

27. Elmshorner Swim-Cup
Elmshorn, 22. - 23.1.2011

Wettkampf 9
22.01.2011

Männer, 400m Freistil

Jahrgang 2002 und älter
Protokoll

Punkte: DSV 2009

Rang	Jg.	Zeit	Pkt.	100m	200m	300m	400m		
Jahrgang 1994 und älter									
1.	Rob Muffels	94	Swim-Team Elmshorn	4:07.26	705	58.47	1:03.13	1:03.53	1:02.13
	50m:		150m:	250m:		350m:			
	100m: 58.47		200m: 2:01.60	300m: 3:05.13		400m: 4:07.26			
2.	Hendrik Rijkens	93	Swim-Team Elmshorn	4:16.14	634	1:01.47	1:05.57	1:04.96	1:04.14
	50m:		150m:	250m:		350m:			
	100m: 1:01.47		200m: 2:07.04	300m: 3:12.00		400m: 4:16.14			
3.	Clemens Kaiser	93	Swim-Team Elmshorn	4:19.92	607	1:01.57	1:06.43	1:06.40	1:05.52
	50m:		150m:	250m:		350m:			
	100m: 1:01.57		200m: 2:08.00	300m: 3:14.40		400m: 4:19.92			
4.	Justus Tilly	94	Swim-Team Elmshorn	4:31.02	535	1:04.41	1:08.93	1:09.79	1:07.89
	50m:		150m:	250m:		350m:			
	100m: 1:04.41		200m: 2:13.34	300m: 3:23.13		400m: 4:31.02			
5.	Christopher Mundt	93	FC Voran e.V. Ohe von 1949	4:45.49	458	1:04.21	1:13.67	1:15.05	1:12.56
	50m:		150m:	250m:		350m:			
	100m: 1:04.21		200m: 2:17.88	300m: 3:32.93		400m: 4:45.49			
6.	Thorge Gödicke	94	FC Voran e.V. Ohe von 1949	4:51.66	429	1:08.53	1:14.74	1:15.07	1:13.32
	50m:		150m:	250m:		350m:			
	100m: 1:08.53		200m: 2:23.27	300m: 3:38.34		400m: 4:51.66			
7.	Paul-Georg Hild	94	FC Voran e.V. Ohe von 1949	5:03.32	381	1:10.28	1:19.79	1:19.71	1:13.54
	50m:		150m:	250m:		350m:			
	100m: 1:10.28		200m: 2:30.07	300m: 3:49.78		400m: 5:03.32			
8.	Marius Bornholdt	94	Barmstedter MTV	6:09.56	211	1:17.64	1:34.09	1:36.11	1:41.72
	50m:		150m:	250m:		350m:			
	100m: 1:17.64		200m: 2:51.73	300m: 4:27.84		400m: 6:09.56			
Jahrgänge 2001 - 2002									
1.	Florian Derdak	01	Swim-Team Elmshorn	5:38.84	274	1:20.75	1:26.42	1:28.23	1:23.44
	50m:		150m:	250m:		350m:			
	100m: 1:20.75		200m: 2:47.17	300m: 4:15.40		400m: 5:38.84			
Jahrgänge 1999 - 2000									
1.	Erik Tropp	99	Swim-Team Elmshorn	5:13.38	346	1:12.40	1:18.88	1:21.68	1:20.42
	50m:		150m:	250m:		350m:			
	100m: 1:12.40		200m: 2:31.28	300m: 3:52.96		400m: 5:13.38			
2.	Fynn Welsch	99	Swim-Team Elmshorn	5:28.96	299	1:18.11	1:24.33	1:26.07	1:20.45
	50m:		150m:	250m:		350m:			
	100m: 1:18.11		200m: 2:42.44	300m: 4:08.51		400m: 5:28.96			
3.	Kevin Ehlers	99	Swim-Team Elmshorn	5:56.78	234	1:23.20	1:32.39	1:34.18	1:27.01
	50m:		150m:	250m:		350m:			
	100m: 1:23.20		200m: 2:55.59	300m: 4:29.77		400m: 5:56.78			
4.	Finn Robin Dulisch	00	Swim-Team Elmshorn	6:10.58	209	1:29.74	1:34.86	1:35.41	1:30.57
	50m:		150m:	250m:		350m:			
	100m: 1:29.74		200m: 3:04.60	300m: 4:40.01		400m: 6:10.58			
5.	Siebo Vogel	00	Swim-Team Elmshorn	6:12.97	205	1:26.06	1:36.92	1:37.20	1:32.79
	50m:		150m:	250m:		350m:			
	100m: 1:26.06		200m: 3:02.98	300m: 4:40.18		400m: 6:12.97			
6.	Alexander Seidel	00	Swim-Team Elmshorn	6:46.31	158	1:35.21	1:45.02	1:46.63	1:39.45
	50m:		150m:	250m:		350m:			
	100m: 1:35.21		200m: 3:20.23	300m: 5:06.86		400m: 6:46.31			
7.	Thilo Stanek	00	Barmstedter MTV	9:05.26	65	1:59.73	2:24.67	2:21.80	2:19.06
	50m:		150m:	250m:		350m:			
	100m: 1:59.73		200m: 4:24.40	300m: 6:46.20		400m: 9:05.26			

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Jahrgänge 1997 - 1998

1. Daniel Kober	97	Swim-Team Elmshorn	4:25.14 571	1:03.31	1:07.30	1:07.86	1:06.67
50m:		150m:	250m:	350m:			
100m: 1:03.31		200m: 2:10.61	300m: 3:18.47	400m: 4:25.14			
2. Thore Bermel	98	Swim-Team Elmshorn	4:53.34 422	1:07.62	1:15.45	1:16.16	1:14.11
50m:		150m:	250m:	350m:			
100m: 1:07.62		200m: 2:23.07	300m: 3:39.23	400m: 4:53.34			
3. Yannick Kaczynski	97	Swim-Team Elmshorn	5:08.17 364	1:12.25	1:17.21	1:19.75	1:18.96
50m:		150m:	250m:	350m:			
100m: 1:12.25		200m: 2:29.46	300m: 3:49.21	400m: 5:08.17			
4. Jonas Max Rade	97	Swim-Team Elmshorn	5:34.41 285	1:16.36	1:26.13	1:26.92	1:25.00
50m:		150m:	250m:	350m:			
100m: 1:16.36		200m: 2:42.49	300m: 4:09.41	400m: 5:34.41			
5. Bjarne Thoms	98	Swim-Team Elmshorn	5:50.55 247	1:21.60	1:32.05	1:32.95	1:23.95
50m:		150m:	250m:	350m:			
100m: 1:21.60		200m: 2:53.65	300m: 4:26.60	400m: 5:50.55			
6. Philipp Drews	97	Swim-Team Elmshorn	5:53.84 240	1:19.89	1:30.75	1:34.04	1:29.16
50m:		150m:	250m:	350m:			
100m: 1:19.89		200m: 2:50.64	300m: 4:24.68	400m: 5:53.84			

Jahrgänge 1995 - 1996

1. Christian Kober	95	Swim-Team Elmshorn	4:31.96 529	1:05.32	1:09.49	1:09.90	1:07.25
50m:		150m:	250m:	350m:			
100m: 1:05.32		200m: 2:14.81	300m: 3:24.71	400m: 4:31.96			
2. Benjamin Wolf	96	Swim-Team Elmshorn	4:54.04 419	1:09.71	1:14.84	1:16.10	1:13.39
50m:		150m:	250m:	350m:			
100m: 1:09.71		200m: 2:24.55	300m: 3:40.65	400m: 4:54.04			
3. Alexander Mundt	95	FC Voran e.V. Ohe von 1949	4:59.56 396	1:10.81	1:16.80	1:16.86	1:15.09
50m:		150m:	250m:	350m:			
100m: 1:10.81		200m: 2:27.61	300m: 3:44.47	400m: 4:59.56			
4. Markus Tropp	96	Swim-Team Elmshorn	5:03.72 380	1:10.41	1:18.23	1:18.74	1:16.34
50m:		150m:	250m:	350m:			
100m: 1:10.41		200m: 2:28.64	300m: 3:47.38	400m: 5:03.72			