

Wettkampf 112 - 400m Freistil männlich, Masters

REK: 03:53,00 - Harms, Ole (SG Weser-Ems / Oldenburg) am 11.11.2006 in Baunatal

AK 20

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Masters
1. und Bezirksmeister	Yannick Riepe	2004/AK 20	TSV Quakenbrück	04:46,75	612
	50m: 00:32,39 (00:32,39) 100m: 01:08,41 (00:36,02) 150m: 01:44,50 (00:36,09) 200m: 02:21,39 (00:36,89) 250m: 02:57,37 (00:35,98) 300m: 03:33,99 (00:36,62) 350m: 04:10,93 (00:36,94) 400m: 04:46,75 (00:35,82)				

AK 55

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Masters
1. und Bezirksmeister	Heiko Boknecht	1968/AK 55	TSV Quakenbrück	04:56,32	754
	50m: 00:35,83 (00:35,83) 100m: 01:14,17 (00:38,34) 150m: 01:52,24 (00:38,07) 200m: 02:30,23 (00:37,99) 250m: 03:07,59 (00:37,36) 300m: 03:44,97 (00:37,38) 350m: 04:21,34 (00:36,37) 400m: 04:56,32 (00:34,98)				
2.	Hartmut Anneken	1968/AK 55	TSV Quakenbrück	05:11,96	646
	50m: 00:36,42 (00:36,42) 100m: 01:15,79 (00:39,37) 150m: 01:55,37 (00:39,58) 200m: 02:35,08 (00:39,71) 250m: 03:14,89 (00:39,81) 300m: 03:54,71 (00:39,82) 350m: 04:33,89 (00:39,18) 400m: 05:11,96 (00:38,07)				
3.	Olaf Amelsberg	1970/AK 55	Wilhelmshavener SSV	07:05,06	255
	50m: 00:42,54 (00:42,54) 100m: 01:32,52 (00:49,98) 150m: 02:26,56 (00:54,04) 200m: 03:22,09 (00:55,53) 250m: 04:18,74 (00:56,65) 300m: 05:14,88 (00:56,14) 350m: 06:10,61 (00:55,73) 400m: 07:05,06 (00:54,45)				

AK 70

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	Masters
1. und Bezirksmeister	Hartmut Lorenz	1955/AK 70	TSV Quakenbrück	06:25,42	579
	50m: 00:41,98 (00:41,98) 100m: 01:28,56 (00:46,58) 150m: 02:17,43 (00:48,87) 200m: 03:06,93 (00:49,50) 250m: 03:57,30 (00:50,37) 300m: 04:47,54 (00:50,24) 350m: 05:37,67 (00:50,13) 400m: 06:25,42 (00:47,75)				