

**Wettkampf 23 - 400m Freistil****Offene Wertung**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Masters	
1.	Karsten Dellbrügge (M)	1962/AK 60	WSV Speyer	04:32,42	1052	DMR
	50m: 00:31,27 (00:31,27)   100m: 01:05,07 (00:33,80)   150m: 01:39,59 (00:34,52) 200m: 02:14,33 (00:34,74)   250m: 02:48,91 (00:34,58)   300m: 03:23,53 (00:34,62) 350m: 03:58,23 (00:34,70)   400m: 04:32,42 (00:34,19)					
2.	Frank Gruner (M)	1970/AK 50	SCW Eschborn	04:13,77	989	
	50m: 00:29,02 (00:29,02)   100m: 01:00,44 (00:31,42)   150m: 01:32,56 (00:32,12) 200m: 02:05,10 (00:32,54)   250m: 02:37,75 (00:32,65)   300m: 03:10,67 (00:32,92) 350m: 03:42,86 (00:32,19)   400m: 04:13,77 (00:30,91)					
3.	Alisa Fatum-Böker (W)	1995/AK 25	SSV Leutzsch	04:29,21	935	
	50m: 00:31,09 (00:31,09)   100m: 01:05,24 (00:34,15)   150m: 01:39,33 (00:34,09) 200m: 02:13,77 (00:34,44)   250m: 02:47,86 (00:34,09)   300m: 03:22,27 (00:34,41) 350m: 03:56,07 (00:33,80)   400m: 04:29,21 (00:33,14)					
4.	Heiko Krumbek (M)	1967/AK 55	Berliner TSC	04:40,71	887	
	50m: 00:32,59 (00:32,59)   100m: 01:07,30 (00:34,71)   150m: 01:42,62 (00:35,32) 200m: 02:18,26 (00:35,64)   250m: 02:53,95 (00:35,69)   300m: 03:29,78 (00:35,83) 350m: 04:05,80 (00:36,02)   400m: 04:40,71 (00:34,91)					
5.	Dr. Barbara Gellrich (W)	1961/AK 60	Mainzer Schwimmverein 01	05:22,47	883	
	50m: 00:36,33 (00:36,33)   100m: 01:16,74 (00:40,41)   150m: 01:58,29 (00:41,55) 200m: 02:40,36 (00:42,07)   250m: 03:21,92 (00:41,56)   300m: 04:03,11 (00:41,19) 350m: 04:43,65 (00:40,54)   400m: 05:22,47 (00:38,82)					
6.	Dennis Tepfer (M)	2000/AK 20	SGS Hannover	04:17,07	849	
	50m: 00:28,69 (00:28,69)   100m: 01:00,67 (00:31,98)   150m: 01:33,13 (00:32,46) 200m: 02:06,05 (00:32,92)   250m: 02:38,52 (00:32,47)   300m: 03:11,45 (00:32,93) 350m: 03:44,40 (00:32,95)   400m: 04:17,07 (00:32,67)					
7.	Sabine Zimmermann (W)	1986/AK 35	SG Bayer	04:43,41	846	
	50m: 00:32,36 (00:32,36)   100m: 01:08,28 (00:35,92)   150m: 01:44,10 (00:35,82) 200m: 02:20,03 (00:35,93)   250m: 02:56,11 (00:36,08)   300m: 03:32,30 (00:36,19) 350m: 04:08,22 (00:35,92)   400m: 04:43,41 (00:35,19)					
8.	Jens Rüthemann (M)	1974/AK 50	Waspo Nordhorn	04:28,87	831	
	50m: 00:31,21 (00:31,21)   100m: 01:04,85 (00:33,64)   150m: 01:39,22 (00:34,37) 200m: 02:13,86 (00:34,64)   250m: 02:48,31 (00:34,45)   300m: 03:22,63 (00:34,32) 350m: 03:56,67 (00:34,04)   400m: 04:28,87 (00:32,20)					
9.	Sara Gäbler (W)	1997/AK 25	SG TSG HB10 Bremen	04:40,76	824	
	50m: 00:32,52 (00:32,52)   100m: 01:07,63 (00:35,11)   150m: 01:43,36 (00:35,73) 200m: 02:18,73 (00:35,37)   250m: 02:54,44 (00:35,71)   300m: 03:30,40 (00:35,96) 350m: 04:06,05 (00:35,65)   400m: 04:40,76 (00:34,71)					
10.	Henriette Grassmann (W)	1988/AK 35	Zehlendorfer TSV von 1888	04:48,09	806	
	50m: 00:32,31 (00:32,31)   100m: 01:07,79 (00:35,48)   150m: 01:43,92 (00:36,13) 200m: 02:20,43 (00:36,51)   250m: 02:57,30 (00:36,87)   300m: 03:34,70 (00:37,40) 350m: 04:11,93 (00:37,23)   400m: 04:48,09 (00:36,16)					
11.	Jan Mehrholz (M)	1974/AK 50	USV TU Dresden	04:34,12	785	
	50m: 00:29,58 (00:29,58)   100m: 01:03,91 (00:34,33)   150m: 01:38,79 (00:34,88) 200m: 02:14,21 (00:35,42)   250m: 02:49,77 (00:35,56)   300m: 03:25,65 (00:35,88) 350m: 03:58,65 (00:33,00)   400m: 04:34,12 (00:35,47)					
12.	Carl Louis Schwarz (M)	1995/AK 25	Potsdamer SV	04:25,18	762	
	50m: 00:30,30 (00:30,30)   100m: 01:03,11 (00:32,81)   150m: 01:36,21 (00:33,10) 200m: 02:09,97 (00:33,76)   250m: 02:43,87 (00:33,90)   300m: 03:18,00 (00:34,13) 350m: 03:52,01 (00:34,01)   400m: 04:25,18 (00:33,17)					

**noch Wettkampf 23 - 400m Freistil****noch Offene Wertung**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Masters
13.	Reinhard Pauls (M)	1954/AK 70	SG Schöneberg, Berlin	05:52,37	758
	50m: 00:38,75 (00:38,75)   100m: 01:22,26 (00:43,51)   150m: 02:07,29 (00:45,03) 200m: 02:52,32 (00:45,03)   250m: 03:37,91 (00:45,59)   300m: 04:22,75 (00:44,84) 350m: 05:08,05 (00:45,30)   400m: 05:52,37 (00:44,32)				
14.	Benedikt Waechter (M)	2003/AK 20	SSG Neptun Germering	04:29,16	740
	50m: 00:29,21 (00:29,21)   100m: 01:02,73 (00:33,52)   150m: 01:37,06 (00:34,33) 200m: 02:11,94 (00:34,88)   250m: 02:46,59 (00:34,65)   300m: 03:21,48 (00:34,89) 350m: 03:55,98 (00:34,50)   400m: 04:29,16 (00:33,18)				
15.	Joachim Hintze (M)	1942/AK 80	SG Neukölln Berlin	06:39,12	735
	50m: 00:45,70 (00:45,70)   100m: 01:37,36 (00:51,66)   150m: 02:29,64 (00:52,28) 200m: 03:21,86 (00:52,22)   250m: 04:12,08 (00:50,22)   300m: 05:02,32 (00:50,24) 350m: 05:51,56 (00:49,24)   400m: 06:39,12 (00:47,56)				
16.	Silvia Wiltzsch (W)	1977/AK 45	SG Heddesheim	05:14,83	732
	50m: 00:35,64 (00:35,64)   100m: 01:14,50 (00:38,86)   150m: 01:54,44 (00:39,94) 200m: 02:34,65 (00:40,21)   250m: 03:14,71 (00:40,06)   300m: 03:55,80 (00:41,09) 350m: 04:36,20 (00:40,40)   400m: 05:14,83 (00:38,63)				
17.	Andrea Streichan (W)	1971/AK 50	BSC Robben	05:22,86	697
	50m: 00:37,55 (00:37,55)   100m: 01:18,43 (00:40,88)   150m: 02:00,07 (00:41,64) 200m: 02:41,36 (00:41,29)   250m: 03:22,92 (00:41,56)   300m: 04:03,85 (00:40,93) 350m: 04:44,33 (00:40,48)   400m: 05:22,86 (00:38,53)				
18.	Matthias Hövener (M)	1990/AK 30	SG Lünen	04:31,52	692
	50m: 00:30,64 (00:30,64)   100m: 01:04,08 (00:33,44)   150m: 01:38,52 (00:34,44) 200m: 02:13,40 (00:34,88)   250m: 02:48,12 (00:34,72)   300m: 03:22,84 (00:34,72) 350m: 03:57,59 (00:34,75)   400m: 04:31,52 (00:33,93)				
19.	Hartmut Anneken (M)	1968/AK 55	TSV Quakenbrück	05:09,05	665
	50m: 00:35,04 (00:35,04)   100m: 01:13,15 (00:38,11)   150m: 01:52,44 (00:39,29) 200m: 02:32,17 (00:39,73)   250m: 03:11,91 (00:39,74)   300m: 03:51,70 (00:39,79) 350m: 04:30,97 (00:39,27)   400m: 05:09,05 (00:38,08)				
20.	Miguel Alcalde (M)	1976/AK 45	SG Stadtwerke München	04:42,70	658
	50m: 00:32,42 (00:32,42)   100m: 01:07,39 (00:34,97)   150m: 01:42,86 (00:35,47) 200m: 02:19,01 (00:36,15)   250m: 02:55,37 (00:36,36)   300m: 03:31,91 (00:36,54) 350m: 04:08,33 (00:36,42)   400m: 04:42,70 (00:34,37)				
21.	Alexander Bergenthal (M)	1980/AK 40	SG Schwimmen Münster	04:39,52	638
	50m: 00:30,84 (00:30,84)   100m: 01:05,40 (00:34,56)   150m: 01:41,17 (00:35,77) 200m: 02:17,54 (00:36,37)   250m: 02:53,90 (00:36,36)   300m: 03:29,93 (00:36,03) 350m: 04:05,37 (00:35,44)   400m: 04:39,52 (00:34,15)				
22.	Lisa Starck (W)	1991/AK 30	Hamburger SC	05:14,43	629
	50m: 00:35,34 (00:35,34)   100m: 01:14,69 (00:39,35)   150m: 01:54,63 (00:39,94) 200m: 02:34,90 (00:40,27)   250m: 03:15,56 (00:40,66)   300m: 03:55,90 (00:40,34) 350m: 04:36,10 (00:40,20)   400m: 05:14,43 (00:38,33)				
23.	David Kandler (M)	1996/AK 25	SC Regensburg	04:44,36	618
	50m: 00:31,49 (00:31,49)   100m: 01:07,27 (00:35,78)   150m: 01:43,09 (00:35,82) 200m: 02:18,75 (00:35,66)   250m: 02:54,79 (00:36,04)   300m: 03:31,30 (00:36,51) 350m: 04:06,90 (00:35,60)   400m: 04:44,36 (00:37,46)				
24.	Maximilian Helmich (M)	1999/AK 25	SGS Hamburg	04:46,07	607
	50m: 00:30,91 (00:30,91)   100m: 01:05,50 (00:34,59)   150m: 01:41,07 (00:35,57) 200m: 02:17,52 (00:36,45)   250m: 02:54,44 (00:36,92)   300m: 03:31,03 (00:36,59) 350m: 04:09,03 (00:38,00)   400m: 04:46,07 (00:37,04)				

**Zwischenstand nach Wettkampf 23**

<b>Platz</b>	<b>Mannschaft</b>	<b>Punkte</b>
1.	SCW Eschborn	20914
2.	Berliner TSC	20161
3.	USV TU Dresden	19796
4.	SG Neukölln Berlin	19372
5.	SGS Hannover	18837
6.	SG Bayer	18716
7.	Waspo Nordhorn	18617
8.	SSG Neptun Germering	18292
9.	Potsdamer SV	18128
10.	SG Schöneberg, Berlin	18007
11.	SG Stadtwerke München	17404
12.	SC Regensburg	17061
13.	BSC Robben	17022
14.	SG Heddesheim	16917
15.	SG TSG HB10 Bremen	16880
16.	WSV Speyer	16695
17.	TSV Quakenbrück	16587
18.	Mainzer Schwimmverein 01	16211
19.	SSV Leutzsch	16185
20.	SG Lünen	15804
21.	SGS Hamburg	15728
22.	Hamburger SC	15631
23.	SG Schwimmen Münster	15020
24.	Zehlendorfer TSV von 1888	14951