

1. LSK Heindl Nachwuchsschwimmen & int. Masters-Wettkampf

09.04./10.04.2016

Bewerb 8 - 50m Schmetterling Herren Masters

Altersklasse 25

1. Abila, Christian	1988	AUT	Wiener Sport-Club	00:30,02		417
RT +0.73						

Bewerb 16 - 200m Brust Herren Masters

Altersklasse 25

1. Abila, Christian	1988	AUT	Wiener Sport-Club	03:10,28		299
RT +0.73 50m: 00:42,59, 100m: 01:30,09 (00:47,50), 150m: 02:21,56 (00:51,47), 200m: 03:10,28 (00:48,72)						

--- 2. Abschnitt ---

Fortsetzung Bewerb 24 - 50m Brust Herren Masters

Altersklasse 45

3. Raml, Wolfgang	1971	AUT	Wiener Sport-Club	00:41,34	+04.94	268
RT +0.75						

Altersklasse 55

1. Polak, Peter	1960	AUT	Wiener Sport-Club	00:41,29		269
RT +0.82						

Fortsetzung Bewerb 28 - 50m Rücken Herren Masters

Altersklasse 45

1. Raml, Wolfgang	1971	AUT	Wiener Sport-Club	00:39,76		221
RT +0.70						

Altersklasse 55

1. Polak, Peter	1960	AUT	Wiener Sport-Club	00:40,30		212
RT +0.83						

Fortsetzung Bewerb 38 - 100m Schmetterling Herren Masters

Altersklasse 45

3. Raml, Wolfgang	1971	AUT	Wiener Sport-Club	01:25,34	+13.85	198
RT +0.79 50m: 00:37,73, 100m: 01:25,34 (00:47,61)						

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Fortsetzung Bewerb 40 - 400m Freistil Herren Masters

Altersklasse 55

1. Polak, Peter	1960	AUT	Wiener Sport-Club	05:22,73	317
RT +0.89 50m: 00:36,08, 100m: 01:16,12 (00:40,04), 150m: 01:57,39 (00:41,27), 200m: 02:39,16 (00:41,77) 250m: 03:20,45 (00:41,29), 300m: 04:01,98 (00:41,53), 350m: 04:43,60 (00:41,62), 400m: 05:22,73 (00:39,13)					

--- 4. Abschnitt ---

Fortsetzung Bewerb 60 - 100m Freistil Herren Masters

Altersklasse 45

1. Raml, Wolfgang	1971	AUT	Wiener Sport-Club	01:07,07	342
RT +0.72 50m: 00:32,27, 100m: 01:07,07 (00:34,80)					

Fortsetzung Bewerb 64 - 200m Lagen Herren Masters

Altersklasse 45

2. Raml, Wolfgang	1971	AUT	Wiener Sport-Club	02:59,33	+14.47	256
RT +0.81 50m: 00:37,85, 100m: 01:26,72 (00:48,87), 150m: 02:19,88 (00:53,16), 200m: 02:59,33 (00:39,45)						

Fortsetzung Bewerb 66 - 800m Freistil Herren Masters

Altersklasse 55

1. Polak, Peter	1960	AUT	Wiener Sport-Club	11:14,36	301
RT +0.92 50m: 00:37,26, 100m: 01:18,84 (00:41,58), 150m: 02:01,66 (00:42,82), 200m: 02:44,54 (00:42,88) 250m: 03:27,41 (00:42,87), 300m: 04:10,36 (00:42,95), 350m: 04:53,67 (00:43,31), 400m: 05:36,66 (00:42,99) 450m: 06:19,25 (00:42,59), 500m: 07:01,73 (00:42,48), 550m: 07:44,96 (00:43,23), 600m: 08:27,28 (00:42,32) 650m: 09:10,22 (00:42,94), 700m: 09:52,81 (00:42,59), 750m: 10:35,05 (00:42,24), 800m: 11:14,36 (00:39,31)					