

Wettkampf 7 - 400m Freistil männlich (Vorlauf)

DR: 03:32,77 - Biedermann, Paul (SV Halle/S.) am 14.11.2009 in Berlin (GER)

Jahrgang 2010/2011

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Christian Schubert	2010	Dresdner SC 1898	04:20,97	537
	50m: 00:28,82 (00:28,82) 100m: 01:01,15 (00:32,33) 150m: 01:34,28 (00:33,13) 200m: 02:07,12 (00:32,84) 250m: 02:40,73 (00:33,61) 300m: 03:15,06 (00:34,33) 350m: 03:48,69 (00:33,63) 400m: 04:20,97 (00:32,28)				
2.	Raphael Zesewitz	2010	Dresdner SC 1898	04:29,81	486
	50m: 00:30,10 (00:30,10) 100m: 01:04,19 (00:34,09) 150m: 01:38,62 (00:34,43) 200m: 02:13,28 (00:34,66) 250m: 02:48,03 (00:34,75) 300m: 03:22,64 (00:34,61) 350m: 03:56,81 (00:34,17) 400m: 04:29,81 (00:33,00)				
3.	Jannek Postel	2010	SC Chemnitz von 1892	04:42,68	423
	50m: 00:31,44 (00:31,44) 100m: 01:06,58 (00:35,14) 150m: 01:42,82 (00:36,24) 200m: 02:19,16 (00:36,34) 250m: 02:55,05 (00:35,89) 300m: 03:31,12 (00:36,07) 350m: 04:07,09 (00:35,97) 400m: 04:42,68 (00:35,59)				
4.	Tom Röser	2010	SSG Leipzig e.V.	05:01,99	347
	50m: 00:33,20 (00:33,20) 100m: 01:10,36 (00:37,16) 150m: 01:49,43 (00:39,07) 200m: 02:28,68 (00:39,25) 250m: 03:07,74 (00:39,06) 300m: 03:46,21 (00:38,47) 350m: 04:24,57 (00:38,36) 400m: 05:01,99 (00:37,42)				
5.	Moritz Engmann	2011	SC Chemnitz von 1892	05:02,24	346
	50m: 00:33,07 (00:33,07) 100m: 01:10,86 (00:37,79) 150m: 01:49,61 (00:38,75) 200m: 02:28,06 (00:38,45) 250m: 03:06,45 (00:38,39) 300m: 03:45,08 (00:38,63) 350m: 04:22,12 (00:37,04) 400m: 05:02,24 (00:40,12)				
6.	Hardy Frank	2011	SSG Leipzig e.V.	05:02,74	344
	50m: 00:33,18 (00:33,18) 100m: 01:11,14 (00:37,96) 150m: 01:49,13 (00:37,99) 200m: 02:27,83 (00:38,70) 250m: 03:06,26 (00:38,43) 300m: 03:44,51 (00:38,25) 350m: 04:21,94 (00:37,43) 400m: 05:02,74 (00:40,80)				
7.	Maximilian Gennerich	2011	Dresdner Delphine	05:03,31	342
	50m: 00:33,76 (00:33,76) 100m: 01:10,98 (00:37,22) 150m: 01:49,34 (00:38,36) 200m: 02:27,18 (00:37,84) 250m: 03:05,51 (00:38,33) 300m: 03:44,76 (00:39,25) 350m: 04:21,03 (00:36,27) 400m: 05:03,31 (00:42,28)				
8.	Patrick Dieckmann	2011	Dresdner Delphine	05:05,33	335
	50m: 00:34,70 (00:34,70) 100m: 01:12,82 (00:38,12) 150m: 01:51,38 (00:38,56) 200m: 02:30,24 (00:38,86) 250m: 03:09,29 (00:39,05) 300m: 03:48,45 (00:39,16) 350m: 04:27,02 (00:38,57) 400m: 05:05,33 (00:38,31)				
9.	Michl Köster	2011	SV Zwickau von 1904	05:09,88	321
	50m: 00:34,94 (00:34,94) 100m: 01:13,63 (00:38,69) 150m: 01:52,92 (00:39,29) 200m: 02:32,44 (00:39,52) 250m: 03:12,09 (00:39,65) 300m: 03:51,87 (00:39,78) 350m: 04:31,45 (00:39,58) 400m: 05:09,88 (00:38,43)				

nicht am Start

Paul Wehner 2011 SC Chemnitz von 1892

ENM

abgemeldet

Anton Böhme 2010 Dresdner Delphine

noch Wettkampf 7 - 400m Freistil männlich (Vorlauf)

Jugend

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Moritz Erkmann 50m: 00:28,31 (00:28,31) 100m: 00:59,35 (00:31,04) 150m: 01:29,98 (00:30,63) 200m: 02:03,33 (00:33,35) 250m: 02:34,90 (00:31,57) 300m: 03:06,22 (00:31,32) 350m: 03:37,05 (00:30,83) 400m: 04:07,51 (00:30,46)	2008	SC Chemnitz von 1892	04:07,51	630
2.	Mattheo Straßburger 50m: 00:29,19 (00:29,19) 100m: 01:00,86 (00:31,67) 150m: 01:32,69 (00:31,83) 200m: 02:04,57 (00:31,88) 250m: 02:36,80 (00:32,23) 300m: 03:08,94 (00:32,14) 350m: 03:40,30 (00:31,36) 400m: 04:11,66 (00:31,36)	2009	STV Limbach-Oberfrohna e.V.	04:11,66	599
3.	Lius Pepe Baumeister 50m: 00:28,92 (00:28,92) 100m: 00:59,89 (00:30,97) 150m: 01:31,41 (00:31,52) 200m: 02:03,73 (00:32,32) 250m: 02:35,88 (00:32,15) 300m: 03:08,17 (00:32,29) 350m: 03:40,72 (00:32,55) 400m: 04:12,82 (00:32,10)	2009	SSG Leipzig e.V.	04:12,82	591
4.	Christian Schubert 50m: 00:28,82 (00:28,82) 100m: 01:01,15 (00:32,33) 150m: 01:34,28 (00:33,13) 200m: 02:07,12 (00:32,84) 250m: 02:40,73 (00:33,61) 300m: 03:15,06 (00:34,33) 350m: 03:48,69 (00:33,63) 400m: 04:20,97 (00:32,28)	2010	Dresdner SC 1898	04:20,97	537
5.	Jonas Langner 50m: 00:29,47 (00:29,47) 100m: 01:01,90 (00:32,43) 150m: 01:35,41 (00:33,51) 200m: 02:09,06 (00:33,65) 250m: 02:42,98 (00:33,92) 300m: 03:16,99 (00:34,01) 350m: 03:51,09 (00:34,10) 400m: 04:23,79 (00:32,70)	2009	USV TU Dresden e.V.	04:23,79	520
6.	Emil Müller 50m: 00:29,59 (00:29,59) 100m: 01:02,19 (00:32,60) 150m: 01:36,04 (00:33,85) 200m: 02:10,27 (00:34,23) 250m: 02:44,58 (00:34,31) 300m: 03:18,79 (00:34,21) 350m: 03:52,99 (00:34,20) 400m: 04:26,35 (00:33,36)	2009	Dresdner Delphine	04:26,35	506
7.	Leonard Lehmann 50m: 00:29,61 (00:29,61) 100m: 01:02,50 (00:32,89) 150m: 01:36,13 (00:33,63) 200m: 02:10,30 (00:34,17) 250m: 02:45,01 (00:34,71) 300m: 03:19,83 (00:34,82) 350m: 03:54,97 (00:35,14) 400m: 04:29,19 (00:34,22)	2008	SSG Leipzig e.V.	04:29,19	490
8.	Raphael Zesewitz 50m: 00:30,10 (00:30,10) 100m: 01:04,19 (00:34,09) 150m: 01:38,62 (00:34,43) 200m: 02:13,28 (00:34,66) 250m: 02:48,03 (00:34,75) 300m: 03:22,64 (00:34,61) 350m: 03:56,81 (00:34,17) 400m: 04:29,81 (00:33,00)	2010	Dresdner SC 1898	04:29,81	486
9.	Gustav Seidel 50m: 00:30,07 (00:30,07) 100m: 01:03,20 (00:33,13) 150m: 01:37,63 (00:34,43) 200m: 02:12,81 (00:35,18) 250m: 02:48,00 (00:35,19) 300m: 03:23,29 (00:35,29) 350m: 03:57,61 (00:34,32) 400m: 04:31,12 (00:33,51)	2009	SC Chemnitz von 1892	04:31,12	479
10.	Jannek Postel 50m: 00:31,44 (00:31,44) 100m: 01:06,58 (00:35,14) 150m: 01:42,82 (00:36,24) 200m: 02:19,16 (00:36,34) 250m: 02:55,05 (00:35,89) 300m: 03:31,12 (00:36,07) 350m: 04:07,09 (00:35,97) 400m: 04:42,68 (00:35,59)	2010	SC Chemnitz von 1892	04:42,68	423
11.	Miko Woite 50m: 00:32,41 (00:32,41) 100m: 01:08,74 (00:36,33) 150m: 01:46,04 (00:37,30) 200m: 02:23,83 (00:37,79) 250m: 03:01,98 (00:38,15) 300m: 03:40,26 (00:38,28) 350m: 04:18,23 (00:37,97) 400m: 04:54,30 (00:36,07)	2008	SV Lok Görlitz e.V.	04:54,30	375
12.	Tom Röser 50m: 00:33,20 (00:33,20) 100m: 01:10,36 (00:37,16) 150m: 01:49,43 (00:39,07) 200m: 02:28,68 (00:39,25) 250m: 03:07,74 (00:39,06) 300m: 03:46,21 (00:38,47) 350m: 04:24,57 (00:38,36) 400m: 05:01,99 (00:37,42)	2010	SSG Leipzig e.V.	05:01,99	347

noch Wettkampf 7 - 400m Freistil männlich (Vorlauf)

noch Jugend

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
13.	Moritz Engmann	2011	SC Chemnitz von 1892	05:02,24	346
	50m: 00:33,07 (00:33,07) 100m: 01:10,86 (00:37,79) 150m: 01:49,61 (00:38,75) 200m: 02:28,06 (00:38,45) 250m: 03:06,45 (00:38,39) 300m: 03:45,08 (00:38,63) 350m: 04:22,12 (00:37,04) 400m: 05:02,24 (00:40,12)				
14.	Hardy Frank	2011	SSG Leipzig e.V.	05:02,74	344
	50m: 00:33,18 (00:33,18) 100m: 01:11,14 (00:37,96) 150m: 01:49,13 (00:37,99) 200m: 02:27,83 (00:38,70) 250m: 03:06,26 (00:38,43) 300m: 03:44,51 (00:38,25) 350m: 04:21,94 (00:37,43) 400m: 05:02,74 (00:40,80)				
15.	Maximilian Gennerich	2011	Dresdner Delphine	05:03,31	342
	50m: 00:33,76 (00:33,76) 100m: 01:10,98 (00:37,22) 150m: 01:49,34 (00:38,36) 200m: 02:27,18 (00:37,84) 250m: 03:05,51 (00:38,33) 300m: 03:44,76 (00:39,25) 350m: 04:21,03 (00:36,27) 400m: 05:03,31 (00:42,28)				
16.	Patrick Dieckmann	2011	Dresdner Delphine	05:05,33	335
	50m: 00:34,70 (00:34,70) 100m: 01:12,82 (00:38,12) 150m: 01:51,38 (00:38,56) 200m: 02:30,24 (00:38,86) 250m: 03:09,29 (00:39,05) 300m: 03:48,45 (00:39,16) 350m: 04:27,02 (00:38,57) 400m: 05:05,33 (00:38,31)				
17.	Michl Köster	2011	SV Zwickau von 1904	05:09,88	321
	50m: 00:34,94 (00:34,94) 100m: 01:13,63 (00:38,69) 150m: 01:52,92 (00:39,29) 200m: 02:32,44 (00:39,52) 250m: 03:12,09 (00:39,65) 300m: 03:51,87 (00:39,78) 350m: 04:31,45 (00:39,58) 400m: 05:09,88 (00:38,43)				

Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
1.	Jonas Kusche	2005	SC Chemnitz von 1892	04:01,74	676
	50m: 00:28,34 (00:28,34) 100m: 00:58,69 (00:30,35) 150m: 01:28,89 (00:30,20) 200m: 01:59,41 (00:30,52) 250m: 02:29,99 (00:30,58) 300m: 03:01,10 (00:31,11) 350m: 03:31,90 (00:30,80) 400m: 04:01,74 (00:29,84)				
2.	Enzio Rèvész	2005	SC Chemnitz von 1892	04:02,68	669
	50m: 00:27,46 (00:27,46) 100m: 00:57,72 (00:30,26) 150m: 01:28,05 (00:30,33) 200m: 01:58,77 (00:30,72) 250m: 02:29,26 (00:30,49) 300m: 03:00,41 (00:31,15) 350m: 03:31,73 (00:31,32) 400m: 04:02,68 (00:30,95)				
3.	Limaris Dix	2007	SSG Leipzig e.V.	04:02,77	668
	50m: 00:27,76 (00:27,76) 100m: 00:58,66 (00:30,90) 150m: 01:29,48 (00:30,82) 200m: 02:00,20 (00:30,72) 250m: 02:31,48 (00:31,28) 300m: 03:02,67 (00:31,19) 350m: 03:33,61 (00:30,94) 400m: 04:02,77 (00:29,16)				
4.	Magnus Bergmann	2006	SC Chemnitz von 1892	04:06,01	642
	50m: 00:27,70 (00:27,70) 100m: 00:58,25 (00:30,55) 150m: 01:29,63 (00:31,38) 200m: 02:01,27 (00:31,64) 250m: 02:32,79 (00:31,52) 300m: 03:04,72 (00:31,93) 350m: 03:36,02 (00:31,30) 400m: 04:06,01 (00:29,99)				
5.	Jeremy Kunz	2005	SV Zwickau von 1904	04:07,47	630
	50m: 00:28,20 (00:28,20) 100m: 00:58,66 (00:30,46) 150m: 01:29,53 (00:30,87) 200m: 02:01,34 (00:31,81) 250m: 02:33,13 (00:31,79) 300m: 03:05,28 (00:32,15) 350m: 03:37,06 (00:31,78) 400m: 04:07,47 (00:30,41)				
6.	Moritz Erkmann	2008	SC Chemnitz von 1892	04:07,51	630
	50m: 00:28,31 (00:28,31) 100m: 00:59,35 (00:31,04) 150m: 01:29,98 (00:30,63) 200m: 02:03,33 (00:33,35) 250m: 02:34,90 (00:31,57) 300m: 03:06,22 (00:31,32) 350m: 03:37,05 (00:30,83) 400m: 04:07,51 (00:30,46)				

noch Wettkampf 7 - 400m Freistil männlich (Vorlauf)

noch Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
7.	Christoph Straßburger	2007	STV Limbach-Oberfrohna e.V.	04:08,72	621
	50m: 00:29,28 (00:29,28) 100m: 01:00,87 (00:31,59) 150m: 01:32,52 (00:31,65) 200m: 02:04,15 (00:31,63) 250m: 02:35,15 (00:31,00) 300m: 03:06,25 (00:31,10) 350m: 03:37,51 (00:31,26) 400m: 04:08,72 (00:31,21)				
8.	Janek Thorben Reyher	2007	SSG Leipzig e.V.	04:10,82	605
	50m: 00:28,92 (00:28,92) 100m: 01:00,32 (00:31,40) 150m: 01:31,72 (00:31,40) 200m: 02:03,36 (00:31,64) 250m: 02:35,04 (00:31,68) 300m: 03:07,01 (00:31,97) 350m: 03:39,31 (00:32,30) 400m: 04:10,82 (00:31,51)				
9.	Mika Kovács	2007	SC Freital	04:11,04	604
	50m: 00:28,52 (00:28,52) 100m: 00:59,98 (00:31,46) 150m: 01:31,90 (00:31,92) 200m: 02:03,74 (00:31,84) 250m: 02:35,50 (00:31,76) 300m: 03:07,79 (00:32,29) 350m: 03:39,88 (00:32,09) 400m: 04:11,04 (00:31,16)				
10.	Mattheo Straßburger	2009	STV Limbach-Oberfrohna e.V.	04:11,66	599
	50m: 00:29,19 (00:29,19) 100m: 01:00,86 (00:31,67) 150m: 01:32,69 (00:31,83) 200m: 02:04,57 (00:31,88) 250m: 02:36,80 (00:32,23) 300m: 03:08,94 (00:32,14) 350m: 03:40,30 (00:31,36) 400m: 04:11,66 (00:31,36)				
11.	Lius Pepe Baumeister	2009	SSG Leipzig e.V.	04:12,82	591
	50m: 00:28,92 (00:28,92) 100m: 00:59,89 (00:30,97) 150m: 01:31,41 (00:31,52) 200m: 02:03,73 (00:32,32) 250m: 02:35,88 (00:32,15) 300m: 03:08,17 (00:32,29) 350m: 03:40,72 (00:32,55) 400m: 04:12,82 (00:32,10)				
12.	Jonas Herrmann	2007	SSG Leipzig e.V.	04:16,91	563
	50m: 00:28,82 (00:28,82) 100m: 01:00,58 (00:31,76) 150m: 01:32,98 (00:32,40) 200m: 02:05,47 (00:32,49) 250m: 02:38,16 (00:32,69) 300m: 03:11,57 (00:33,41) 350m: 03:45,02 (00:33,45) 400m: 04:16,91 (00:31,89)				
13.	Christian Schubert	2010	Dresdner SC 1898	04:20,97	537
	50m: 00:28,82 (00:28,82) 100m: 01:01,15 (00:32,33) 150m: 01:34,28 (00:33,13) 200m: 02:07,12 (00:32,84) 250m: 02:40,73 (00:33,61) 300m: 03:15,06 (00:34,33) 350m: 03:48,69 (00:33,63) 400m: 04:20,97 (00:32,28)				
14.	Luca Seifert	2007	SC Chemnitz von 1892	04:23,22	524
	50m: 00:29,21 (00:29,21) 100m: 01:01,40 (00:32,19) 150m: 01:34,29 (00:32,89) 200m: 02:07,33 (00:33,04) 250m: 02:40,92 (00:33,59) 300m: 03:15,79 (00:34,87) 350m: 03:50,34 (00:34,55) 400m: 04:23,22 (00:32,88)				
15.	Jonas Langner	2009	USV TU Dresden e.V.	04:23,79	520
	50m: 00:29,47 (00:29,47) 100m: 01:01,90 (00:32,43) 150m: 01:35,41 (00:33,51) 200m: 02:09,06 (00:33,65) 250m: 02:42,98 (00:33,92) 300m: 03:16,99 (00:34,01) 350m: 03:51,09 (00:34,10) 400m: 04:23,79 (00:32,70)				
16.	Maximilian Schwick	2004	Dresdner SC 1898	04:25,72	509
	50m: 00:28,46 (00:28,46) 100m: 01:00,07 (00:31,61) 150m: 01:32,67 (00:32,60) 200m: 02:06,25 (00:33,58) 250m: 02:40,30 (00:34,05) 300m: 03:15,30 (00:35,00) 350m: 03:50,62 (00:35,32) 400m: 04:25,72 (00:35,10)				
17.	Emil Müller	2009	Dresdner Delphine	04:26,35	506
	50m: 00:29,59 (00:29,59) 100m: 01:02,19 (00:32,60) 150m: 01:36,04 (00:33,85) 200m: 02:10,27 (00:34,23) 250m: 02:44,58 (00:34,31) 300m: 03:18,79 (00:34,21) 350m: 03:52,99 (00:34,20) 400m: 04:26,35 (00:33,36)				
18.	Leonard Lehmann	2008	SSG Leipzig e.V.	04:29,19	490
	50m: 00:29,61 (00:29,61) 100m: 01:02,50 (00:32,89) 150m: 01:36,13 (00:33,63) 200m: 02:10,30 (00:34,17) 250m: 02:45,01 (00:34,71) 300m: 03:19,83 (00:34,82) 350m: 03:54,97 (00:35,14) 400m: 04:29,19 (00:34,22)				

noch Wettkampf 7 - 400m Freistil männlich (Vorlauf)

noch Offene Wertung

Platz	Schwimmer(in)	Jg.	Verein	Endzeit	WA
19.	Raphael Zesewitz	2010	Dresdner SC 1898	04:29,81	486
	50m: 00:30,10 (00:30,10) 100m: 01:04,19 (00:34,09) 150m: 01:38,62 (00:34,43) 200m: 02:13,28 (00:34,66) 250m: 02:48,03 (00:34,75) 300m: 03:22,64 (00:34,61) 350m: 03:56,81 (00:34,17) 400m: 04:29,81 (00:33,00)				
20.	Gustav Seidel	2009	SC Chemnitz von 1892	04:31,12	479
	50m: 00:30,07 (00:30,07) 100m: 01:03,20 (00:33,13) 150m: 01:37,63 (00:34,43) 200m: 02:12,81 (00:35,18) 250m: 02:48,00 (00:35,19) 300m: 03:23,29 (00:35,29) 350m: 03:57,61 (00:34,32) 400m: 04:31,12 (00:33,51)				
21.	Jannek Postel	2010	SC Chemnitz von 1892	04:42,68	423
	50m: 00:31,44 (00:31,44) 100m: 01:06,58 (00:35,14) 150m: 01:42,82 (00:36,24) 200m: 02:19,16 (00:36,34) 250m: 02:55,05 (00:35,89) 300m: 03:31,12 (00:36,07) 350m: 04:07,09 (00:35,97) 400m: 04:42,68 (00:35,59)				
22.	Miko Woite	2008	SV Lok Görlitz e.V.	04:54,30	375
	50m: 00:32,41 (00:32,41) 100m: 01:08,74 (00:36,33) 150m: 01:46,04 (00:37,30) 200m: 02:23,83 (00:37,79) 250m: 03:01,98 (00:38,15) 300m: 03:40,26 (00:38,28) 350m: 04:18,23 (00:37,97) 400m: 04:54,30 (00:36,07)				
23.	Tom Röser	2010	SSG Leipzig e.V.	05:01,99	347
	50m: 00:33,20 (00:33,20) 100m: 01:10,36 (00:37,16) 150m: 01:49,43 (00:39,07) 200m: 02:28,68 (00:39,25) 250m: 03:07,74 (00:39,06) 300m: 03:46,21 (00:38,47) 350m: 04:24,57 (00:38,36) 400m: 05:01,99 (00:37,42)				
24.	Moritz Engmann	2011	SC Chemnitz von 1892	05:02,24	346
	50m: 00:33,07 (00:33,07) 100m: 01:10,86 (00:37,79) 150m: 01:49,61 (00:38,75) 200m: 02:28,06 (00:38,45) 250m: 03:06,45 (00:38,39) 300m: 03:45,08 (00:38,63) 350m: 04:22,12 (00:37,04) 400m: 05:02,24 (00:40,12)				
25.	Hardy Frank	2011	SSG Leipzig e.V.	05:02,74	344
	50m: 00:33,18 (00:33,18) 100m: 01:11,14 (00:37,96) 150m: 01:49,13 (00:37,99) 200m: 02:27,83 (00:38,70) 250m: 03:06,26 (00:38,43) 300m: 03:44,51 (00:38,25) 350m: 04:21,94 (00:37,43) 400m: 05:02,74 (00:40,80)				
26.	Maximilian Gennerich	2011	Dresdner Delphine	05:03,31	342
	50m: 00:33,76 (00:33,76) 100m: 01:10,98 (00:37,22) 150m: 01:49,34 (00:38,36) 200m: 02:27,18 (00:37,84) 250m: 03:05,51 (00:38,33) 300m: 03:44,76 (00:39,25) 350m: 04:21,03 (00:36,27) 400m: 05:03,31 (00:42,28)				
27.	Patrick Dieckmann	2011	Dresdner Delphine	05:05,33	335
	50m: 00:34,70 (00:34,70) 100m: 01:12,82 (00:38,12) 150m: 01:51,38 (00:38,56) 200m: 02:30,24 (00:38,86) 250m: 03:09,29 (00:39,05) 300m: 03:48,45 (00:39,16) 350m: 04:27,02 (00:38,57) 400m: 05:05,33 (00:38,31)				
28.	Michl Köster	2011	SV Zwickau von 1904	05:09,88	321
	50m: 00:34,94 (00:34,94) 100m: 01:13,63 (00:38,69) 150m: 01:52,92 (00:39,29) 200m: 02:32,44 (00:39,52) 250m: 03:12,09 (00:39,65) 300m: 03:51,87 (00:39,78) 350m: 04:31,45 (00:39,58) 400m: 05:09,88 (00:38,43)				