

Wettkampf 4 - 400m Freistil männlich

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

Pflichtzeiten

2012 bis 2015: 06:40,00 2011 und älter: 05:10,00

Jugend C

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1.	Samuel Konrad Krietenbrink	2012	SG Essen	04:43,50	11
	50m: 00:30,01 (00:30,01) 100m: 01:04,28 (00:34,27) 150m: 01:41,80 (00:37,52) 200m: 02:19,14 (00:37,34) 250m: 02:55,48 (00:36,34) 300m: 03:32,22 (00:36,74) 350m: 04:08,17 (00:35,95) 400m: 04:43,50 (00:35,33)				
2.	Justus Moritz Lindemann	2012	SG Essen	04:47,65	9
	50m: 00:32,69 (00:32,69) 100m: 01:07,70 (00:35,01) 150m: 01:44,02 (00:36,32) 200m: 02:20,58 (00:36,56) 250m: 02:57,88 (00:37,30) 300m: 03:34,80 (00:36,92) 350m: 04:12,09 (00:37,29) 400m: 04:47,65 (00:35,56)				
3.	Robert Vaubel	2012	SG Mülheim	04:51,33	8
	50m: 00:32,51 (00:32,51) 100m: 01:08,38 (00:35,87) 150m: 01:45,37 (00:36,99) 200m: 02:22,65 (00:37,28) 250m: 03:00,39 (00:37,74) 300m: 03:37,59 (00:37,20) 350m: 04:15,07 (00:37,48) 400m: 04:51,33 (00:36,26)				
4.	Julian Sikorski	2012	SSF Bonn	04:53,22	8
	50m: 00:32,09 (00:32,09) 100m: 01:08,96 (00:36,87) 150m: 01:46,84 (00:37,88) 200m: 02:24,41 (00:37,57) 250m: 03:02,53 (00:38,12) 300m: 03:40,73 (00:38,20) 350m: 04:18,28 (00:37,55) 400m: 04:53,22 (00:34,94)				
5.	Abdourrahman Laadraoui	2012	SSF Bonn	05:06,37	5
	50m: 00:34,72 (00:34,72) 100m: 01:12,51 (00:37,79) 150m: 01:51,04 (00:38,53) 200m: 02:30,22 (00:39,18) 250m: 03:09,46 (00:39,24) 300m: 03:48,92 (00:39,46) 350m: 04:28,32 (00:39,40) 400m: 05:06,37 (00:38,05)				

Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
	Max Honstein	2009	SG Essen	04:24,17	10
	50m: 00:28,84 (00:28,84) 100m: 01:01,52 (00:32,68) 150m: 01:35,26 (00:33,74) 200m: 02:09,55 (00:34,29) 250m: 02:43,88 (00:34,33) 300m: 03:18,46 (00:34,58) 350m: 03:51,57 (00:33,11) 400m: 04:24,17 (00:32,60)				
	Leon Lorenz	2008	SV Würzburg 05	04:28,12	8
	50m: 00:29,32 (00:29,32) 100m: 01:01,91 (00:32,59) 150m: 01:35,53 (00:33,62) 200m: 02:09,66 (00:34,13) 250m: 02:44,25 (00:34,59) 300m: 03:19,22 (00:34,97) 350m: 03:53,90 (00:34,68) 400m: 04:28,12 (00:34,22)				
	Mohamed Laadraoui	2011	SSF Bonn	04:38,27	10
	100m: 01:06,75 (01:06,75) 150m: 01:41,41 (00:34,66) 200m: 02:17,24 (00:35,83) 250m: 02:52,44 (00:35,20) 300m: 03:28,47 (00:36,03) 350m: 04:03,52 (00:35,05) 400m: 04:38,27 (00:34,75)				
	Samuel Konrad Krietenbrink	2012	SG Essen	04:43,50	11
	50m: 00:30,01 (00:30,01) 100m: 01:04,28 (00:34,27) 150m: 01:41,80 (00:37,52) 200m: 02:19,14 (00:37,34) 250m: 02:55,48 (00:36,34) 300m: 03:32,22 (00:36,74) 350m: 04:08,17 (00:35,95) 400m: 04:43,50 (00:35,33)				
	Paco Franze	2011	SG Gladbeck/Recklinghausen	04:43,89	8
	50m: 00:30,98 (00:30,98) 100m: 01:06,20 (00:35,22) 150m: 01:42,34 (00:36,14) 200m: 02:18,97 (00:36,63) 250m: 02:55,55 (00:36,58) 300m: 03:32,39 (00:36,84) 350m: 04:08,90 (00:36,51) 400m: 04:43,89 (00:34,99)				

noch Wettkampf 4 - 400m Freistil männlich

noch Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
	Justus Moritz Lindemann	2012	SG Essen	04:47,65	9
	50m: 00:32,69 (00:32,69) 100m: 01:07,70 (00:35,01) 150m: 01:44,02 (00:36,32) 200m: 02:20,58 (00:36,56) 250m: 02:57,88 (00:37,30) 300m: 03:34,80 (00:36,92) 350m: 04:12,09 (00:37,29) 400m: 04:47,65 (00:35,56)				
	Robert Vaubel	2012	SG Mülheim	04:51,33	8
	50m: 00:32,51 (00:32,51) 100m: 01:08,38 (00:35,87) 150m: 01:45,37 (00:36,99) 200m: 02:22,65 (00:37,28) 250m: 03:00,39 (00:37,74) 300m: 03:37,59 (00:37,20) 350m: 04:15,07 (00:37,48) 400m: 04:51,33 (00:36,26)				
	Felix Kleinhückelkoten	2009	SG Gladbeck/Recklinghausen	04:51,71	2
	50m: 00:30,59 (00:30,59) 100m: 01:05,41 (00:34,82) 150m: 01:42,06 (00:36,65) 200m: 02:19,63 (00:37,57) 250m: 02:58,00 (00:38,37) 300m: 03:36,28 (00:38,28) 350m: 04:13,78 (00:37,50) 400m: 04:51,71 (00:37,93)				
	Julian Sikorski	2012	SSF Bonn	04:53,22	8
	50m: 00:32,09 (00:32,09) 100m: 01:08,96 (00:36,87) 150m: 01:46,84 (00:37,88) 200m: 02:24,41 (00:37,57) 250m: 03:02,53 (00:38,12) 300m: 03:40,73 (00:38,20) 350m: 04:18,28 (00:37,55) 400m: 04:53,22 (00:34,94)				
	Abdourrahman Laadraoui	2012	SSF Bonn	05:06,37	5
	50m: 00:34,72 (00:34,72) 100m: 01:12,51 (00:37,79) 150m: 01:51,04 (00:38,53) 200m: 02:30,22 (00:39,18) 250m: 03:09,46 (00:39,24) 300m: 03:48,92 (00:39,46) 350m: 04:28,32 (00:39,40) 400m: 05:06,37 (00:38,05)				
	Lasse Töpling	2011	Schwimmverein Haltern	05:15,05	KMR
	50m: 00:34,23 (00:34,23) 100m: 01:12,71 (00:38,48) 150m: 01:53,61 (00:40,90) 200m: 02:34,42 (00:40,81) 250m: 03:15,10 (00:40,68) 300m: 03:55,58 (00:40,48) 350m: 04:36,76 (00:41,18) 400m: 05:15,05 (00:38,29)				
	<u>nicht am Start</u>				
	Anton Lange	2010	SG Essen		KMR
	Bastian Asmann	2011	SG Essen		KMR
	Justus Vollmer	2009	SG Gladbeck/Recklinghausen		KMR
	Nico Meisner	2011	SSF Bonn		KMR
	Paul Brinker	2008	SG Essen		KMR
	Theodor Büscher	2011	SG Essen		KMR