

Wettkampf 15 - 400m Freistil männlich

REK: 03:59,12 - Tom Siara (SG Neukölln Berlin) am 09.04.2011

Jahrgang 2016

1.	Jonte Nadirk	2016	SG Schwimmen Münster	05:35,90	9
	100m: 01:18,78 (01:18,78) 200m: 02:45,80 (01:27,02) 300m: 04:12,33 (01:26,53) 400m: 05:35,90 (01:23,57)				
2.	Nic Julius Ernst	2016	SC Steinhagen-Amshausen	05:54,13	7
	100m: 01:24,31 (01:24,31) 200m: 02:57,32 (01:33,01) 300m: 04:28,78 (01:31,46) 400m: 05:54,13 (01:25,35)				
3.	Paul Jagielski	2016	SG Gladbeck/Recklinghausen	05:56,68	6
	100m: 01:27,77 (01:27,77) 200m: 02:59,73 (01:31,96) 300m: 04:30,62 (01:30,89) 400m: 05:56,68 (01:26,06)				
4.	Moritz Schlichting	2016	SSC90 Schloß Holte-Stukenbrock	06:01,18	5
	100m: 01:25,27 (01:25,27) 200m: 02:59,15 (01:33,88) 300m: 04:32,36 (01:33,21) 400m: 06:01,18 (01:28,82)				
5.	Philipp Essmann	2016	SG Schwimmen Münster	06:04,87	
	100m: 01:27,38 (01:27,38) 200m: 03:00,85 (01:33,47) 300m: 04:35,49 (01:34,64) 400m: 06:04,87 (01:29,38)				
6.	Max Rengel	2016	SC Undine Beckum	06:08,65	4
	100m: 01:25,89 (01:25,89) 200m: 03:01,06 (01:35,17) 300m: 04:37,76 (01:36,70) 400m: 06:08,65 (01:30,89)				
7.	Mika Hansmann	2016	1. Paderborner SV 1911	06:12,96	3
	100m: 01:30,20 (01:30,20) 200m: 03:07,37 (01:37,17) 300m: 04:43,70 (01:36,33) 400m: 06:12,96 (01:29,26)				
8.	Theo Schuppert	2016	SG Schwimmen Münster	06:14,25	
	100m: 01:28,79 (01:28,79) 200m: 03:07,03 (01:38,24) 300m: 04:44,19 (01:37,16) 400m: 06:14,25 (01:30,06)				
9.	Ali Doruk Satir	2016	SC Undine Beckum	06:19,15	
	100m: 01:28,91 (01:28,91) 200m: 03:07,36 (01:38,45) 300m: 04:43,31 (01:35,95) 400m: 06:19,15 (01:35,84)				
10.	Felix Kötter-Mers	2016	SV Gronau 1910 e.V.	07:02,75	2
	100m: 01:38,65 (01:38,65) 200m: 03:29,36 (01:50,71) 300m: 05:20,97 (01:51,61) 400m: 07:02,75 (01:41,78)				
11.	Taim Haj Ali	2016	SC Undine Beckum	07:15,79	
	100m: 01:42,76 (01:42,76) 200m: 03:36,45 (01:53,69) 300m: 05:28,00 (01:51,55) 400m: 07:15,79 (01:47,79)				

Jahrgang 2015

1.	Aurel Siebert	2015	SG Schwimmen Münster	05:34,16	9
	100m: 01:18,84 (01:18,84) 200m: 02:44,28 (01:25,44) 300m: 04:12,27 (01:27,99) 400m: 05:34,16 (01:21,89)				
2.	Oskar Weidenhaupt	2015	SG Schwimmen Münster	05:36,74	
	100m: 01:20,59 (01:20,59) 200m: 02:46,73 (01:26,14) 300m: 04:13,33 (01:26,60) 400m: 05:36,74 (01:23,41)				
3.	Maximilian Kobus	2015	SG Schwimmen Münster	05:36,87	
	100m: 01:17,07 (01:17,07) 200m: 02:43,85 (01:26,78) 300m: 04:12,94 (01:29,09) 400m: 05:36,87 (01:23,93)				
4.	Gabriel Prokopp Lopez	2015	SG Schwimmen Münster	05:40,05	
	100m: 01:18,64 (01:18,64) 200m: 02:46,77 (01:28,13) 300m: 04:15,79 (01:29,02) 400m: 05:40,05 (01:24,26)				
5.	Philipp Müller	2015	SG Schwimmen Münster	05:44,31	
	100m: 01:19,36 (01:19,36) 200m: 02:49,07 (01:29,71) 300m: 04:19,48 (01:30,41) 400m: 05:44,31 (01:24,83)				
6.	Theo Nestler	2015	1. Paderborner SV 1911	05:45,46	7
	100m: 01:19,41 (01:19,41) 200m: 02:48,74 (01:29,33) 300m: 04:19,64 (01:30,90) 400m: 05:45,46 (01:25,82)				
7.	Thiago Ametovic	2015	SV Greven	06:56,84	6
	100m: 01:33,29 (01:33,29) 200m: 03:19,78 (01:46,49) 300m: 05:09,71 (01:49,93) 400m: 06:56,84 (01:47,13)				

Jahrgang 2014

1.	Hannes Mollenhauer	2014	SG Schwimmen Münster	05:08,78	9
	100m: 01:13,15 (01:13,15) 200m: 02:34,11 (01:20,96) 300m: 03:52,94 (01:18,83) 400m: 05:08,78 (01:15,84)				
2.	Felix Delveaux	2014	SG Gladbeck/Recklinghausen	05:23,39	7
	100m: 01:13,53 (01:13,53) 200m: 02:36,60 (01:23,07) 300m: 04:00,79 (01:24,19) 400m: 05:23,39 (01:22,60)				
3.	Franz Putzke	2014	SG Gladbeck/Recklinghausen	05:23,59	
	100m: 01:13,27 (01:13,27) 200m: 02:36,90 (01:23,63) 300m: 04:01,25 (01:24,35) 400m: 05:23,59 (01:22,34)				
4.	Leo Ernst	2014	SC Steinhagen-Amshausen	05:33,56	6
	100m: 01:20,31 (01:20,31) 200m: 02:46,75 (01:26,44) 300m: 04:12,09 (01:25,34) 400m: 05:33,56 (01:21,47)				
5.	Kian Rethmeier	2014	SC Steinhagen-Amshausen	05:36,67	
	100m: 01:16,31 (01:16,31) 200m: 02:41,42 (01:25,11) 300m: 04:09,66 (01:28,24) 400m: 05:36,67 (01:27,01)				
6.	Sidney Jonas Dröge	2014	SV TuS 1925 Herten e.V.	05:43,21	5
	100m: 01:19,13 (01:19,13) 200m: 02:47,34 (01:28,21) 300m: 04:16,46 (01:29,12) 400m: 05:43,21 (01:26,75)				

noch Wettkampf 15 - 400m Freistil männlich**noch Jahrgang 2014**

7.	Lasse Christian Börger	2014	SC Steinhagen-Amshausen	05:53,16	
	<i>100m: 01:22,23 (01:22,23) 200m: 02:52,70 (01:30,47) 300m: 04:25,44 (01:32,74) 400m: 05:53,16 (01:27,72)</i>				
8.	Nathaniel Joshua Potthoff	2014	SC Steinhagen-Amshausen	05:53,36	
	<i>100m: 01:19,55 (01:19,55) 200m: 02:51,27 (01:31,72) 300m: 04:23,39 (01:32,12) 400m: 05:53,36 (01:29,97)</i>				
9.	Theo Kötter-Mers	2014	SV Gronau 1910 e.V.	06:00,46	4
	<i>100m: 01:24,15 (01:24,15) 200m: 02:57,23 (01:33,08) 300m: 04:30,85 (01:33,62) 400m: 06:00,46 (01:29,61)</i>				
10.	Lutz Beckonert	2014	SV Olympia Borghorst	06:19,41	3
	<i>100m: 01:26,04 (01:26,04) 200m: 03:04,10 (01:38,06) 300m: 04:44,36 (01:40,26) 400m: 06:19,41 (01:35,05)</i>				

Jahrgang 2013

1.	Felix Thyssen	2013	SG Gladbeck/Recklinghausen	04:37,48	9
	<i>100m: 01:04,94 (01:04,94) 200m: 02:16,55 (01:11,61) 300m: 03:28,38 (01:11,83) 400m: 04:37,48 (01:09,10)</i>				
2.	Thies Scharlau	2013	SG Schwimmen Münster	04:45,09	7
	<i>100m: 01:08,15 (01:08,15) 200m: 02:22,17 (01:14,02) 300m: 03:34,86 (01:12,69) 400m: 04:45,09 (01:10,23)</i>				
3.	Adrian Siebert	2013	SG Schwimmen Münster	04:55,26	
	<i>100m: 01:09,14 (01:09,14) 200m: 02:25,45 (01:16,31) 300m: 03:41,14 (01:15,69) 400m: 04:55,26 (01:14,12)</i>				
4.	Jesper Müller	2013	TSG 07 Burg Gretesch	05:03,32	6
	<i>100m: 01:10,86 (01:10,86) 200m: 02:30,04 (01:19,18) 300m: 03:48,45 (01:18,41) 400m: 05:03,32 (01:14,87)</i>				
5.	Michail Dolgich	2013	1. Paderborner SV 1911	05:23,02	5
	<i>100m: 01:16,61 (01:16,61) 200m: 02:42,97 (01:26,36) 300m: 04:06,29 (01:23,32) 400m: 05:23,02 (01:16,73)</i>				
6.	Vincent Uhle	2013	1. Paderborner SV 1911	05:40,14	
	<i>100m: 01:17,61 (01:17,61) 200m: 02:45,58 (01:27,97) 300m: 04:14,36 (01:28,78) 400m: 05:40,14 (01:25,78)</i>				
7.	Louie Banna	2013	SV Greven	05:52,83	4
	<i>100m: 01:22,40 (01:22,40) 200m: 02:56,32 (01:33,92) 300m: 04:28,30 (01:31,98) 400m: 05:52,83 (01:24,53)</i>				
8.	Finn Hecht	2013	SV DJK Teutonia Waltrop	05:55,27	3
	<i>100m: 01:24,15 (01:24,15) 200m: 02:56,84 (01:32,69) 300m: 04:28,76 (01:31,92) 400m: 05:55,27 (01:26,51)</i>				
9.	Toni Dahlmann	2013	SV Greven	06:18,16	
	<i>100m: 01:26,32 (01:26,32) 200m: 03:06,41 (01:40,09) 300m: 04:47,14 (01:40,73) 400m: 06:18,16 (01:31,02)</i>				

nicht am Start

Adrian Essmann	2013	SG Schwimmen Münster
Jonas Burger	2013	SG Gladbeck/Recklinghausen

Jahrgang 2012

1.	Leo Plauschinn	2012	Gütersloher SV	04:41,68	9
	<i>100m: 01:04,12 (01:04,12) 200m: 02:16,07 (01:11,95) 300m: 03:29,31 (01:13,24) 400m: 04:41,68 (01:12,37)</i>				
2.	Mats Lichtwald	2012	Dürener TV 1847 e.V.	04:53,11	7
	<i>100m: 01:08,28 (01:08,28) 200m: 02:23,07 (01:14,79) 300m: 03:38,18 (01:15,11) 400m: 04:53,11 (01:14,93)</i>				
3.	Jannis Schinor	2012	SV Olympia Borghorst	05:08,90	6
	<i>100m: 01:11,88 (01:11,88) 200m: 02:31,38 (01:19,50) 300m: 03:51,47 (01:20,09) 400m: 05:08,90 (01:17,43)</i>				
4.	Finjas Heising	2012	SSC90 Schloß Holte-Stukenbrock	05:23,71	5
	<i>100m: 01:18,92 (01:18,92) 200m: 02:42,86 (01:23,94) 300m: 04:06,37 (01:23,51) 400m: 05:23,71 (01:17,34)</i>				
5.	Nils Trendelkamp	2012	SV Greven	05:26,40	4
	<i>100m: 01:13,61 (01:13,61) 200m: 02:37,75 (01:24,14) 300m: 04:03,67 (01:25,92) 400m: 05:26,40 (01:22,73)</i>				
6.	Nick Holz	2012	SV DJK Teutonia Waltrop	05:28,82	3
	<i>100m: 01:12,24 (01:12,24) 200m: 02:38,46 (01:26,22) 300m: 04:05,49 (01:27,03) 400m: 05:28,82 (01:23,33)</i>				
7.	Ben Upsing	2012	TV Jahn-Rheine	06:07,22	2
	<i>100m: 01:21,15 (01:21,15) 200m: 02:54,16 (01:33,01) 300m: 04:32,72 (01:38,56) 400m: 06:07,22 (01:34,50)</i>				
8.	Noel Weber	2012	SSC90 Schloß Holte-Stukenbrock	06:48,48	
	<i>100m: 01:25,03 (01:25,03) 200m: 03:09,05 (01:44,02) 300m: 04:59,56 (01:50,51) 400m: 06:48,48 (01:48,92)</i>				

