:29,33 (00:29,33) 100m: 01:02,25 (00:32,92) 150m: 01:35,93 (00:33,68) 200m: 02:09,63 (00:33,70) 250m: 02:43,88 (00:34,25) 300m: 03:17,69 (00:33,81) 350m: 03:51,42 (00:33,73) 400m: 04:23,00 (00:31,58)	2005	SG Essen	04:23,00 585
7.	Stepan Kokh 50m: 00:29,88 (00:29,88) 100m: 01:02,71 (00:32,83) 150m: 01:36,51 (00:33,80) 200m: 02:10,20 (00:33,69) 250m: 02:44,38 (00:34,18) 300m: 03:18,38 (00:34,00) 350m: 03:52,11 (00:33,73) 400m: 04:25,78 (00:33,67)	2002	TSG Germania Dossenheim	04:25,78 567

noch Wettkampf 4 - 400m Freistil männlich

noch Offene Wertung

Platz	Schwimmer	Jg.	Verein	Endzeit
8.	Niklas Krüger	2005	SG Essen	04:27,60 556
	50m: 00:28,86 (00:28,86) 100m: 01:02,04 (00:33,18) 150m: 01:35,91 (00:33,87) 200m: 02:10,35 (00:34,44) 250m: 02:44,49 (00:34,14) 300m: 03:20,12 (00:35,63) 350m: 03:53,80 (00:33,68) 400m: 04:27,60 (00:33,80)			
9.	Finn Hammer	2006	Aachener SV 06	04:28,70 549
	50m: 00:29,62 (00:29,62) 100m: 01:03,37 (00:33,75) 150m: 01:37,02 (00:33,65) 200m: 02:11,81 (00:34,79) 250m: 02:45,85 (00:34,04) 300m: 03:21,27 (00:35,42) 350m: 03:55,03 (00:33,76) 400m: 04:28,70 (00:33,67)			
10.	Philipp Käfer	2004	SG EWR Rheinhessen-Mainz	04:31,65 531
	50m: 00:30,98 (00:30,98) 100m: 01:04,67 (00:33,69) 150m: 01:39,17 (00:34,50) 200m: 02:13,79 (00:34,62) 250m: 02:48,13 (00:34,34) 300m: 03:22,71 (00:34,58) 350m: 03:57,69 (00:34,98) 400m: 04:31,65 (00:33,96)			
11.	Frederic Bensalah	2007	SG EWR Rheinhessen-Mainz	04:36,72 502
	50m: 00:30,54 (00:30,54) 100m: 01:04,11 (00:33,57) 150m: 01:38,95 (00:34,84) 200m: 02:13,74 (00:34,79) 250m: 02:49,50 (00:35,76) 300m: 03:25,16 (00:35,66) 350m: 04:01,79 (00:36,63) 400m: 04:36,72 (00:34,93)			
12.	Yannick Stanglow	2005	SG Gladbeck/Recklinghausen	04:38,16 495
	50m: 00:29,70 (00:29,70) 100m: 01:03,36 (00:33,66) 150m: 01:38,87 (00:35,51) 200m: 02:14,58 (00:35,71) 250m: 02:50,46 (00:35,88) 300m: 03:26,41 (00:35,95) 350m: 04:02,70 (00:36,29) 400m: 04:38,16 (00:35,46)			
13.	David Bauer	2007	SV Blau-Weiß Bochum	04:40,36 483
	50m: 00:30,42 (00:30,42) 100m: 01:04,59 (00:34,17) 150m: 01:40,27 (00:35,68) 200m: 02:16,72 (00:36,45) 250m: 02:53,47 (00:36,75) 300m: 03:30,00 (00:36,53) 350m: 04:06,32 (00:36,32) 400m: 04:40,36 (00:34,04)			
14.	Henry Klode	2007	SG Mülheim	04:41,01 480
	50m: 00:30,89 (00:30,89) 100m: 01:04,93 (00:34,04) 150m: 01:40,61 (00:35,68) 200m: 02:17,19 (00:36,58) 250m: 02:54,03 (00:36,84) 300m: 03:30,70 (00:36,67) 350m: 04:06,96 (00:36,26) 400m: 04:41,01 (00:34,05)			
15.	Julian Emmerling	2003	SG Gladbeck/Recklinghausen	04:44,69 461
	50m: 00:30,73 (00:30,73) 100m: 01:07,03 (00:36,30) 150m: 01:43,61 (00:36,58) 200m: 02:20,84 (00:37,23) 250m: 02:57,39 (00:36,55) 300m: 03:34,34 (00:36,95) 350m: 04:10,53 (00:36,19) 400m: 04:44,69 (00:34,16)			
16.	Mohammed Tantish	2004	SGR Karlsruhe	04:45,87 456
	50m: 00:30,86 (00:30,86) 100m: 01:05,87 (00:35,01) 150m: 01:43,24 (00:37,37) 200m: 02:21,29 (00:38,05) 250m: 02:58,03 (00:36,74) 300m: 03:35,11 (00:37,08) 350m: 04:11,35 (00:36,24) 400m: 04:45,87 (00:34,52)			
17.	Antonio Khenkin	2005	SG EWR Rheinhessen-Mainz	04:51,46 430
	50m: 00:32,92 (00:32,92) 100m: 01:09,58 (00:36,66) 150m: 01:47,67 (00:38,09) 200m: 02:23,95 (00:36,28) 250m: 03:00,81 (00:36,86) 300m: 03:38,29 (00:37,48) 350m: 04:15,57 (00:37,28) 400m: 04:51,46 (00:35,89)			
18.	Marc Weiß	2002	SG Essen	04:53,61 421
	50m: 00:30,20 (00:30,20) 100m: 01:04,05 (00:33,85) 150m: 01:39,92 (00:35,87) 200m: 02:17,81 (00:37,89) 250m: 02:57,58 (00:39,77) 300m: 03:37,51 (00:39,93) 350m: 04:17,47 (00:39,96) 400m: 04:53,61 (00:36,14)			

noch Wettkampf 4 - 400m Freistil männlich

noch Offene Wertung

Platz	Schwimmer	Jg.	Verein	Endzeit
19.	Paul Alexander Piontek	2008	SG Essen	04:53,98 419
	50m: 00:32,40 (00:32,40) 100m: 01:10,55 (00:38,15) 150m: 01:47,41 (00:36,86) 200m: 02:26,08 (00:38,67) 250m: 03:03,20 (00:37,12) 300m: 03:41,90 (00:38,70) 350m: 04:19,18 (00:37,28) 400m: 04:53,98 (00:34,80)			
20.	Philipp Kremer	2006	SG Mülheim	04:54,27 418
	50m: 00:31,29 (00:31,29) 100m: 01:06,36 (00:35,07) 150m: 01:43,75 (00:37,39) 200m: 02:21,27 (00:37,52) 250m: 02:59,53 (00:38,26) 300m: 03:37,42 (00:37,89) 350m: 04:16,10 (00:38,68) 400m: 04:54,27 (00:38,17)			
21.	Ben Wichtermann	2007	SV Blau-Weiß Bochum	04:54,30 418
	50m: 00:31,90 (00:31,90) 100m: 01:07,69 (00:35,79) 150m: 01:44,72 (00:37,03) 200m: 02:23,33 (00:38,61) 250m: 03:01,18 (00:37,85) 300m: 03:39,40 (00:38,22) 350m: 04:17,66 (00:38,26) 400m: 04:54,30 (00:36,64)			
22.	Till Flotmann	2007	SG EWR Rheinhessen-Mainz	04:55,23 414
	50m: 00:33,02 (00:33,02) 100m: 01:10,61 (00:37,59) 150m: 01:47,91 (00:37,30) 200m: 02:25,19 (00:37,28) 250m: 03:03,23 (00:38,04) 300m: 03:40,84 (00:37,61) 350m: 04:18,99 (00:38,15) 400m: 04:55,23 (00:36,24)			
23.	Henry Thiemann	2007	SG Essen	04:56,58 408
	50m: 00:33,93 (00:33,93) 100m: 01:11,48 (00:37,55) 150m: 01:49,62 (00:38,14) 200m: 02:27,70 (00:38,08) 250m: 03:06,26 (00:38,56) 300m: 03:43,89 (00:37,63) 350m: 04:21,37 (00:37,48) 400m: 04:56,58 (00:35,21)			
24.	Liam Dwyer	2006	SV Blau-Weiß Bochum	04:57,67 404
	50m: 00:32,61 (00:32,61) 100m: 01:09,89 (00:37,28) 150m: 01:47,67 (00:37,78) 200m: 02:25,56 (00:37,89) 250m: 03:04,16 (00:38,60) 300m: 03:42,78 (00:38,62) 350m: 04:21,36 (00:38,58) 400m: 04:57,67 (00:36,31)			
25.	Nils Thomas Piontek	2008	SG Essen	04:58,42 401
	50m: 00:33,94 (00:33,94) 100m: 01:11,51 (00:37,57) 150m: 01:50,01 (00:38,50) 200m: 02:28,58 (00:38,57) 250m: 03:07,84 (00:39,26) 300m: 03:46,53 (00:38,69) 350m: 04:25,35 (00:38,82) 400m: 04:58,42 (00:33,07)			
26.	Momchil Ganchev	2006	SG EWR Rheinhessen-Mainz	05:00,11 394
	50m: 00:34,20 (00:34,20) 100m: 01:11,40 (00:37,20) 150m: 01:49,66 (00:38,26) 200m: 02:27,68 (00:38,02) 250m: 03:06,29 (00:38,61) 300m: 03:44,89 (00:38,60) 350m: 04:23,73 (00:38,84) 400m: 05:00,11 (00:36,38)			
27.	Leon Pierre-Louis	2008	SK Kaiserslautern	05:09,27 360
	50m: 00:33,20 (00:33,20) 100m: 01:12,21 (00:39,01) 150m: 01:50,89 (00:38,68) 200m: 02:30,86 (00:39,97) 250m: 03:10,92 (00:40,06) 300m: 03:50,84 (00:39,92) 350m: 04:31,15 (00:40,31) 400m: 05:09,27 (00:38,12)			
28.	Florentin Bensalah	2009	SG EWR Rheinhessen-Mainz	05:16,11 337
	50m: 00:34,62 (00:34,62) 100m: 01:13,96 (00:39,34) 150m: 01:53,89 (00:39,93) 200m: 02:34,53 (00:40,64) 250m: 03:14,79 (00:40,26) 300m: 03:56,45 (00:41,66) 350m: 04:36,16 (00:39,71) 400m: 05:16,11 (00:39,95)			
29.	Maximilian Heß	2008	SG Mülheim	05:20,04 325
	50m: 00:34,74 (00:34,74) 100m: 01:14,44 (00:39,70) 150m: 01:54,66 (00:40,22) 200m: 02:35,80 (00:41,14) 250m: 03:16,83 (00:41,03) 300m: 03:59,90 (00:43,07) 350m: 04:40,18 (00:40,28) 400m: 05:20,04 (00:39,86)			

noch Wettkampf 4 - 400m Freistil männlich

noch Offene Wertung

Platz	Schwimmer	Jg.	Verein	Endzeit
	<u>nicht am Start</u>			
	Boubacar Sow	2004	SG EWR Rheinhessen-Mainz	EnM
	Laurin Walther	2003	SC Potsdam	EnM
	Leon Heiermann	2002	SG Dortmund	EnM
	Paul Völker	2002	SSG Saar Max Ritter	EnM
	<u>abgemeldet</u>			
	Aaron Wilmes	2002	SG Frankfurt	EnM
	Brandon Adriano Goenawan	2005	Team Saarland - Swimming	EnM
	Henrik Laven	2003	Team Saarland - Swimming	EnM
	Joshua Paulus	2006	Team Saarland - Swimming	EnM
	Kenrick Leidner	1997	SG Frankfurt	EnM
	Marten Schmidt	2002	Team Saarland - Swimming	EnM
	Nick Werner	2001	Team Saarland - Swimming	EnM
	Oliver Klemet	2002	SG Frankfurt	EnM
	Silas Beth	2003	SG Bad Schwartau	EnM
	Sven Kruse	2003	SG Frankfurt	EnM
	Timo Sorgius	2003	Team Saarland - Swimming	EnM
	Tobias Düll	2002	SG Frankfurt	EnM