

# OÖ Landesmeisterschaften - Lange Strecken 2016

## 06.05./07.05.2016

### Fortsetzung Bewerb 1 - 800m Freistil Damen

#### Damen, Pflichtzeit: 10:39,20

19.	Kocher, Katharina	2003	AUT	ASKOE SC Steyr	10:57,85	+01:53.68	RG	423
RT +0.73 50m: 00:36,04, 100m: 01:17,12 (00:41,08), 150m: 01:59,83 (00:42,71), 200m: 02:42,62 (00:42,79) 250m: 03:24,53 (00:41,91), 300m: 04:06,82 (00:42,29), 350m: 04:48,83 (00:42,01), 400m: 05:30,92 (00:42,09) 450m: 06:12,94 (00:42,02), 500m: 06:54,90 (00:41,96), 550m: 07:36,70 (00:41,80), 600m: 08:18,59 (00:41,89) 650m: 08:59,49 (00:40,90), 700m: 09:40,39 (00:40,90), 750m: 10:21,80 (00:41,41), 800m: 10:57,85 (00:36,05)								
20.	Leitner, Lena	2002	AUT	ASKOE SC Steyr	11:02,15	+01:57.98	RG	415
RT +0.85 50m: 00:36,40, 100m: 01:17,73 (00:41,33), 150m: 02:00,36 (00:42,63), 200m: 02:42,05 (00:41,69) 250m: 03:23,84 (00:41,79), 300m: 04:05,02 (00:41,18), 350m: 04:47,74 (00:42,72), 400m: 05:28,61 (00:40,87) 450m: 06:11,36 (00:42,75), 500m: 06:52,91 (00:41,55), 550m: 07:35,56 (00:42,65), 600m: 08:16,73 (00:41,17) 650m: 08:59,35 (00:42,62), 700m: 09:40,43 (00:41,08), 750m: 10:22,68 (00:42,25), 800m: 11:02,15 (00:39,47)								
23.	Pühringer, Julia	2002	AUT	ASKOE SC Steyr	11:06,83	+02:02.66	RG	406
50m: 00:35,92, 100m: 01:16,48 (00:40,56), 150m: 01:58,96 (00:42,48), 200m: 02:42,00 (00:43,04) 250m: 03:24,23 (00:42,23), 300m: 04:06,65 (00:42,42), 350m: 04:49,00 (00:42,35), 400m: 05:31,34 (00:42,34) 450m: 06:13,35 (00:42,01), 500m: 06:55,95 (00:42,60), 550m: 07:38,40 (00:42,45), 600m: 08:20,37 (00:41,97) 650m: 09:03,00 (00:42,63), 700m: 09:45,07 (00:42,07), 750m: 10:27,86 (00:42,79), 800m: 11:06,83 (00:38,97)								

#### Jugend und jünger, Pflichtzeit: 11:32,10

5.	Kocher, Katharina	2003	AUT	ASKOE SC Steyr	10:57,85	+34.52		423
RT +0.73 50m: 00:36,04, 100m: 01:17,12 (00:41,08), 150m: 01:59,83 (00:42,71), 200m: 02:42,62 (00:42,79) 250m: 03:24,53 (00:41,91), 300m: 04:06,82 (00:42,29), 350m: 04:48,83 (00:42,01), 400m: 05:30,92 (00:42,09) 450m: 06:12,94 (00:42,02), 500m: 06:54,90 (00:41,96), 550m: 07:36,70 (00:41,80), 600m: 08:18,59 (00:41,89) 650m: 08:59,49 (00:40,90), 700m: 09:40,39 (00:40,90), 750m: 10:21,80 (00:41,41), 800m: 10:57,85 (00:36,05)								
6.	Leitner, Lena	2002	AUT	ASKOE SC Steyr	11:02,15	+38.82		415
RT +0.85 50m: 00:36,40, 100m: 01:17,73 (00:41,33), 150m: 02:00,36 (00:42,63), 200m: 02:42,05 (00:41,69) 250m: 03:23,84 (00:41,79), 300m: 04:05,02 (00:41,18), 350m: 04:47,74 (00:42,72), 400m: 05:28,61 (00:40,87) 450m: 06:11,36 (00:42,75), 500m: 06:52,91 (00:41,55), 550m: 07:35,56 (00:42,65), 600m: 08:16,73 (00:41,17) 650m: 08:59,35 (00:42,62), 700m: 09:40,43 (00:41,08), 750m: 10:22,68 (00:42,25), 800m: 11:02,15 (00:39,47)								
9.	Pühringer, Julia	2002	AUT	ASKOE SC Steyr	11:06,83	+43.50		406
50m: 00:35,92, 100m: 01:16,48 (00:40,56), 150m: 01:58,96 (00:42,48), 200m: 02:42,00 (00:43,04) 250m: 03:24,23 (00:42,23), 300m: 04:06,65 (00:42,42), 350m: 04:49,00 (00:42,35), 400m: 05:31,34 (00:42,34) 450m: 06:13,35 (00:42,01), 500m: 06:55,95 (00:42,60), 550m: 07:38,40 (00:42,45), 600m: 08:20,37 (00:41,97) 650m: 09:03,00 (00:42,63), 700m: 09:45,07 (00:42,07), 750m: 10:27,86 (00:42,79), 800m: 11:06,83 (00:38,97)								

### Fortsetzung Bewerb 2 - 1500m Freistil Herren

#### Herren, Pflichtzeit: 18:57,90

6.	Trampitsch, Alexander	1999	AUT	ASKOE SC Steyr	17:28,64	+01:18.89		579
RT +0.70 50m: 00:29,86, 100m: 01:03,95 (00:34,09), 150m: 01:37,88 (00:33,93), 200m: 02:11,85 (00:33,97) 250m: 02:46,06 (00:34,21), 300m: 03:20,58 (00:34,52), 350m: 03:54,99 (00:34,41), 400m: 04:29,23 (00:34,24) 450m: 05:03,88 (00:34,65), 500m: 05:38,73 (00:34,85), 550m: 06:13,56 (00:34,83), 600m: 06:48,83 (00:35,27) 650m: 07:24,09 (00:35,26), 700m: 07:59,84 (00:35,75), 750m: 08:35,17 (00:35,33), 800m: 09:10,72 (00:35,55) 850m: 09:46,15 (00:35,43), 900m: 10:21,87 (00:35,72), 950m: 10:57,48 (00:35,61), 1000m: 11:33,36 (00:35,88) 1050m: 12:08,69 (00:35,33), 1100m: 12:44,44 (00:35,75), 1150m: 13:19,95 (00:35,51), 1200m: 13:55,84 (00:35,89) 1250m: 14:31,56 (00:35,72), 1300m: 15:07,64 (00:36,08), 1350m: 15:43,12 (00:35,48), 1400m: 16:18,92 (00:35,80) 1450m: 16:54,55 (00:35,63), 1500m: 17:28,64 (00:34,09)								
18.	Buchroithner, Armin	2002	AUT	ASKOE SC Steyr	20:37,58	+04:27.83	RG	352
RT +0.87 50m: 00:36,27, 100m: 01:16,80 (00:40,53), 150m: 01:59,16 (00:42,36), 200m: 02:40,61 (00:41,45) 250m: 03:21,78 (00:41,17), 300m: 04:02,78 (00:41,00), 350m: 04:44,93 (00:42,15), 400m: 05:26,58 (00:41,65) 450m: 06:08,96 (00:42,38), 500m: 06:50,81 (00:41,85), 550m: 07:31,99 (00:41,18), 600m: 08:13,93 (00:41,94) 650m: 08:55,51 (00:41,58), 700m: 09:37,14 (00:41,63), 750m: 10:18,29 (00:41,15), 800m: 10:59,16 (00:40,87) 850m: 11:40,97 (00:41,81), 900m: 12:23,29 (00:42,32), 950m: 13:04,80 (00:41,51), 1000m: 13:46,12 (00:41,32) 1050m: 14:27,08 (00:40,96), 1100m: 15:08,45 (00:41,37), 1150m: 15:49,38 (00:40,93), 1200m: 16:31,71 (00:42,33) 1250m: 17:12,96 (00:41,25), 1300m: 17:54,54 (00:41,58), 1350m: 18:36,60 (00:42,06), 1400m: 19:18,67 (00:42,07) 1450m: 19:58,48 (00:39,81), 1500m: 20:37,58 (00:39,10)								

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### Fortsetzung Bewerb 2 - 1500m Freistil Herren

#### Junioren II, Pflichtzeit: 19:38,40

4. Trampitsch, Alexander	1999 AUT ASKOE SC Steyr	17:28,64	+30.11	579
RT +0.70 50m: 00:29,86, 100m: 01:03,95 (00:34,09), 150m: 01:37,88 (00:33,93), 200m: 02:11,85 (00:33,97) 250m: 02:46,06 (00:34,21), 300m: 03:20,58 (00:34,52), 350m: 03:54,99 (00:34,41), 400m: 04:29,23 (00:34,24) 450m: 05:03,88 (00:34,65), 500m: 05:38,73 (00:34,85), 550m: 06:13,56 (00:34,83), 600m: 06:48,83 (00:35,27) 650m: 07:24,09 (00:35,26), 700m: 07:59,84 (00:35,75), 750m: 08:35,17 (00:35,33), 800m: 09:10,72 (00:35,55) 850m: 09:46,15 (00:35,43), 900m: 10:21,87 (00:35,72), 950m: 10:57,48 (00:35,61), 1000m: 11:33,36 (00:35,88) 1050m: 12:08,69 (00:35,33), 1100m: 12:44,44 (00:35,75), 1150m: 13:19,95 (00:35,51), 1200m: 13:55,84 (00:35,89) 1250m: 14:31,56 (00:35,72), 1300m: 15:07,64 (00:36,08), 1350m: 15:43,12 (00:35,48), 1400m: 16:18,92 (00:35,80) 1450m: 16:54,55 (00:35,63), 1500m: 17:28,64 (00:34,09)				

#### Schüler und jünger, Pflichtzeit: 21:48,10

5. Buchroithner, Armin	2002 AUT ASKOE SC Steyr	20:37,58	+01:17.52	352
RT +0.87 50m: 00:36,27, 100m: 01:16,80 (00:40,53), 150m: 01:59,16 (00:42,36), 200m: 02:40,61 (00:41,45) 250m: 03:21,78 (00:41,17), 300m: 04:02,78 (00:41,00), 350m: 04:44,93 (00:42,15), 400m: 05:26,58 (00:41,65) 450m: 06:08,96 (00:42,38), 500m: 06:50,81 (00:41,85), 550m: 07:31,99 (00:41,18), 600m: 08:13,93 (00:41,94) 650m: 08:55,51 (00:41,58), 700m: 09:37,14 (00:41,63), 750m: 10:18,29 (00:41,15), 800m: 10:59,16 (00:40,87) 850m: 11:40,97 (00:41,81), 900m: 12:23,29 (00:42,32), 950m: 13:04,80 (00:41,51), 1000m: 13:46,12 (00:41,32) 1050m: 14:27,08 (00:40,96), 1100m: 15:08,45 (00:41,37), 1150m: 15:49,38 (00:40,93), 1200m: 16:31,71 (00:42,33) 1250m: 17:12,96 (00:41,25), 1300m: 17:54,54 (00:41,58), 1350m: 18:36,60 (00:42,06), 1400m: 19:18,67 (00:42,07) 1450m: 19:58,48 (00:39,81), 1500m: 20:37,58 (00:39,10)				

### --- 2. Abschnitt ---

### Fortsetzung Bewerb 4 - 800m Freistil Herren

#### Herren, Pflichtzeit: 09:55,00

4. Trampitsch, Alexander	1999 AUT ASKOE SC Steyr	09:00,94	+33.07	583
RT +0.71 50m: 00:30,76, 100m: 01:05,63 (00:34,87), 150m: 01:40,62 (00:34,99), 200m: 02:15,56 (00:34,94) 250m: 02:49,06 (00:33,50), 300m: 03:23,17 (00:34,11), 350m: 03:57,08 (00:33,91), 400m: 04:30,96 (00:33,88) 450m: 05:04,56 (00:33,60), 500m: 05:38,07 (00:33,51), 550m: 06:11,98 (00:33,91), 600m: 06:45,82 (00:33,84) 650m: 07:19,81 (00:33,99), 700m: 07:54,61 (00:34,80), 750m: 08:28,35 (00:33,74), 800m: 09:00,94 (00:32,59)				

### Fortsetzung Bewerb 5 - 400m Freistil Damen

#### Schüler I

3. Hofer, Anika	2004 AUT ASKOE SC Steyr	05:40,81	+30.92	345
RT +0.75 50m: 00:37,33, 100m: 01:19,90 (00:42,57), 150m: 02:03,86 (00:43,96), 200m: 02:48,77 (00:44,91) 250m: 03:33,00 (00:44,23), 300m: 04:16,91 (00:43,91), 350m: 04:58,53 (00:41,62), 400m: 05:40,81 (00:42,28)				
4. Forster, Alexandra	2004 AUT ASKOE SC Steyr	05:46,99	+37.10	327
RT +0.86 50m: 00:39,58, 100m: 01:24,33 (00:44,75), 150m: 02:10,28 (00:45,95), 200m: 02:55,86 (00:45,58) 250m: 03:40,88 (00:45,02), 300m: 04:24,29 (00:43,41), 350m: 05:06,48 (00:42,19), 400m: 05:46,99 (00:40,51)				
5. Nagler, Rebecca	2005 AUT ASKOE SC Steyr	05:48,74	+38.85	322
RT +0.92 50m: 00:40,68, 100m: 01:25,13 (00:44,45), 150m: 02:11,15 (00:46,02), 200m: 02:56,75 (00:45,60) 250m: 03:41,63 (00:44,88), 300m: 04:25,38 (00:43,75), 350m: 05:08,88 (00:43,50), 400m: 05:48,74 (00:39,86)				

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### Fortsetzung Bewerb 6 - 400m Freistil Herren

#### Schüler II

6. Pühringer, Franz	2004	AUT	ASKOE SC Steyr	05:41,99	+20.20	266
RT +0.47 50m: 00:34,93, 100m: 01:16,46 (00:41,53), 150m: 02:01,07 (00:44,61), 200m: 02:46,12 (00:45,05) 250m: 03:30,77 (00:44,65), 300m: 04:15,99 (00:45,22), 350m: 05:00,45 (00:44,46), 400m: 05:41,99 (00:41,54)						

#### Schüler III

1. Gaberc, Jan	2006	AUT	ASKOE SC Steyr	05:52,18		243
RT +0.76 50m: 00:38,08, 100m: 01:22,69 (00:44,61), 150m: 02:08,12 (00:45,43), 200m: 02:53,48 (00:45,36) 250m: 03:39,73 (00:46,25), 300m: 04:25,33 (00:45,60), 350m: 05:10,48 (00:45,15), 400m: 05:52,18 (00:41,70)						

### Fortsetzung Bewerb 7 - 200m Lagen Damen

#### Schüler I

3. Hofer, Anika	2004	AUT	ASKOE SC Steyr	03:01,51	+15.36	335
RT +0.74 50m: 00:42,14, 100m: 01:28,67 (00:46,53), 150m: 02:20,46 (00:51,79), 200m: 03:01,51 (00:41,05)						
9. Forster, Alexandra	2004	AUT	ASKOE SC Steyr	03:11,39	+25.24	286
RT +0.72 50m: 00:45,99, 100m: 01:32,37 (00:46,38), 150m: 02:29,51 (00:57,14), 200m: 03:11,39 (00:41,88)						
10. Nagler, Rebecca	2005	AUT	ASKOE SC Steyr	03:13,40	+27.25	277
RT +0.85 50m: 00:45,35, 100m: 01:34,61 (00:49,26), 150m: 02:32,94 (00:58,33), 200m: 03:13,40 (00:40,46)						

### Fortsetzung Bewerb 8 - 200m Lagen Herren

#### Schüler II

5. Pühringer, Franz	2004	AUT	ASKOE SC Steyr	03:06,64	+12.28	227
RT +0.56 50m: 00:45,65, 100m: 01:31,72 (00:46,07), 150m: 02:28,01 (00:56,29), 200m: 03:06,64 (00:38,63)						

#### Schüler III

1. Gaberc, Jan	2006	AUT	ASKOE SC Steyr	03:14,25		202
RT +0.80 50m: 00:42,66, 100m: 01:32,01 (00:49,35), 150m: 02:30,60 (00:58,59), 200m: 03:14,25 (00:43,65)						

### Fortsetzung Bewerb 9 - 400m Lagen Damen

#### Damen, Pflichtzeit: 05:56,00

13. Pühringer, Julia	2002	AUT	ASKOE SC Steyr	06:00,38	+01:08.44	RG	417
RT +0.76 50m: 00:38,36, 100m: 01:25,69 (00:47,33), 150m: 02:10,50 (00:44,81), 200m: 02:54,91 (00:44,41) 250m: 03:47,00 (00:52,09), 300m: 04:40,08 (00:53,08), 350m: 05:20,97 (00:40,89), 400m: 06:00,38 (00:39,41)							
14. Leitner, Lena	2002	AUT	ASKOE SC Steyr	06:01,51	+01:09.57	RG	414
RT +0.87 50m: 00:38,94, 100m: 01:26,20 (00:47,26), 150m: 02:13,03 (00:46,83), 200m: 02:58,15 (00:45,12) 250m: 03:47,43 (00:49,28), 300m: 04:38,00 (00:50,57), 350m: 05:20,19 (00:42,19), 400m: 06:01,51 (00:41,32)							
16. Kocher, Katharina	2003	AUT	ASKOE SC Steyr	06:10,49	+01:18.55	RG	384
RT +0.78 50m: 00:40,25, 100m: 01:29,05 (00:48,80), 150m: 02:15,70 (00:46,65), 200m: 02:59,80 (00:44,10) 250m: 03:53,03 (00:53,23), 300m: 04:49,03 (00:56,00), 350m: 05:31,49 (00:42,46), 400m: 06:10,49 (00:39,00)							
19. Mekina, Leonie	2003	AUT	ASKOE SC Steyr	06:26,25	+01:34.31	RG	339
50m: 00:43,22, 100m: 01:35,56 (00:52,34), 150m: 02:22,53 (00:46,97), 200m: 03:08,37 (00:45,84) 250m: 04:03,67 (00:55,30), 300m: 05:00,71 (00:57,04), 350m: 05:43,76 (00:43,05), 400m: 06:26,25 (00:42,49)							

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### Fortsetzung Bewerb 9 - 400m Lagen Damen

#### Jugend, Pflichtzeit: 06:20,80

5.	Pühringer, Julia	2002	AUT	ASKOE SC Steyr	06:00,38	+21.25		417
	RT +0.76 50m: 00:38,36, 100m: 01:25,69 (00:47,33), 150m: 02:10,50 (00:44,81), 200m: 02:54,91 (00:44,41) 250m: 03:47,00 (00:52,09), 300m: 04:40,08 (00:53,08), 350m: 05:20,97 (00:40,89), 400m: 06:00,38 (00:39,41)							
6.	Leitner, Lena	2002	AUT	ASKOE SC Steyr	06:01,51	+22.38		414
	RT +0.87 50m: 00:38,94, 100m: 01:26,20 (00:47,26), 150m: 02:13,03 (00:46,83), 200m: 02:58,15 (00:45,12) 250m: 03:47,43 (00:49,28), 300m: 04:38,00 (00:50,57), 350m: 05:20,19 (00:42,19), 400m: 06:01,51 (00:41,32)							
7.	Kocher, Katharina	2003	AUT	ASKOE SC Steyr	06:10,49	+31.36		384
	RT +0.78 50m: 00:40,25, 100m: 01:29,05 (00:48,80), 150m: 02:15,70 (00:46,65), 200m: 02:59,80 (00:44,10) 250m: 03:53,03 (00:53,23), 300m: 04:49,03 (00:56,00), 350m: 05:31,49 (00:42,46), 400m: 06:10,49 (00:39,00)							
10.	Mekina, Leonie	2003	AUT	ASKOE SC Steyr	06:26,25	+47.12	RG	339
	50m: 00:43,22, 100m: 01:35,56 (00:52,34), 150m: 02:22,53 (00:46,97), 200m: 03:08,37 (00:45,84) 250m: 04:03,67 (00:55,30), 300m: 05:00,71 (00:57,04), 350m: 05:43,76 (00:43,05), 400m: 06:26,25 (00:42,49)							

### Bewerb 10 - 400m Lagen Herren

#### Herren, Pflichtzeit: 05:23,90

1.	Steffan, Sebastian	1997	AUT	ASKOE SC Steyr	04:39,59			663	
	RT +0.67 50m: 00:28,06, 100m: 01:01,38 (00:33,32), 150m: 01:37,68 (00:36,30), 200m: 02:13,88 (00:36,20) 250m: 02:54,41 (00:40,53), 300m: 03:35,52 (00:41,11), 350m: 04:07,38 (00:31,86), 400m: 04:39,59 (00:32,21)								
13.	Buchroithner, Armin	2002	AUT	ASKOE SC Steyr	05:59,28	+01:19.69	RG	312	
	RT +0.69 50m: 00:38,97, 100m: 01:28,60 (00:49,63), 150m: 02:13,77 (00:45,17), 200m: 02:58,56 (00:44,79) 250m: 03:48,29 (00:49,73), 300m: 04:40,37 (00:52,08), 350m: 05:20,02 (00:39,65), 400m: 05:59,28 (00:39,26)								
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	Trampitsch, Alexander	1999	AUT	ASKOE SC Steyr			dq.		
	13:10	Brustarmzug vor der ersten Wende in Schmetterling							

#### Junioren I, Pflichtzeit: 05:35,60

1.	Steffan, Sebastian	1997	AUT	ASKOE SC Steyr	04:39,59			663
	RT +0.67 50m: 00:28,06, 100m: 01:01,38 (00:33,32), 150m: 01:37,68 (00:36,30), 200m: 02:13,88 (00:36,20) 250m: 02:54,41 (00:40,53), 300m: 03:35,52 (00:41,11), 350m: 04:07,38 (00:31,86), 400m: 04:39,59 (00:32,21)							

#### Junioren II, Pflichtzeit: 05:35,60

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	Trampitsch, Alexander	1999	AUT	ASKOE SC Steyr			dq.		
	13:10	Brustarmzug vor der ersten Wende in Schmetterling							

#### Schüler I, Pflichtzeit: 06:08,90

5.	Buchroithner, Armin	2002	AUT	ASKOE SC Steyr	05:59,28	+32.41		312
	RT +0.69 50m: 00:38,97, 100m: 01:28,60 (00:49,63), 150m: 02:13,77 (00:45,17), 200m: 02:58,56 (00:44,79) 250m: 03:48,29 (00:49,73), 300m: 04:40,37 (00:52,08), 350m: 05:20,02 (00:39,65), 400m: 05:59,28 (00:39,26)							