

## Wettkampf 20 - 400m Freistil männlich

### Pflichtzeiten

2013: 05:03,00 2012: 04:53,00 2011: 04:39,00 2010: 04:35,00 2009: 04:31,00 2007 bis 2008: 04:31,00  
2006 und älter: 04:25,00

### Jugend

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
<b>1. und NRW-Jugendmeister 2026</b>					
	Paco Franze	2011	SG Essen	04:16,78	
	100m: 01:01,28 (01:01,28)   200m: 02:07,64 (01:06,36)   300m: 03:13,32 (01:05,68)   400m: 04:16,78 (01:03,46)				
2.	Leon Anstipp	2011	SG Gladbeck/Recklinghausen	04:19,47	
	100m: 01:05,74 (01:05,74)   200m: 02:06,29 (01:00,55)   300m: 03:12,79 (01:06,50)   400m: 04:19,47 (01:06,68)				
3.	Mohamed Laadraoui	2011	SSF Bonn	04:22,13	
	100m: 01:02,12 (01:02,12)   200m: 02:08,46 (01:06,34)   300m: 03:15,59 (01:07,13)   400m: 04:22,13 (01:06,54)				
4.	Nico Meisner	2011	SSF Bonn	04:22,14	
	100m: 01:01,91 (01:01,91)   200m: 02:08,20 (01:06,29)   300m: 03:15,40 (01:07,20)   400m: 04:22,14 (01:06,74)				
5.	Pileas Manassis	2011	SG Mönchengladbach	04:22,81	
	100m: 01:00,15 (01:00,15)   200m: 02:07,27 (01:07,12)   300m: 03:15,53 (01:08,26)   400m: 04:22,81 (01:07,28)				
6.	Ilias Hamdouch	2010	Cologne Swimming Club	04:24,56	
	100m: 00:59,10 (00:59,10)   200m: 02:03,98 (01:04,88)   300m: 03:12,71 (01:08,73)   400m: 04:24,56 (01:11,85)				
7.	Justus Georg Friedrich Saldsieder	2010	SSF Bonn	04:26,28	
	100m: 01:02,57 (01:02,57)   200m: 02:10,96 (01:08,39)   300m: 03:19,55 (01:08,59)   400m: 04:26,28 (01:06,73)				
8.	Maurice Unglaub	2010	ST Bielefeld	04:35,37	
	100m: 01:02,53 (01:02,53)   200m: 02:13,64 (01:11,11)   300m: 03:21,71 (01:08,07)   400m: 04:35,37 (01:13,66)				
9.	Justus Moritz Lindemann	2012	SG Essen	04:35,43	
	100m: 01:03,31 (01:03,31)   200m: 02:13,87 (01:10,56)   300m: 03:25,63 (01:11,76)   400m: 04:35,43 (01:09,80)				
10.	Justus Bodenbug	2011	SG Mönchengladbach	04:35,80	
	100m: 01:03,99 (01:03,99)   200m: 02:14,51 (01:10,52)   300m: 03:25,83 (01:11,32)   400m: 04:35,80 (01:09,97)				
11.	Robert Vaubel	2012	SG Mülheim	04:36,26	
	100m: 01:04,29 (01:04,29)   200m: 02:13,84 (01:09,55)   300m: 03:25,70 (01:11,86)   400m: 04:36,26 (01:10,56)				
12.	Lian Fynn Niehaus	2012	SV Blau-Weiß Bochum	04:39,75	
	100m: 01:06,21 (01:06,21)   200m: 02:17,59 (01:11,38)   300m: 03:28,54 (01:10,95)   400m: 04:39,75 (01:11,21)				
13.	David Bret	2010	Cologne Swimming Club	04:41,25	EnM
	100m: 01:03,30 (01:03,30)   200m: 02:15,49 (01:12,19)   300m: 03:29,23 (01:13,74)   400m: 04:41,25 (01:12,02)				
14.	Julius Fischer	2012	SG Gladbeck/Recklinghausen	04:43,74	
	100m: 01:06,65 (01:06,65)   200m: 02:19,93 (01:13,28)   300m: 03:32,53 (01:12,60)   400m: 04:43,74 (01:11,21)				
15.	János Konrad Sepsi	2012	ST Bielefeld	04:43,91	
	100m: 01:06,54 (01:06,54)   200m: 02:28,78 (01:22,24)   300m: 03:32,04 (01:03,26)   400m: 04:43,91 (01:11,87)				
16.	Felix Thyssen	2013	SG Gladbeck/Recklinghausen	04:49,06	
	100m: 01:07,64 (01:07,64)   200m: 02:21,19 (01:13,55)   300m: 03:35,93 (01:14,74)   400m: 04:49,06 (01:13,13)				
17.	Marlon Fundament	2013	SG Bayer	04:51,31	
	100m: 01:09,09 (01:09,09)   200m: 02:23,46 (01:14,37)   300m: 03:38,66 (01:15,20)   400m: 04:51,31 (01:12,65)				
18.	Jannis Schinor	2012	SV Olympia Borghorst	04:54,60	EnM
	100m: 01:09,06 (01:09,06)   200m: 02:23,37 (01:14,31)   300m: 03:40,53 (01:17,16)   400m: 04:54,60 (01:14,07)				
19.	Tom Birk	2013	SG Essen	04:57,53	
	100m: 01:09,95 (01:09,95)   200m: 02:25,79 (01:15,84)   300m: 03:42,48 (01:16,69)   400m: 04:57,53 (01:15,05)				
20.	Nick Julian Keiselt	2013	SG Essen	04:59,55	
	100m: 01:12,73 (01:12,73)   200m: 02:29,68 (01:16,95)   300m: 03:45,64 (01:15,96)   400m: 04:59,55 (01:13,91)				
21.	Jan Ole Berger	2013	SG Essen	05:00,92	
	100m: 01:10,09 (01:10,09)   200m: 02:27,12 (01:17,03)   300m: 03:45,28 (01:18,16)   400m: 05:00,92 (01:15,64)				
22.	Abid Redemann	2013	TPSK 1925 e.V.	05:03,99	EnM
	100m: 01:12,37 (01:12,37)   200m: 02:30,11 (01:17,74)   300m: 03:47,79 (01:17,68)   400m: 05:03,99 (01:16,20)				

## noch Wettkampf 20 - 400m Freistil männlich

### noch Jugend

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
23.	Oscar Bach 100m: 01:13,65 (01:13,65)   200m: 02:34,51 (01:20,86)   300m: 03:56,86 (01:22,35)   400m: 05:18,43 (01:21,57)	2013	Uerdinger Schwimmverein 08	05:18,43	EnM
24.	Alois Martin Cousin 100m: 01:23,93 (01:23,93)   200m: 02:55,19 (01:31,26)   300m: 04:26,01 (01:30,82)   400m: 05:54,02 (01:28,01)	2010	SG Bayer (Para)	05:54,02	

#### nicht am Start

Albert Schmiade	2012	SG Neuss
Daniel Ryvkin	2013	SSF Bonn
Fabian Körner	2011	SG Mülheim
Julian Sikorski	2012	SSF Bonn
Kenzo Enguun Batbayar	2012	SG Dortmund
Noah Masiello	2012	SG Wassersport Iserlohn
Simon Dietrich	2011	SG Bayer

### Junioren

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1. und NRW-Juniorenmeister 2026					
	Maksym Len 100m: 00:58,37 (00:58,37)   200m: 01:59,64 (01:01,27)   300m: 03:02,53 (01:02,89)   400m: 04:04,14 (01:01,61)	2007	SG Dortmund	04:04,14	
2.	Jordan Tyler Kribber 100m: 01:00,97 (01:00,97)   200m: 02:07,66 (01:06,69)   300m: 03:15,98 (01:08,32)   400m: 04:22,42 (01:06,44)	2008	SG Siegen	04:22,42	
3.	Max Falke 100m: 01:02,39 (01:02,39)   200m: 02:08,55 (01:06,16)   300m: 03:16,02 (01:07,47)   400m: 04:22,60 (01:06,58)	2007	SG Bayer	04:22,60	

#### nicht am Start

Béla Löhr	2007	Dürener TV 1847 e.V.
Elias Lamberty	2007	SG Euregio Swim Team
Julius Schiedt	2007	SG Dortmund

### Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1. und NRW Meister 2026					
	Maksym Len 100m: 00:58,37 (00:58,37)   200m: 01:59,64 (01:01,27)   300m: 03:02,53 (01:02,89)   400m: 04:04,14 (01:01,61)	2007	SG Dortmund	04:04,14	
2.	Lukas Bücken 100m: 01:00,88 (01:00,88)   200m: 02:06,04 (01:05,16)   300m: 03:11,09 (01:05,05)   400m: 04:15,93 (01:04,84)	2000	SG Euregio Swim Team	04:15,93	
3.	Paco Franze 100m: 01:01,28 (01:01,28)   200m: 02:07,64 (01:06,36)   300m: 03:13,32 (01:05,68)   400m: 04:16,78 (01:03,46)	2011	SG Essen	04:16,78	
4.	Leon Anstipp 100m: 01:05,74 (01:05,74)   200m: 02:06,29 (01:00,55)   300m: 03:12,79 (01:06,50)   400m: 04:19,47 (01:06,68)	2011	SG Gladbeck/Recklinghausen	04:19,47	
5.	Christian Einwag 100m: 01:13,65 (01:13,65)   200m: 02:34,51 (01:20,86)   300m: 03:56,86 (01:22,35)   400m: 04:19,72 (00:22,86)	2005	TPSK 1925 e.V.	04:19,72	
6.	Frederik Klump 100m: 01:01,57 (01:01,57)   200m: 02:08,24 (01:06,67)   300m: 03:15,55 (01:07,31)   400m: 04:20,52 (01:04,97)	2009	SG Siegen	04:20,52	
7.	Mohamed Laadraoui 100m: 01:02,12 (01:02,12)   200m: 02:08,46 (01:06,34)   300m: 03:15,59 (01:07,13)   400m: 04:22,13 (01:06,54)	2011	SSF Bonn	04:22,13	
8.	Nico Meisner 100m: 01:01,91 (01:01,91)   200m: 02:08,20 (01:06,29)   300m: 03:15,40 (01:07,20)   400m: 04:22,14 (01:06,74)	2011	SSF Bonn	04:22,14	

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

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
9.	Jordan Tyler Kribber 100m: 01:00,97 (01:00,97)   200m: 02:07,66 (01:06,69)   300m: 03:15,98 (01:08,32)   400m: 04:22,42 (01:06,44)	2008	SG Siegen	04:22,42	
10.	Max Falke 100m: 01:02,39 (01:02,39)   200m: 02:08,55 (01:06,16)   300m: 03:16,02 (01:07,47)   400m: 04:22,60 (01:06,58)	2007	SG Bayer	04:22,60	
11.	Pileas Manassis 100m: 01:00,15 (01:00,15)   200m: 02:07,27 (01:07,12)   300m: 03:15,53 (01:08,26)   400m: 04:22,81 (01:07,28)	2011	SG Mönchengladbach	04:22,81	
12.	Max Honstein 100m: 01:01,62 (01:01,62)   200m: 02:08,74 (01:07,12)   300m: 03:16,70 (01:07,96)   400m: 04:23,06 (01:06,36)	2009	SG Essen	04:23,06	
13.	Ilias Hamdouch 100m: 00:59,10 (00:59,10)   200m: 02:03,98 (01:04,88)   300m: 03:12,71 (01:08,73)   400m: 04:24,56 (01:11,85)	2010	Cologne Swimming Club	04:24,56	
14.	Phil Zeien 100m: 01:02,12 (01:02,12)   200m: 02:08,94 (01:06,82)   300m: 03:16,56 (01:07,62)   400m: 04:25,54 (01:08,98)	2009	SG Neuss	04:25,54	
15.	Justus Georg Friedrich Saldsieder 100m: 01:02,57 (01:02,57)   200m: 02:10,96 (01:08,39)   300m: 03:19,55 (01:08,59)   400m: 04:26,28 (01:06,73)	2010	SSF Bonn	04:26,28	
16.	Friedrich Busse 100m: 01:04,43 (01:04,43)   200m: 02:13,90 (01:09,47)   300m: 03:21,67 (01:07,77)   400m: 04:27,59 (01:05,92)	2006	SG Neuss	04:27,59	EnM
17.	Angelo Barletta 100m: 01:02,18 (01:02,18)   200m: 02:11,21 (01:09,03)   300m: 03:21,78 (01:10,57)   400m: 04:32,71 (01:10,93)	2009	SG Mülheim	04:32,71	EnM
18.	Maurice Unglaub 100m: 01:02,53 (01:02,53)   200m: 02:13,64 (01:11,11)   300m: 03:21,71 (01:08,07)   400m: 04:35,37 (01:13,66)	2010	ST Bielefeld	04:35,37	
19.	Justus Moritz Lindemann 100m: 01:03,31 (01:03,31)   200m: 02:13,87 (01:10,56)   300m: 03:25,63 (01:11,76)   400m: 04:35,43 (01:09,80)	2012	SG Essen	04:35,43	
20.	Justus Bodenburg 100m: 01:03,99 (01:03,99)   200m: 02:14,51 (01:10,52)   300m: 03:25,83 (01:11,32)   400m: 04:35,80 (01:09,97)	2011	SG Mönchengladbach	04:35,80	
21.	Robert Vaubel 100m: 01:04,29 (01:04,29)   200m: 02:13,84 (01:09,55)   300m: 03:25,70 (01:11,86)   400m: 04:36,26 (01:10,56)	2012	SG Mülheim	04:36,26	
22.	Lian Fynn Niehaus 100m: 01:06,21 (01:06,21)   200m: 02:17,59 (01:11,38)   300m: 03:28,54 (01:10,95)   400m: 04:39,75 (01:11,21)	2012	SV Blau-Weiß Bochum	04:39,75	
23.	Moritz Gerads 100m: 01:04,17 (01:04,17)   200m: 02:15,62 (01:11,45)   300m: 03:28,45 (01:12,83)   400m: 04:40,75 (01:12,30)	2009	Aachener SV 06	04:40,75	EnM
24.	David Bret 100m: 01:03,30 (01:03,30)   200m: 02:15,49 (01:12,19)   300m: 03:29,23 (01:13,74)   400m: 04:41,25 (01:12,02)	2010	Cologne Swimming Club	04:41,25	EnM
25.	Julius Fischer 100m: 01:06,65 (01:06,65)   200m: 02:19,93 (01:13,28)   300m: 03:32,53 (01:12,60)   400m: 04:43,74 (01:11,21)	2012	SG Gladbeck/Recklinghausen	04:43,74	
26.	János Konrad Sepsi 100m: 01:06,54 (01:06,54)   200m: 02:28,78 (01:22,24)   300m: 03:32,04 (01:03,26)   400m: 04:43,91 (01:11,87)	2012	ST Bielefeld	04:43,91	
27.	Felix Thyssen 100m: 01:07,64 (01:07,64)   200m: 02:21,19 (01:13,55)   300m: 03:35,93 (01:14,74)   400m: 04:49,06 (01:13,13)	2013	SG Gladbeck/Recklinghausen	04:49,06	
28.	Marlon Fundament 100m: 01:09,09 (01:09,09)   200m: 02:23,46 (01:14,37)   300m: 03:38,66 (01:15,20)   400m: 04:51,31 (01:12,65)	2013	SG Bayer	04:51,31	
29.	Jannis Schinor 100m: 01:09,06 (01:09,06)   200m: 02:23,37 (01:14,31)   300m: 03:40,53 (01:17,16)   400m: 04:54,60 (01:14,07)	2012	SV Olympia Borghorst	04:54,60	EnM
30.	Tom Birk 100m: 01:09,95 (01:09,95)   200m: 02:25,79 (01:15,84)   300m: 03:42,48 (01:16,69)   400m: 04:57,53 (01:15,05)	2013	SG Essen	04:57,53	
31.	Nick Julian Keiselt 100m: 01:12,73 (01:12,73)   200m: 02:29,68 (01:16,95)   300m: 03:45,64 (01:15,96)   400m: 04:59,55 (01:13,91)	2013	SG Essen	04:59,55	
32.	Jan Ole Berger 100m: 01:10,09 (01:10,09)   200m: 02:27,12 (01:17,03)   300m: 03:45,28 (01:18,16)   400m: 05:00,92 (01:15,64)	2013	SG Essen	05:00,92	

## noch Wettkampf 20 - 400m Freistil männlich

### noch Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
33.	Abid Redemann 100m: 01:12,37 (01:12,37)   200m: 02:30,11 (01:17,74)   300m: 03:47,79 (01:17,68)   400m: 05:03,99 (01:16,20)	2013	TPSK 1925 e.V.	05:03,99	EnM
34.	Oscar Bach 100m: 01:13,65 (01:13,65)   200m: 02:34,51 (01:20,86)   300m: 03:56,86 (01:22,35)   400m: 05:18,43 (01:21,57)	2013	Uerdinger Schwimmverein 08	05:18,43	EnM
35.	Tim Detambel 100m: 01:20,57 (01:20,57)   200m: 02:50,56 (01:29,99)   300m: 04:21,33 (01:30,77)   400m: 05:50,16 (01:28,83)	2003	SSC Hörde 54/58 e.V. (Para)	05:50,16	
36.	Alois Martin Cousin 100m: 01:23,93 (01:23,93)   200m: 02:55,19 (01:31,26)   300m: 04:26,01 (01:30,82)   400m: 05:54,02 (01:28,01)	2010	SG Bayer (Para)	05:54,02	

### nicht am Start

Julian Heitkemper	2000	TPSK 1925 e.V.
Julius Bodenbug	2009	SG Mönchengladbach

### DBS-Wertung - Para

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	DBS
1.	Alois Martin Cousin 100m: 01:23,93 (01:23,93)   200m: 02:55,19 (01:31,26)   300m: 04:26,01 (01:30,82)   400m: 05:54,02 (01:28,01)	2010	SG Bayer (Para)	05:54,02	394
2.	Tim Detambel 100m: 01:20,57 (01:20,57)   200m: 02:50,56 (01:29,99)   300m: 04:21,33 (01:30,77)   400m: 05:50,16 (01:28,83)	2003	SSC Hörde 54/58 e.V. (Para)	05:50,16	354