

**Wettkampf 6 - 400m ST Herren**

DR: 02:46,27 - Sebastian Lassak (TSC Filmstadt Babelsberg) am 24.08.2009 in St. Petersburg  
 DJR 0 bis 17 J. (2022-2005): 03:01,36 - Justus Mörstedt (TSC Weimar) am 18.07.2018 in Belgrad

**Länderpokal Herren**

Platz	Schwimmer	Jg.	Verein	Endzeit	
1.	Phil Bieler	2005	Nordrhein-Westfalen	03:21,23	50
	<i>100m: 00:45,29 (00:45,29)   200m: 01:36,64 (00:51,35)   300m: 02:31,06 (00:54,42)   400m: 03:21,23 (00:50,17)</i>				
2.	Tim Willruth	1995	Berlin	03:29,69	46
	<i>100m: 00:47,81 (00:47,81)   200m: 01:39,84 (00:52,03)   300m: 02:34,68 (00:54,84)   400m: 03:29,69 (00:55,01)</i>				
3.	Tino Plötze	2003	Baden-Württemberg	03:35,86	42
	<i>100m: 00:49,40 (00:49,40)   200m: 01:42,80 (00:53,40)   300m: 02:38,05 (00:55,25)   400m: 03:35,86 (00:57,81)</i>				
4.	Felix Wahlstadt	1999	Sachsen	03:38,96	39
	<i>100m: 00:48,57 (00:48,57)   200m: 01:44,45 (00:55,88)   300m: 02:42,71 (00:58,26)   400m: 03:38,96 (00:56,25)</i>				
5.	Heiko Venohr	1963	Nordrhein-Westfalen	03:40,01	36
	<i>100m: 00:48,79 (00:48,79)   200m: 01:44,90 (00:56,11)   300m: 02:44,22 (00:59,32)   400m: 03:40,01 (00:55,79)</i>				
6.	Jonas Rose	1998	Thüringen	03:43,15	33
	<i>100m: 00:50,30 (00:50,30)   200m: 01:46,63 (00:56,33)   300m: 02:44,80 (00:58,17)   400m: 03:43,15 (00:58,35)</i>				
7.	Gregor Peskin	2004	Baden-Württemberg	03:49,10	30
	<i>100m: 00:53,00 (00:53,00)   200m: 01:51,84 (00:58,84)   300m: 02:52,38 (01:00,54)   400m: 03:49,10 (00:56,72)</i>				
8.	Titus Kupka	2000	Thüringen	03:58,89	27
	<i>100m: 00:52,14 (00:52,14)   200m: 01:52,31 (01:00,17)   300m: 02:56,12 (01:03,81)   400m: 03:58,89 (01:02,77)</i>				
9.	Simon Venediger	2005	Sachsen	05:17,46	24
	<i>100m: 01:03,19 (01:03,19)   200m: 02:26,92 (01:23,73)   300m: 03:53,34 (01:26,42)   400m: 05:17,46 (01:24,12)</i>				