

Wettkampf 13 - 400m Freistil männlich**Pflichtzeiten**

2015: 07:20,00 2014: 07:10,00 2013: 06:30,00 2012: 05:50,00 2011: 05:40,00 2010: 05:30,00 2009: 05:20,00
 2008: 05:16,00 2006 bis 2007: 05:00,00 2005 und älter: 04:52,00

Jahrgang 2015

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1. und Mittelrhein-Jahrgangsmeister					
	Hugo Klein	2015	TPSK 1925	05:48,79	8
	50m: 00:39,22 (00:39,22) 100m: 01:23,86 (00:44,64) 150m: 02:09,04 (00:45,18) 200m: 02:54,63 (00:45,59) 250m: 03:39,28 (00:44,65) 300m: 04:23,82 (00:44,54) 350m: 05:08,01 (00:44,19) 400m: 05:48,79 (00:40,78)				
2.	Elyes Chiha	2015	SG Bergheim	06:37,53	
	50m: 00:41,02 (00:41,02) 100m: 01:33,66 (00:52,64) 150m: 02:25,56 (00:51,90) 200m: 03:16,27 (00:50,71) 250m: 04:09,53 (00:53,26) 300m: 05:01,45 (00:51,92) 350m: 05:51,03 (00:49,58) 400m: 06:37,53 (00:46,50)				
3.	Christian Krause	2015	SSF Bonn	06:39,02	
	50m: 00:43,80 (00:43,80) 100m: 01:35,35 (00:51,55) 150m: 02:28,88 (00:53,53) 200m: 03:20,26 (00:51,38) 250m: 04:12,45 (00:52,19) 300m: 05:05,60 (00:53,15) 350m: 05:57,09 (00:51,49) 400m: 06:39,02 (00:41,93)				
	<u>abgemeldet</u>				
	Fynn Sadek	2015	SG Bergheim		

Jahrgang 2014

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1. und Mittelrhein-Jahrgangsmeister					
	Lasse Anhalt	2014	SSF Bonn	05:15,47	11
	50m: 00:36,72 (00:36,72) 100m: 01:16,69 (00:39,97) 150m: 01:56,63 (00:39,94) 200m: 02:37,04 (00:40,41) 300m: 03:57,86 (01:20,82) 350m: 04:37,37 (00:39,51) 400m: 05:15,47 (00:38,10)				
2.	Barnabas Omai	2014	SSF Bonn	05:36,08	6
	50m: 00:39,60 (00:39,60) 100m: 01:21,89 (00:42,29) 150m: 02:04,69 (00:42,80) 200m: 02:46,34 (00:41,65) 250m: 03:29,89 (00:43,55) 300m: 04:13,05 (00:43,16) 350m: 04:54,75 (00:41,70) 400m: 05:36,08 (00:41,33)				
3.	Leon Meisner	2014	SSF Bonn	05:39,10	5
	50m: 00:38,46 (00:38,46) 100m: 01:22,24 (00:43,78) 150m: 02:05,76 (00:43,52) 200m: 02:49,32 (00:43,56) 250m: 03:32,79 (00:43,47) 300m: 04:15,70 (00:42,91) 350m: 04:58,78 (00:43,08) 400m: 05:39,10 (00:40,32)				
4.	Sami-Anas Itrib	2014	TPSK 1925	05:45,38	4
	50m: 00:38,12 (00:38,12) 100m: 01:21,47 (00:43,35) 150m: 02:06,85 (00:45,38) 200m: 02:49,90 (00:43,05) 250m: 03:34,25 (00:44,35) 300m: 04:19,27 (00:45,02) 350m: 05:02,97 (00:43,70) 400m: 05:45,38 (00:42,41)				
5.	Mohammed Al Jazaerli	2014	SG Bergheim	05:53,73	2
	50m: 00:41,30 (00:41,30) 100m: 01:27,21 (00:45,91) 150m: 02:14,09 (00:46,88) 200m: 02:59,25 (00:45,16) 250m: 03:44,68 (00:45,43) 300m: 04:28,90 (00:44,22) 350m: 05:12,66 (00:43,76) 400m: 05:53,73 (00:41,07)				
6.	Til Schaffrath	2014	SSF Bonn	06:03,89	
	50m: 00:40,03 (00:40,03) 100m: 01:25,93 (00:45,90) 150m: 02:12,70 (00:46,77) 200m: 03:01,02 (00:48,32) 250m: 03:46,57 (00:45,55) 300m: 04:35,23 (00:48,66) 350m: 05:20,63 (00:45,40) 400m: 06:03,89 (00:43,26)				
7.	Niklas Kassuba	2014	SV Rhenania Köln 1919	06:34,92	
	50m: 00:40,98 (00:40,98) 100m: 01:31,75 (00:50,77) 150m: 02:23,75 (00:52,00) 200m: 03:16,47 (00:52,72) 250m: 04:07,87 (00:51,40) 300m: 04:59,02 (00:51,15) 350m: 05:49,32 (00:50,30) 400m: 06:34,92 (00:45,60)				

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noch Jahrgang 2014

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
8.	Elias Roepke	2014	SG Rhein-Sieg	06:39,34	
	50m: 00:43,39 (00:43,39) 100m: 01:34,71 (00:51,32) 150m: 02:27,22 (00:52,51) 200m: 03:19,61 (00:52,39) 250m: 04:12,64 (00:53,03) 300m: 05:04,84 (00:52,20) 350m: 05:56,90 (00:52,06) 400m: 06:39,34 (00:42,44)				

Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1. und Mittelrhein-Jahrgangsmeister					
	Daniel Ryvkin	2013	SC Aqua Köln	04:43,50	13
	50m: 00:31,27 (00:31,27) 100m: 01:06,38 (00:35,11) 150m: 01:42,52 (00:36,14) 200m: 02:19,13 (00:36,61) 250m: 02:55,69 (00:36,56) 300m: 03:32,46 (00:36,77) 350m: 04:08,75 (00:36,29) 400m: 04:43,50 (00:34,75)				
2.	Abid Redemann	2013	TPSK 1925	05:02,64	8
	50m: 00:34,06 (00:34,06) 100m: 01:12,49 (00:38,43) 150m: 01:51,86 (00:39,37) 200m: 02:31,17 (00:39,31) 250m: 03:10,25 (00:39,08) 300m: 03:49,04 (00:38,79) 350m: 04:27,45 (00:38,41) 400m: 05:02,64 (00:35,19)				
3.	Tobias Bogar	2013	SG Bergheim	05:04,79	8
	50m: 00:35,03 (00:35,03) 100m: 01:13,44 (00:38,41) 150m: 01:52,63 (00:39,19) 200m: 02:31,78 (00:39,15) 250m: 03:10,69 (00:38,91) 300m: 03:50,16 (00:39,47) 350m: 04:28,77 (00:38,61) 400m: 05:04,79 (00:36,02)				
4.	Felix Faupel	2013	SSF Bonn	05:25,57	3
	50m: 00:37,13 (00:37,13) 100m: 01:19,66 (00:42,53) 150m: 02:01,51 (00:41,85) 200m: 02:43,79 (00:42,28) 250m: 03:25,60 (00:41,81) 300m: 04:07,70 (00:42,10) 350m: 04:47,09 (00:39,39) 400m: 05:25,57 (00:38,48)				
5.	Mika Nauck	2013	SC Hardtberg 1968	05:27,80	2
	50m: 00:36,42 (00:36,42) 100m: 01:17,35 (00:40,93) 150m: 01:59,52 (00:42,17) 200m: 02:42,00 (00:42,48) 250m: 03:24,28 (00:42,28) 300m: 04:06,60 (00:42,32) 350m: 04:47,95 (00:41,35) 400m: 05:27,80 (00:39,85)				
6.	Kayahan Akkaya	2013	TPSK 1925	05:41,05	
	50m: 00:39,11 (00:39,11) 100m: 01:22,51 (00:43,40) 150m: 02:06,65 (00:44,14) 200m: 02:49,78 (00:43,13) 250m: 03:32,95 (00:43,17) 300m: 04:16,51 (00:43,56) 350m: 04:59,25 (00:42,74) 400m: 05:41,05 (00:41,80)				
7.	Luca Semoli	2013	TPSK 1925	05:43,60	
	50m: 00:36,83 (00:36,83) 100m: 01:19,86 (00:43,03) 150m: 02:04,43 (00:44,57) 200m: 02:48,16 (00:43,73) 250m: 03:32,24 (00:44,08) 300m: 04:17,18 (00:44,94) 350m: 05:01,04 (00:43,86) 400m: 05:43,60 (00:42,56)				
8.	Gleb Kuznetsov	2013	TPSK 1925	05:51,25	
	50m: 00:38,07 (00:38,07) 100m: 01:22,32 (00:44,25) 150m: 02:08,02 (00:45,70) 200m: 02:53,28 (00:45,26) 250m: 03:39,29 (00:46,01) 300m: 04:24,61 (00:45,32) 350m: 05:09,82 (00:45,21) 400m: 05:51,25 (00:41,43)				
9.	Tamino Spahn	2013	SG Rhein-Sieg	05:52,40	
	50m: 00:39,53 (00:39,53) 100m: 01:24,81 (00:45,28) 150m: 02:09,97 (00:45,16) 200m: 02:55,41 (00:45,44) 250m: 03:41,35 (00:45,94) 300m: 04:28,12 (00:46,77) 350m: 05:11,93 (00:43,81) 400m: 05:52,40 (00:40,47)				
10.	Emil Lars Gorreßen	2013	SV Horrem-Sindorf	06:13,19	
	50m: 00:38,39 (00:38,39) 100m: 01:24,58 (00:46,19) 150m: 02:12,55 (00:47,97) 200m: 03:00,55 (00:48,00) 250m: 03:49,48 (00:48,93) 300m: 04:38,70 (00:49,22) 350m: 05:28,11 (00:49,41) 400m: 06:13,19 (00:45,08)				

nicht am Start

Mazen Habbal 2013 SG WAGO 1950

EnM

abgemeldet

Felix Junyu Zuo 2013 SSF Bonn

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1. und Mittelrhein-Jahrgangsmeister					
	Keito Aramaki	2012	SV Bergisch Gladbach	05:00,64	6
	50m: 00:33,42 (00:33,42) 100m: 01:11,66 (00:38,24) 150m: 01:50,20 (00:38,54) 200m: 02:29,25 (00:39,05) 250m: 03:07,89 (00:38,64) 300m: 03:46,36 (00:38,47) 350m: 04:24,81 (00:38,45) 400m: 05:00,64 (00:35,83)				
2.	Abdourrahman Laadraoui	2012	SSF Bonn	05:02,23	6
	50m: 00:34,24 (00:34,24) 100m: 01:11,87 (00:37,63) 150m: 01:49,80 (00:37,93) 200m: 02:28,84 (00:39,04) 250m: 03:07,73 (00:38,89) 300m: 03:46,94 (00:39,21) 350m: 04:25,76 (00:38,82) 400m: 05:02,23 (00:36,47)				
3.	Kaan Akkaya	2012	TPSK 1925	05:02,34	6
	50m: 00:33,06 (00:33,06) 100m: 01:10,90 (00:37,84) 150m: 01:49,04 (00:38,14) 200m: 02:27,94 (00:38,90) 250m: 03:06,65 (00:38,71) 300m: 03:46,06 (00:39,41) 350m: 04:25,18 (00:39,12) 400m: 05:02,34 (00:37,16)				
4.	Amanuel Behailu Negewo	2012	TPSK 1925	05:09,24	4
	50m: 00:35,98 (00:35,98) 100m: 01:15,26 (00:39,28) 150m: 01:54,48 (00:39,22) 200m: 02:33,75 (00:39,27) 250m: 03:13,03 (00:39,28) 300m: 03:52,19 (00:39,16) 350m: 04:30,85 (00:38,66) 400m: 05:09,24 (00:38,39)				
5.	Lars Winter	2012	Hennefer TV 1895	05:17,18	2
	50m: 00:36,14 (00:36,14) 100m: 01:16,26 (00:40,12) 150m: 01:57,08 (00:40,82) 200m: 02:38,55 (00:41,47) 250m: 03:20,12 (00:41,57) 300m: 04:02,03 (00:41,91) 350m: 04:41,54 (00:39,51) 400m: 05:17,18 (00:35,64)				
6.	Vadim Busko	2012	SG Bergheim	05:20,01	1
	50m: 00:36,20 (00:36,20) 100m: 01:17,17 (00:40,97) 150m: 01:57,78 (00:40,61) 200m: 02:39,68 (00:41,90) 250m: 03:20,14 (00:40,46) 300m: 04:01,00 (00:40,86) 350m: 04:40,58 (00:39,58) 400m: 05:20,01 (00:39,43)				
7.	Ray Chen	2012	SV Bergisch Gladbach	05:31,78	
	50m: 00:34,69 (00:34,69) 100m: 01:15,28 (00:40,59) 150m: 01:57,61 (00:42,33) 200m: 02:41,04 (00:43,43) 250m: 03:23,89 (00:42,85) 300m: 04:07,49 (00:43,60) 350m: 04:50,91 (00:43,42) 400m: 05:31,78 (00:40,87)				
8.	Kimón Antachopoulos	2012	SV Horrem-Sindorf	05:34,87	
	100m: 01:19,71 (01:19,71) 150m: 02:03,21 (00:43,50) 200m: 02:46,15 (00:42,94) 250m: 03:29,29 (00:43,14) 300m: 04:12,69 (00:43,40) 350m: 04:55,12 (00:42,43) 400m: 05:34,87 (00:39,75)				
9.	Jannick Schmidt	2012	Hennefer TV 1895	05:36,52	
	50m: 00:36,68 (00:36,68) 100m: 01:19,12 (00:42,44) 150m: 02:02,98 (00:43,86) 200m: 02:46,91 (00:43,93) 250m: 03:30,67 (00:43,76) 300m: 04:14,28 (00:43,61) 350m: 04:57,92 (00:43,64) 400m: 05:36,52 (00:38,60)				
10.	Matthias Brix	2012	SSF Bonn	05:59,56	EnM
	50m: 00:39,53 (00:39,53) 100m: 01:25,32 (00:45,79) 150m: 02:11,72 (00:46,40) 200m: 02:57,38 (00:45,66) 250m: 03:44,11 (00:46,73) 300m: 04:31,25 (00:47,14) 350m: 05:17,73 (00:46,48) 400m: 05:59,56 (00:41,83)				

Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1. und Mittelrhein-Jahrgangsmeister					
	Ben Nikolin	2011	SG Bergheim	04:35,57	10
	50m: 00:32,00 (00:32,00) 100m: 01:07,71 (00:35,71) 150m: 01:43,31 (00:35,60) 200m: 02:19,03 (00:35,72) 250m: 02:53,78 (00:34,75) 300m: 03:28,74 (00:34,96) 350m: 04:03,89 (00:35,15) 400m: 04:35,57 (00:31,68)				
2.	Leonard Schwung	2011	TPSK 1925	04:56,59	5
	50m: 00:33,87 (00:33,87) 100m: 01:12,31 (00:38,44) 150m: 01:50,48 (00:38,17) 200m: 02:28,22 (00:37,74) 250m: 03:06,49 (00:38,27) 300m: 03:43,75 (00:37,26) 350m: 04:21,46 (00:37,71) 400m: 04:56,59 (00:35,13)				
3.	Jesper Weigt	2011	SSF Bonn	05:11,66	1
	50m: 00:34,99 (00:34,99) 100m: 01:13,44 (00:38,45) 150m: 01:53,97 (00:40,53) 200m: 02:34,14 (00:40,17) 250m: 03:14,35 (00:40,21) 300m: 03:54,46 (00:40,11) 350m: 04:33,66 (00:39,20) 400m: 05:11,66 (00:38,00)				

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noch Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
	<u>abgemeldet</u>				
	Keanu Böse	2011	SV Bergisch Gladbach		

Jahrgang 2010

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1. und Mittelrhein-Jahrgangsmeister					
	David Bret	2010	SV Rhenania Köln 1919	04:44,90	5
	50m: 00:31,64 (00:31,64) 100m: 01:06,30 (00:34,66) 150m: 01:42,75 (00:36,45) 200m: 02:19,33 (00:36,58) 250m: 02:56,24 (00:36,91) 300m: 03:33,54 (00:37,30) 350m: 04:10,16 (00:36,62) 400m: 04:44,90 (00:34,74)				
2.	Leander Thiel	2010	Hennefer TV 1895	05:27,64	
	50m: 00:34,26 (00:34,26) 100m: 01:13,84 (00:39,58) 150m: 01:55,86 (00:42,02) 200m: 02:38,32 (00:42,46) 250m: 03:22,36 (00:44,04) 300m: 04:05,76 (00:43,40) 350m: 04:49,71 (00:43,95) 400m: 05:27,64 (00:37,93)				
	<u>abgemeldet</u>				
	Ilias Hamdouch	2010	SV Rhenania Köln 1919		
	Jonas Heller	2010	SG Rhein-Sieg		

Jahrgang 2009

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1. und Mittelrhein-Jahrgangsmeister					
	Ben Golbeck	2009	SV Bergisch Gladbach	04:42,69	5
	50m: 00:30,19 (00:30,19) 100m: 01:04,91 (00:34,72) 150m: 01:41,48 (00:36,57) 200m: 02:17,92 (00:36,44) 300m: 03:31,30 (01:13,38) 350m: 04:08,19 (00:36,89) 400m: 04:42,69 (00:34,50)				
2.	Thees Vähning	2009	SV Bergisch Gladbach	04:57,08	1
	50m: 00:31,70 (00:31,70) 100m: 01:08,17 (00:36,47) 150m: 01:46,01 (00:37,84) 200m: 02:24,46 (00:38,45) 250m: 03:03,45 (00:38,99) 300m: 03:42,28 (00:38,83) 350m: 04:20,61 (00:38,33) 400m: 04:57,08 (00:36,47)				

Jahrgang 2008

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1. und Mittelrhein-Jahrgangsmeister					
	Jan Mathis Bertram	2008	SV Bergisch Gladbach	04:27,43	8
	50m: 00:29,54 (00:29,54) 100m: 01:02,10 (00:32,56) 150m: 01:35,66 (00:33,56) 200m: 02:09,96 (00:34,30) 250m: 02:44,23 (00:34,27) 300m: 03:19,00 (00:34,77) 350m: 03:54,14 (00:35,14) 400m: 04:27,43 (00:33,29)				
2.	Kilian Simmich	2008	TPSK 1925	04:31,77	7
	50m: 00:31,27 (00:31,27) 100m: 01:05,20 (00:33,93) 150m: 01:39,64 (00:34,44) 200m: 02:14,37 (00:34,73) 250m: 02:48,81 (00:34,44) 300m: 03:23,89 (00:35,08) 350m: 03:57,78 (00:33,89) 400m: 04:31,77 (00:33,99)				
3.	Anton Holzhäuer	2008	SC Hardtberg 1968	05:17,77	
	50m: 00:32,49 (00:32,49) 100m: 01:10,33 (00:37,84) 150m: 01:49,33 (00:39,00) 200m: 02:29,21 (00:39,88) 250m: 03:10,93 (00:41,72) 300m: 03:53,56 (00:42,63) 350m: 04:36,27 (00:42,71) 400m: 05:17,77 (00:41,50)				

noch Wettkampf 13 - 400m Freistil männlich**Jahrgang 2007/2006**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1. und Mittelrhein-Jahrgangsmeister					
	Pertti Bieder	2007	TPSK 1925	04:33,56	5
	50m: 00:31,46 (00:31,46) 100m: 01:06,60 (00:35,14) 150m: 01:41,62 (00:35,02) 200m: 02:16,88 (00:35,26) 250m: 02:51,87 (00:34,99) 300m: 03:26,58 (00:34,71) 350m: 04:01,72 (00:35,14) 400m: 04:33,56 (00:31,84)				
2.	Dominik Jahn	2006	SV Bergisch Gladbach	04:36,31	2
	50m: 00:30,12 (00:30,12) 100m: 01:04,52 (00:34,40) 150m: 01:40,10 (00:35,58) 200m: 02:15,72 (00:35,62) 250m: 02:51,69 (00:35,97) 300m: 03:27,22 (00:35,53) 350m: 04:03,11 (00:35,89) 400m: 04:36,31 (00:33,20)				

Offene Klasse

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1. und Mittelrheinmeister					
	Julian Heitkemper	2000	TPSK 1925	04:10,79	10
	50m: 00:28,78 (00:28,78) 100m: 00:59,71 (00:30,93) 150m: 01:31,38 (00:31,67) 200m: 02:03,25 (00:31,87) 250m: 02:35,44 (00:32,19) 300m: 03:07,46 (00:32,02) 350m: 03:39,92 (00:32,46) 400m: 04:10,79 (00:30,87)				
2.	Lasse Bieder	2003	TPSK 1925	04:19,19	7
	50m: 00:29,56 (00:29,56) 100m: 01:01,59 (00:32,03) 150m: 01:34,70 (00:33,11) 200m: 02:08,20 (00:33,50) 250m: 02:41,88 (00:33,68) 300m: 03:15,52 (00:33,64) 350m: 03:48,36 (00:32,84) 400m: 04:19,19 (00:30,83)				
3.	Jan Mathis Bertram	2008	SV Bergisch Gladbach	04:27,43	8
	50m: 00:29,54 (00:29,54) 100m: 01:02,10 (00:32,56) 150m: 01:35,66 (00:33,56) 200m: 02:09,96 (00:34,30) 250m: 02:44,23 (00:34,27) 300m: 03:19,00 (00:34,77) 350m: 03:54,14 (00:35,14) 400m: 04:27,43 (00:33,29)				
4.	Kilian Simmich	2008	TPSK 1925	04:31,77	7
	50m: 00:31,27 (00:31,27) 100m: 01:05,20 (00:33,93) 150m: 01:39,64 (00:34,44) 200m: 02:14,37 (00:34,73) 250m: 02:48,81 (00:34,44) 300m: 03:23,89 (00:35,08) 350m: 03:57,78 (00:33,89) 400m: 04:31,77 (00:33,99)				
5.	Pertti Bieder	2007	TPSK 1925	04:33,56	5
	50m: 00:31,46 (00:31,46) 100m: 01:06,60 (00:35,14) 150m: 01:41,62 (00:35,02) 200m: 02:16,88 (00:35,26) 250m: 02:51,87 (00:34,99) 300m: 03:26,58 (00:34,71) 350m: 04:01,72 (00:35,14) 400m: 04:33,56 (00:31,84)				
6.	Christian Hemker	1996	SG Rhein-Sieg	04:34,32	3
	50m: 00:29,81 (00:29,81) 100m: 01:03,45 (00:33,64) 150m: 01:37,56 (00:34,11) 200m: 02:12,52 (00:34,96) 250m: 02:47,71 (00:35,19) 300m: 03:23,49 (00:35,78) 350m: 03:59,07 (00:35,58) 400m: 04:34,32 (00:35,25)				
7.	Ben Nikolin	2011	SG Bergheim	04:35,57	10
	50m: 00:32,00 (00:32,00) 100m: 01:07,71 (00:35,71) 150m: 01:43,31 (00:35,60) 200m: 02:19,03 (00:35,72) 250m: 02:53,78 (00:34,75) 300m: 03:28,74 (00:34,96) 350m: 04:03,89 (00:35,15) 400m: 04:35,57 (00:31,68)				
8.	Dominik Jahn	2006	SV Bergisch Gladbach	04:36,31	2
	50m: 00:30,12 (00:30,12) 100m: 01:04,52 (00:34,40) 150m: 01:40,10 (00:35,58) 200m: 02:15,72 (00:35,62) 250m: 02:51,69 (00:35,97) 300m: 03:27,22 (00:35,53) 350m: 04:03,11 (00:35,89) 400m: 04:36,31 (00:33,20)				
9.	Ben Golbeck	2009	SV Bergisch Gladbach	04:42,69	5
	50m: 00:30,19 (00:30,19) 100m: 01:04,91 (00:34,72) 150m: 01:41,48 (00:36,57) 200m: 02:17,92 (00:36,44) 300m: 03:31,30 (01:13,38) 350m: 04:08,19 (00:36,89) 400m: 04:42,69 (00:34,50)				
10.	Daniel Ryvkin	2013	SC Aqua Köln	04:43,50	13
	50m: 00:31,27 (00:31,27) 100m: 01:06,38 (00:35,11) 150m: 01:42,52 (00:36,14) 200m: 02:19,13 (00:36,61) 250m: 02:55,69 (00:36,56) 300m: 03:32,46 (00:36,77) 350m: 04:08,75 (00:36,29) 400m: 04:43,50 (00:34,75)				
11.	David Bret	2010	SV Rhenania Köln 1919	04:44,90	5
	50m: 00:31,64 (00:31,64) 100m: 01:06,30 (00:34,66) 150m: 01:42,75 (00:36,45) 200m: 02:19,33 (00:36,58) 250m: 02:56,24 (00:36,91) 300m: 03:33,54 (00:37,30) 350m: 04:10,16 (00:36,62) 400m: 04:44,90 (00:34,74)				

noch Wettkampf 13 - 400m Freistil männlich

noch Offene Klasse

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
12.	Leonard Schwung	2011	TPSK 1925	04:56,59	5
	50m: 00:33,87 (00:33,87) 100m: 01:12,31 (00:38,44) 150m: 01:50,48 (00:38,17) 200m: 02:28,22 (00:37,74) 250m: 03:06,49 (00:38,27) 300m: 03:43,75 (00:37,26) 350m: 04:21,46 (00:37,71) 400m: 04:56,59 (00:35,13)				
13.	Thees Vähning	2009	SV Bergisch Gladbach	04:57,08	1
	50m: 00:31,70 (00:31,70) 100m: 01:08,17 (00:36,47) 150m: 01:46,01 (00:37,84) 200m: 02:24,46 (00:38,45) 250m: 03:03,45 (00:38,99) 300m: 03:42,28 (00:38,83) 350m: 04:20,61 (00:38,33) 400m: 04:57,08 (00:36,47)				
14.	Keito Aramaki	2012	SV Bergisch Gladbach	05:00,64	6
	50m: 00:33,42 (00:33,42) 100m: 01:11,66 (00:38,24) 150m: 01:50,20 (00:38,54) 200m: 02:29,25 (00:39,05) 250m: 03:07,89 (00:38,64) 300m: 03:46,36 (00:38,47) 350m: 04:24,81 (00:38,45) 400m: 05:00,64 (00:35,83)				
15.	Abdourrahman Laadraoui	2012	SSF Bonn	05:02,23	6
	50m: 00:34,24 (00:34,24) 100m: 01:11,87 (00:37,63) 150m: 01:49,80 (00:37,93) 200m: 02:28,84 (00:39,04) 250m: 03:07,73 (00:38,89) 300m: 03:46,94 (00:39,21) 350m: 04:25,76 (00:38,82) 400m: 05:02,23 (00:36,47)				
16.	Kaan Akkaya	2012	TPSK 1925	05:02,34	6
	50m: 00:33,06 (00:33,06) 100m: 01:10,90 (00:37,84) 150m: 01:49,04 (00:38,14) 200m: 02:27,94 (00:38,90) 250m: 03:06,65 (00:38,71) 300m: 03:46,06 (00:39,41) 350m: 04:25,18 (00:39,12) 400m: 05:02,34 (00:37,16)				
17.	Abid Redemann	2013	TPSK 1925	05:02,64	8
	50m: 00:34,06 (00:34,06) 100m: 01:12,49 (00:38,43) 150m: 01:51,86 (00:39,37) 200m: 02:31,17 (00:39,31) 250m: 03:10,25 (00:39,08) 300m: 03:49,04 (00:38,79) 350m: 04:27,45 (00:38,41) 400m: 05:02,64 (00:35,19)				
18.	Tobias Bogar	2013	SG Bergheim	05:04,79	8
	50m: 00:35,03 (00:35,03) 100m: 01:13,44 (00:38,41) 150m: 01:52,63 (00:39,19) 200m: 02:31,78 (00:39,15) 250m: 03:10,69 (00:38,91) 300m: 03:50,16 (00:39,47) 350m: 04:28,77 (00:38,61) 400m: 05:04,79 (00:36,02)				
19.	Amanuel Behailu Negewo	2012	TPSK 1925	05:09,24	4
	50m: 00:35,98 (00:35,98) 100m: 01:15,26 (00:39,28) 150m: 01:54,48 (00:39,22) 200m: 02:33,75 (00:39,27) 250m: 03:13,03 (00:39,28) 300m: 03:52,19 (00:39,16) 350m: 04:30,85 (00:38,66) 400m: 05:09,24 (00:38,39)				
20.	Jesper Weigt	2011	SSF Bonn	05:11,66	1
	50m: 00:34,99 (00:34,99) 100m: 01:13,44 (00:38,45) 150m: 01:53,97 (00:40,53) 200m: 02:34,14 (00:40,17) 250m: 03:14,35 (00:40,21) 300m: 03:54,46 (00:40,11) 350m: 04:33,66 (00:39,20) 400m: 05:11,66 (00:38,00)				
21.	Lasse Anhalt	2014	SSF Bonn	05:15,47	11
	50m: 00:36,72 (00:36,72) 100m: 01:16,69 (00:39,97) 150m: 01:56,63 (00:39,94) 200m: 02:37,04 (00:40,41) 300m: 03:57,86 (01:20,82) 350m: 04:37,37 (00:39,51) 400m: 05:15,47 (00:38,10)				
22.	Lars Winter	2012	Hennefer TV 1895	05:17,18	2
	50m: 00:36,14 (00:36,14) 100m: 01:16,26 (00:40,12) 150m: 01:57,08 (00:40,82) 200m: 02:38,55 (00:41,47) 250m: 03:20,12 (00:41,57) 300m: 04:02,03 (00:41,91) 350m: 04:41,54 (00:39,51) 400m: 05:17,18 (00:35,64)				
23.	Anton Holzhäuer	2008	SC Hardtberg 1968	05:17,77	
	50m: 00:32,49 (00:32,49) 100m: 01:10,33 (00:37,84) 150m: 01:49,33 (00:39,00) 200m: 02:29,21 (00:39,88) 250m: 03:10,93 (00:41,72) 300m: 03:53,56 (00:42,63) 350m: 04:36,27 (00:42,71) 400m: 05:17,77 (00:41,50)				
24.	Vadim Busko	2012	SG Bergheim	05:20,01	1
	50m: 00:36,20 (00:36,20) 100m: 01:17,17 (00:40,97) 150m: 01:57,78 (00:40,61) 200m: 02:39,68 (00:41,90) 250m: 03:20,14 (00:40,46) 300m: 04:01,00 (00:40,86) 350m: 04:40,58 (00:39,58) 400m: 05:20,01 (00:39,43)				
25.	Felix Faupel	2013	SSF Bonn	05:25,57	3
	50m: 00:37,13 (00:37,13) 100m: 01:19,66 (00:42,53) 150m: 02:01,51 (00:41,85) 200m: 02:43,79 (00:42,28) 250m: 03:25,60 (00:41,81) 300m: 04:07,70 (00:42,10) 350m: 04:47,09 (00:39,39) 400m: 05:25,57 (00:38,48)				

noch Wettkampf 13 - 400m Freistil männlich

noch Offene Klasse

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
26.	Leander Thiel	2010	Hennefer TV 1895	05:27,64	
	50m: 00:34,26 (00:34,26) 100m: 01:13,84 (00:39,58) 150m: 01:55,86 (00:42,02) 200m: 02:38,32 (00:42,46) 250m: 03:22,36 (00:44,04) 300m: 04:05,76 (00:43,40) 350m: 04:49,71 (00:43,95) 400m: 05:27,64 (00:37,93)				
27.	Mika Nauck	2013	SC Hardtberg 1968	05:27,80	2
	50m: 00:36,42 (00:36,42) 100m: 01:17,35 (00:40,93) 150m: 01:59,52 (00:42,17) 200m: 02:42,00 (00:42,48) 250m: 03:24,28 (00:42,28) 300m: 04:06,60 (00:42,32) 350m: 04:47,95 (00:41,35) 400m: 05:27,80 (00:39,85)				
28.	Ray Chen	2012	SV Bergisch Gladbach	05:31,78	
	50m: 00:34,69 (00:34,69) 100m: 01:15,28 (00:40,59) 150m: 01:57,61 (00:42,33) 200m: 02:41,04 (00:43,43) 250m: 03:23,89 (00:42,85) 300m: 04:07,49 (00:43,60) 350m: 04:50,91 (00:43,42) 400m: 05:31,78 (00:40,87)				
29.	Kimon Antachopoulos	2012	SV Horrem-Sindorf	05:34,87	
	100m: 01:19,71 (01:19,71) 150m: 02:03,21 (00:43,50) 200m: 02:46,15 (00:42,94) 250m: 03:29,29 (00:43,14) 300m: 04:12,69 (00:43,40) 350m: 04:55,12 (00:42,43) 400m: 05:34,87 (00:39,75)				
30.	Barnabas Omai	2014	SSF Bonn	05:36,08	6
	50m: 00:39,60 (00:39,60) 100m: 01:21,89 (00:42,29) 150m: 02:04,69 (00:42,80) 200m: 02:46,34 (00:41,65) 250m: 03:29,89 (00:43,55) 300m: 04:13,05 (00:43,16) 350m: 04:54,75 (00:41,70) 400m: 05:36,08 (00:41,33)				
31.	Jannick Schmidt	2012	Hennefer TV 1895	05:36,52	
	50m: 00:36,68 (00:36,68) 100m: 01:19,12 (00:42,44) 150m: 02:02,98 (00:43,86) 200m: 02:46,91 (00:43,93) 250m: 03:30,67 (00:43,76) 300m: 04:14,28 (00:43,61) 350m: 04:57,92 (00:43,64) 400m: 05:36,52 (00:38,60)				
32.	Leon Meisner	2014	SSF Bonn	05:39,10	5
	50m: 00:38,46 (00:38,46) 100m: 01:22,24 (00:43,78) 150m: 02:05,76 (00:43,52) 200m: 02:49,32 (00:43,56) 250m: 03:32,79 (00:43,47) 300m: 04:15,70 (00:42,91) 350m: 04:58,78 (00:43,08) 400m: 05:39,10 (00:40,32)				
33.	Kayahan Akkaya	2013	TPSK 1925	05:41,05	
	50m: 00:39,11 (00:39,11) 100m: 01:22,51 (00:43,40) 150m: 02:06,65 (00:44,14) 200m: 02:49,78 (00:43,13) 250m: 03:32,95 (00:43,17) 300m: 04:16,51 (00:43,56) 350m: 04:59,25 (00:42,74) 400m: 05:41,05 (00:41,80)				
34.	Luca Semoli	2013	TPSK 1925	05:43,60	
	50m: 00:36,83 (00:36,83) 100m: 01:19,86 (00:43,03) 150m: 02:04,43 (00:44,57) 200m: 02:48,16 (00:43,73) 250m: 03:32,24 (00:44,08) 300m: 04:17,18 (00:44,94) 350m: 05:01,04 (00:43,86) 400m: 05:43,60 (00:42,56)				
35.	Sami-Anas Itrib	2014	TPSK 1925	05:45,38	4
	50m: 00:38,12 (00:38,12) 100m: 01:21,47 (00:43,35) 150m: 02:06,85 (00:45,38) 200m: 02:49,90 (00:43,05) 250m: 03:34,25 (00:44,35) 300m: 04:19,27 (00:45,02) 350m: 05:02,97 (00:43,70) 400m: 05:45,38 (00:42,41)				
36.	Hugo Klein	2015	TPSK 1925	05:48,79	8
	50m: 00:39,22 (00:39,22) 100m: 01:23,86 (00:44,64) 150m: 02:09,04 (00:45,18) 200m: 02:54,63 (00:45,59) 250m: 03:39,28 (00:44,65) 300m: 04:23,82 (00:44,54) 350m: 05:08,01 (00:44,19) 400m: 05:48,79 (00:40,78)				
37.	Gleb Kuznetsov	2013	TPSK 1925	05:51,25	
	50m: 00:38,07 (00:38,07) 100m: 01:22,32 (00:44,25) 150m: 02:08,02 (00:45,70) 200m: 02:53,28 (00:45,26) 250m: 03:39,29 (00:46,01) 300m: 04:24,61 (00:45,32) 350m: 05:09,82 (00:45,21) 400m: 05:51,25 (00:41,43)				
38.	Tamino Spahn	2013	SG Rhein-Sieg	05:52,40	
	50m: 00:39,53 (00:39,53) 100m: 01:24,81 (00:45,28) 150m: 02:09,97 (00:45,16) 200m: 02:55,41 (00:45,44) 250m: 03:41,35 (00:45,94) 300m: 04:28,12 (00:46,77) 350m: 05:11,93 (00:43,81) 400m: 05:52,40 (00:40,47)				
39.	Mohammed Al Jazaerli	2014	SG Bergheim	05:53,73	2
	50m: 00:41,30 (00:41,30) 100m: 01:27,21 (00:45,91) 150m: 02:14,09 (00:46,88) 200m: 02:59,25 (00:45,16) 250m: 03:44,68 (00:45,43) 300m: 04:28,90 (00:44,22) 350m: 05:12,66 (00:43,76) 400m: 05:53,73 (00:41,07)				

noch Wettkampf 13 - 400m Freistil männlich

noch Offene Klasse

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
40.	Matthias Brix	2012	SSF Bonn	05:59,56	EnM
	50m: 00:39,53 (00:39,53) 100m: 01:25,32 (00:45,79) 150m: 02:11,72 (00:46,40) 200m: 02:57,38 (00:45,66) 250m: 03:44,11 (00:46,73) 300m: 04:31,25 (00:47,14) 350m: 05:17,73 (00:46,48) 400m: 05:59,56 (00:41,83)				
41.	Til Schaffrath	2014	SSF Bonn	06:03,89	
	50m: 00:40,03 (00:40,03) 100m: 01:25,93 (00:45,90) 150m: 02:12,70 (00:46,77) 200m: 03:01,02 (00:48,32) 250m: 03:46,57 (00:45,55) 300m: 04:35,23 (00:48,66) 350m: 05:20,63 (00:45,40) 400m: 06:03,89 (00:43,26)				
42.	Emil Lars Gorreßen	2013	SV Horrem-Sindorf	06:13,19	
	50m: 00:38,39 (00:38,39) 100m: 01:24,58 (00:46,19) 150m: 02:12,55 (00:47,97) 200m: 03:00,55 (00:48,00) 250m: 03:49,48 (00:48,93) 300m: 04:38,70 (00:49,22) 350m: 05:28,11 (00:49,41) 400m: 06:13,19 (00:45,08)				
43.	Niklas Kassuba	2014	SV Rhenania Köln 1919	06:34,92	
	50m: 00:40,98 (00:40,98) 100m: 01:31,75 (00:50,77) 150m: 02:23,75 (00:52,00) 200m: 03:16,47 (00:52,72) 250m: 04:07,87 (00:51,40) 300m: 04:59,02 (00:51,15) 350m: 05:49,32 (00:50,30) 400m: 06:34,92 (00:45,60)				
44.	Elyes Chiha	2015	SG Bergheim	06:37,53	
	50m: 00:41,02 (00:41,02) 100m: 01:33,66 (00:52,64) 150m: 02:25,56 (00:51,90) 200m: 03:16,27 (00:50,71) 250m: 04:09,53 (00:53,26) 300m: 05:01,45 (00:51,92) 350m: 05:51,03 (00:49,58) 400m: 06:37,53 (00:46,50)				
45.	Christian Krause	2015	SSF Bonn	06:39,02	
	50m: 00:43,80 (00:43,80) 100m: 01:35,35 (00:51,55) 150m: 02:28,88 (00:53,53) 200m: 03:20,26 (00:51,38) 250m: 04:12,45 (00:52,19) 300m: 05:05,60 (00:53,15) 350m: 05:57,09 (00:51,49) 400m: 06:39,02 (00:41,93)				
46.	Elias Roepke	2014	SG Rhein-Sieg	06:39,34	
	50m: 00:43,39 (00:43,39) 100m: 01:34,71 (00:51,32) 150m: 02:27,22 (00:52,51) 200m: 03:19,61 (00:52,39) 250m: 04:12,64 (00:53,03) 300m: 05:04,84 (00:52,20) 350m: 05:56,90 (00:52,06) 400m: 06:39,34 (00:42,44)				