

Fortsetzung Bewerb 1 - 200m Lagen Damen

AK30 (Jahrgang 1985-1989)

2. Gatternigg, Gerlint 1986 AUT SC IKB Innsbruck 03:30,15 +21.68 666
 RT +0.87 50m: 00:43,41, 100m: 01:39,06 (00:55,65), 150m: 02:42,35 (01:03,29), 200m: 03:30,15 (00:47,80)

Fortsetzung Bewerb 2 - 200m Lagen Herren

AK50 (Jahrgang 1965-1969)

1. Placheta, Alexander 1967 AUT SC IKB Innsbruck 02:28,93 909 ÖMR
 RT +0.81 50m: 00:31,54, 100m: 01:10,21 (00:38,67), 150m: 01:53,74 (00:43,53), 200m: 02:28,93 (00:35,19)

Fortsetzung Bewerb 3 - 50m Rücken Damen

AK30 (Jahrgang 1985-1989)

2. Gatternigg, Gerlint 1986 AUT SC IKB Innsbruck 00:46,56 +04.29 627
 RT +0.79 50m: 00:46,56

Fortsetzung Bewerb 4 - 50m Rücken Herren

AK50 (Jahrgang 1965-1969)

1. Placheta, Alexander 1967 AUT SC IKB Innsbruck 00:32,90 860
 RT +0.83 50m: 00:32,90

Fortsetzung Bewerb 5 - 200m Brust Damen

AK30 (Jahrgang 1985-1989)

2. Gatternigg, Gerlint 1986 AUT SC IKB Innsbruck 04:07,72 +25.18 624
 RT +0.95 50m: 00:55,21, 100m: 01:57,09 (01:01,88), 150m: 03:01,64 (01:04,55), 200m: 04:07,72 (01:06,08)

Fortsetzung Bewerb 6 - 200m Brust Herren

AK50 (Jahrgang 1965-1969)

2. Placheta, Alexander 1967 AUT SC IKB Innsbruck 02:52,38 +06.77 884
 RT +0.80 50m: 00:38,91, 100m: 01:23,03 (00:44,12), 150m: 02:07,64 (00:44,61), 200m: 02:52,38 (00:44,74)

Fortsetzung Bewerb 7 - 100m Schmetterling Damen

AK30 (Jahrgang 1985-1989)

2. Gatternigg, Gerlint 1986 AUT SC IKB Innsbruck 01:34,32 +09.49 650
 RT +0.94 50m: 00:43,59, 100m: 01:34,32 (00:50,73)

Fortsetzung Bewerb 8 - 100m Schmetterling Herren

AK50 (Jahrgang 1965-1969)

1. Placheta, Alexander	1967	AUT	SC IKB Innsbruck	01:04,81		913
RT +0.77 50m: 00:31,22, 100m: 01:04,81 (00:33,59)						

Fortsetzung Bewerb 9 - 50m Brust Damen

AK30 (Jahrgang 1985-1989)

2. Gatternigg, Gerlint	1986	AUT	SC IKB Innsbruck	00:56,15	+07.94	571
RT +0.90 50m: 00:56,15						

Fortsetzung Bewerb 10 - 50m Brust Herren

AK50 (Jahrgang 1965-1969)

2. Placheta, Alexander	1967	AUT	SC IKB Innsbruck	00:34,63	+01.37	884
RT +0.80 50m: 00:34,63						

Fortsetzung Bewerb 11 - 200m Freistil Damen

AK30 (Jahrgang 1985-1989)

2. Gatternigg, Gerlint	1986	AUT	SC IKB Innsbruck	03:00,47	+21.20	693
RT +0.92 50m: 00:41,55, 100m: 01:27,65 (00:46,10), 150m: 02:14,62 (00:46,97), 200m: 03:00,47 (00:45,85)						

Fortsetzung Bewerb 12 - 200m Freistil Herren

AK50 (Jahrgang 1965-1969)

1. Placheta, Alexander	1967	AUT	SC IKB Innsbruck	02:12,67		905
RT +0.79 50m: 00:30,69, 100m: 01:04,03 (00:33,34), 150m: 01:38,25 (00:34,22), 200m: 02:12,67 (00:34,42)						

Fortsetzung Bewerb 13 - 50m Freistil Damen

AK30 (Jahrgang 1985-1989)

2. Gatternigg, Gerlint	1986	AUT	SC IKB Innsbruck	00:37,86	+04.57	680
RT +0.88 50m: 00:37,86						

Fortsetzung Bewerb 14 - 50m Freistil Herren

AK50 (Jahrgang 1965-1969)

1. Placheta, Alexander	1967	AUT	SC IKB Innsbruck	00:26,38		930
RT +0.75 50m: 00:26,38						

1° IRON - MASTER - 24 Stunden

21.12./22.12.2019

Fortsetzung Bewerb 15 - 200m Rücken Damen

AK30 (Jahrgang 1985-1989)

2. Gatternigg, Gerlint	1986 AUT SC IKB Innsbruck	03:37,11	+26.31	635
RT +0.76 50m: 00:51,30, 100m: 01:46,15 (00:54,85), 150m: 02:41,44 (00:55,29), 200m: 03:37,11 (00:55,67)				

Fortsetzung Bewerb 16 - 200m Rücken Herren

AK50 (Jahrgang 1965-1969)

1. Placheta, Alexander	1967 AUT SC IKB Innsbruck	02:39,19		847
RT +0.85 50m: 00:37,89, 100m: 01:17,81 (00:39,92), 150m: 01:59,06 (00:41,25), 200m: 02:39,19 (00:40,13)				

Fortsetzung Bewerb 17 - 1500m Freistil Damen

AK30 (Jahrgang 1985-1989)

2. Gatternigg, Gerlint	1986 AUT SC IKB Innsbruck	24:38,92	+02:45.70	709
RT +0.93 50m: 00:44,29, 100m: 01:32,79 (00:48,50), 150m: 02:21,71 (00:48,92), 200m: 03:11,40 (00:49,69) 250m: 04:00,71 (00:49,31), 300m: 04:50,27 (00:49,56), 350m: 05:39,63 (00:49,36), 400m: 06:29,40 (00:49,77) 450m: 07:18,92 (00:49,52), 500m: 08:09,57 (00:50,65), 550m: 08:59,34 (00:49,77), 600m: 09:49,27 (00:49,93) 650m: 10:39,25 (00:49,98), 700m: 11:29,25 (00:50,00), 750m: 12:19,01 (00:49,76), 800m: 13:07,99 (00:48,98) 850m: 13:58,24 (00:50,25), 900m: 14:48,11 (00:49,87), 950m: 15:38,83 (00:50,72), 1000m: 16:28,45 (00:49,62) 1050m: 17:18,43 (00:49,98), 1100m: 18:07,61 (00:49,18), 1150m: 18:56,75 (00:49,14), 1200m: 19:46,41 (00:49,66) 1250m: 20:35,84 (00:49,43), 1300m: 21:25,70 (00:49,86), 1350m: 22:15,62 (00:49,92), 1400m: 23:04,13 (00:48,51) 1450m: 23:53,18 (00:49,05), 1500m: 24:38,92 (00:45,74)				

Fortsetzung Bewerb 18 - 1500m Freistil Herren

AK50 (Jahrgang 1965-1969)

1. Placheta, Alexander	1967 AUT SC IKB Innsbruck	19:28,08		882
RT +0.83 50m: 00:33,80, 100m: 01:10,90 (00:37,10), 150m: 01:48,19 (00:37,29), 200m: 02:25,82 (00:37,63) 250m: 03:03,89 (00:38,07), 300m: 03:42,04 (00:38,15), 350m: 04:20,10 (00:38,06), 400m: 04:58,40 (00:38,30) 450m: 05:36,65 (00:38,25), 500m: 06:14,98 (00:38,33), 550m: 06:53,55 (00:38,57), 600m: 07:32,45 (00:38,90) 650m: 08:11,76 (00:39,31), 700m: 08:50,99 (00:39,23), 750m: 09:31,23 (00:40,24), 800m: 10:10,84 (00:39,61) 850m: 10:50,52 (00:39,68), 900m: 11:30,99 (00:40,47), 950m: 12:10,30 (00:39,31), 1000m: 12:50,18 (00:39,88) 1050m: 13:30,40 (00:40,22), 1100m: 14:11,16 (00:40,76), 1150m: 14:51,46 (00:40,30), 1200m: 15:31,71 (00:40,25) 1250m: 16:11,30 (00:39,59), 1300m: 16:51,61 (00:40,31), 1350m: 17:31,47 (00:39,86), 1400m: 18:11,59 (00:40,12) 1450m: 18:50,32 (00:38,73), 1500m: 19:28,08 (00:37,76)				

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Fortsetzung Bewerb 19 - 400m Lagen Damen

AK30 (Jahrgang 1985-1989)

2. Gatternigg, Gerlint	1986 AUT SC IKB Innsbruck	07:23,32	+41.03	675
RT +0.91 50m: 00:45,34, 100m: 01:38,11 (00:52,77), 150m: 02:36,91 (00:58,80), 200m: 03:33,65 (00:56,74) 250m: 04:38,23 (01:04,58), 300m: 05:43,23 (01:05,00), 350m: 06:34,34 (00:51,11), 400m: 07:23,32 (00:48,98)				

Fortsetzung Bewerb 20 - 400m Lagen Herren

AK50 (Jahrgang 1965-1969)

1. Placheta, Alexander	1967	AUT	SC IKB Innsbruck	05:24,38		900 ÖMR
RT +0.84 50m: 00:33,51, 100m: 01:12,43 (00:38,92), 150m: 01:54,74 (00:42,31), 200m: 02:37,05 (00:42,31) 250m: 03:22,93 (00:45,88), 300m: 04:10,37 (00:47,44), 350m: 04:48,08 (00:37,71), 400m: 05:24,38 (00:36,30)						

Fortsetzung Bewerb 21 - 100m Brust Damen

AK30 (Jahrgang 1985-1989)

2. Gatternigg, Gerlint	1986	AUT	SC IKB Innsbruck	02:01,53	+12.61	578
RT +0.88 50m: 00:57,56, 100m: 02:01,53 (01:03,97)						

Fortsetzung Bewerb 22 - 100m Brust Herren

AK50 (Jahrgang 1965-1969)

2. Placheta, Alexander	1967	AUT	SC IKB Innsbruck	01:16,39	+02.04	899
RT +0.76 50m: 00:36,25, 100m: 01:16,39 (00:40,14)						

Fortsetzung Bewerb 23 - 100m Freistil Damen

AK30 (Jahrgang 1985-1989)

2. Gatternigg, Gerlint	1986	AUT	SC IKB Innsbruck	01:27,61	+06.88	642
RT +0.85 50m: 00:41,98, 100m: 01:27,61 (00:45,63)						

Fortsetzung Bewerb 24 - 100m Freistil Herren

AK50 (Jahrgang 1965-1969)

1. Placheta, Alexander	1967	AUT	SC IKB Innsbruck	00:58,11		938
RT +0.73 50m: 00:27,68, 100m: 00:58,11 (00:30,43)						

Fortsetzung Bewerb 25 - 200m Schmetterling Damen

AK30 (Jahrgang 1985-1989)

2. Gatternigg, Gerlint	1986	AUT	SC IKB Innsbruck	03:25,24	+13.28	688
RT +0.92 50m: 00:45,34, 100m: 01:37,84 (00:52,50), 150m: 02:31,93 (00:54,09), 200m: 03:25,24 (00:53,31)						

Fortsetzung Bewerb 26 - 200m Schmetterling Herren

AK50 (Jahrgang 1965-1969)

1. Placheta, Alexander	1967	AUT	SC IKB Innsbruck	02:31,22		887
RT +0.79 50m: 00:34,27, 100m: 01:14,15 (00:39,88), 150m: 01:54,06 (00:39,91), 200m: 02:31,22 (00:37,16)						

Fortsetzung Bewerb 27 - 400m Freistil Damen

AK30 (Jahrgang 1985-1989)

2. Gatternigg, Gerlint	1986	AUT	SC IKB Innsbruck	06:37,52	+57.50	659
RT +0.89 50m: 00:44,90, 100m: 01:35,16 (00:50,26), 150m: 02:25,68 (00:50,52), 200m: 03:15,92 (00:50,24) 250m: 04:07,54 (00:51,62), 300m: 04:58,47 (00:50,93), 350m: 05:48,47 (00:50,00), 400m: 06:37,52 (00:49,05)						

Fortsetzung Bewerb 28 - 400m Freistil Herren

AK50 (Jahrgang 1965-1969)

1. Placheta, Alexander	1967	AUT	SC IKB Innsbruck	04:47,82		896
RT +0.79 50m: 00:33,14, 100m: 01:09,32 (00:36,18), 150m: 01:46,94 (00:37,62), 200m: 02:24,17 (00:37,23) 250m: 03:00,59 (00:36,42), 300m: 03:36,57 (00:35,98), 350m: 04:12,46 (00:35,89), 400m: 04:47,82 (00:35,36)						

Fortsetzung Bewerb 29 - 50m Schmetterling Damen

AK30 (Jahrgang 1985-1989)

2. Gatternigg, Gerlint	1986	AUT	SC IKB Innsbruck	00:45,95	+08.87	602
RT +0.89 50m: 00:45,95						

Fortsetzung Bewerb 30 - 50m Schmetterling Herren

AK50 (Jahrgang 1965-1969)

1. Placheta, Alexander	1967	AUT	SC IKB Innsbruck	00:28,13		936
RT +0.76 50m: 00:28,13						

Fortsetzung Bewerb 31 - 100m Rücken Damen

AK30 (Jahrgang 1985-1989)

2. Gatternigg, Gerlint	1986	AUT	SC IKB Innsbruck	01:47,41	+13.04	589
RT +0.77 50m: 00:50,65, 100m: 01:47,41 (00:56,76)						

Fortsetzung Bewerb 32 - 100m Rücken Herren

AK50 (Jahrgang 1965-1969)

1. Placheta, Alexander	1967	AUT	SC IKB Innsbruck	01:12,25		846
RT +0.81 50m: 00:35,15, 100m: 01:12,25 (00:37,10)						

Fortsetzung Bewerb 33 - 100m Lagen Damen

AK30 (Jahrgang 1985-1989)

2. Gatternigg, Gerlint	1986	AUT	SC IKB Innsbruck	01:45,05	+13.58	608
RT +0.91 50m: 00:47,93, 100m: 01:45,05 (00:57,12)						

Fortsetzung Bewerb 34 - 100m Lagen Herren

AK50 (Jahrgang 1965-1969)

1. Placheta, Alexander	1967	AUT	SC IKB Innsbruck	01:08,59		896
RT +0.76 50m: 00:31,67, 100m: 01:08,59 (00:36,92)						

Fortsetzung Bewerb 35 - 800m Freistil Damen

AK30 (Jahrgang 1985-1989)

2. Gatternigg, Gerlint	1986	AUT	SC IKB Innsbruck	13:05,70	+01:20.56	695
RT +0.91 50m: 00:44,07, 100m: 01:33,04 (00:48,97), 150m: 02:21,49 (00:48,45), 200m: 03:10,67 (00:49,18) 250m: 03:59,37 (00:48,70), 300m: 04:49,18 (00:49,81), 350m: 05:39,54 (00:50,36), 400m: 06:29,56 (00:50,02) 450m: 07:19,54 (00:49,98), 500m: 08:10,38 (00:50,84), 550m: 09:00,03 (00:49,65), 600m: 09:49,85 (00:49,82) 650m: 10:39,18 (00:49,33), 700m: 11:28,77 (00:49,59), 750m: 12:17,53 (00:48,76), 800m: 13:05,70 (00:48,17)						

Fortsetzung Bewerb 36 - 800m Freistil Herren

AK50 (Jahrgang 1965-1969)

1. Placheta, Alexander	1967	AUT	SC IKB Innsbruck	10:07,99		890
RT +0.83 50m: 00:34,30, 100m: 01:12,28 (00:37,98), 150m: 01:51,02 (00:38,74), 200m: 02:29,91 (00:38,89) 250m: 03:08,74 (00:38,83), 300m: 03:47,63 (00:38,89), 350m: 04:26,47 (00:38,84), 400m: 05:05,17 (00:38,70) 450m: 05:43,78 (00:38,61), 500m: 06:22,37 (00:38,59), 550m: 07:00,85 (00:38,48), 600m: 07:39,31 (00:38,46) 650m: 08:16,98 (00:37,67), 700m: 08:54,67 (00:37,69), 750m: 09:32,06 (00:37,39), 800m: 10:07,99 (00:35,93)						