

# 1. LSK Heindl Nachwuchsschwimmen & int. Masters-Wettkampf

## 09.04./10.04.2016

### Fortsetzung Bewerb 34 - 200m Freistil Herren Masters

#### Altersklasse 45

1. Nagl, Norbert 1968 AUT SU Wien 02:25,28 346  
 RT +0.89 50m: 00:34,30, 100m: 01:11,31 (00:37,01), 150m: 01:48,86 (00:37,55), 200m: 02:25,28 (00:36,42)

#### Altersklasse 75

1. Kurhajec, Paul 1941 AUT SU Wien 03:19,11 134  
 RT +0.90 50m: 00:45,31, 100m: 01:36,10 (00:50,79), 150m: 02:27,78 (00:51,68), 200m: 03:19,11 (00:51,33)

### Fortsetzung Bewerb 40 - 400m Freistil Herren Masters

#### Altersklasse 45

1. Nagl, Norbert 1968 AUT SU Wien 05:04,97 375  
 RT +0.93 50m: 00:36,22, 100m: 01:15,62 (00:39,40), 150m: 01:54,31 (00:38,69), 200m: 02:33,05 (00:38,74)  
 250m: 03:11,19 (00:38,14), 300m: 03:50,10 (00:38,91), 350m: 04:27,90 (00:37,80), 400m: 05:04,97 (00:37,07)

#### --- 3. Abschnitt ---

### Fortsetzung Bewerb 52 - 200m Rücken Herren Masters

#### Altersklasse 45

1. Nagl, Norbert 1968 AUT SU Wien 02:49,98 285  
 RT +0.76 50m: 00:40,28, 100m: 01:23,26 (00:42,98), 150m: 02:07,09 (00:43,83), 200m: 02:49,98 (00:42,89)

#### --- 4. Abschnitt ---

### Fortsetzung Bewerb 64 - 200m Lagen Herren Masters

#### Altersklasse 45

1. Nagl, Norbert 1968 AUT SU Wien 02:44,86 330  
 RT +0.97 50m: 00:36,91, 100m: 01:19,28 (00:42,37), 150m: 02:07,66 (00:48,38), 200m: 02:44,86 (00:37,20)

### Fortsetzung Bewerb 66 - 800m Freistil Herren Masters

#### Altersklasse 45

2. Nagl, Norbert 1968 AUT SU Wien 10:30,75 +26.92 368  
 RT +01.09 50m: 00:36,06, 100m: 01:15,37 (00:39,31), 150m: 01:54,56 (00:39,19), 200m: 02:34,43 (00:39,87)  
 250m: 03:13,45 (00:39,02), 300m: 03:53,50 (00:40,05), 350m: 04:33,11 (00:39,61), 400m: 05:13,18 (00:40,07)  
 450m: 05:53,10 (00:39,92), 500m: 06:33,32 (00:40,22), 550m: 07:13,07 (00:39,75), 600m: 07:53,20 (00:40,13)  
 650m: 08:32,73 (00:39,53), 700m: 09:12,65 (00:39,92), 750m: 09:51,93 (00:39,28), 800m: 10:30,75 (00:38,82)