

ASKÖ Bundesmeisterschaften 2011

MSECM Austria

16:46 Uhr

Wettkampf 2 - 400m Freistil weiblich Masters

Altersklasse 30

2. Studirach, Sandra 1978 AUT ASKÖ Team Zisser Enns 07:20,14 +01:31.95 169
 RT +1,18, 50m: 00:45,22, 100m: 01:38,29 (00:53,07), 150m: 02:35,06 (00:56,77), 200m: 03:32,48 (00:57,42)
 250m: 04:28,39 (00:55,91), 300m: 05:26,00 (00:57,61), 350m: 06:23,23 (00:57,23), 400m: 07:20,14 (00:56,91)

Altersklasse 40

1. Spinka, Michaela 1970 AUT ASKÖ Team Zisser Enns 06:55,80 200
 RT +0,79, 50m: 00:43,77, 100m: 01:34,20 (00:50,43), 150m: 02:28,59 (00:54,39), 200m: 03:22,62 (00:54,03)
 250m: 04:18,98 (00:56,36), 300m: 05:10,95 (00:51,97), 350m: 06:04,37 (00:53,42), 400m: 06:55,80 (00:51,43)

Wettkampf 4 - 400m Freistil männlich Masters

Altersklasse 35

3. Torau, Werner 1975 AUT ASKÖ Team Zisser Enns 06:03,73 +07.82 229
 RT +1,05, 50m: 00:38,01, 100m: 01:21,46 (00:43,45), 150m: 02:06,76 (00:45,30), 200m: 02:54,24 (00:47,48)
 250m: 03:41,41 (00:47,17), 300m: 04:29,51 (00:48,10), 350m: 05:16,44 (00:46,93), 400m: 06:03,73 (00:47,29)

Altersklasse 40

3. Froschauer, Christian 1967 AUT ASKÖ Team Zisser Enns 05:30,87 +22.47 305
 RT +1,00, 50m: 00:36,10, 100m: 01:15,19 (00:39,09), 150m: 01:56,42 (00:41,23), 200m: 02:38,39 (00:41,97)
 250m: 03:21,24 (00:42,85), 300m: 04:04,70 (00:43,46), 350m: 04:48,84 (00:44,14), 400m: 05:30,87 (00:42,03)