

Wettkampf 10 - 400m Freistil männlich**Jahrgang 2013**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1.	Louis Lingnau 100m: 01:12,51 (01:12,51) 200m: 02:31,54 (01:19,03) 300m: 03:51,38 (01:19,84) 400m: 05:08,36 (01:16,98)	2013	SG Bayer	05:08,36	4
2.	Ilia Basan 100m: 01:17,00 (01:17,00) 200m: 02:37,51 (01:20,51) 300m: 03:55,54 (01:18,03) 400m: 05:11,15 (01:15,61)	2013	SG Bayer	05:11,15	3
3.	Matthias Meyer 100m: 01:40,93 (01:40,93) 200m: 03:32,87 (01:51,94) 300m: 05:29,06 (01:56,19) 400m: 07:08,88 (01:39,82)	2013	1.Schwimmverein Walsum 1959 e.V.	07:08,88	
4.	Marlon Jang 100m: 01:40,45 (01:40,45) 200m: 03:32,71 (01:52,26) 300m: 05:28,21 (01:55,50) 400m: 07:08,97 (01:40,76)	2013	1.Schwimmverein Walsum 1959 e.V.	07:08,97	

Jahrgang 2012 und älter

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Rudolph
1.	Lars Rathofer 100m: 01:13,34 (01:13,34) 200m: 02:37,13 (01:23,79) 300m: 04:06,72 (01:29,59) 400m: 05:39,22 (01:32,50)	1996	1.Schwimmverein Walsum 1959 e.V.	05:39,22	