

Wettkampf 34 - 400m Freistil männlich**Pflichtzeiten**

2014: 07:55,00 2013: 06:35,00 2012: 06:15,00 2011: 06:00,00 2010: 05:45,00 2009: 05:35,00 2008: 05:30,00 2005
bis 2007: 05:20,00 2004 und älter: 05:18,00

Jahrgang 2014

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Bezirksjahrgangsmeister 2024					
	Anton Völler	2014	Rüsselsheimer SC	07:47,53	104
	50m: 00:51,74 (00:51,74) 100m: 01:50,47 (00:58,73) 150m: 02:53,63 (01:03,16) 200m: 03:54,16 (01:00,53) 250m: 04:54,78 (01:00,62) 300m: 05:54,49 (00:59,71) 350m: 06:57,67 (01:03,18) 400m: 07:47,53 (00:49,86)				

Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Bezirksjahrgangsmeister 2024					
	Amadeus Vittinghoff	2013	DSW 1912 Darmstadt e.V.	05:38,71	274
	50m: 00:38,30 (00:38,30) 100m: 01:21,25 (00:42,95) 150m: 02:05,46 (00:44,21) 200m: 02:48,62 (00:43,16) 250m: 03:31,39 (00:42,77) 300m: 04:14,20 (00:42,81) 350m: 04:56,74 (00:42,54) 400m: 05:38,71 (00:41,97)				
2.	Jules Foitzik	2013	DSW 1912 Darmstadt e.V.	06:17,21	198
	50m: 00:42,43 (00:42,43) 100m: 01:31,50 (00:49,07) 150m: 02:19,59 (00:48,09) 200m: 03:08,07 (00:48,48) 250m: 03:55,31 (00:47,24) 300m: 04:43,83 (00:48,52) 350m: 05:31,07 (00:47,24) 400m: 06:17,21 (00:46,14)				
3.	Jesper Keno Hahn	2013	VFS Rödermark	07:47,62	104
	50m: 00:52,01 (00:52,01) 100m: 01:52,03 (01:00,02) 150m: 02:51,83 (00:59,80) 200m: 03:53,07 (01:01,24) 250m: 04:51,10 (00:58,03) 300m: 05:50,73 (00:59,63) 350m: 06:49,53 (00:58,80) 400m: 07:47,62 (00:58,09)				

ENM

Jahrgang 2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Bezirksjahrgangsmeister 2024					
	Mazen Ghoneim	2012	DSW 1912 Darmstadt e.V.	05:27,49	303
	50m: 00:37,69 (00:37,69) 100m: 01:19,63 (00:41,94) 150m: 02:01,64 (00:42,01) 200m: 02:44,42 (00:42,78) 250m: 03:25,48 (00:41,06) 300m: 04:07,37 (00:41,89) 350m: 04:48,16 (00:40,79) 400m: 05:27,49 (00:39,33)				
2.	Hendrick Zeller	2012	DSW 1912 Darmstadt e.V.	05:32,28	290
	50m: 00:37,11 (00:37,11) 100m: 01:19,83 (00:42,72) 150m: 02:02,32 (00:42,49) 200m: 02:45,15 (00:42,83) 250m: 03:27,50 (00:42,35) 300m: 04:09,76 (00:42,26) 350m: 04:51,68 (00:41,92) 400m: 05:32,28 (00:40,60)				
3.	Roman Plaksunov	2012	DSW 1912 Darmstadt e.V.	05:48,99	250
	50m: 00:38,95 (00:38,95) 100m: 01:22,11 (00:43,16) 150m: 02:06,57 (00:44,46) 200m: 02:50,53 (00:43,96) 250m: 03:34,53 (00:44,00) 300m: 04:20,21 (00:45,68) 350m: 05:06,01 (00:45,80) 400m: 05:48,99 (00:42,98)				
4.	Christopher Nixdorf	2012	DSW 1912 Darmstadt e.V.	05:51,91	244
	50m: 00:38,64 (00:38,64) 100m: 01:22,83 (00:44,19) 150m: 02:07,79 (00:44,96) 200m: 02:53,64 (00:45,85) 250m: 03:39,52 (00:45,88) 300m: 04:25,33 (00:45,81) 350m: 05:09,85 (00:44,52) 400m: 05:51,91 (00:42,06)				

abgemeldet

Mounir Labkakla 2012 DSW 1912 Darmstadt e.V. ENM

Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Bezirksjahrgangsmeister 2024					
	Fabio Lanucara	2011	DSW 1912 Darmstadt e.V.	04:46,23	454
	50m: 00:32,44 (00:32,44) 100m: 01:08,23 (00:35,79) 150m: 01:44,65 (00:36,42) 200m: 02:21,41 (00:36,76) 250m: 02:58,24 (00:36,83) 300m: 03:35,05 (00:36,81) 350m: 04:11,42 (00:36,37) 400m: 04:46,23 (00:34,81)				
2.	Leon Langguth	2011	Rüsselsheimer SC	05:02,91	383
	50m: 00:35,00 (00:35,00) 100m: 01:14,15 (00:39,15) 150m: 01:53,97 (00:39,82) 200m: 02:32,77 (00:38,80) 250m: 03:12,22 (00:39,45) 300m: 03:50,34 (00:38,12) 350m: 04:27,89 (00:37,55) 400m: 05:02,91 (00:35,02)				

abgemeldet

Joschua Schuster 2011 VFS Rödermark ENM

noch Wettkampf 34 - 400m Freistil männlich**Jahrgang 2010**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Bezirksjahrgangsmeister 2024					
	Yahia Ghoneim	2010	DSW 1912 Darmstadt e.V.	04:43,90	465
	50m: 00:32,93 (00:32,93) 100m: 01:08,79 (00:35,86) 150m: 01:46,57 (00:37,78) 200m: 02:23,11 (00:36,54) 250m: 02:59,22 (00:36,11) 300m: 03:35,18 (00:35,96) 350m: 04:10,02 (00:34,84) 400m: 04:43,90 (00:33,88)				
2.	Bogdan Prokhorov	2010	SSV Raunheim	05:21,34	321
	50m: 00:33,52 (00:33,52) 100m: 01:13,08 (00:39,56) 150m: 01:53,29 (00:40,21) 200m: 02:34,43 (00:41,14) 250m: 03:15,95 (00:41,52) 300m: 03:58,51 (00:42,56) 350m: 04:41,29 (00:42,78) 400m: 05:21,34 (00:40,05)				

Jahrgang 2009

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Bezirksjahrgangsmeister 2024					
	Kolja Haupt	2009	TSG Darmstadt	05:19,24	327
	50m: 00:36,47 (00:36,47) 100m: 01:16,12 (00:39,65) 150m: 01:57,79 (00:41,67) 200m: 02:39,63 (00:41,84) 250m: 03:19,81 (00:40,18) 300m: 03:59,63 (00:39,82) 350m: 04:39,80 (00:40,17) 400m: 05:19,24 (00:39,44)				

Jahrgang 2008

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Bezirksjahrgangsmeister 2024					
	Neo Colditz	2008	SG Neptun Lampertheim	05:12,91	347
	50m: 00:33,43 (00:33,43) 100m: 01:12,46 (00:39,03) 150m: 01:52,39 (00:39,93) 200m: 02:33,00 (00:40,61) 250m: 03:13,08 (00:40,08) 300m: 03:53,99 (00:40,91) 350m: 04:34,27 (00:40,28) 400m: 05:12,91 (00:38,64)				
	<u>disqualifiziert</u>				
	Theodor Heuberger	2008	DSW 1912 Darmstadt e.V.		ENM
	Start vor dem Startsignal Uhrzeit der Bekanntgabe: 15:35				
	<u>abgemeldet</u>				
	Arne Bausewein	2008	DSW 1912 Darmstadt e.V.		ENM

Junioren

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Bezirksjuniorenmeister 2024					
	Maximilian Failing	2006	SVS Griesheim	04:51,84	428
	50m: 00:31,04 (00:31,04) 100m: 01:06,03 (00:34,99) 150m: 01:42,94 (00:36,91) 200m: 02:20,73 (00:37,79) 250m: 02:59,03 (00:38,30) 300m: 03:36,68 (00:37,65) 350m: 04:15,80 (00:39,12) 400m: 04:51,84 (00:36,04)				
2.	Mauritz Ehry	2005	SSV Raunheim	05:08,96	361
	50m: 00:33,90 (00:33,90) 100m: 01:12,24 (00:38,34) 150m: 01:52,37 (00:40,13) 200m: 02:32,67 (00:40,30) 250m: 03:12,27 (00:39,60) 300m: 03:52,16 (00:39,89) 350m: 04:31,59 (00:39,43) 400m: 05:08,96 (00:37,37)				

Bezirksmeisterwertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1. und Bezirksmeister 2024					
	Yannik Wasserzier	2001	SSV Raunheim	04:32,02	529
	50m: 00:31,36 (00:31,36) 100m: 01:06,06 (00:34,70) 150m: 01:40,96 (00:34,90) 200m: 02:15,42 (00:34,46) 250m: 02:49,76 (00:34,34) 300m: 03:24,25 (00:34,49) 350m: 03:58,23 (00:33,98) 400m: 04:32,02 (00:33,79)				
2.	Yahia Ghoneim	2010	DSW 1912 Darmstadt e.V.	04:43,90	465
	50m: 00:32,93 (00:32,93) 100m: 01:08,79 (00:35,86) 150m: 01:46,57 (00:37,78) 200m: 02:23,11 (00:36,54) 250m: 02:59,22 (00:36,11) 300m: 03:35,18 (00:35,96) 350m: 04:10,02 (00:34,84) 400m: 04:43,90 (00:33,88)				
3.	Fabio Lanucara	2011	DSW 1912 Darmstadt e.V.	04:46,23	454
	50m: 00:32,44 (00:32,44) 100m: 01:08,23 (00:35,79) 150m: 01:44,65 (00:36,42) 200m: 02:21,41 (00:36,76) 250m: 02:58,24 (00:36,83) 300m: 03:35,05 (00:36,81) 350m: 04:11,42 (00:36,37) 400m: 04:46,23 (00:34,81)				
4.	Maximilian Failing	2006	SVS Griesheim	04:51,84	428
	50m: 00:31,04 (00:31,04) 100m: 01:06,03 (00:34,99) 150m: 01:42,94 (00:36,91) 200m: 02:20,73 (00:37,79) 250m: 02:59,03 (00:38,30) 300m: 03:36,68 (00:37,65) 350m: 04:15,80 (00:39,12) 400m: 04:51,84 (00:36,04)				

noch Wettkampf 34 - 400m Freistil männlich**noch Bezirksmeisterwertung**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
5.	Leon Langguth	2011	Rüsselsheimer SC	05:02,91	383
	50m: 00:35,00 (00:35,00) 100m: 01:14,15 (00:39,15) 150m: 01:53,97 (00:39,82) 200m: 02:32,77 (00:38,80) 250m: 03:12,22 (00:39,45) 300m: 03:50,34 (00:38,12) 350m: 04:27,89 (00:37,55) 400m: 05:02,91 (00:35,02)				
6.	Mauritz Ehry	2005	SSV Raunheim	05:08,96	361
	50m: 00:33,90 (00:33,90) 100m: 01:12,24 (00:38,34) 150m: 01:52,37 (00:40,13) 200m: 02:32,67 (00:40,30) 250m: 03:12,27 (00:39,60) 300m: 03:52,16 (00:39,89) 350m: 04:31,59 (00:39,43) 400m: 05:08,96 (00:37,37)				
7.	Neo Colditz	2008	SG Neptun Lampertheim	05:12,91	347
	50m: 00:33,43 (00:33,43) 100m: 01:12,46 (00:39,03) 150m: 01:52,39 (00:39,93) 200m: 02:33,00 (00:40,61) 250m: 03:13,08 (00:40,08) 300m: 03:53,99 (00:40,91) 350m: 04:34,27 (00:40,28) 400m: 05:12,91 (00:38,64)				
8.	Kolja Haupt	2009	TSG Darmstadt	05:19,24	327
	50m: 00:36,47 (00:36,47) 100m: 01:16,12 (00:39,65) 150m: 01:57,79 (00:41,67) 200m: 02:39,63 (00:41,84) 250m: 03:19,81 (00:40,18) 300m: 03:59,63 (00:39,82) 350m: 04:39,80 (00:40,17) 400m: 05:19,24 (00:39,44)				
9.	Bogdan Prokhorov	2010	SSV Raunheim	05:21,34	321
	50m: 00:33,52 (00:33,52) 100m: 01:13,08 (00:39,56) 150m: 01:53,29 (00:40,21) 200m: 02:34,43 (00:41,14) 250m: 03:15,95 (00:41,52) 300m: 03:58,51 (00:42,56) 350m: 04:41,29 (00:42,78) 400m: 05:21,34 (00:40,05)				
10.	Mazen Ghoneim	2012	DSW 1912 Darmstadt e.V.	05:27,49	303
	50m: 00:37,69 (00:37,69) 100m: 01:19,63 (00:41,94) 150m: 02:01,64 (00:42,01) 200m: 02:44,42 (00:42,78) 250m: 03:25,48 (00:41,06) 300m: 04:07,37 (00:41,89) 350m: 04:48,16 (00:40,79) 400m: 05:27,49 (00:39,33)				
11.	Hendrick Zeller	2012	DSW 1912 Darmstadt e.V.	05:32,28	290
	50m: 00:37,11 (00:37,11) 100m: 01:19,83 (00:42,72) 150m: 02:02,32 (00:42,49) 200m: 02:45,15 (00:42,83) 250m: 03:27,50 (00:42,35) 300m: 04:09,76 (00:42,26) 350m: 04:51,68 (00:41,92) 400m: 05:32,28 (00:40,60)				
12.	Amadeus Vittinghoff	2013	DSW 1912 Darmstadt e.V.	05:38,71	274
	50m: 00:38,30 (00:38,30) 100m: 01:21,25 (00:42,95) 150m: 02:05,46 (00:44,21) 200m: 02:48,62 (00:43,16) 250m: 03:31,39 (00:42,77) 300m: 04:14,20 (00:42,81) 350m: 04:56,74 (00:42,54) 400m: 05:38,71 (00:41,97)				
13.	Roman Plaksunov	2012	DSW 1912 Darmstadt e.V.	05:48,99	250
	50m: 00:38,95 (00:38,95) 100m: 01:22,11 (00:43,16) 150m: 02:06,57 (00:44,46) 200m: 02:50,53 (00:43,96) 250m: 03:34,53 (00:44,00) 300m: 04:20,21 (00:45,68) 350m: 05:06,01 (00:45,80) 400m: 05:48,99 (00:42,98)				
14.	Christopher Nixdorf	2012	DSW 1912 Darmstadt e.V.	05:51,91	244
	50m: 00:38,64 (00:38,64) 100m: 01:22,83 (00:44,19) 150m: 02:07,79 (00:44,96) 200m: 02:53,64 (00:45,85) 250m: 03:39,52 (00:45,88) 300m: 04:25,33 (00:45,81) 350m: 05:09,85 (00:44,52) 400m: 05:51,91 (00:42,06)				
15.	Jules Foitzik	2013	DSW 1912 Darmstadt e.V.	06:17,21	198
	50m: 00:42,43 (00:42,43) 100m: 01:31,50 (00:49,07) 150m: 02:19,59 (00:48,09) 200m: 03:08,07 (00:48,48) 250m: 03:55,31 (00:47,24) 300m: 04:43,83 (00:48,52) 350m: 05:31,07 (00:47,24) 400m: 06:17,21 (00:46,14)				
16.	Anton Völler	2014	Rüsselsheimer SC	07:47,53	104
	50m: 00:51,74 (00:51,74) 100m: 01:50,47 (00:58,73) 150m: 02:53,63 (01:03,16) 200m: 03:54,16 (01:00,53) 250m: 04:54,78 (01:00,62) 300m: 05:54,49 (00:59,71) 350m: 06:57,67 (01:03,18) 400m: 07:47,53 (00:49,86)				
17.	Jesper Keno Hahn	2013	VFS Rödermark	07:47,62	104
	50m: 00:52,01 (00:52,01) 100m: 01:52,03 (01:00,02) 150m: 02:51,83 (00:59,80) 200m: 03:53,07 (01:01,24) 250m: 04:51,10 (00:58,03) 300m: 05:50,73 (00:59,63) 350m: 06:49,53 (00:58,80) 400m: 07:47,62 (00:58,09)				

ENM