

Wettkampf 20 - 400m Freistil männlich**Jahrgang 2013**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1.	Lars Grochowski	2013	OSC Bremerhaven 1972	05:55,93
50m: 00:40,73 (00:40,73) 100m: 01:26,88 (00:46,15) 150m: 02:13,36 (00:46,48)				
200m: 02:59,80 (00:46,44) 250m: 03:44,91 (00:45,11) 300m: 04:30,09 (00:45,18)				
350m: 05:14,51 (00:44,42) 400m: 05:55,93 (00:41,42)				

Jahrgang 2011/2012

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1.	Tjark Meiners	2012	Polizei SV Oldenburg	04:40,29
50m: 00:31,26 (00:31,26) 100m: 01:06,02 (00:34,76) 150m: 01:41,14 (00:35,12)				
200m: 02:16,58 (00:35,44) 250m: 02:52,65 (00:36,07) 300m: 03:29,28 (00:36,63)				
350m: 04:05,02 (00:35,74) 400m: 04:40,29 (00:35,27)				
2.	Michael Linke	2011	SC Coesfeld	06:09,78
50m: 00:37,45 (00:37,45) 100m: 01:20,62 (00:43,17) 150m: 02:07,61 (00:46,99)				
200m: 02:55,65 (00:48,04) 250m: 03:44,67 (00:49,02) 300m: 04:34,14 (00:49,47)				
350m: 05:23,23 (00:49,09) 400m: 06:09,78 (00:46,55)				