

Wettkampf 122 - 400m Freistil männlich**Jahrgang 2013**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1.	Tobias Bogar	2013	SG Bergheim	04:58,77	9
	50m: 00:35,37 (00:35,37) - 100m: 01:12,20 (00:36,83) - 150m: 01:50,09 (00:37,89) - 200m: 02:27,79 (00:37,70) 250m: 03:05,66 (00:37,87) - 300m: 03:43,11 (00:37,45) - 350m: 04:20,55 (00:37,44) - 400m: 04:58,77 (00:38,22)				
2.	Jakob Rütz	2013	SG Bergheim	05:13,50	6
	50m: 00:34,66 (00:34,66) - 100m: 01:13,87 (00:39,21) - 150m: 01:53,81 (00:39,94) - 200m: 02:33,19 (00:39,38) 250m: 03:12,98 (00:39,79) - 300m: 03:53,24 (00:40,26) - 350m: 04:33,31 (00:40,07) - 400m: 05:13,50 (00:40,19)				
3.	Jan Simons	2013	SG Bergheim	05:19,23	4
	50m: 00:36,70 (00:36,70) - 100m: 01:17,20 (00:40,50) - 150m: 01:58,26 (00:41,06) - 200m: 02:37,71 (00:39,45) 250m: 03:18,21 (00:40,50) - 300m: 03:59,34 (00:41,13) - 350m: 04:38,99 (00:39,65) - 400m: 05:19,23 (00:40,24)				
4.	Yurii Zolotukhin	2013	swimART-Solingen	05:35,17	
	50m: 00:37,85 (00:37,85) - 100m: 01:20,39 (00:42,54) - 150m: 02:02,89 (00:42,50) - 200m: 02:46,26 (00:43,37) 250m: 03:29,15 (00:42,89) - 300m: 04:12,47 (00:43,32) - 350m: 04:56,06 (00:43,59) - 400m: 05:35,17 (00:39,11)				
5.	Mazen Habbal	2013	SG WAGO 1950	05:43,24	
	50m: 00:36,59 (00:36,59) - 100m: 01:18,25 (00:41,66) - 150m: 02:01,30 (00:43,05) - 200m: 02:45,42 (00:44,12) 250m: 03:29,56 (00:44,14) - 300m: 04:15,07 (00:45,51) - 350m: 04:59,65 (00:44,58) - 400m: 05:43,24 (00:43,59)				

Jahrgang 2007 u.ä.

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1.	Peter Steinbrecher	2006	TV Refrath 1893	05:15,10	
	50m: 00:34,40 (00:34,40) - 100m: 01:12,20 (00:37,80) - 150m: 01:52,26 (00:40,06) - 200m: 02:33,09 (00:40,83) 250m: 03:14,60 (00:41,51) - 300m: 03:56,38 (00:41,78) - 350m: 04:36,98 (00:40,60) - 400m: 05:15,10 (00:38,12)				