

**Top 10 Bestenliste**

Jahr 2009 - 25m Bahn - 17-jährige - weiblich

|                          |                    |                     |                           |       |    |                           |                     |          |       |    |                    |                     |         |       |
|--------------------------|--------------------|---------------------|---------------------------|-------|----|---------------------------|---------------------|----------|-------|----|--------------------|---------------------|---------|-------|
| <b>50m Freistil</b>      |                    |                     | <b>100m Freistil</b>      |       |    | <b>200m Freistil</b>      |                     |          |       |    |                    |                     |         |       |
| 1                        | Jedamsky, Rebecca  | 92 SC Poseidon Kobl | 0:28,10                   | 11/09 | 1  | Jedamsky, Rebecca         | 92 SC Poseidon Kobl | 1:00,02  | 11/09 | 1  | Weirich, Sarah     | 92 Wittlicher TV 18 | 2:20,74 | 3/09  |
| 2                        | Schupp, Annalena   | 92 TV 1848 Oberstei | 0:32,46                   | 11/09 | 2  | Weirich, Sarah            | 92 Wittlicher TV 18 | 1:07,73  | 11/09 | 2  | Hilse, Sonja       | 92 SC Poseidon Kobl | 2:26,29 | 11/09 |
| 3                        | Volk, Laura        | 92 Neuwieder SV 09  | 0:32,98                   | 3/09  | 3  | Scheffler, Catrin         | 92 VfR Simmern      | 1:08,82  | 5/09  | 3  | Volk, Laura        | 92 Neuwieder SV 09  | 2:42,35 | 5/09  |
| 4                        | Siebert, Linda     | 92 SG Bitburg-Daun  | 0:33,48                   | 3/09  | 4  | Volk, Laura               | 92 Neuwieder SV 09  | 1:09,17  | 5/09  | 4  | Geimer, Stefanie   | 92 ST Daaden-Wissen | 2:48,13 | 11/09 |
| 5                        | Geimer, Stefanie   | 92 ST Daaden-Wissen | 0:34,04                   | 11/09 | 5  | Hilse, Sonja              | 92 SC Poseidon Kobl | 1:11,27  | 11/09 | 5  | Anheuser, Kerstin  | 92 SV Hüllenberg    | 2:49,21 | 3/09  |
| 6                        | Jack, Ann-Kathrin  | 92 TV 1906 Bad Neue | 0:34,22                   | 10/09 | 6  | Siebert, Linda            | 92 SG Bitburg-Daun  | 1:12,87  | 3/09  | 6  | Worst, Denisé Mich | 92 Idarer TV 1873   | 3:01,47 | 2/09  |
| 7                        | Schmickler, Christ | 92 TV 1906 Bad Neue | 0:34,98                   | 10/09 | 7  | Geimer, Stefanie          | 92 ST Daaden-Wissen | 1:13,71  | 3/09  | 7  | Berg, Selina       | 92 VfR Simmern      | 3:02,78 | 9/09  |
| 8                        | Schreiber, Merle   | 92 SG Westerwald    | 0:35,39                   | 10/09 | 8  | Schupp, Annalena          | 92 TV 1848 Oberstei | 1:15,03  | 9/09  | 8  | Stein, Charis      | 92 Idarer TV 1873   | 3:06,75 | 5/09  |
| 9                        | Berg, Selina       | 92 VfR Simmern      | 0:35,94                   | 9/09  | 9  | Jack, Ann-Kathrin         | 92 TV 1906 Bad Neue | 1:18,92  | 10/09 | 9  | Pohl, Jana         | 92 SFC Nahetal 05   | 3:09,18 | 11/09 |
| 10                       | Worst, Denisé Mich | 92 Idarer TV 1873   | 0:35,99                   | 11/09 | 10 | Schreiber, Merle          | 92 SG Westerwald    | 1:19,64  | 10/09 | 10 | Jablonowski, Isabe | 92 SG Bitburg-Daun  | 3:09,58 | 3/09  |
| <b>400m Freistil</b>     |                    |                     | <b>800m Freistil</b>      |       |    | <b>1500m Freistil</b>     |                     |          |       |    |                    |                     |         |       |
| 1                        | Hilse, Sonja       | 92 SC Poseidon Kobl | 5:16,25                   | 11/09 | 1  | Gräff, Victoria           | 92 SFC Nahetal 05   | 13:37,80 | 11/09 |    |                    |                     |         |       |
| 2                        | Pohl, Jana         | 92 SFC Nahetal 05   | 6:35,38                   | 11/09 |    |                           |                     |          |       |    |                    |                     |         |       |
| 3                        | Gräff, Victoria    | 92 SFC Nahetal 05   | 6:41,25                   | 11/09 |    |                           |                     |          |       |    |                    |                     |         |       |
| <b>50m Brust</b>         |                    |                     | <b>100m Brust</b>         |       |    | <b>200m Brust</b>         |                     |          |       |    |                    |                     |         |       |
| 1                        | Reusch, Jasmin     | 92 Sportfr. 09 Pude | 0:43,06                   | 3/09  | 1  | Reusch, Jasmin            | 92 Sportfr. 09 Pude | 1:35,17  | 3/09  | 1  | Reusch, Jasmin     | 92 Sportfr. 09 Pude | 3:28,34 | 3/09  |
| 2                        | Siebert, Linda     | 92 SG Bitburg-Daun  | 0:43,53                   | 3/09  | 2  | Schreiber, Merle          | 92 SG Westerwald    | 1:39,63  | 10/09 | 2  | Siebert, Linda     | 92 SG Bitburg-Daun  | 3:34,54 | 3/09  |
| 3                        | Schreiber, Merle   | 92 SG Westerwald    | 0:44,64                   | 10/09 | 3  | Siebert, Linda            | 92 SG Bitburg-Daun  | 1:40,09  | 3/09  | 3  | Worst, Denisé Mich | 92 Idarer TV 1873   | 3:37,98 | 9/09  |
|                          | Jack, Ann-Kathrin  | 92 TV 1906 Bad Neue | 0:44,64                   | 10/09 | 4  | Worst, Denisé Mich        | 92 Idarer TV 1873   | 1:41,11  | 2/09  | 4  | Berg, Selina       | 92 VfR Simmern      | 3:44,37 | 11/09 |
| 5                        | Gräff, Victoria    | 92 SFC Nahetal 05   | 0:46,26                   | 10/09 | 5  | Berg, Selina              | 92 VfR Simmern      | 1:41,23  | 5/09  |    |                    |                     |         |       |
| 6                        | Schmickler, Christ | 92 TV 1906 Bad Neue | 0:47,08                   | 11/09 | 6  | Gerhard, Kristina         | 92 SFG Bernkastel-K | 1:44,36  | 3/09  |    |                    |                     |         |       |
| 7                        | Gerhard, Kristina  | 92 SFG Bernkastel-K | 0:47,18                   | 3/09  | 7  | Stein, Charis             | 92 Idarer TV 1873   | 1:50,01  | 9/09  |    |                    |                     |         |       |
| 8                        | Berg, Selina       | 92 VfR Simmern      | 0:47,84                   | 11/09 |    |                           |                     |          |       |    |                    |                     |         |       |
| 9                        | Link, Anna-Lena    | 92 ST Daaden-Wissen | 0:48,08                   | 6/09  |    |                           |                     |          |       |    |                    |                     |         |       |
| <b>50m Rücken</b>        |                    |                     | <b>100m Rücken</b>        |       |    | <b>200m Rücken</b>        |                     |          |       |    |                    |                     |         |       |
| 1                        | Jedamsky, Rebecca  | 92 SC Poseidon Kobl | 0:30,95                   | 11/09 | 1  | Jedamsky, Rebecca         | 92 SC Poseidon Kobl | 1:04,63  | 11/09 | 1  | Jedamsky, Rebecca  | 92 SC Poseidon Kobl | 2:24,08 | 11/09 |
| 2                        | Schupp, Annalena   | 92 TV 1848 Oberstei | 0:37,18                   | 9/09  | 2  | Weirich, Sarah            | 92 Wittlicher TV 18 | 1:16,71  | 3/09  | 2  | Geimer, Stefanie   | 92 ST Daaden-Wissen | 3:05,45 | 10/09 |
| 3                        | Geimer, Stefanie   | 92 ST Daaden-Wissen | 0:39,56                   | 6/09  | 3  | Scheffler, Catrin         | 92 VfR Simmern      | 1:19,61  | 5/09  | 3  | Jablonowski, Isabe | 92 SG Bitburg-Daun  | 3:15,51 | 3/09  |
| 4                        | Jablonowski, Isabe | 92 SG Bitburg-Daun  | 0:41,58                   | 3/09  | 4  | Geimer, Stefanie          | 92 ST Daaden-Wissen | 1:23,38  | 3/09  | 4  | Stein, Charis      | 92 Idarer TV 1873   | 3:20,28 | 9/09  |
| 5                        | Schmickler, Christ | 92 TV 1906 Bad Neue | 0:42,15                   | 11/09 | 5  | Reusch, Jasmin            | 92 Sportfr. 09 Pude | 1:28,06  | 3/09  | 5  | Berg, Selina       | 92 VfR Simmern      | 3:24,91 | 11/09 |
| 6                        | Berg, Selina       | 92 VfR Simmern      | 0:48,25                   | 9/09  | 6  | Worst, Denisé Mich        | 92 Idarer TV 1873   | 1:29,50  | 9/09  | 6  | Schöneberg, Kathar | 92 Sportfr. 09 Pude | 3:32,45 | 5/09  |
| 7                        | Link, Anna-Lena    | 92 ST Daaden-Wissen | 0:50,19                   | 6/09  | 7  | Stein, Charis             | 92 Idarer TV 1873   | 1:31,44  | 9/09  |    |                    |                     |         |       |
|                          |                    |                     |                           |       | 8  | Jablonowski, Isabe        | 92 SG Bitburg-Daun  | 1:32,80  | 11/09 |    |                    |                     |         |       |
|                          |                    |                     |                           |       | 9  | Berg, Selina              | 92 VfR Simmern      | 1:33,67  | 11/09 |    |                    |                     |         |       |
|                          |                    |                     |                           |       | 10 | Bucher, Jennifer          | 92 SFC Nahetal 05   | 1:34,31  | 3/09  |    |                    |                     |         |       |
| <b>50m Schmetterling</b> |                    |                     | <b>100m Schmetterling</b> |       |    | <b>200m Schmetterling</b> |                     |          |       |    |                    |                     |         |       |
| 1                        | Hilse, Sonja       | 92 SC Poseidon Kobl | 0:32,06                   | 11/09 | 1  | Weirich, Sarah            | 92 Wittlicher TV 18 | 1:08,43  | 3/09  | 1  | Weirich, Sarah     | 92 Wittlicher TV 18 | 2:37,34 | 3/09  |
| 2                        | Scheffler, Catrin  | 92 VfR Simmern      | 0:36,41                   | 9/09  | 2  | Hilse, Sonja              | 92 SC Poseidon Kobl | 1:10,68  | 11/09 | 2  | Hilse, Sonja       | 92 SC Poseidon Kobl | 2:42,16 | 11/09 |
| 3                        | Volk, Laura        | 92 Neuwieder SV 09  | 0:36,92                   | 3/09  | 3  | Scheffler, Catrin         | 92 VfR Simmern      | 1:19,44  | 5/09  | 3  | Scheffler, Catrin  | 92 VfR Simmern      | 3:06,73 | 11/09 |
| 4                        | Schmickler, Christ | 92 TV 1906 Bad Neue | 0:39,60                   | 11/09 | 4  | Volk, Laura               | 92 Neuwieder SV 09  | 1:24,64  | 5/09  | 4  | Gräff, Victoria    | 92 SFC Nahetal 05   | 3:34,42 | 11/09 |
| 5                        | Stein, Charis      | 92 Idarer TV 1873   | 0:39,77                   | 9/09  | 5  | Anheuser, Kerstin         | 92 SV Hüllenberg    | 1:27,49  | 3/09  |    |                    |                     |         |       |
| 6                        | Gräff, Victoria    | 92 SFC Nahetal 05   | 0:41,16                   | 10/09 | 6  | Gräff, Victoria           | 92 SFC Nahetal 05   | 1:31,93  | 10/09 |    |                    |                     |         |       |
| 7                        | Siebert, Linda     | 92 SG Bitburg-Daun  | 0:42,25                   | 3/09  | 7  | Stein, Charis             | 92 Idarer TV 1873   | 1:34,76  | 9/09  |    |                    |                     |         |       |
| 8                        | Worst, Denisé Mich | 92 Idarer TV 1873   | 0:43,24                   | 9/09  | 8  | Worst, Denisé Mich        | 92 Idarer TV 1873   | 1:38,42  | 9/09  |    |                    |                     |         |       |
| 9                        | Berg, Selina       | 92 VfR Simmern      | 0:43,28                   | 11/09 | 9  | Pohl, Jana                | 92 SFC Nahetal 05   | 1:39,94  | 11/09 |    |                    |                     |         |       |
|                          |                    |                     |                           |       | 10 | Jablonowski, Isabe        | 92 SG Bitburg-Daun  | 1:40,75  | 3/09  |    |                    |                     |         |       |
| <b>100m Lagen</b>        |                    |                     | <b>200m Lagen</b>         |       |    | <b>400m Lagen</b>         |                     |          |       |    |                    |                     |         |       |
| 1                        | Scheffler, Catrin  | 92 VfR Simmern      | 1:22,17                   | 10/09 | 1  | Weirich, Sarah            | 92 Wittlicher TV 18 | 2:39,51  | 3/09  | 1  | Hilse, Sonja       | 92 SC Poseidon Kobl | 5:40,06 | 11/09 |
| 2                        | Siebert, Linda     | 92 SG Bitburg-Daun  | 1:25,39                   | 3/09  | 2  | Hilse, Sonja              | 92 SC Poseidon Kobl | 2:42,04  | 11/09 | 2  | Pohl, Jana         | 92 SFC Nahetal 05   | 7:21,32 | 11/09 |
| 3                        | Worst, Denisé Mich | 92 Idarer TV 1873   | 1:28,68                   | 11/09 | 3  | Scheffler, Catrin         | 92 VfR Simmern      | 2:46,86  | 5/09  |    |                    |                     |         |       |
| 4                        | Berg, Selina       | 92 VfR Simmern      | 1:31,02                   | 11/09 | 4  | Volk, Laura               | 92 Neuwieder SV 09  | 3:04,22  | 5/09  |    |                    |                     |         |       |
| 5                        | Gräff, Victoria    | 92 SFC Nahetal 05   | 1:32,04                   | 10/09 | 5  | Anheuser, Kerstin         | 92 SV Hüllenberg    | 3:07,22  | 3/09  |    |                    |                     |         |       |
| 6                        | Schmickler, Christ | 92 TV 1906 Bad Neue | 1:33,53                   | 11/09 | 6  | Worst, Denisé Mich        | 92 Idarer TV 1873   | 3:17,57  | 2/09  |    |                    |                     |         |       |
|                          |                    |                     |                           |       | 7  | Stein, Charis             | 92 Idarer TV 1873   | 3:23,46  | 5/09  |    |                    |                     |         |       |
|                          |                    |                     |                           |       | 8  | Berg, Selina              | 92 VfR Simmern      | 3:24,03  | 9/09  |    |                    |                     |         |       |
|                          |                    |                     |                           |       | 9  | Pohl, Jana                | 92 SFC Nahetal 05   | 3:27,48  | 11/09 |    |                    |                     |         |       |
|                          |                    |                     |                           |       | 10 | Jablonowski, Isabe        | 92 SG Bitburg-Daun  | 3:35,65  | 3/09  |    |                    |                     |         |       |

## Top 10 Bestenliste

Jahr 2009 - 25m Bahn - 17-jährige - männlich

|                          |                    |                     |                           |       |    |                           |                     |         |       |   |                  |                     |          |       |
|--------------------------|--------------------|---------------------|---------------------------|-------|----|---------------------------|---------------------|---------|-------|---|------------------|---------------------|----------|-------|
| <b>50m Freistil</b>      |                    |                     | <b>100m Freistil</b>      |       |    | <b>200m Freistil</b>      |                     |         |       |   |                  |                     |          |       |
| 1                        | Rosenbauer, Stefan | 92 1. Koblenzer SV  | 0:26,02                   | 6/09  | 1  | Ziemann, Michel           | 92 SC Poseidon Kobl | 0:55,35 | 11/09 | 1 | Ziemann, Michel  | 92 SC Poseidon Kobl | 1:55,61  | 11/09 |
| 2                        | Petry, Julian      | 92 TV 1848 Oberstei | 0:26,34                   | 11/09 | 2  | Petry, Julian             | 92 TV 1848 Oberstei | 0:58,29 | 11/09 | 2 | Lyczkowski, Eike | 92 VfR Simmern      | 2:10,57  | 9/09  |
| 3                        | Ziemann, Michel    | 92 SC Poseidon Kobl | 0:26,86                   | 11/09 | 3  | Lyczkowski, Eike          | 92 VfR Simmern      | 0:58,64 | 5/09  | 3 | Weber, Alexander | 92 1. Koblenzer SV  | 2:17,45  | 11/09 |
| 4                        | Jakobs, Thilo      | 92 SFG Bernkastel-K | 0:28,07                   | 3/09  | 4  | Weber, Alexander          | 92 1. Koblenzer SV  | 0:59,98 | 11/09 | 4 | Kügler, Erik     | 92 VfR Simmern      | 2:20,95  | 3/09  |
| 5                        | Kügler, Erik       | 92 VfR Simmern      | 0:28,12                   | 11/09 | 5  | Probst, Mathias           | 92 TG Konz 1885     | 1:01,95 | 3/09  | 5 | Franz, Steven    | 92 Neuwieder SV 09  | 2:26,95  | 5/09  |
| 6                        | Schmitz, Nico      | 92 Wittlicher TV 18 | 0:28,17                   | 3/09  | 6  | Schmitz, Nico             | 92 Wittlicher TV 18 | 1:01,97 | 3/09  | 6 | Jakobs, Thilo    | 92 SFG Bernkastel-K | 2:26,99  | 3/09  |
| 7                        | Probst, Mathias    | 92 TG Konz 1885     | 0:28,36                   | 3/09  | 7  | Jakobs, Thilo             | 92 SFG Bernkastel-K | 1:02,05 | 3/09  | 7 | Henk, Pascal     | 92 SG Westerwald    | 2:28,40  | 3/09  |
| 8                        | Krämer, Lukas      | 92 VfR Simmern      | 0:28,51                   | 9/09  | 8  | Kügler, Erik              | 92 VfR Simmern      | 1:02,54 | 11/09 | 8 | Spang, Peter     | 92 SG Bitburg-Daun  | 2:40,19  | 3/09  |
| 9                        | Lyczkowski, Eike   | 92 VfR Simmern      | 0:28,55                   | 9/09  |    | Rosenbauer, Stefan        | 92 1. Koblenzer SV  | 1:02,54 | 11/09 | 9 | Steup, Mathis    | 92 ST Daaden-Wissen | 2:40,49  | 3/09  |
| 10                       | van der Graaf, Lau | 92 Flipper Gerolste | 0:28,64                   | 3/09  | 10 | Franz, Steven             | 92 Neuwieder SV 09  | 1:02,60 | 5/09  |   |                  |                     |          |       |
| <b>400m Freistil</b>     |                    |                     | <b>800m Freistil</b>      |       |    | <b>1500m Freistil</b>     |                     |         |       |   |                  |                     |          |       |
| 1                        | Ziemann, Michel    | 92 SC Poseidon Kobl | 4:28,96                   | 11/09 | 1  | Ziemann, Michel           | 92 SC Poseidon Kobl | 8:58,24 | 11/09 | 1 | Ziemann, Michel  | 92 SC Poseidon Kobl | 16:42,77 | 11/09 |
| 2                        | Lyczkowski, Eike   | 92 VfR Simmern      | 4:36,01                   | 9/09  |    |                           |                     |         |       |   |                  |                     |          |       |
| 3                        | Kügler, Erik       | 92 VfR Simmern      | 4:43,36                   | 3/09  |    |                           |                     |         |       |   |                  |                     |          |       |
| 4                        | Steup, Mathis      | 92 ST Daaden-Wissen | 5:39,84                   | 3/09  |    |                           |                     |         |       |   |                  |                     |          |       |
| <b>50m Brust</b>         |                    |                     | <b>100m Brust</b>         |       |    | <b>200m Brust</b>         |                     |         |       |   |                  |                     |          |       |
| 1                        | Schmitz, Nico      | 92 Wittlicher TV 18 | 0:32,88                   | 3/09  | 1  | Ziemann, Michel           | 92 SC Poseidon Kobl | 1:08,80 | 11/09 | 1 | Schmitz, Nico    | 92 Wittlicher TV 18 | 2:43,89  | 3/09  |
| 2                        | Weber, Alexander   | 92 1. Koblenzer SV  | 0:33,15                   | 11/09 | 2  | Schmitz, Nico             | 92 Wittlicher TV 18 | 1:12,86 | 3/09  | 2 | Weber, Alexander | 92 1. Koblenzer SV  | 2:49,04  | 11/09 |
| 3                        | Petry, Julian      | 92 TV 1848 Oberstei | 0:35,06                   | 9/09  | 3  | Weber, Alexander          | 92 1. Koblenzer SV  | 1:16,14 | 11/09 |   |                  |                     |          |       |
| 4                        | Jakobs, Thilo      | 92 SFG Bernkastel-K | 0:36,26                   | 3/09  | 4  | Petry, Julian             | 92 TV 1848 Oberstei | 1:19,63 | 11/09 |   |                  |                     |          |       |
| 5                        | Schwarz, Ferdinand | 92 Flipper Gerolste | 0:37,78                   | 3/09  | 5  | Jakobs, Thilo             | 92 SFG Bernkastel-K | 1:22,56 | 3/09  |   |                  |                     |          |       |
| 6                        | Krämer, Lukas      | 92 VfR Simmern      | 0:38,37                   | 11/09 | 6  | Krämer, Lukas             | 92 VfR Simmern      | 1:24,50 | 2/09  |   |                  |                     |          |       |
| 7                        | Sputh, Sebastian   | 92 TV 1906 Bad Neue | 0:41,22                   | 6/09  | 7  | Meyer, Alexander          | 92 SG Bitburg-Daun  | 1:36,68 | 3/09  |   |                  |                     |          |       |
|                          |                    |                     |                           |       | 8  | Henk, Pascal              | 92 SG Westerwald    | 1:38,93 | 6/09  |   |                  |                     |          |       |
| <b>50m Rücken</b>        |                    |                     | <b>100m Rücken</b>        |       |    | <b>200m Rücken</b>        |                     |         |       |   |                  |                     |          |       |
| 1                        | van der Graaf, Lau | 92 Flipper Gerolste | 0:31,91                   | 3/09  | 1  | Lyczkowski, Eike          | 92 VfR Simmern      | 1:09,80 | 3/09  | 1 | Lyczkowski, Eike | 92 VfR Simmern      | 2:32,13  | 9/09  |
| 2                        | Probst, Mathias    | 92 TG Konz 1885     | 0:34,08                   | 3/09  | 2  | Kügler, Erik              | 92 VfR Simmern      | 1:10,45 | 3/09  | 2 | Henk, Pascal     | 92 SG Westerwald    | 2:42,87  | 3/09  |
| 3                        | Jakobs, Thilo      | 92 SFG Bernkastel-K | 0:35,15                   | 11/09 | 3  | Henk, Pascal              | 92 SG Westerwald    | 1:12,81 | 3/09  | 3 | Steup, Mathis    | 92 ST Daaden-Wissen | 3:04,78  | 3/09  |
| 4                        | Henk, Pascal       | 92 SG Westerwald    | 0:36,00                   | 6/09  | 4  | van der Graaf, Lau        | 92 Flipper Gerolste | 1:13,22 | 11/09 |   |                  |                     |          |       |
| 5                        | Schmitz, Nico      | 92 Wittlicher TV 18 | 0:37,70                   | 11/09 | 5  | Steup, Mathis             | 92 ST Daaden-Wissen | 1:23,99 | 3/09  |   |                  |                     |          |       |
| 6                        | Meyer, Alexander   | 92 SG Bitburg-Daun  | 0:43,54                   | 3/09  | 6  | Gerbershagen, Domi        | 92 SFC Nahetal 05   | 1:34,33 | 2/09  |   |                  |                     |          |       |
|                          |                    |                     |                           |       | 7  | Meyer, Alexander          | 92 SG Bitburg-Daun  | 1:39,99 | 11/09 |   |                  |                     |          |       |
| <b>50m Schmetterling</b> |                    |                     | <b>100m Schmetterling</b> |       |    | <b>200m Schmetterling</b> |                     |         |       |   |                  |                     |          |       |
| 1                        | Ziemann, Michel    | 92 SC Poseidon Kobl | 0:27,36                   | 11/09 | 1  | Ziemann, Michel           | 92 SC Poseidon Kobl | 1:01,07 | 11/09 | 1 | Ziemann, Michel  | 92 SC Poseidon Kobl | 2:09,22  | 11/09 |
| 2                        | Rosenbauer, Stefan | 92 1. Koblenzer SV  | 0:29,43                   | 11/09 | 2  | Lyczkowski, Eike          | 92 VfR Simmern      | 1:06,09 | 11/09 | 2 | Lyczkowski, Eike | 92 VfR Simmern      | 2:26,55  | 11/09 |
| 3                        | Lyczkowski, Eike   | 92 VfR Simmern      | 0:29,51                   | 9/09  | 3  | Franz, Steven             | 92 Neuwieder SV 09  | 1:12,74 | 5/09  | 3 | Franz, Steven    | 92 Neuwieder SV 09  | 3:01,31  | 3/09  |
| 4                        | Schwarz, Ferdinand | 92 Flipper Gerolste | 0:31,34                   | 3/09  | 4  | Kügler, Erik              | 92 VfR Simmern      | 1:16,28 | 2/09  |   |                  |                     |          |       |
| 5                        | Franz, Steven      | 92 Neuwieder SV 09  | 0:33,27                   | 3/09  | 5  | Spang, Peter              | 92 SG Bitburg-Daun  | 1:18,27 | 3/09  |   |                  |                     |          |       |
| 6                        | Krämer, Lukas      | 92 VfR Simmern      | 0:34,04                   | 11/09 | 6  | Flohr, Adrian             | 92 SFC Nahetal 05   | 1:53,60 | 2/09  |   |                  |                     |          |       |
| 7                        | Sputh, Sebastian   | 92 TV 1906 Bad Neue | 0:34,94                   | 6/09  |    |                           |                     |         |       |   |                  |                     |          |       |
| <b>100m Lagen</b>        |                    |                     | <b>200m Lagen</b>         |       |    | <b>400m Lagen</b>         |                     |         |       |   |                  |                     |          |       |
| 1                        | Schmitz, Nico      | 92 Wittlicher TV 18 | 1:12,84                   | 3/09  | 1  | Ziemann, Michel           | 92 SC Poseidon Kobl | 2:09,31 | 11/09 | 1 | Ziemann, Michel  | 92 SC Poseidon Kobl | 4:34,54  | 11/09 |
| 2                        | Rosenbauer, Stefan | 92 1. Koblenzer SV  | 1:13,32                   | 11/09 | 2  | Lyczkowski, Eike          | 92 VfR Simmern      | 2:21,92 | 9/09  | 2 | Lyczkowski, Eike | 92 VfR Simmern      | 5:08,84  | 9/09  |
|                          |                    |                     |                           |       | 3  | Franz, Steven             | 92 Neuwieder SV 09  | 2:41,16 | 5/09  |   |                  |                     |          |       |
|                          |                    |                     |                           |       | 4  | Krämer, Lukas             | 92 VfR Simmern      | 2:42,65 | 9/09  |   |                  |                     |          |       |
|                          |                    |                     |                           |       | 5  | Jakobs, Thilo             | 92 SFG Bernkastel-K | 2:44,17 | 3/09  |   |                  |                     |          |       |
|                          |                    |                     |                           |       | 6  | Kügler, Erik              | 92 VfR Simmern      | 2:45,95 | 11/09 |   |                  |                     |          |       |