

Wettkampf 26 - 400m Freistil männlich

Jahrgang 2010

Platz	Schwimmer	Jg.	Verein	Endzeit
1.	Tammo Stenzel	2010	SG Lüneburg/Adendorf	07:00,31
	50m: 00:44,88 (00:44,88) 100m: 01:38,35 (00:53,47) 150m: 02:32,08 (00:53,73)			
	200m: 03:26,04 (00:53,96) 250m: 04:21,68 (00:55,64) 300m: 05:17,06 (00:55,38)			
	350m: 06:09,77 (00:52,71) 400m: 07:00,31 (00:50,54)			
2.	Jannik Fraas	2010	SG Lüneburg/Adendorf	07:17,07
	50m: 00:49,70 (00:49,70) 100m: 01:45,50 (00:55,80) 200m: 03:38,03 (01:52,53)			
	300m: 05:30,05 (01:52,02) 350m: 06:25,61 (00:55,56) 400m: 07:17,07 (00:51,46)			

Jahrgang 2008

Platz	Schwimmer	Jg.	Verein	Endzeit
1.	Janne Simon Kahl	2008	SSG Braunschweig	04:48,53
	50m: 00:31,07 (00:31,07) 100m: 01:06,71 (00:35,64) 150m: 01:43,86 (00:37,15)			
	200m: 02:21,04 (00:37,18) 250m: 02:58,76 (00:37,72) 300m: 03:36,37 (00:37,61)			
	350m: 04:13,50 (00:37,13) 400m: 04:48,53 (00:35,03)			
2.	Kai Niklas Merkert	2008	MTV Goslar	05:45,33
	50m: 00:38,82 (00:38,82) 100m: 01:22,01 (00:43,19) 150m: 02:06,28 (00:44,27)			
	200m: 02:51,47 (00:45,19) 250m: 03:36,34 (00:44,87) 300m: 04:21,36 (00:45,02)			
	350m: 05:04,87 (00:43,51) 400m: 05:45,33 (00:40,46)			
3.	Tomke Stenzel	2008	SG Lüneburg/Adendorf	05:52,80
	50m: 00:39,29 (00:39,29) 100m: 01:24,67 (00:45,38) 150m: 02:10,47 (00:45,80)			
	200m: 02:55,84 (00:45,37) 250m: 03:40,71 (00:44,87) 300m: 04:26,68 (00:45,97)			
	350m: 05:10,82 (00:44,14) 400m: 05:52,80 (00:41,98)			
4.	Lasse Coblenz	2008	Peiner Schwimmverein	06:13,06
	50m: 00:38,47 (00:38,47) 100m: 01:22,92 (00:44,45) 200m: 02:59,85 (01:36,93)			
	300m: 04:39,18 (01:39,33) 400m: 06:13,06 (01:33,88)			

Jahrgang 2007

Platz	Schwimmer	Jg.	Verein	Endzeit
1.	Leonard von Hunnius	2007	SGS Langenhagen	04:19,68
	50m: 00:29,32 (00:29,32) 100m: 01:02,18 (00:32,86) 150m: 01:35,84 (00:33,66)			
	200m: 02:09,26 (00:33,42) 250m: 02:42,68 (00:33,42) 300m: 03:15,89 (00:33,21)			
	350m: 03:49,47 (00:33,58) 400m: 04:19,68 (00:30,21)			
2.	Luca Seifert	2007	SC Chemnitz von 1892	04:30,29
	50m: 00:29,61 (00:29,61) 100m: 01:03,38 (00:33,77) 150m: 01:37,60 (00:34,22)			
	200m: 02:12,03 (00:34,43) 250m: 02:46,63 (00:34,60) 300m: 03:21,53 (00:34,90)			
	350m: 03:56,61 (00:35,08) 400m: 04:30,29 (00:33,68)			
3.	Victor Dominic Erhardt	2007	Eintracht Hildesheim	04:33,37
	50m: 00:29,68 (00:29,68) 100m: 01:03,56 (00:33,88) 150m: 01:38,54 (00:34,98)			
	200m: 02:13,54 (00:35,00) 250m: 02:49,00 (00:35,46) 300m: 03:24,32 (00:35,32)			
	350m: 03:59,77 (00:35,45) 400m: 04:33,37 (00:33,60)			
4.	Yanek Uzochi Okwuchi	2007	SchwimmPool Chemnitz e.V.	04:41,89
	50m: 00:31,23 (00:31,23) 100m: 01:06,18 (00:34,95) 150m: 01:41,97 (00:35,79)			
	200m: 02:18,62 (00:36,65) 250m: 02:54,58 (00:35,96) 300m: 03:30,96 (00:36,38)			
	350m: 04:06,97 (00:36,01) 400m: 04:41,89 (00:34,92)			
5.	Sidrit Dautaj	2007	MTV Goslar	05:36,43
	50m: 00:36,07 (00:36,07) 100m: 01:18,35 (00:42,28) 150m: 02:02,64 (00:44,29)			
	200m: 02:47,33 (00:44,69) 250m: 03:31,53 (00:44,20) 300m: 04:15,71 (00:44,18)			
	350m: 04:58,92 (00:43,21) 400m: 05:36,43 (00:37,51)			

abgemeldet

Tillmann Lau 2007 TuS Rotenburg



Jahrgang 2006

Platz	Schwimmer	Jg.	Verein	Endzeit
1.	Lennart Röhl	2006	TV Jahn Wolfsburg	04:46,02
	50m: 00:31,79 (00:31,79) 100m: 01:08,48 (00:36,69) 150m: 01:45,43 (00:36,95)			
	200m: 02:22,32 (00:36,89) 250m: 02:59,72 (00:37,40) 300m: 03:36,84 (00:37,12)			
	350m: 04:13,24 (00:36,40) 400m: 04:46,02 (00:32,78)			

Jahrgang 2005

Platz	Schwimmer	Jg.	Verein	Endzeit
1.	Jan Phillip Merkert	2005	MTV Goslar	05:29,64
	50m: 00:35,23 (00:35,23) 100m: 01:14,84 (00:39,61) 150m: 01:56,85 (00:42,01)			
	200m: 02:39,63 (00:42,78) 250m: 03:22,43 (00:42,80) 300m: 04:06,06 (00:43,63)			
	350m: 04:48,51 (00:42,45) 400m: 05:29,64 (00:41,13)			

Jahrgang 2004

Platz	Schwimmer	Jg.	Verein	Endzeit
1.	Nils Knittel	2004	WSG Wunstorf	04:01,45
	50m: 00:26,87 (00:26,87) 100m: 00:56,35 (00:29,48) 150m: 01:26,45 (00:30,10)			
	200m: 01:56,79 (00:30,34) 250m: 02:27,33 (00:30,54) 300m: 02:58,25 (00:30,92)			
	350m: 03:30,37 (00:32,12) 400m: 04:01,45 (00:31,08)			
2.	Paul Coblenz	2004	Peiner Schwimmverein	05:14,95
	50m: 00:33,10 (00:33,10) 100m: 01:11,72 (00:38,62) 150m: 01:50,63 (00:38,91)			
	200m: 02:31,09 (00:40,46) 250m: 03:12,85 (00:41,76) 300m: 03:54,48 (00:41,63)			
	350m: 04:35,91 (00:41,43) 400m: 05:14,95 (00:39,04)			

2001 und älter

Platz	Schwimmer	Jg.	Verein	Endzeit
1.	Alaa Maso	2000	SGS Hannover	04:06,95
	50m: 00:28,53 (00:28,53) 100m: 00:58,37 (00:29,84) 150m: 01:28,91 (00:30,54)			
	200m: 01:59,40 (00:30,49) 250m: 02:30,28 (00:30,88) 300m: 03:01,73 (00:31,45)			
	350m: 03:34,26 (00:32,53) 400m: 04:06,95 (00:32,69)			

