

Wettkampf 230 - 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 2016

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Oskar Köhler	2016	SG EWR Rheinhessen-Mainz	05:46,34	256
	50m: 00:37,85 (00:37,85) 100m: 01:22,16 (00:44,31) 150m: 02:06,62 (00:44,46) 200m: 02:51,42 (00:44,80) 250m: 03:36,45 (00:45,03) 300m: 04:20,37 (00:43,92) 350m: 05:01,28 (00:40,91) 400m: 05:46,34 (00:45,06)				
2.	Alan Schäfer	2016	SV Würzburg 05	05:54,85	238
	50m: 00:36,40 (00:36,40) 100m: 01:24,65 (00:48,25) 150m: 02:11,05 (00:46,40) 200m: 02:56,40 (00:45,35) 250m: 03:41,43 (00:45,03) 300m: 04:28,65 (00:47,22) 350m: 05:13,17 (00:44,52) 400m: 05:54,85 (00:41,68)				
3.	Mehdi Bouzid	2016	DSW 1912 Darmstadt	06:23,65	188
	50m: 00:43,45 (00:43,45) 100m: 01:32,03 (00:48,58) 150m: 02:20,42 (00:48,39) 200m: 03:10,01 (00:49,59) 250m: 03:59,53 (00:49,52) 300m: 04:48,30 (00:48,77) 350m: 05:36,37 (00:48,07) 400m: 06:23,65 (00:47,28)				
4.	Anton Lebedev	2016	DSW 1912 Darmstadt	06:44,36	160
	50m: 00:39,77 (00:39,77) 100m: 01:35,78 (00:56,01) 150m: 02:25,03 (00:49,25) 200m: 03:21,14 (00:56,11) 250m: 04:14,12 (00:52,98) 300m: 05:06,06 (00:51,94) 350m: 05:58,62 (00:52,56) 400m: 06:44,36 (00:45,74)				
5.	Lars Michael Eckert	2016	TuS Griesheim	06:46,31	158
	50m: 00:42,46 (00:42,46) 100m: 01:34,13 (00:51,67) 150m: 02:15,83 (00:41,70) 200m: 03:22,48 (01:06,65) 250m: 04:14,21 (00:51,73) 300m: 05:07,95 (00:53,74) 350m: 06:00,11 (00:52,16) 400m: 06:46,31 (00:46,20)				

Jahrgang 2015

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Clark Dehmer	2015	DSW 1912 Darmstadt	07:12,62	131
	50m: 00:44,72 (00:44,72) 100m: 01:40,93 (00:56,21) 150m: 02:38,28 (00:57,35) 200m: 03:35,21 (00:56,93) 250m: 04:30,70 (00:55,49) 300m: 05:26,81 (00:56,11) 350m: 06:20,98 (00:54,17) 400m: 07:12,62 (00:51,64)				

Jahrgang 2014

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Elias Bendadouch	2014	TV 1862 e.V. Bad Mergentheim	05:30,75	294
	50m: 00:36,66 (00:36,66) 100m: 01:16,34 (00:39,68) 150m: 01:58,33 (00:41,99) 200m: 02:40,49 (00:42,16) 250m: 03:23,76 (00:43,27) 300m: 04:06,43 (00:42,67) 350m: 04:49,11 (00:42,68) 400m: 05:30,75 (00:41,64)				
2.	Hanif Noor	2014	DSW 1912 Darmstadt	05:54,37	239
	50m: 00:40,32 (00:40,32) 100m: 01:24,70 (00:44,38) 150m: 02:10,92 (00:46,22) 200m: 02:56,66 (00:45,74) 250m: 03:42,68 (00:46,02) 300m: 04:28,56 (00:45,88) 350m: 05:12,77 (00:44,21) 400m: 05:54,37 (00:41,60)				
3.	Amon Bentz	2014	SC Wörth	05:54,92	238
	50m: 00:39,25 (00:39,25) 100m: 01:23,64 (00:44,39) 150m: 02:10,70 (00:47,06) 200m: 02:55,12 (00:44,42) 250m: 03:40,51 (00:45,39) 300m: 04:27,12 (00:46,61) 350m: 05:11,73 (00:44,61) 400m: 05:54,92 (00:43,19)				
4.	Julian Magenheimer	2014	SG Worms	06:02,04	224
	50m: 00:40,27 (00:40,27) 100m: 01:25,43 (00:45,16) 150m: 02:13,64 (00:48,21) 200m: 02:59,82 (00:46,18) 250m: 03:47,25 (00:47,43) 300m: 04:33,01 (00:45,76) 350m: 05:19,68 (00:46,67) 400m: 06:02,04 (00:42,36)				



noch Wettkampf 230 - 400m Freistil männlich**Jahrgang 2013**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Lukas Holz	2013	SG Frankfurt	04:41,93	474
	50m: 00:31,54 (00:31,54) 100m: 01:07,28 (00:35,74) 150m: 01:43,48 (00:36,20) 200m: 02:19,47 (00:35,99) 250m: 02:55,68 (00:36,21) 300m: 03:32,17 (00:36,49) 350m: 04:08,16 (00:35,99) 400m: 04:41,93 (00:33,77)				
2.	Thomas Bonk	2013	TV 1862 e.V. Bad Mergentheim	04:45,33	458
	50m: 00:32,55 (00:32,55) 100m: 01:08,47 (00:35,92) 150m: 01:38,85 (00:30,38) 200m: 02:22,17 (00:43,32) 250m: 02:59,21 (00:37,04) 300m: 03:35,86 (00:36,65) 350m: 04:11,61 (00:35,75) 400m: 04:45,33 (00:33,72)				
3.	Alexander Shkolnikov	2013	SG Frankfurt	04:49,69	437
	50m: 00:32,48 (00:32,48) 100m: 01:08,49 (00:36,01) 150m: 01:43,14 (00:34,65) 200m: 02:22,08 (00:38,94) 250m: 02:55,53 (00:33,45) 300m: 03:37,08 (00:41,55) 350m: 04:13,08 (00:36,00) 400m: 04:49,69 (00:36,61)				
4.	Theodor Köhler	2013	SG EWR Rheinhessen-Mainz	04:50,90	432
	50m: 00:33,04 (00:33,04) 100m: 01:09,19 (00:36,15) 150m: 01:46,12 (00:36,93) 200m: 02:24,04 (00:37,92) 250m: 03:01,57 (00:37,53) 300m: 03:38,95 (00:37,38) 350m: 04:15,40 (00:36,45) 400m: 04:50,90 (00:35,50)				
5.	Mats Jordi Naumann	2013	DSW 1912 Darmstadt	04:56,33	408
	50m: 00:32,25 (00:32,25) 100m: 01:09,20 (00:36,95) 150m: 01:46,74 (00:37,54) 200m: 02:23,55 (00:36,81) 250m: 03:01,31 (00:37,76) 300m: 03:39,31 (00:38,00) 350m: 04:17,54 (00:38,23) 400m: 04:56,33 (00:38,79)				
6.	Miko Leander Kiesel	2013	SG Frankfurt	05:26,72	305
	50m: 00:36,42 (00:36,42) 100m: 01:17,13 (00:40,71) 150m: 01:59,30 (00:42,17) 200m: 02:40,27 (00:40,97) 250m: 03:22,60 (00:42,33) 300m: 04:04,25 (00:41,65) 350m: 04:46,46 (00:42,21) 400m: 05:26,72 (00:40,26)				
7.	Felix Meller	2013	Frankenthaler SV 1897	05:39,91	270
	50m: 00:38,72 (00:38,72) 100m: 01:22,45 (00:43,73) 150m: 02:06,34 (00:43,89) 200m: 02:49,72 (00:43,38) 250m: 03:33,19 (00:43,47) 300m: 04:17,20 (00:44,01) 350m: 05:01,12 (00:43,92) 400m: 05:39,91 (00:38,79)				
8.	Paul Zengerle	2013	Frankenthaler SV 1897	05:41,57	267
	50m: 00:38,10 (00:38,10) 100m: 01:21,88 (00:43,78) 200m: 02:51,55 (01:29,67) 250m: 03:37,05 (00:45,50) 300m: 04:19,55 (00:42,50) 400m: 05:41,57 (01:22,02)				

abgemeldet

Tim Hinkelbein 2013 Frankenthaler SV 1897

