

OÖ Landesmeisterschaften - Lange Strecken 2022

06.05./07.05.2022

Fortsetzung Bewerb 1 - 800m Freistil Damen

Allgemeine Klasse, Pflichtzeit: 11:55,53

6.	Pammer, Miriam	2005 AUT	1. USC Traun	10:14,15	+01:15.19	491
RT +0.82 50m: 00:34,13, 100m: 01:10,58 (00:36,45), 150m: 01:48,30 (00:37,72), 200m: 02:25,83 (00:37,53)						
250m: 03:04,11 (00:38,28), 300m: 03:42,46 (00:38,35), 350m: 04:21,63 (00:39,17), 400m: 05:00,60 (00:38,97)						
450m: 05:39,67 (00:39,07), 500m: 06:18,92 (00:39,25), 550m: 06:58,40 (00:39,48), 600m: 07:38,22 (00:39,82)						
650m: 08:17,73 (00:39,51), 700m: 08:57,35 (00:39,62), 750m: 09:36,62 (00:39,27), 800m: 10:14,15 (00:37,53)						
14.	Cahunek, Marlies	2007 AUT	1. USC Traun	10:59,08	+02:00.12	397
RT +0.82 50m: 00:34,03, 100m: 01:13,66 (00:39,63), 150m: 01:54,26 (00:40,60), 200m: 02:36,19 (00:41,93)						
250m: 03:17,84 (00:41,65), 300m: 03:59,98 (00:42,14), 350m: 04:41,59 (00:41,61), 400m: 05:23,98 (00:42,39)						
450m: 06:05,83 (00:41,85), 500m: 06:48,82 (00:42,99), 550m: 07:30,43 (00:41,61), 600m: 08:12,85 (00:42,42)						
650m: 08:54,63 (00:41,78), 700m: 09:37,37 (00:42,74), 750m: 10:18,66 (00:41,29), 800m: 10:59,08 (00:40,42)						
19.	Nessler, Stephanie	2009 AUT	1. USC Traun	11:28,83	+02:29.87	348
RT +0.80 50m: 00:36,49, 100m: 01:20,42 (00:43,93), 150m: 02:05,97 (00:45,55), 200m: 02:49,47 (00:43,50)						
250m: 03:33,96 (00:44,49), 300m: 04:17,78 (00:43,82), 350m: 05:01,93 (00:44,15), 400m: 05:45,17 (00:43,24)						
450m: 06:29,68 (00:44,51), 500m: 07:14,17 (00:44,49), 550m: 07:58,60 (00:44,43), 600m: 08:42,26 (00:43,66)						
650m: 09:25,72 (00:43,46), 700m: 10:09,54 (00:43,82), 750m: 10:51,57 (00:42,03), 800m: 11:28,83 (00:37,26)						
21.	Leitner, Laetitia	2008 AUT	1. USC Traun	11:46,44	+02:47.48	323
RT +0.64 50m: 00:35,76, 100m: 01:18,58 (00:42,82), 150m: 02:02,66 (00:44,08), 200m: 02:48,37 (00:45,71)						
250m: 03:32,82 (00:44,45), 300m: 04:18,75 (00:45,93), 350m: 05:04,33 (00:45,58), 400m: 05:50,89 (00:46,56)						
450m: 06:36,53 (00:45,64), 500m: 07:22,65 (00:46,12), 550m: 08:08,10 (00:45,45), 600m: 08:54,62 (00:46,52)						
650m: 09:39,27 (00:44,65), 700m: 10:24,83 (00:45,56), 750m: 11:07,28 (00:42,45), 800m: 11:46,44 (00:39,16)						

Junioren, Pflichtzeit: 12:16,40

2.	Pammer, Miriam	2005 AUT	1. USC Traun	10:14,15	+21.01	491
RT +0.82 50m: 00:34,13, 100m: 01:10,58 (00:36,45), 150m: 01:48,30 (00:37,72), 200m: 02:25,83 (00:37,53)						
250m: 03:04,11 (00:38,28), 300m: 03:42,46 (00:38,35), 350m: 04:21,63 (00:39,17), 400m: 05:00,60 (00:38,97)						
450m: 05:39,67 (00:39,07), 500m: 06:18,92 (00:39,25), 550m: 06:58,40 (00:39,48), 600m: 07:38,22 (00:39,82)						
650m: 08:17,73 (00:39,51), 700m: 08:57,35 (00:39,62), 750m: 09:36,62 (00:39,27), 800m: 10:14,15 (00:37,53)						

AK 15, Pflichtzeit: 12:37,26

8.	Cahunek, Marlies	2007 AUT	1. USC Traun	10:59,08	+01:12.43	397
RT +0.82 50m: 00:34,03, 100m: 01:13,66 (00:39,63), 150m: 01:54,26 (00:40,60), 200m: 02:36,19 (00:41,93)						
250m: 03:17,84 (00:41,65), 300m: 03:59,98 (00:42,14), 350m: 04:41,59 (00:41,61), 400m: 05:23,98 (00:42,39)						
450m: 06:05,83 (00:41,85), 500m: 06:48,82 (00:42,99), 550m: 07:30,43 (00:41,61), 600m: 08:12,85 (00:42,42)						
650m: 08:54,63 (00:41,78), 700m: 09:37,37 (00:42,74), 750m: 10:18,66 (00:41,29), 800m: 10:59,08 (00:40,42)						

AK 13-14, Pflichtzeit: 12:37,26

6.	Nessler, Stephanie	2009 AUT	1. USC Traun	11:28,83	+01:05.94	348
RT +0.80 50m: 00:36,49, 100m: 01:20,42 (00:43,93), 150m: 02:05,97 (00:45,55), 200m: 02:49,47 (00:43,50)						
250m: 03:33,96 (00:44,49), 300m: 04:17,78 (00:43,82), 350m: 05:01,93 (00:44,15), 400m: 05:45,17 (00:43,24)						
450m: 06:29,68 (00:44,51), 500m: 07:14,17 (00:44,49), 550m: 07:58,60 (00:44,43), 600m: 08:42,26 (00:43,66)						
650m: 09:25,72 (00:43,46), 700m: 10:09,54 (00:43,82), 750m: 10:51,57 (00:42,03), 800m: 11:28,83 (00:37,26)						
8.	Leitner, Laetitia	2008 AUT	1. USC Traun	11:46,44	+01:23.55	323
RT +0.64 50m: 00:35,76, 100m: 01:18,58 (00:42,82), 150m: 02:02,66 (00:44,08), 200m: 02:48,37 (00:45,71)						
250m: 03:32,82 (00:44,45), 300m: 04:18,75 (00:45,93), 350m: 05:04,33 (00:45,58), 400m: 05:50,89 (00:46,56)						
450m: 06:36,53 (00:45,64), 500m: 07:22,65 (00:46,12), 550m: 08:08,10 (00:45,45), 600m: 08:54,62 (00:46,52)						
650m: 09:39,27 (00:44,65), 700m: 10:24,83 (00:45,56), 750m: 11:07,28 (00:42,45), 800m: 11:46,44 (00:39,16)						

OÖ Landesmeisterschaften - Lange Strecken 2022

06.05./07.05.2022

Fortsetzung Bewerb 3 - 1500m Freistil Herren

Allgemeine Klasse, Pflichtzeit: 21:10,63

3. Leitner, Patrik	2004 AUT	1. USC Traun	17:12,35	+27.86	600
RT +0.79 50m: 00:31,13, 100m: 01:05,23 (00:34,10), 150m: 01:40,63 (00:35,40), 200m: 02:15,99 (00:35,36)					
250m: 02:50,78 (00:34,79), 300m: 03:25,54 (00:34,76), 350m: 03:59,84 (00:34,30), 400m: 04:34,42 (00:34,58)					
450m: 05:08,85 (00:34,43), 500m: 05:43,45 (00:34,60), 550m: 06:17,48 (00:34,03), 600m: 06:51,81 (00:34,33)					
650m: 07:25,95 (00:34,14), 700m: 08:00,17 (00:34,22), 750m: 08:34,39 (00:34,22), 800m: 09:08,77 (00:34,38)					
850m: 09:42,87 (00:34,10), 900m: 10:17,06 (00:34,19), 950m: 10:51,43 (00:34,37), 1000m: 11:26,12 (00:34,69)					
1050m: 12:00,29 (00:34,17), 1100m: 12:35,00 (00:34,71), 1150m: 13:09,62 (00:34,62), 1200m: 13:44,33 (00:34,71)					
1250m: 14:18,87 (00:34,54), 1300m: 14:53,97 (00:35,10), 1350m: 15:28,68 (00:34,71), 1400m: 16:03,87 (00:35,19)					
1450m: 16:38,52 (00:34,65), 1500m: 17:12,35 (00:33,83)					

Junioren, Pflichtzeit: 22:46,47

1. Leitner, Patrik	2004 AUT	1. USC Traun	17:12,35		600
RT +0.79 50m: 00:31,13, 100m: 01:05,23 (00:34,10), 150m: 01:40,63 (00:35,40), 200m: 02:15,99 (00:35,36)					
250m: 02:50,78 (00:34,79), 300m: 03:25,54 (00:34,76), 350m: 03:59,84 (00:34,30), 400m: 04:34,42 (00:34,58)					
450m: 05:08,85 (00:34,43), 500m: 05:43,45 (00:34,60), 550m: 06:17,48 (00:34,03), 600m: 06:51,81 (00:34,33)					
650m: 07:25,95 (00:34,14), 700m: 08:00,17 (00:34,22), 750m: 08:34,39 (00:34,22), 800m: 09:08,77 (00:34,38)					
850m: 09:42,87 (00:34,10), 900m: 10:17,06 (00:34,19), 950m: 10:51,43 (00:34,37), 1000m: 11:26,12 (00:34,69)					
1050m: 12:00,29 (00:34,17), 1100m: 12:35,00 (00:34,71), 1150m: 13:09,62 (00:34,62), 1200m: 13:44,33 (00:34,71)					
1250m: 14:18,87 (00:34,54), 1300m: 14:53,97 (00:35,10), 1350m: 15:28,68 (00:34,71), 1400m: 16:03,87 (00:35,19)					
1450m: 16:38,52 (00:34,65), 1500m: 17:12,35 (00:33,83)					

--- 2. Abschnitt ---

Fortsetzung Bewerb 4 - 1500m Freistil Damen

Allgemeine Klasse, Pflichtzeit: 22:56,43

2. Pammer, Miriam	2005 AUT	1. USC Traun	19:43,55	+01:42.47	470
RT +0.83 50m: 00:34,32, 100m: 01:12,40 (00:38,08), 150m: 01:51,60 (00:39,20), 200m: 02:31,41 (00:39,81)					
250m: 03:11,38 (00:39,97), 300m: 03:52,04 (00:40,66), 350m: 04:32,52 (00:40,48), 400m: 05:12,62 (00:40,10)					
450m: 05:52,79 (00:40,17), 500m: 06:32,99 (00:40,20), 550m: 07:13,66 (00:40,67), 600m: 07:53,42 (00:39,76)					
650m: 08:33,73 (00:40,31), 700m: 09:13,33 (00:39,60), 750m: 09:53,55 (00:40,22), 800m: 10:33,38 (00:39,83)					
850m: 11:12,89 (00:39,51), 900m: 11:52,02 (00:39,13), 950m: 12:31,41 (00:39,39), 1000m: 13:10,89 (00:39,48)					
1050m: 13:50,81 (00:39,92), 1100m: 14:30,71 (00:39,90), 1150m: 15:10,74 (00:40,03), 1200m: 15:50,63 (00:39,89)					
1250m: 16:30,46 (00:39,83), 1300m: 17:10,30 (00:39,84), 1350m: 17:49,71 (00:39,41), 1400m: 18:29,10 (00:39,39)					
1450m: 19:07,46 (00:38,36), 1500m: 19:43,55 (00:36,09)					

Fortsetzung Bewerb 5 - 800m Freistil Herren

Allgemeine Klasse, Pflichtzeit: 11:05,96

2. Höglinger, Jakob	2006 AUT	1. USC Traun	09:09,28	+10.45	557
RT +0.82 50m: 00:30,43, 100m: 01:04,96 (00:34,53), 150m: 01:38,75 (00:33,79), 200m: 02:14,16 (00:35,41)					
250m: 02:49,41 (00:35,25), 300m: 03:24,69 (00:35,28), 350m: 03:59,52 (00:34,83), 400m: 04:33,98 (00:34,46)					
450m: 05:08,50 (00:34,52), 500m: 05:43,28 (00:34,78), 550m: 06:17,36 (00:34,08), 600m: 06:51,90 (00:34,54)					
650m: 07:26,60 (00:34,70), 700m: 08:01,47 (00:34,87), 750m: 08:36,13 (00:34,66), 800m: 09:09,28 (00:33,15)					

OÖ Landesmeisterschaften - Lange Strecken 2022

06.05./07.05.2022

Fortsetzung Bewerb 6 - 400m Freistil Damen

AK 11-12

3.	Höglinger, Rosa	2010	AUT	1.	USC Traun	06:19,94	+01:02.66	241
RT +0.68 50m: 00:41,05, 100m: 01:27,69 (00:46,64), 150m: 02:16,13 (00:48,44), 200m: 03:04,97 (00:48,84) 250m: 03:55,06 (00:50,09), 300m: 04:44,75 (00:49,69), 350m: 05:34,61 (00:49,86), 400m: 06:19,94 (00:45,33)								
5.	Kljajic, Laila	2010	AUT	1.	USC Traun	06:31,32	+01:14.04	220
RT +0.98 50m: 00:39,58, 100m: 01:28,37 (00:48,79), 150m: 02:18,76 (00:50,39), 200m: 03:09,17 (00:50,41) 250m: 04:01,34 (00:52,17), 300m: 04:52,77 (00:51,43), 350m: 05:44,74 (00:51,97), 400m: 06:31,32 (00:46,58)								

Fortsetzung Bewerb 7 - 400m Freistil Herren

AK 11-12

5.	Pühringer, Niklas	2010	AUT	1.	USC Traun	05:58,72	+37.11	230
50m: 00:38,46, 100m: 01:21,73 (00:43,27), 150m: 02:06,68 (00:44,95), 200m: 02:53,53 (00:46,85) 250m: 03:40,51 (00:46,98), 300m: 04:27,66 (00:47,15), 350m: 05:14,48 (00:46,82), 400m: 05:58,72 (00:44,24)								

Fortsetzung Bewerb 8 - 200m Lagen Damen

AK 11-12

4.	Höglinger, Rosa	2010	AUT	1.	USC Traun	03:18,24	+30.08	257
50m: 00:44,64, 100m: 01:36,58 (00:51,94), 150m: 02:34,62 (00:58,04), 200m: 03:18,24 (00:43,62)								
6.	Kljajic, Laila	2010	AUT	1.	USC Traun	03:30,08	+41.92	216
RT +01.12 50m: 00:48,34, 100m: 01:42,21 (00:53,87), 150m: 02:41,55 (00:59,34), 200m: 03:30,08 (00:48,53)								

Fortsetzung Bewerb 9 - 200m Lagen Herren

AK 11-12

5.	Pühringer, Niklas	2010	AUT	1.	USC Traun	03:10,82	+16.22	213
50m: 00:41,95, 100m: 01:32,06 (00:50,11), 150m: 02:24,99 (00:52,93), 200m: 03:10,82 (00:45,83)								

Bewerb 10 - 400m Lagen Damen

Allgemeine Klasse, Pflichtzeit: 06:38,59

1.	Pammer, Cornelia	2000	AUT	1.	USC Traun	05:02,27		684
RT +0.69 50m: 00:31,08, 100m: 01:08,89 (00:37,81), 150m: 01:48,94 (00:40,05), 200m: 02:27,59 (00:38,65) 250m: 03:08,76 (00:41,17), 300m: 03:51,52 (00:42,76), 350m: 04:27,52 (00:36,00), 400m: 05:02,27 (00:34,75)								
14.	Nessler, Stephanie	2009	AUT	1.	USC Traun	06:29,40	+01:27.13	320
RT +0.71 50m: 00:41,93, 100m: 01:32,63 (00:50,70), 150m: 02:24,01 (00:51,38), 200m: 03:13,14 (00:49,13) 250m: 04:09,39 (00:56,25), 300m: 05:06,73 (00:57,34), 350m: 05:49,30 (00:42,57), 400m: 06:29,40 (00:40,10)								
----	Cahunek, Marlies	2007	AUT	1.	USC Traun		dq.	
13:47 SW 7.6 Hat bei Brustwende nicht mit beiden Händen gleichzeitig angeschlagen								

OÖ Landesmeisterschaften - Lange Strecken 2022

06.05./07.05.2022

Fortsetzung Bewerb 10 - 400m Lagen Damen

AK 15, Pflichtzeit: 06:55,48

Cahunek, Marlies 2007 AUT 1. USC Traun dq.
 13:47 SW 7.6 Hat bei Brustwende nicht mit beiden Händen gleichzeitig angeschlagen

AK 13-14, Pflichtzeit: 06:55,48

6. Nessler, Stephanie 2009 AUT 1. USC Traun 06:29,40 +42.04 320
 RT +0.71 50m: 00:41,93, 100m: 01:32,63 (00:50,70), 150m: 02:24,01 (00:51,38), 200m: 03:13,14 (00:49,13)
 250m: 04:09,39 (00:56,25), 300m: 05:06,73 (00:57,34), 350m: 05:49,30 (00:42,57), 400m: 06:29,40 (00:40,10)

Fortsetzung Bewerb 11 - 400m Lagen Herren

Allgemeine Klasse, Pflichtzeit: 06:01,44

2. Höglinger, Jakob 2006 AUT 1. USC Traun 05:02,94 +22.18 521
 RT +0.81 50m: 00:32,23, 100m: 01:09,92 (00:37,69), 150m: 01:49,97 (00:40,05), 200m: 02:28,45 (00:38,48)
 250m: 03:13,80 (00:45,35), 300m: 03:58,41 (00:44,61), 350m: 04:31,09 (00:32,68), 400m: 05:02,94 (00:31,85)

AK 15-16, Pflichtzeit: 06:39,84

2. Höglinger, Jakob 2006 AUT 1. USC Traun 05:02,94 +22.18 521
 RT +0.81 50m: 00:32,23, 100m: 01:09,92 (00:37,69), 150m: 01:49,97 (00:40,05), 200m: 02:28,45 (00:38,48)
 250m: 03:13,80 (00:45,35), 300m: 03:58,41 (00:44,61), 350m: 04:31,09 (00:32,68), 400m: 05:02,94 (00:31,85)