

International Swim Cup Bavaria 2026  
Ingolstadt, 7. - 8.2.2026

Event 28  
08.02.2026

Men, 400m Freestyle

2014 and older  
Results

MR	4:04.66	BUDA, Levente	HUN	Ingolstadt	23.02.2025
DR	3:39.96	MÄRTENS, Lukas		Stockholm (SWE)	12.04.2025

Points: AQUA 2026

provisional results

Platz	Name	JG / AC	NAT	Club	Zeit / Time	Pt
	<b>STREHLKE DELGADO, Paulo</b> <i>Neuer - New MR</i>	2006	GER	SG Stadtwerke München	<b>4:02.05</b>	750
	50m: 27.43 27.43 150m: 1:28.45 30.91 250m: 2:31.02 30.96 350m: 3:33.97 31.29					
	100m: 57.54 30.11 200m: 2:00.06 31.61 300m: 3:02.68 31.66 400m: 4:02.05 28.08					
	<b>BRUGGER, Simon</b>	2009	GER	SG Stadtwerke München	<b>4:02.17</b>	749
	50m: 27.31 27.31 150m: 1:28.43 30.84 250m: 2:31.23 31.39 350m: 3:33.85 30.51					
	100m: 57.59 30.28 200m: 1:59.84 31.41 300m: 3:03.34 32.11 400m: 4:02.17 28.32					
	<b>PASKO, Jaan</b>	2006	GER	SG Stadtwerke München	<b>4:04.37</b>	729
	50m: 29.00 29.00 150m: 1:31.55 31.36 250m: 2:32.73 30.22 350m: 3:33.98 30.75					
	100m: 1:00.19 31.19 200m: 2:02.51 30.96 300m: 3:03.23 30.50 400m: 4:04.37 30.39					
	<b>KOENIG, Valentin</b>	2007	GER	SC Delphin Ingolstadt	<b>4:05.68</b>	717
	50m: 27.92 27.92 150m: 1:29.47 31.41 250m: 2:32.70 31.76 350m: 3:36.13 31.66					
	100m: 58.06 30.14 200m: 2:00.94 31.47 300m: 3:04.47 31.77 400m: 4:05.68 29.55					
	<b>KOEPNICK, Jonathan</b>	2009	GER	1.FCN Schwimmen	<b>4:06.04</b>	714
	50m: 27.94 27.94 150m: 1:29.51 31.38 250m: 2:32.85 31.94 350m: 3:36.63 31.64					
	100m: 58.13 30.19 200m: 2:00.91 31.40 300m: 3:04.99 32.14 400m: 4:06.04 29.41					
	<b>LENGFELLNER, Luis</b>	2008	GER	SC Regensburg	<b>4:07.95</b>	698
	50m: 27.62 27.62 150m: 1:30.30 31.30 250m: 2:33.59 31.36 350m: 3:37.13 31.61					
	100m: 59.00 31.38 200m: 2:02.23 31.93 300m: 3:05.52 31.93 400m: 4:07.95 30.82					
	<b>NOWAK, Louis</b>	2008	GER	TSV Eintracht Karlsfeld	<b>4:13.28</b>	654
	50m: 28.66 28.66 150m: 1:31.30 31.70 250m: 2:35.35 31.96 350m: 3:40.92 32.88					
	100m: 59.60 30.94 200m: 2:03.39 32.09 300m: 3:08.04 32.69 400m: 4:13.28 32.36					
	<b>STROHALM, Josef</b>	2009	GER	SG Stadtwerke München	<b>4:17.92</b>	620
	50m: 29.10 29.10 150m: 1:32.98 32.41 250m: 2:37.98 32.72 350m: 3:45.17 33.95					
	100m: 1:00.57 31.47 200m: 2:05.26 32.28 300m: 3:11.22 33.24 400m: 4:17.92 32.75					
	<b>QUANTZ, Vito</b>	2008	GER	SSV Ulm 1846	<b>4:36.47</b>	503
	50m: 27.87 27.87 150m: 1:34.13 34.30 250m: 2:46.79 36.40 350m: 4:00.14 36.53					
	100m: 59.83 31.96 200m: 2:10.39 36.26 300m: 3:23.61 36.82 400m: 4:36.47 36.33					
DNS	HINZE, Paul	2010	GER	SC Prinz Eugen München		
WDR	LAHR, Leevi	2010	GER	SV Würzburg 05		
WDR	SCHMIDT, Till Melvin	2009	GER	SV Würzburg 05		
WDR	JESKE, Emil	2010	GER	1.FCN Schwimmen		
WDR	STREHLKE DELGADO, M.	2003	GER	SG Stadtwerke München		



ROOMREICH

