

## Wettkampf 20 - 400m Freistil männlich

### Pflichtzeiten

2013: 04:55,10 2012: 04:42,80 2011: 04:33,88 2010: 04:28,75 2009: 04:25,11 2008: 04:21,91 2006 bis 2007: 04:21,91  
 1900 bis 2005: 04:14,73

### Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
	Olivier Awrycewicz	2013	SGS Hannover	04:33,05	522
	50m: 00:30,39 (00:30,39)   100m: 01:05,21 (00:34,82)   150m: 01:40,08 (00:34,87)   200m: 02:15,77 (00:35,69) 250m: 02:50,64 (00:34,87)   300m: 03:25,97 (00:35,33)   350m: 04:00,44 (00:34,47)   400m: 04:33,05 (00:32,61)				
	Yannick Kastner	2013	W98 Hannover	04:37,75	496
	50m: 00:30,90 (00:30,90)   100m: 01:05,93 (00:35,03)   150m: 01:41,37 (00:35,44)   200m: 02:16,92 (00:35,55) 250m: 02:52,71 (00:35,79)   300m: 03:28,41 (00:35,70)   350m: 04:04,23 (00:35,82)   400m: 04:37,75 (00:33,52)				
	Vincent Hellmann	2013	SSG Braunschweig	04:47,55	447
	50m: 00:32,57 (00:32,57)   100m: 01:07,78 (00:35,21)   150m: 01:44,41 (00:36,63)   200m: 02:20,61 (00:36,20) 250m: 02:57,76 (00:37,15)   300m: 03:34,58 (00:36,82)   350m: 04:12,18 (00:37,60)   400m: 04:47,55 (00:35,37)				
	Aaron Finder	2013	Berliner TSC	04:54,28	417
	50m: 00:33,00 (00:33,00)   100m: 01:09,70 (00:36,70)   150m: 01:46,47 (00:36,77)   200m: 02:23,95 (00:37,48) 250m: 03:01,26 (00:37,31)   300m: 03:38,86 (00:37,60)   350m: 04:17,44 (00:38,58)   400m: 04:54,28 (00:36,84)				

### Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
	Tjark Meiners	2012	Polizei SV Oldenburg	04:27,78	554
	50m: 00:28,60 (00:28,60)   100m: 01:00,33 (00:31,73)   150m: 01:33,85 (00:33,52)   200m: 02:08,40 (00:34,55) 250m: 02:43,50 (00:35,10)   300m: 03:19,56 (00:36,06)   350m: 03:54,35 (00:34,79)   400m: 04:27,78 (00:33,43)				
	Lamarana Jalloh	2012	Hamburger SC	04:29,42	544
	50m: 00:30,64 (00:30,64)   100m: 01:04,83 (00:34,19)   150m: 01:39,22 (00:34,39)   200m: 02:14,06 (00:34,84) 250m: 02:48,66 (00:34,60)   300m: 03:23,30 (00:34,64)   350m: 03:57,36 (00:34,06)   400m: 04:29,42 (00:32,06)				
	Nikita Zemliansky	2012	Berliner TSC	04:36,75	502
	50m: 00:30,74 (00:30,74)   100m: 01:04,43 (00:33,69)   150m: 01:38,61 (00:34,18)   200m: 02:14,06 (00:35,45) 250m: 02:49,81 (00:35,75)   300m: 03:25,81 (00:36,00)   350m: 04:02,16 (00:36,35)   400m: 04:36,75 (00:34,59)				
	Floyd Düker	2012	Delmenhorster SV 1905	04:38,15	494
	50m: 00:30,81 (00:30,81)   100m: 01:05,46 (00:34,65)   150m: 01:40,66 (00:35,20)   200m: 02:16,36 (00:35,70) 250m: 02:52,53 (00:36,17)   300m: 03:28,33 (00:35,80)   350m: 04:04,26 (00:35,93)   400m: 04:38,15 (00:33,89)				
	Trutz Brand	2012	TV Jahn Schneverdingen	04:40,40	482
	50m: 00:31,10 (00:31,10)   100m: 01:05,63 (00:34,53)   150m: 01:41,30 (00:35,67)   200m: 02:17,49 (00:36,19) 250m: 02:53,87 (00:36,38)   300m: 03:30,02 (00:36,15)   350m: 04:06,17 (00:36,15)   400m: 04:40,40 (00:34,23)				

### Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
	Jannis Kube	2011	Wasserfreunde Spandau 04 e. V.	04:16,95	627
	50m: 00:28,10 (00:28,10)   100m: 00:59,37 (00:31,27)   150m: 01:31,72 (00:32,35)   200m: 02:04,76 (00:33,04) 250m: 02:37,42 (00:32,66)   300m: 03:11,10 (00:33,68)   350m: 03:45,09 (00:33,99)   400m: 04:16,95 (00:31,86)				
	Timo Wentland	2011	SSG Braunschweig	04:17,11	626
	50m: 00:28,86 (00:28,86)   100m: 01:00,30 (00:31,44)   150m: 01:33,03 (00:32,73)   200m: 02:05,63 (00:32,60) 250m: 02:39,15 (00:33,52)   300m: 03:12,22 (00:33,07)   350m: 03:45,38 (00:33,16)   400m: 04:17,11 (00:31,73)				
	Oscar Thümer	2011	BSV Medizin Marzahn 1990 e.V.	04:24,04	578
	50m: 00:28,97 (00:28,97)   100m: 01:01,24 (00:32,27)   150m: 01:34,50 (00:33,26)   200m: 02:08,05 (00:33,55) 250m: 02:41,69 (00:33,64)   300m: 03:16,21 (00:34,52)   350m: 03:50,65 (00:34,44)   400m: 04:24,04 (00:33,39)				
	Mick Julian Schlucke	2011	SG Wasserratten Norderstedt	04:24,17	577
	50m: 00:29,22 (00:29,22)   100m: 01:02,68 (00:33,46)   150m: 01:35,38 (00:32,70)   200m: 02:09,90 (00:34,52) 250m: 02:43,33 (00:33,43)   300m: 03:17,22 (00:33,89)   350m: 03:50,94 (00:33,72)   400m: 04:24,17 (00:33,23)				
	Paul Adam	2011	SG HT16 Hamburg	04:26,02	565
	50m: 00:29,97 (00:29,97)   100m: 01:02,19 (00:32,22)   150m: 01:35,66 (00:33,47)   200m: 02:09,31 (00:33,65) 250m: 02:43,68 (00:34,37)   300m: 03:18,41 (00:34,73)   350m: 03:52,75 (00:34,34)   400m: 04:26,02 (00:33,27)				
	Kieril Rudko	2011	Delmenhorster SV 1905	04:28,22	551
	50m: 00:29,53 (00:29,53)   100m: 01:02,37 (00:32,84)   150m: 01:36,50 (00:34,13)   200m: 02:10,84 (00:34,34) 250m: 02:45,98 (00:35,14)   300m: 03:20,91 (00:34,93)   350m: 03:55,64 (00:34,73)   400m: 04:28,22 (00:32,58)				

**noch Wettkampf 20 - 400m Freistil männlich**

**noch Jahrgang 2011**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
	Tymur Matsyota	2011	SG TSG HB10 Bremen	04:28,98	546	
	50m: 00:30,36 (00:30,36)   100m: 01:03,92 (00:33,56)   150m: 01:37,75 (00:33,83)   200m: 02:11,82 (00:34,07) 250m: 02:46,25 (00:34,43)   300m: 03:20,97 (00:34,72)   350m: 03:55,64 (00:34,67)   400m: 04:28,98 (00:33,34)					
	Lennox Dufft	2011	Berliner TSC	04:31,12	534	
	50m: 00:29,48 (00:29,48)   100m: 01:02,51 (00:33,03)   150m: 01:37,15 (00:34,64)   200m: 02:11,73 (00:34,58) 250m: 02:46,88 (00:35,15)   300m: 03:21,74 (00:34,86)   350m: 03:57,10 (00:35,36)   400m: 04:31,12 (00:34,02)					
	Leonard Steuter	2011	Wasserfreunde Spandau 04 e. V.	04:32,78	524	
	50m: 00:29,66 (00:29,66)   100m: 01:03,11 (00:33,45)   150m: 01:37,30 (00:34,19)   200m: 02:12,06 (00:34,76) 250m: 02:47,40 (00:35,34)   300m: 03:23,24 (00:35,84)   350m: 03:58,93 (00:35,69)   400m: 04:32,78 (00:33,85)					
	Yannick Jung	2011	SSG Braunschweig	04:33,23	521	
	50m: 00:29,87 (00:29,87)   100m: 01:03,90 (00:34,03)   150m: 01:38,55 (00:34,65)   200m: 02:13,72 (00:35,17) 250m: 02:49,10 (00:35,38)   300m: 03:24,72 (00:35,62)   350m: 03:59,52 (00:34,80)   400m: 04:33,23 (00:33,71)					
	Niklas Fischer	2011	Elmshorner MTV	04:33,91	517	EnM
	50m: 00:29,18 (00:29,18)   100m: 01:02,35 (00:33,17)   150m: 01:37,42 (00:35,07)   200m: 02:12,68 (00:35,26) 250m: 02:48,73 (00:36,05)   300m: 03:24,42 (00:35,69)   350m: 04:00,23 (00:35,81)   400m: 04:33,91 (00:33,68)					

**Jahrgang 2010**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
	Tade Schumann	2010	SG Neumünster	04:19,24	610	
	50m: 00:28,65 (00:28,65)   100m: 01:00,61 (00:31,96)   150m: 01:33,65 (00:33,04)   200m: 02:07,29 (00:33,64) 250m: 02:41,05 (00:33,76)   300m: 03:14,45 (00:33,40)   350m: 03:48,23 (00:33,78)   400m: 04:19,24 (00:31,01)					
	Piet Siewertsen	2010	SV Wiking Kiel	04:21,68	593	
	50m: 00:29,21 (00:29,21)   100m: 01:00,75 (00:31,54)   150m: 01:33,69 (00:32,94)   200m: 02:07,14 (00:33,45) 250m: 02:41,06 (00:33,92)   300m: 03:15,08 (00:34,02)   350m: 03:48,86 (00:33,78)   400m: 04:21,68 (00:32,82)					
	Levi Heuer	2010	SSG Braunschweig	04:25,88	566	
	50m: 00:29,83 (00:29,83)   100m: 01:02,76 (00:32,93)   150m: 01:36,63 (00:33,87)   200m: 02:10,81 (00:34,18) 250m: 02:45,01 (00:34,20)   300m: 03:19,15 (00:34,14)   350m: 03:53,66 (00:34,51)   400m: 04:25,88 (00:32,22)					

abgemeldet

Michael Volkov 2010 W98 Hannover

**Jahrgang 2009**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
	Magnus Nielsen	2009	TSV RW Niebüll	04:28,67	548	EnM
	50m: 00:29,38 (00:29,38)   100m: 01:02,07 (00:32,69)   150m: 01:35,53 (00:33,46)   200m: 02:09,73 (00:34,20) 250m: 02:44,89 (00:35,16)   300m: 03:20,06 (00:35,17)   350m: 03:54,89 (00:34,83)   400m: 04:28,67 (00:33,78)					

**Offene Wertung**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
	Jannis Kube	2011	Wasserfreunde Spandau 04 e. V.	04:16,95	627	
	50m: 00:28,10 (00:28,10)   100m: 00:59,37 (00:31,27)   150m: 01:31,72 (00:32,35)   200m: 02:04,76 (00:33,04) 250m: 02:37,42 (00:32,66)   300m: 03:11,10 (00:33,68)   350m: 03:45,09 (00:33,99)   400m: 04:16,95 (00:31,86)					
	Timo Wentland	2011	SSG Braunschweig	04:17,11	626	
	50m: 00:28,86 (00:28,86)   100m: 01:00,30 (00:31,44)   150m: 01:33,03 (00:32,73)   200m: 02:05,63 (00:32,60) 250m: 02:39,15 (00:33,52)   300m: 03:12,22 (00:33,07)   350m: 03:45,38 (00:33,16)   400m: 04:17,11 (00:31,73)					
	Tade Schumann	2010	SG Neumünster	04:19,24	610	
	50m: 00:28,65 (00:28,65)   100m: 01:00,61 (00:31,96)   150m: 01:33,65 (00:33,04)   200m: 02:07,29 (00:33,64) 250m: 02:41,05 (00:33,76)   300m: 03:14,45 (00:33,40)   350m: 03:48,23 (00:33,78)   400m: 04:19,24 (00:31,01)					
	Piet Siewertsen	2010	SV Wiking Kiel	04:21,68	593	
	50m: 00:29,21 (00:29,21)   100m: 01:00,75 (00:31,54)   150m: 01:33,69 (00:32,94)   200m: 02:07,14 (00:33,45) 250m: 02:41,06 (00:33,92)   300m: 03:15,08 (00:34,02)   350m: 03:48,86 (00:33,78)   400m: 04:21,68 (00:32,82)					
	Oscar Thümer	2011	BSV Medizin Marzahn 1990 e.V.	04:24,04	578	
	50m: 00:28,97 (00:28,97)   100m: 01:01,24 (00:32,27)   150m: 01:34,50 (00:33,26)   200m: 02:08,05 (00:33,55) 250m: 02:41,69 (00:33,64)   300m: 03:16,21 (00:34,52)   350m: 03:50,65 (00:34,44)   400m: 04:24,04 (00:33,39)					
	Mick Julian Schlucke	2011	SG Wasserratten Norderstedt	04:24,17	577	
	50m: 00:29,22 (00:29,22)   100m: 01:02,68 (00:33,46)   150m: 01:35,38 (00:32,70)   200m: 02:09,90 (00:34,52) 250m: 02:43,33 (00:33,43)   300m: 03:17,22 (00:33,89)   350m: 03:50,94 (00:33,72)   400m: 04:24,17 (00:33,23)					



**noch Wettkampf 20 - 400m Freistil männlich**

**noch Offene Wertung**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
	Levi Heuer	2010	SSG Braunschweig	04:25,88	566	
	50m: 00:29,83 (00:29,83)   100m: 01:02,76 (00:32,93)   150m: 01:36,63 (00:33,87)   200m: 02:10,81 (00:34,18) 250m: 02:45,01 (00:34,20)   300m: 03:19,15 (00:34,14)   350m: 03:53,66 (00:34,51)   400m: 04:25,88 (00:32,22)					
	Paul Adam	2011	SG HT16 Hamburg	04:26,02	565	
	50m: 00:29,97 (00:29,97)   100m: 01:02,19 (00:32,22)   150m: 01:35,66 (00:33,47)   200m: 02:09,31 (00:33,65) 250m: 02:43,68 (00:34,37)   300m: 03:18,41 (00:34,73)   350m: 03:52,75 (00:34,34)   400m: 04:26,02 (00:33,27)					
	Tjark Meiners	2012	Polizei SV Oldenburg	04:27,78	554	
	50m: 00:28,60 (00:28,60)   100m: 01:00,33 (00:31,73)   150m: 01:33,85 (00:33,52)   200m: 02:08,40 (00:34,55) 250m: 02:43,50 (00:35,10)   300m: 03:19,56 (00:36,06)   350m: 03:54,35 (00:34,79)   400m: 04:27,78 (00:33,43)					
	Kieril Rudko	2011	Delmenhorster SV 1905	04:28,22	551	
	50m: 00:29,53 (00:29,53)   100m: 01:02,37 (00:32,84)   150m: 01:36,50 (00:34,13)   200m: 02:10,84 (00:34,34) 250m: 02:45,98 (00:35,14)   300m: 03:20,91 (00:34,93)   350m: 03:55,64 (00:34,73)   400m: 04:28,22 (00:32,58)					
	Magnus Nielsen	2009	TSV RW Niebüll	04:28,67	548	EnM
	50m: 00:29,38 (00:29,38)   100m: 01:02,07 (00:32,69)   150m: 01:35,53 (00:33,46)   200m: 02:09,73 (00:34,20) 250m: 02:44,89 (00:35,16)   300m: 03:20,06 (00:35,17)   350m: 03:54,89 (00:34,83)   400m: 04:28,67 (00:33,78)					
	Tymur Matsyota	2011	SG TSG HB10 Bremen	04:28,98	546	
	50m: 00:30,36 (00:30,36)   100m: 01:03,92 (00:33,56)   150m: 01:37,75 (00:33,83)   200m: 02:11,82 (00:34,07) 250m: 02:46,25 (00:34,43)   300m: 03:20,97 (00:34,72)   350m: 03:55,64 (00:34,67)   400m: 04:28,98 (00:33,34)					
	Lamarana Jalloh	2012	Hamburger SC	04:29,42	544	
	50m: 00:30,64 (00:30,64)   100m: 01:04,83 (00:34,19)   150m: 01:39,22 (00:34,39)   200m: 02:14,06 (00:34,84) 250m: 02:48,66 (00:34,60)   300m: 03:23,30 (00:34,64)   350m: 03:57,36 (00:34,06)   400m: 04:29,42 (00:32,06)					
	Lennox Dufft	2011	Berliner TSC	04:31,12	534	
	50m: 00:29,48 (00:29,48)   100m: 01:02,51 (00:33,03)   150m: 01:37,15 (00:34,64)   200m: 02:11,73 (00:34,58) 250m: 02:46,88 (00:35,15)   300m: 03:21,74 (00:34,86)   350m: 03:57,10 (00:35,36)   400m: 04:31,12 (00:34,02)					
	Leonard Steuter	2011	Wasserfreunde Spandau 04 e. V.	04:32,78	524	
	50m: 00:29,66 (00:29,66)   100m: 01:03,11 (00:33,45)   150m: 01:37,30 (00:34,19)   200m: 02:12,06 (00:34,76) 250m: 02:47,40 (00:35,34)   300m: 03:23,24 (00:35,84)   350m: 03:58,93 (00:35,69)   400m: 04:32,78 (00:33,85)					
	Olivier Awrycewicz	2013	SGS Hannover	04:33,05	522	
	50m: 00:30,39 (00:30,39)   100m: 01:05,21 (00:34,82)   150m: 01:40,08 (00:34,87)   200m: 02:15,77 (00:35,69) 250m: 02:50,64 (00:34,87)   300m: 03:25,97 (00:35,33)   350m: 04:00,44 (00:34,47)   400m: 04:33,05 (00:32,61)					
	Yannick Jung	2011	SSG Braunschweig	04:33,23	521	
	50m: 00:29,87 (00:29,87)   100m: 01:03,90 (00:34,03)   150m: 01:38,55 (00:34,65)   200m: 02:13,72 (00:35,17) 250m: 02:49,10 (00:35,38)   300m: 03:24,72 (00:35,62)   350m: 03:59,52 (00:34,80)   400m: 04:33,23 (00:33,71)					
	Niklas Fischer	2011	Elmshorner MTV	04:33,91	517	EnM
	50m: 00:29,18 (00:29,18)   100m: 01:02,35 (00:33,17)   150m: 01:37,42 (00:35,07)   200m: 02:12,68 (00:35,26) 250m: 02:48,73 (00:36,05)   300m: 03:24,42 (00:35,69)   350m: 04:00,23 (00:35,81)   400m: 04:33,91 (00:33,68)					
	Nikita Zemliansky	2012	Berliner TSC	04:36,75	502	
	50m: 00:30,74 (00:30,74)   100m: 01:04,43 (00:33,69)   150m: 01:38,61 (00:34,18)   200m: 02:14,06 (00:35,45) 250m: 02:49,81 (00:35,75)   300m: 03:25,81 (00:36,00)   350m: 04:02,16 (00:36,35)   400m: 04:36,75 (00:34,59)					
	Yannick Kastner	2013	W98 Hannover	04:37,75	496	
	50m: 00:30,90 (00:30,90)   100m: 01:05,93 (00:35,03)   150m: 01:41,37 (00:35,44)   200m: 02:16,92 (00:35,55) 250m: 02:52,71 (00:35,79)   300m: 03:28,41 (00:35,70)   350m: 04:04,23 (00:35,82)   400m: 04:37,75 (00:33,52)					
	Floyd Düker	2012	Delmenhorster SV 1905	04:38,15	494	
	50m: 00:30,81 (00:30,81)   100m: 01:05,46 (00:34,65)   150m: 01:40,66 (00:35,20)   200m: 02:16,36 (00:35,70) 250m: 02:52,53 (00:36,17)   300m: 03:28,33 (00:35,80)   350m: 04:04,26 (00:35,93)   400m: 04:38,15 (00:33,89)					
	Trutz Brand	2012	TV Jahn Schneverdingen	04:40,40	482	
	50m: 00:31,10 (00:31,10)   100m: 01:05,63 (00:34,53)   150m: 01:41,30 (00:35,67)   200m: 02:17,49 (00:36,19) 250m: 02:53,87 (00:36,38)   300m: 03:30,02 (00:36,15)   350m: 04:06,17 (00:36,15)   400m: 04:40,40 (00:34,23)					
	Vincent Hellmann	2013	SSG Braunschweig	04:47,55	447	
	50m: 00:32,57 (00:32,57)   100m: 01:07,78 (00:35,21)   150m: 01:44,41 (00:36,63)   200m: 02:20,61 (00:36,20) 250m: 02:57,76 (00:37,15)   300m: 03:34,58 (00:36,82)   350m: 04:12,18 (00:37,60)   400m: 04:47,55 (00:35,37)					
	Aaron Finder	2013	Berliner TSC	04:54,28	417	
	50m: 00:33,00 (00:33,00)   100m: 01:09,70 (00:36,70)   150m: 01:46,47 (00:36,77)   200m: 02:23,95 (00:37,48) 250m: 03:01,26 (00:37,31)   300m: 03:38,86 (00:37,60)   350m: 04:17,44 (00:38,58)   400m: 04:54,28 (00:36,84)					