

**Wettkampf 32 - 400m Freistil männlich**

Weltrekord: 03:39,96 - Maertens, Lukas (Germany) am 12.04.2025 in Stockholm (SWE)

Europarekord: 03:39,96 - Maertens, Lukas (Germany) am 12.04.2025 in Stockholm (SWE)

Deutscher Rekord: 03:39,96 - Märtens, Lukas (SC Magdeburg) am 12.04.2025 in Stockholm (SWE)

Bahnrekord Nordbad: 04:00,89 - Wilmes, Aaron (SG Frankfurt) am 21.06.2025 in Darmstadt

**Jahrgang 2012**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	David Faylenbogen 50m: 00:31,62 (00:31,62)   100m: 01:07,14 (00:35,52)   150m: 01:42,35 (00:35,21)   200m: 02:18,03 (00:35,68)   250m: 02:53,23 (00:35,20)   300m: 03:28,54 (00:35,31)   350m: 04:03,73 (00:35,19)   400m: 04:38,24 (00:34,51)	2012	SV Mannheim	04:38,24	494
2.	Maximilian Lang 50m: 00:33,46 (00:33,46)   100m: 01:10,98 (00:37,52)   150m: 01:48,72 (00:37,74)   200m: 02:26,45 (00:37,73)   250m: 03:04,21 (00:37,76)   300m: 03:41,80 (00:37,59)   350m: 04:19,31 (00:37,51)   400m: 04:54,12 (00:34,81)	2012	SG EWR Rheinhessen-Mainz	04:54,12	418
3.	Malte Ellwanger 50m: 00:34,27 (00:34,27)   100m: 01:12,08 (00:37,81)   150m: 01:50,78 (00:38,70)   200m: 02:28,60 (00:37,82)   250m: 03:06,80 (00:38,20)   300m: 03:44,43 (00:37,63)   350m: 04:21,53 (00:37,10)   400m: 04:55,48 (00:33,95)	2012	SV Mannheim	04:55,48	412
4.	Mazen Ghoneim 50m: 00:33,50 (00:33,50)   100m: 01:10,95 (00:37,45)   150m: 01:49,56 (00:38,61)   200m: 02:27,80 (00:38,24)   250m: 03:06,57 (00:38,77)   300m: 03:44,62 (00:38,05)   350m: 04:22,96 (00:38,34)   400m: 04:58,20 (00:35,24)	2012	DSW 1912 Darmstadt	04:58,20	401
5.	Ottokar Musial 50m: 00:35,33 (00:35,33)   100m: 01:14,94 (00:39,61)   150m: 01:54,97 (00:40,03)   200m: 02:35,70 (00:40,73)   250m: 03:18,28 (00:42,58)   300m: 03:59,98 (00:41,70)   350m: 04:40,29 (00:40,31)   400m: 05:18,29 (00:38,00)	2012	SG Worms	05:18,29	330
6.	Maximilian Hägele 50m: 00:38,31 (00:38,31)   100m: 01:19,68 (00:41,37)   150m: 02:02,50 (00:42,82)   200m: 02:44,70 (00:42,20)   250m: 03:27,19 (00:42,49)   300m: 04:09,55 (00:42,36)   350m: 04:52,09 (00:42,54)   400m: 05:31,61 (00:39,52)	2012	SG Worms	05:31,61	291
7.	Oliver Ellermann 50m: 00:38,20 (00:38,20)   100m: 01:22,41 (00:44,21)   150m: 02:09,32 (00:46,91)   200m: 02:55,31 (00:45,99)   250m: 03:42,55 (00:47,24)   300m: 04:29,59 (00:47,04)   350m: 05:16,88 (00:47,29)   400m: 06:00,13 (00:43,25)	2012	SG Worms	06:00,13	227
8.	Lino Huf 50m: 00:42,29 (00:42,29)   100m: 01:31,95 (00:49,66)   150m: 02:22,35 (00:50,40)   200m: 03:14,01 (00:51,66)   250m: 04:05,53 (00:51,52)   300m: 04:58,63 (00:53,10)   350m: 05:48,31 (00:49,68)   400m: 06:31,84 (00:43,53)	2012	1. SSV Ingelheim 1966	06:31,84	176

**Jahrgang 2011**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Fabio Lanucara 50m: 00:29,74 (00:29,74)   100m: 01:02,34 (00:32,60)   150m: 01:36,12 (00:33,78)   200m: 02:10,24 (00:34,12)   250m: 02:44,59 (00:34,35)   300m: 03:18,86 (00:34,27)   350m: 03:53,48 (00:34,62)   400m: 04:25,95 (00:32,47)	2011	DSW 1912 Darmstadt	04:25,95	565
2.	Zygimantas Songaila 50m: 00:31,88 (00:31,88)   100m: 01:09,02 (00:37,14)   150m: 01:46,16 (00:37,14)   200m: 02:24,00 (00:37,84)   250m: 03:01,34 (00:37,34)   300m: 03:38,73 (00:37,39)   350m: 04:15,95 (00:37,22)   400m: 04:49,80 (00:33,85)	2011	Schwimmclub Delphin Grünstadt	04:49,80	437
3.	Moritz Deeg 50m: 00:35,36 (00:35,36)   100m: 01:14,68 (00:39,32)   150m: 01:55,04 (00:40,36)   200m: 02:35,96 (00:40,92)   250m: 03:16,37 (00:40,41)   300m: 03:56,79 (00:40,42)   350m: 04:36,45 (00:39,66)   400m: 05:14,65 (00:38,20)	2011	SV Mannheim	05:14,65	341
4.	Paul Fernando Bacas Bürger 50m: 00:38,49 (00:38,49)   100m: 01:21,43 (00:42,94)   150m: 02:05,44 (00:44,01)   200m: 02:49,15 (00:43,71)   250m: 03:33,85 (00:44,70)   300m: 04:17,63 (00:43,78)   350m: 05:02,19 (00:44,56)   400m: 05:44,28 (00:42,09)	2011	Erster Offenbacher SC	05:44,28	260
5.	Din Herceg 50m: 00:40,72 (00:40,72)   100m: 01:26,17 (00:45,45)   150m: 02:12,09 (00:45,92)   200m: 02:58,95 (00:46,86)   250m: 03:46,67 (00:47,72)   300m: 04:33,20 (00:46,53)   350m: 05:16,32 (00:43,12)   400m: 05:57,48 (00:41,16)	2011	Frankenthaler SV 1897	05:57,48	232



## noch Wettkampf 32 - 400m Freistil männlich

### Jahrgang 2010

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Yahia Ghoneim 50m: 00:31,49 (00:31,49)   100m: 01:07,01 (00:35,52)   150m: 01:42,61 (00:35,60)   200m: 02:17,83 (00:35,22) 250m: 02:52,73 (00:34,90)   300m: 03:27,62 (00:34,89)   350m: 04:01,58 (00:33,96)   400m: 04:34,24 (00:32,66)	2010	DSW 1912 Darmstadt	04:34,24	515
2.	Georgian Mocanu 50m: 00:33,74 (00:33,74)   100m: 01:10,35 (00:36,61)   150m: 01:47,11 (00:36,76)   200m: 02:24,22 (00:37,11) 250m: 03:00,48 (00:36,26)   300m: 03:36,65 (00:36,17)   350m: 04:12,87 (00:36,22)   400m: 04:47,80 (00:34,93)	2010	SG Worms	04:47,80	446
3.	Tim Roger Gutfrucht 50m: 00:32,22 (00:32,22)   100m: 01:07,81 (00:35,59)   150m: 01:44,20 (00:36,39)   200m: 02:21,69 (00:37,49) 250m: 02:59,93 (00:38,24)   300m: 03:37,63 (00:37,70)   350m: 04:15,43 (00:37,80)   400m: 04:50,41 (00:34,98)	2010	SG Heddesheim	04:50,41	434
4.	Nikita Ollek 50m: 00:33,22 (00:33,22)   100m: 01:11,77 (00:38,55)   150m: 01:51,81 (00:40,04)   200m: 02:29,92 (00:38,11) 250m: 03:09,42 (00:39,50)   300m: 03:48,25 (00:38,83)   350m: 04:26,75 (00:38,50)   400m: 05:02,66 (00:35,91)	2010	SG Worms	05:02,66	383
5.	Deyan Markov 50m: 00:35,73 (00:35,73)   100m: 01:15,10 (00:39,37)   150m: 01:55,54 (00:40,44)   200m: 02:36,32 (00:40,78) 250m: 03:17,56 (00:41,24)   300m: 03:58,04 (00:40,48)   350m: 04:39,06 (00:41,02)   400m: 05:16,22 (00:37,16)	2010	Erster Offenbacher SC	05:16,22	336

#### nicht am Start

Elijah Krüger 2010 Frankenthaler SV 1897

### Jahrgang 2008

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Maximilian Ott 50m: 00:30,37 (00:30,37)   100m: 01:02,76 (00:32,39)   150m: 01:35,69 (00:32,93)   200m: 02:09,01 (00:33,32) 250m: 02:43,09 (00:34,08)   300m: 03:16,71 (00:33,62)   350m: 03:50,50 (00:33,79)   400m: 04:22,74 (00:32,24)	2008	Wassersportverein 1923 Offenbach	04:22,74	586
2.	Til Schwaller 50m: 00:32,33 (00:32,33)   100m: 01:06,85 (00:34,52)   150m: 01:42,58 (00:35,73)   200m: 02:18,35 (00:35,77) 250m: 02:54,06 (00:35,71)   300m: 03:29,47 (00:35,41)   350m: 04:04,39 (00:34,92)   400m: 04:37,31 (00:32,92)	2008	SG Worms	04:37,31	499
3.	Theodor Heuberger 50m: 00:31,80 (00:31,80)   100m: 01:06,89 (00:35,09)   150m: 01:42,88 (00:35,99)   200m: 02:18,23 (00:35,35) 250m: 02:54,13 (00:35,90)   300m: 03:29,57 (00:35,44)   350m: 04:05,25 (00:35,68)   400m: 04:39,59 (00:34,34)	2008	DSW 1912 Darmstadt	04:39,59	486
4.	Markus Wald 50m: 00:32,48 (00:32,48)   100m: 01:10,66 (00:38,18)   150m: 01:49,89 (00:39,23)   200m: 02:30,50 (00:40,61) 250m: 03:10,70 (00:40,20)   300m: 03:51,65 (00:40,95)   350m: 04:32,61 (00:40,96)   400m: 05:13,72 (00:41,11)	2008	Frankenthaler SV 1897	05:13,72	344

### Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Jakob Werner 50m: 00:28,31 (00:28,31)   100m: 00:59,47 (00:31,16)   150m: 01:31,26 (00:31,79)   200m: 02:03,21 (00:31,95) 250m: 02:35,53 (00:32,32)   300m: 03:07,68 (00:32,15)   350m: 03:39,25 (00:31,57)   400m: 04:08,60 (00:29,35)	2006	DSW 1912 Darmstadt	04:08,60	692
2.	Nathanael Doll 50m: 00:29,21 (00:29,21)   100m: 00:59,84 (00:30,63)   150m: 01:31,72 (00:31,88)   200m: 02:03,53 (00:31,81) 250m: 02:35,91 (00:32,38)   300m: 03:08,07 (00:32,16)   350m: 03:40,01 (00:31,94)   400m: 04:09,89 (00:29,88)	2005	SG EWR Rheinhessen-Mainz	04:09,89	682
3.	Maximilian Ott 50m: 00:30,37 (00:30,37)   100m: 01:02,76 (00:32,39)   150m: 01:35,69 (00:32,93)   200m: 02:09,01 (00:33,32) 250m: 02:43,09 (00:34,08)   300m: 03:16,71 (00:33,62)   350m: 03:50,50 (00:33,79)   400m: 04:22,74 (00:32,24)	2008	Wassersportverein 1923 Offenbach	04:22,74	586



## noch Wettkampf 32 - 400m Freistil männlich

### noch Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
4.	Fabio Lanucara 50m: 00:29,74 (00:29,74)   100m: 01:02,34 (00:32,60)   150m: 01:36,12 (00:33,78)   200m: 02:10,24 (00:34,12) 250m: 02:44,59 (00:34,35)   300m: 03:18,86 (00:34,27)   350m: 03:53,48 (00:34,62)   400m: 04:25,95 (00:32,47)	2011	DSW 1912 Darmstadt	04:25,95	565
5.	Nico Braun 50m: 00:27,46 (00:27,46)   100m: 00:58,93 (00:31,47)   150m: 01:32,63 (00:33,70)   200m: 02:06,97 (00:34,34) 250m: 02:41,76 (00:34,79)   300m: 03:16,62 (00:34,86)   350m: 03:52,20 (00:35,58)   400m: 04:26,45 (00:34,25)	2006	SSG Saar Max Ritter	04:26,45	562
6.	Lutz Freytag 50m: 00:31,01 (00:31,01)   100m: 01:04,26 (00:33,25)   150m: 01:38,01 (00:33,75)   200m: 02:12,58 (00:34,57) 250m: 02:46,82 (00:34,24)   300m: 03:21,76 (00:34,94)   350m: 03:55,99 (00:34,23)   400m: 04:29,00 (00:33,01)	2006	DSW 1912 Darmstadt	04:29,00	546
7.	Yahia Ghoneim 50m: 00:31,49 (00:31,49)   100m: 01:07,01 (00:35,52)   150m: 01:42,61 (00:35,60)   200m: 02:17,83 (00:35,22) 250m: 02:52,73 (00:34,90)   300m: 03:27,62 (00:34,89)   350m: 04:01,58 (00:33,96)   400m: 04:34,24 (00:32,66)	2010	DSW 1912 Darmstadt	04:34,24	515
8.	Til Schwaller 50m: 00:32,33 (00:32,33)   100m: 01:06,85 (00:34,52)   150m: 01:42,58 (00:35,73)   200m: 02:18,35 (00:35,77) 250m: 02:54,06 (00:35,71)   300m: 03:29,47 (00:35,41)   350m: 04:04,39 (00:34,92)   400m: 04:37,31 (00:32,92)	2008	SG Worms	04:37,31	499
9.	David Faylenbogen 50m: 00:31,62 (00:31,62)   100m: 01:07,14 (00:35,52)   150m: 01:42,35 (00:35,21)   200m: 02:18,03 (00:35,68) 250m: 02:53,23 (00:35,20)   300m: 03:28,54 (00:35,31)   350m: 04:03,73 (00:35,19)   400m: 04:38,24 (00:34,51)	2012	SV Mannheim	04:38,24	494
10.	Theodor Heuberger 50m: 00:31,80 (00:31,80)   100m: 01:06,89 (00:35,09)   150m: 01:42,88 (00:35,99)   200m: 02:18,23 (00:35,35) 250m: 02:54,13 (00:35,90)   300m: 03:29,57 (00:35,44)   350m: 04:05,25 (00:35,68)   400m: 04:39,59 (00:34,34)	2008	DSW 1912 Darmstadt	04:39,59	486
11.	Georgian Mocanu 50m: 00:33,74 (00:33,74)   100m: 01:10,35 (00:36,61)   150m: 01:47,11 (00:36,76)   200m: 02:24,22 (00:37,11) 250m: 03:00,48 (00:36,26)   300m: 03:36,65 (00:36,17)   350m: 04:12,87 (00:36,22)   400m: 04:47,80 (00:34,93)	2010	SG Worms	04:47,80	446
12.	Zygimantas Songaila 50m: 00:31,88 (00:31,88)   100m: 01:09,02 (00:37,14)   150m: 01:46,16 (00:37,14)   200m: 02:24,00 (00:37,84) 250m: 03:01,34 (00:37,34)   300m: 03:38,73 (00:37,39)   350m: 04:15,95 (00:37,22)   400m: 04:49,80 (00:33,85)	2011	Schwimmclub Delphin Grünstadt	04:49,80	437
13.	Tim Roger Gutfrucht 50m: 00:32,22 (00:32,22)   100m: 01:07,81 (00:35,59)   150m: 01:44,20 (00:36,39)   200m: 02:21,69 (00:37,49) 250m: 02:59,93 (00:38,24)   300m: 03:37,63 (00:37,70)   350m: 04:15,43 (00:37,80)   400m: 04:50,41 (00:34,98)	2010	SG Heddeshheim	04:50,41	434
14.	Maxim Reim 50m: 00:31,72 (00:31,72)   100m: 01:07,55 (00:35,83)   150m: 01:44,68 (00:37,13)   200m: 02:22,31 (00:37,63) 250m: 03:00,35 (00:38,04)   300m: 03:38,15 (00:37,80)   350m: 04:15,28 (00:37,13)   400m: 04:51,91 (00:36,63)	2002	SG Heddeshheim	04:51,91	427
15.	Maximilian Lang 50m: 00:33,46 (00:33,46)   100m: 01:10,98 (00:37,52)   150m: 01:48,72 (00:37,74)   200m: 02:26,45 (00:37,73) 250m: 03:04,21 (00:37,76)   300m: 03:41,80 (00:37,59)   350m: 04:19,31 (00:37,51)   400m: 04:54,12 (00:34,81)	2012	SG EWR Rheinhessen-Mainz	04:54,12	418
16.	Malte Ellwanger 50m: 00:34,27 (00:34,27)   100m: 01:12,08 (00:37,81)   150m: 01:50,78 (00:38,70)   200m: 02:28,60 (00:37,82) 250m: 03:06,80 (00:38,20)   300m: 03:44,43 (00:37,63)   350m: 04:21,53 (00:37,10)   400m: 04:55,48 (00:33,95)	2012	SV Mannheim	04:55,48	412
17.	Mazen Ghoneim 50m: 00:33,50 (00:33,50)   100m: 01:10,95 (00:37,45)   150m: 01:49,56 (00:38,61)   200m: 02:27,80 (00:38,24) 250m: 03:06,57 (00:38,77)   300m: 03:44,62 (00:38,05)   350m: 04:22,96 (00:38,34)   400m: 04:58,20 (00:35,24)	2012	DSW 1912 Darmstadt	04:58,20	401
18.	Nikita Ollek 50m: 00:33,22 (00:33,22)   100m: 01:11,77 (00:38,55)   150m: 01:51,81 (00:40,04)   200m: 02:29,92 (00:38,11) 250m: 03:09,42 (00:39,50)   300m: 03:48,25 (00:38,83)   350m: 04:26,75 (00:38,50)   400m: 05:02,66 (00:35,91)	2010	SG Worms	05:02,66	383



## noch Wettkampf 32 - 400m Freistil männlich

### noch Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
19.	Markus Wald 50m: 00:32,48 (00:32,48)   100m: 01:10,66 (00:38,18)   150m: 01:49,89 (00:39,23)   200m: 02:30,50 (00:40,61) 250m: 03:10,70 (00:40,20)   300m: 03:51,65 (00:40,95)   350m: 04:32,61 (00:40,96)   400m: 05:13,72 (00:41,11)	2008	Frankenthaler SV 1897	05:13,72	344
20.	Moritz Deeg 50m: 00:35,36 (00:35,36)   100m: 01:14,68 (00:39,32)   150m: 01:55,04 (00:40,36)   200m: 02:35,96 (00:40,92) 250m: 03:16,37 (00:40,41)   300m: 03:56,79 (00:40,42)   350m: 04:36,45 (00:39,66)   400m: 05:14,65 (00:38,20)	2011	SV Mannheim	05:14,65	341
21.	Deyan Markov 50m: 00:35,73 (00:35,73)   100m: 01:15,10 (00:39,37)   150m: 01:55,54 (00:40,44)   200m: 02:36,32 (00:40,78) 250m: 03:17,56 (00:41,24)   300m: 03:58,04 (00:40,48)   350m: 04:39,06 (00:41,02)   400m: 05:16,22 (00:37,16)	2010	Erster Offenbacher SC	05:16,22	336
22.	Benjamin Hektor 50m: 00:34,48 (00:34,48)   100m: 01:13,14 (00:38,66)   150m: 01:54,12 (00:40,98)   200m: 02:35,84 (00:41,72) 250m: 03:17,71 (00:41,87)   300m: 03:59,34 (00:41,63)   350m: 04:39,94 (00:40,60)   400m: 05:17,44 (00:37,50)	2007	SVS Griesheim	05:17,44	332
23.	Ottokar Musial 50m: 00:35,33 (00:35,33)   100m: 01:14,94 (00:39,61)   150m: 01:54,97 (00:40,03)   200m: 02:35,70 (00:40,73) 250m: 03:18,28 (00:42,58)   300m: 03:59,98 (00:41,70)   350m: 04:40,29 (00:40,31)   400m: 05:18,29 (00:38,00)	2012	SG Worms	05:18,29	330
24.	Maximilian Hägele 50m: 00:38,31 (00:38,31)   100m: 01:19,68 (00:41,37)   150m: 02:02,50 (00:42,82)   200m: 02:44,70 (00:42,20) 250m: 03:27,19 (00:42,49)   300m: 04:09,55 (00:42,36)   350m: 04:52,09 (00:42,54)   400m: 05:31,61 (00:39,52)	2012	SG Worms	05:31,61	291
25.	Paul Fernando Bacas Bürger 50m: 00:38,49 (00:38,49)   100m: 01:21,43 (00:42,94)   150m: 02:05,44 (00:44,01)   200m: 02:49,15 (00:43,71) 250m: 03:33,85 (00:44,70)   300m: 04:17,63 (00:43,78)   350m: 05:02,19 (00:44,56)   400m: 05:44,28 (00:42,09)	2011	Erster Offenbacher SC	05:44,28	260
26.	Din Herceg 50m: 00:40,72 (00:40,72)   100m: 01:26,17 (00:45,45)   150m: 02:12,09 (00:45,92)   200m: 02:58,95 (00:46,86) 250m: 03:46,67 (00:47,72)   300m: 04:33,20 (00:46,53)   350m: 05:16,32 (00:43,12)   400m: 05:57,48 (00:41,16)	2011	Frankenthaler SV 1897	05:57,48	232
27.	Oliver Ellermann 50m: 00:38,20 (00:38,20)   100m: 01:22,41 (00:44,21)   150m: 02:09,32 (00:46,91)   200m: 02:55,31 (00:45,99) 250m: 03:42,55 (00:47,24)   300m: 04:29,59 (00:47,04)   350m: 05:16,88 (00:47,29)   400m: 06:00,13 (00:43,25)	2012	SG Worms	06:00,13	227
28.	Lino Huf 50m: 00:42,29 (00:42,29)   100m: 01:31,95 (00:49,66)   150m: 02:22,35 (00:50,40)   200m: 03:14,01 (00:51,66) 250m: 04:05,53 (00:51,52)   300m: 04:58,63 (00:53,10)   350m: 05:48,31 (00:49,68)   400m: 06:31,84 (00:43,53)	2012	1. SSV Ingelheim 1966	06:31,84	176

#### nicht am Start

Jakob Artjom Knoblauch	2004	DSW 1912 Darmstadt
Ron Epple	2000	TV-Lindenberg

Darmstadt, den 28.02.2026

Abschnittende: 17:42 Uhr

Protokollende: 17:43 Uhr

gez. Benjamin Mühlbauer  
Schiedsrichter

gez. Sandra Ficher  
Schiedsrichter

gez. Florian Lippke  
Protokollführer

