

## Wettkampf 32 - 400m Freistil männlich

Jahrgang 2011

Platz	Schwimmer	Jg.	Verein	Endzeit	
1. und Hessischer Jahrgangsmeister 2021					
	Simon Theissen	2011	SG Frankfurt	05:25,41	309
	50m: 00:36,18 (00:36,18)   100m: 01:17,79 (00:41,61) 150m: 01:59,00 (00:41,21)   200m: 02:40,48 (00:41,48) 250m: 03:22,66 (00:42,18)   300m: 04:04,87 (00:42,21) 350m: 04:45,45 (00:40,58)   400m: 05:25,41 (00:39,96)				
2.	Frederik Alexander Kaul	2011	SG Wetterau	05:35,04	283
	50m: 00:36,70 (00:36,70)   100m: 01:18,24 (00:41,54) 150m: 02:01,47 (00:43,23)   200m: 02:44,71 (00:43,24) 250m: 03:27,96 (00:43,25)   300m: 04:12,09 (00:44,13) 350m: 04:54,72 (00:42,63)   400m: 05:35,04 (00:40,32)				
3.	Jakob Stark	2011	TV Wetzlar	05:36,44	279
	50m: 00:37,77 (00:37,77)   100m: 01:21,01 (00:43,24) 150m: 02:04,02 (00:43,01)   200m: 02:47,03 (00:43,01) 250m: 03:31,20 (00:44,17)   300m: 04:14,51 (00:43,31) 350m: 04:57,05 (00:42,54)   400m: 05:36,44 (00:39,39)				
4.	Oskar Reimann	2011	Hofheimer SC	05:36,67	279
	50m: 00:36,54 (00:36,54)   100m: 01:19,78 (00:43,24) 150m: 02:02,79 (00:43,01)   200m: 02:46,36 (00:43,57) 250m: 03:29,10 (00:42,74)   300m: 04:13,12 (00:44,02) 350m: 04:55,76 (00:42,64)   400m: 05:36,67 (00:40,91)				
5.	Johann Weiß	2011	SC Wiesbaden 1911	05:57,11	234
	50m: 00:38,72 (00:38,72)   100m: 01:24,68 (00:45,96) 150m: 02:10,08 (00:45,40)   200m: 02:55,16 (00:45,08) 250m: 03:41,23 (00:46,07)   300m: 04:27,55 (00:46,32) 350m: 05:13,98 (00:46,43)   400m: 05:57,11 (00:43,13)				
6.	Linus Bechtel	2011	SG Wetterau	05:58,45	231
	50m: 00:39,95 (00:39,95)   100m: 01:25,02 (00:45,07) 150m: 02:11,03 (00:46,01)   200m: 02:57,77 (00:46,74) 250m: 03:44,27 (00:46,50)   300m: 04:30,25 (00:45,98) 350m: 05:17,30 (00:47,05)   400m: 05:58,45 (00:41,15)				
7.	Tobias Wiese	2011	Erster Sodener SC	06:19,73	194
	50m: 00:42,43 (00:42,43)   100m: 01:31,08 (00:48,65) 150m: 02:20,89 (00:49,81)   200m: 03:09,81 (00:48,92) 250m: 03:59,83 (00:50,02)   300m: 04:48,95 (00:49,12) 350m: 05:36,38 (00:47,43)   400m: 06:19,73 (00:43,35)				
8.	Yun Joo	2011	Erster Sodener SC	06:20,31	193
	50m: 00:40,82 (00:40,82)   100m: 01:30,47 (00:49,65) 150m: 02:19,08 (00:48,61)   200m: 03:08,52 (00:49,44) 250m: 03:59,29 (00:50,77)   300m: 04:48,46 (00:49,17) 350m: 05:37,14 (00:48,68)   400m: 06:20,31 (00:43,17)				
9.	Deniz Ates	2011	Hofheimer SC	06:51,18	153
	50m: 00:43,50 (00:43,50)   100m: 01:35,97 (00:52,47) 150m: 02:29,63 (00:53,66)   200m: 03:21,67 (00:52,04) 250m: 04:15,32 (00:53,65)   300m: 05:08,81 (00:53,49) 350m: 06:01,83 (00:53,02)   400m: 06:51,18 (00:49,35)				
10.	Niklas Maack	2011	SC Wiesbaden 1911	07:33,11	114
	50m: 00:48,45 (00:48,45)   100m: 01:46,07 (00:57,62) 150m: 02:44,97 (00:58,90)   200m: 03:44,75 (00:59,78) 250m: 04:43,60 (00:58,85)   300m: 05:42,68 (00:59,08) 350m: 06:40,88 (00:58,20)   400m: 07:33,11 (00:52,23)				



Protokolldaten



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**noch Wettkampf 32 - 400m Freistil männlich**

Jahrgang 2010

Platz	Schwimmer	Jg.	Verein	Endzeit	
1. und Hessischer Jahrgangsmeister 2021					
	Julian Hendrik Bachmann	2010	SG Frankfurt	05:01,65	388
	50m: 00:34,73 (00:34,73)   100m: 01:13,05 (00:38,32) 150m: 01:51,76 (00:38,71)   200m: 02:30,55 (00:38,79) 250m: 03:09,23 (00:38,68)   300m: 03:48,25 (00:39,02) 350m: 04:26,68 (00:38,43)   400m: 05:01,65 (00:34,97)				
2.	Frederik Raschke	2010	SG Frankfurt	05:10,55	355
	50m: 00:34,30 (00:34,30)   100m: 01:13,51 (00:39,21) 150m: 01:53,55 (00:40,04)   200m: 02:32,64 (00:39,09) 250m: 03:12,71 (00:40,07)   300m: 03:52,24 (00:39,53) 350m: 04:32,11 (00:39,87)   400m: 05:10,55 (00:38,44)				
3.	Alexander Wang	2010	SCW Eschborn	05:13,19	346
	50m: 00:35,82 (00:35,82)   100m: 01:15,80 (00:39,98) 150m: 01:57,16 (00:41,36)   200m: 02:37,32 (00:40,16) 250m: 03:18,20 (00:40,88)   300m: 03:58,17 (00:39,97) 350m: 04:37,47 (00:39,30)   400m: 05:13,19 (00:35,72)				
4.	Jannes Kämper	2010	Hofheimer SC	05:13,92	344
	50m: 00:35,71 (00:35,71)   100m: 01:16,32 (00:40,61) 150m: 01:56,65 (00:40,33)   200m: 02:37,58 (00:40,93) 250m: 03:17,82 (00:40,24)   300m: 03:58,37 (00:40,55) 350m: 04:37,21 (00:38,84)   400m: 05:13,92 (00:36,71)				
5.	Tom Scott Mühlbauer	2010	SCW Eschborn	05:17,92	331
	50m: 00:37,49 (00:37,49)   100m: 01:18,11 (00:40,62) 150m: 01:59,76 (00:41,65)   200m: 02:39,88 (00:40,12) 250m: 03:20,54 (00:40,66)   300m: 04:00,57 (00:40,03) 350m: 04:40,52 (00:39,95)   400m: 05:17,92 (00:37,40)				
6.	Gabriel Glöckler	2010	SG Frankfurt	05:20,59	323
	50m: 00:36,09 (00:36,09)   100m: 01:17,13 (00:41,04) 150m: 01:58,86 (00:41,73)   200m: 02:40,37 (00:41,51) 250m: 03:22,09 (00:41,72)   300m: 04:04,24 (00:42,15) 350m: 04:44,73 (00:40,49)   400m: 05:20,59 (00:35,86)				
7.	Mathis Lindner	2010	SC Wiesbaden 1911	05:20,88	322
	50m: 00:36,16 (00:36,16)   100m: 01:17,30 (00:41,14) 150m: 01:58,48 (00:41,18)   200m: 02:40,33 (00:41,85) 250m: 03:20,98 (00:40,65)   300m: 04:02,10 (00:41,12) 350m: 04:43,45 (00:41,35)   400m: 05:20,88 (00:37,43)				
8.	Arne Gerald Roth	2010	SCW Eschborn	05:23,20	315
	50m: 00:36,93 (00:36,93)   100m: 01:17,14 (00:40,21) 150m: 01:59,35 (00:42,21)   200m: 02:42,19 (00:42,84) 250m: 03:23,61 (00:41,42)   300m: 04:05,15 (00:41,54) 350m: 04:46,14 (00:40,99)   400m: 05:23,20 (00:37,06)				
9.	Florian Funke	2010	SC Wiesbaden 1911	05:23,31	315
	50m: 00:37,28 (00:37,28)   100m: 01:17,79 (00:40,51) 150m: 01:59,05 (00:41,26)   200m: 02:40,42 (00:41,37) 250m: 03:21,57 (00:41,15)   300m: 04:03,06 (00:41,49) 350m: 04:44,01 (00:40,95)   400m: 05:23,31 (00:39,30)				
10.	Malte Minner	2010	SC Wiesbaden 1911	05:23,60	314
	50m: 00:34,55 (00:34,55)   100m: 01:13,67 (00:39,12) 150m: 01:54,41 (00:40,74)   200m: 02:36,36 (00:41,95) 250m: 03:18,34 (00:41,98)   300m: 04:00,50 (00:42,16) 350m: 04:42,69 (00:42,19)   400m: 05:23,60 (00:40,91)				



Protokolldaten



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**noch Wettkampf 32 - 400m Freistil männlich**

noch Jahrgang 2010

Platz	Schwimmer	Jg.	Verein	Endzeit	
11.	Tom Howorka 50m: 00:34,15 (00:34,15)   100m: 01:13,92 (00:39,77) 150m: 01:55,44 (00:41,52)   200m: 02:37,68 (00:42,24) 250m: 03:21,35 (00:43,67)   300m: 04:04,88 (00:43,53) 350m: 04:47,91 (00:43,03)   400m: 05:28,54 (00:40,63)	2010	DSW 1912 Darmstadt e.V.	05:28,54	300
12.	Oskar Immisch 50m: 00:38,31 (00:38,31)   100m: 01:22,44 (00:44,13) 150m: 02:07,23 (00:44,79)   200m: 02:51,74 (00:44,51) 250m: 03:36,25 (00:44,51)   300m: 04:21,25 (00:45,00) 350m: 05:03,49 (00:42,24)   400m: 05:42,83 (00:39,34)	2010	SCW Eschborn	05:42,83	264
13.	Karl Cornet 50m: 00:37,18 (00:37,18)   100m: 01:20,96 (00:43,78) 150m: 02:06,05 (00:45,09)   200m: 02:51,06 (00:45,01) 250m: 03:36,18 (00:45,12)   300m: 04:20,24 (00:44,06) 350m: 05:04,98 (00:44,74)   400m: 05:47,61 (00:42,63)	2010	SV Poseidon Limburg e. V.	05:47,61	253
14.	Fabian Holz 50m: 00:38,41 (00:38,41)   100m: 01:23,18 (00:44,77) 150m: 02:08,12 (00:44,94)   200m: 02:52,64 (00:44,52) 250m: 03:38,62 (00:45,98)   300m: 04:23,01 (00:44,39) 350m: 05:07,91 (00:44,90)   400m: 05:47,91 (00:40,00)	2010	SCW Eschborn	05:47,91	253
15.	Ruian Liu 50m: 00:37,07 (00:37,07)   100m: 01:21,62 (00:44,55) 150m: 02:07,24 (00:45,62)   200m: 02:53,60 (00:46,36) 250m: 03:37,81 (00:44,21)   300m: 04:24,15 (00:46,34) 350m: 05:07,34 (00:43,19)   400m: 05:48,41 (00:41,07)	2010	SCW Eschborn	05:48,41	252
16.	Arvid Behr 50m: 00:38,20 (00:38,20)   100m: 01:21,77 (00:43,57) 150m: 02:05,81 (00:44,04)   200m: 02:51,04 (00:45,23) 250m: 03:36,92 (00:45,88)   300m: 04:22,12 (00:45,20) 350m: 05:07,69 (00:45,57)   400m: 05:49,85 (00:42,16)	2010	DSW 1912 Darmstadt e.V.	05:49,85	248
17.	Oskar Vaupotic 50m: 00:38,53 (00:38,53)   100m: 01:23,06 (00:44,53) 150m: 02:10,62 (00:47,56)   200m: 02:55,38 (00:44,76) 250m: 03:41,59 (00:46,21)   300m: 04:26,46 (00:44,87) 350m: 05:11,01 (00:44,55)   400m: 05:53,59 (00:42,58)	2010	SV Gelnhausen 1924 e.V.	05:53,59	241
18.	Taku Missel 50m: 00:39,78 (00:39,78)   100m: 01:24,94 (00:45,16) 150m: 02:10,31 (00:45,37)   200m: 02:56,47 (00:46,16) 250m: 03:42,55 (00:46,08)   300m: 04:28,09 (00:45,54) 350m: 05:12,22 (00:44,13)   400m: 05:54,65 (00:42,43)	2010	SCW Eschborn	05:54,65	238
19.	David Eckardt 50m: 00:37,72 (00:37,72)   100m: 01:22,11 (00:44,39) 150m: 02:08,25 (00:46,14)   200m: 02:54,95 (00:46,70) 250m: 03:41,69 (00:46,74)   300m: 04:26,99 (00:45,30) 350m: 05:12,19 (00:45,20)   400m: 05:55,00 (00:42,81)	2010	SV Gelnhausen 1924 e.V.	05:55,00	238
20.	Jonas Biskamp 50m: 00:40,56 (00:40,56)   100m: 01:25,94 (00:45,38) 150m: 02:10,85 (00:44,91)   200m: 02:55,91 (00:45,06) 250m: 03:41,58 (00:45,67)   300m: 04:27,21 (00:45,63) 350m: 05:12,64 (00:45,43)   400m: 05:55,07 (00:42,43)	2010	SG Frankfurt	05:55,07	238



Protokolldaten



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**noch Wettkampf 32 - 400m Freistil männlich**

noch Jahrgang 2010

Platz	Schwimmer	Jg.	Verein	Endzeit	
21.	Jonas Fischer 50m: 00:39,62 (00:39,62)   100m: 01:24,87 (00:45,25) 150m: 02:10,78 (00:45,91)   200m: 02:57,89 (00:47,11) 250m: 03:45,14 (00:47,25)   300m: 04:32,31 (00:47,17) 350m: 05:19,15 (00:46,84)   400m: 06:02,00 (00:42,85)	2010	WSV Großkrotzenburg	06:02,00	224
22.	Yahia Ghoneim 50m: 00:41,16 (00:41,16)   100m: 01:27,94 (00:46,78) 150m: 02:14,53 (00:46,59)   200m: 03:00,99 (00:46,46) 250m: 03:48,75 (00:47,76)   300m: 04:34,41 (00:45,66) 350m: 05:20,93 (00:46,52)   400m: 06:03,26 (00:42,33)	2010	DSW 1912 Darmstadt e.V.	06:03,26	222
23.	Matteo Mackensen 50m: 00:39,14 (00:39,14)   100m: 01:25,75 (00:46,61) 150m: 02:12,76 (00:47,01)   200m: 03:00,31 (00:47,55) 250m: 03:47,95 (00:47,64)   300m: 04:34,10 (00:46,15) 350m: 05:19,54 (00:45,44)   400m: 06:03,48 (00:43,94)	2010	SCW Eschborn	06:03,48	221
24.	Moha Ascour 50m: 00:38,44 (00:38,44)   100m: 01:22,49 (00:44,05) 150m: 02:07,60 (00:45,11)   200m: 02:54,64 (00:47,04) 250m: 03:40,83 (00:46,19)   300m: 04:30,09 (00:49,26) 350m: 05:16,89 (00:46,80)   400m: 06:04,03 (00:47,14)	2010	SV Gelnhausen 1924 e.V.	06:04,03	220
25.	Magnus Bucerius 50m: 00:38,90 (00:38,90)   100m: 01:25,77 (00:46,87) 150m: 02:14,53 (00:48,76)   200m: 03:02,96 (00:48,43) 250m: 03:51,49 (00:48,53)   300m: 04:41,15 (00:49,66) 350m: 05:31,03 (00:49,88)   400m: 06:16,60 (00:45,57)	2010	SG Wetterau	06:16,60	199
26.	Nick Haßenpflug 50m: 00:41,86 (00:41,86)   100m: 01:33,20 (00:51,34) 150m: 02:21,19 (00:47,99)   200m: 03:10,02 (00:48,83) 250m: 03:59,80 (00:49,78)   300m: 04:49,24 (00:49,44) 350m: 05:36,62 (00:47,38)   400m: 06:21,14 (00:44,52)	2010	Gudensberger SG	06:21,14	192
27.	Jonas Kipp 50m: 00:39,10 (00:39,10)   100m: 01:26,66 (00:47,56) 150m: 02:16,64 (00:49,98)   200m: 03:06,66 (00:50,02) 300m: 04:48,69 (01:42,03)   350m: 05:39,98 (00:51,29) 400m: 06:25,54 (00:45,56)	2010	SC Wiesbaden 1911	06:25,54	185
28.	Ben Blasche 50m: 00:41,69 (00:41,69)   100m: 01:30,01 (00:48,32) 150m: 02:21,03 (00:51,02)   200m: 03:13,53 (00:52,50) 250m: 04:04,74 (00:51,21)   300m: 04:56,36 (00:51,62) 350m: 05:46,43 (00:50,07)   400m: 06:28,09 (00:41,66)	2010	Kelkheimer SC	06:28,09	182
29.	Matthis Becker 50m: 00:43,03 (00:43,03)   100m: 01:31,80 (00:48,77) 150m: 02:22,15 (00:50,35)   200m: 03:13,54 (00:51,39) 250m: 04:05,63 (00:52,09)   300m: 04:55,83 (00:50,20) 350m: 05:47,51 (00:51,68)   400m: 06:33,00 (00:45,49)	2010	SVS Griesheim	06:33,00	175
30.	Frederik Stieglitz 50m: 00:41,05 (00:41,05)   100m: 01:29,51 (00:48,46) 150m: 02:20,65 (00:51,14)   200m: 03:11,57 (00:50,92) 250m: 04:03,39 (00:51,82)   300m: 04:55,14 (00:51,75) 350m: 05:47,87 (00:52,73)   400m: 06:35,87 (00:48,00)	2010	SG ACT/Baunatal	06:35,87	171



Protokolldaten



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### noch Wettkampf 32 - 400m Freistil männlich

noch Jahrgang 2010

Platz	Schwimmer	Jg.	Verein	Endzeit	
31.	Jakob Oliver Neumann 50m: 00:47,89 (00:47,89)   100m: 01:43,81 (00:55,92) 150m: 02:38,50 (00:54,69)   200m: 03:33,45 (00:54,95) 250m: 04:29,57 (00:56,12)   300m: 05:22,98 (00:53,41) 350m: 06:17,67 (00:54,69)   400m: 07:09,57 (00:51,90)	2010	Hofheimer SC	07:09,57	134
32.	Levi Fröhlich 50m: 00:48,24 (00:48,24)   100m: 01:43,74 (00:55,50) 150m: 02:40,69 (00:56,95)   200m: 03:38,35 (00:57,66) 250m: 04:36,96 (00:58,61)   300m: 05:34,66 (00:57,70) 350m: 06:32,87 (00:58,21)   400m: 07:26,81 (00:53,94)	2010	Hofheimer SC	07:26,81	119
33.	Theo Föll 50m: 00:49,11 (00:49,11)   100m: 01:48,81 (00:59,70) 150m: 02:48,46 (00:59,65)   200m: 03:46,97 (00:58,51) 250m: 04:45,08 (00:58,11)   300m: 05:40,57 (00:55,49) 350m: 06:39,68 (00:59,11)   400m: 07:30,36 (00:50,68)	2010	TV Wetzlar	07:30,36	116
34.	Erik Tolksdorf 100m: 01:46,97 (01:46,97)   200m: 03:56,45 (02:09,48) 250m: 05:01,20 (01:04,75)   300m: 06:04,69 (01:03,49) 400m: 08:12,09 (02:07,40)	2010	SC Wiesbaden 1911	08:12,09	89
35.	Daniel Damaschin 50m: 00:53,66 (00:53,66)   100m: 01:57,06 (01:03,40) 150m: 03:06,05 (01:08,99)   200m: 04:11,43 (01:05,38) 250m: 05:23,14 (01:11,71)   300m: 06:28,93 (01:05,79) 350m: 07:30,88 (01:01,95)   400m: 08:27,12 (00:56,24)	2010	SC Wiesbaden 1911	08:27,12	81

nicht am Start

Raphael Werner 2010 SG Frankfurt

Jahrgang 2009

Platz	Schwimmer	Jg.	Verein	Endzeit	
1. und Hessischer Jahrgangsmeister 2021					
	Josef Strohalim 50m: 00:31,93 (00:31,93)   100m: 01:06,76 (00:34,83) 150m: 01:42,69 (00:35,93)   200m: 02:18,19 (00:35,50) 250m: 02:54,06 (00:35,87)   300m: 03:29,93 (00:35,87) 350m: 04:05,73 (00:35,80)   400m: 04:40,02 (00:34,29)	2009	Hofheimer SC	04:40,02	485
2.	Jannes Schmidt 50m: 00:33,02 (00:33,02)   100m: 01:09,95 (00:36,93) 150m: 01:46,33 (00:36,38)   200m: 02:23,18 (00:36,85) 250m: 03:00,23 (00:37,05)   300m: 03:36,03 (00:35,80) 350m: 04:12,19 (00:36,16)   400m: 04:45,67 (00:33,48)	2009	SC Wiesbaden 1911	04:45,67	457
3.	Julian Santino Bleek 50m: 00:34,01 (00:34,01)   100m: 01:11,84 (00:37,83) 150m: 01:49,86 (00:38,02)   200m: 02:28,36 (00:38,50) 250m: 03:06,25 (00:37,89)   300m: 03:44,44 (00:38,19) 350m: 04:21,85 (00:37,41)   400m: 04:58,34 (00:36,49)	2009	SC Wiesbaden 1911	04:58,34	401
4.	Leopold Maskort 50m: 00:33,65 (00:33,65)   100m: 01:12,29 (00:38,64) 150m: 01:49,86 (00:37,57)   200m: 02:27,96 (00:38,10) 250m: 03:06,14 (00:38,18)   300m: 03:44,88 (00:38,74) 350m: 04:22,76 (00:37,88)   400m: 04:59,45 (00:36,69)	2009	SC Wiesbaden 1911	04:59,45	396



Protokolldaten



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**noch Wettkampf 32 - 400m Freistil männlich**

Jahrgang 2008

Platz	Schwimmer	Jg.	Verein	Endzeit	
1. und Hessischer Jahrgangsmeister 2021					
	Clemens Stark	2008	TV Wetzlar	04:49,33	440
	50m: 00:33,13 (00:33,13)   100m: 01:09,45 (00:36,32) 150m: 01:46,11 (00:36,66)   200m: 02:23,65 (00:37,54) 250m: 03:00,59 (00:36,94)   300m: 03:37,21 (00:36,62) 350m: 04:13,90 (00:36,69)   400m: 04:49,33 (00:35,43)				
2.	Ole Schmitz	2008	SC Wiesbaden 1911	04:50,24	435
	50m: 00:32,77 (00:32,77)   100m: 01:09,07 (00:36,30) 150m: 01:46,13 (00:37,06)   200m: 02:23,40 (00:37,27) 250m: 03:00,49 (00:37,09)   300m: 03:37,53 (00:37,04) 350m: 04:14,85 (00:37,32)   400m: 04:50,24 (00:35,39)				
3.	Maximilian Ott	2008	DSW 1912 Darmstadt e.V.	04:52,56	425
	50m: 00:33,42 (00:33,42)   100m: 01:09,84 (00:36,42) 150m: 01:47,77 (00:37,93)   200m: 02:25,20 (00:37,43) 250m: 03:02,88 (00:37,68)   300m: 03:40,18 (00:37,30) 350m: 04:17,03 (00:36,85)   400m: 04:52,56 (00:35,53)				
4.	Julian Koch	2008	Erster Sodener SC	04:59,93	395
	50m: 00:33,54 (00:33,54)   100m: 01:09,66 (00:36,12) 150m: 01:47,86 (00:38,20)   200m: 02:25,87 (00:38,01) 250m: 03:04,73 (00:38,86)   300m: 03:43,05 (00:38,32) 350m: 04:22,36 (00:39,31)   400m: 04:59,93 (00:37,57)				
5.	Marcell Shakirov	2008	DSW 1912 Darmstadt e.V.	05:00,96	390
	50m: 00:33,74 (00:33,74)   100m: 01:11,72 (00:37,98) 150m: 01:50,74 (00:39,02)   200m: 02:29,20 (00:38,46) 250m: 03:08,29 (00:39,09)   300m: 03:47,03 (00:38,74) 350m: 04:25,08 (00:38,05)   400m: 05:00,96 (00:35,88)				
6.	Nico Brodka	2008	SG ACT/Baunatal	05:09,70	358
	50m: 00:34,18 (00:34,18)   100m: 01:13,70 (00:39,52) 150m: 01:52,63 (00:38,93)   200m: 02:32,55 (00:39,92) 250m: 03:11,65 (00:39,10)   300m: 03:52,22 (00:40,57) 350m: 04:31,74 (00:39,52)   400m: 05:09,70 (00:37,96)				
7.	Francesco Barberio	2008	DSW 1912 Darmstadt e.V.	05:12,51	349
	50m: 00:34,94 (00:34,94)   100m: 01:13,47 (00:38,53) 150m: 01:53,90 (00:40,43)   200m: 02:34,13 (00:40,23) 250m: 03:14,87 (00:40,74)   300m: 03:55,00 (00:40,13) 350m: 04:33,95 (00:38,95)   400m: 05:12,51 (00:38,56)				
8.	Luis Cimiotti	2008	SG Wetterau	05:16,73	335
	50m: 00:33,95 (00:33,95)   100m: 01:13,92 (00:39,97) 150m: 01:55,00 (00:41,08)   200m: 02:36,03 (00:41,03) 250m: 03:17,26 (00:41,23)   300m: 03:58,50 (00:41,24) 350m: 04:39,54 (00:41,04)   400m: 05:16,73 (00:37,19)				
9.	Theodor Heuberger	2008	DSW 1912 Darmstadt e.V.	05:21,91	319
	50m: 00:35,67 (00:35,67)   100m: 01:16,70 (00:41,03) 150m: 01:58,13 (00:41,43)   200m: 02:39,66 (00:41,53) 250m: 03:20,87 (00:41,21)   300m: 04:02,46 (00:41,59) 350m: 04:43,83 (00:41,37)   400m: 05:21,91 (00:38,08)				
10.	Emil Schön	2008	Erster Sodener SC	05:39,87	271
	50m: 00:37,56 (00:37,56)   100m: 01:21,06 (00:43,50) 150m: 02:06,03 (00:44,97)   200m: 02:48,21 (00:42,18) 250m: 03:31,87 (00:43,66)   300m: 04:14,97 (00:43,10) 350m: 04:59,06 (00:44,09)   400m: 05:39,87 (00:40,81)				

nicht am Start  
 Charbel Jarjour

2008 SC Wiesbaden 1911



**Protokolldaten**



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**noch Wettkampf 32 - 400m Freistil männlich**

noch Jahrgang 2008

Platz	Schwimmer	Jg.	Verein	Endzeit
	<u>abgemeldet</u> Alexander Golze	2008	Erster Sodener SC	

Jahrgang 2007

Platz	Schwimmer	Jg.	Verein	Endzeit	
1. und Hessischer Jahrgangsmeister 2021					
	Diego Alfons Heinze	2007	SC Wiesbaden 1911	04:25,42	570
	50m: 00:29,83 (00:29,83)   100m: 01:02,63 (00:32,80) 150m: 01:35,49 (00:32,86)   200m: 02:09,47 (00:33,98) 250m: 02:43,41 (00:33,94)   300m: 03:17,77 (00:34,36) 350m: 03:51,97 (00:34,20)   400m: 04:25,42 (00:33,45)				
2.	Melvin Jonas	2007	SC Wasserfreunde Fulda e.V.	04:36,71	503
	50m: 00:30,58 (00:30,58)   100m: 01:05,64 (00:35,06) 150m: 01:41,39 (00:35,75)   200m: 02:17,17 (00:35,78) 250m: 02:52,88 (00:35,71)   300m: 03:28,21 (00:35,33) 350m: 04:03,80 (00:35,59)   400m: 04:36,71 (00:32,91)				
3.	Aaron Samuel Schäffer	2007	SG Hessen Kassel	04:39,17	489
	50m: 00:30,40 (00:30,40)   100m: 01:05,44 (00:35,04) 150m: 01:41,66 (00:36,22)   200m: 02:17,98 (00:36,32) 250m: 02:53,62 (00:35,64)   300m: 03:29,87 (00:36,25) 350m: 04:05,92 (00:36,05)   400m: 04:39,17 (00:33,25)				
4.	Erik Lang	2007	SV Delphin Wiesbaden e.V.	04:47,48	448
	50m: 00:31,86 (00:31,86)   100m: 01:06,82 (00:34,96) 150m: 01:43,19 (00:36,37)   200m: 02:19,69 (00:36,50) 250m: 02:57,07 (00:37,38)   300m: 03:34,84 (00:37,77) 350m: 04:11,93 (00:37,09)   400m: 04:47,48 (00:35,55)				
5.	Soma Bardi	2007	SV Poseidon Limburg e. V.	04:54,12	418
	50m: 00:32,01 (00:32,01)   100m: 01:07,92 (00:35,91) 150m: 01:45,35 (00:37,43)   200m: 02:23,71 (00:38,36) 250m: 03:02,61 (00:38,90)   300m: 03:40,67 (00:38,06) 350m: 04:19,17 (00:38,50)   400m: 04:54,12 (00:34,95)				
6.	Alexej Sukhov	2007	TV Wetzlar	04:54,27	418
	50m: 00:31,67 (00:31,67)   100m: 01:08,50 (00:36,83) 150m: 01:46,15 (00:37,65)   200m: 02:24,36 (00:38,21) 250m: 03:02,31 (00:37,95)   300m: 03:40,57 (00:38,26) 350m: 04:18,13 (00:37,56)   400m: 04:54,27 (00:36,14)				
7.	Hagen Lang	2007	SV Delphin Wiesbaden e.V.	04:56,86	407
	50m: 00:33,17 (00:33,17)   100m: 01:10,77 (00:37,60) 150m: 01:48,58 (00:37,81)   200m: 02:27,10 (00:38,52) 250m: 03:05,22 (00:38,12)   300m: 03:43,44 (00:38,22) 350m: 04:21,20 (00:37,76)   400m: 04:56,86 (00:35,66)				
8.	René Wahnke	2007	SG Frankfurt	04:58,77	399
	50m: 00:31,99 (00:31,99)   100m: 01:08,84 (00:36,85) 150m: 01:46,50 (00:37,66)   200m: 02:24,93 (00:38,43) 250m: 03:02,85 (00:37,92)   300m: 03:41,94 (00:39,09) 350m: 04:21,13 (00:39,19)   400m: 04:58,77 (00:37,64)				
9.	Ben Noah Gärtner	2007	WSV Großkrotzenburg	05:01,40	389
	50m: 00:31,26 (00:31,26)   100m: 01:07,01 (00:35,75) 150m: 01:44,54 (00:37,53)   200m: 02:23,05 (00:38,51) 250m: 03:02,20 (00:39,15)   300m: 03:41,52 (00:39,32) 350m: 04:21,95 (00:40,43)   400m: 05:01,40 (00:39,45)				



Protokolldaten



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**noch Wettkampf 32 - 400m Freistil männlich**

noch Jahrgang 2007

Platz	Schwimmer	Jg.	Verein	Endzeit	
10.	Leander Franke 50m: 00:33,31 (00:33,31)   100m: 01:11,08 (00:37,77) 150m: 01:49,97 (00:38,89)   200m: 02:28,53 (00:38,56) 250m: 03:07,44 (00:38,91)   300m: 03:46,34 (00:38,90) 350m: 04:25,56 (00:39,22)   400m: 05:02,61 (00:37,05)	2007	SV Delphin Wiesbaden e.V.	05:02,61	384
11.	Balint Gerencser 50m: 00:34,74 (00:34,74)   100m: 01:13,70 (00:38,96) 150m: 01:54,14 (00:40,44)   200m: 02:35,38 (00:41,24) 250m: 03:17,03 (00:41,65)   300m: 03:59,52 (00:42,49) 350m: 04:39,51 (00:39,99)   400m: 05:15,73 (00:36,22)	2007	Erster Sodener SC	05:15,73	338
12.	Fritz Föll 50m: 00:36,22 (00:36,22)   100m: 01:16,76 (00:40,54) 150m: 01:57,95 (00:41,19)   200m: 02:38,46 (00:40,51) 250m: 03:20,02 (00:41,56)   300m: 04:00,17 (00:40,15) 350m: 04:39,90 (00:39,73)   400m: 05:16,92 (00:37,02)	2007	TV Wetzlar	05:16,92	334
13.	Sven Bräunig 50m: 00:35,64 (00:35,64)   100m: 01:16,34 (00:40,70) 150m: 01:57,44 (00:41,10)   200m: 02:39,68 (00:42,24) 250m: 03:22,12 (00:42,44)   300m: 04:03,70 (00:41,58) 350m: 04:44,58 (00:40,88)   400m: 05:25,17 (00:40,59)	2007	SGS Main Kinzig	05:25,17	309
	<u>abgemeldet</u> Ankush Yalgi David Heymann	2007 2007	Hofheimer SC SCW Eschborn		



Protokolldaten

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