

Wettkampf 11 - 400m Freistil**Offene Wertung**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Masters
1.	Elisabeth Gabriel (W) 50m: 00:41,77 (00:41,77) 100m: 01:25,45 (00:43,68) 150m: 02:09,75 (00:44,30) 200m: 02:54,37 (00:44,62) 250m: 03:38,90 (00:44,53) 300m: 04:24,03 (00:45,13) 350m: 05:09,54 (00:45,51) 400m: 05:52,50 (00:42,96)	1958/AK 65	SG Bayer	05:52,50	998
2.	Oliver Kusch (M) 50m: 00:32,54 (00:32,54) 100m: 01:07,44 (00:34,90) 150m: 01:42,79 (00:35,35) 200m: 02:18,08 (00:35,29) 250m: 02:52,72 (00:34,64) 300m: 03:27,24 (00:34,52) 350m: 04:01,53 (00:34,29) 400m: 04:35,14 (00:33,61)	1967/AK 55	Potsdamer SV	04:35,14	942
3.	Ina Ziegler (W) 50m: 00:34,89 (00:34,89) 100m: 01:12,81 (00:37,92) 150m: 01:50,63 (00:37,82) 200m: 02:28,42 (00:37,79) 250m: 03:06,42 (00:38,00) 300m: 03:44,77 (00:38,35) 350m: 04:23,52 (00:38,75) 400m: 05:01,19 (00:37,67)	1966/AK 55	Berliner TSC	05:01,19	894
4.	Cathleen Rund (W) 50m: 00:32,51 (00:32,51) 100m: 01:07,57 (00:35,06) 150m: 01:44,22 (00:36,65) 200m: 02:21,68 (00:37,46) 250m: 03:00,21 (00:38,53) 300m: 03:39,65 (00:39,44) 350m: 04:19,00 (00:39,35) 400m: 04:58,09 (00:39,09)	1977/AK 45	SG Neukölln Berlin	04:58,09	863
5.	Jenny Höffler (W) 50m: 00:31,79 (00:31,79) 100m: 01:06,86 (00:35,07) 150m: 01:42,47 (00:35,61) 200m: 02:18,53 (00:36,06) 250m: 02:54,61 (00:36,08) 300m: 03:31,22 (00:36,61) 350m: 04:08,09 (00:36,87) 400m: 04:43,72 (00:35,63)	1988/AK 35	USV TU Dresden	04:43,72	843
6.	Stephan Deichsel (M) 50m: 00:35,83 (00:35,83) 100m: 01:15,47 (00:39,64) 150m: 01:56,91 (00:41,44) 200m: 02:38,83 (00:41,92) 250m: 03:21,03 (00:42,20) 300m: 04:03,37 (00:42,34) 350m: 04:45,57 (00:42,20) 400m: 05:24,11 (00:38,54)	1958/AK 65	SC Regensburg	05:24,11	833
7.	Jana Hellenschmidt (W) 50m: 00:31,16 (00:31,16) 100m: 01:05,94 (00:34,78) 150m: 01:41,38 (00:35,44) 200m: 02:17,02 (00:35,64) 250m: 02:52,61 (00:35,59) 300m: 03:28,67 (00:36,06) 350m: 04:04,87 (00:36,20) 400m: 04:40,19 (00:35,32)	1999/AK 25	SCW Eschborn	04:40,19	829
8.	Lenka Noitz (W) 50m: 00:44,43 (00:44,43) 100m: 01:34,21 (00:49,78) 150m: 02:25,01 (00:50,80) 200m: 03:16,79 (00:51,78) 250m: 04:09,01 (00:52,22) 300m: 05:01,89 (00:52,88) 350m: 05:54,43 (00:52,54) 400m: 06:44,67 (00:50,24)	1954/AK 70	BSC Robben	06:44,67	826
9.	Marlies Fieguth (W) 50m: 00:48,65 (00:48,65) 100m: 01:41,67 (00:53,02) 150m: 02:37,35 (00:55,68) 200m: 03:34,06 (00:56,71) 250m: 04:30,71 (00:56,65) 300m: 05:28,34 (00:57,63) 350m: 06:25,30 (00:56,96) 400m: 07:20,36 (00:55,06)	1948/AK 75	WSV Speyer	07:20,36	802
10.	Larysa Wassmann (W) 50m: 00:35,11 (00:35,11) 100m: 01:13,46 (00:38,35) 150m: 01:52,66 (00:39,20) 200m: 02:31,84 (00:39,18) 250m: 03:10,86 (00:39,02) 300m: 03:50,02 (00:39,16) 350m: 04:29,40 (00:39,38) 400m: 05:06,99 (00:37,59)	1977/AK 45	SGS Hamburg	05:06,99	790
11.	Rene Asmus (M) 50m: 00:28,89 (00:28,89) 100m: 01:01,67 (00:32,78) 150m: 01:35,44 (00:33,77) 200m: 02:09,53 (00:34,09) 250m: 02:43,24 (00:33,71) 300m: 03:16,45 (00:33,21) 350m: 03:48,96 (00:32,51) 400m: 04:20,07 (00:31,11)	1990/AK 30	SG Schöneberg, Berlin	04:20,07	788
12.	Tom Maron (M) 50m: 00:30,85 (00:30,85) 100m: 01:04,02 (00:33,17) 150m: 01:37,70 (00:33,68) 200m: 02:11,31 (00:33,61) 250m: 02:44,36 (00:33,05) 300m: 03:17,50 (00:33,14) 350m: 03:50,70 (00:33,20) 400m: 04:22,99 (00:32,29)	1995/AK 25	SG TSG HB10 Bremen	04:22,99	781

noch Wettkampf 11 - 400m Freistil**noch Offene Wertung**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Masters
13.	Jonas Windrich (M)	1993/AK 30	SGS Hannover	04:23,77	755
	50m: 00:28,75 (00:28,75) 100m: 01:01,26 (00:32,51) 150m: 01:34,98 (00:33,72) 200m: 02:09,03 (00:34,05) 250m: 02:43,08 (00:34,05) 300m: 03:17,36 (00:34,28) 350m: 03:51,10 (00:33,74) 400m: 04:23,77 (00:32,67)				
14.	Christian Gärtner (M)	1980/AK 40	TSV Quakenbrück	04:29,74	710
	50m: 00:30,58 (00:30,58) 100m: 01:04,10 (00:33,52) 150m: 01:38,12 (00:34,02) 200m: 02:12,73 (00:34,61) 250m: 02:47,29 (00:34,56) 300m: 03:21,82 (00:34,53) 350m: 03:56,62 (00:34,80) 400m: 04:29,74 (00:33,12)				
15.	Oleksandr Valinkevych (M)	1982/AK 40	SG Stadtwerke München	04:35,62	665
	50m: 00:30,90 (00:30,90) 100m: 01:04,33 (00:33,43) 150m: 01:38,28 (00:33,95) 200m: 02:12,79 (00:34,51) 250m: 02:47,89 (00:35,10) 300m: 03:23,15 (00:35,26) 350m: 03:58,59 (00:35,44) 400m: 04:35,62 (00:37,03)				
16.	Ulrich Blanke (M)	1961/AK 60	Zehlendorfer TSV von 1888	05:17,96	662
	50m: 00:36,13 (00:36,13) 100m: 01:15,55 (00:39,42) 150m: 01:55,65 (00:40,10) 200m: 02:37,53 (00:41,88) 250m: 03:18,80 (00:41,27) 300m: 04:00,29 (00:41,49) 350m: 04:40,79 (00:40,50) 400m: 05:17,96 (00:37,17)				
17.	Raja Neumann (W)	2004/AK 20	SG Heddesheim	04:55,95	653
	50m: 00:31,10 (00:31,10) 100m: 01:06,53 (00:35,43) 150m: 01:43,29 (00:36,76) 200m: 02:21,20 (00:37,91) 250m: 03:00,11 (00:38,91) 300m: 03:39,19 (00:39,08) 350m: 04:18,08 (00:38,89) 400m: 04:55,95 (00:37,87)				
18.	Laura Obermayer (W)	2001/AK 20	SSG Neptun Germering	05:03,03	608
	50m: 00:33,86 (00:33,86) 100m: 01:11,68 (00:37,82) 150m: 01:50,31 (00:38,63) 200m: 02:29,18 (00:38,87) 250m: 03:08,02 (00:38,84) 300m: 03:46,96 (00:38,94) 350m: 04:25,68 (00:38,72) 400m: 05:03,03 (00:37,35)				
18.	Gesa Gronert (W)	1970/AK 50	SG Schwimmen Münster	05:37,97	608
	50m: 00:36,29 (00:36,29) 100m: 01:16,28 (00:39,99) 150m: 01:58,35 (00:42,07) 200m: 02:41,74 (00:43,39) 250m: 03:26,23 (00:44,49) 300m: 04:10,85 (00:44,62) 350m: 04:55,07 (00:44,22) 400m: 05:37,97 (00:42,90)				
20.	Sabrina Helper (W)	1998/AK 25	Waspo Nordhorn	05:12,03	600
	50m: 00:34,17 (00:34,17) 100m: 01:11,40 (00:37,23) 150m: 01:50,28 (00:38,88) 200m: 02:30,03 (00:39,75) 250m: 03:10,23 (00:40,20) 300m: 03:50,99 (00:40,76) 350m: 04:32,25 (00:41,26) 400m: 05:12,03 (00:39,78)				
21.	Tim Gerloff (M)	1984/AK 40	Hamburger SC	05:00,48	513
	50m: 00:32,96 (00:32,96) 100m: 01:09,99 (00:37,03) 150m: 01:48,40 (00:38,41) 200m: 02:26,88 (00:38,48) 250m: 03:05,23 (00:38,35) 300m: 03:43,96 (00:38,73) 350m: 04:22,42 (00:38,46) 400m: 05:00,48 (00:38,06)				
22.	Kai Holzkamm (M)	1986/AK 35	Mainzer Schwimmverein 01	05:03,33	510
	50m: 00:32,42 (00:32,42) 100m: 01:08,57 (00:36,15) 150m: 01:46,77 (00:38,20) 200m: 02:25,93 (00:39,16) 250m: 03:05,02 (00:39,09) 300m: 03:44,51 (00:39,49) 350m: 04:24,53 (00:40,02) 400m: 05:03,33 (00:38,80)				
23.	Stefanie Tiedtke (W)	1983/AK 40	SG Lünen	05:50,69	492
	50m: 00:36,73 (00:36,73) 100m: 01:18,40 (00:41,67) 150m: 02:02,95 (00:44,55) 200m: 02:47,93 (00:44,98) 250m: 03:34,27 (00:46,34) 300m: 04:21,26 (00:46,99) 350m: 05:07,48 (00:46,22) 400m: 05:50,69 (00:43,21)				
24.	Ruben Steijn (M)	1986/AK 35	SSV Leutzsch	05:26,22	410
	50m: 00:35,13 (00:35,13) 100m: 01:14,92 (00:39,79) 150m: 01:57,09 (00:42,17) 200m: 02:38,86 (00:41,77) 250m: 03:20,96 (00:42,10) 300m: 04:02,84 (00:41,88) 350m: 04:44,21 (00:41,37) 400m: 05:26,22 (00:42,01)				

Zwischenstand nach Wettkampf 11

Platz	Mannschaft	Punkte
1.	SCW Eschborn	9976
2.	Berliner TSC	9597
3.	USV TU Dresden	9589
4.	SG Bayer	9398
5.	SG Neukölln Berlin	9232
6.	Potsdamer SV	9205
7.	Waspo Nordhorn	9159
8.	SGS Hannover	8813
9.	SSG Neptun Germering	8700
10.	SG Schöneberg, Berlin	8633
11.	SG TSG HB10 Bremen	8556
12.	SG Stadtwerke München	8309
13.	SC Regensburg	8218
14.	SG Heddesheim	8075
15.	WSV Speyer	7896
16.	TSV Quakenbrück	7861
17.	SSV Leutzsch	7775
18.	SG Lünen	7486
19.	SGS Hamburg	7479
20.	Mainzer Schwimmverein 01	7469
21.	Zehlendorfer TSV von 1888	7422
22.	Hamburger SC	7351
23.	SG Schwimmen Münster	7253
24.	BSC Robben	7190