

### Wettkampf 30 - 400m Freistil männlich

LR: 03:48,85 - Schwarz, Sven (W98 Hannover) am 26.03.2022 in Magdeburg

#### Pflichtzeiten

2009: 05:32,00 2008: 05:00,00 2007: 04:50,00 2006: 04:45,00 2005: 04:40,00 2003 bis 2004: 04:38,00  
 1900 bis 2002: 04:30,00

#### Offene Wertung

Platz	Schwimmer	Jg.	Verein	Endzeit	
1. und Landesmeister	Dominik Abdou	2004	SC Altwarmbüchen	04:10,84	675
	100m: 00:59,31 (00:59,31)   200m: 02:03,38 (01:04,07)   300m: 03:07,89 (01:04,51) 400m: 04:10,84 (01:02,95)				
2.	Jakob Mayer	2004	TWG 1861 Göttingen	04:22,83	587
	100m: 01:00,60 (01:00,60)   200m: 02:07,48 (01:06,88)   300m: 03:15,47 (01:07,99) 400m: 04:22,83 (01:07,36)				
3.	Daniel Streicher	2006	TWG 1861 Göttingen	04:26,05	565
	100m: 01:04,10 (01:04,10)   200m: 02:12,22 (01:08,12)   300m: 03:19,62 (01:07,40) 400m: 04:26,05 (01:06,43)				
4.	Morten Danz	2007	Polizei SV Oldenburg	04:30,67	537
	100m: 01:04,95 (01:04,95)   200m: 02:13,94 (01:08,99)   300m: 03:23,12 (01:09,18) 400m: 04:30,67 (01:07,55)				
5.	Leon-Maurice Waldeck	2008	SGS Langenhagen	04:31,48	532
	100m: 01:04,49 (01:04,49)   200m: 02:14,25 (01:09,76)   300m: 03:24,87 (01:10,62) 400m: 04:31,48 (01:06,61)				
6.	Oskar Rudek	2005	SSG Braunschweig	04:34,79	513
	100m: 01:05,07 (01:05,07)   200m: 02:15,45 (01:10,38)   300m: 03:25,84 (01:10,39) 400m: 04:34,79 (01:08,95)				
7.	David Zeiser	2002	Delmenhorster SV 1905	04:35,52	509
	100m: 01:02,15 (01:02,15)   200m: 02:12,51 (01:10,36)   300m: 03:24,45 (01:11,94) 400m: 04:35,52 (01:11,07)				
8.	Enno Brahms	2007	Wardenburger SC	04:38,10	495
	100m: 01:05,33 (01:05,33)   200m: 02:16,88 (01:11,55)   300m: 03:28,61 (01:11,73) 400m: 04:38,10 (01:09,49)				
9.	Niklas Meyer	2007	Delmenhorster SV 1905	04:38,79	491
	100m: 01:05,19 (01:05,19)   200m: 02:16,43 (01:11,24)   300m: 03:28,81 (01:12,38) 400m: 04:38,79 (01:09,98)				
10.	Jakob Nitz	2005	SV Nienhagen 1928	04:38,91	491
	100m: 01:05,02 (01:05,02)   200m: 02:16,12 (01:11,10)   300m: 03:28,86 (01:12,74) 400m: 04:38,91 (01:10,05)				
11.	Janne Simon Kahl	2008	SSG Braunschweig	04:41,67	476
	100m: 01:05,96 (01:05,96)   200m: 02:18,35 (01:12,39)   300m: 03:31,67 (01:13,32) 400m: 04:41,67 (01:10,00)				
12.	Sebastian Dominik Besdo	2007	SV Burgwedel	04:43,00	470
	100m: 01:04,65 (01:04,65)   200m: 02:17,77 (01:13,12)   300m: 03:32,63 (01:14,86) 400m: 04:43,00 (01:10,37)				
13.	Aaron Filges	2008	SC Altwarmbüchen	04:45,93	455
	100m: 01:07,12 (01:07,12)   200m: 02:20,29 (01:13,17)   300m: 03:33,84 (01:13,55) 400m: 04:45,93 (01:12,09)				
14.	Victor Dominic Erhardt	2007	Eintracht Hildesheim	04:47,00	450
	100m: 01:05,52 (01:05,52)   200m: 02:18,78 (01:13,26)   300m: 03:33,44 (01:14,66) 400m: 04:47,00 (01:13,56)				
15.	Nevio Peters	2008	Wardenburger SC	04:47,61	447
	100m: 01:05,71 (01:05,71)   200m: 02:20,88 (01:15,17)   300m: 03:35,13 (01:14,25) 400m: 04:47,61 (01:12,48)				

EnM



Platz	Schwimmer	Jg.	Verein	Endzeit	
16.	Fabian Trippner 100m: 01:06,60 (01:06,60)   200m: 02:19,09 (01:12,49)   300m: 03:34,40 (01:15,31) 400m: 04:49,32 (01:14,92)	2007	SC Altwarmbüchen	04:49,32	440
17.	Jan Daweke 100m: 01:07,72 (01:07,72)   200m: 02:21,24 (01:13,52)   300m: 03:36,63 (01:15,39) 400m: 04:49,58 (01:12,95)	2008	VfL Osnabrück	04:49,58	438
18.	Jarno Köster 100m: 01:10,16 (01:10,16)   200m: 02:26,10 (01:15,94)   300m: 03:43,36 (01:17,26) 400m: 04:56,19 (01:12,83)	2009	VfL Osnabrück	04:56,19	410
19.	Timon Kost 100m: 01:11,21 (01:11,21)   200m: 02:26,87 (01:15,66)   300m: 03:42,81 (01:15,94) 400m: 04:56,90 (01:14,09)	2009	SC Altwarmbüchen	04:56,90	407
20.	Ole Weerts 100m: 01:11,35 (01:11,35)   200m: 02:29,12 (01:17,77)   300m: 03:49,31 (01:20,19) 400m: 05:08,36 (01:19,05)	2009	Oldenburger SV 1902	05:08,36	363
21.	Frederik Schöne 100m: 01:15,53 (01:15,53)   200m: 02:37,27 (01:21,74)   300m: 04:00,26 (01:22,99) 400m: 05:22,28 (01:22,02)	2009	SSG Braunschweig	05:22,28	318
22.	Leonel Fischer 100m: 01:16,70 (01:16,70)   200m: 02:41,34 (01:24,64)   300m: 04:09,22 (01:27,88) 400m: 05:32,60 (01:23,38)	2009	Delmenhorster SV 1905	05:32,60	289 EnM
23.	Arvid Jahreis 100m: 01:18,00 (01:18,00)   200m: 02:43,31 (01:25,31)   300m: 04:09,59 (01:26,28) 400m: 05:32,63 (01:23,04)	2009	ASC Göttingen von 1846 e.V.	05:32,63	289 EnM
24.	Kjell Leitzke 100m: 01:19,67 (01:19,67)   200m: 02:45,35 (01:25,68)   300m: 04:10,88 (01:25,53) 400m: 05:34,82 (01:23,94)	2009	TV Jahn Wolfsburg	05:34,82	283 EnM
<u>nicht am Start</u>					
	Alexander Volkov	2006	W98 Hannover		
	Lukas Spuling	2004	VfL Osnabrück		
	Magnus Danz	2004	Polizei SV Oldenburg		
<u>abgemeldet</u>					
	Daniel Olenberg	2007	VfL Osnabrück		
	Frederik Knäuper	2009	VfL Osnabrück		
	Jan Nordmann	2009	WSG Wunstorf		

### Jahrgang 2009

Platz	Schwimmer	Jg.	Verein	Endzeit	
1. und Landesjahrgangsmeister					
	Jarno Köster 100m: 01:10,16 (01:10,16)   200m: 02:26,10 (01:15,94)   300m: 03:43,36 (01:17,26) 400m: 04:56,19 (01:12,83)	2009	VfL Osnabrück	04:56,19	410
2.	Timon Kost 100m: 01:11,21 (01:11,21)   200m: 02:26,87 (01:15,66)   300m: 03:42,81 (01:15,94) 400m: 04:56,90 (01:14,09)	2009	SC Altwarmbüchen	04:56,90	407
3.	Ole Weerts 100m: 01:11,35 (01:11,35)   200m: 02:29,12 (01:17,77)   300m: 03:49,31 (01:20,19) 400m: 05:08,36 (01:19,05)	2009	Oldenburger SV 1902	05:08,36	363
4.	Frederik Schöne 100m: 01:15,53 (01:15,53)   200m: 02:37,27 (01:21,74)   300m: 04:00,26 (01:22,99) 400m: 05:22,28 (01:22,02)	2009	SSG Braunschweig	05:22,28	318



Platz	Schwimmer	Jg.	Verein	Endzeit		
5.	Leonel Fischer 100m: 01:16,70 (01:16,70)   200m: 02:41,34 (01:24,64)   300m: 04:09,22 (01:27,88) 400m: 05:32,60 (01:23,38)	2009	Delmenhorster SV 1905	05:32,60	289	EnM
6.	Arvid Jahreis 100m: 01:18,00 (01:18,00)   200m: 02:43,31 (01:25,31)   300m: 04:09,59 (01:26,28) 400m: 05:32,63 (01:23,04)	2009	ASC Göttingen von 1846 e.V.	05:32,63	289	EnM
7.	Kjell Leitzke 100m: 01:19,67 (01:19,67)   200m: 02:45,35 (01:25,68)   300m: 04:10,88 (01:25,53) 400m: 05:34,82 (01:23,94)	2009	TV Jahn Wolfsburg	05:34,82	283	EnM

### Jahrgang 2008

Platz	Schwimmer	Jg.	Verein	Endzeit		
1. und Landesjahrgangsmeister						
	Leon-Maurice Waldeck 100m: 01:04,49 (01:04,49)   200m: 02:14,25 (01:09,76)   300m: 03:24,87 (01:10,62) 400m: 04:31,48 (01:06,61)	2008	SGS Langenhagen	04:31,48	532	
2.	Janne Simon Kahl 100m: 01:05,96 (01:05,96)   200m: 02:18,35 (01:12,39)   300m: 03:31,67 (01:13,32) 400m: 04:41,67 (01:10,00)	2008	SSG Braunschweig	04:41,67	476	
3.	Aaron Filges 100m: 01:07,12 (01:07,12)   200m: 02:20,29 (01:13,17)   300m: 03:33,84 (01:13,55) 400m: 04:45,93 (01:12,09)	2008	SC Altwarmbüchen	04:45,93	455	
4.	Nevio Peters 100m: 01:05,71 (01:05,71)   200m: 02:20,88 (01:15,17)   300m: 03:35,13 (01:14,25) 400m: 04:47,61 (01:12,48)	2008	Wardenburger SC	04:47,61	447	
5.	Jan Daweke 100m: 01:07,72 (01:07,72)   200m: 02:21,24 (01:13,52)   300m: 03:36,63 (01:15,39) 400m: 04:49,58 (01:12,95)	2008	VfL Osnabrück	04:49,58	438	

### Jahrgang 2007

Platz	Schwimmer	Jg.	Verein	Endzeit		
1. und Landesjahrgangsmeister						
	Morten Danz 100m: 01:04,95 (01:04,95)   200m: 02:13,94 (01:08,99)   300m: 03:23,12 (01:09,18) 400m: 04:30,67 (01:07,55)	2007	Polizei SV Oldenburg	04:30,67	537	
2.	Enno Brahms 100m: 01:05,33 (01:05,33)   200m: 02:16,88 (01:11,55)   300m: 03:28,61 (01:11,73) 400m: 04:38,10 (01:09,49)	2007	Wardenburger SC	04:38,10	495	
3.	Niklas Meyer 100m: 01:05,19 (01:05,19)   200m: 02:16,43 (01:11,24)   300m: 03:28,81 (01:12,38) 400m: 04:38,79 (01:09,98)	2007	Delmenhorster SV 1905	04:38,79	491	
4.	Sebastian Dominik Besdo 100m: 01:04,65 (01:04,65)   200m: 02:17,77 (01:13,12)   300m: 03:32,63 (01:14,86) 400m: 04:43,00 (01:10,37)	2007	SV Burgwedel	04:43,00	470	
5.	Victor Dominic Erhardt 100m: 01:05,52 (01:05,52)   200m: 02:18,78 (01:13,26)   300m: 03:33,44 (01:14,66) 400m: 04:47,00 (01:13,56)	2007	Eintracht Hildesheim	04:47,00	450	
6.	Fabian Trippner 100m: 01:06,60 (01:06,60)   200m: 02:19,09 (01:12,49)   300m: 03:34,40 (01:15,31) 400m: 04:49,32 (01:14,92)	2007	SC Altwarmbüchen	04:49,32	440	



### Jahrgang 2006

Platz	Schwimmer	Jg.	Verein	Endzeit	
1. und Landesjahrgangsmeister	Daniel Streicher	2006	TWG 1861 Göttingen	04:26,05	565
	100m: 01:04,10 (01:04,10)   200m: 02:12,22 (01:08,12)   300m: 03:19,62 (01:07,40)				
	400m: 04:26,05 (01:06,43)				

### Jahrgang 2005

Platz	Schwimmer	Jg.	Verein	Endzeit	
1. und Landesjahrgangsmeister	Oskar Rudek	2005	SSG Braunschweig	04:34,79	513
	100m: 01:05,07 (01:05,07)   200m: 02:15,45 (01:10,38)   300m: 03:25,84 (01:10,39)				
	400m: 04:34,79 (01:08,95)				
2.	Jakob Nitz	2005	SV Nienhagen 1928	04:38,91	491
	100m: 01:05,02 (01:05,02)   200m: 02:16,12 (01:11,10)   300m: 03:28,86 (01:12,74)				
	400m: 04:38,91 (01:10,05)				

### Jahrgang 2003/2004

Platz	Schwimmer	Jg.	Verein	Endzeit	
1. und Landesjuniorenmeister	Dominik Abdou	2004	SC Altwarmbüchen	04:10,84	675
	100m: 00:59,31 (00:59,31)   200m: 02:03,38 (01:04,07)   300m: 03:07,89 (01:04,51)				
	400m: 04:10,84 (01:02,95)				
2.	Jakob Mayer	2004	TWG 1861 Göttingen	04:22,83	587
	100m: 01:00,60 (01:00,60)   200m: 02:07,48 (01:06,88)   300m: 03:15,47 (01:07,99)				
	400m: 04:22,83 (01:07,36)				

