

Wettkampf 41 - 400m Freistil männlich

Pflichtzeiten

2003 bis 2007: 04:29,00 2000 bis 2002: 04:37,00 1999 und älter: 04:29,00

Jahrgang 2002

Platz	Schwimmer	Jg.	Verein	Endzeit	
1. und Hessischer Jahrgangsmeister 2017					
	Jon Kantzenbach	2002	SC Wiesbaden 1911	04:09,46	615
	50m: 00:28,65 (00:28,65) 100m: 00:59,80 (00:31,15) 150m: 01:31,75 (00:31,95) 200m: 02:03,59 (00:31,84) 250m: 02:35,80 (00:32,21) 300m: 03:07,90 (00:32,10) 350m: 03:39,68 (00:31,78) 400m: 04:09,46 (00:29,78)				
2.	Christian Danilov	2002	SV Delphin Wiesbaden e.V.	04:16,48	566
	50m: 00:29,76 (00:29,76) 100m: 01:01,66 (00:31,90) 150m: 01:33,90 (00:32,24) 200m: 02:06,83 (00:32,93) 250m: 02:39,66 (00:32,83) 300m: 03:12,44 (00:32,78) 350m: 03:45,11 (00:32,67) 400m: 04:16,48 (00:31,37)				
3.	Oliver Klemet	2002	TV Wetzlar	04:17,40	560
	50m: 00:29,02 (00:29,02) 100m: 01:01,15 (00:32,13) 150m: 01:33,67 (00:32,52) 200m: 02:06,28 (00:32,61) 250m: 02:39,12 (00:32,84) 300m: 03:12,15 (00:33,03) 350m: 03:45,31 (00:33,16) 400m: 04:17,40 (00:32,09)				
4.	Tobias Düll	2002	SG Frankfurt	04:18,40	554
	50m: 00:29,16 (00:29,16) 100m: 01:01,67 (00:32,51) 150m: 01:34,70 (00:33,03) 200m: 02:07,72 (00:33,02) 250m: 02:40,40 (00:32,68) 300m: 03:13,44 (00:33,04) 350m: 03:46,91 (00:33,47) 400m: 04:18,40 (00:31,49)				
5.	Lucio Betz	2002	SV Gelnhausen 1924 e.V.	04:20,14	543
	50m: 00:29,26 (00:29,26) 100m: 01:01,91 (00:32,65) 150m: 01:35,01 (00:33,10) 200m: 02:08,31 (00:33,30) 250m: 02:41,71 (00:33,40) 300m: 03:15,22 (00:33,51) 350m: 03:48,44 (00:33,22) 400m: 04:20,14 (00:31,70)				
6.	Lorenz Hof	2002	TSV Eintracht Stadtallendorf	04:20,83	538
	50m: 00:29,94 (00:29,94) 100m: 01:02,89 (00:32,95) 150m: 01:36,71 (00:33,82) 200m: 02:10,63 (00:33,92) 250m: 02:43,70 (00:33,07) 300m: 03:16,72 (00:33,02) 350m: 03:49,71 (00:32,99) 400m: 04:20,83 (00:31,12)				
7.	Thomas Murphy	2002	Erster Offenbacher SC	04:20,84	538
	50m: 00:29,76 (00:29,76) 100m: 01:02,46 (00:32,70) 150m: 01:35,90 (00:33,44) 200m: 02:09,22 (00:33,32) 250m: 02:42,42 (00:33,20) 300m: 03:16,14 (00:33,72) 350m: 03:49,37 (00:33,23) 400m: 04:20,84 (00:31,47)				
8.	Henry Graf	2002	Hofheimer SC	04:22,30	529
	50m: 00:29,13 (00:29,13) 100m: 01:01,52 (00:32,39) 150m: 01:35,03 (00:33,51) 200m: 02:08,63 (00:33,60) 250m: 02:42,73 (00:34,10) 300m: 03:16,93 (00:34,20) 350m: 03:50,59 (00:33,66) 400m: 04:22,30 (00:31,71)				
9.	Leon Prinz	2002	TV Wetzlar	04:27,42	499
	50m: 00:30,44 (00:30,44) 100m: 01:03,87 (00:33,43) 150m: 01:37,75 (00:33,88) 200m: 02:12,12 (00:34,37) 250m: 02:45,97 (00:33,85) 300m: 03:20,14 (00:34,17) 350m: 03:54,65 (00:34,51) 400m: 04:27,42 (00:32,77)				
10.	Ben Rose	2002	SC Oberursel	04:30,55	482
	50m: 00:30,98 (00:30,98) 100m: 01:04,86 (00:33,88) 150m: 01:39,05 (00:34,19) 200m: 02:13,41 (00:34,36) 250m: 02:47,92 (00:34,51) 300m: 03:22,63 (00:34,71) 350m: 03:56,78 (00:34,15) 400m: 04:30,55 (00:33,77)				
11.	Nils Issermann	2002	SC Wiesbaden 1911	04:30,57	482
	50m: 00:30,65 (00:30,65) 100m: 01:03,93 (00:33,28) 150m: 01:38,65 (00:34,72) 200m: 02:13,13 (00:34,48) 250m: 02:47,83 (00:34,70) 300m: 03:22,11 (00:34,28) 350m: 03:57,12 (00:35,01) 400m: 04:30,57 (00:33,45)				
12.	Niklas Poth	2002	SV Gelnhausen 1924 e.V.	04:31,43	478
	50m: 00:29,43 (00:29,43) 100m: 01:03,04 (00:33,61) 150m: 01:37,02 (00:33,98) 200m: 02:11,81 (00:34,79) 250m: 02:46,75 (00:34,94) 300m: 03:22,50 (00:35,75) 350m: 03:58,02 (00:35,52) 400m: 04:31,43 (00:33,41)				
13.	Sebastiano Lanucara	2002	DSW 1912 Darmstadt e.V.	04:32,29	473
	50m: 00:31,24 (00:31,24) 100m: 01:05,18 (00:33,94) 150m: 01:39,41 (00:34,23) 200m: 02:13,93 (00:34,52) 250m: 02:48,67 (00:34,74) 300m: 03:23,35 (00:34,68) 350m: 03:58,37 (00:35,02) 400m: 04:32,29 (00:33,92)				

Jahrgang 2001

Platz	Schwimmer	Jg.	Verein	Endzeit	
1. und Hessischer Jahrgangsmeister 2017					
	Lennart Enders	2001	SC Wiesbaden 1911	04:14,34	581
	50m: 00:29,64 (00:29,64) 100m: 01:01,81 (00:32,17) 150m: 01:34,09 (00:32,28) 200m: 02:06,72 (00:32,63) 250m: 02:39,12 (00:32,40) 300m: 03:10,85 (00:31,73) 350m: 03:42,79 (00:31,94) 400m: 04:14,34 (00:31,55)				
2.	Linus Sasse	2001	SC Undina Bruchköbel 90	04:16,17	568
	50m: 00:28,37 (00:28,37) 100m: 00:59,83 (00:31,46) 150m: 01:32,56 (00:32,73) 200m: 02:05,65 (00:33,09) 250m: 02:38,56 (00:32,91) 300m: 03:11,45 (00:32,89) 350m: 03:44,79 (00:33,34) 400m: 04:16,17 (00:31,38)				



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noch Wettkampf 41 - 400m Freistil männlich

noch Jahrgang 2001

Platz	Schwimmer	Jg.	Verein	Endzeit	
3.	Lennart Plaschke	2001	SC Wiesbaden 1911	04:17,26	561
	50m: 00:29,59 (00:29,59) 100m: 01:01,66 (00:32,07) 150m: 01:34,17 (00:32,51) 200m: 02:06,95 (00:32,78) 250m: 02:39,85 (00:32,90) 300m: 03:12,60 (00:32,75) 350m: 03:45,35 (00:32,75) 400m: 04:17,26 (00:31,91)				
4.	Jonas Runge	2001	SC Wasserfreunde Fulda e.V.	04:21,49	534
	50m: 00:28,82 (00:28,82) 100m: 01:01,48 (00:32,66) 150m: 01:34,93 (00:33,45) 200m: 02:07,93 (00:33,00) 250m: 02:41,05 (00:33,12) 300m: 03:14,91 (00:33,86) 350m: 03:48,59 (00:33,68) 400m: 04:21,49 (00:32,90)				
5.	Alexander Kunath	2001	VfL 1860 Marburg	04:25,01	513
	50m: 00:29,15 (00:29,15) 100m: 01:02,04 (00:32,89) 150m: 01:36,19 (00:34,15) 200m: 02:10,62 (00:34,43) 250m: 02:44,95 (00:34,33) 300m: 03:19,05 (00:34,10) 350m: 03:52,80 (00:33,75) 400m: 04:25,01 (00:32,21)				
6.	Nils Handke	2001	Erster Offenbacher SC	04:25,70	509
	50m: 00:29,49 (00:29,49) 100m: 01:02,64 (00:33,15) 150m: 01:36,92 (00:34,28) 200m: 02:10,96 (00:34,04) 250m: 02:44,92 (00:33,96) 300m: 03:19,21 (00:34,29) 350m: 03:52,82 (00:33,61) 400m: 04:25,70 (00:32,88)				

Jahrgang 2000

Platz	Schwimmer	Jg.	Verein	Endzeit	
1. und Hessischer Jahrgangsmeister 2017					
	Richard Braunberger	2000	SG Frankfurt	04:07,12	633
	50m: 00:27,60 (00:27,60) 100m: 00:58,88 (00:31,28) 150m: 01:30,69 (00:31,81) 200m: 02:02,18 (00:31,49) 250m: 02:33,63 (00:31,45) 300m: 03:05,07 (00:31,44) 350m: 03:36,41 (00:31,34) 400m: 04:07,12 (00:30,71)				
2.	Philipp Karpov	2000	SC Wiesbaden 1911	04:11,93	598
	50m: 00:28,13 (00:28,13) 100m: 00:58,79 (00:30,66) 150m: 01:30,18 (00:31,39) 200m: 02:01,86 (00:31,68) 250m: 02:34,02 (00:32,16) 300m: 03:06,88 (00:32,86) 350m: 03:39,96 (00:33,08) 400m: 04:11,93 (00:31,97)				
3.	Denis Schmunk	2000	TV Wetzlar	04:12,12	596
	50m: 00:28,66 (00:28,66) 100m: 01:00,11 (00:31,45) 150m: 01:32,15 (00:32,04) 200m: 02:04,88 (00:32,73) 250m: 02:37,50 (00:32,62) 300m: 03:09,94 (00:32,44) 350m: 03:41,66 (00:31,72) 400m: 04:12,12 (00:30,46)				
4.	Linus Diessner	2000	SG Frankfurt	04:15,31	574
	50m: 00:27,79 (00:27,79) 100m: 00:59,22 (00:31,43) 150m: 01:31,29 (00:32,07) 200m: 02:02,62 (00:31,33) 250m: 02:35,09 (00:32,47) 300m: 03:08,67 (00:33,58) 350m: 03:42,66 (00:33,99) 400m: 04:15,31 (00:32,65)				
5.	Nicholas Shoopinsky	2000	SC Wiesbaden 1911	04:17,09	562
	50m: 00:29,14 (00:29,14) 100m: 01:01,94 (00:32,80) 150m: 01:34,94 (00:33,00) 200m: 02:06,23 (00:31,29) 250m: 02:39,36 (00:33,13) 300m: 03:12,20 (00:32,84) 350m: 03:45,46 (00:33,26) 400m: 04:17,09 (00:31,63)				
6.	Leon Morina	2000	Erster Offenbacher SC	04:19,42	547
	50m: 00:29,18 (00:29,18) 100m: 01:01,05 (00:31,87) 150m: 01:34,01 (00:32,96) 200m: 02:07,49 (00:33,48) 250m: 02:40,99 (00:33,50) 300m: 03:14,41 (00:33,42) 350m: 03:48,22 (00:33,81) 400m: 04:19,42 (00:31,20)				
7.	Andreas Diehlmann	2000	TSV Eintracht Stadtallendorf	04:28,20	495
	50m: 00:30,17 (00:30,17) 100m: 01:03,99 (00:33,82) 150m: 01:38,23 (00:34,24) 200m: 02:12,41 (00:34,18) 250m: 02:45,87 (00:33,46) 300m: 03:20,07 (00:34,20) 350m: 03:54,64 (00:34,57) 400m: 04:28,20 (00:33,56)				
8.	Marius Rupp	2000	SC Undina Bruchköbel 90	04:29,58	488
	50m: 00:29,30 (00:29,30) 100m: 01:02,53 (00:33,23) 150m: 01:37,18 (00:34,65) 200m: 02:12,67 (00:35,49) 250m: 02:47,62 (00:34,95) 300m: 03:22,61 (00:34,99) 350m: 03:56,98 (00:34,37) 400m: 04:29,58 (00:32,60)				

abgemeldet

Loris Betz	2000	SV Gelnhausen 1924 e.V.
Mario Barbaric	2000	SG Frankfurt

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Junioren

Platz	Schwimmer	Jg.	Verein	Endzeit	
1. und Hessischer Juniorenmeister 2017					
	Viktor Keller	1998	SC Wiesbaden 1911	04:01,57	678
	50m: 00:28,29 (00:28,29) 100m: 00:58,92 (00:30,63) 150m: 01:29,90 (00:30,98) 200m: 02:01,35 (00:31,45) 250m: 02:32,22 (00:30,87) 300m: 03:02,90 (00:30,68) 350m: 03:32,86 (00:29,96) 400m: 04:01,57 (00:28,71)				
2.	Niklas Frach	1998	TV Wetzlar	04:03,01	666
	50m: 00:28,81 (00:28,81) 100m: 00:59,68 (00:30,87) 150m: 01:30,80 (00:31,12) 200m: 02:02,29 (00:31,49) 250m: 02:33,29 (00:31,00) 300m: 03:03,77 (00:30,48) 350m: 03:33,88 (00:30,11) 400m: 04:03,01 (00:29,13)				



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noch Junioren

Platz	Schwimmer	Jg.	Verein	Endzeit	
3.	Lukas Schalk	1999	TV Wetzlar	04:15,00	576
	50m: 00:28,42 (00:28,42) 100m: 00:59,23 (00:30,81) 150m: 01:31,35 (00:32,12) 200m: 02:03,93 (00:32,58) 250m: 02:36,75 (00:32,82) 300m: 03:09,86 (00:33,11) 350m: 03:42,45 (00:32,59) 400m: 04:15,00 (00:32,55)				
4.	Andre Peterwitz	1999	SC Wiesbaden 1911	04:19,06	549
	50m: 00:29,81 (00:29,81) 100m: 01:02,27 (00:32,46) 150m: 01:35,14 (00:32,87) 200m: 02:08,18 (00:33,04) 250m: 02:41,23 (00:33,05) 300m: 03:14,32 (00:33,09) 350m: 03:47,45 (00:33,13) 400m: 04:19,06 (00:31,61)				
5.	Nikola Djordjevic	1999	Erster Offenbacher SC	04:20,18	542
	50m: 00:28,83 (00:28,83) 100m: 01:00,22 (00:31,39) 150m: 01:32,68 (00:32,46) 200m: 02:05,57 (00:32,89) 250m: 02:38,88 (00:33,31) 300m: 03:12,61 (00:33,73) 350m: 03:46,85 (00:34,24) 400m: 04:20,18 (00:33,33)				
6.	Philipp Scholz	1999	SC Wiesbaden 1911	04:20,50	540
	50m: 00:29,33 (00:29,33) 100m: 01:01,52 (00:32,19) 150m: 01:34,59 (00:33,07) 200m: 02:07,68 (00:33,09) 250m: 02:40,73 (00:33,05) 300m: 03:14,33 (00:33,60) 350m: 03:47,91 (00:33,58) 400m: 04:20,50 (00:32,59)				
7.	Antonio Pezelj	1999	SC Wiesbaden 1911	04:26,06	507
	50m: 00:29,48 (00:29,48) 100m: 01:01,94 (00:32,46) 150m: 01:35,44 (00:33,50) 200m: 02:09,38 (00:33,94) 250m: 02:42,93 (00:33,55) 300m: 03:17,45 (00:34,52) 350m: 03:51,96 (00:34,51) 400m: 04:26,06 (00:34,10)				
8.	Jan-Moritz Franke	1999	DSW 1912 Darmstadt e.V.	04:29,62	487
	50m: 00:29,06 (00:29,06) 100m: 01:01,53 (00:32,47) 150m: 01:35,07 (00:33,54) 200m: 02:09,35 (00:34,28) 250m: 02:43,87 (00:34,52) 300m: 03:18,93 (00:35,06) 350m: 03:54,37 (00:35,44) 400m: 04:29,62 (00:35,25)				
9.	Scott McClymont	1998	Hofheimer SC	04:30,80	481
	50m: 00:30,07 (00:30,07) 100m: 01:02,85 (00:32,78) 150m: 01:37,04 (00:34,19) 200m: 02:11,78 (00:34,74) 250m: 02:46,23 (00:34,45) 300m: 03:21,62 (00:35,39) 350m: 03:56,89 (00:35,27) 400m: 04:30,80 (00:33,91)				
10.	Oliver Wölbing	1999	DSW 1912 Darmstadt e.V.	04:32,10	474
	50m: 00:29,66 (00:29,66) 100m: 01:03,46 (00:33,80) 150m: 01:38,32 (00:34,86) 200m: 02:13,74 (00:35,42) 250m: 02:49,25 (00:35,51) 300m: 03:25,00 (00:35,75) 350m: 03:59,28 (00:34,28) 400m: 04:32,10 (00:32,82)				

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Offene Wertung

Platz	Schwimmer	Jg.	Verein	Endzeit	
1. und Hessischer Meister 2017	Julius Flohr	1995	DSW 1912 Darmstadt e.V.	03:58,55	704
	50m: 00:28,52 (00:28,52) 100m: 00:58,83 (00:30,31) 150m: 01:29,72 (00:30,89) 200m: 02:00,79 (00:31,07) 250m: 02:30,30 (00:29,51) 300m: 02:59,79 (00:29,49) 350m: 03:29,32 (00:29,53) 400m: 03:58,55 (00:29,23)				
2.	Kenrick Leidner	1997	SC Wiesbaden 1911	04:01,42	679
	50m: 00:28,03 (00:28,03) 100m: 00:58,74 (00:30,71) 150m: 01:29,77 (00:31,03) 200m: 02:01,20 (00:31,43) 250m: 02:31,79 (00:30,59) 300m: 03:03,07 (00:31,28) 350m: 03:33,07 (00:30,00) 400m: 04:01,42 (00:28,35)				
3.	Viktor Keller	1998	SC Wiesbaden 1911	04:01,57	678
	50m: 00:28,29 (00:28,29) 100m: 00:58,92 (00:30,63) 150m: 01:29,90 (00:30,98) 200m: 02:01,35 (00:31,45) 250m: 02:32,22 (00:30,87) 300m: 03:02,90 (00:30,68) 350m: 03:32,86 (00:29,96) 400m: 04:01,57 (00:28,71)				
4.	Niklas Frach	1998	TV Wetzlar	04:03,01	666
	50m: 00:28,81 (00:28,81) 100m: 00:59,68 (00:30,87) 150m: 01:30,80 (00:31,12) 200m: 02:02,29 (00:31,49) 250m: 02:33,29 (00:31,00) 300m: 03:03,77 (00:30,48) 350m: 03:33,88 (00:30,11) 400m: 04:03,01 (00:29,13)				
5.	Richard Braunberger	2000	SG Frankfurt	04:07,12	633
	50m: 00:27,60 (00:27,60) 100m: 00:58,88 (00:31,28) 150m: 01:30,69 (00:31,81) 200m: 02:02,18 (00:31,49) 250m: 02:33,63 (00:31,45) 300m: 03:05,07 (00:31,44) 350m: 03:36,41 (00:31,34) 400m: 04:07,12 (00:30,71)				
6.	Jon Kantzenbach	2002	SC Wiesbaden 1911	04:09,46	615
	50m: 00:28,65 (00:28,65) 100m: 00:59,80 (00:31,15) 150m: 01:31,75 (00:31,95) 200m: 02:03,59 (00:31,84) 250m: 02:35,80 (00:32,21) 300m: 03:07,90 (00:32,10) 350m: 03:39,68 (00:31,78) 400m: 04:09,46 (00:29,78)				
7.	Philipp Karpov	2000	SC Wiesbaden 1911	04:11,93	598
	50m: 00:28,13 (00:28,13) 100m: 00:58,79 (00:30,66) 150m: 01:30,18 (00:31,39) 200m: 02:01,86 (00:31,68) 250m: 02:34,02 (00:32,16) 300m: 03:06,88 (00:32,86) 350m: 03:39,96 (00:33,08) 400m: 04:11,93 (00:31,97)				
8.	Denis Schmunk	2000	TV Wetzlar	04:12,12	596
	50m: 00:28,66 (00:28,66) 100m: 01:00,11 (00:31,45) 150m: 01:32,15 (00:32,04) 200m: 02:04,88 (00:32,73) 250m: 02:37,50 (00:32,62) 300m: 03:09,94 (00:32,44) 350m: 03:41,66 (00:31,72) 400m: 04:12,12 (00:30,46)				
9.	Lennart Enders	2001	SC Wiesbaden 1911	04:14,34	581
	50m: 00:29,64 (00:29,64) 100m: 01:01,81 (00:32,17) 150m: 01:34,09 (00:32,28) 200m: 02:06,72 (00:32,63) 250m: 02:39,12 (00:32,40) 300m: 03:10,85 (00:31,73) 350m: 03:42,79 (00:31,94) 400m: 04:14,34 (00:31,55)				



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noch Wettkampf 41 - 400m Freistil männlich

noch Offene Wertung

Platz	Schwimmer	Jg.	Verein	Endzeit	
10.	Lukas Schalk	1999	TV Wetzlar	04:15,00	576
	50m: 00:28,42 (00:28,42) 100m: 00:59,23 (00:30,81) 150m: 01:31,35 (00:32,12) 200m: 02:03,93 (00:32,58) 250m: 02:36,75 (00:32,82) 300m: 03:09,86 (00:33,11) 350m: 03:42,45 (00:32,59) 400m: 04:15,00 (00:32,55)				
11.	Linus Diessner	2000	SG Frankfurt	04:15,31	574
	50m: 00:27,79 (00:27,79) 100m: 00:59,22 (00:31,43) 150m: 01:31,29 (00:32,07) 200m: 02:02,62 (00:31,33) 250m: 02:35,09 (00:32,47) 300m: 03:08,67 (00:33,58) 350m: 03:42,66 (00:33,99) 400m: 04:15,31 (00:32,65)				
12.	Linus Sasse	2001	SC Undina Bruchköbel 90	04:16,17	568
	50m: 00:28,37 (00:28,37) 100m: 00:59,83 (00:31,46) 150m: 01:32,56 (00:32,73) 200m: 02:05,65 (00:33,09) 250m: 02:38,56 (00:32,91) 300m: 03:11,45 (00:32,89) 350m: 03:44,79 (00:33,34) 400m: 04:16,17 (00:31,38)				
13.	Jan Lukas Beckmann	1997	SG ACT/Baunatal	04:16,20	568
	50m: 00:27,84 (00:27,84) 100m: 00:59,08 (00:31,24) 150m: 01:31,65 (00:32,57) 200m: 02:04,71 (00:33,06) 250m: 02:37,97 (00:33,26) 300m: 03:11,10 (00:33,13) 350m: 03:44,24 (00:33,14) 400m: 04:16,20 (00:31,96)				
14.	Christian Danilov	2002	SV Delphin Wiesbaden e.V.	04:16,48	566
	50m: 00:29,76 (00:29,76) 100m: 01:01,66 (00:31,90) 150m: 01:33,90 (00:32,24) 200m: 02:06,83 (00:32,93) 250m: 02:39,66 (00:32,83) 300m: 03:12,44 (00:32,78) 350m: 03:45,11 (00:32,67) 400m: 04:16,48 (00:31,37)				
15.	Nicholas Shoopinsky	2000	SC Wiesbaden 1911	04:17,09	562
	50m: 00:29,14 (00:29,14) 100m: 01:01,94 (00:32,80) 150m: 01:34,94 (00:33,00) 200m: 02:06,23 (00:31,29) 250m: 02:39,36 (00:33,13) 300m: 03:12,20 (00:32,84) 350m: 03:45,46 (00:33,26) 400m: 04:17,09 (00:31,63)				
19.	Patrik Putala	1997	TV Wetzlar	04:18,91	550
	50m: 00:29,80 (00:29,80) 100m: 01:01,78 (00:31,98) 150m: 01:34,35 (00:32,57) 200m: 02:06,81 (00:32,46) 250m: 02:39,80 (00:32,99) 300m: 03:13,19 (00:33,39) 350m: 03:46,51 (00:33,32) 400m: 04:18,91 (00:32,40)				
29.	Timo Henning	2003	SV Delphin Wiesbaden e.V.	04:22,97	525
	50m: 00:29,47 (00:29,47) 100m: 01:02,63 (00:33,16) 150m: 01:35,89 (00:33,26) 200m: 02:09,17 (00:33,28) 250m: 02:42,68 (00:33,51) 300m: 03:17,07 (00:34,39) 350m: 03:50,24 (00:33,17) 400m: 04:22,97 (00:32,73)				



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