

Protokoll

Nordrhein-Westfälische Meisterschaften

Masters Meisterschaften mittlere und lange Strecken am 09. März 2014 in Bochum

Veranstaltungsabschnitt I: Sonntag, 09.03.2014

Einlass:	08.30 Uhr	Kampfrichtersitzung:	09.00 Uhr
Ende des Einschwimmens:	09.25 Uhr	Beginn:	09.30 Uhr

Veranstaltungsabschnitt II: Sonntag, 09.03.2014

Einlass:	14.00 Uhr	Kampfrichtersitzung:	14:30 Uhr
Ende des Einschwimmens:	14.55 Uhr	Beginn:	15:00 Uhr

Veranstalter: Schwimmverband Nordrhein-Westfalen e.V.
Ausrichter: SG Ruhr
Austragungsort: Unibad Bochum
Hustadtring 157, 44801 Bochum
Startbahnen: 10, durch Wellenkillerleinen getrennt
Bahnlänge: 50m
Wassertiefe: 1,50m – 3,80m
Wassertemperatur: ca. 26° C
Zeitmessung: Automatische Zeitnahme (System: Colorado)
(Handzeitnahme bei Doppelbelegung der Bahnen)





Anzahl der Meldungen

Anzahl der Teilnehmer: weiblich/männlich
Anzahl der Starts pro Abschnitt: Einzel/Staffel

Schwimmverband Nordrhein-Westfalen (LSV-Nr. 17)

Verein	DSV-Id	Teilnehmer	Abs.1	Abs.2	Gesamt
1. Paderborner SV 1911	2635	4/2	3/ 0	7/ 0	10/0
Aachener SV 06	2641	0/1	1/ 0	2/ 0	3/0
Bergneustädter SV 1932	2659	1/0	0/ 0	1/ 0	1/0
Bocholter WSV	2662	1/4	6/ 0	8/ 0	14/0
Brander Schwimmverein 1973 e.V.	2664	0/1	1/ 0	2/ 0	3/0
Brühler Schwimmklub 1923 e.V.2665	2665	0/1	1/ 0	0/ 0	1/0
Duisburger ST	4989	0/3	2/ 0	3/ 0	5/0
Düsseldorfer SC	2700	1/0	0/ 0	1/ 0	1/0
Gütersloher SV	2732	3/1	0/ 0	7/ 0	7/0
mettmann-sport	2766	0/2	2/ 0	2/ 0	4/0
Ohligser TV 1888	2780	0/1	1/ 0	1/ 0	2/0
Pulheimer SC	2801	0/1	1/ 0	1/ 0	2/0
S.V. Aegir 21 Kempen	2945	2/0	0/ 0	2/ 0	2/0
SC Aqua Köln	6449	1/1	2/ 0	2/ 0	4/0
SC Gut Nass Altena	2813	0/1	1/ 0	0/ 0	1/0
SC Herford	2835	1/0	0/ 0	1/ 0	1/0
SC Janus Koeln	2837	1/0	1/ 0	2/ 0	3/0
SC Solingen	2843	0/3	2/ 0	4/ 0	6/0
SC Steinhagen-Amshausen	2844	1/0	1/ 0	0/ 0	1/0
SC Wiking Herne	2847	6/3	6/ 0	8/ 0	14/0
Schwelmer SC	2849	0/1	1/ 0	2/ 0	3/0
Schwimmverein Kamen 1891	2992	4/0	0/ 0	5/ 0	5/0
Schwimmverein Langenfeld 1912	2996	0/2	1/ 0	1/ 0	2/0
SF Unna 01/10	2853	1/5	2/ 0	6/ 0	8/0
SG Bayer	2859	3/3	7/ 0	9/ 0	16/0
SG Dortmund	2636	2/11	5/ 0	15/ 0	20/0
SG Erkelenz-Hückelhoven	2871	0/2	1/ 0	2/ 0	3/0
SG Essen	2872	17/15	13/ 0	29/ 0	42/0
SG Lünen	2881	3/0	0/ 0	4/ 0	4/0
SG Mönchengladbach	5491	1/1	1/ 0	3/ 0	4/0
SG Mülheim	2884	0/1	1/ 0	1/ 0	2/0
SG Neuss	2887	1/0	1/ 0	1/ 0	2/0
SG Oelde	5114	2/4	0/ 0	10/ 0	10/0
SG Ruhr	5454	5/4	6/ 0	10/ 0	16/0
SG Siegen	6352	0/4	5/ 0	5/ 0	10/0
SG SSF Marl-Hüls	2896	0/1	1/ 0	1/ 0	2/0
SG Wuppertal	6525	6/4	10/ 0	12/ 0	22/0
SSC Hörde 54/58 e.V.	2850	0/1	2/ 0	2/ 0	4/0
SSC '90 SH-Stukenbrock	2903	1/1	2/ 0	3/ 0	5/0
SSF Bonn	2933	6/6	5/ 0	11/ 0	16/0
SSV Meschede	2920	3/1	4/ 0	3/ 0	7/0
SV Blau-Weiß Bochum	2954	7/1	3/ 0	8/ 0	11/0
SV Delphin Dorsten 1971 e.V.	2964	0/1	1/ 0	0/ 0	1/0
SV Hagen 1894	2979	2/1	3/ 0	3/ 0	6/0
SV Hemer 1921	2987	3/0	2/ 0	3/ 0	5/0
SV Langendreer 04	2995	0/1	0/ 0	2/ 0	2/0
SV Neptun Erkenschwick	3004	0/1	1/ 0	1/ 0	2/0
SV Neviges	3009	0/1	1/ 0	2/ 0	3/0
SV Rhenania Köln 1919 e.V.	3019	1/0	1/ 0	1/ 0	2/0
SV Waldbröl	3032	0/4	4/ 0	5/ 0	9/0
SVg Bottrop 1924 e.V.	2958	1/1	3/ 0	2/ 0	5/0
SVg Witten 1884/09	3043	0/1	0/ 0	1/ 0	1/0



Anzahl der Meldungen

Verein	DSV-Id	Teilnehmer	Abs.1	Abs.2	Gesamt
Telekom Post SG Köln	3049	2/0	1/0	4/0	5/0
TG Lage	5130	0/2	3/0	4/0	7/0
TSV Solingen	3187	0/2	2/0	1/0	3/0
TSV Vorhalle 1879 e.V.	3212	1/0	2/0	2/0	4/0
Turngemeinde Herford	3052	0/1	1/0	1/0	2/0
TuS Breckerfeld	3078	3/3	2/0	6/0	8/0
TuS Erkrath 1930 e.V.	3111	0/1	0/0	1/0	1/0
TuS Sundern	3087	0/1	1/0	1/0	2/0
TuS Wengern	3134	1/0	0/0	1/0	1/0
VFL Gladbeck 1921	3204	1/0	2/0	1/0	3/0
VfR Übach-Palenberg	3209	3/1	5/0	5/0	10/0
Waspo Herringen	3219	0/1	1/0	0/0	1/0
Wasserfreunde Bielefeld	3225	1/0	1/0	1/0	2/0
Wfr. Lüdenscheid	3227	1/1	2/0	4/0	6/0
Wfr.-Delphin Eschweiler	2810	0/3	3/0	3/0	6/0
WSG Wiehl	3108	2/1	0/0	3/0	3/0
Gesamt für den Verband		106/121	144/0	255/0	399/0

Gesamtzahl der Meldungen

Verein	Teilnehmer	Abs.1	Abs.2	Gesamt
Gesamt alle Vereine	106/121	144/0	255/0	399/0



Kampfgericht Abschnitt 1

Position	Name	Verein
Schiedsrichter weiblich	Ziemski, Alexander	SV NRW
Schiedsrichter männlich	Schützendorf, Yvonne	
Starter weiblich	Räcke, Bernd	SV NRW
Starter männlich	Räcke, Bernd	SV NRW
Schwimmrichter 1	Niegoth, Mariola	SV NRW
Schwimmrichter 2	Hein, Petra	SV NRW
Sprecher 1	Mäder, Michael	SV NRW
Auswerter 1	Werminghaus, Holger	SV NRW
Protokollführer	Mendritzki, Uwe	
Computer 1	SchwimmSportServiceNRW,	SV NRW
Zielgericht		
Zielrichterobmann	Seyer, Beate	SV NRW
Zielrichter 1	Kalkreuter, Ralf	SV NRW
Zielrichter 2	Heintz, Desiree	SV NRW
Zeitgericht 1		
Zeitnehmerobmann	Lohmeyer, Peter	SV NRW
Zeitnehmer Bahn 1	Kipp, Egbert	SV NRW
Zeitnehmer Bahn 2	Link, Hans-Joachim	SV NRW
Zeitnehmer Bahn 3	Stöcker, Bodo	SV NRW
Zeitnehmer Bahn 4	Gorynski, Matthias	SV NRW
Zeitnehmer Bahn 5	Kalkreuter, Barbara	SV NRW
Zeitnehmer Bahn 6	Weber, Roland	SV NRW
Zeitnehmer Bahn 7	Schröder, Jörg	SV NRW
Zeitnehmer Bahn 8	Wollgarten, Gertrud	SV NRW
Zeitnehmer Bahn 9	Knillmann, Bianca	SV NRW
Zeitnehmer Bahn 10	Kranz, Christiane	SV NRW
Reservezeitnehmer 1	Mende, Sabrina	SV NRW
Wendegericht		
Wenderichterobmann	Dekkers, Claudia	SV NRW
Wenderichter Bahn 1	Dekkers, Claudia	SV NRW
Wenderichter Bahn 2	Dekkers, Claudia	SV NRW
Wenderichter Bahn 3	Kertscher, Stephan	SV NRW
Wenderichter Bahn 4	Kertscher, Stephan	SV NRW
Wenderichter Bahn 5	Kranz, Karl Heinz	SV NRW
Wenderichter Bahn 6	Nowak, Anke	SV NRW
Wenderichter Bahn 7	Hiddemann, Peter	SV NRW
Wenderichter Bahn 8	Hiddemann, Peter	SV NRW
Wenderichter Bahn 9	Kornfeld, Ulf	SV NRW
Wenderichter Bahn 10	Kornfeld, Ulf	SV NRW



Wettkampfbecken 10 Bahnen à 50m Wellenkilerleinen Automatische Zeitnahme Wassertemperatur: ca. 26°C

Abschnitt 1
Wettkampf 1 400m Lagen männlich
Wettkampf 2 400m Lagen weiblich
Wettkampf 3 400m Freistil männlich
Wettkampf 4 400m Freistil weiblich

Wettkampf 1 - 400m Lagen männlich

NRW: 04:21,70 - Jan-David Schepers (SG Essen) am 27.05.2012 in Debrecen ()

Jahrgang	1930 - 1934	1935 - 1939	1940 - 1944	1945 - 1949	1950 - 1954	1955 - 1959	1960 - 1964	1965 - 1969
Pflichtzeit	12:00,00	11:30,00	11:30,00	11:30,00	10:35,00	09:45,00	09:00,00	08:20,00
Jahrgang	1970 - 1974	1975 - 1979	1980 - 1984	1985 - 1989	1990 - 1994			
Pflichtzeit	07:45,00	07:15,00	06:50,00	06:30,00	06:15,00			

Ak 20

1.	Beier, Julian	1992/AK20	SG Ruhr	05:03,94
	100m: 01:07,44 (01:07,44)	200m: 02:29,49 (01:22,05)	300m: 03:53,36 (01:23,87)	400m: 05:03,94 (01:10,58)
2.	Vogel, Jan-Lukas	1994/AK20	SF Unna 01/10	05:12,77
	100m: 01:06,56 (01:06,56)	200m: 02:28,56 (01:22,00)	300m: 04:02,19 (01:33,63)	400m: 05:12,77 (01:10,58)
3.	Letzing, Peer	1993/AK20	SG Ruhr	05:30,55
	100m: 01:13,76 (01:13,76)	200m: 02:39,93 (01:26,17)	300m: 04:14,69 (01:34,76)	400m: 05:30,55 (01:15,86)
4.	Pathe, Thomas	1992/AK20	SG Ruhr	05:37,02
	100m: 01:11,08 (01:11,08)	200m: 02:39,01 (01:27,93)	300m: 04:22,29 (01:43,28)	400m: 05:37,02 (01:14,73)
5.	Fromme, Sebastian	1992/AK20	Bocholter WSV	05:44,26
	100m: 01:06,97 (01:06,97)	200m: 02:40,48 (01:33,51)	300m: 04:20,85 (01:40,37)	400m: 05:44,26 (01:23,41)
6.	Bergs, Stefan	1993/AK20	Wfr.-Delphin Eschweiler	05:45,52
	100m: 01:12,08 (01:12,08)	200m: 02:37,70 (01:25,62)	300m: 04:28,34 (01:50,64)	400m: 05:45,52 (01:17,18)

Ak 25

1.	Reketat, Matthias	1989/AK25	SSC Hörde 54/58 e.V.	05:23,55
	100m: 01:11,95 (01:11,95)	200m: 02:40,50 (01:28,55)	300m: 04:08,32 (01:27,82)	400m: 05:23,55 (01:15,23)
2.	Höfs, Tobias	1986/AK25	SG Wuppertal	05:26,24
	100m: 01:11,17 (01:11,17)	200m: 02:40,02 (01:28,85)	300m: 04:12,69 (01:32,67)	400m: 05:26,24 (01:13,55)
3.	Skowranek, Jakob	1987/AK25	SVg Bottrop 1924 e.V.	06:10,07
	100m: 01:19,35 (01:19,35)	200m: 02:54,87 (01:35,52)	300m: 04:41,53 (01:46,66)	400m: 06:10,07 (01:28,54)

Ak 30

1.	Drees, Bastian	1981/AK30	SSV Meschede	05:20,69
	100m: 01:13,50 (01:13,50)	200m: 02:33,92 (01:20,42)	300m: 04:05,95 (01:32,03)	400m: 05:20,69 (01:14,74)

nicht am Start

Theuer, Markus 1984/AK30 SG Erkelenz-Hückelhoven EnM

Ak 35

1.	Friehe, Sven	1978/AK35	Aachener SV 06	05:45,02
	100m: 01:22,60 (01:22,60)	200m: 02:59,69 (01:37,09)	300m: 04:28,99 (01:29,30)	400m: 05:45,02 (01:16,03)
2.	Hansmann, Ingemar	1976/AK35	1. Paderborner SV 1911	06:48,15
	100m: 01:30,54 (01:30,54)	200m: 03:21,01 (01:50,47)	300m: 05:18,74 (01:57,73)	400m: 06:48,15 (01:29,41)

Ak 40

1.	Haack, Andree	1973/AK40	SG Mülheim	05:19,05
	100m: 01:09,79 (01:09,79)	200m: 02:34,61 (01:24,82)	300m: 04:09,25 (01:34,64)	400m: 05:19,05 (01:09,80)
2.	Hanstein, Michael	1972/AK40	SG Wuppertal	05:42,51
	100m: 01:17,90 (01:17,90)	200m: 02:52,13 (01:34,23)	300m: 04:30,70 (01:38,57)	400m: 05:42,51 (01:11,81)
3.	Nachtigall, Harald	1972/AK40	SG Essen	05:57,45
	100m: 01:17,19 (01:17,19)	200m: 02:53,61 (01:36,42)	300m: 04:34,54 (01:40,93)	400m: 05:57,45 (01:22,91)
4.	Winkelmann, Frank	1972/AK40	SV Hagen 1894	06:03,48
	100m: 01:16,46 (01:16,46)	200m: 02:59,26 (01:42,80)	300m: 04:42,35 (01:43,09)	400m: 06:03,48 (01:21,13)

abgemeldet

Janitzki, Alexander 1973/AK40 Bocholter WSV



Wettkampf 1 - 400m Lagen männlich

Ak 45

- Boß, Marco 1969/AK45 Wfr. Lüdenscheid 05:42,22
100m: 01:11,80 (01:11,80) 200m: 02:47,24 (01:35,44) 300m: 04:24,23 (01:36,99) 400m: 05:42,22 (01:17,99)
- Lackhoff, Ekkehard 1968/AK45 SG Siegen 05:42,53
100m: 01:16,24 (01:16,24) 200m: 02:45,65 (01:29,41) 300m: 04:27,30 (01:41,65) 400m: 05:42,53 (01:15,23)
- Sklyar, Konstantin 1968/AK45 TG Lage 05:54,23
100m: 01:20,10 (01:20,10) 200m: 02:55,83 (01:35,73) 300m: 04:37,10 (01:41,27) 400m: 05:54,23 (01:17,13)

abgemeldet

Heider, Thomas 1966/AK45 TSV Solingen

Ak 50

- Schmitz, Mark 1962/AK50 SC Aqua Köln 07:05,45
100m: 01:39,93 (01:39,93) 200m: 03:32,27 (01:52,34) 300m: 05:28,19 (01:55,92) 400m: 07:05,45 (01:37,26)
- Hübenthal, Götz 1964/AK50 SC Gut Nass Altena 07:16,97
100m: 01:36,61 (01:36,61) 200m: 03:34,90 (01:58,29) 300m: 05:34,07 (01:59,17) 400m: 07:16,97 (01:42,90)

Ak 55

- Kühnlenz, Andreas 1958/AK55 SG Siegen 06:29,50
100m: 01:29,34 (01:29,34) 200m: 03:08,41 (01:39,07) 300m: 04:58,88 (01:50,47) 400m: 06:29,50 (01:30,62)

Ak 70

- Altenhofen, Jürgen 1944/AK70 SC Solingen 06:43,66 NRW
100m: 01:37,34 (01:37,34) 200m: 03:24,19 (01:46,85) 300m: 05:15,57 (01:51,38) 400m: 06:43,66 (01:28,09)

Ak 75

- Wermelskirchen, Peter 1939/AK75 SG Bayer 07:47,48
200m: 03:53,26 (03:53,26) 300m: 05:58,41 (02:05,15) 400m: 07:47,48 (01:49,07)

Wettkampf 2 - 400m Lagen weiblich

NRW: 04:43,91 - Nina Schiffer (SG Dortmund) am 01.07.2010 in Berlin ()

Jahrgang	1930 - 1934	1935 - 1939	1940 - 1944	1945 - 1949	1950 - 1954	1955 - 1959	1960 - 1964	1965 - 1969
Pflichtzeit	14:15,00	13:15,00	13:15,00	13:15,00	12:15,00	11:20,00	10:30,00	09:45,00
Jahrgang	1970 - 1974	1975 - 1979	1980 - 1984	1985 - 1989	1990 - 1994			
Pflichtzeit	09:05,00	08:30,00	07:45,00	07:20,00	07:00,00			

Ak 20

- Schmitt, Vera 1993/AK20 Telekom Post SG Köln 05:51,63
100m: 01:20,33 (01:20,33) 200m: 02:47,34 (01:27,01) 300m: 04:31,87 (01:44,53) 400m: 05:51,63 (01:19,76)
- Wreschinski, Katrin 1993/AK20 SG Ruhr 06:01,81
100m: 01:25,14 (01:25,14) 200m: 02:54,37 (01:29,23) 300m: 04:39,56 (01:45,19) 400m: 06:01,81 (01:22,25)
- Herweg, Jacqueline 1994/AK20 SG Ruhr 06:09,77
100m: 01:27,24 (01:27,24) 200m: 03:01,48 (01:34,24) 300m: 04:44,65 (01:43,17) 400m: 06:09,77 (01:25,12)
- Stewing, Rebecca 1994/AK20 VFL Gladbeck 1921 06:13,85
100m: 01:31,41 (01:31,41) 200m: 03:04,09 (01:32,68) 300m: 04:52,52 (01:48,43) 400m: 06:13,85 (01:21,33)
- Lind, Jennifer 1990/AK20 VfR Übach-Palenberg 06:14,71
100m: 01:34,30 (01:34,30) 200m: 03:10,82 (01:36,52) 300m: 04:49,36 (01:38,54) 400m: 06:14,71 (01:25,35)
- Ehling, Nicole 1990/AK20 Bocholter WSV 06:17,05
100m: 01:24,85 (01:24,85) 200m: 02:59,11 (01:34,26) 300m: 04:49,25 (01:50,14) 400m: 06:17,05 (01:27,80)

Ak 30

- Weber, Britta 1982/AK30 SG Wuppertal 05:45,50
100m: 01:21,66 (01:21,66) 200m: 02:50,47 (01:28,81) 300m: 04:27,61 (01:37,14) 400m: 05:45,50 (01:17,89)
- Richter, Desiree 1980/AK30 SG Wuppertal 06:06,80
100m: 01:30,85 (01:30,85) 200m: 03:03,01 (01:32,16) 300m: 04:47,16 (01:44,15) 400m: 06:06,80 (01:19,64)

Ak 35

- von Rekowski, Annett 1976/AK35 SG Bayer 05:55,77
100m: 01:21,74 (01:21,74) 200m: 02:49,96 (01:28,22) 300m: 04:37,29 (01:47,33) 400m: 05:55,77 (01:18,48)
- Klütemeyer, Christine 1979/AK35 SSF Bonn 06:01,37
100m: 01:19,06 (01:19,06) 200m: 02:51,99 (01:32,93) 300m: 04:36,64 (01:44,65) 400m: 06:01,37 (01:24,73)



Wettkampf 2 - 400m Lagen weiblich

Ak 45

1. Haselhoff, Verena 1966/AK45 SSV Meschede 05:50,25
100m: 01:15,90 (01:15,90) 200m: 02:48,97 (01:33,07) 300m: 04:37,41 (01:48,44) 400m: 05:50,25 (01:12,84)
2. König, Teodora 1966/AK45 TSV Vorhalle 1879 e.V. 06:35,64
100m: 01:32,29 (01:32,29) 200m: 03:14,53 (01:42,24) 300m: 05:04,89 (01:50,36) 400m: 06:35,64 (01:30,75)
3. Botz, Undine 1965/AK45 SV Hagen 1894 06:48,84
100m: 01:36,90 (01:36,90) 200m: 03:22,86 (01:45,96) 300m: 05:13,68 (01:50,82) 400m: 06:48,84 (01:35,16)

abgemeldet

Kränsel, Irena 1968/AK45 SG Wuppertal

Ak 60

1. Houben, Heli 1951/AK60 SV Blau-Weiß Bochum 07:28,02
100m: 01:48,55 (01:48,55) 200m: 03:42,50 (01:53,95) 300m: 05:44,53 (02:02,03) 400m: 07:28,02 (01:43,49)
2. Napp-Zinn, Asta 1951/AK60 SC Steinhagen-Amshausen 10:16,98
100m: 02:35,15 (02:35,15) 200m: 05:11,98 (02:36,83) 300m: 07:50,51 (02:38,53) 400m: 10:16,98 (02:26,47)

Wettkampf 3 - 400m Freistil männlich

NRW: 03:48,30 - Rainer Henkel (SV Rhenania Köln) am 24.06.1986 in Hannover ()

Jahrgang	1930 - 1934	1935 - 1939	1940 - 1944	1945 - 1949	1950 - 1954	1955 - 1959	1960 - 1964	1965 - 1969
Pflichtzeit	10:00,00	09:30,00	09:00,00	08:15,00	08:00,00	07:30,00	07:15,00	06:55,00
Jahrgang	1970 - 1974	1975 - 1979	1980 - 1984	1985 - 1989	1990 - 1994			
Pflichtzeit	06:40,00	06:25,00	06:10,00	05:55,00	05:45,00			

Ak 20

1. Geiselhart, Kevin 1992/AK20 SG Siegen 04:08,28
100m: 00:58,56 (00:58,56) 200m: 02:01,95 (01:03,39) 300m: 03:06,42 (01:04,47) 400m: 04:08,28 (01:01,86)
2. Wiesemann, Timo 1990/AK20 mettmann-sport 04:27,77
100m: 01:00,93 (01:00,93) 200m: 02:09,74 (01:08,81) 300m: 03:19,73 (01:09,99) 400m: 04:27,77 (01:08,04)
3. Gobrecht, Cedric 1993/AK20 Duisburger ST 04:30,42
100m: 01:02,37 (01:02,37) 200m: 02:10,75 (01:08,38) 300m: 03:20,50 (01:09,75) 400m: 04:30,42 (01:09,92)
4. Stevens, Marvin 1993/AK20 Wfr.-Delphin Eschweiler 04:56,58
100m: 01:04,53 (01:04,53) 200m: 02:20,89 (01:16,36) 300m: 03:39,95 (01:19,06) 400m: 04:56,58 (01:16,63)
5. Pöttgen, Niklas 1994/AK20 TuS Sundern 04:59,00
100m: 01:07,73 (01:07,73) 200m: 02:23,66 (01:15,93) 300m: 03:41,20 (01:17,54) 400m: 04:59,00 (01:17,80)
6. Wolff, Hendrik 1993/AK20 Wfr.-Delphin Eschweiler 05:33,37
100m: 01:11,23 (01:11,23) 200m: 02:38,19 (01:26,96) 300m: 04:09,29 (01:31,10) 400m: 05:33,37 (01:24,08)

Ak 25

1. Reketat, Matthias 1989/AK25 SSC Hörde 54/58 e.V. 04:46,87
100m: 01:07,66 (01:07,66) 200m: 02:21,87 (01:14,21) 300m: 03:35,92 (01:14,05) 400m: 04:46,87 (01:10,95)
2. Höfs, Tobias 1986/AK25 SG Wuppertal 04:48,76
100m: 01:03,57 (01:03,57) 200m: 02:17,74 (01:14,17) 300m: 03:33,93 (01:16,19) 400m: 04:48,76 (01:14,83)
3. Skowranek, Jakob 1987/AK25 SVg Bottrop 1924 e.V. 05:32,57
100m: 01:13,90 (01:13,90) 200m: 02:40,54 (01:26,64) 300m: 04:09,06 (01:28,52) 400m: 05:32,57 (01:23,51)

abgemeldet

Schnitzler, Phillip 1987/AK25 SG Bayer

Ak 30

1. Wittag, Jörg 1983/AK30 Bocholter WSV 04:41,72
100m: 01:04,67 (01:04,67) 200m: 02:15,95 (01:11,28) 300m: 03:29,44 (01:13,49) 400m: 04:41,72 (01:12,28)
2. Brand, Christian 1983/AK30 SV Neviges 04:58,16
100m: 01:08,99 (01:08,99) 200m: 02:23,86 (01:14,87) 300m: 03:41,06 (01:17,20) 400m: 04:58,16 (01:17,10)
3. Link, Sebastian 1984/AK30 SG Dortmund 05:00,58
100m: 01:09,65 (01:09,65) 200m: 02:27,24 (01:17,59) 300m: 03:47,56 (01:20,32) 400m: 05:00,58 (01:13,02)
4. Kampmann, Markus 1982/AK30 SG Dortmund 05:03,81
100m: 01:10,26 (01:10,26) 200m: 02:27,81 (01:17,55) 300m: 03:47,43 (01:19,62) 400m: 05:03,81 (01:16,38)
5. Hübsche, Malte 1984/AK30 SV Waldbröl 06:10,69
100m: 01:21,95 (01:21,95) 200m: 02:56,71 (01:34,76) 300m: 04:34,02 (01:37,31) 400m: 06:10,69 (01:36,67)



Wettkampf 3 - 400m Freistil männlich

Ak 35

1. Kielblock, Sven 1976/AK35 Brander Schwimmverein 1973 e.V. 05:10,48
100m: 01:10,28 (01:10,28) 200m: 02:29,24 (01:18,96) 300m: 03:50,36 (01:21,12) 400m: 05:10,48 (01:20,12)
2. Büker, Karsten 1977/AK35 Turngemeinde Herford 05:24,91
100m: 01:12,45 (01:12,45) 200m: 02:33,20 (01:20,75) 300m: 03:57,99 (01:24,79) 400m: 05:24,91 (01:26,92)
3. Amberge, Andreas 1976/AK35 mettmann-sport 05:44,52
100m: 01:18,45 (01:18,45) 200m: 02:47,44 (01:28,99) 300m: 04:17,22 (01:29,78) 400m: 05:44,52 (01:27,30)
4. Zachow, Roman 1978/AK35 SG Essen 05:51,81
100m: 01:14,47 (01:14,47) 200m: 02:43,33 (01:28,86) 300m: 04:17,24 (01:33,91) 400m: 05:51,81 (01:34,57)

abgemeldet

Unger, Daniel 1979/AK35 Ohligser TV 1888

Ak 40

1. Bröckelmann, Frank 1971/AK40 SSC'90 SH-Stukenbrock 05:02,13
100m: 01:11,30 (01:11,30) 200m: 02:28,91 (01:17,61) 300m: 03:47,23 (01:18,32) 400m: 05:02,13 (01:14,90)
2. Knillmann, Markus 1971/AK40 SV Neptun Erkenschwick 05:11,50
100m: 01:11,89 (01:11,89) 200m: 02:31,57 (01:19,68) 300m: 03:52,27 (01:20,70) 400m: 05:11,50 (01:19,23)
3. Faulwetter, Helge 1972/AK40 VfR Übach-Palenberg 06:23,11
100m: 01:23,56 (01:23,56) 200m: 03:04,75 (01:41,19) 300m: 04:45,64 (01:40,89) 400m: 06:23,11 (01:37,47)

abgemeldet

Janitzki, Alexander 1973/AK40 Bocholter WSV

Ak 45

1. Klein-Bölting, Roland 1967/AK45 Bocholter WSV 04:39,65
100m: 01:04,46 (01:04,46) 200m: 02:15,11 (01:10,65) 300m: 03:27,40 (01:12,29) 400m: 04:39,65 (01:12,25)
2. von Kathen, Martin 1969/AK45 SG Wuppertal 04:54,35
100m: 01:08,81 (01:08,81) 200m: 02:23,45 (01:14,64) 300m: 03:38,29 (01:14,84) 400m: 04:54,35 (01:16,06)
3. Sklyar, Konstantin 1968/AK45 TG Lage 05:02,98
100m: 01:10,67 (01:10,67) 200m: 02:28,31 (01:17,64) 300m: 03:46,58 (01:18,27) 400m: 05:02,98 (01:16,40)
4. Dillig, Ralf 1965/AK45 Duisburger ST 05:05,37
100m: 01:10,99 (01:10,99) 200m: 02:30,11 (01:19,12) 300m: 03:48,70 (01:18,59) 400m: 05:05,37 (01:16,67)
5. Lackhoff, Ekkehard 1968/AK45 SG Siegen 05:07,63
100m: 01:11,61 (01:11,61) 200m: 02:30,74 (01:19,13) 300m: 03:50,18 (01:19,44) 400m: 05:07,63 (01:17,45)
6. Neye, Holger 1966/AK45 SG Essen 05:49,19
100m: 01:20,18 (01:20,18) 200m: 02:49,73 (01:29,55) 300m: 04:20,21 (01:30,48) 400m: 05:49,19 (01:28,98)

abgemeldet

Pretzsch, Ingo 1969/AK45 SG Essen

aufgegeben

Braun, Thomas 1969/AK45 SV Waldbröl

EnM

Ak 50

1. Geiselhart, Stefan 1964/AK50 SG Siegen 05:05,29
100m: 01:12,36 (01:12,36) 200m: 02:30,44 (01:18,08) 300m: 03:49,62 (01:19,18) 400m: 05:05,29 (01:15,67)
2. Elsner, Thomas 1964/AK50 TSV Solingen 05:09,06
100m: 01:12,75 (01:12,75) 200m: 02:31,31 (01:18,56) 300m: 03:50,67 (01:19,36) 400m: 05:09,06 (01:18,39)
3. Buddenhorn, Jörg 1962/AK50 SG Dortmund 05:10,00
100m: 01:14,17 (01:14,17) 400m: 05:10,00 (03:55,83)
4. Seidel, Andreas 1962/AK50 SSF Bonn 05:13,07
100m: 01:13,29 (01:13,29) 200m: 02:32,65 (01:19,36) 300m: 03:53,38 (01:20,73) 400m: 05:13,07 (01:19,69)
5. Zolotov, Dimitrij 1962/AK50 SG Essen 05:48,43
100m: 01:20,18 (01:20,18) 200m: 02:49,57 (01:29,39) 300m: 04:20,63 (01:31,06) 400m: 05:48,43 (01:27,80)
6. Langner, Franz 1961/AK50 SSF Bonn 05:50,01
100m: 01:18,93 (01:18,93) 200m: 02:47,58 (01:28,65) 300m: 04:19,35 (01:31,77) 400m: 05:50,01 (01:30,66)
7. Stewing, Clemens 1963/AK50 SV Delphin Dorsten 1971 e.V. 05:56,37
100m: 01:19,22 (01:19,22) 200m: 02:51,25 (01:32,03) 400m: 05:56,37 (03:05,12)
8. Richter, Thomas 1960/AK50 SG Bayer 05:58,03
100m: 01:23,30 (01:23,30) 200m: 02:54,02 (01:30,72) 300m: 04:30,03 (01:36,01) 400m: 05:58,03 (01:28,00)
9. Küver, Jörg 1963/AK50 SG Essen 06:14,73
100m: 01:22,52 (01:22,52) 200m: 02:58,65 (01:36,13) 300m: 04:37,06 (01:38,41) 400m: 06:14,73 (01:37,67)



Wettkampf 3 - 400m Freistil männlich

Ak 50

abgemeldet

Kirstein, Dirk 1961/AK50 SV Waldbröl

Ak 55

1. Dolg, Michael 1958/AK55 Pulheimer SC 05:33,28
100m: 01:19,22 (01:19,22) 200m: 02:43,65 (01:24,43) 300m: 04:09,25 (01:25,60) 400m: 05:33,28 (01:24,03)
2. Kopsicker, Dieter 1959/AK55 SG SSF Marl-Hüls 05:46,59
100m: 01:20,96 (01:20,96) 200m: 02:48,89 (01:27,93) 300m: 04:18,32 (01:29,43) 400m: 05:46,59 (01:28,27)
3. Büker, Volker 1958/AK55 TG Lage 05:53,80
100m: 01:20,66 (01:20,66) 200m: 02:52,40 (01:31,74) 300m: 04:24,40 (01:32,00) 400m: 05:53,80 (01:29,40)
4. Stadthaus, Ulrich 1956/AK55 SC Wiking Herne 06:29,34
100m: 01:23,93 (01:23,93) 200m: 03:03,72 (01:39,79) 300m: 04:49,08 (01:45,36) 400m: 06:29,34 (01:40,26)
5. Irle, Friedrich 1957/AK55 SC Wiking Herne 06:29,38
100m: 01:28,53 (01:28,53) 200m: 03:10,12 (01:41,59) 300m: 04:51,67 (01:41,55) 400m: 06:29,38 (01:37,71)

Ak 60

1. Denzer, Dr. Franz 1953/AK60 Waspo Herringen 05:41,25
100m: 01:19,96 (01:19,96) 200m: 02:47,22 (01:27,26) 300m: 04:15,65 (01:28,43) 400m: 05:41,25 (01:25,60)
2. Rickert, Karl-Heinz 1951/AK60 SC Wiking Herne 06:40,28
100m: 01:31,14 (01:31,14) 200m: 03:13,75 (01:42,61) 300m: 04:57,35 (01:43,60) 400m: 06:40,28 (01:42,93)

Ak 65

1. Lochner, Dieter 1946/AK65 SSF Bonn 06:05,96
100m: 01:22,62 (01:22,62) 200m: 02:55,38 (01:32,76) 300m: 04:31,98 (01:36,60) 400m: 06:05,96 (01:33,98)
2. Schmidt, Hans-Jürgen 1948/AK65 SG Essen 06:40,92
100m: 01:30,50 (01:30,50) 200m: 03:14,16 (01:43,66) 300m: 04:59,71 (01:45,55) 400m: 06:40,92 (01:41,21)
3. Paske, Rüdiger 1945/AK65 Brühler Schwimmklub 1923 e.V.2665 07:07,14
100m: 01:37,14 (01:37,14) 200m: 03:26,29 (01:49,15) 300m: 05:18,83 (01:52,54) 400m: 07:07,14 (01:48,31)

Ak 70

1. Altenhofen, Jürgen 1944/AK70 SC Solingen 06:01,52
100m: 01:24,18 (01:24,18) 200m: 02:57,20 (01:33,02) 300m: 04:30,58 (01:33,38) 400m: 06:01,52 (01:30,94)
2. Zachow, Rainer 1944/AK70 Schwelmer SC 07:57,17
100m: 01:47,85 (01:47,85) 200m: 03:51,86 (02:04,01) 300m: 05:59,90 (02:08,04) 400m: 07:57,17 (01:57,27)
3. Ackermann, Hans-Jürgen 1941/AK70 TuS Breckerfeld 07:59,19
100m: 01:45,54 (01:45,54) 200m: 03:51,57 (02:06,03) 300m: 05:58,78 (02:07,21) 400m: 07:59,19 (02:00,41)
4. Schleich, Otto 1940/AK70 Schwimmverein Langenfeld 1912 08:06,42
100m: 01:52,19 (01:52,19) 300m: 06:05,28 (04:13,09) 400m: 08:06,42 (02:01,14)

Ak 75

1. Straßen, Franz-Josef 1939/AK75 SV Waldbröl 07:41,86
100m: 01:46,89 (01:46,89) 200m: 03:47,38 (02:00,49) 300m: 05:46,73 (01:59,35) 400m: 07:41,86 (01:55,13)

Wettkampf 4 - 400m Freistil weiblich

NRW: 04:11,17 - Stefanie Ortwig (SG Remscheid) am 08.11.1990 in München ()

Jahrgang	1930 - 1934	1935 - 1939	1940 - 1944	1945 - 1949	1950 - 1954	1955 - 1959	1960 - 1964	1965 - 1969
Pflichtzeit	10:30,00	09:45,00	09:30,00	09:00,00	08:30,00	08:00,00	07:45,00	07:30,00
Jahrgang	1970 - 1974	1975 - 1979	1980 - 1984	1985 - 1989	1990 - 1994			
Pflichtzeit	07:15,00	06:45,00	06:30,00	06:15,00	06:00,00			

Ak 20

1. Schreiber, Raissa 1990/AK20 SG Dortmund 04:36,80
100m: 01:04,57 (01:04,57) 200m: 02:14,60 (01:10,03) 300m: 03:26,25 (01:11,65) 400m: 04:36,80 (01:10,55)
2. Thater, Jennifer 1990/AK20 SG Dortmund 04:56,00
100m: 01:09,90 (01:09,90) 200m: 02:25,92 (01:16,02) 300m: 03:43,00 (01:17,08) 400m: 04:56,00 (01:13,00)
3. Stewing, Rebecca 1994/AK20 VFL Gladbeck 1921 05:19,45
100m: 01:12,94 (01:12,94) 200m: 02:35,02 (01:22,08) 300m: 03:58,22 (01:23,20) 400m: 05:19,45 (01:21,23)
4. Wreschinski, Katrin 1993/AK20 SG Ruhr 05:23,24
100m: 01:13,78 (01:13,78) 200m: 02:37,12 (01:23,34) 300m: 04:01,64 (01:24,52) 400m: 05:23,24 (01:21,60)



Wettkampf 4 - 400m Freistil weiblich

Ak 20

5.	Lind, Jennifer	1990/AK20	VfR Übach-Palenberg	05:40,76	
	100m: 01:20,06 (01:20,06)	200m: 02:46,55 (01:26,49)	300m: 04:13,70 (01:27,15)	400m: 05:40,76 (01:27,06)	
6.	Chmielewski, Dominika	1992/AK20	SV Hemer 1921	05:43,42	
	100m: 01:20,29 (01:20,29)	200m: 02:48,03 (01:27,74)	300m: 04:17,54 (01:29,51)	400m: 05:43,42 (01:25,88)	
7.	Sarowski, Julia	1991/AK20	SV Hemer 1921	06:07,93	EnM
	100m: 01:18,56 (01:18,56)	200m: 02:52,65 (01:34,09)	300m: 04:31,85 (01:39,20)	400m: 06:07,93 (01:36,08)	

Ak 25

1.	Steynes, Nina	1987/AK25	SG Essen	05:13,38	
	100m: 01:11,75 (01:11,75)	200m: 02:32,68 (01:20,93)	300m: 03:54,15 (01:21,47)	400m: 05:13,38 (01:19,23)	
2.	Kentschke, Sandra	1985/AK25	SG Essen	05:17,70	
	100m: 01:16,33 (01:16,33)	200m: 02:36,76 (01:20,43)	300m: 03:57,08 (01:20,32)	400m: 05:17,70 (01:20,62)	
3.	Ohlendorf, Jill	1989/AK25	SVg Bottrop 1924 e.V.	05:32,92	
	100m: 01:15,23 (01:15,23)	200m: 02:40,50 (01:25,27)	300m: 04:08,30 (01:27,80)	400m: 05:32,92 (01:24,62)	

Ak 30

1.	Beckmann, Carla	1984/AK30	Wasserfreunde Bielefeld	05:00,97	
	100m: 01:10,59 (01:10,59)	200m: 02:27,34 (01:16,75)	300m: 03:45,65 (01:18,31)	400m: 05:00,97 (01:15,32)	
2.	Richter, Desiree	1980/AK30	SG Wuppertal	05:20,79	
	100m: 01:13,95 (01:13,95)	200m: 02:35,36 (01:21,41)	300m: 03:58,25 (01:22,89)	400m: 05:20,79 (01:22,54)	

nicht am Start

Zilgens, Britta 1982/AK30 VfR Übach-Palenberg EnM

Ak 35

1.	Klein, Nicole	1976/AK35	SG Bayer	05:10,06	
	100m: 01:13,65 (01:13,65)	200m: 02:32,63 (01:18,98)	300m: 03:51,37 (01:18,74)	400m: 05:10,06 (01:18,69)	
2.	Koch, Merle	1976/AK35	1. Paderborner SV 1911	05:15,86	
	100m: 01:15,08 (01:15,08)	200m: 02:35,20 (01:20,12)	300m: 03:55,34 (01:20,14)	400m: 05:15,86 (01:20,52)	
3.	von Rekowski, Annett	1976/AK35	SG Bayer	05:20,04	
	100m: 01:14,88 (01:14,88)	200m: 02:35,50 (01:20,62)	300m: 03:57,68 (01:22,18)	400m: 05:20,04 (01:22,36)	
4.	Margolf, Susanne	1979/AK35	SG Wuppertal	05:27,97	
	100m: 01:16,62 (01:16,62)	200m: 02:38,97 (01:22,35)	300m: 04:03,07 (01:24,10)	400m: 05:27,97 (01:24,90)	

abgemeldet

Schultz, Dorothee 1979/AK35 SF Unna 01/10

Ak 40

1.	Krömeke, Verena	1974/AK40	SSV Meschede	04:56,05	
	100m: 01:07,68 (01:07,68)	200m: 02:23,92 (01:16,24)	300m: 03:40,98 (01:17,06)	400m: 04:56,05 (01:15,07)	
2.	Busert, Christine	1974/AK40	SSC '90 SH-Stukenbrock	05:05,64	
	100m: 01:13,39 (01:13,39)	200m: 02:30,53 (01:17,14)	300m: 03:48,56 (01:18,03)	400m: 05:05,64 (01:17,08)	
3.	Duda, Petra	1970/AK40	SC Wiking Herne	05:13,69	
	100m: 01:14,93 (01:14,93)	200m: 02:36,03 (01:21,10)	300m: 03:55,50 (01:19,47)	400m: 05:13,69 (01:18,19)	
4.	Ashauer, Katharina	1970/AK40	SG Essen	05:24,33	
	100m: 01:19,23 (01:19,23)	200m: 02:41,41 (01:22,18)	300m: 04:03,36 (01:21,95)	400m: 05:24,33 (01:20,97)	
5.	Vogt-Humberg, Ilona	1971/AK40	SG Essen	05:24,81	
	100m: 01:16,58 (01:16,58)	200m: 02:39,77 (01:23,19)	300m: 04:03,22 (01:23,45)	400m: 05:24,81 (01:21,59)	
6.	Fritz, Britta	1971/AK40	SC Janus Koeln	06:41,94	
	100m: 01:34,17 (01:34,17)	200m: 03:16,85 (01:42,68)	300m: 04:59,67 (01:42,82)	400m: 06:41,94 (01:42,27)	

abgemeldet

Vormann, Beate 1972/AK40 TuS Breckerfeld

Ak 45

1.	Haselhoff, Verena	1966/AK45	SSV Meschede	04:58,53	NRWAK
	100m: 01:09,82 (01:09,82)	200m: 02:26,85 (01:17,03)	300m: 03:44,41 (01:17,56)	400m: 04:58,53 (01:14,12)	
2.	König, Teodora	1966/AK45	TSV Vorhalle 1879 e.V.	05:45,59	
	100m: 01:19,61 (01:19,61)	200m: 02:49,41 (01:29,80)	300m: 04:19,20 (01:29,79)	400m: 05:45,59 (01:26,39)	
3.	Fischer, Susanne	1967/AK45	SV Hagen 1894	06:08,71	
	100m: 01:24,50 (01:24,50)	200m: 03:00,02 (01:35,52)	300m: 04:37,10 (01:37,08)	400m: 06:08,71 (01:31,61)	



Wettkampf 4 - 400m Freistil weiblich

Ak 45

abgemeldet

Winzen, Andrea 1966/AK45 SG Bayer
Kränsel, Irena 1968/AK45 SG Wuppertal
Martin, Manuela 1965/AK45 SC Aqua Köln

Ak 50

1. Brkowski, Gabriele 1961/AK50 SC Wiking Herne 05:21,69
100m: 01:16,65 (01:16,65) 200m: 02:38,30 (01:21,65) 300m: 04:00,78 (01:22,48) 400m: 05:21,69 (01:20,91)
2. Bohnet, Rita 1964/AK50 SV Blau-Weiß Bochum 05:24,09
100m: 01:16,94 (01:16,94) 200m: 02:38,86 (01:21,92) 300m: 04:02,40 (01:23,54) 400m: 05:24,09 (01:21,69)
3. Schindewolf, Britta 1962/AK50 1. Paderborner SV 1911 05:31,28
100m: 01:17,20 (01:17,20) 200m: 02:40,97 (01:23,77) 300m: 04:06,32 (01:25,35) 400m: 05:31,28 (01:24,96)
4. Radermacher, Dr. Ilona 1960/AK50 SG Mönchengladbach 06:04,42
100m: 01:24,62 (01:24,62) 200m: 02:58,71 (01:34,09) 300m: 04:32,85 (01:34,14) 400m: 06:04,42 (01:31,57)
5. Jensurski, Petra 1961/AK50 SG Essen 06:10,60
100m: 01:27,60 (01:27,60) 200m: 03:01,66 (01:34,06) 300m: 04:36,37 (01:34,71) 400m: 06:10,60 (01:34,23)
6. Jünemann, Gabriele 1960/AK50 SC Wiking Herne 06:43,16
100m: 01:33,57 (01:33,57) 200m: 03:18,16 (01:44,59) 300m: 05:02,46 (01:44,30) 400m: 06:43,16 (01:40,70)

Ak 55

1. Zilliken, Monika 1956/AK55 SSF Bonn 06:59,48
100m: 01:34,64 (01:34,64) 200m: 03:23,27 (01:48,63) 300m: 05:11,86 (01:48,59) 400m: 06:59,48 (01:47,62)
2. Barbara, Löhmer 1959/AK55 SV Rhenania Köln 1919 e.V. 07:34,58
100m: 01:45,88 (01:45,88) 200m: 03:41,94 (01:56,06) 300m: 05:39,95 (01:58,01) 400m: 07:34,58 (01:54,63)

Ak 60

1. Houben, Heli 1951/AK60 SV Blau-Weiß Bochum 06:41,31
100m: 01:33,82 (01:33,82) 200m: 03:16,02 (01:42,20) 300m: 05:00,56 (01:44,54) 400m: 06:41,31 (01:40,75)
2. Schorlemer, Michaela 1950/AK60 Wfr. Lüdenscheid 07:52,94
100m: 01:53,45 (01:53,45) 200m: 03:54,42 (02:00,97) 300m: 05:54,99 (02:00,57) 400m: 07:52,94 (01:57,95)

Ak 65

1. Halbach, Christel 1949/AK65 SG Essen 07:02,35
100m: 01:37,87 (01:37,87) 200m: 03:27,03 (01:49,16) 300m: 05:16,94 (01:49,91) 400m: 07:02,35 (01:45,41)

Ak 70

1. Kreisel, Anne 1941/AK70 SG Neuss 07:09,49
100m: 01:41,54 (01:41,54) 200m: 03:33,06 (01:51,52) 300m: 05:24,46 (01:51,40) 400m: 07:09,49 (01:45,03)
2. Wahl, Gitti 1941/AK70 VfR Übach-Palenberg 09:27,33
100m: 02:13,13 (02:13,13) 200m: 04:39,58 (02:26,45) 300m: 07:04,72 (02:25,14) 400m: 09:27,33 (02:22,61)

Unibad Bochum, den 09.03.2014

Abschnittsende: 12:51 Uhr

Protokollende: 13:00 Uhr

gez. Alexander Ziemski

gez. Yvonne Schützendorf

gez. Uwe Mendritzki

Schiedsrichter weiblich

Schiedsrichter männlich

Protokollführer



Kampfgericht Abschnitt 2

Position	Name	Verein
Schiedsrichter weiblich	Schützendorf, Yvonne	SV NRW
Schiedsrichter männlich	Ziemski, Alexander	SV NRW
Starter weiblich	Räcke, Bernd	SV NRW
Starter männlich	Räcke, Bernd	SV NRW
Sprecher 1	Mäder, Michael	SV NRW
Auswerter 1	Werminghaus, Holger	SV NRW
Protokollführer	Mendritzki, Uwe	
Computer 1	SchwimmSportServiceNRW,	SV NRW
Zielgericht		
Zielrichterobmann	Seyer, Beate	SV NRW
Zielrichter 1	Kalkreuter, Ralf	SV NRW
Zielrichter 2	Räcke, Bernd	SV NRW
Zeitgericht 1		
Zeitnehmerobmann	Lohmeyer, Peter	SV NRW
Zeitnehmer Bahn 1	Kipp, Egbert	SV NRW
Zeitnehmer Bahn 2	Link, Hans-Joachim	SV NRW
Zeitnehmer Bahn 3	Stöcker, Bodo	SV NRW
Zeitnehmer Bahn 4	Gorynski, Matthias	SV NRW
Zeitnehmer Bahn 5	Wybrands, Jan	SV NRW
Zeitnehmer Bahn 6	Hein, Petra	SV NRW
Zeitnehmer Bahn 7	Schröder, Jörg	SV NRW
Zeitnehmer Bahn 8	Wollgarten, Gertrud	SV NRW
Zeitnehmer Bahn 9	Knillmann, Bianca	SV NRW
Zeitnehmer Bahn 10	Lekkas, Jutta	SV NRW
Reservezeitnehmer 1	Mende, Sabrina	SV NRW
Zeitgericht 2		
Zeitnehmerobmann	Lohmeyer, Peter	SV NRW
Zeitnehmer Bahn 1	N.N.,	SV SW
Zeitnehmer Bahn 2	Kranz, Karl Heinz	SV NRW
Zeitnehmer Bahn 3	Brender, Katja	SV NRW
Zeitnehmer Bahn 4	Niegoth, Mariola	SV NRW
Zeitnehmer Bahn 5	Wybrands, Iris	SV NRW
Zeitnehmer Bahn 6	Kalkreuter, Barbara	SV NRW
Zeitnehmer Bahn 7	Dewulf, Muriel	SV NRW
Zeitnehmer Bahn 8	N.N.,	SG Ruhr
Zeitnehmer Bahn 9	Weber, Roland	SV NRW
Zeitnehmer Bahn 10	Kranz, Christiane	SV NRW
Wendegericht		
Wenderichterobmann	Dekkers, Claudia	SV NRW
Wenderichter Bahn 1	Dekkers, Claudia	SV NRW
Wenderichter Bahn 2	Dekkers, Claudia	SV NRW
Wenderichter Bahn 3	Kertscher, Stephan	SV NRW
Wenderichter Bahn 4	Kertscher, Stephan	SV NRW
Wenderichter Bahn 5	Nowak, Anke	SV NRW
Wenderichter Bahn 6	Nowak, Anke	SV NRW
Wenderichter Bahn 7	Hiddemann, Peter	SV NRW
Wenderichter Bahn 8	Hiddemann, Peter	SV NRW
Wenderichter Bahn 9	Kornfeld, Ulf	SV NRW
Wenderichter Bahn 10	Kornfeld, Ulf	SV NRW



Wettkampfbecken 10 Bahnen à 50m Wellenkilerleinen Automatische Zeitnahme Wassertemperatur: ca. 26°C

- Abschnitt 2
Wettkampf 5 200m Brust weiblich
Wettkampf 6 200m Brust männlich
Wettkampf 7 200m Schmetterling weiblich
Wettkampf 8 200m Schmetterling männlich
Wettkampf 9 200m Rücken weiblich
Wettkampf 10 200m Rücken männlich
Wettkampf 11 800m Freistil weiblich
Wettkampf 12 800m Freistil männlich

Wettkampf 5 - 200m Brust weiblich

NRW: 02:25,36 - Caroline Ruhnau (SG Essen) am 02.08.2009 in Rom ()

Jahrgang	1930 - 1934	1935 - 1939	1940 - 1944	1945 - 1949	1950 - 1954	1955 - 1959	1960 - 1964	1965 - 1969
Pflichtzeit	07:40,00	06:40,00	06:05,00	05:35,00	05:10,00	04:50,00	04:30,00	04:15,00
Jahrgang	1970 - 1974	1975 - 1979	1980 - 1984	1985 - 1989	1990 - 1994			
Pflichtzeit	04:00,00	03:55,00	03:50,00	03:45,00	03:40,00			

Ak 20

1. Kogel, Ann-Kathrin 1992/AK20 SG Ruhr 02:54,48
100m: 01:22,35 (01:22,35) 200m: 02:54,48 (01:32,13)
2. Lind, Jennifer 1990/AK20 VfR Übach-Palenberg 03:11,47
100m: 01:33,93 (01:33,93) 200m: 03:11,47 (01:37,54)
3. Sarowski, Julia 1991/AK20 SV Hemer 1921 03:38,65
100m: 01:46,82 (01:46,82) 200m: 03:38,65 (01:51,83)

abgemeldet

Ehltling, Nicole 1990/AK20 Bocholter WSV

Ak 25

1. Papenfuß, Nina 1989/AK25 TuS Breckerfeld 03:17,34
100m: 01:36,69 (01:36,69) 200m: 03:17,34 (01:40,65)

Ak 30

1. Hock, Susanne 1983/AK30 SG Ruhr 02:45,61
100m: 01:18,49 (01:18,49) 200m: 02:45,61 (01:27,12)
2. Weber, Britta 1982/AK30 SG Wuppertal 02:58,55
100m: 01:27,87 (01:27,87) 200m: 02:58,55 (01:30,68)
3. Schulte, Anja 1983/AK30 SG Essen 02:59,92
100m: 01:25,59 (01:25,59) 200m: 02:59,92 (01:34,33)
4. Besler, Yvonne 1981/AK30 TuS Breckerfeld 03:33,70
100m: 01:41,80 (01:41,80) 200m: 03:33,70 (01:51,90)
5. Knieling-Zimmer, Anke 1981/AK30 TuS Wengern 03:38,02
100m: 01:43,06 (01:43,06) 200m: 03:38,02 (01:54,96)

abgemeldet

Oster, Natalie 1981/AK30 SC Wiking Herne
Reuter, Ruth 1980/AK30 SG Essen

Ak 35

1. Fleeer, Jutta 1976/AK35 SC Herford 03:12,46
100m: 01:33,81 (01:33,81) 200m: 03:12,46 (01:38,65)

Ak 40

1. Duda, Petra 1970/AK40 SC Wiking Herne 03:08,25
100m: 01:30,67 (01:30,67) 200m: 03:08,25 (01:37,58)

abgemeldet

Vormann, Beate 1972/AK40 TuS Breckerfeld



Wettkampf 5 - 200m Brust weiblich

Ak 45

1. König, Teodora 1966/AK45 TSV Vorhalle 1879 e.V. 03:22,33
100m: 01:38,06 (01:38,06) 200m: 03:22,33 (01:44,27)
2. Botz, Undine 1965/AK45 SV Hagen 1894 03:22,53
100m: 01:37,62 (01:37,62) 200m: 03:22,53 (01:44,91)

abgemeldet

Kränsel, Irena 1968/AK45 SG Wuppertal

Ak 50

1. Thoms, Silke 1964/AK50 Gütersloher SV 03:29,61
100m: 01:40,69 (01:40,69) 200m: 03:29,61 (01:48,92)
2. Drechsler, Heike 1964/AK50 SG Oelde 03:37,65
100m: 01:43,78 (01:43,78) 200m: 03:37,65 (01:53,87)
3. Wilhelm, Beate 1961/AK50 SC Wiking Herne 03:43,48
100m: 01:50,27 (01:50,27) 200m: 03:43,48 (01:53,21)
4. Oen, Carola 1962/AK50 SG Oelde 03:51,85
100m: 01:50,59 (01:50,59) 200m: 03:51,85 (02:01,26)
5. Volk, Martina 1963/AK50 SG Lünen 03:59,61
100m: 01:55,82 (01:55,82) 200m: 03:59,61 (02:03,79)

abgemeldet

Schmitz, Elke 1964/AK50 SSF Bonn
Vleer, Ellen 1962/AK50 WSG Wiehl
Schröter, Heidrun 1963/AK50 WSG Wiehl

Ak 55

1. Kürten-Schwabe, Iris 1955/AK55 1. Paderborner SV 1911 03:32,72
100m: 01:44,12 (01:44,12) 200m: 03:32,72 (01:48,60)
2. Böcker, Sabine 1958/AK55 SG Essen 03:39,72
100m: 01:49,96 (01:49,96) 200m: 03:39,72 (01:49,76)
3. Barbara, Löhmer 1959/AK55 SV Rhenania Köln 1919 e.V. 04:03,89
100m: 01:58,62 (01:58,62) 200m: 04:03,89 (02:05,27)
4. Meier, Jutta 1955/AK55 SG Essen 04:18,89
100m: 02:06,43 (02:06,43) 200m: 04:18,89 (02:12,46)
5. Hackländer, Britta 1959/AK55 SG Lünen 04:27,18
100m: 02:08,99 (02:08,99) 200m: 04:27,18 (02:18,19)

abgemeldet

Kuhnert, Monika 1955/AK55 Schwimmverein Kamen 1891

Ak 60

1. Ostgathe, Susanne 1954/AK60 SV Blau-Weiß Bochum 03:28,25 NRWAK
100m: 01:40,19 (01:40,19) 200m: 03:28,25 (01:48,06)
2. Haushalter, Gisela 1954/AK60 SG Lünen 03:50,72
100m: 01:51,87 (01:51,87) 200m: 03:50,72 (01:58,85)
3. Kissmann, Renate 1951/AK60 Schwimmverein Kamen 1891 04:10,70
100m: 02:02,95 (02:02,95) 200m: 04:10,70 (02:07,75)
4. Lutz, Rosemarie 1953/AK60 SG Essen 04:11,26
100m: 01:59,95 (01:59,95) 200m: 04:11,26 (02:11,31)
5. Schwarz, Hannelore 1951/AK60 SG Essen 04:27,57
100m: 02:10,47 (02:10,47) 200m: 04:27,57 (02:17,10)

Ak 70

1. Flick, Elisabeth 1941/AK70 Bergneustädter SV 1932 03:59,62
100m: 01:55,67 (01:55,67) 200m: 03:59,62 (02:03,95)



Wettkampf 6 - 200m Brust männlich

NRW: 02:08,81 - Christian vom Lehn (SG Essen) am 28.04.2013 in Berlin ()

Jahrgang	1930 - 1934	1935 - 1939	1940 - 1944	1945 - 1949	1950 - 1954	1955 - 1959	1960 - 1964	1965 - 1969
Pflichtzeit	06:40,00	05:40,00	05:10,00	04:50,00	04:25,00	04:15,00	04:00,00	03:50,00
Jahrgang	1970 - 1974	1975 - 1979	1980 - 1984	1985 - 1989	1990 - 1994			
Pflichtzeit	03:45,00	03:35,00	03:30,00	03:25,00	03:15,00			

Ak 20

1.	Beier, Julian	1992/AK20	SG Ruhr	02:35,41
	100m: 01:14,72 (01:14,72)	200m: 02:35,41 (01:20,69)		
2.	Fromme, Sebastian	1992/AK20	Bocholter WSV	02:59,77
	100m: 01:23,27 (01:23,27)	200m: 02:59,77 (01:36,50)		
3.	Wolff, Hendrik	1993/AK20	Wfr.-Delphin Eschweiler	03:11,21
	100m: 01:32,82 (01:32,82)	200m: 03:11,21 (01:38,39)		

abgemeldet

Hua, Qi Cheng 1993/AK20 SSF Bonn

Ak 25

1.	Ostmeier, Tim	1986/AK25	1. Paderborner SV 1911	02:34,12
	100m: 01:13,31 (01:13,31)	200m: 02:34,12 (01:20,81)		
2.	Kahler, Marcel	1989/AK25	Gütersloher SV	02:38,48
	100m: 01:14,96 (01:14,96)	200m: 02:38,48 (01:23,52)		
3.	Reketat, Matthias	1989/AK25	SSC Hörde 54/58 e.V.	02:50,10
	100m: 01:21,75 (01:21,75)	200m: 02:50,10 (01:28,35)		
4.	Skowranek, Jakob	1987/AK25	SVg Bottrop 1924 e.V.	03:03,37
	100m: 01:26,33 (01:26,33)	200m: 03:03,37 (01:37,04)		
5.	Gralka, Jan-Frederic	1987/AK25	SV Langendreer 04	03:05,58
	100m: 01:26,70 (01:26,70)	200m: 03:05,58 (01:38,88)		

Ak 30

1.	Wittköpper, Falk	1982/AK30	SG Essen	02:39,34
	100m: 01:17,01 (01:17,01)	200m: 02:39,34 (01:22,33)		
2.	Becker, Kolja	1983/AK30	SG Wuppertal	02:59,37
	100m: 01:23,53 (01:23,53)	200m: 02:59,37 (01:35,84)		
3.	Brand, Christian	1983/AK30	SV Neviges	02:59,45
	100m: 01:26,88 (01:26,88)	200m: 02:59,45 (01:32,57)		
4.	Hübsche, Malte	1984/AK30	SV Waldbröl	03:25,86
	100m: 01:39,06 (01:39,06)	200m: 03:25,86 (01:46,80)		

Ak 35

1.	Friehe, Sven	1978/AK35	Aachener SV 06	02:50,89
	100m: 01:23,77 (01:23,77)	200m: 02:50,89 (01:27,12)		
2.	Büker, Karsten	1977/AK35	Turngemeinde Herford	03:10,93
	100m: 01:30,71 (01:30,71)	200m: 03:10,93 (01:40,22)		

Ak 40

1.	Nachtigall, Harald	1972/AK40	SG Essen	02:54,47
	100m: 01:24,96 (01:24,96)	200m: 02:54,47 (01:29,51)		
2.	Bröckelmann, Frank	1971/AK40	SSC '90 SH-Stukenbrock	03:00,44
	100m: 01:28,37 (01:28,37)	200m: 03:00,44 (01:32,07)		
3.	Ulrich, Tim	1971/AK40	SF Unna 01/10	03:06,73
	100m: 01:29,21 (01:29,21)	200m: 03:06,73 (01:37,52)		

abgemeldet

Janitzki, Alexander 1973/AK40 Bocholter WSV

Ak 45

1.	Boß, Marco	1969/AK45	Wfr. Lüdenscheid	02:53,24
	100m: 01:21,86 (01:21,86)	200m: 02:53,24 (01:31,38)		
2.	Bick, Martin	1965/AK45	SF Unna 01/10	03:03,24
	100m: 01:25,34 (01:25,34)	200m: 03:03,24 (01:37,90)		
3.	Höller-Schlieper, Marcus	1967/AK45	TuS Breckerfeld	03:34,15
	100m: 01:46,13 (01:46,13)	200m: 03:34,15 (01:48,02)		



Wettkampf 6 - 200m Brust männlich

Ak 50

1.	Haibach, Dirk	1962/AK50	SC Solingen	02:54,75
	100m: 01:21,66 (01:21,66)	200m: 02:54,75 (01:33,09)		
2.	Pilz, Michael	1963/AK50	SC Solingen	02:57,49
	100m: 01:24,34 (01:24,34)	200m: 02:57,49 (01:33,15)		
3.	Grieß, Dr. Martin	1963/AK50	SG Oelde	03:08,33
	100m: 01:28,38 (01:28,38)	200m: 03:08,33 (01:39,95)		
4.	Langner, Franz	1961/AK50	SSF Bonn	03:14,18
	100m: 01:31,63 (01:31,63)	200m: 03:14,18 (01:42,55)		
5.	Schmitz, Mark	1962/AK50	SC Aqua Köln	03:20,86
	100m: 01:37,72 (01:37,72)	200m: 03:20,86 (01:43,14)		
6.	Weinekötter, Egbert	1962/AK50	SG Oelde	03:28,79
	100m: 01:36,27 (01:36,27)	200m: 03:28,79 (01:52,52)		
7.	Stuckert, Thomas	1960/AK50	SG Essen	03:47,65
	100m: 01:46,10 (01:46,10)	200m: 03:47,65 (02:01,55)		

Ak 55

1.	Menge, Michael	1955/AK55	SG Essen	03:15,85
	100m: 01:31,50 (01:31,50)	200m: 03:15,85 (01:44,35)		
2.	Büker, Volker	1958/AK55	TG Lage	03:18,46
	100m: 01:35,15 (01:35,15)	200m: 03:18,46 (01:43,31)		

Ak 60

abgemeldet

Mixer, Lothar 1952/AK60 TuS Erkrath 1930 e.V.

Ak 65

1.	Schmidt, Hans-Jürgen	1948/AK65	SG Essen	03:28,80
	100m: 01:38,81 (01:38,81)	200m: 03:28,80 (01:49,99)		
2.	Scharf, Anton	1945/AK65	SG Oelde	04:32,47
	100m: 02:07,52 (02:07,52)	200m: 04:32,47 (02:24,95)		

Ak 70

1.	Altenhofen, Jürgen	1944/AK70	SC Solingen	03:23,79
	100m: 01:39,04 (01:39,04)	200m: 03:23,79 (01:44,75)		
2.	Kramer, Bernd	1943/AK70	SG Essen	03:53,63
	100m: 01:51,13 (01:51,13)	200m: 03:53,63 (02:02,50)		
3.	Opitz, Rainer	1942/AK70	SG Dortmund	04:02,53
	100m: 01:59,35 (01:59,35)	200m: 04:02,53 (02:03,18)		

Ak 75

1.	Burkowsky, Wolfgang	1937/AK75	SG Dortmund	03:46,56
	100m: 01:49,77 (01:49,77)	200m: 03:46,56 (01:56,79)		

Ak 80

1.	Kunzig, Alfred	1932/AK80	SF Unna 01/10	05:27,75
	100m: 02:47,82 (02:47,82)	200m: 05:27,75 (02:39,93)		
2.	Beil, Werner	1932/AK80	SVg Witten 1884/09	05:27,99
	100m: 02:47,00 (02:47,00)	200m: 05:27,99 (02:40,99)		

Wettkampf 7 - 200m Schmetterling weiblich

NRW: 02:09,36 - Nina Schiffer (SSF Bonn) am 12.07.2008 in Monterrey/Mexiko ()

Jahrgang	1930 - 1934	1935 - 1939	1940 - 1944	1945 - 1949	1950 - 1954	1955 - 1959	1960 - 1964	1965 - 1969
Pflichtzeit	07:40,00	06:40,00	06:05,00	05:35,00	05:10,00	04:50,00	04:30,00	04:15,00
Jahrgang	1970 - 1974	1975 - 1979	1980 - 1984	1985 - 1989	1990 - 1994			
Pflichtzeit	04:00,00	03:55,00	03:50,00	03:30,00	03:25,00			

Ak 20

1.	Thater, Jennifer	1990/AK20	SG Dortmund	02:35,27
	100m: 01:13,65 (01:13,65)	200m: 02:35,27 (01:21,62)		



Wettkampf 7 - 200m Schmetterling weiblich

Ak 20

2. Herweg, Jacqueline 1994/AK20 SG Ruhr 03:18,67
100m: 01:30,71 (01:30,71) 200m: 03:18,67 (01:47,96)

Ak 25

1. Höhmann, Nina 1987/AK25 Gütersloher SV 02:49,70
100m: 01:19,52 (01:19,52) 200m: 02:49,70 (01:30,18)
2. Wieschalla, Kerstin 1988/AK25 Telekom Post SG Köln 02:50,26
100m: 01:19,70 (01:19,70) 200m: 02:50,26 (01:30,56)

Ak 30

1. Beckmann, Carla 1984/AK30 Wasserfreunde Bielefeld 02:37,53
100m: 01:15,67 (01:15,67) 200m: 02:37,53 (01:21,86)

abgemeldet

Zilgens, Britta 1982/AK30 VfR Übach-Palenberg

Ak 35

1. Klütemeyer, Christine 1979/AK35 SSF Bonn 02:50,06
100m: 01:21,32 (01:21,32) 200m: 02:50,06 (01:28,74)
2. von Rekowski, Annett 1976/AK35 SG Bayer 02:57,29
100m: 01:23,95 (01:23,95) 200m: 02:57,29 (01:33,34)
3. Koch, Merle 1976/AK35 1. Paderborner SV 1911 03:04,82
100m: 01:28,38 (01:28,38) 200m: 03:04,82 (01:36,44)

Ak 45

aufgegeben

Thoms, Daniela 1965/AK45 Gütersloher SV EnM

Ak 50

1. Close, Manuela 1963/AK50 SG Wuppertal 03:20,84
100m: 01:30,13 (01:30,13) 200m: 03:20,84 (01:50,71)

Ak 55

1. Kürten-Schwabe, Iris 1955/AK55 1. Paderborner SV 1911 02:48,14
100m: 01:48,05 (01:48,05) 200m: 02:48,14 (01:00,09)
2. Kloppenburg, Angela 1958/AK55 SSV Meschede 03:30,45
100m: 01:36,98 (01:36,98) 200m: 03:30,45 (01:53,47)
3. Schramm, Maïke 1956/AK55 SSF Bonn 04:09,98
100m: 02:01,42 (02:01,42) 200m: 04:09,98 (02:08,56)

Wettkampf 8 - 200m Schmetterling männlich

NRW: 01:56,82 - Thomas Rupprath (SG Neuss) am 17.06.2000 in Berlin ()

Jahrgang	1930 - 1934	1935 - 1939	1940 - 1944	1945 - 1949	1950 - 1954	1955 - 1959	1960 - 1964	1965 - 1969
Pflichtzeit	06:40,00	05:45,00	05:10,00	04:50,00	04:25,00	04:10,00	04:00,00	03:45,00
Jahrgang	1970 - 1974	1975 - 1979	1980 - 1984	1985 - 1989	1990 - 1994			
Pflichtzeit	03:40,00	03:35,00	03:30,00	03:25,00	03:00,00			

Ak 20

1. Geiselhart, Kevin 1992/AK20 SG Siegen 02:14,33
100m: 01:04,34 (01:04,34) 200m: 02:14,33 (01:09,99)
2. Gobrecht, Cedric 1993/AK20 Duisburger ST 02:22,70
100m: 01:06,88 (01:06,88) 200m: 02:22,70 (01:15,82)
3. Pöttgen, Niklas 1994/AK20 TuS Sundern 02:39,73
100m: 01:11,17 (01:11,17) 200m: 02:39,73 (01:28,56)

abgemeldet

Wiesemann, Timo 1990/AK20 mettmann-sport



Wettkampf 8 - 200m Schmetterling männlich

Ak 25

1. Gralka, Jan-Frederic 1987/AK25 SV Langendreer 04 02:56,69
100m: 01:19,98 (01:19,98) 200m: 02:56,69 (01:36,71)

abgemeldet

Schnitzler, Phillip 1987/AK25 SG Bayer

Ak 30

1. Wittag, Jörg 1983/AK30 Bocholter WSV 02:29,34
100m: 01:09,74 (01:09,74) 200m: 02:29,34 (01:19,60)
2. Winkler, Tim 1980/AK30 SG Essen 02:38,49
100m: 01:11,40 (01:11,40) 200m: 02:38,49 (01:27,09)

nicht am Start

Theuer, Markus 1984/AK30 SG Erkelenz-Hückelhoven EnM

Ak 35

1. Hansmann, Ingemar 1976/AK35 1. Paderborner SV 1911 03:26,56
100m: 01:37,97 (01:37,97) 200m: 03:26,56 (01:48,59)

Ak 40

1. Nachtigall, Harald 1972/AK40 SG Essen 02:53,72
100m: 01:21,72 (01:21,72) 200m: 02:53,72 (01:32,00)
2. Winkelmann, Frank 1972/AK40 SV Hagen 1894 02:58,90
100m: 01:19,79 (01:19,79) 200m: 02:58,90 (01:39,11)

abgemeldet

Janitzki, Alexander 1973/AK40 Bocholter WSV

Ak 45

1. Sklyar, Konstantin 1968/AK45 TG Lage 03:01,64
100m: 01:31,33 (01:31,33) 200m: 03:01,64 (01:30,31)

Ak 50

1. Geiselhart, Stefan 1964/AK50 SG Siegen 02:50,77
100m: 01:23,65 (01:23,65) 200m: 02:50,77 (01:27,12)
2. Deidewig, Frank 1964/AK50 SG Essen 02:53,47
100m: 01:22,33 (01:22,33) 200m: 02:53,47 (01:31,14)

Ak 75

1. Wermelskirchen, Peter 1939/AK75 SG Bayer 03:52,86 NRWAK
100m: 01:49,83 (01:49,83) 200m: 03:52,86 (02:03,03)

Wettkampf 9 - 200m Rücken weiblich

NRW: 02:11,47 - Antje Buschschulte (SG Bayer W/Ue/Dor.) am 29.07.2001 in Fukuoka (Japan) ()

Jahrgang	1930 - 1934	1935 - 1939	1940 - 1944	1945 - 1949	1950 - 1954	1955 - 1959	1960 - 1964	1965 - 1969
Pflichtzeit	07:20,00	06:20,00	05:55,00	05:25,00	05:05,00	04:40,00	04:20,00	04:00,00
Jahrgang	1970 - 1974	1975 - 1979	1980 - 1984	1985 - 1989	1990 - 1994			
Pflichtzeit	03:45,00	03:40,00	03:35,00	03:30,00	03:25,00			

Ak 20

1. Schmitt, Vera 1993/AK20 Telekom Post SG Köln 02:41,16
100m: 01:18,12 (01:18,12) 200m: 02:41,16 (01:23,04)
2. Stewing, Rebecca 1994/AK20 VFL Gladbeck 1921 02:55,69
100m: 01:25,98 (01:25,98) 200m: 02:55,69 (01:29,71)
3. Herweg, Jacqueline 1994/AK20 SG Ruhr 02:57,07
100m: 01:27,61 (01:27,61) 200m: 02:57,07 (01:29,46)
4. Lind, Jennifer 1990/AK20 VfR Übach-Palenberg 02:58,32
100m: 01:27,70 (01:27,70) 200m: 02:58,32 (01:30,62)
5. Chmielewski, Dominika 1992/AK20 SV Hemer 1921 03:08,27
100m: 01:30,12 (01:30,12) 200m: 03:08,27 (01:38,15)



Wettkampf 9 - 200m Rücken weiblich

Ak 20

6. Schnabel, Veronique 1992/AK20 S.V. Aegir 21 Kempen 03:11,78
100m: 01:31,44 (01:31,44) 200m: 03:11,78 (01:40,34)

abgemeldet

- Scholz, Carina 1990/AK20 SG Ruhr
Ehltling, Nicole 1990/AK20 Bocholter WSV

Ak 25

1. Kentschke, Sandra 1985/AK25 SG Essen 02:50,23
100m: 01:22,83 (01:22,83) 200m: 02:50,23 (01:27,40)
2. Ohlendorf, Jill 1989/AK25 SVg Bottrop 1924 e.V. 02:58,55
100m: 01:25,45 (01:25,45) 200m: 02:58,55 (01:33,10)

Ak 30

1. Weber, Britta 1982/AK30 SG Wuppertal 02:47,26
100m: 01:22,11 (01:22,11) 200m: 02:47,26 (01:25,15)
2. Richter, Desiree 1980/AK30 SG Wuppertal 02:53,47
100m: 01:24,59 (01:24,59) 200m: 02:53,47 (01:28,88)

Ak 35

1. von Rekowski, Annett 1976/AK35 SG Bayer 02:48,66
100m: 01:23,61 (01:23,61) 200m: 02:48,66 (01:25,05)
2. Woger, Meike 1979/AK35 SV Blau-Weiß Bochum 02:50,57
100m: 01:23,80 (01:23,80) 200m: 02:50,57 (01:26,77)
3. Margolf, Susanne 1979/AK35 SG Wuppertal 02:55,72
100m: 01:24,61 (01:24,61) 200m: 02:55,72 (01:31,11)
4. Biskup, Simone 1976/AK35 SG Essen 03:09,45
100m: 01:28,77 (01:28,77) 200m: 03:09,45 (01:40,68)

Ak 40

1. Hoffmann, Eva 1974/AK40 SV Hemer 1921 03:00,10
100m: 01:26,92 (01:26,92) 200m: 03:00,10 (01:33,18)
2. Kamps, Angelika 1973/AK40 S.V. Aegir 21 Kempen 03:13,82
100m: 01:34,01 (01:34,01) 200m: 03:13,82 (01:39,81)
3. Fritz, Britta 1971/AK40 SC Janus Koeln 03:44,84
100m: 01:49,54 (01:49,54) 200m: 03:44,84 (01:55,30)

Ak 45

1. König, Teodora 1966/AK45 TSV Vorhalle 1879 e.V. 03:03,99
100m: 01:29,39 (01:29,39) 200m: 03:03,99 (01:34,60)
2. Paschke, Gabriela 1968/AK45 SG Essen 03:07,90
100m: 01:31,67 (01:31,67) 200m: 03:07,90 (01:36,23)
3. Fischer, Susanne 1967/AK45 SV Hagen 1894 03:14,38
100m: 01:35,95 (01:35,95) 200m: 03:14,38 (01:38,43)

abgemeldet

- Kränsel, Irena 1968/AK45 SG Wuppertal

Ak 50

1. Brkowski, Gabriele 1961/AK50 SC Wiking Herne 02:51,34 NRWAK
100m: 01:22,70 (01:22,70) 200m: 02:51,34 (01:28,64)
2. Erdmann, Simone 1962/AK50 SG Essen 02:56,57
100m: 01:28,14 (01:28,14) 200m: 02:56,57 (01:28,43)
3. Radermacher, Dr. Ilona 1960/AK50 SG Mönchengladbach 03:08,89
100m: 01:30,54 (01:30,54) 200m: 03:08,89 (01:38,35)
4. Thoms, Silke 1964/AK50 Gütersloher SV 03:10,96
100m: 01:33,14 (01:33,14) 200m: 03:10,96 (01:37,82)
5. Röhrig, Beate 1964/AK50 SG Wuppertal 03:25,89
100m: 01:37,92 (01:37,92) 200m: 03:25,89 (01:47,97)
6. Oen, Carola 1962/AK50 SG Oelde 03:42,45
100m: 01:49,10 (01:49,10) 200m: 03:42,45 (01:53,35)



Wettkampf 9 - 200m Rücken weiblich

Ak 50

abgemeldet

Lückel, Susanne 1963/AK50 Schwimmverein Kamen 1891

Ak 55

1. Wille, Erika 1956/AK55 Schwimmverein Kamen 1891 03:32,01
2. Sewald, Gabriele 1955/AK55 1. Paderborner SV 1911 03:37,22
100m: 01:42,76 (01:42,76) 200m: 03:37,22 (01:54,46)

abgemeldet

Bauer, Anke 1956/AK55 SG Essen

Ak 60

1. Houben, Heli 1951/AK60 SV Blau-Weiß Bochum 03:25,18
100m: 01:38,07 (01:38,07) 200m: 03:25,18 (01:47,11)
2. Haushalter, Gisela 1954/AK60 SG Lünen 03:44,41
100m: 01:50,07 (01:50,07) 200m: 03:44,41 (01:54,34)
3. Kissmann, Renate 1951/AK60 Schwimmverein Kamen 1891 04:03,91
100m: 01:58,17 (01:58,17) 200m: 04:03,91 (02:05,74)
4. Schorlemer, Michaele 1950/AK60 Wfr. Lüdenscheid 04:06,67
100m: 02:01,49 (02:01,49) 200m: 04:06,67 (02:05,18)

Ak 65

1. Hanke, Margret 1945/AK65 SSF Bonn 03:47,41
100m: 01:51,59 (01:51,59) 200m: 03:47,41 (01:55,82)

Ak 70

1. Monstadt, Waltraud 1943/AK70 SV Blau-Weiß Bochum 04:12,37
100m: 02:02,56 (02:02,56) 200m: 04:12,37 (02:09,81)

Ak 80

1. Keusch-Renner, Ingrid 1934/AK80 SV Blau-Weiß Bochum 04:37,90 NRWAK
100m: 02:17,37 (02:17,37) 200m: 04:37,90 (02:20,53)
2. Held, Ulla 1931/AK80 SSF Bonn 05:11,11
100m: 02:32,66 (02:32,66) 200m: 05:11,11 (02:38,45)

Wettkampf 10 - 200m Rücken männlich

NRW: 01:59,40 - Steffen Driesen (SG Bayer W/Ur/Dor.) am 26.07.2003 in Barcelona (ESP) ()

Jahrgang	1930 - 1934	1935 - 1939	1940 - 1944	1945 - 1949	1950 - 1954	1955 - 1959	1960 - 1964	1965 - 1969
Pflichtzeit	06:30,00	05:40,00	05:10,00	04:50,00	04:25,00	04:10,00	04:00,00	03:40,00
Jahrgang	1970 - 1974	1975 - 1979	1980 - 1984	1985 - 1989	1990 - 1994			
Pflichtzeit	03:30,00	03:25,00	03:20,00	03:10,00	03:00,00			

Ak 20

1. Vogel, Jan-Lukas 1994/AK20 SF Unna 01/10 02:21,71
100m: 01:09,48 (01:09,48) 200m: 02:21,71 (01:12,23)
2. Gobrecht, Cedric 1993/AK20 Duisburger ST 02:39,40
100m: 01:18,54 (01:18,54) 200m: 02:39,40 (01:20,86)

Ak 25

1. Zandecki, Eike 1989/AK25 SG Ruhr 02:40,29
100m: 01:16,49 (01:16,49) 200m: 02:40,29 (01:23,80)

disqualifiziert

Kahler, Marcel 1989/AK25 Gütersloher SV EnM
Der Schwimmer führte die 100m Wende nicht kontinuierlich aus
Uhrzeit der Bekanntgabe: 17:12



Wettkampf 10 - 200m Rücken männlich

Ak 30

1.	Drees, Bastian	1981/AK30	SSV Meschede	02:27,27
	100m: 01:09,98 (01:09,98)	200m: 02:27,27 (01:17,29)		
2.	Kampmann, Markus	1982/AK30	SG Dortmund	02:30,72
	100m: 01:13,68 (01:13,68)	200m: 02:30,72 (01:17,04)		
3.	Wittköpper, Falk	1982/AK30	SG Essen	02:32,77
	100m: 01:13,87 (01:13,87)	200m: 02:32,77 (01:18,90)		
4.	Link, Sebastian	1984/AK30	SG Dortmund	02:41,36
	100m: 01:19,33 (01:19,33)	200m: 02:41,36 (01:22,03)		
5.	Hübsche, Malte	1984/AK30	SV Waldbröl	03:12,60

Ak 35

1.	Kielblock, Sven	1976/AK35	Brander Schwimmverein 1973 e.V.	02:50,20
	100m: 01:20,82 (01:20,82)	200m: 02:50,20 (01:29,38)		
2.	Zachow, Roman	1978/AK35	SG Essen	03:07,46
	100m: 01:28,60 (01:28,60)	200m: 03:07,46 (01:38,86)		

abgemeldet

Amberge, Andreas 1976/AK35 mettmann-sport

Ak 45

1.	Leopold, Sven	1965/AK45	SSF Bonn	02:40,69
	100m: 01:19,87 (01:19,87)	200m: 02:40,69 (01:20,82)		
2.	Lackhoff, Ekkehard	1968/AK45	SG Siegen	02:42,71
	100m: 01:19,85 (01:19,85)	200m: 02:42,71 (01:22,86)		
3.	Dittmer, Ulf	1965/AK45	SG Essen	02:48,21
	100m: 01:22,31 (01:22,31)	200m: 02:48,21 (01:25,90)		
4.	Boß, Marco	1969/AK45	Wfr. Lüdenscheid	02:56,44
	100m: 01:27,37 (01:27,37)	200m: 02:56,44 (01:29,07)		

abgemeldet

Braun, Thomas 1969/AK45 SV Waldbröl
Klotzowski, Uwe 1967/AK45 SSF Bonn

Ak 50

1.	Reinhardt, Markus	1960/AK50	SG Dortmund	02:40,45
	100m: 01:18,06 (01:18,06)	200m: 02:40,45 (01:22,39)		
2.	Rumpel, Volker	1960/AK50	SG Dortmund	02:48,40
	100m: 01:21,87 (01:21,87)	200m: 02:48,40 (01:26,53)		
3.	Grieß, Dr. Martin	1963/AK50	SG Oelde	02:56,83
	100m: 01:24,66 (01:24,66)	200m: 02:56,83 (01:32,17)		
4.	Schmitz, Mark	1962/AK50	SC Aqua Köln	03:23,62
	100m: 01:38,40 (01:38,40)	200m: 03:23,62 (01:45,22)		

abgemeldet

Kirstein, Dirk 1961/AK50 SV Waldbröl

nicht am Start

Kittner, Jens 1963/AK50 SG Erkelenz-Hückelhoven EnM

Ak 55

1.	Kühnlitz, Andreas	1958/AK55	SG Siegen	02:54,71
	100m: 01:26,01 (01:26,01)	200m: 02:54,71 (01:28,70)		
2.	Kopsicker, Dieter	1959/AK55	SG SSF Marl-Hüls	03:02,03
	100m: 01:28,73 (01:28,73)	200m: 03:02,03 (01:33,30)		
3.	Merkens, Rolf	1959/AK55	Schwimmverein Langenfeld 1912	03:30,28

Ak 60

1.	Keitmann, Gerhard	1952/AK60	SG Dortmund	03:09,33
	100m: 01:33,87 (01:33,87)	200m: 03:09,33 (01:35,46)		
2.	Rickert, Karl-Heinz	1951/AK60	SC Wiking Herne	03:38,15
	100m: 01:47,54 (01:47,54)	200m: 03:38,15 (01:50,61)		



Wettkampf 10 - 200m Rücken männlich

Ak 65

1. Baginski, Manfred 1946/AK65 SF Unna 01/10 03:24,16
100m: 01:40,02 (01:40,02) 200m: 03:24,16 (01:44,14)

Ak 70

1. Altenhofen, Jürgen 1944/AK70 SC Solingen 03:24,09
100m: 01:40,42 (01:40,42) 200m: 03:24,09 (01:43,67)
2. Schürmann, Rolf 1940/AK70 SG Oelde 03:55,39
100m: 01:52,27 (01:52,27) 200m: 03:55,39 (02:03,12)
3. Zachow, Rainer 1944/AK70 Schwelmer SC 04:39,72
100m: 02:17,31 (02:17,31) 200m: 04:39,72 (02:22,41)

Ak 80

1. Henschke, Wolfgang 1933/AK80 Duisburger ST 04:07,69
100m: 01:56,90 (01:56,90) 200m: 04:07,69 (02:10,79)
2. Heuft, Kurt 1932/AK80 WSG Wiehl 04:30,08
100m: 02:12,29 (02:12,29) 200m: 04:30,08 (02:17,79)
3. Kunzig, Alfred 1932/AK80 SF Unna 01/10 04:41,17
100m: 02:15,03 (02:15,03) 200m: 04:41,17 (02:26,14)

Wettkampf 11 - 800m Freistil weiblich

NRW: 08:32,23 - Isabelle Härle (SG Essen) am 27.04.2013 in Berlin ()

Jahrgang	1930 - 1934	1935 - 1939	1940 - 1944	1945 - 1949	1950 - 1954	1955 - 1959	1960 - 1964	1965 - 1969
Pflichtzeit	23:30,00	21:30,00	21:00,00	19:30,00	18:00,00	17:30,00	17:00,00	16:30,00
Jahrgang	1970 - 1974	1975 - 1979	1980 - 1984	1985 - 1989	1990 - 1994			
Pflichtzeit	16:00,00	15:00,00	14:15,00	13:45,00	13:00,00			

Ak 20

1. Schmitt, Vera 1993/AK20 Telekom Post SG Köln 10:41,34
100m: 01:11,70 (01:11,70) 200m: 02:31,98 (01:20,28) 300m: 03:53,14 (01:21,16) 400m: 05:14,17 (01:21,03)
500m: 06:36,65 (01:22,48) 600m: 07:58,96 (01:22,31) 700m: 09:21,96 (01:23,00) 800m: 10:41,34 (01:19,38)

abgemeldet

Scholz, Carina 1990/AK20 SG Ruhr

Ak 25

1. Wieschalla, Kerstin 1988/AK25 Telekom Post SG Köln 10:27,68
100m: 01:10,06 (01:10,06) 200m: 02:27,91 (01:17,85) 300m: 03:47,21 (01:19,30) 400m: 05:07,18 (01:19,97)
500m: 06:27,78 (01:20,60) 600m: 07:48,35 (01:20,57) 700m: 09:09,56 (01:21,21) 800m: 10:27,68 (01:18,12)

Ak 30

1. Schulte, Anja 1983/AK30 SG Essen 11:32,10
100m: 01:20,32 (01:20,32) 200m: 02:46,15 (01:25,83) 300m: 04:13,68 (01:27,53) 400m: 05:42,13 (01:28,45)
500m: 07:10,65 (01:28,52) 600m: 08:38,36 (01:27,71) 700m: 10:05,73 (01:27,37) 800m: 11:32,10 (01:26,37)

Ak 35

1. Klein, Nicole 1976/AK35 SG Bayer 10:43,10
100m: 01:15,57 (01:15,57) 200m: 02:35,76 (01:20,19) 300m: 03:56,73 (01:20,97) 400m: 05:17,36 (01:20,63)
500m: 06:38,67 (01:21,31) 600m: 08:00,73 (01:22,06) 700m: 09:22,48 (01:21,75) 800m: 10:43,10 (01:20,62)
2. von Rekowski, Annett 1976/AK35 SG Bayer 11:02,74
100m: 01:17,05 (01:17,05) 200m: 02:39,09 (01:22,04) 300m: 04:02,81 (01:23,72) 400m: 05:27,26 (01:24,45)
500m: 06:51,78 (01:24,52) 600m: 08:15,75 (01:23,97) 700m: 09:40,83 (01:25,08) 800m: 11:02,74 (01:21,91)
3. Woger, Meike 1979/AK35 SV Blau-Weiß Bochum 11:31,37
100m: 01:22,26 (01:22,26) 200m: 02:50,03 (01:27,77) 300m: 04:16,71 (01:26,68) 400m: 05:43,89 (01:27,18)
500m: 07:11,28 (01:27,39) 600m: 08:38,96 (01:27,68) 700m: 10:05,34 (01:26,38) 800m: 11:31,37 (01:26,03)

Ak 40

1. Krömeke, Verena 1974/AK40 SSV Meschede 10:18,39
100m: 01:10,48 (01:10,48) 200m: 02:28,70 (01:18,22) 300m: 03:47,20 (01:18,50) 400m: 05:06,39 (01:19,19)
500m: 06:25,48 (01:19,09) 600m: 07:44,02 (01:18,54) 700m: 09:06,92 (01:22,90) 800m: 10:18,39 (01:11,47)

Wettkampf 11 - 800m Freistil weiblich

Ak 40

2.	Busert, Christine	1974/AK40	SSC '90 SH-Stukenbrock	10:40,95
	100m: 01:15,06 (01:15,06) 200m: 02:35,49 (01:20,43) 300m: 03:55,70 (01:20,21) 400m: 05:16,82 (01:21,12) 500m: 06:38,59 (01:21,77) 600m: 08:00,45 (01:21,86) 700m: 09:21,43 (01:20,98) 800m: 10:40,95 (01:19,52)			
3.	Kroniger, Melanie	1970/AK40	SV Blau-Weiß Bochum	11:02,65
	100m: 01:17,15 (01:17,15) 200m: 02:39,52 (01:22,37) 300m: 04:02,58 (01:23,06) 400m: 05:26,29 (01:23,71) 500m: 06:50,42 (01:24,13) 600m: 08:14,57 (01:24,15) 700m: 09:39,14 (01:24,57) 800m: 11:02,65 (01:23,51)			
4.	Ashauer, Katharina	1970/AK40	SG Essen	11:12,23
	100m: 01:19,37 (01:19,37) 200m: 02:43,93 (01:24,56) 300m: 04:08,07 (01:24,14) 400m: 05:32,53 (01:24,46) 500m: 06:57,55 (01:25,02) 600m: 08:22,58 (01:25,03) 700m: 09:48,83 (01:26,25) 800m: 11:12,23 (01:23,40)			
5.	Eckle, Tina	1974/AK40	Düsseldorfer SC	12:26,34
	100m: 01:23,94 (01:23,94) 200m: 02:57,47 (01:33,53) 300m: 04:32,75 (01:35,28) 400m: 06:08,87 (01:36,12) 500m: 07:44,57 (01:35,70) 600m: 09:20,02 (01:35,45) 700m: 10:54,43 (01:34,41) 800m: 12:26,34 (01:31,91)			
6.	Fritz, Britta	1971/AK40	SC Janus Koeln	13:55,06
	100m: 01:35,72 (01:35,72) 200m: 03:21,34 (01:45,62) 300m: 05:07,44 (01:46,10) 400m: 06:53,48 (01:46,04) 500m: 08:39,78 (01:46,30) 600m: 10:26,21 (01:46,43) 700m: 12:12,78 (01:46,57) 800m: 13:55,06 (01:42,28)			

abgemeldet

Büttner, Melanie 1974/AK40 SG Essen

Ak 45

1.	Thoms, Daniela	1965/AK45	Gütersloher SV	11:59,06
	100m: 01:22,83 (01:22,83) 200m: 02:52,12 (01:29,29) 300m: 04:22,92 (01:30,80) 400m: 07:25,05 (03:02,13) 500m: 08:57,13 (01:32,08) 600m: 08:57,13 (00:00,00) 700m: 10:29,27 (01:32,14) 800m: 11:59,06 (01:29,79)			

abgemeldet

Kränsel, Irena 1968/AK45 SG Wuppertal

Ak 50

1.	Schindewolf, Britta	1962/AK50	1. Paderborner SV 1911	11:31,90
	100m: 01:18,79 (01:18,79) 200m: 02:44,52 (01:25,73) 300m: 04:11,52 (01:27,00) 400m: 05:38,78 (01:27,26) 500m: 07:07,09 (01:28,31) 600m: 08:36,53 (01:29,44) 700m: 10:05,23 (01:28,70) 800m: 11:31,90 (01:26,67)			
2.	Radermacher, Dr. Ilona	1960/AK50	SG Mönchengladbach	12:42,82
	100m: 01:28,03 (01:28,03) 200m: 03:04,68 (01:36,65) 300m: 04:41,58 (01:36,90) 400m: 06:18,87 (01:37,29) 500m: 07:56,79 (01:37,92) 600m: 09:34,33 (01:37,54) 700m: 11:11,18 (01:36,85) 800m: 12:42,82 (01:31,64)			
3.	Oen, Carola	1962/AK50	SG Oelde	13:45,12
	100m: 01:31,76 (01:31,76) 200m: 03:12,96 (01:41,20) 300m: 04:55,54 (01:42,58) 400m: 06:39,56 (01:44,02) 500m: 08:25,39 (01:45,83) 600m: 10:12,85 (01:47,46) 700m: 12:00,16 (01:47,31) 800m: 13:45,12 (01:44,96)			
4.	Jünemann, Gabriele	1960/AK50	SC Wiking Herne	13:49,40
	100m: 01:37,25 (01:37,25) 200m: 03:22,65 (01:45,40) 300m: 05:06,59 (01:43,94) 400m: 06:53,47 (01:46,88) 500m: 08:39,09 (01:45,62) 600m: 10:23,84 (01:44,75) 700m: 12:08,96 (01:45,12) 800m: 13:49,40 (01:40,44)			

Ak 60

1.	Schorlemer, Michaelae	1950/AK60	Wfr. Lüdenscheid	15:52,32
	100m: 01:56,00 (01:56,00) 200m: 03:55,07 (01:59,07) 300m: 05:57,39 (02:02,32) 400m: 07:56,92 (01:59,53) 500m: 09:56,95 (02:00,03) 600m: 11:56,82 (01:59,87) 700m: 13:55,29 (01:58,47) 800m: 15:52,32 (01:57,03)			

abgemeldet

Schwarz, Hannelore 1951/AK60 SG Essen

Ak 65

1.	Halbach, Christel	1949/AK65	SG Essen	15:01,81
	100m: 01:44,81 (01:44,81) 200m: 03:37,78 (01:52,97) 300m: 05:33,35 (01:55,57) 400m: 07:29,42 (01:56,07) 500m: 09:23,87 (01:54,45) 600m: 11:18,65 (01:54,78) 700m: 13:12,71 (01:54,06) 800m: 15:01,81 (01:49,10)			

Ak 70

1.	Kreisel, Anne	1941/AK70	SG Neuss	14:19,31
	100m: 01:39,27 (01:39,27) 200m: 03:28,56 (01:49,29) 300m: 05:18,93 (01:50,37) 400m: 07:10,69 (01:51,76) 500m: 09:01,00 (01:50,31) 600m: 10:49,43 (01:48,43) 700m: 12:37,59 (01:48,16) 800m: 14:19,31 (01:41,72)			
2.	Wahl, Gitti	1941/AK70	VfR Übach-Palenberg	19:22,03
	100m: 02:12,41 (02:12,41) 200m: 04:36,30 (02:23,89) 300m: 07:03,31 (02:27,01) 400m: 09:30,67 (02:27,36) 500m: 11:58,78 (02:28,11) 600m: 14:27,03 (02:28,25) 700m: 16:55,15 (02:28,12) 800m: 19:22,03 (02:26,88)			



Wettkampf 11 - 800m Freistil weiblich

Ak 75

1. Reich, Helga 1936/AK75 SC Wiking Herne 14:23,89
100m: 01:40,06 (01:40,06) 200m: 03:28,73 (01:48,67) 300m: 05:16,41 (01:47,68) 400m: 07:05,06 (01:48,65)
500m: 08:54,06 (01:49,00) 600m: 10:45,25 (01:51,19) 700m: 12:37,34 (01:52,09) 800m: 14:23,89 (01:46,55)

Wettkampf 12 - 800m Freistil männlich

NRW: 07:56,86 - Rainer Henkel (SV Rhenania Köln) am 02.07.1987 in Sindelfingen ()

Jahrgang	1930 - 1934	1935 - 1939	1940 - 1944	1945 - 1949	1950 - 1954	1955 - 1959	1960 - 1964	1965 - 1969
Pflichtzeit	22:30,00	20:00,00	19:30,00	18:00,00	17:00,00	16:30,00	16:00,00	15:30,00
Jahrgang	1970 - 1974	1975 - 1979	1980 - 1984	1985 - 1989	1990 - 1994			
Pflichtzeit	15:00,00	14:00,00	13:30,00	13:00,00	12:30,00			

Ak 20

1. Geiselhart, Kevin 1992/AK20 SG Siegen 08:47,01
100m: 01:02,15 (01:02,15) 200m: 02:08,46 (01:06,31) 300m: 03:15,39 (01:06,93) 400m: 04:22,54 (01:07,15)
500m: 05:30,26 (01:07,72) 600m: 06:38,03 (01:07,77) 700m: 07:45,29 (01:07,26) 800m: 08:47,01 (01:01,72)
2. Beier, Julian 1992/AK20 SG Ruhr 09:53,28
100m: 01:06,81 (01:06,81) 200m: 02:20,42 (01:13,61) 300m: 03:35,37 (01:14,95) 400m: 04:51,00 (01:15,63)
500m: 06:07,33 (01:16,33) 600m: 07:23,60 (01:16,27) 700m: 08:39,93 (01:16,33) 800m: 09:53,28 (01:13,35)
3. Stevens, Marvin 1993/AK20 Wfr.-Delphin Eschweiler 10:28,14
100m: 01:06,70 (01:06,70) 200m: 02:21,45 (01:14,75) 300m: 03:38,80 (01:17,35) 400m: 04:59,06 (01:20,26)
500m: 06:21,06 (01:22,00) 600m: 07:44,94 (01:23,88) 700m: 09:07,93 (01:22,99) 800m: 10:28,14 (01:20,21)
4. Bergs, Stefan 1993/AK20 Wfr.-Delphin Eschweiler 10:56,79
100m: 01:08,62 (01:08,62) 200m: 02:31,29 (01:22,67) 300m: 03:55,25 (01:23,96) 400m: 05:19,38 (01:24,13)
500m: 06:45,51 (01:26,13) 600m: 08:11,16 (01:25,65) 700m: 09:34,35 (01:23,19) 800m: 10:56,79 (01:22,44)

abgemeldet

Hua, Qi Cheng 1993/AK20 SSF Bonn

Ak 25

1. Höfs, Tobias 1986/AK25 SG Wuppertal 10:01,68
100m: 01:05,44 (01:05,44) 200m: 02:19,93 (01:14,49) 300m: 03:36,84 (01:16,91) 400m: 04:53,56 (01:16,72)
500m: 06:10,70 (01:17,14) 600m: 07:28,12 (01:17,42) 700m: 08:45,40 (01:17,28) 800m: 10:01,68 (01:16,28)
2. Reketat, Matthias 1989/AK25 SSC Hörde 54/58 e.V. 10:26,09
100m: 01:10,37 (01:10,37) 200m: 02:28,40 (01:18,03) 300m: 03:49,70 (01:21,30) 400m: 05:10,59 (01:20,89)
500m: 06:30,30 (01:19,71) 600m: 07:49,55 (01:19,25) 700m: 09:08,17 (01:18,62) 800m: 10:26,09 (01:17,92)
3. Zandecki, Eike 1989/AK25 SG Ruhr 11:03,34
100m: 01:18,21 (01:18,21) 200m: 02:35,67 (01:17,46) 300m: 03:59,99 (01:24,32) 400m: 05:25,50 (01:25,51)
500m: 06:49,63 (01:24,13) 600m: 08:15,73 (01:26,10) 700m: 09:41,41 (01:25,68) 800m: 11:03,34 (01:21,93)

abgemeldet

Schnitzler, Phillip 1987/AK25 SG Bayer

Ak 30

1. Wittag, Jörg 1983/AK30 Bocholter WSV 09:38,24
100m: 01:06,90 (01:06,90) 200m: 02:19,11 (01:12,21) 300m: 03:32,02 (01:12,91) 400m: 04:46,20 (01:14,18)
500m: 05:59,30 (01:13,10) 600m: 07:13,74 (01:14,44) 700m: 08:26,78 (01:13,04) 800m: 09:38,24 (01:11,46)
2. Brand, Christian 1983/AK30 SV Neviges 10:22,35
100m: 01:08,96 (01:08,96) 200m: 02:26,06 (01:17,10) 300m: 03:45,82 (01:19,76) 400m: 05:07,21 (01:21,39)
500m: 06:26,87 (01:19,66) 600m: 07:46,68 (01:19,81) 700m: 09:06,12 (01:19,44) 800m: 10:22,35 (01:16,23)
3. Link, Sebastian 1984/AK30 SG Dortmund 10:50,37
100m: 01:12,84 (01:12,84) 200m: 02:32,92 (01:20,08) 300m: 03:54,78 (01:21,86) 400m: 05:17,79 (01:23,01)
500m: 06:42,06 (01:24,27) 600m: 08:06,70 (01:24,64) 700m: 09:31,07 (01:24,37) 800m: 10:50,37 (01:19,30)

Ak 35

1. Siewert, Christian 1978/AK35 SG Essen 10:48,47
100m: 01:12,69 (01:12,69) 200m: 02:33,27 (01:20,58) 300m: 03:56,34 (01:23,07) 400m: 05:20,28 (01:23,94)
500m: 06:43,81 (01:23,53) 600m: 08:07,57 (01:23,76) 700m: 09:30,51 (01:22,94) 800m: 10:48,47 (01:17,96)
2. Kielblock, Sven 1976/AK35 Brander Schwimmverein 1973 e.V. 10:50,37
100m: 01:12,71 (01:12,71) 200m: 02:32,78 (01:20,07) 300m: 03:55,78 (01:23,00) 400m: 05:19,31 (01:23,53)
500m: 06:42,81 (01:23,50) 600m: 08:06,19 (01:23,38) 700m: 09:29,57 (01:23,38) 800m: 10:50,37 (01:20,80)



Wettkampf 12 - 800m Freistil männlich

Ak 35

3. Friehe, Sven 1978/AK35 Aachener SV 06 10:56,37
100m: 01:14,68 (01:14,68) 200m: 02:36,96 (01:22,28) 300m: 04:02,15 (01:25,19) 400m: 05:27,11 (01:24,96)
500m: 06:52,03 (01:24,92) 600m: 08:15,83 (01:23,80) 700m: 09:37,74 (01:21,91) 800m: 10:56,37 (01:18,63)
4. Behler-Appel, Martin 1975/AK35 SG Dortmund 11:22,73
100m: 01:13,23 (01:13,23) 200m: 02:36,20 (01:22,97) 300m: 04:01,54 (01:25,34) 400m: 05:29,20 (01:27,66)
500m: 06:57,36 (01:28,16) 600m: 08:26,02 (01:28,66) 700m: 09:55,04 (01:29,02) 800m: 11:22,73 (01:27,69)

abgemeldet

Unger, Daniel 1979/AK35 Ohligser TV 1888

Ak 40

1. Haack, Andree 1973/AK40 SG Mülheim 09:50,32
100m: 01:08,68 (01:08,68) 200m: 02:22,17 (01:13,49) 300m: 03:36,96 (01:14,79) 400m: 04:51,84 (01:14,88)
500m: 06:06,90 (01:15,06) 600m: 07:22,12 (01:15,22) 800m: 09:50,32 (02:28,20)
2. Düsberg, Harald 1973/AK40 SG Dortmund 10:29,09
100m: 01:11,72 (01:11,72) 200m: 02:30,90 (01:19,18) 300m: 03:50,93 (01:20,03) 400m: 05:11,39 (01:20,46)
500m: 06:31,03 (01:19,64) 600m: 07:52,74 (01:21,71) 700m: 09:11,49 (01:18,75) 800m: 10:29,09 (01:17,60)
3. Bröckelmann, Frank 1971/AK40 SSC '90 SH-Stukenbrock 10:40,37
100m: 01:13,87 (01:13,87) 200m: 02:33,23 (01:19,36) 300m: 03:53,37 (01:20,14) 400m: 05:14,93 (01:21,56)
500m: 06:37,04 (01:22,11) 600m: 07:59,40 (01:22,36) 700m: 09:22,15 (01:22,75) 800m: 10:40,37 (01:18,22)
4. Knillmann, Markus 1971/AK40 SV Neptun Erkenschwick 11:18,09
100m: 01:13,93 (01:13,93) 200m: 02:36,29 (01:22,36) 300m: 04:02,02 (01:25,73) 400m: 05:30,09 (01:28,07)
500m: 06:58,17 (01:28,08) 600m: 08:26,84 (01:28,67) 700m: 09:55,29 (01:28,45) 800m: 11:18,09 (01:22,80)
5. Faulwetter, Helge 1972/AK40 VfR Übach-Palenberg 13:12,32
100m: 01:25,07 (01:25,07) 200m: 03:05,64 (01:40,57) 300m: 04:48,54 (01:42,90) 400m: 06:31,57 (01:43,03)
500m: 08:14,32 (01:42,75) 600m: 09:58,23 (01:43,91) 700m: 11:37,73 (01:39,50) 800m: 13:12,32 (01:34,59)

Ak 45

1. Klein-Bölting, Roland 1967/AK45 Bocholter WSV 09:42,96
100m: 01:07,87 (01:07,87) 200m: 02:21,78 (01:13,91) 300m: 03:35,71 (01:13,93) 400m: 04:49,83 (01:14,12)
500m: 06:03,55 (01:13,72) 600m: 07:18,00 (01:14,45) 700m: 08:31,65 (01:13,65) 800m: 09:42,96 (01:11,31)
2. von Kathen, Martin 1969/AK45 SG Wuppertal 10:25,63
100m: 01:13,28 (01:13,28) 200m: 02:32,71 (01:19,43) 300m: 03:52,37 (01:19,66) 400m: 05:11,56 (01:19,19)
500m: 06:30,21 (01:18,65) 600m: 07:49,03 (01:18,82) 700m: 09:08,16 (01:19,13) 800m: 10:25,63 (01:17,47)
3. Sklyar, Konstantin 1968/AK45 TG Lage 11:00,77
100m: 01:19,93 (01:19,93) 200m: 02:44,09 (01:24,16) 300m: 04:08,73 (01:24,64) 400m: 05:34,08 (01:25,35)
500m: 06:59,24 (01:25,16) 600m: 08:21,80 (01:22,56) 700m: 09:42,70 (01:20,90) 800m: 11:00,77 (01:18,07)

Ak 50

1. Prüfert, Michael 1964/AK50 SG Dortmund 09:29,09 NRWAK
100m: 01:05,91 (01:05,91) 200m: 02:17,14 (01:11,23) 300m: 03:29,35 (01:12,21) 400m: 04:42,35 (01:13,00)
500m: 05:54,38 (01:12,03) 600m: 07:06,46 (01:12,08) 700m: 08:18,95 (01:12,49) 800m: 09:29,09 (01:10,14)
2. Reinhardt, Markus 1960/AK50 SG Dortmund 10:11,22
100m: 01:10,60 (01:10,60) 200m: 02:28,58 (01:17,98) 300m: 03:46,99 (01:18,41) 400m: 05:04,67 (01:17,68)
500m: 06:22,15 (01:17,48) 600m: 07:39,82 (01:17,67) 700m: 08:56,66 (01:16,84) 800m: 10:11,22 (01:14,56)
3. Elsner, Thomas 1964/AK50 TSV Solingen 10:42,96
100m: 01:15,37 (01:15,37) 200m: 02:35,43 (01:20,06) 300m: 03:57,55 (01:22,12) 400m: 05:19,34 (01:21,79)
500m: 06:40,56 (01:21,22) 600m: 08:02,62 (01:22,06) 700m: 09:23,46 (01:20,84) 800m: 10:42,96 (01:19,50)
4. Seidel, Andreas 1962/AK50 SSF Bonn 10:48,28
100m: 01:17,25 (01:17,25) 200m: 02:39,22 (01:21,97) 300m: 04:01,46 (01:22,24) 400m: 05:23,32 (01:21,86)
500m: 06:45,42 (01:22,10) 600m: 08:07,09 (01:21,67) 700m: 09:29,53 (01:22,44) 800m: 10:48,28 (01:18,75)
5. Grieß, Dr. Martin 1963/AK50 SG Oelde 12:11,60
100m: 01:20,93 (01:20,93) 200m: 02:52,34 (01:31,41) 300m: 04:24,35 (01:32,01) 400m: 05:57,93 (01:33,58)
500m: 07:31,56 (01:33,63) 600m: 09:05,21 (01:33,65) 700m: 10:39,77 (01:34,56) 800m: 12:11,60 (01:31,83)
6. Richter, Thomas 1960/AK50 SG Bayer 12:24,62
100m: 01:24,90 (01:24,90) 200m: 02:59,20 (01:34,30) 300m: 04:34,64 (01:35,44) 400m: 06:10,21 (01:35,57)
500m: 07:44,77 (01:34,56) 600m: 09:19,90 (01:35,13) 700m: 10:53,87 (01:33,97) 800m: 12:24,62 (01:30,75)

abgemeldet

Buddenhorn, Jörg 1962/AK50 SG Dortmund

aufgegeben

Lammering, Ralf 1960/AK50 SG Mönchengladbach EnM



Wettkampf 12 - 800m Freistil männlich

Ak 55

1. Dolg, Michael 1958/AK55 Pulheimer SC 11:24,34
100m: 01:20,31 (01:20,31) 200m: 02:46,04 (01:25,73) 300m: 04:12,34 (01:26,30) 400m: 05:38,69 (01:26,35)
500m: 07:05,82 (01:27,13) 600m: 08:33,09 (01:27,27) 700m: 10:00,09 (01:27,00) 800m: 11:24,34 (01:24,25)
2. Bükler, Volker 1958/AK55 TG Lage 12:00,40
100m: 01:22,54 (01:22,54) 200m: 02:54,92 (01:32,38) 300m: 04:26,81 (01:31,89) 400m: 05:58,70 (01:31,89)
500m: 07:30,96 (01:32,26) 600m: 09:02,16 (01:31,20) 700m: 10:33,46 (01:31,30) 800m: 12:00,40 (01:26,94)
3. Irle, Friedrich 1957/AK55 SC Wiking Herne 13:55,61
100m: 01:34,10 (01:34,10) 200m: 03:21,25 (01:47,15) 300m: 05:09,51 (01:48,26) 400m: 06:55,61 (01:46,10)
500m: 08:42,61 (01:47,00) 600m: 10:30,26 (01:47,65) 700m: 12:16,22 (01:45,96) 800m: 13:55,61 (01:39,39)

Ak 60

1. Keitmann, Gerhard 1952/AK60 SG Dortmund 12:07,81
100m: 01:29,59 (01:29,59) 200m: 03:02,38 (01:32,79) 300m: 04:34,90 (01:32,52) 400m: 06:06,68 (01:31,78)
500m: 07:37,40 (01:30,72) 600m: 09:08,03 (01:30,63) 800m: 12:07,81 (02:59,78)
2. Henn, Lothar 1950/AK60 TuS Breckerfeld 16:02,82
100m: 01:50,32 (01:50,32) 200m: 03:49,43 (01:59,11) 300m: 05:53,59 (02:04,16) 400m: 07:59,13 (02:05,54)
500m: 10:02,96 (02:03,83) 600m: 12:05,90 (02:02,94) 700m: 14:07,88 (02:01,98) 800m: 16:02,82 (01:54,94)

Ak 65

1. Mitlewski, Günter 1946/AK65 SV Blau-Weiß Bochum 14:04,13
100m: 01:34,42 (01:34,42) 200m: 03:21,36 (01:46,94) 300m: 05:09,26 (01:47,90) 400m: 06:57,65 (01:48,39)
500m: 08:45,65 (01:48,00) 600m: 10:33,80 (01:48,15) 700m: 12:21,63 (01:47,83) 800m: 14:04,13 (01:42,50)

Ak 70

1. Zachow, Rainer 1944/AK70 Schwelmer SC 16:30,37
100m: 01:49,05 (01:49,05) 200m: 04:00,37 (02:11,32) 300m: 06:05,08 (02:04,71) 400m: 08:10,25 (02:05,17)
500m: 10:17,36 (02:07,11) 600m: 12:24,11 (02:06,75) 700m: 14:29,27 (02:05,16) 800m: 16:30,37 (02:01,10)
2. Ackermann, Hans-Jürgen 1941/AK70 TuS Breckerfeld 16:34,57
100m: 01:51,51 (01:51,51) 200m: 04:00,65 (02:09,14) 300m: 06:07,92 (02:07,27) 400m: 08:15,48 (02:07,56)
500m: 10:22,42 (02:06,94) 600m: 12:29,45 (02:07,03) 700m: 14:35,70 (02:06,25) 800m: 16:34,57 (01:58,87)

Ak 75

1. Wermelskirchen, Peter 1939/AK75 SG Bayer 15:46,94
100m: 01:45,37 (01:45,37) 200m: 03:44,06 (01:58,69) 300m: 05:45,40 (02:01,34) 400m: 07:46,11 (02:00,71)
500m: 09:48,62 (02:02,51) 600m: 11:49,83 (02:01,21) 700m: 13:50,40 (02:00,57) 800m: 15:46,94 (01:56,54)

abgemeldet

Straßen, Franz-Josef 1939/AK75 SV Waldbröl

Unibad Bochum, den 09.03.2014

Abschnittsende: 19:03 Uhr

Protokollende: 19:14 Uhr

gez. Yvonne Schützendorf

gez. Alexander Ziemski

gez. Uwe Mendritzki

Schiedsrichter weiblich

Schiedsrichter männlich

Protokollführer



EnM-Liste

Gütersloher SV

Name	Jg.	Wettkampf	Pflichtzeit	Endzeit
Kahler, Marcel	1989	Wettkampf 10 - 200m Rücken männlich	03:10,00	disq.
Thoms, Daniela	1965	Wettkampf 7 - 200m Schmetterling weiblich	04:15,00	aufg.

SG Erkelenz-Hückelhoven

Name	Jg.	Wettkampf	Pflichtzeit	Endzeit
Kittner, Jens	1963	Wettkampf 10 - 200m Rücken männlich	04:00,00	n.a.
Theuer, Markus	1984	Wettkampf 8 - 200m Schmetterling männlich	03:30,00	n.a.
Theuer, Markus	1984	Wettkampf 1 - 400m Lagen männlich	06:50,00	n.a.

SG Mönchengladbach

Name	Jg.	Wettkampf	Pflichtzeit	Endzeit
Lammering, Ralf	1960	Wettkampf 12 - 800m Freistil männlich	16:00,00	aufg.

SV Hemer 1921

Name	Jg.	Wettkampf	Pflichtzeit	Endzeit
Sarowski, Julia	1991	Wettkampf 4 - 400m Freistil weiblich	06:00,00	06:07,93

SV Waldbröl

Name	Jg.	Wettkampf	Pflichtzeit	Endzeit
Braun, Thomas	1969	Wettkampf 3 - 400m Freistil männlich	06:55,00	aufg.

VfR Übach-Palenberg

Name	Jg.	Wettkampf	Pflichtzeit	Endzeit
Zilgens, Britta	1982	Wettkampf 4 - 400m Freistil weiblich	06:30,00	n.a.