

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

2010: 05:03,00 2009: 04:53,00 2008: 04:39,00 2007: 04:35,00 2006: 04:31,00 2004 bis 2005: 04:31,00
 2003 und älter: 04:25,00

Jugend

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1. und NRW-Jugendmeister 2023					
	Len, Maksym	2007	SG Dortmund	04:16,73	12
	100m: 01:01,47 (01:01,47) 200m: 02:06,74 (01:05,27) 300m: 03:12,79 (01:06,05) 400m: 04:16,73 (01:03,94)				
2.	Klode, Henry	2007	SG Essen	04:24,51	10
	100m: 01:00,15 (01:00,15) 200m: 02:06,01 (01:05,86) 300m: 03:15,54 (01:09,53) 400m: 04:24,51 (01:08,97)				
3.	Kock, Kevin	2007	SG Schwimmen Münster	04:24,97	10
	100m: 01:03,44 (01:03,44) 200m: 02:11,59 (01:08,15) 300m: 03:19,63 (01:08,04) 400m: 04:24,97 (01:05,34)				
4.	Wiens, Jakob	2009	SG Schwimmen Münster	04:33,38	11
	100m: 01:04,60 (01:04,60) 200m: 02:15,66 (01:11,06) 300m: 03:25,91 (01:10,25) 400m: 04:33,38 (01:07,47)				
5.	Honstein, Max	2009	SG Oberhausen	04:34,91	11
	100m: 01:02,84 (01:02,84) 200m: 02:12,54 (01:09,70) 300m: 03:24,73 (01:12,19) 400m: 04:34,91 (01:10,18)				
6.	Gerads, Moritz	2009	Aachener SV 06	04:44,31	8
	100m: 01:06,56 (01:06,56) 200m: 02:19,23 (01:12,67) 300m: 03:32,44 (01:13,21) 400m: 04:44,31 (01:11,87)				
7.	Fritah, Raed	2009	SV Rhenania Köln 1919	04:47,15	7
	100m: 01:08,70 (01:08,70) 200m: 02:22,84 (01:14,14) 300m: 03:36,37 (01:13,53) 400m: 04:47,15 (01:10,78)				
8.	Hamdouch, Ilias	2010	SV Rhenania Köln 1919	04:47,67	9
	100m: 01:09,13 (01:09,13) 200m: 02:23,88 (01:14,75) 300m: 03:37,11 (01:13,23) 400m: 04:47,67 (01:10,56)				
9.	Weidenhaupt, Laurin	2010	SG Schwimmen Münster	05:04,49	5
	100m: 01:09,53 (01:09,53) 200m: 02:26,71 (01:17,18) 300m: 03:46,33 (01:19,62) 400m: 05:04,49 (01:18,16)				
10.	Bret, David	2010	SV Rhenania Köln 1919	05:06,62	5
	100m: 01:12,30 (01:12,30) 200m: 02:30,75 (01:18,45) 300m: 03:49,65 (01:18,90) 400m: 05:06,62 (01:16,97)				
	<u>nicht am Start</u>				
	Marasus, Elija	2010	SG Schwimmen Münster		
	Nam, Uhyun	2008	SG Schwimmen Münster		

Junioren

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1. und NRW-Juniorenmeister 2023					
	Vandenhirtz, David	2005	TPSK 1925 e.V.	04:10,35	12
	100m: 00:59,70 (00:59,70) 200m: 02:03,29 (01:03,59) 300m: 03:07,07 (01:03,78) 400m: 04:10,35 (01:03,28)				
2.	Bechtel, Hendrik	2004	TPSK 1925 e.V.	04:14,44	9
	100m: 01:00,19 (01:00,19) 200m: 02:04,96 (01:04,77) 300m: 03:10,11 (01:05,15) 400m: 04:14,44 (01:04,33)				
3.	Winkelmann, Moritz	2005	SG Bayer	04:20,39	9
	100m: 01:02,03 (01:02,03) 200m: 02:07,94 (01:05,91) 300m: 03:14,33 (01:06,39) 400m: 04:20,39 (01:06,06)				
	<u>nicht am Start</u>				
	Teslenko, Taras	2005	SG Essen		

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

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1.	Bücker, Lukas 100m: 00:59,48 (00:59,48) 200m: 02:02,91 (01:03,43) 300m: 03:04,85 (01:01,94) 400m: 04:05,27 (01:00,42)	2000	SG Euregio Swim Team	04:05,27	12
2.	Menzel, Alexander 100m: 00:59,40 (00:59,40) 200m: 02:02,12 (01:02,72) 300m: 03:05,10 (01:02,98) 400m: 04:05,94 (01:00,84)	2002	TPSK 1925 e.V.	04:05,94	11
3.	Vandenhirtz, David 100m: 00:59,70 (00:59,70) 200m: 02:03,29 (01:03,59) 300m: 03:07,07 (01:03,78) 400m: 04:10,35 (01:03,28)	2005	TPSK 1925 e.V.	04:10,35	12
4.	Bechtel, Hendrik 100m: 01:00,19 (01:00,19) 200m: 02:04,96 (01:04,77) 300m: 03:10,11 (01:05,15) 400m: 04:14,44 (01:04,33)	2004	TPSK 1925 e.V.	04:14,44	9
5.	Len, Maksym 100m: 01:01,47 (01:01,47) 200m: 02:06,74 (01:05,27) 300m: 03:12,79 (01:06,05) 400m: 04:16,73 (01:03,94)	2007	SG Dortmund	04:16,73	12
6.	Engeln, Niels 100m: 01:00,17 (01:00,17) 200m: 02:04,97 (01:04,80) 300m: 03:11,11 (01:06,14) 400m: 04:17,63 (01:06,52)	1997	SG Gladbeck/Recklinghausen	04:17,63	18
7.	Raszczyk, Noah 100m: 01:01,18 (01:01,18) 200m: 02:07,32 (01:06,14) 300m: 03:14,11 (01:06,79) 400m: 04:20,20 (01:06,09)	2006	SG Dortmund	04:20,20	10
8.	Winkelmann, Moritz 100m: 01:02,03 (01:02,03) 200m: 02:07,94 (01:05,91) 300m: 03:14,33 (01:06,39) 400m: 04:20,39 (01:06,06)	2005	SG Bayer	04:20,39	9
9.	Klode, Henry 100m: 01:00,15 (01:00,15) 200m: 02:06,01 (01:05,86) 300m: 03:15,54 (01:09,53) 400m: 04:24,51 (01:08,97)	2007	SG Essen	04:24,51	10
10.	Kock, Kevin 100m: 01:03,44 (01:03,44) 200m: 02:11,59 (01:08,15) 300m: 03:19,63 (01:08,04) 400m: 04:24,97 (01:05,34)	2007	SG Schwimmen Münster	04:24,97	10
11.	Wiens, Jakob 100m: 01:04,60 (01:04,60) 200m: 02:15,66 (01:11,06) 300m: 03:25,91 (01:10,25) 400m: 04:33,38 (01:07,47)	2009	SG Schwimmen Münster	04:33,38	11
12.	Honstein, Max 100m: 01:02,84 (01:02,84) 200m: 02:12,54 (01:09,70) 300m: 03:24,73 (01:12,19) 400m: 04:34,91 (01:10,18)	2009	SG Oberhausen	04:34,91	11
13.	Gerads, Moritz 100m: 01:06,56 (01:06,56) 200m: 02:19,23 (01:12,67) 300m: 03:32,44 (01:13,21) 400m: 04:44,31 (01:11,87)	2009	Aachener SV 06	04:44,31	8
14.	Fritah, Raed 100m: 01:08,70 (01:08,70) 200m: 02:22,84 (01:14,14) 300m: 03:36,37 (01:13,53) 400m: 04:47,15 (01:10,78)	2009	SV Rhenania Köln 1919	04:47,15	7
15.	Hamdouch, Ilias 100m: 01:09,13 (01:09,13) 200m: 02:23,88 (01:14,75) 300m: 03:37,11 (01:13,23) 400m: 04:47,67 (01:10,56)	2010	SV Rhenania Köln 1919	04:47,67	9
16.	Weidenhaupt, Laurin 100m: 01:09,53 (01:09,53) 200m: 02:26,71 (01:17,18) 300m: 03:46,33 (01:19,62) 400m: 05:04,49 (01:18,16)	2010	SG Schwimmen Münster	05:04,49	5
17.	Bret, David 100m: 01:12,30 (01:12,30) 200m: 02:30,75 (01:18,45) 300m: 03:49,65 (01:18,90) 400m: 05:06,62 (01:16,97)	2010	SV Rhenania Köln 1919	05:06,62	5

nicht am Start

Adamek, Janis	1998	TUS Westfalia Hombruch
Bieder, Lasse	2003	TPSK 1925 e.V.
Geiselhart, Kevin	1992	SG Siegen
Heitkemper, Julian	2000	TPSK 1925 e.V.
Kassenbrock, Maximilian	2006	SG Schwimmen Münster