

**Wettkampf 32 - 400m Freistil männlich**

## Pflichtzeiten

2008: 07:55,00 2007: 06:35,00 2006: 06:15,00 2005: 06:00,00 2004: 05:45,00 2003: 05:35,00 2002: 05:30,00  
 2001: 05:20,00 1999 bis 2000: 05:20,00 1998 und älter: 05:18,00

## Bezirksmeisterwertung

Platz	Schwimmer	Jg.	Verein	Endzeit	
1. und Bezirksmeister 2018					
	Julius Flohr	1995	DSW 1912 Darmstadt e.V.	04:16,13	634
	50m: 00:31,03 (00:31,03)   100m: 01:04,34 (00:33,31)   150m: 01:38,12 (00:33,78)   200m: 02:11,97 (00:33,85) 250m: 02:43,40 (00:31,43)   300m: 03:14,42 (00:31,02)   350m: 03:45,64 (00:31,22)   400m: 04:16,13 (00:30,49)				
2.	Florian Lipke	1995	DSW 1912 Darmstadt e.V.	04:26,45	563
	50m: 00:30,46 (00:30,46)   100m: 01:03,77 (00:33,31)   150m: 01:37,66 (00:33,89)   200m: 02:11,72 (00:34,06) 250m: 02:44,96 (00:33,24)   300m: 03:18,69 (00:33,73)   350m: 03:52,80 (00:34,11)   400m: 04:26,45 (00:33,65)				
3.	Sebastiano Lanucara	2002	DSW 1912 Darmstadt e.V.	04:34,63	514
	50m: 00:31,57 (00:31,57)   100m: 01:06,11 (00:34,54)   150m: 01:40,95 (00:34,84)   200m: 02:16,39 (00:35,44) 250m: 02:51,65 (00:35,26)   300m: 03:27,16 (00:35,51)   350m: 04:02,49 (00:35,33)   400m: 04:34,63 (00:32,14)				
4.	Jan-Moritz Franke	1999	DSW 1912 Darmstadt e.V.	04:34,71	514
	50m: 00:31,20 (00:31,20)   100m: 01:05,63 (00:34,43)   150m: 01:40,72 (00:35,09)   200m: 02:15,73 (00:35,01) 250m: 02:50,78 (00:35,05)   300m: 03:26,06 (00:35,28)   350m: 04:01,34 (00:35,28)   400m: 04:34,71 (00:33,37)				
5.	David Schneider	2004	DSW 1912 Darmstadt e.V.	04:43,85	466
	50m: 00:31,73 (00:31,73)   100m: 01:06,69 (00:34,96)   150m: 01:43,11 (00:36,42)   200m: 02:19,72 (00:36,61) 250m: 02:56,27 (00:36,55)   300m: 03:33,21 (00:36,94)   350m: 04:09,78 (00:36,57)   400m: 04:43,85 (00:34,07)				
6.	Chris Gabriel Popii	2004	VFS Rödermark	04:45,57	457
	50m: 00:31,12 (00:31,12)   100m: 01:05,19 (00:34,07)   150m: 01:41,09 (00:35,90)   200m: 02:18,35 (00:37,26) 250m: 02:55,75 (00:37,40)   300m: 03:32,99 (00:37,24)   350m: 04:09,71 (00:36,72)   400m: 04:45,57 (00:35,86)				
7.	Elias Rausch	2002	VFS Rödermark	04:47,86	446
	50m: 00:32,07 (00:32,07)   100m: 01:08,10 (00:36,03)   150m: 01:45,00 (00:36,90)   200m: 02:22,08 (00:37,08) 250m: 02:59,24 (00:37,16)   300m: 03:36,29 (00:37,05)   350m: 04:13,27 (00:36,98)   400m: 04:47,86 (00:34,59)				
8.	Oliver Wölbing	1999	DSW 1912 Darmstadt e.V.	04:48,53	443
	50m: 00:31,86 (00:31,86)   100m: 01:07,34 (00:35,48)   150m: 01:43,57 (00:36,23)   200m: 02:20,91 (00:37,34) 250m: 02:57,95 (00:37,04)   300m: 03:35,70 (00:37,75)   350m: 04:12,69 (00:36,99)   400m: 04:48,53 (00:35,84)				
9.	Jakob Artjom Knoblauch	2004	DSW 1912 Darmstadt e.V.	04:57,35	405
	50m: 00:34,06 (00:34,06)   100m: 01:11,08 (00:37,02)   150m: 01:49,25 (00:38,17)   200m: 02:27,69 (00:38,44) 250m: 03:05,78 (00:38,09)   300m: 03:43,75 (00:37,97)   350m: 04:22,10 (00:38,35)   400m: 04:57,35 (00:35,25)				
10.	Max Tertsch	2003	TSG Darmstadt	04:58,06	402
	50m: 00:33,88 (00:33,88)   100m: 01:11,67 (00:37,79)   150m: 01:49,80 (00:38,13)   200m: 02:27,81 (00:38,01) 250m: 03:07,25 (00:39,44)   300m: 03:45,17 (00:37,92)   350m: 04:22,98 (00:37,81)   400m: 04:58,06 (00:35,08)				
11.	Henrik Groß	2002	VFS Rödermark	04:58,31	401
	50m: 00:34,91 (00:34,91)   100m: 01:13,14 (00:38,23)   150m: 01:51,39 (00:38,25)   200m: 02:29,63 (00:38,24) 250m: 03:07,69 (00:38,06)   300m: 03:45,32 (00:37,63)   350m: 04:22,70 (00:37,38)   400m: 04:58,31 (00:35,61)				
12.	Finn Herr	2004	DSW 1912 Darmstadt e.V.	05:02,59	384
	50m: 00:33,25 (00:33,25)   100m: 01:10,85 (00:37,60)   150m: 01:49,29 (00:38,44)   200m: 02:27,85 (00:38,56) 250m: 03:06,81 (00:38,96)   300m: 03:45,88 (00:39,07)   350m: 04:24,58 (00:38,70)   400m: 05:02,59 (00:38,01)				
13.	Jan Kretschmar	2000	SSV Raunheim	05:08,46	363
	50m: 00:30,51 (00:30,51)   100m: 01:06,78 (00:36,27)   150m: 01:45,54 (00:38,76)   200m: 02:25,25 (00:39,71) 250m: 03:06,37 (00:41,12)   300m: 03:47,84 (00:41,47)   350m: 04:29,22 (00:41,38)   400m: 05:08,46 (00:39,24)				
14.	Laurence Brandon	1998	SSV Raunheim	05:11,83	351
	50m: 00:32,62 (00:32,62)   100m: 01:10,80 (00:38,18)   150m: 01:49,78 (00:38,98)   200m: 02:30,01 (00:40,23) 250m: 03:10,30 (00:40,29)   300m: 03:51,96 (00:41,66)   350m: 04:32,24 (00:40,28)   400m: 05:11,83 (00:39,59)				
15.	Fabian Burger	2004	SSV Raunheim	05:13,04	347
	50m: 00:31,82 (00:31,82)   100m: 01:10,23 (00:38,41)   150m: 01:51,00 (00:40,77)   200m: 02:31,93 (00:40,93) 250m: 03:14,05 (00:42,12)   300m: 03:55,38 (00:41,33)   350m: 04:36,30 (00:40,92)   400m: 05:13,04 (00:36,74)				
16.	Max Wameling	2004	SG 1886 Weiterstadt	05:14,36	343
	50m: 00:35,35 (00:35,35)   100m: 01:14,04 (00:38,69)   150m: 01:54,82 (00:40,78)   200m: 02:36,56 (00:41,74) 250m: 03:17,07 (00:40,51)   300m: 03:56,88 (00:39,81)   350m: 04:35,50 (00:38,62)   400m: 05:14,36 (00:38,86)				

**noch Wettkampf 32 - 400m Freistil männlich**

noch Bezirksmeisterwertung

<b>Platz</b>	<b>Schwimmer</b>	<b>Jg.</b>	<b>Verein</b>	<b>Endzeit</b>	
17.	Florian Luckas	1991	DSW 1912 Darmstadt e.V.	05:16,05	337
	50m: 00:36,29 (00:36,29)   100m: 01:15,30 (00:39,01)   150m: 01:55,17 (00:39,87)   200m: 02:35,53 (00:40,36) 250m: 03:16,07 (00:40,54)   300m: 03:56,97 (00:40,90)   350m: 04:37,61 (00:40,64)   400m: 05:16,05 (00:38,44)				
18.	Linus Goet	2003	SG 1886 Weiterstadt	05:18,38	330
	50m: 00:33,97 (00:33,97)   100m: 01:13,33 (00:39,36)   150m: 01:54,02 (00:40,69)   200m: 02:34,36 (00:40,34) 250m: 03:16,36 (00:42,00)   300m: 03:56,95 (00:40,59)   350m: 04:39,06 (00:42,11)   400m: 05:18,38 (00:39,32)				
19.	Amro Alhazouri	2005	Viernheimer SV 1979	05:32,74	289
	50m: 00:34,42 (00:34,42)   100m: 01:13,90 (00:39,48)   150m: 01:55,59 (00:41,69)   200m: 02:39,78 (00:44,19) 250m: 03:23,01 (00:43,23)   300m: 04:06,47 (00:43,46)   350m: 04:49,65 (00:43,18)   400m: 05:32,74 (00:43,09)				
20.	Marc Nels	2005	SG 1886 Weiterstadt	05:47,88	253
	50m: 00:36,79 (00:36,79)   100m: 01:19,25 (00:42,46)   150m: 02:03,10 (00:43,85)   200m: 02:47,48 (00:44,38) 250m: 03:32,61 (00:45,13)   300m: 04:18,78 (00:46,17)   350m: 05:05,76 (00:46,98)   400m: 05:47,88 (00:42,12)				
21.	Maximilian Ott	2008	DSW 1912 Darmstadt e.V.	06:43,58	162
	50m: 00:44,89 (00:44,89)   100m: 01:35,98 (00:51,09)   150m: 02:28,01 (00:52,03)   200m: 03:21,29 (00:53,28) 250m: 04:13,72 (00:52,43)   300m: 05:05,15 (00:51,43)   350m: 05:55,56 (00:50,41)   400m: 06:43,58 (00:48,02)				

abgemeldet

Omar Trabelsi	1998	DSW 1912 Darmstadt e.V.
Ricardo Ferrara	1996	VFS Rödermark

Jahrgang 2008

<b>Platz</b>	<b>Schwimmer</b>	<b>Jg.</b>	<b>Verein</b>	<b>Endzeit</b>	
1. und Bezirksjahrgangsmeister 2018					
	Maximilian Ott	2008	DSW 1912 Darmstadt e.V.	06:43,58	162
	50m: 00:44,89 (00:44,89)   100m: 01:35,98 (00:51,09)   150m: 02:28,01 (00:52,03)   200m: 03:21,29 (00:53,28) 250m: 04:13,72 (00:52,43)   300m: 05:05,15 (00:51,43)   350m: 05:55,56 (00:50,41)   400m: 06:43,58 (00:48,02)				

Jahrgang 2005

<b>Platz</b>	<b>Schwimmer</b>	<b>Jg.</b>	<b>Verein</b>	<b>Endzeit</b>	
1. und Bezirksjahrgangsmeister 2018					
	Amro Alhazouri	2005	Viernheimer SV 1979	05:32,74	289
	50m: 00:34,42 (00:34,42)   100m: 01:13,90 (00:39,48)   150m: 01:55,59 (00:41,69)   200m: 02:39,78 (00:44,19) 250m: 03:23,01 (00:43,23)   300m: 04:06,47 (00:43,46)   350m: 04:49,65 (00:43,18)   400m: 05:32,74 (00:43,09)				
2.	Marc Nels	2005	SG 1886 Weiterstadt	05:47,88	253
	50m: 00:36,79 (00:36,79)   100m: 01:19,25 (00:42,46)   150m: 02:03,10 (00:43,85)   200m: 02:47,48 (00:44,38) 250m: 03:32,61 (00:45,13)   300m: 04:18,78 (00:46,17)   350m: 05:05,76 (00:46,98)   400m: 05:47,88 (00:42,12)				

Jahrgang 2004

<b>Platz</b>	<b>Schwimmer</b>	<b>Jg.</b>	<b>Verein</b>	<b>Endzeit</b>	
1. und Bezirksjahrgangsmeister 2018					
	David Schneider	2004	DSW 1912 Darmstadt e.V.	04:43,85	466
	50m: 00:31,73 (00:31,73)   100m: 01:06,69 (00:34,96)   150m: 01:43,11 (00:36,42)   200m: 02:19,72 (00:36,61) 250m: 02:56,27 (00:36,55)   300m: 03:33,21 (00:36,94)   350m: 04:09,78 (00:36,57)   400m: 04:43,85 (00:34,07)				
2.	Chris Gabriel Popii	2004	VFS Rödermark	04:45,57	457
	50m: 00:31,12 (00:31,12)   100m: 01:05,19 (00:34,07)   150m: 01:41,09 (00:35,90)   200m: 02:18,35 (00:37,26) 250m: 02:55,75 (00:37,40)   300m: 03:32,99 (00:37,24)   350m: 04:09,71 (00:36,72)   400m: 04:45,57 (00:35,86)				
3.	Jakob Artjom Knoblauch	2004	DSW 1912 Darmstadt e.V.	04:57,35	405
	50m: 00:34,06 (00:34,06)   100m: 01:11,08 (00:37,02)   150m: 01:49,25 (00:38,17)   200m: 02:27,69 (00:38,44) 250m: 03:05,78 (00:38,09)   300m: 03:43,75 (00:37,97)   350m: 04:22,10 (00:38,35)   400m: 04:57,35 (00:35,25)				
4.	Finn Herr	2004	DSW 1912 Darmstadt e.V.	05:02,59	384
	50m: 00:33,25 (00:33,25)   100m: 01:10,85 (00:37,60)   150m: 01:49,29 (00:38,44)   200m: 02:27,85 (00:38,56) 250m: 03:06,81 (00:38,96)   300m: 03:45,88 (00:39,07)   350m: 04:24,58 (00:38,70)   400m: 05:02,59 (00:38,01)				

### noch Wettkampf 32 - 400m Freistil männlich

noch Jahrgang 2004

Platz	Schwimmer	Jg.	Verein	Endzeit	
5.	Fabian Burger	2004	SSV Raunheim	05:13,04	347
	50m: 00:31,82 (00:31,82)   100m: 01:10,23 (00:38,41)   150m: 01:51,00 (00:40,77)   200m: 02:31,93 (00:40,93) 250m: 03:14,05 (00:42,12)   300m: 03:55,38 (00:41,33)   350m: 04:36,30 (00:40,92)   400m: 05:13,04 (00:36,74)				
6.	Max Wameling	2004	SG 1886 Weiterstadt	05:14,36	343
	50m: 00:35,35 (00:35,35)   100m: 01:14,04 (00:38,69)   150m: 01:54,82 (00:40,78)   200m: 02:36,56 (00:41,74) 250m: 03:17,07 (00:40,51)   300m: 03:56,88 (00:39,81)   350m: 04:35,50 (00:38,62)   400m: 05:14,36 (00:38,86)				

Jahrgang 2003

Platz	Schwimmer	Jg.	Verein	Endzeit	
1. und Bezirksjahrgangsmeister 2018					
	Max Tertsch	2003	TSG Darmstadt	04:58,06	402
	50m: 00:33,88 (00:33,88)   100m: 01:11,67 (00:37,79)   150m: 01:49,80 (00:38,13)   200m: 02:27,81 (00:38,01) 250m: 03:07,25 (00:39,44)   300m: 03:45,17 (00:37,92)   350m: 04:22,98 (00:37,81)   400m: 04:58,06 (00:35,08)				
2.	Linus Goet	2003	SG 1886 Weiterstadt	05:18,38	330
	50m: 00:33,97 (00:33,97)   100m: 01:13,33 (00:39,36)   150m: 01:54,02 (00:40,69)   200m: 02:34,36 (00:40,34) 250m: 03:16,36 (00:42,00)   300m: 03:56,95 (00:40,59)   350m: 04:39,06 (00:42,11)   400m: 05:18,38 (00:39,32)				

Jahrgang 2002

Platz	Schwimmer	Jg.	Verein	Endzeit	
1. und Bezirksjahrgangsmeister 2018					
	Sebastiano Lanucara	2002	DSW 1912 Darmstadt e.V.	04:34,63	514
	50m: 00:31,57 (00:31,57)   100m: 01:06,11 (00:34,54)   150m: 01:40,95 (00:34,84)   200m: 02:16,39 (00:35,44) 250m: 02:51,65 (00:35,26)   300m: 03:27,16 (00:35,51)   350m: 04:02,49 (00:35,33)   400m: 04:34,63 (00:32,14)				
2.	Elias Rausch	2002	VFS Rödermark	04:47,86	446
	50m: 00:32,07 (00:32,07)   100m: 01:08,10 (00:36,03)   150m: 01:45,00 (00:36,90)   200m: 02:22,08 (00:37,08) 250m: 02:59,24 (00:37,16)   300m: 03:36,29 (00:37,05)   350m: 04:13,27 (00:36,98)   400m: 04:47,86 (00:34,59)				
3.	Henrik Groß	2002	VFS Rödermark	04:58,31	401
	50m: 00:34,91 (00:34,91)   100m: 01:13,14 (00:38,23)   150m: 01:51,39 (00:38,25)   200m: 02:29,63 (00:38,24) 250m: 03:07,69 (00:38,06)   300m: 03:45,32 (00:37,63)   350m: 04:22,70 (00:37,38)   400m: 04:58,31 (00:35,61)				

Junioren

Platz	Schwimmer	Jg.	Verein	Endzeit	
1. und Bezirksjuniorenmeister 2018					
	Jan-Moritz Franke	1999	DSW 1912 Darmstadt e.V.	04:34,71	514
	50m: 00:31,20 (00:31,20)   100m: 01:05,63 (00:34,43)   150m: 01:40,72 (00:35,09)   200m: 02:15,73 (00:35,01) 250m: 02:50,78 (00:35,05)   300m: 03:26,06 (00:35,28)   350m: 04:01,34 (00:35,28)   400m: 04:34,71 (00:33,37)				
2.	Oliver Wölbing	1999	DSW 1912 Darmstadt e.V.	04:48,53	443
	50m: 00:31,86 (00:31,86)   100m: 01:07,34 (00:35,48)   150m: 01:43,57 (00:36,23)   200m: 02:20,91 (00:37,34) 250m: 02:57,95 (00:37,04)   300m: 03:35,70 (00:37,75)   350m: 04:12,69 (00:36,99)   400m: 04:48,53 (00:35,84)				
3.	Jan Kretschmar	2000	SSV Raunheim	05:08,46	363
	50m: 00:30,51 (00:30,51)   100m: 01:06,78 (00:36,27)   150m: 01:45,54 (00:38,76)   200m: 02:25,25 (00:39,71) 250m: 03:06,37 (00:41,12)   300m: 03:47,84 (00:41,47)   350m: 04:29,22 (00:41,38)   400m: 05:08,46 (00:39,24)				