

**Wettkampf 22 - 400m Lagen männlich****Pflichtzeiten**

2013: 08:25,00 2012: 07:50,00 2011: 07:20,00 2010: 06:45,00 2009: 06:35,00 2008: 06:30,00 2007: 06:25,00  
 2006 und älter: 06:20,00

**Jahrgang 2011**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Bezirksjahrgangsmeister 2024					
	Fabio Lanucara	2011	DSW 1912 Darmstadt e.V.	05:29,14	399
	50m: 00:35,38 (00:35,38)   100m: 01:17,08 (00:41,70)   150m: 02:00,82 (00:43,74)   200m: 02:42,85 (00:42,03) 250m: 03:28,31 (00:45,46)   300m: 04:14,99 (00:46,68)   350m: 04:53,27 (00:38,28)   400m: 05:29,14 (00:35,87)				

**Jahrgang 2010**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Bezirksjahrgangsmeister 2024					
	Nicolas Murolo	2010	DJK-SSG Bensheim	06:22,93	253
	50m: 00:41,85 (00:41,85)   100m: 01:32,67 (00:50,82)   200m: 03:12,66 (01:39,99)   300m: 04:56,91 (01:44,25) 350m: 05:39,18 (00:42,27)   400m: 06:22,93 (00:43,75)				

**Jahrgang 2009**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Bezirksjahrgangsmeister 2024					
	Torell Daubner	2009	DJK-SSG Bensheim	06:22,14	255
	50m: 00:40,34 (00:40,34)   100m: 01:29,37 (00:49,03)   150m: 02:22,22 (00:52,85)   200m: 03:10,87 (00:48,65) 250m: 04:03,05 (00:52,18)   300m: 04:57,32 (00:54,27)   350m: 05:42,87 (00:45,55)   400m: 06:22,14 (00:39,27)				

**Jahrgang 2008**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Bezirksjahrgangsmeister 2024					
	Theodor Heuberger	2008	DSW 1912 Darmstadt e.V.	05:36,92	372
	50m: 00:35,92 (00:35,92)   100m: 01:17,95 (00:42,03)   150m: 02:02,33 (00:44,38)   200m: 02:45,62 (00:43,29) 250m: 03:33,31 (00:47,69)   300m: 04:21,02 (00:47,71)   350m: 05:00,08 (00:39,06)   400m: 05:36,92 (00:36,84)				

**Jahrgang 2007**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Bezirksjahrgangsmeister 2024					
	Daniel Esquilas Wanka	2007	Rüsselsheimer SC	06:15,33	269
	50m: 00:41,05 (00:41,05)   100m: 01:31,03 (00:49,98)   150m: 02:18,94 (00:47,91)   200m: 03:05,66 (00:46,72) 250m: 03:56,01 (00:50,35)   300m: 04:44,39 (00:48,38)   350m: 05:30,66 (00:46,27)   400m: 06:15,33 (00:44,67)				

**Junioren**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Bezirksjuniorenmeister 2024					
	Lutz Freytag	2006	DSW 1912 Darmstadt e.V.	05:00,38	526
	50m: 00:31,18 (00:31,18)   100m: 01:06,54 (00:35,36)   150m: 01:46,11 (00:39,57)   200m: 02:25,11 (00:39,00) 250m: 03:06,31 (00:41,20)   300m: 03:48,47 (00:42,16)   350m: 04:24,93 (00:36,46)   400m: 05:00,38 (00:35,45)				
2.	Mauritz Ehry	2005	SSV Raunheim	06:05,26	292
	50m: 00:39,14 (00:39,14)   100m: 01:24,80 (00:45,66)   150m: 02:14,82 (00:50,02)   200m: 03:02,65 (00:47,83) 250m: 03:54,55 (00:51,90)   300m: 04:45,64 (00:51,09)   350m: 05:27,03 (00:41,39)   400m: 06:05,26 (00:38,23)				
3.	Constantin Stein	2005	VFS Rödermark	06:31,28	238
	50m: 00:37,18 (00:37,18)   100m: 01:27,75 (00:50,57)   150m: 02:17,17 (00:49,42)   200m: 03:08,44 (00:51,27) 250m: 03:59,81 (00:51,37)   300m: 04:54,13 (00:54,32)   350m: 05:43,86 (00:49,73)   400m: 06:31,28 (00:47,42)				

ENM

**noch Wettkampf 22 - 400m Lagen männlich****Bezirksmeisterwertung**

<b>Platz</b>	<b>Schwimmer(in)</b>	<b>Jg.</b>	<b>Verein</b>	<b>Endzeit</b>	<b>WA</b>	
1. und Bezirksmeister 2024						
	Lutz Freytag	2006	DSW 1912 Darmstadt e.V.	05:00,38	526	
	50m: 00:31,18 (00:31,18)   100m: 01:06,54 (00:35,36)   150m: 01:46,11 (00:39,57)   200m: 02:25,11 (00:39,00) 250m: 03:06,31 (00:41,20)   300m: 03:48,47 (00:42,16)   350m: 04:24,93 (00:36,46)   400m: 05:00,38 (00:35,45)					
2.	Fabio Lanucara	2011	DSW 1912 Darmstadt e.V.	05:29,14	399	
	50m: 00:35,38 (00:35,38)   100m: 01:17,08 (00:41,70)   150m: 02:00,82 (00:43,74)   200m: 02:42,85 (00:42,03) 250m: 03:28,31 (00:45,46)   300m: 04:14,99 (00:46,68)   350m: 04:53,27 (00:38,28)   400m: 05:29,14 (00:35,87)					
3.	Theodor Heuberger	2008	DSW 1912 Darmstadt e.V.	05:36,92	372	
	50m: 00:35,92 (00:35,92)   100m: 01:17,95 (00:42,03)   150m: 02:02,33 (00:44,38)   200m: 02:45,62 (00:43,29) 250m: 03:33,31 (00:47,69)   300m: 04:21,02 (00:47,71)   350m: 05:00,08 (00:39,06)   400m: 05:36,92 (00:36,84)					
4.	Mauritz Ehry	2005	SSV Raunheim	06:05,26	292	
	50m: 00:39,14 (00:39,14)   100m: 01:24,80 (00:45,66)   150m: 02:14,82 (00:50,02)   200m: 03:02,65 (00:47,83) 250m: 03:54,55 (00:51,90)   300m: 04:45,64 (00:51,09)   350m: 05:27,03 (00:41,39)   400m: 06:05,26 (00:38,23)					
5.	Daniel Esquilas Wanka	2007	Rüsselsheimer SC	06:15,33	269	
	50m: 00:41,05 (00:41,05)   100m: 01:31,03 (00:49,98)   150m: 02:18,94 (00:47,91)   200m: 03:05,66 (00:46,72) 250m: 03:56,01 (00:50,35)   300m: 04:44,39 (00:48,38)   350m: 05:30,66 (00:46,27)   400m: 06:15,33 (00:44,67)					
6.	Torell Daubner	2009	DJK-SSG Bensheim	06:22,14	255	
	50m: 00:40,34 (00:40,34)   100m: 01:29,37 (00:49,03)   150m: 02:22,22 (00:52,85)   200m: 03:10,87 (00:48,65) 250m: 04:03,05 (00:52,18)   300m: 04:57,32 (00:54,27)   350m: 05:42,87 (00:45,55)   400m: 06:22,14 (00:39,27)					
7.	Nicolas Murolo	2010	DJK-SSG Bensheim	06:22,93	253	
	50m: 00:41,85 (00:41,85)   100m: 01:32,67 (00:50,82)   200m: 03:12,66 (01:39,99)   300m: 04:56,91 (01:44,25) 350m: 05:39,18 (00:42,27)   400m: 06:22,93 (00:43,75)					
8.	Constantin Stein	2005	VFS Rödermark	06:31,28	238	ENM
	50m: 00:37,18 (00:37,18)   100m: 01:27,75 (00:50,57)   150m: 02:17,17 (00:49,42)   200m: 03:08,44 (00:51,27) 250m: 03:59,81 (00:51,37)   300m: 04:54,13 (00:54,32)   350m: 05:43,86 (00:49,73)   400m: 06:31,28 (00:47,42)					