

**Wettkampf 31 - 400m Lagen männlich****AK 80**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und Norddeutscher Mastersmeister 2024				
	Reinhard Gall	1944/AK 80	SV Grün-Weiß Wittenberg	08:55,81
	50m: 01:00,02 (01:00,02)   100m: 02:17,00 (01:16,98)   150m: 03:18,48 (01:01,48)			
	200m: 04:21,53 (01:03,05)   250m: 05:40,44 (01:18,91)   300m: 07:00,84 (01:20,40)			
	350m: 07:56,84 (00:56,00)   400m: 08:55,81 (00:58,97)			

**AK 65**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und Norddeutscher Mastersmeister 2024				
	Frank Schmunck	1959/AK 65	Eberswalder SV	07:15,22
	50m: 00:46,66 (00:46,66)   100m: 01:44,56 (00:57,90)   150m: 02:44,65 (01:00,09)			
	200m: 03:41,92 (00:57,27)   250m: 04:43,20 (01:01,28)   300m: 05:46,41 (01:03,21)			
	350m: 06:33,62 (00:47,21)   400m: 07:15,22 (00:41,60)			
2.	Jörg Franzke	1959/AK 65	PSV Delphin 1889	08:08,16
	50m: 00:57,04 (00:57,04)   100m: 02:04,60 (01:07,56)   150m: 03:08,42 (01:03,82)			
	200m: 04:11,94 (01:03,52)   250m: 05:16,79 (01:04,85)   300m: 06:21,20 (01:04,41)			
	350m: 07:16,76 (00:55,56)   400m: 08:08,16 (00:51,40)			
3.	Hans-Thomas Geidt	1959/AK 65	Köthener SV 2009	08:35,16
	50m: 00:54,78 (00:54,78)   100m: 01:59,65 (01:04,87)   150m: 03:03,24 (01:03,59)			
	200m: 04:02,46 (00:59,22)   250m: 05:24,85 (01:22,39)   300m: 06:47,93 (01:23,08)			
	350m: 07:41,64 (00:53,71)   400m: 08:35,16 (00:53,52)			

**AK 60**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und Norddeutscher Mastersmeister 2024				
	Oliver Hampe	1961/AK 60	SG Neukölln Berlin	06:11,93
	50m: 00:35,27 (00:35,27)   100m: 01:24,30 (00:49,03)   150m: 02:14,90 (00:50,60)			
	200m: 03:04,80 (00:49,90)   250m: 03:55,13 (00:50,33)   300m: 04:48,41 (00:53,28)			
	350m: 05:29,99 (00:41,58)   400m: 06:11,93 (00:41,94)			
2.	Erk Heinßen	1962/AK 60	Stader Schwimmverein	06:47,25
	50m: 00:40,38 (00:40,38)   100m: 01:42,27 (01:01,89)   150m: 02:39,86 (00:57,59)			
	200m: 03:32,34 (00:52,48)   250m: 04:26,10 (00:53,76)   300m: 05:20,33 (00:54,23)			
	350m: 06:05,52 (00:45,19)   400m: 06:47,25 (00:41,73)			
3.	Robert Richert	1964/AK 60	SG Steglitz Berlin	07:14,31
	50m: 00:43,88 (00:43,88)   100m: 01:37,73 (00:53,85)   150m: 02:32,50 (00:54,77)			
	200m: 03:27,18 (00:54,68)   250m: 04:28,58 (01:01,40)   300m: 05:29,88 (01:01,30)			
	350m: 06:22,01 (00:52,13)   400m: 07:14,31 (00:52,30)			

**AK 55**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und Norddeutscher Mastersmeister 2024				
	Holger Ludwig	1969/AK 55	ASC Göttingen von 1846	05:50,75
	50m: 00:35,10 (00:35,10)   100m: 01:19,83 (00:44,73)   150m: 02:08,10 (00:48,27)			
	200m: 02:52,11 (00:44,01)   250m: 03:43,04 (00:50,93)   300m: 04:33,84 (00:50,80)			
	350m: 05:13,12 (00:39,28)   400m: 05:50,75 (00:37,63)			
2.	Stefan Burkhardt	1969/AK 55	VfB Hermsdorf	06:21,35
	50m: 00:38,14 (00:38,14)   100m: 01:23,40 (00:45,26)   150m: 02:13,93 (00:50,53)			
	200m: 03:03,77 (00:49,84)   250m: 04:00,13 (00:56,36)   300m: 04:55,42 (00:55,29)			
	350m: 05:39,23 (00:43,81)   400m: 06:21,35 (00:42,12)			

**noch Wettkampf 31 - 400m Lagen männlich****AK 50**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und Norddeutscher Mastersmeister 2024				
	Björn Ley	1971/AK 50	TuRa Meldorf	06:05,00
	50m: 00:37,22 (00:37,22)   100m: 01:21,88 (00:44,66)   150m: 02:10,46 (00:48,58)			
	200m: 02:57,39 (00:46,93)   250m: 03:51,32 (00:53,93)   300m: 04:45,87 (00:54,55)			
	350m: 05:26,61 (00:40,74)   400m: 06:05,00 (00:38,39)			
2.	Kay Kubis	1974/AK 50	Wasserfreunde Spandau 04	06:18,44
	50m: 00:38,57 (00:38,57)   100m: 01:27,28 (00:48,71)   150m: 02:17,54 (00:50,26)			
	200m: 03:06,43 (00:48,89)   250m: 04:02,26 (00:55,83)   300m: 04:57,59 (00:55,33)			
	350m: 05:39,10 (00:41,51)   400m: 06:18,44 (00:39,34)			

**AK 45**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und Norddeutscher Mastersmeister 2024				
	Frank Rauchfuß	1976/AK 45	SGS Hamburg	06:07,35
	50m: 00:35,52 (00:35,52)   100m: 01:20,59 (00:45,07)   150m: 02:11,43 (00:50,84)			
	200m: 03:00,75 (00:49,32)   250m: 03:49,04 (00:48,29)   300m: 04:37,98 (00:48,94)			
	350m: 05:22,99 (00:45,01)   400m: 06:07,35 (00:44,36)			

**AK 40**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und Norddeutscher Mastersmeister 2024				
	Robert Bitzan	1984/AK 40	SG Berliner Wasserratten	05:46,94
	50m: 00:33,45 (00:33,45)   100m: 01:13,55 (00:40,10)   150m: 02:02,62 (00:49,07)			
	200m: 02:50,32 (00:47,70)   250m: 03:39,68 (00:49,36)   300m: 04:28,36 (00:48,68)			
	350m: 05:07,40 (00:39,04)   400m: 05:46,94 (00:39,54)			
2.	Lars Ballenthin	1984/AK 40	Wasserfreunde Spandau 04	05:50,70
	50m: 00:34,59 (00:34,59)   100m: 01:19,56 (00:44,97)   150m: 02:07,04 (00:47,48)			
	200m: 02:51,50 (00:44,46)   250m: 03:42,53 (00:51,03)   300m: 04:31,78 (00:49,25)			
	350m: 05:12,38 (00:40,60)   400m: 05:50,70 (00:38,32)			

**AK 35**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und Norddeutscher Mastersmeister 2024				
	Stefan Höhlbaum	1987/AK 35	Potsdamer SV	05:23,02
	50m: 00:32,51 (00:32,51)   100m: 01:11,56 (00:39,05)   150m: 01:53,57 (00:42,01)			
	200m: 02:34,53 (00:40,96)   250m: 03:22,66 (00:48,13)   300m: 04:11,78 (00:49,12)			
	350m: 04:47,66 (00:35,88)   400m: 05:23,02 (00:35,36)			
2.	Chris Wartberg	1989/AK 35	VfB Hermsdorf	05:57,79
	50m: 00:34,50 (00:34,50)   100m: 01:18,43 (00:43,93)   150m: 02:06,27 (00:47,84)			
	200m: 02:53,10 (00:46,83)   250m: 03:44,27 (00:51,17)   300m: 04:35,83 (00:51,56)			
	350m: 05:17,96 (00:42,13)   400m: 05:57,79 (00:39,83)			

**noch Wettkampf 31 - 400m Lagen männlich****AK 30**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und Norddeutscher Mastersmeister 2024				
	Christopher Streek	1993/AK 30	SGS Verden Dörverden	05:25,29
	50m: 00:32,08 (00:32,08)   100m: 01:11,41 (00:39,33)   150m: 01:55,16 (00:43,75)			
	200m: 02:38,39 (00:43,23)   250m: 03:24,16 (00:45,77)   300m: 04:10,19 (00:46,03)			
	350m: 04:47,04 (00:36,85)   400m: 05:25,29 (00:38,25)			
2.	Marcel Hieronimus	1992/AK 30	BSV Medizin Marzahn 1990	05:36,95
	50m: 00:31,92 (00:31,92)   100m: 01:11,72 (00:39,80)   150m: 01:56,54 (00:44,82)			
	200m: 02:40,17 (00:43,63)   250m: 03:28,95 (00:48,78)   300m: 04:18,47 (00:49,52)			
	350m: 04:58,36 (00:39,89)   400m: 05:36,95 (00:38,59)			

**AK 25**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und Norddeutscher Mastersmeister 2024				
	Enno Bublitz	1997/AK 25	SSG Braunschweig	05:20,95
	50m: 00:31,59 (00:31,59)   100m: 01:08,91 (00:37,32)   150m: 01:50,57 (00:41,66)			
	200m: 02:32,70 (00:42,13)   250m: 03:19,84 (00:47,14)   300m: 04:07,63 (00:47,79)			
	350m: 04:45,00 (00:37,37)   400m: 05:20,95 (00:35,95)			
2.	Lars Bornemann	1998/AK 25	SV Grün-Weiß Wittenberg	06:09,95
	50m: 00:37,50 (00:37,50)   100m: 01:23,01 (00:45,51)   150m: 02:11,63 (00:48,62)			
	200m: 02:59,50 (00:47,87)   250m: 03:53,33 (00:53,83)   300m: 04:47,38 (00:54,05)			
	350m: 05:29,63 (00:42,25)   400m: 06:09,95 (00:40,32)			

**AK 20**

Platz	Schwimmer(in)	Jg.	Verein	Endzeit
1. und Norddeutscher Mastersmeister 2024				
	Amon Bode	2001/AK 20	TWG 1861 Göttingen	04:54,31
	50m: 00:29,48 (00:29,48)   100m: 01:04,29 (00:34,81)   150m: 01:44,03 (00:39,74)			
	200m: 02:22,84 (00:38,81)   250m: 03:05,18 (00:42,34)   300m: 03:48,05 (00:42,87)			
	350m: 04:21,61 (00:33,56)   400m: 04:54,31 (00:32,70)			
2.	Lars Tramnitzke	2003/AK 20	Wilhelmshavener SSV	06:47,24
	50m: 00:40,42 (00:40,42)   100m: 01:32,36 (00:51,94)   150m: 02:30,36 (00:58,00)			
	200m: 03:26,19 (00:55,83)   250m: 04:22,50 (00:56,31)   300m: 05:18,63 (00:56,13)			
	350m: 06:06,20 (00:47,57)   400m: 06:47,24 (00:41,04)			