

Wettkampf 16 - 400 m Freistil männlich**Jahrgang 2015**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Romkes, Joep 100m: 01:29,36 (01:29,36) 200m: 03:10,16 (01:40,80) 300m: 04:51,44 (01:41,28) 400m: 06:28,95 (01:37,51)	2015	Dedemsvaart-AC	06:28,95	181	
2.	Plettau, Finn 100m: 01:33,44 (01:33,44) 200m: 03:14,90 (01:41,46) 300m: 04:58,48 (01:43,58) 400m: 06:30,64 (01:32,16)	2015	SG Oberhausen	06:30,64	178	

Jahrgang 2014

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Harms, Bas 100m: 01:20,54 (01:20,54) 200m: 02:51,13 (01:30,59) 300m: 04:17,60 (01:26,47) 400m: 05:48,23 (01:30,63)	2014	Dedemsvaart-AC	05:48,23	252	
2.	Adams, Jan 100m: 01:23,56 (01:23,56) 200m: 02:56,97 (01:33,41) 300m: 04:32,17 (01:35,20) 400m: 06:03,96 (01:31,79)	2014	SG Oberhausen	06:03,96	221	
3.	Regtering, Tim 100m: 01:30,73 (01:30,73) 200m: 03:10,44 (01:39,71) 300m: 04:49,65 (01:39,21) 400m: 06:24,73 (01:35,08)	2014	ENC Arnhem	06:24,73	187	
4.	Knack, Elias 100m: 01:31,07 (01:31,07) 200m: 03:14,32 (01:43,25) 300m: 04:59,07 (01:44,75) 400m: 06:37,45 (01:38,38)	2014	SG Oberhausen	06:37,45	169	
5.	Mersch, Jonathan 100m: 01:30,27 (01:30,27) 200m: 03:15,96 (01:45,69) 300m: 04:59,92 (01:43,96) 400m: 06:43,40 (01:43,48)	2014	SG Oberhausen	06:43,40	162	
6.	Wolkotte, Dex 100m: 01:37,08 (01:37,08) 200m: 03:28,39 (01:51,31) 300m: 05:26,40 (01:58,01) 400m: 07:08,56 (01:42,16)	2014	De Dinkel Denekamp	07:08,56	135	

Jahrgang 2013

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Meijers, Floris 100m: 01:17,24 (01:17,24) 200m: 02:41,92 (01:24,68) 300m: 04:06,66 (01:24,74) 400m: 05:26,78 (01:20,12)	2013	SWOL 1894	05:26,78	305	
2.	de Jonge, Jurre 100m: 01:21,29 (01:21,29) 200m: 02:54,37 (01:33,08) 300m: 04:27,98 (01:33,61) 400m: 05:57,39 (01:29,41)	2013	De Grunte	05:57,39	233	
3.	Nattmann, Milo 100m: 01:24,46 (01:24,46) 200m: 03:00,14 (01:35,68) 300m: 04:36,94 (01:36,80) 400m: 06:02,13 (01:25,19)	2013	SG Oberhausen	06:02,13	224	
4.	Vaneker, Yari 100m: 01:25,93 (01:25,93) 200m: 03:03,26 (01:37,33) 300m: 04:41,80 (01:38,54) 400m: 06:13,10 (01:31,30)	2013	SG - E Z C L	06:13,10	205	
5.	van Bergen, Lars 100m: 01:32,16 (01:32,16) 200m: 03:16,58 (01:44,42) 300m: 05:00,71 (01:44,13) 400m: 06:40,56 (01:39,85)	2013	BZ & PC	06:40,56	165	
6.	Sig, Elias Niels Ransborg 100m: 01:33,54 (01:33,54) 200m: 03:18,80 (01:45,26) 300m: 05:04,26 (01:45,46) 400m: 06:46,54 (01:42,28)	2013	Ringe Svømme Klub	06:46,54	158	
7.	van der Wal, Florian 100m: 01:33,79 (01:33,79) 200m: 03:20,41 (01:46,62) 300m: 05:10,61 (01:50,20) 400m: 06:57,07 (01:46,46)	2013	ZPC Bubble	06:57,07	146	
8.	Nijmeijer, Hugo 100m: 01:37,17 (01:37,17) 200m: 03:27,61 (01:50,44) 300m: 05:20,08 (01:52,47) 400m: 07:03,56 (01:43,48)	2013	De Dinkel Denekamp	07:03,56	140	

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Slagers, Tim 100m: 01:14,76 (01:14,76) 200m: 02:30,27 (01:15,51) 300m: 03:52,08 (01:21,81) 400m: 05:11,14 (01:19,06)	2012	Aquapoldro	05:11,14	353	
2.	von Depka, Jörn 100m: 01:12,03 (01:12,03) 200m: 02:33,49 (01:21,46) 300m: 03:57,02 (01:23,53) 400m: 05:14,15 (01:17,13)	2012	SG Sendenhorst	05:14,15	343	
3.	Thül, Lars 100m: 01:31,38 (01:31,38) 200m: 02:38,23 (01:06,85) 300m: 03:54,18 (01:15,95) 400m: 05:26,50 (01:32,32)	2012	SWOL 1894	05:26,50	306	
4.	Rewinkel, Siem 100m: 01:17,12 (01:17,12) 200m: 02:45,60 (01:28,48) 300m: 04:15,41 (01:29,81) 400m: 05:38,28 (01:22,87)	2012	Z & PV de Veene	05:38,28	275	
5.	Moebius, Leander 100m: 01:19,95 (01:19,95) 200m: 02:49,64 (01:29,69) 300m: 04:20,00 (01:30,36) 400m: 05:45,04 (01:25,04)	2012	Waspo Nordhorn	05:45,04	259	
6.	Stracke, Leo 100m: 01:21,58 (01:21,58) 200m: 02:50,23 (01:28,65) 300m: 04:23,41 (01:33,18) 400m: 05:52,69 (01:29,28)	2012	SV Plettenberg 1951 e.V.	05:52,69	242	
7.	Bruin, Thiemo 100m: 01:23,46 (01:23,46) 200m: 02:55,27 (01:31,81) 300m: 04:27,15 (01:31,88) 400m: 05:55,01 (01:27,86)	2012	SWOL 1894	05:55,01	238	
8.	Ferweda, Ward 100m: 01:22,20 (01:22,20) 200m: 02:57,10 (01:34,90) 300m: 04:36,02 (01:38,92) 400m: 06:11,86 (01:35,84)	2012	Aquapoldro	06:11,86	207	
9.	van der Voort, Mart 100m: 01:28,32 (01:28,32) 200m: 03:05,38 (01:37,06) 300m: 04:41,20 (01:35,82) 400m: 06:20,14 (01:38,94)	2012	WS Twente	06:20,14	194	
10.	Timmer, Jarno 100m: 01:33,83 (01:33,83) 200m: 03:24,76 (01:50,93) 300m: 05:17,17 (01:52,41) 400m: 07:03,61 (01:46,44)	2012	WS Twente	07:03,61	140	
11.	Groeneveld, Siem 100m: 01:44,40 (01:44,40) 200m: 03:39,92 (01:55,52) 300m: 05:36,69 (01:56,77) 400m: 07:28,19 (01:51,50)	2012	De Dinkel Denekamp	07:28,19	118	

Jahrgang 2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Overmars, Daan 100m: 01:05,70 (01:05,70) 200m: 02:21,39 (01:15,69) 300m: 03:38,42 (01:17,03) 400m: 04:53,92 (01:15,50)	2011	O Z & P C	04:53,92	419	
2.	Nijhuis, Stan 100m: 01:09,67 (01:09,67) 200m: 02:25,57 (01:15,90) 300m: 03:41,58 (01:16,01) 400m: 04:55,58 (01:14,00)	2011	O Z & P C	04:55,58	412	
3.	Töpling, Lasse 100m: 01:09,62 (01:09,62) 200m: 02:25,98 (01:16,36) 300m: 03:44,23 (01:18,25) 400m: 04:59,86 (01:15,63)	2011	Schwimmverein Haltern	04:59,86	395	
4.	van Kints, Thijs 100m: 01:09,40 (01:09,40) 200m: 02:28,31 (01:18,91) 300m: 03:48,15 (01:19,84) 400m: 05:05,97 (01:17,82)	2011	BZ & PC	05:05,97	372	
5.	van den Berg, Milan 100m: 01:16,47 (01:16,47) 200m: 02:41,08 (01:24,61) 300m: 04:06,85 (01:25,77) 400m: 05:31,46 (01:24,61)	2011	SWOL 1894	05:31,46	292	
6.	Horselenberg, Jarno 100m: 01:13,63 (01:13,63) 200m: 02:38,67 (01:25,04) 300m: 04:07,31 (01:28,64) 400m: 05:35,10 (01:27,79)	2011	TuS Neuenhaus	05:35,10	283	
7.	de Jonge, Hidde 100m: 01:19,20 (01:19,20) 200m: 02:48,06 (01:28,86) 300m: 04:15,77 (01:27,71) 400m: 05:38,73 (01:22,96)	2011	De Grunte	05:38,73	274	

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
8.	Ruitenberg, Rick 100m: 01:29,02 (01:29,02) 200m: 03:08,53 (01:39,51) 300m: 04:49,17 (01:40,64) 400m: 06:20,14 (01:30,97)	2011	Hera '11	06:20,14	194	
9.	Göltzer, Ben-Luka 100m: 01:33,99 (01:33,99) 200m: 03:30,12 (01:56,13) 300m: 05:27,66 (01:57,54) 400m: 07:18,12 (01:50,46)	2011	SSF Hamborn 07/38 e.V.	07:18,12	126	

Jahrgang 2010

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Meijers, Tristan 100m: 01:07,06 (01:07,06) 200m: 02:20,77 (01:13,71) 300m: 03:32,73 (01:11,96) 400m: 04:44,23 (01:11,50)	2010	SWOL 1894	04:44,23	464	
2.	Germers, Kick 100m: 01:09,24 (01:09,24) 200m: 02:25,47 (01:16,23) 300m: 03:42,45 (01:16,98) 400m: 04:56,67 (01:14,22)	2010	SWOL 1894	04:56,67	408	
3.	Holterman, Thijmen 100m: 01:08,08 (01:08,08) 200m: 02:25,76 (01:17,68) 300m: 03:46,00 (01:20,24) 400m: 04:58,01 (01:12,01)	2010	ZPC De Hof	04:58,01	402	
4.	Schulz, Jasper 100m: 01:10,17 (01:10,17) 200m: 02:29,72 (01:19,55) 300m: 03:51,28 (01:21,56) 400m: 05:10,17 (01:18,89)	2010	SG Oberhausen	05:10,17	357	
5.	Jolink, Jesse 100m: 01:12,10 (01:12,10) 200m: 02:33,02 (01:20,92) 300m: 03:56,26 (01:23,24) 400m: 05:16,70 (01:20,44)	2010	ENC Arnhem	05:16,70	335	
6.	Möller, Connor 100m: 01:15,76 (01:15,76) 200m: 02:41,94 (01:26,18) 300m: 04:09,26 (01:27,32) 400m: 05:31,60 (01:22,34)	2010	BV Essen	05:31,60	292	
7.	van Dijken, Jens 100m: 01:14,54 (01:14,54) 200m: 02:41,28 (01:26,74) 300m: 04:08,85 (01:27,57) 400m: 05:31,76 (01:22,91)	2010	ZV Azuro	05:31,76	291	
8.	ten Haaff, Mikai 100m: 01:23,66 (01:23,66) 200m: 03:01,12 (01:37,46) 300m: 04:40,23 (01:39,11) 400m: 06:10,09 (01:29,86)	2010	ZPC Livo	06:10,09	210	
9.	ter Braak, Guus 100m: 01:22,27 (01:22,27) 200m: 03:01,14 (01:38,87) 300m: 04:41,04 (01:39,90) 400m: 06:14,02 (01:32,98)	2010	De Dinkel Denekamp	06:14,02	203	
10.	van Faassen, Mies 100m: 01:47,48 (01:47,48) 200m: 03:51,58 (02:04,10) 300m: 05:54,83 (02:03,25) 400m: 07:53,79 (01:58,96)	2010	Hera '11	07:53,79	100	
	<u>abgemeldet</u> Plankert, Louis	2010	SG Oberhausen			

Jahrgang 2009

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Stamsnieder, Finn 100m: 01:03,98 (01:03,98) 200m: 02:14,14 (01:10,16) 300m: 03:24,94 (01:10,80) 400m: 04:35,81 (01:10,87)	2009	O Z & P C	04:35,81	507	
2.	van Duinen, Guus 100m: 01:04,95 (01:04,95) 200m: 02:18,64 (01:13,69) 300m: 03:35,10 (01:16,46) 400m: 04:49,14 (01:14,04)	2009	Dedemsvaart-AC	04:49,14	440	
3.	van der Stege, Roan 100m: 01:08,72 (01:08,72) 200m: 02:22,60 (01:13,88) 300m: 03:37,82 (01:15,22) 400m: 04:52,90 (01:15,08)	2009	SWOL 1894	04:52,90	424	
4.	Löcken, Jannes 100m: 01:05,91 (01:05,91) 200m: 02:20,82 (01:14,91) 300m: 03:40,35 (01:19,53) 400m: 04:58,94 (01:18,59)	2009	Waspo Nordhorn	04:58,94	398	

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
5.	Zuurman, Rick 100m: 01:13,23 (01:13,23) 200m: 02:31,13 (01:17,90) 300m: 03:50,16 (01:19,03) 400m: 05:06,95 (01:16,79)	2009	ZPC Hoogeveen	05:06,95	368	
6.	de Jonge, Rinse 100m: 01:11,15 (01:11,15) 200m: 02:30,25 (01:19,10) 300m: 03:51,96 (01:21,71) 400m: 05:08,82 (01:16,86)	2009	De Grunte	05:08,82	361	
7.	Eijkelkamp, Robbin 100m: 01:11,78 (01:11,78) 200m: 02:33,47 (01:21,69) 300m: 03:53,86 (01:20,39) 400m: 05:10,80 (01:16,94)	2009	ZPC De Hof	05:10,80	355	
8.	Strötter, Max 100m: 01:12,41 (01:12,41) 200m: 02:32,85 (01:20,44) 300m: 03:54,42 (01:21,57) 400m: 05:14,67 (01:20,25)	2009	Waspo Nordhorn	05:14,67	342	
9.	Steitz, Mark 100m: 01:09,04 (01:09,04) 200m: 02:30,08 (01:21,04) 300m: 03:54,71 (01:24,63) 400m: 05:15,00 (01:20,29)	2009	SG Sendenhorst	05:15,00	340	
10.	Ruven, Jesper 100m: 01:19,89 (01:19,89) 200m: 02:49,92 (01:30,03) 300m: 04:19,73 (01:29,81) 400m: 05:41,56 (01:21,83)	2009	BZ & PC	05:41,56	267	

Jahrgang 2008

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	P.Pkt
1.	Keuper, Sven 100m: 01:03,73 (01:03,73) 200m: 02:16,83 (01:13,10) 300m: 03:28,66 (01:11,83) 400m: 04:37,01 (01:08,35)	2008	ZPC De Hof	04:37,01	501	
2.	Schubert, Tim 100m: 01:07,45 (01:07,45) 200m: 02:23,36 (01:15,91) 300m: 03:42,10 (01:18,74) 400m: 05:00,51 (01:18,41)	2008	SV Plettenberg 1951 e.V.	05:00,51	392	

Junioren

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA	
1.	Strötter, Ben 100m: 01:05,29 (01:05,29) 200m: 02:17,20 (01:11,91) 300m: 03:30,34 (01:13,14) 400m: 04:45,36 (01:15,02)	2007	Waspo Nordhorn	04:45,36	458	
2.	Bielitzki, Hendrik 100m: 01:04,02 (01:04,02) 200m: 02:17,83 (01:13,81) 300m: 03:34,38 (01:16,55) 400m: 04:48,68 (01:14,30)	2007	SG Oberhausen	04:48,68	443	
3.	Kroeze, Wout 100m: 01:05,83 (01:05,83) 200m: 02:21,75 (01:15,92) 300m: 03:40,23 (01:18,48) 400m: 04:54,65 (01:14,42)	2006	ZV Azuro	04:54,65	416	
4.	Berckenkamp, Sem 100m: 01:08,05 (01:08,05) 200m: 02:27,77 (01:19,72) 300m: 03:49,20 (01:21,43) 400m: 05:06,07 (01:16,87)	2006	GZC DONK	05:06,07	371	
5.	Bult, Arnoud 100m: 01:08,43 (01:08,43) 200m: 02:25,08 (01:16,65) 300m: 03:45,61 (01:20,53) 400m: 05:06,18 (01:20,57)	2007	De Dinkel Denekamp	05:06,18	371	
6.	Bakker, Pepijn 100m: 01:11,10 (01:11,10) 200m: 02:37,59 (01:26,49) 300m: 04:07,95 (01:30,36) 400m: 05:32,75 (01:24,80)	2007	ZPC Hoogeveen	05:32,75	289	
7.	Wierbos, Robin 100m: 01:14,25 (01:14,25) 200m: 02:42,66 (01:28,41) 300m: 04:12,99 (01:30,33) 400m: 05:35,97 (01:22,98)	2006	ZPC Hoogeveen	05:35,97	281	
8.	Meier, Leiness-Christoph 100m: 01:14,12 (01:14,12) 200m: 02:46,33 (01:32,21) 300m: 04:23,58 (01:37,25) 400m: 05:59,95 (01:36,37)	2007	SSF Hamborn 07/38 e.V.	05:59,95	228	

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Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Schel, Mike 100m: 01:05,48 (01:05,48) 200m: 02:16,48 (01:11,00) 300m: 03:27,64 (01:11,16) 400m: 04:34,98 (01:07,34)	1994	ENC Arnhem	04:34,98	512
2.	Rüthemann, Jens 100m: 01:06,42 (01:06,42) 200m: 02:16,64 (01:10,22) 300m: 03:26,89 (01:10,25) 400m: 04:35,33 (01:08,44)	1974	Waspo Nordhorn	04:35,33	510
3.	Lucas, Kevin 100m: 01:05,15 (01:05,15) 200m: 02:16,72 (01:11,57) 300m: 03:29,20 (01:12,48) 400m: 04:37,53 (01:08,33)	2003	De Dinkel Denekamp	04:37,53	498
4.	zum Grotenhoff, Jens 100m: 01:04,14 (01:04,14) 200m: 02:16,35 (01:12,21) 300m: 03:30,64 (01:14,29) 400m: 04:45,39 (01:14,75)	2002	O Z & P C	04:45,39	458
5.	Riepe, Yannick 100m: 01:09,64 (01:09,64) 200m: 03:23,30 (02:13,66) 300m: 03:35,56 (00:12,26) 400m: 04:49,24 (01:13,68)	2004	TSV Quakenbrück	04:49,24	440
6.	van Grol, Paul 100m: 01:06,63 (01:06,63) 200m: 02:21,89 (01:15,26) 300m: 03:38,83 (01:16,94) 400m: 04:53,74 (01:14,91)	1996	GZC DONK	04:53,74	420
7.	Schothans, Diederick 100m: 01:07,13 (01:07,13) 200m: 02:23,02 (01:15,89) 300m: 03:42,28 (01:19,26) 400m: 04:59,76 (01:17,48)	1997	ZV de Gelenberg	04:59,76	395
8.	Prins, Arjan 100m: 01:06,48 (01:06,48) 200m: 02:23,39 (01:16,91) 300m: 03:42,16 (01:18,77) 400m: 05:00,00 (01:17,84)	1982	Dedemsvaart-AC	05:00,00	394
9.	Pras, Erwin 100m: 01:08,23 (01:08,23) 200m: 02:25,59 (01:17,36) 300m: 03:44,86 (01:19,27) 400m: 05:02,34 (01:17,48)	1996	GZVW Winschoten	05:02,34	385
10.	Jurjens, Tycho 100m: 01:11,10 (01:11,10) 200m: 02:31,29 (01:20,19) 300m: 03:55,06 (01:23,77) 400m: 05:16,64 (01:21,58)	2001	De Berkelduikers	05:16,64	335
11.	Schmidt, Jan Lukas 100m: 01:11,02 (01:11,02) 200m: 02:32,90 (01:21,88) 300m: 03:57,40 (01:24,50) 400m: 05:22,20 (01:24,80)	2003	SV Plettenberg 1951 e.V.	05:22,20	318
12.	Anneken, Hartmut 100m: 01:17,73 (01:17,73) 200m: 02:40,00 (01:22,27) 300m: 04:03,01 (01:23,01) 400m: 05:24,58 (01:21,57)	1968	TSV Quakenbrück	05:24,58	311
13.	Besten, Sven 100m: 01:16,82 (01:16,82) 200m: 02:49,98 (01:33,16) 300m: 04:25,10 (01:35,12) 400m: 06:00,07 (01:34,97)	2003	Hera '11	06:00,07	228
14.	Wilens, Wout 100m: 01:20,75 (01:20,75) 200m: 02:53,55 (01:32,80) 300m: 04:29,15 (01:35,60) 400m: 06:01,67 (01:32,52)	2000	SG - E Z C L	06:01,67	225
15.	Vleugel, Justin 100m: 01:22,57 (01:22,57) 200m: 02:55,29 (01:32,72) 300m: 04:30,84 (01:35,55) 400m: 06:03,67 (01:32,83)	2001	ZPV Piranha	06:03,67	221
16.	Oosterkamp, Theo 100m: 01:24,48 (01:24,48) 200m: 03:00,58 (01:36,10) 300m: 04:38,33 (01:37,75) 400m: 06:12,78 (01:34,45)	1977	Aquapoldro	06:12,78	205
17.	Preußner, Rafael 100m: 01:19,78 (01:19,78) 200m: 03:00,35 (01:40,57) 300m: 04:44,55 (01:44,20) 400m: 06:24,32 (01:39,77)	2005	SSF Hamborn 07/38 e.V.	06:24,32	187

abgemeldet

Grendel, Marcel	1980	SG Oberhausen
Ottens, Jarno	2000	ZV Azuro