

## Wettkampf 14 - 400m Freistil männlich

### Pflichtzeiten

2013: 06:05,00 2012: 05:46,00 2011: 05:28,00 2010: 05:07,00 2009: 04:52,00 2006 bis 2008: 04:34,00  
 2005 und älter: 04:26,00

### Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Hessischer Jahrgangsmeister 2023					
	Artur Safronov	2013	Frankenberger SV	05:29,98	266
	50m: 00:35,58 (00:35,58)   100m: 01:15,84 (00:40,26)   150m: 01:58,73 (00:42,89)   200m: 02:42,45 (00:43,72) 250m: 03:25,91 (00:43,46)   300m: 04:08,98 (00:43,07)   350m: 04:47,62 (00:38,64)   400m: 05:29,98 (00:42,36)				
2.	Lukas Holz	2013	SG Frankfurt	05:32,11	261
	50m: 00:35,95 (00:35,95)   100m: 01:17,62 (00:41,67)   150m: 01:59,88 (00:42,26)   200m: 02:43,39 (00:43,51) 250m: 03:26,18 (00:42,79)   300m: 04:09,91 (00:43,73)   350m: 04:52,49 (00:42,58)   400m: 05:32,11 (00:39,62)				
3.	Moritz Schwabe	2013	Hofheimer SC	05:37,83	247
	50m: 00:38,63 (00:38,63)   100m: 01:21,57 (00:42,94)   150m: 02:04,67 (00:43,10)   200m: 02:48,61 (00:43,94) 250m: 03:31,92 (00:43,31)   300m: 04:15,68 (00:43,76)   350m: 04:57,80 (00:42,12)   400m: 05:37,83 (00:40,03)				
4.	Leonard Maurer	2013	Bad Homburger SC	05:40,04	243
	50m: 00:38,39 (00:38,39)   100m: 01:20,94 (00:42,55)   150m: 02:04,83 (00:43,89)   200m: 02:47,94 (00:43,11) 250m: 03:32,22 (00:44,28)   300m: 04:16,60 (00:44,38)   350m: 04:59,59 (00:42,99)   400m: 05:40,04 (00:40,45)				
5.	Carl Relecker	2013	SV Gelnhausen 1924 e.V.	05:55,83	212
	50m: 00:39,00 (00:39,00)   100m: 01:24,03 (00:45,03)   150m: 02:11,31 (00:47,28)   200m: 02:57,70 (00:46,39) 250m: 03:43,92 (00:46,22)   300m: 04:29,20 (00:45,28)   350m: 05:14,37 (00:45,17)   400m: 05:55,83 (00:41,46)				

### Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Hessischer Jahrgangsmeister 2023					
	Franz Markutzik	2012	Hofheimer SC	04:55,61	370
	50m: 00:33,39 (00:33,39)   100m: 01:09,93 (00:36,54)   150m: 01:47,16 (00:37,23)   200m: 02:25,30 (00:38,14) 250m: 03:03,16 (00:37,86)   300m: 03:41,40 (00:38,24)   350m: 04:18,98 (00:37,58)   400m: 04:55,61 (00:36,63)				
2.	Lukas Margraf	2012	SG Wetterau	05:09,64	322
	50m: 00:34,55 (00:34,55)   100m: 01:13,43 (00:38,88)   150m: 01:53,42 (00:39,99)   200m: 02:32,43 (00:39,01) 250m: 03:12,27 (00:39,84)   300m: 03:51,86 (00:39,59)   350m: 04:29,82 (00:37,96)   400m: 05:09,64 (00:39,82)				
3.	Alexandre Philippe Cunha Bellocq	2012	SG Frankfurt	05:22,85	284
	50m: 00:36,44 (00:36,44)   100m: 01:16,25 (00:39,81)   150m: 01:57,23 (00:40,98)   200m: 02:38,97 (00:41,74) 250m: 03:19,85 (00:40,88)   300m: 04:01,43 (00:41,58)   350m: 04:42,42 (00:40,99)   400m: 05:22,85 (00:40,43)				
4.	Jonas Klingebiel	2012	SV Neptun Rotenburg	05:24,33	280
	50m: 00:37,35 (00:37,35)   100m: 01:18,51 (00:41,16)   150m: 02:00,41 (00:41,90)   200m: 02:41,31 (00:40,90) 250m: 03:22,75 (00:41,44)   300m: 04:03,80 (00:41,05)   350m: 04:44,53 (00:40,73)   400m: 05:24,33 (00:39,80)				
5.	Hannes Gröger	2012	SC Wasserfreunde Fulda e.V.	05:24,99	278
	50m: 00:36,29 (00:36,29)   100m: 01:16,93 (00:40,64)   150m: 01:58,10 (00:41,17)   200m: 02:39,60 (00:41,50) 250m: 03:21,06 (00:41,46)   300m: 04:02,86 (00:41,80)   350m: 04:45,06 (00:42,20)   400m: 05:24,99 (00:39,93)				
6.	Mazen Ghoneim	2012	DSW 1912 Darmstadt e.V.	05:29,27	267
	50m: 00:38,22 (00:38,22)   100m: 01:20,83 (00:42,61)   150m: 02:02,89 (00:42,06)   200m: 02:45,79 (00:42,90) 250m: 03:27,45 (00:41,66)   300m: 04:08,82 (00:41,37)   350m: 04:49,72 (00:40,90)   400m: 05:29,27 (00:39,55)				
7.	Mounir Labkakla	2012	DSW 1912 Darmstadt e.V.	05:36,34	251
	50m: 00:38,59 (00:38,59)   100m: 01:21,13 (00:42,54)   150m: 02:03,55 (00:42,42)   200m: 02:46,60 (00:43,05) 250m: 03:29,04 (00:42,44)   300m: 04:12,09 (00:43,05)   350m: 04:55,23 (00:43,14)   400m: 05:36,34 (00:41,11)				

nicht am Start

Benedikt Burk 2012 DSW 1912 Darmstadt e.V.

EnM

### Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Hessischer Jahrgangsmeister 2023					
	Oskar Reimann	2011	Hofheimer SC	04:42,69	423
	50m: 00:32,03 (00:32,03)   100m: 01:07,18 (00:35,15)   150m: 01:43,13 (00:35,95)   200m: 02:19,27 (00:36,14) 250m: 02:55,70 (00:36,43)   300m: 03:32,32 (00:36,62)   350m: 04:08,17 (00:35,85)   400m: 04:42,69 (00:34,52)				



## noch Wettkampf 14 - 400m Freistil männlich

noch Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
2.	Frederik Alexander Kaul 50m: 00:32,53 (00:32,53)   100m: 01:08,56 (00:36,03)   150m: 01:44,74 (00:36,18)   200m: 02:20,34 (00:35,60)   250m: 02:56,58 (00:36,24)   300m: 03:32,95 (00:36,37)   350m: 04:09,12 (00:36,17)   400m: 04:45,45 (00:36,33)	2011	SG Frankfurt	04:45,45	411
3.	William Klotz 50m: 00:33,75 (00:33,75)   100m: 01:11,38 (00:37,63)   150m: 01:49,27 (00:37,89)   200m: 02:27,83 (00:38,56)   250m: 03:06,75 (00:38,92)   300m: 03:44,86 (00:38,11)   350m: 04:21,78 (00:36,92)   400m: 04:55,46 (00:33,68)	2011	Hofheimer SC	04:55,46	370
4.	Fabio Lanucara 50m: 00:35,56 (00:35,56)   100m: 01:14,38 (00:38,82)   150m: 01:52,61 (00:38,23)   200m: 02:31,20 (00:38,59)   250m: 03:09,40 (00:38,20)   300m: 03:47,97 (00:38,57)   350m: 04:27,10 (00:39,13)   400m: 05:04,23 (00:37,13)	2011	DSW 1912 Darmstadt e.V.	05:04,23	339
5.	Liam Andrews 50m: 00:35,16 (00:35,16)   100m: 01:14,37 (00:39,21)   150m: 01:52,86 (00:38,49)   200m: 02:31,72 (00:38,86)   250m: 03:10,64 (00:38,92)   300m: 03:49,32 (00:38,68)   350m: 04:28,07 (00:38,75)   400m: 05:04,48 (00:36,41)	2011	Bad Homburger SC	05:04,48	338
6.	Julien Jörn 50m: 00:35,59 (00:35,59)   100m: 01:14,70 (00:39,11)   150m: 01:53,10 (00:38,40)   200m: 02:31,94 (00:38,84)   250m: 03:10,67 (00:38,73)   300m: 03:49,77 (00:39,10)   350m: 04:28,29 (00:38,52)   400m: 05:04,83 (00:36,54)	2011	DSW 1912 Darmstadt e.V.	05:04,83	337
7.	Philipp Alexander Geiß 50m: 00:34,67 (00:34,67)   100m: 01:13,17 (00:38,50)   150m: 01:52,58 (00:39,41)   200m: 02:31,81 (00:39,23)   250m: 03:10,66 (00:38,85)   300m: 03:50,13 (00:39,47)   350m: 04:29,15 (00:39,02)   400m: 05:06,44 (00:37,29)	2011	SG Frankfurt	05:06,44	332
8.	Felix Veith 50m: 00:34,30 (00:34,30)   100m: 01:12,80 (00:38,50)   150m: 01:52,61 (00:39,81)   200m: 02:32,33 (00:39,72)   250m: 03:12,08 (00:39,75)   300m: 03:51,94 (00:39,86)   350m: 04:31,56 (00:39,62)   400m: 05:09,98 (00:38,42)	2011	SFD Schwimmsport-Fulda.e.V.	05:09,98	321
9.	Jakob Stark 50m: 00:34,03 (00:34,03)   100m: 01:12,84 (00:38,81)   150m: 01:51,82 (00:38,98)   200m: 02:30,72 (00:38,90)   250m: 03:11,03 (00:40,31)   300m: 03:51,06 (00:40,03)   350m: 04:31,07 (00:40,01)   400m: 05:10,56 (00:39,49)	2011	TV Wetzlar 1847	05:10,56	319

abgemeldet

Linus Bechtel 2011 SG Wetterau

EnM

Jahrgang 2010

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Hessischer Jahrgangsmeister 2023					
	Jannes Mika Kämper 50m: 00:32,00 (00:32,00)   100m: 01:06,92 (00:34,92)   150m: 01:42,44 (00:35,52)   200m: 02:17,20 (00:34,76)   250m: 02:51,98 (00:34,78)   300m: 03:26,71 (00:34,73)   350m: 04:01,25 (00:34,54)   400m: 04:36,43 (00:35,18)	2010	Hofheimer SC	04:36,43	452
2.	Noah Orban 50m: 00:30,70 (00:30,70)   100m: 01:04,59 (00:33,89)   150m: 01:39,81 (00:35,22)   200m: 02:15,12 (00:35,31)   250m: 02:50,94 (00:35,82)   300m: 03:26,49 (00:35,55)   350m: 04:02,22 (00:35,73)   400m: 04:36,51 (00:34,29)	2010	SG Frankfurt	04:36,51	452
3.	Frederik Raschke 50m: 00:30,96 (00:30,96)   100m: 01:05,84 (00:34,88)   150m: 01:41,32 (00:35,48)   200m: 02:16,77 (00:35,45)   250m: 02:52,44 (00:35,67)   300m: 03:28,09 (00:35,65)   350m: 04:02,89 (00:34,80)   400m: 04:36,87 (00:33,98)	2010	SG Frankfurt	04:36,87	450
4.	Arne Gerald Roth 50m: 00:31,41 (00:31,41)   100m: 01:05,89 (00:34,48)   150m: 01:40,91 (00:35,02)   200m: 02:16,01 (00:35,10)   250m: 02:51,57 (00:35,56)   300m: 03:27,11 (00:35,54)   350m: 04:02,32 (00:35,21)   400m: 04:37,03 (00:34,71)	2010	SCW Eschborn	04:37,03	449
5.	Tom Scott Mühlbauer 50m: 00:32,46 (00:32,46)   100m: 01:07,81 (00:35,35)   150m: 01:44,45 (00:36,64)   200m: 02:20,38 (00:35,93)   250m: 02:56,50 (00:36,12)   300m: 03:32,85 (00:36,35)   350m: 04:08,35 (00:35,50)   400m: 04:42,59 (00:34,24)	2010	SCW Eschborn	04:42,59	423
6.	Julian Hendrik Bachmann 50m: 00:32,38 (00:32,38)   100m: 01:07,50 (00:35,12)   150m: 01:43,37 (00:35,87)   200m: 02:19,83 (00:36,46)   250m: 02:56,81 (00:36,98)   300m: 03:33,87 (00:37,06)   350m: 04:11,46 (00:37,59)   400m: 04:48,03 (00:36,57)	2010	SG Frankfurt	04:48,03	400
7.	Niklas Burk 50m: 00:31,39 (00:31,39)   100m: 01:07,43 (00:36,04)   150m: 01:44,78 (00:37,35)   200m: 02:22,21 (00:37,43)   250m: 02:59,46 (00:37,25)   300m: 03:37,55 (00:38,09)   350m: 04:14,97 (00:37,42)   400m: 04:49,67 (00:34,70)	2010	DSW 1912 Darmstadt e.V.	04:49,67	393
8.	Yahia Ghoneim 50m: 00:34,33 (00:34,33)   100m: 01:12,66 (00:38,33)   150m: 01:50,38 (00:37,72)   200m: 02:28,55 (00:38,17)   250m: 03:05,84 (00:37,29)   300m: 03:43,01 (00:37,17)   350m: 04:19,51 (00:36,50)   400m: 04:53,85 (00:34,34)	2010	DSW 1912 Darmstadt e.V.	04:53,85	376



**noch Wettkampf 14 - 400m Freistil männlich**

noch Jahrgang 2010

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
9.	Malte Minner	2010	SC Wiesbaden	04:54,62	373
	50m: 00:32,53 (00:32,53)   100m: 01:08,42 (00:35,89)   150m: 01:44,82 (00:36,40)   200m: 02:22,38 (00:37,56) 250m: 03:00,47 (00:38,09)   300m: 03:38,61 (00:38,14)   350m: 04:16,87 (00:38,26)   400m: 04:54,62 (00:37,75)				
10.	Fabian Holz	2010	SG Frankfurt	04:55,37	371
	50m: 00:32,61 (00:32,61)   100m: 01:09,69 (00:37,08)   150m: 01:47,10 (00:37,41)   200m: 02:24,76 (00:37,66) 250m: 03:03,03 (00:38,27)   300m: 03:41,32 (00:38,29)   350m: 04:19,45 (00:38,13)   400m: 04:55,37 (00:35,92)				
11.	Jakob Küstermann	2010	SC Oberursel 1958	05:01,72	348
	50m: 00:34,19 (00:34,19)   100m: 01:11,60 (00:37,41)   150m: 01:49,52 (00:37,92)   200m: 02:28,11 (00:38,59) 250m: 03:06,72 (00:38,61)   300m: 03:45,38 (00:38,66)   350m: 04:24,68 (00:39,30)   400m: 05:01,72 (00:37,04)				

Jahrgang 2009

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Hessischer Jahrgangsmeister 2023					
	Jannes Schmidt	2009	SC Wiesbaden	04:11,37	602
	50m: 00:28,97 (00:28,97)   100m: 01:00,24 (00:31,27)   150m: 01:32,70 (00:32,46)   200m: 02:04,97 (00:32,27) 250m: 02:36,63 (00:31,66)   300m: 03:09,20 (00:32,57)   350m: 03:41,11 (00:31,91)   400m: 04:11,37 (00:30,26)				
2.	Josef Strohaln	2009	SG Frankfurt	04:16,09	569
	50m: 00:28,73 (00:28,73)   100m: 01:00,36 (00:31,63)   150m: 01:32,16 (00:31,80)   200m: 02:04,55 (00:32,39) 250m: 02:37,29 (00:32,74)   300m: 03:10,43 (00:33,14)   350m: 03:43,84 (00:33,41)   400m: 04:16,09 (00:32,25)				
3.	Florentin Bensalah	2009	SC Wiesbaden	04:27,11	501
	50m: 00:29,97 (00:29,97)   100m: 01:03,12 (00:33,15)   150m: 01:37,40 (00:34,28)   200m: 02:11,78 (00:34,38) 250m: 02:45,98 (00:34,20)   300m: 03:20,52 (00:34,54)   350m: 03:54,91 (00:34,39)   400m: 04:27,11 (00:32,20)				
4.	Christopher Failing	2009	SG Frankfurt	04:35,72	456
	50m: 00:31,72 (00:31,72)   100m: 01:06,00 (00:34,28)   150m: 01:40,98 (00:34,98)   200m: 02:15,74 (00:34,76) 250m: 02:50,80 (00:35,06)   300m: 03:26,09 (00:35,29)   350m: 04:01,22 (00:35,13)   400m: 04:35,72 (00:34,50)				
5.	Hannes Schultetus	2009	SC Wiesbaden	04:37,02	449
	50m: 00:33,03 (00:33,03)   100m: 01:07,44 (00:34,41)   150m: 01:43,18 (00:35,74)   200m: 02:18,58 (00:35,40) 250m: 02:54,63 (00:36,05)   300m: 03:29,60 (00:34,97)   350m: 04:04,54 (00:34,94)   400m: 04:37,02 (00:32,48)				
6.	Jannik Lüder	2009	Wassersportverein 1923 Offenbach e.V.	04:38,11	444
	50m: 00:31,99 (00:31,99)   100m: 01:07,33 (00:35,34)   150m: 01:43,37 (00:36,04)   200m: 02:18,90 (00:35,53) 250m: 02:54,86 (00:35,96)   300m: 03:30,54 (00:35,68)   350m: 04:05,52 (00:34,98)   400m: 04:38,11 (00:32,59)				
7.	Julian Santino Bleek	2009	SC Wiesbaden	04:38,74	441
	50m: 00:32,74 (00:32,74)   100m: 01:07,59 (00:34,85)   150m: 01:43,05 (00:35,46)   200m: 02:18,41 (00:35,36) 250m: 02:54,26 (00:35,85)   300m: 03:30,07 (00:35,81)   350m: 04:05,54 (00:35,47)   400m: 04:38,74 (00:33,20)				
8.	Florian Wiese	2009	Erster Sodener SC	04:42,15	425
	50m: 00:30,89 (00:30,89)   100m: 01:04,90 (00:34,01)   150m: 01:40,44 (00:35,54)   200m: 02:16,47 (00:36,03) 250m: 02:52,88 (00:36,41)   300m: 03:29,54 (00:36,66)   350m: 04:06,24 (00:36,70)   400m: 04:42,15 (00:35,91)				
9.	Leopold Maskort	2009	SC Wiesbaden	04:44,33	415
	50m: 00:31,46 (00:31,46)   100m: 01:06,74 (00:35,28)   150m: 01:42,91 (00:36,17)   200m: 02:18,79 (00:35,88) 250m: 02:55,25 (00:36,46)   300m: 03:32,08 (00:36,83)   350m: 04:08,75 (00:36,67)   400m: 04:44,33 (00:35,58)				
10.	Lasse Majka	2009	Wassersportverein 1923 Offenbach e.V.	04:45,26	411
	50m: 00:32,35 (00:32,35)   100m: 01:08,53 (00:36,18)   150m: 01:44,71 (00:36,18)   200m: 02:20,42 (00:35,71) 250m: 02:56,70 (00:36,28)   300m: 03:32,96 (00:36,26)   350m: 04:09,47 (00:36,51)   400m: 04:45,26 (00:35,79)				
11.	Malte Alexander Schütt	2009	SC Wasserfreunde Fulda e.V.	04:45,62	410
	50m: 00:32,38 (00:32,38)   100m: 01:08,15 (00:35,77)   150m: 01:44,86 (00:36,71)   200m: 02:21,78 (00:36,92) 250m: 02:57,69 (00:35,91)   300m: 03:33,49 (00:35,80)   350m: 04:09,30 (00:35,81)   400m: 04:45,62 (00:36,32)				
12.	Tilman von den Driesch	2009	SV Delphin Wiesbaden e.V.	04:45,63	410
	50m: 00:32,01 (00:32,01)   100m: 01:07,53 (00:35,52)   150m: 01:43,31 (00:35,78)   200m: 02:20,28 (00:36,97) 250m: 02:56,86 (00:36,58)   300m: 03:33,80 (00:36,94)   350m: 04:10,72 (00:36,92)   400m: 04:45,63 (00:34,91)				



**noch Wettkampf 14 - 400m Freistil männlich**

## Jahrgang 2008

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Hessischer Jahrgangsmeister 2023					
	Phil Malsch	2008	SG Frankfurt	04:13,91	584
	50m: 00:28,18 (00:28,18)   100m: 00:59,33 (00:31,15)   150m: 01:31,44 (00:32,11)   200m: 02:04,11 (00:32,67) 250m: 02:36,41 (00:32,30)   300m: 03:08,82 (00:32,41)   350m: 03:41,93 (00:33,11)   400m: 04:13,91 (00:31,98)				
2.	Til Vonhausen	2008	SV Delphin Wiesbaden e.V.	04:14,48	580
	50m: 00:28,81 (00:28,81)   100m: 01:00,36 (00:31,55)   150m: 01:31,99 (00:31,63)   200m: 02:04,62 (00:32,63) 250m: 02:37,39 (00:32,77)   300m: 03:10,59 (00:33,20)   350m: 03:42,86 (00:32,27)   400m: 04:14,48 (00:31,62)				
3.	Clemens Stark	2008	TV Wetzlar 1847	04:21,48	534
	50m: 00:29,62 (00:29,62)   100m: 01:01,99 (00:32,37)   150m: 01:35,66 (00:33,67)   200m: 02:08,37 (00:32,71) 250m: 02:41,99 (00:33,62)   300m: 03:15,49 (00:33,50)   350m: 03:48,66 (00:33,17)   400m: 04:21,48 (00:32,82)				
4.	Maximilian Ott	2008	SG Frankfurt	04:21,54	534
	50m: 00:30,44 (00:30,44)   100m: 01:03,14 (00:32,70)   150m: 01:36,28 (00:33,14)   200m: 02:09,52 (00:33,24) 250m: 02:42,61 (00:33,09)   300m: 03:16,00 (00:33,39)   350m: 03:49,48 (00:33,48)   400m: 04:21,54 (00:32,06)				
5.	Jaron Groß	2008	SG Frankfurt	04:21,96	531
	50m: 00:29,41 (00:29,41)   100m: 01:02,27 (00:32,86)   150m: 01:35,96 (00:33,69)   200m: 02:09,33 (00:33,37) 250m: 02:43,01 (00:33,68)   300m: 03:17,35 (00:34,34)   350m: 03:51,04 (00:33,69)   400m: 04:21,96 (00:30,92)				
6.	Julian Wunschheim	2008	SC Wiesbaden	04:28,26	495
	50m: 00:30,22 (00:30,22)   100m: 01:03,42 (00:33,20)   150m: 01:37,54 (00:34,12)   200m: 02:12,13 (00:34,59) 250m: 02:46,29 (00:34,16)   300m: 03:20,82 (00:34,53)   350m: 03:55,80 (00:34,98)   400m: 04:28,26 (00:32,46)				
7.	Jakob Reimann	2008	Hofheimer SC	04:32,88	470
	50m: 00:31,39 (00:31,39)   100m: 01:05,31 (00:33,92)   150m: 01:39,84 (00:34,53)   200m: 02:14,31 (00:34,47) 250m: 02:49,14 (00:34,83)   300m: 03:23,96 (00:34,82)   350m: 03:58,60 (00:34,64)   400m: 04:32,88 (00:34,28)				
8.	Till Freytag	2008	DSW 1912 Darmstadt e.V.	04:34,97	459
	50m: 00:31,11 (00:31,11)   100m: 01:04,90 (00:33,79)   150m: 01:39,34 (00:34,44)   200m: 02:14,53 (00:35,19) 250m: 02:49,69 (00:35,16)   300m: 03:25,09 (00:35,40)   350m: 04:00,47 (00:35,38)   400m: 04:34,97 (00:34,50)				

EnM

## Jahrgang 2007

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Hessischer Jahrgangsmeister 2023					
	Diego Alfons Heinze	2007	SC Wiesbaden	04:03,01	666
	50m: 00:27,57 (00:27,57)   100m: 00:57,60 (00:30,03)   150m: 01:27,80 (00:30,20)   200m: 01:58,60 (00:30,80) 250m: 02:29,16 (00:30,56)   300m: 03:00,27 (00:31,11)   350m: 03:31,97 (00:31,70)   400m: 04:03,01 (00:31,04)				
2.	Ankush Yalgi	2007	SG Frankfurt	04:06,65	637
	50m: 00:27,72 (00:27,72)   100m: 00:58,20 (00:30,48)   150m: 01:29,29 (00:31,09)   200m: 02:00,58 (00:31,29) 250m: 02:32,02 (00:31,44)   300m: 03:03,65 (00:31,63)   350m: 03:35,65 (00:32,00)   400m: 04:06,65 (00:31,00)				
3.	Melvin Jonas	2007	TV Wetzlar 1847	04:15,77	571
	50m: 00:28,62 (00:28,62)   100m: 01:00,17 (00:31,55)   150m: 01:32,44 (00:32,27)   200m: 02:05,07 (00:32,63) 250m: 02:37,69 (00:32,62)   300m: 03:10,36 (00:32,67)   350m: 03:43,80 (00:33,44)   400m: 04:15,77 (00:31,97)				
4.	Erik Lang	2007	SC Wiesbaden	04:22,79	526
	50m: 00:28,80 (00:28,80)   100m: 01:00,65 (00:31,85)   150m: 01:33,66 (00:33,01)   200m: 02:07,17 (00:33,51) 250m: 02:41,40 (00:34,23)   300m: 03:15,66 (00:34,26)   350m: 03:49,85 (00:34,19)   400m: 04:22,79 (00:32,94)				
5.	Aaron Samuel Schäffer	2007	SG ACT/Baunatal	04:31,71	476
	50m: 00:29,28 (00:29,28)   100m: 01:02,24 (00:32,96)   150m: 01:36,20 (00:33,96)   200m: 02:10,96 (00:34,76) 250m: 02:46,80 (00:35,84)   300m: 03:22,59 (00:35,79)   350m: 03:57,87 (00:35,28)   400m: 04:31,71 (00:33,84)				
6.	David Heymann	2007	SCW Eschborn	04:36,68	451
	50m: 00:31,67 (00:31,67)   100m: 01:05,79 (00:34,12)   150m: 01:40,65 (00:34,86)   200m: 02:15,52 (00:34,87) 250m: 02:50,76 (00:35,24)   300m: 03:26,45 (00:35,69)   350m: 04:02,09 (00:35,64)   400m: 04:36,68 (00:34,59)				

EnM

## Jahrgang 2006

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Hessischer Jahrgangsmeister 2023					
	Jakob Werner	2006	DSW 1912 Darmstadt e.V.	03:56,23	725
	50m: 00:28,53 (00:28,53)   100m: 00:58,53 (00:30,00)   150m: 01:28,94 (00:30,41)   200m: 01:59,38 (00:30,44) 250m: 02:29,18 (00:29,80)   300m: 02:58,64 (00:29,46)   350m: 03:28,15 (00:29,51)   400m: 03:56,23 (00:28,08)				



**noch Wettkampf 14 - 400m Freistil männlich**

noch Jahrgang 2006

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
2.	Emil Kelberer	2006	SC Wasserfreunde Fulda e.V.	04:13,67	585
	50m: 00:28,92 (00:28,92)   100m: 01:01,14 (00:32,22)   150m: 01:32,46 (00:31,32)   200m: 02:04,88 (00:32,42)   250m: 02:36,89 (00:32,01)   300m: 03:09,70 (00:32,81)   350m: 03:42,37 (00:32,67)   400m: 04:13,67 (00:31,30)				
3.	Adrian Heise Romero	2006	SC Wiesbaden	04:17,05	562
	50m: 00:30,31 (00:30,31)   100m: 01:02,25 (00:31,94)   150m: 01:34,60 (00:32,35)   200m: 02:07,66 (00:33,06)   250m: 02:40,21 (00:32,55)   300m: 03:12,84 (00:32,63)   350m: 03:45,33 (00:32,49)   400m: 04:17,05 (00:31,72)				
4.	Marton Balla	2006	SC Oberursel 1958	04:20,40	541
	50m: 00:29,84 (00:29,84)   100m: 01:02,08 (00:32,24)   150m: 01:34,68 (00:32,60)   200m: 02:07,74 (00:33,06)   250m: 02:40,90 (00:33,16)   300m: 03:14,59 (00:33,69)   350m: 03:48,21 (00:33,62)   400m: 04:20,40 (00:32,19)				
	<u>abgemeldet</u>				
	Leopold Heuberger	2006	DSW 1912 Darmstadt e.V.		EnM

Juniorinnen

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Hessischer Juniorenmeister 2023					
	Nazar Heraschenko	2004	SC Wiesbaden	03:57,84	710
	50m: 00:27,93 (00:27,93)   100m: 00:57,52 (00:29,59)   150m: 01:27,45 (00:29,93)   200m: 01:57,76 (00:30,31)   250m: 02:28,09 (00:30,33)   300m: 02:58,75 (00:30,66)   350m: 03:28,79 (00:30,04)   400m: 03:57,84 (00:29,05)				
2.	Mykhailo Bendiuzhenko	2005	SC Wiesbaden	04:18,41	554
	50m: 00:29,62 (00:29,62)   100m: 01:01,42 (00:31,80)   150m: 01:33,76 (00:32,34)   200m: 02:06,58 (00:32,82)   250m: 02:39,45 (00:32,87)   300m: 03:12,74 (00:33,29)   350m: 03:46,03 (00:33,29)   400m: 04:18,41 (00:32,38)				

Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Hessischer Meister					
	Jakob Werner	2006	DSW 1912 Darmstadt e.V.	03:56,23	725
	50m: 00:28,53 (00:28,53)   100m: 00:58,53 (00:30,00)   150m: 01:28,94 (00:30,41)   200m: 01:59,38 (00:30,44)   250m: 02:29,18 (00:29,80)   300m: 02:58,64 (00:29,46)   350m: 03:28,15 (00:29,51)   400m: 03:56,23 (00:28,08)				
2.	Nazar Heraschenko	2004	SC Wiesbaden	03:57,84	710
	50m: 00:27,93 (00:27,93)   100m: 00:57,52 (00:29,59)   150m: 01:27,45 (00:29,93)   200m: 01:57,76 (00:30,31)   250m: 02:28,09 (00:30,33)   300m: 02:58,75 (00:30,66)   350m: 03:28,79 (00:30,04)   400m: 03:57,84 (00:29,05)				
3.	Adrian Eichler	2003	SC Wiesbaden	03:59,61	695
	50m: 00:27,67 (00:27,67)   100m: 00:58,12 (00:30,45)   150m: 01:28,10 (00:29,98)   200m: 01:58,43 (00:30,33)   250m: 02:28,75 (00:30,32)   300m: 02:59,28 (00:30,53)   350m: 03:29,69 (00:30,41)   400m: 03:59,61 (00:29,92)				
4.	Diego Alfons Heinze	2007	SC Wiesbaden	04:03,01	666
	50m: 00:27,57 (00:27,57)   100m: 00:57,60 (00:30,03)   150m: 01:27,80 (00:30,20)   200m: 01:58,60 (00:30,80)   250m: 02:29,16 (00:30,56)   300m: 03:00,27 (00:31,11)   350m: 03:31,97 (00:31,70)   400m: 04:03,01 (00:31,04)				
5.	Lorenz Hof	2002	TSV Eintracht Stadtallendorf	04:05,09	649
	50m: 00:28,04 (00:28,04)   100m: 00:58,13 (00:30,09)   150m: 01:28,94 (00:30,81)   200m: 02:00,10 (00:31,16)   250m: 02:31,16 (00:31,06)   300m: 03:02,66 (00:31,50)   350m: 03:34,78 (00:32,12)   400m: 04:05,09 (00:30,31)				
6.	Ankush Yalgi	2007	SG Frankfurt	04:06,65	637
	50m: 00:27,72 (00:27,72)   100m: 00:58,20 (00:30,48)   150m: 01:29,29 (00:31,09)   200m: 02:00,58 (00:31,29)   250m: 02:32,02 (00:31,44)   300m: 03:03,65 (00:31,63)   350m: 03:35,65 (00:32,00)   400m: 04:06,65 (00:31,00)				
7.	Marco Koch	1990	SG Frankfurt	04:07,96	627
	50m: 00:28,17 (00:28,17)   100m: 00:58,54 (00:30,37)   150m: 01:29,38 (00:30,84)   200m: 02:00,53 (00:31,15)   250m: 02:32,00 (00:31,47)   300m: 03:04,16 (00:32,16)   350m: 03:36,35 (00:32,19)   400m: 04:07,96 (00:31,61)				
8.	Jannes Schmidt	2009	SC Wiesbaden	04:11,37	602
	50m: 00:28,97 (00:28,97)   100m: 01:00,24 (00:31,27)   150m: 01:32,70 (00:32,46)   200m: 02:04,97 (00:32,27)   250m: 02:36,63 (00:31,66)   300m: 03:09,20 (00:32,57)   350m: 03:41,11 (00:31,91)   400m: 04:11,37 (00:30,26)				
9.	Emil Kelberer	2006	SC Wasserfreunde Fulda e.V.	04:13,67	585
	50m: 00:28,92 (00:28,92)   100m: 01:01,14 (00:32,22)   150m: 01:32,46 (00:31,32)   200m: 02:04,88 (00:32,42)   250m: 02:36,89 (00:32,01)   300m: 03:09,70 (00:32,81)   350m: 03:42,37 (00:32,67)   400m: 04:13,67 (00:31,30)				



**noch Wettkampf 14 - 400m Freistil männlich**

noch Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
10.	Phil Malsch	2008	SG Frankfurt	04:13,91	584
	50m: 00:28,18 (00:28,18)   100m: 00:59,33 (00:31,15)   150m: 01:31,44 (00:32,11)   200m: 02:04,11 (00:32,67) 250m: 02:36,41 (00:32,30)   300m: 03:08,82 (00:32,41)   350m: 03:41,93 (00:33,11)   400m: 04:13,91 (00:31,98)				
11.	Til Vonhausen	2008	SV Delphin Wiesbaden e.V.	04:14,48	580
	50m: 00:28,81 (00:28,81)   100m: 01:00,36 (00:31,55)   150m: 01:31,99 (00:31,63)   200m: 02:04,62 (00:32,63) 250m: 02:37,39 (00:32,77)   300m: 03:10,59 (00:33,20)   350m: 03:42,86 (00:32,27)   400m: 04:14,48 (00:31,62)				
12.	Melvin Jonas	2007	TV Wetzlar 1847	04:15,77	571
	50m: 00:28,62 (00:28,62)   100m: 01:00,17 (00:31,55)   150m: 01:32,44 (00:32,27)   200m: 02:05,07 (00:32,63) 250m: 02:37,69 (00:32,62)   300m: 03:10,36 (00:32,67)   350m: 03:43,80 (00:33,44)   400m: 04:15,77 (00:31,97)				
13.	Josef Strohmalm	2009	SG Frankfurt	04:16,09	569
	50m: 00:28,73 (00:28,73)   100m: 01:00,36 (00:31,63)   150m: 01:32,16 (00:31,80)   200m: 02:04,55 (00:32,39) 250m: 02:37,29 (00:32,74)   300m: 03:10,43 (00:33,14)   350m: 03:43,84 (00:33,41)   400m: 04:16,09 (00:32,25)				
14.	Adrian Heise Romero	2006	SC Wiesbaden	04:17,05	562
	50m: 00:30,31 (00:30,31)   100m: 01:02,25 (00:31,94)   150m: 01:34,60 (00:32,35)   200m: 02:07,66 (00:33,06) 250m: 02:40,21 (00:32,55)   300m: 03:12,84 (00:32,63)   350m: 03:45,33 (00:32,49)   400m: 04:17,05 (00:31,72)				
15.	Mykhailo Bendiuzhenko	2005	SC Wiesbaden	04:18,41	554
	50m: 00:29,62 (00:29,62)   100m: 01:01,42 (00:31,80)   150m: 01:33,76 (00:32,34)   200m: 02:06,58 (00:32,82) 250m: 02:39,45 (00:32,87)   300m: 03:12,74 (00:33,29)   350m: 03:46,03 (00:33,29)   400m: 04:18,41 (00:32,38)				

