

Wettkampf 2 - 400m Freistil männlich (max. 2 Zeitläufe)

Pflichtzeiten

2008 und älter: 05:10,00

Offene Wertung

Platz	Schwimmer	Jg.	Verein	Endzeit
1. und Bezirksmeister	Nils Knittel	2004	WSG Wunstorf	04:11,01
	50m: 00:28,10 (00:28,10) 100m: 00:58,93 (00:30,83) 150m: 01:30,36 (00:31,43) 200m: 02:02,48 (00:32,12) 250m: 02:34,28 (00:31,80) 300m: 03:06,68 (00:32,40) 350m: 03:39,27 (00:32,59) 400m: 04:11,01 (00:31,74)			
2.	Hannes Ole Klar	2005	SGS Hannover	04:21,16
	50m: 00:28,44 (00:28,44) 100m: 01:00,46 (00:32,02) 150m: 01:34,06 (00:33,60) 200m: 02:07,55 (00:33,49) 250m: 02:41,68 (00:34,13) 300m: 03:15,02 (00:33,34) 350m: 03:48,96 (00:33,94) 400m: 04:21,16 (00:32,20)			
3.	Lennart Franke	2006	SGS Langenhagen	04:29,52
	50m: 00:28,96 (00:28,96) 100m: 01:01,15 (00:32,19) 150m: 01:35,02 (00:33,87) 200m: 02:09,19 (00:34,17) 250m: 02:44,45 (00:35,26) 300m: 03:19,71 (00:35,26) 350m: 03:55,72 (00:36,01) 400m: 04:29,52 (00:33,80)			
4.	Jan Ole Englmann	2005	Eintracht Hildesheim	04:38,44
	50m: 00:26,96 (00:26,96) 100m: 01:00,40 (00:33,44) 150m: 01:36,12 (00:35,72) 200m: 02:12,67 (00:36,55) 250m: 02:49,98 (00:37,31) 300m: 03:27,00 (00:37,02) 350m: 04:03,64 (00:36,64) 400m: 04:38,44 (00:34,80)			
5.	Victor Dominic Erhardt	2007	Eintracht Hildesheim	04:42,18
	50m: 00:30,51 (00:30,51) 100m: 01:05,79 (00:35,28) 150m: 01:42,16 (00:36,37) 200m: 02:18,32 (00:36,16) 250m: 02:55,29 (00:36,97) 300m: 03:31,71 (00:36,42) 350m: 04:08,30 (00:36,59) 400m: 04:42,18 (00:33,88)			
6.	Leon-Maurice Waldeck	2008	SGS Langenhagen	04:42,50
	50m: 00:30,72 (00:30,72) 100m: 01:04,94 (00:34,22) 150m: 01:41,03 (00:36,09) 200m: 02:17,73 (00:36,70) 250m: 02:54,21 (00:36,48) 300m: 03:30,71 (00:36,50) 350m: 04:07,52 (00:36,81) 400m: 04:42,50 (00:34,98)			
7.	Lenny Hannes Brinkmann	2005	STP Swim Team Pattensen	04:42,70
	50m: 00:30,52 (00:30,52) 100m: 01:05,20 (00:34,68) 150m: 01:41,37 (00:36,17) 200m: 02:17,79 (00:36,42) 250m: 02:54,45 (00:36,66) 300m: 03:31,87 (00:37,42) 350m: 04:08,55 (00:36,68) 400m: 04:42,70 (00:34,15)			
8.	Frederic Freund	2008	Grafen Schwimmteam	04:47,72
	50m: 00:31,17 (00:31,17) 100m: 01:07,20 (00:36,03) 150m: 01:44,38 (00:37,18) 200m: 02:21,69 (00:37,31) 250m: 02:58,96 (00:37,27) 300m: 03:37,02 (00:38,06) 350m: 04:13,05 (00:36,03) 400m: 04:47,72 (00:34,67)			
9.	Carl Bittendorf	2000	Grafen Schwimmteam	05:02,09
	50m: 00:30,59 (00:30,59) 100m: 01:06,14 (00:35,55) 150m: 01:44,17 (00:38,03) 200m: 02:22,51 (00:38,34) 250m: 03:02,62 (00:40,11) 300m: 03:42,85 (00:40,23) 350m: 04:23,38 (00:40,53) 400m: 05:02,09 (00:38,71)			

