

OÖ Landesmeisterschaften - Lange Strecken 2023

05.05./06.05.2023

Fortsetzung Bewerb 1 - 800m Freistil Damen

Allgemeine Klasse, Pflichtzeit: 11:55,53

3.	Fürst, Elena	2007	AUT	1. LSK Heindl	09:38,79	+35.17	587
	RT +0.80 50m: 00:32,82, 100m: 01:09,08 (00:36,26), 150m: 01:45,14 (00:36,06), 200m: 02:21,63 (00:36,49) 250m: 02:57,75 (00:36,12), 300m: 03:34,44 (00:36,69), 350m: 04:10,73 (00:36,29), 400m: 04:47,63 (00:36,90) 450m: 05:24,34 (00:36,71), 500m: 06:01,22 (00:36,88), 550m: 06:37,64 (00:36,42), 600m: 07:14,25 (00:36,61) 650m: 07:50,72 (00:36,47), 700m: 08:27,43 (00:36,71), 750m: 09:03,71 (00:36,28), 800m: 09:38,79 (00:35,08)						
9.	Pieringer, Magdalena	2007	AUT	1. LSK Heindl	10:33,88	+01:30.26	447
	RT +0.68 50m: 00:33,47, 100m: 01:12,03 (00:38,56), 150m: 01:52,33 (00:40,30), 200m: 02:32,62 (00:40,29) 250m: 03:13,13 (00:40,51), 300m: 03:52,77 (00:39,64), 350m: 04:33,13 (00:40,36), 400m: 05:13,62 (00:40,49) 450m: 05:53,81 (00:40,19), 500m: 06:33,94 (00:40,13), 550m: 07:14,23 (00:40,29), 600m: 07:54,24 (00:40,01) 650m: 08:34,59 (00:40,35), 700m: 09:14,95 (00:40,36), 750m: 09:54,73 (00:39,78), 800m: 10:33,88 (00:39,15)						
12.	Semlak, Marlene	2008	AUT	1. LSK Heindl	10:36,54	+01:32.92	441
	RT +0.76 50m: 00:33,83, 100m: 01:13,33 (00:39,50), 150m: 01:53,42 (00:40,09), 200m: 02:33,54 (00:40,12) 250m: 03:14,16 (00:40,62), 300m: 03:54,52 (00:40,36), 350m: 04:35,20 (00:40,68), 400m: 05:16,17 (00:40,97) 450m: 05:57,25 (00:41,08), 500m: 06:37,96 (00:40,71), 550m: 07:18,44 (00:40,48), 600m: 07:58,86 (00:40,42) 650m: 08:39,08 (00:40,22), 700m: 09:19,07 (00:39,99), 750m: 09:58,94 (00:39,87), 800m: 10:36,54 (00:37,60)						
18.	Huemer, Ronja	2007	AUT	1. LSK Heindl	10:53,68	+01:50.06	407
	RT +0.81 50m: 00:33,52, 100m: 01:13,16 (00:39,64), 150m: 01:54,28 (00:41,12), 200m: 02:36,82 (00:42,54) 250m: 03:17,88 (00:41,06), 300m: 03:59,92 (00:42,04), 350m: 04:40,97 (00:41,05), 400m: 05:23,01 (00:42,04) 450m: 06:04,03 (00:41,02), 500m: 06:46,38 (00:42,35), 550m: 07:27,79 (00:41,41), 600m: 08:10,74 (00:42,95) 650m: 08:52,61 (00:41,87), 700m: 09:34,49 (00:41,88), 750m: 10:14,09 (00:39,60), 800m: 10:53,68 (00:39,59)						
25.	Hostnik, Klara	2007	AUT	1. LSK Heindl	11:27,31	+02:23.69	350
	RT +0.81 50m: 00:38,66, 100m: 01:21,15 (00:42,49), 150m: 02:04,73 (00:43,58), 200m: 02:47,34 (00:42,61) 250m: 03:30,07 (00:42,73), 300m: 04:12,78 (00:42,71), 350m: 04:56,72 (00:43,94), 400m: 05:39,94 (00:43,22) 450m: 06:23,05 (00:43,11), 500m: 07:06,86 (00:43,81), 550m: 07:50,75 (00:43,89), 600m: 08:34,34 (00:43,59) 650m: 09:18,44 (00:44,10), 700m: 10:02,44 (00:44,00), 750m: 10:45,30 (00:42,86), 800m: 11:27,31 (00:42,01)						
31.	Klug, Anna	2009	AUT	1. LSK Heindl	11:47,89	+02:44.27	321
	RT +0.99 50m: 00:39,46, 100m: 01:22,71 (00:43,25), 150m: 02:06,80 (00:44,09), 200m: 02:51,02 (00:44,22) 250m: 03:36,58 (00:45,56), 300m: 04:21,61 (00:45,03), 350m: 05:06,80 (00:45,19), 400m: 05:51,75 (00:44,95) 450m: 06:38,03 (00:46,28), 500m: 07:23,58 (00:45,55), 550m: 08:09,10 (00:45,52), 600m: 08:53,64 (00:44,54) 650m: 09:39,15 (00:45,51), 700m: 10:23,28 (00:44,13), 750m: 11:07,21 (00:43,93), 800m: 11:47,89 (00:40,68)						
32.	Schachenhofner, Florentina	2008	AUT	1. LSK Heindl	11:51,96	+02:48.34	315
	RT +0.68 50m: 00:38,39, 100m: 01:22,32 (00:43,93), 150m: 02:08,17 (00:45,85), 200m: 02:53,01 (00:44,84) 250m: 03:39,03 (00:46,02), 300m: 04:24,48 (00:45,45), 350m: 05:10,13 (00:45,65), 400m: 05:55,74 (00:45,61) 450m: 06:40,97 (00:45,23), 500m: 07:26,30 (00:45,33), 550m: 08:11,47 (00:45,17), 600m: 08:56,10 (00:44,63) 650m: 09:41,87 (00:45,77), 700m: 10:25,76 (00:43,89), 750m: 11:09,75 (00:43,99), 800m: 11:51,96 (00:42,21)						

	Reiter, Amelie	2010	AUT	1. LSK Heindl		n.a.Start	
	Abgemeldet.						

Junioren, Pflichtzeit: 12:16,40

1.	Fürst, Elena	2007	AUT	1. LSK Heindl	09:38,79		587
	RT +0.80 50m: 00:32,82, 100m: 01:09,08 (00:36,26), 150m: 01:45,14 (00:36,06), 200m: 02:21,63 (00:36,49) 250m: 02:57,75 (00:36,12), 300m: 03:34,44 (00:36,69), 350m: 04:10,73 (00:36,29), 400m: 04:47,63 (00:36,90) 450m: 05:24,34 (00:36,71), 500m: 06:01,22 (00:36,88), 550m: 06:37,64 (00:36,42), 600m: 07:14,25 (00:36,61) 650m: 07:50,72 (00:36,47), 700m: 08:27,43 (00:36,71), 750m: 09:03,71 (00:36,28), 800m: 09:38,79 (00:35,08)						
5.	Pieringer, Magdalena	2007	AUT	1. LSK Heindl	10:33,88	+55.09	447
	RT +0.68 50m: 00:33,47, 100m: 01:12,03 (00:38,56), 150m: 01:52,33 (00:40,30), 200m: 02:32,62 (00:40,29) 250m: 03:13,13 (00:40,51), 300m: 03:52,77 (00:39,64), 350m: 04:33,13 (00:40,36), 400m: 05:13,62 (00:40,49) 450m: 05:53,81 (00:40,19), 500m: 06:33,94 (00:40,13), 550m: 07:14,23 (00:40,29), 600m: 07:54,24 (00:40,01) 650m: 08:34,59 (00:40,35), 700m: 09:14,95 (00:40,36), 750m: 09:54,73 (00:39,78), 800m: 10:33,88 (00:39,15)						
10.	Huemer, Ronja	2007	AUT	1. LSK Heindl	10:53,68	+01:14.89	407
	RT +0.81 50m: 00:33,52, 100m: 01:13,16 (00:39,64), 150m: 01:54,28 (00:41,12), 200m: 02:36,82 (00:42,54) 250m: 03:17,88 (00:41,06), 300m: 03:59,92 (00:42,04), 350m: 04:40,97 (00:41,05), 400m: 05:23,01 (00:42,04) 450m: 06:04,03 (00:41,02), 500m: 06:46,38 (00:42,35), 550m: 07:27,79 (00:41,41), 600m: 08:10,74 (00:42,95) 650m: 08:52,61 (00:41,87), 700m: 09:34,49 (00:41,88), 750m: 10:14,09 (00:39,60), 800m: 10:53,68 (00:39,59)						
12.	Hostnik, Klara	2007	AUT	1. LSK Heindl	11:27,31	+01:48.52	350
	RT +0.81 50m: 00:38,66, 100m: 01:21,15 (00:42,49), 150m: 02:04,73 (00:43,58), 200m: 02:47,34 (00:42,61) 250m: 03:30,07 (00:42,73), 300m: 04:12,78 (00:42,71), 350m: 04:56,72 (00:43,94), 400m: 05:39,94 (00:43,22) 450m: 06:23,05 (00:43,11), 500m: 07:06,86 (00:43,81), 550m: 07:50,75 (00:43,89), 600m: 08:34,34 (00:43,59) 650m: 09:18,44 (00:44,10), 700m: 10:02,44 (00:44,00), 750m: 10:45,30 (00:42,86), 800m: 11:27,31 (00:42,01)						

OÖ Landesmeisterschaften - Lange Strecken 2023

05.05./06.05.2023

Fortsetzung Bewerb 1 - 800m Freistil Damen

AK 15, Pflichtzeit: 12:37,26

3. Semlak, Marlene	2008 AUT	1. LSK Heindl	10:36,54	+09.98	441
RT +0.76 50m: 00:33,83, 100m: 01:13,33 (00:39,50), 150m: 01:53,42 (00:40,09), 200m: 02:33,54 (00:40,12) 250m: 03:14,16 (00:40,62), 300m: 03:54,52 (00:40,36), 350m: 04:35,20 (00:40,68), 400m: 05:16,17 (00:40,97) 450m: 05:57,25 (00:41,08), 500m: 06:37,96 (00:40,71), 550m: 07:18,44 (00:40,48), 600m: 07:58,86 (00:40,42) 650m: 08:39,08 (00:40,22), 700m: 09:19,07 (00:39,99), 750m: 09:58,94 (00:39,87), 800m: 10:36,54 (00:37,60)					
7. Schachenhofer, Florentina	2008 AUT	1. LSK Heindl	11:51,96	+01:25.40	315
RT +0.68 50m: 00:38,39, 100m: 01:22,32 (00:43,93), 150m: 02:08,17 (00:45,85), 200m: 02:53,01 (00:44,84) 250m: 03:39,03 (00:46,02), 300m: 04:24,48 (00:45,45), 350m: 05:10,13 (00:45,65), 400m: 05:55,74 (00:45,61) 450m: 06:40,97 (00:45,23), 500m: 07:26,30 (00:45,33), 550m: 08:11,47 (00:45,17), 600m: 08:56,10 (00:44,63) 650m: 09:41,87 (00:45,77), 700m: 10:25,76 (00:43,89), 750m: 11:09,75 (00:43,99), 800m: 11:51,96 (00:42,21)					

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

9. Klug, Anna	2009 AUT	1. LSK Heindl	11:47,89	+01:10.10	321
RT +0.99 50m: 00:39,46, 100m: 01:22,71 (00:43,25), 150m: 02:06,80 (00:44,09), 200m: 02:51,02 (00:44,22) 250m: 03:36,58 (00:45,56), 300m: 04:21,61 (00:45,03), 350m: 05:06,80 (00:45,19), 400m: 05:51,75 (00:44,95) 450m: 06:38,03 (00:46,28), 500m: 07:23,58 (00:45,55), 550m: 08:09,10 (00:45,52), 600m: 08:53,64 (00:44,54) 650m: 09:39,15 (00:45,51), 700m: 10:23,28 (00:44,13), 750m: 11:07,21 (00:43,93), 800m: 11:47,89 (00:40,68)					

Reiter, Amelie 2010 AUT 1. LSK Heindl n.a.Start
Abgemeldet.

Bewerb 2 - 800m Freistil Herren

AK 11-12, Pflichtzeit: 13:52,24

1. Manhal, Tim	2011 AUT	1. LSK Heindl	10:11,95		403
RT +0.58 50m: 00:33,87, 100m: 01:12,87 (00:39,00), 150m: 01:51,70 (00:38,83), 200m: 02:30,21 (00:38,51) 250m: 03:09,34 (00:39,13), 300m: 03:49,08 (00:39,74), 350m: 04:27,87 (00:38,79), 400m: 05:06,62 (00:38,75) 450m: 05:45,31 (00:38,69), 500m: 06:25,03 (00:39,72), 550m: 07:03,92 (00:38,89), 600m: 07:42,10 (00:38,18) 650m: 08:20,06 (00:37,96), 700m: 08:58,38 (00:38,32), 750m: 09:35,74 (00:37,36), 800m: 10:11,95 (00:36,21)					

Fortsetzung Bewerb 3 - 1500m Freistil Herren

Allgemeine Klasse, Pflichtzeit: 21:10,63

8. Pieringer, David	2008 AUT	1. LSK Heindl	19:03,29	+02:04.61	442
RT +0.78 50m: 00:33,97, 100m: 01:11,31 (00:37,34), 150m: 01:49,31 (00:38,00), 200m: 02:27,97 (00:38,66) 250m: 03:07,75 (00:39,78), 300m: 03:46,92 (00:39,17), 350m: 04:26,51 (00:39,59), 400m: 05:05,82 (00:39,31) 450m: 05:45,26 (00:39,44), 500m: 06:24,35 (00:39,09), 550m: 07:02,57 (00:38,22), 600m: 07:40,84 (00:38,27) 650m: 08:19,10 (00:38,26), 700m: 08:57,97 (00:38,87), 750m: 09:36,91 (00:38,94), 800m: 10:15,12 (00:38,21) 850m: 10:53,40 (00:38,28), 900m: 11:31,85 (00:38,45), 950m: 12:10,58 (00:38,73), 1000m: 12:48,92 (00:38,34) 1050m: 13:27,05 (00:38,13), 1100m: 14:04,73 (00:37,68), 1150m: 14:42,57 (00:37,84), 1200m: 15:20,69 (00:38,12) 1250m: 15:58,96 (00:38,27), 1300m: 16:36,44 (00:37,48), 1350m: 17:14,75 (00:38,31), 1400m: 17:52,79 (00:38,04) 1450m: 18:29,89 (00:37,10), 1500m: 19:03,29 (00:33,40)					
9. Schwarz, Raphael	2008 AUT	1. LSK Heindl	19:03,43	+02:04.75	442
RT +0.72 50m: 00:33,99, 100m: 01:12,11 (00:38,12), 150m: 01:50,65 (00:38,54), 200m: 02:28,99 (00:38,34) 250m: 03:08,08 (00:39,09), 300m: 03:46,94 (00:38,86), 350m: 04:26,41 (00:39,47), 400m: 05:05,30 (00:38,89) 450m: 05:43,89 (00:38,59), 500m: 06:22,50 (00:38,61), 550m: 07:01,07 (00:38,57), 600m: 07:39,42 (00:38,35) 650m: 08:18,27 (00:38,85), 700m: 08:56,77 (00:38,50), 750m: 09:35,72 (00:38,95), 800m: 10:14,09 (00:38,37) 850m: 10:52,98 (00:38,89), 900m: 11:31,32 (00:38,34), 950m: 12:10,10 (00:38,78), 1000m: 12:48,68 (00:38,58) 1050m: 13:26,96 (00:39,81), 1100m: 14:04,90 (00:38,21), 1150m: 14:42,98 (00:38,08), 1200m: 15:20,81 (00:37,83) 1250m: 15:59,13 (00:38,32), 1300m: 16:36,93 (00:37,80), 1350m: 17:14,65 (00:37,72), 1400m: 17:52,75 (00:38,10) 1450m: 18:29,68 (00:36,93), 1500m: 19:03,43 (00:33,75)					
12. Eckhart, Alexander	2008 AUT	1. LSK Heindl	19:28,08	+02:29.40	414
RT +0.75 50m: 00:34,52, 100m: 01:11,90 (00:37,38), 150m: 01:51,62 (00:39,72), 200m: 02:29,54 (00:37,92) 250m: 03:09,61 (00:40,07), 300m: 03:48,23 (00:38,62), 350m: 04:26,61 (00:38,38), 400m: 05:04,54 (00:37,93) 450m: 05:43,86 (00:39,32), 500m: 06:22,08 (00:38,22), 550m: 07:01,88 (00:39,80), 600m: 07:41,24 (00:39,36) 650m: 08:20,99 (00:39,75), 700m: 09:00,07 (00:39,08), 750m: 09:40,20 (00:40,13), 800m: 10:20,03 (00:39,83) 850m: 10:59,83 (00:39,80), 900m: 11:38,77 (00:38,94), 950m: 12:18,67 (00:39,90), 1000m: 12:58,09 (00:39,42) 1050m: 13:37,49 (00:39,40), 1100m: 14:16,70 (00:39,21), 1150m: 14:56,32 (00:39,62), 1200m: 15:35,74 (00:39,42) 1250m: 16:15,71 (00:39,97), 1300m: 16:54,67 (00:38,96), 1350m: 17:34,22 (00:39,55), 1400m: 18:13,40 (00:39,18) 1450m: 18:53,06 (00:39,66), 1500m: 19:28,08 (00:35,02)					

OÖ Landesmeisterschaften - Lange Strecken 2023

05.05./06.05.2023

Fortsetzung Bewerb 3 - 1500m Freistil Herren

Allgemeine Klasse, Pflichtzeit: 21:10,63

15. Sendlak, Florian	2008 AUT	1. LSK Heindl	19:53,35	+02:54.67	388
RT +0.78 50m: 00:34,50, 100m: 01:13,08 (00:38,58), 150m: 01:52,12 (00:39,04), 200m: 02:31,62 (00:39,50)					
250m: 03:11,00 (00:39,38), 300m: 03:49,99 (00:38,99), 350m: 04:29,44 (00:39,45), 400m: 05:09,27 (00:39,83)					
450m: 05:49,20 (00:39,93), 500m: 06:28,77 (00:39,57), 550m: 07:08,58 (00:39,81), 600m: 07:48,63 (00:40,05)					
650m: 08:27,78 (00:39,15), 700m: 09:08,15 (00:40,37), 750m: 09:48,46 (00:40,31), 800m: 10:29,17 (00:40,71)					
850m: 11:10,00 (00:40,83), 900m: 11:50,26 (00:40,26), 950m: 12:31,09 (00:40,83), 1000m: 13:11,98 (00:40,89)					
1050m: 13:53,48 (00:41,50), 1100m: 14:32,67 (00:39,19), 1150m: 15:14,21 (00:41,54), 1200m: 15:55,88 (00:41,67)					
1250m: 16:35,20 (00:39,32), 1300m: 17:15,98 (00:40,78), 1350m: 17:57,34 (00:41,36), 1400m: 18:37,30 (00:39,96)					
1450m: 19:17,09 (00:39,79), 1500m: 19:53,35 (00:36,26)					

AK 15-16, Pflichtzeit: 23:42,31

2. Pieringer, David	2008 AUT	1. LSK Heindl	19:03,29	+09.19	442
RT +0.78 50m: 00:33,97, 100m: 01:11,31 (00:37,34), 150m: 01:49,31 (00:38,00), 200m: 02:27,97 (00:38,66)					
250m: 03:07,75 (00:39,78), 300m: 03:46,92 (00:39,17), 350m: 04:26,51 (00:39,59), 400m: 05:05,82 (00:39,31)					
450m: 05:45,26 (00:39,44), 500m: 06:24,35 (00:39,09), 550m: 07:02,57 (00:38,22), 600m: 07:40,84 (00:38,27)					
650m: 08:19,10 (00:38,26), 700m: 08:57,97 (00:38,87), 750m: 09:36,91 (00:38,94), 800m: 10:15,12 (00:38,21)					
850m: 10:53,40 (00:38,28), 900m: 11:31,85 (00:38,45), 950m: 12:10,58 (00:38,73), 1000m: 12:48,92 (00:38,34)					
1050m: 13:27,05 (00:38,13), 1100m: 14:04,73 (00:37,68), 1150m: 14:42,57 (00:37,84), 1200m: 15:20,69 (00:38,12)					
1250m: 15:58,96 (00:38,27), 1300m: 16:36,44 (00:37,48), 1350m: 17:14,75 (00:38,31), 1400m: 17:52,79 (00:38,04)					
1450m: 18:29,89 (00:37,10), 1500m: 19:03,29 (00:33,40)					
3. Schwarz, Raphael	2008 AUT	1. LSK Heindl	19:03,43	+09.33	442
RT +0.72 50m: 00:33,99, 100m: 01:12,11 (00:38,12), 150m: 01:50,65 (00:38,54), 200m: 02:28,99 (00:38,34)					
250m: 03:08,08 (00:39,09), 300m: 03:46,94 (00:38,86), 350m: 04:26,41 (00:39,47), 400m: 05:05,30 (00:38,89)					
450m: 05:43,89 (00:38,59), 500m: 06:22,50 (00:38,61), 550m: 07:01,07 (00:38,57), 600m: 07:39,42 (00:38,35)					
650m: 08:18,27 (00:38,85), 700m: 08:56,77 (00:38,50), 750m: 09:35,72 (00:38,95), 800m: 10:14,09 (00:38,37)					
850m: 10:52,98 (00:38,89), 900m: 11:31,32 (00:38,34), 950m: 12:10,10 (00:38,78), 1000m: 12:48,68 (00:38,58)					
1050m: 13:26,69 (00:38,01), 1100m: 14:04,90 (00:38,21), 1150m: 14:42,98 (00:38,08), 1200m: 15:20,81 (00:37,83)					
1250m: 15:59,13 (00:38,32), 1300m: 16:36,93 (00:37,80), 1350m: 17:14,65 (00:37,72), 1400m: 17:52,75 (00:38,10)					
1450m: 18:29,68 (00:36,93), 1500m: 19:03,43 (00:33,75)					
5. Eckhart, Alexander	2008 AUT	1. LSK Heindl	19:28,08	+33.98	414
RT +0.75 50m: 00:34,52, 100m: 01:11,90 (00:37,38), 150m: 01:51,62 (00:39,72), 200m: 02:29,54 (00:37,92)					
250m: 03:09,61 (00:40,07), 300m: 03:48,23 (00:38,62), 350m: 04:26,61 (00:38,38), 400m: 05:04,54 (00:37,93)					
450m: 05:43,86 (00:39,32), 500m: 06:22,08 (00:38,22), 550m: 07:01,88 (00:39,80), 600m: 07:41,24 (00:39,36)					
650m: 08:20,99 (00:39,75), 700m: 09:00,07 (00:39,08), 750m: 09:40,20 (00:40,13), 800m: 10:20,03 (00:39,83)					
850m: 10:59,83 (00:39,80), 900m: 11:38,77 (00:38,94), 950m: 12:18,67 (00:39,90), 1000m: 12:58,09 (00:39,42)					
1050m: 13:37,49 (00:39,40), 1100m: 14:16,70 (00:39,21), 1150m: 14:56,32 (00:39,62), 1200m: 15:35,74 (00:39,42)					
1250m: 16:15,71 (00:39,97), 1300m: 16:54,67 (00:38,96), 1350m: 17:34,22 (00:39,55), 1400m: 18:13,40 (00:39,18)					
1450m: 18:53,06 (00:39,66), 1500m: 19:28,08 (00:35,02)					
7. Sendlak, Florian	2008 AUT	1. LSK Heindl	19:53,35	+59.25	388
RT +0.78 50m: 00:34,50, 100m: 01:13,08 (00:38,58), 150m: 01:52,12 (00:39,04), 200m: 02:31,62 (00:39,50)					
250m: 03:11,00 (00:39,38), 300m: 03:49,99 (00:38,99), 350m: 04:29,44 (00:39,45), 400m: 05:09,27 (00:39,83)					
450m: 05:49,20 (00:39,93), 500m: 06:28,77 (00:39,57), 550m: 07:08,58 (00:39,81), 600m: 07:48,63 (00:40,05)					
650m: 08:27,78 (00:39,15), 700m: 09:08,15 (00:40,37), 750m: 09:48,46 (00:40,31), 800m: 10:29,17 (00:40,71)					
850m: 11:10,00 (00:40,83), 900m: 11:50,26 (00:40,26), 950m: 12:31,09 (00:40,83), 1000m: 13:11,98 (00:40,89)					
1050m: 13:53,48 (00:41,50), 1100m: 14:32,67 (00:39,19), 1150m: 15:14,21 (00:41,54), 1200m: 15:55,88 (00:41,67)					
1250m: 16:35,20 (00:39,32), 1300m: 17:15,98 (00:40,78), 1350m: 17:57,34 (00:41,36), 1400m: 18:37,30 (00:39,96)					
1450m: 19:17,09 (00:39,79), 1500m: 19:53,35 (00:36,26)					

--- 2. Abschnitt ---

OÖ Landesmeisterschaften - Lange Strecken 2023

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Fortsetzung Bewerb 5 - 800m Freistil Herren

Allgemeine Klasse, Pflichtzeit: 11:05,96

----	Pieringer, Daniel	2005	AUT	1. LSK Heindl		n.a.Start	
	Abgemeldet.						

Fortsetzung Bewerb 6 - 400m Freistil Damen

AK 11-12

7.	Klug, Eva	2011	AUT	1. LSK Heindl	06:04,39	+31.76	273
	RT +0.65 50m: 00:39,70, 100m: 01:25,02 (00:45,32), 150m: 02:11,48 (00:46,46), 200m: 02:57,19 (00:45,71) 250m: 03:45,04 (00:47,85), 300m: 04:31,93 (00:46,89), 350m: 05:20,36 (00:48,43), 400m: 06:04,39 (00:44,03)						
14.	Wiesinger, Helena	2011	AUT	1. LSK Heindl	06:30,50	+57.87	221
	50m: 00:42,90, 100m: 01:32,58 (00:49,68), 150m: 02:22,65 (00:50,07), 200m: 03:10,71 (00:48,06) 250m: 04:00,97 (00:50,26), 300m: 04:51,20 (00:50,23), 350m: 05:42,61 (00:51,41), 400m: 06:30,50 (00:47,89)						

Bewerb 7 - 400m Freistil Herren

AK 11-12

1.	Manhal, Tim	2011	AUT	1. LSK Heindl	05:06,21		371
	RT +0.51 50m: 00:34,53, 100m: 01:13,77 (00:39,24), 150m: 01:52,98 (00:39,21), 200m: 02:32,62 (00:39,64) 250m: 03:10,85 (00:38,23), 300m: 03:50,14 (00:39,29), 350m: 04:28,79 (00:38,65), 400m: 05:06,21 (00:37,42)						
11.	Holderbaum-Rader, Levi	2012	AUT	1. LSK Heindl	06:21,56	+01:15.35	191
	RT +0.94 50m: 00:41,40, 100m: 01:29,05 (00:47,65), 150m: 02:19,41 (00:50,36), 200m: 03:06,99 (00:47,58) 250m: 03:56,31 (00:49,32), 300m: 04:29,65 (00:33,34), 350m: 05:35,10 (01:05,45), 400m: 06:21,56 (00:46,46)						

AK 9-10

1.	Haitchi, Paul	2013	AUT	1. LSK Heindl	05:59,25		229
	RT +0.61 50m: 00:39,79, 100m: 01:25,05 (00:45,26), 150m: 02:11,06 (00:46,01), 200m: 02:56,73 (00:45,67) 250m: 03:42,97 (00:46,24), 300m: 04:29,14 (00:46,17), 350m: 05:15,20 (00:46,06), 400m: 05:59,25 (00:44,05)						

Fortsetzung Bewerb 8 - 200m Lagen Damen

AK 11-12

6.	Klug, Eva	2011	AUT	1. LSK Heindl	03:16,68	+15.28	263
	50m: 00:44,00, 100m: 01:37,26 (00:53,26), 150m: 02:32,28 (00:55,02), 200m: 03:16,68 (00:44,40)						
19.	Wiesinger, Helena	2011	AUT	1. LSK Heindl	03:38,54	+37.14	192
	50m: 00:51,10, 100m: 01:46,00 (00:54,90), 150m: 02:51,62 (01:05,62), 200m: 03:38,54 (00:46,92)						

OÖ Landesmeisterschaften - Lange Strecken 2023

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Bewerb 9 - 200m Lagen Herren

AK 11-12

1. Manhal, Tim	2011 AUT	1. LSK Heindl	02:49,33	305
RT +0.60 50m: 00:38,97, 100m: 01:22,68 (00:43,71), 150m: 02:12,44 (00:49,76), 200m: 02:49,33 (00:36,89)				
12. Holderbaum-Rader, Levi	2012 AUT	1. LSK Heindl	03:31,38 +42.05	156
RT +0.90 50m: 00:49,32, 100m: 01:47,83 (00:58,51), 150m: 02:46,79 (00:58,96), 200m: 03:31,38 (00:44,59)				

AK 9-10

1. Haitchi, Paul	2013 AUT	1. LSK Heindl	03:24,01	174
RT +0.68 50m: 00:46,08, 100m: 01:41,19 (00:55,11), 150m: 02:39,48 (00:58,29), 200m: 03:24,01 (00:44,53)				

Bewerb 10 - 400m Lagen Damen

Allgemeine Klasse, Pflichtzeit: 06:38,59

1. Fürst, Elena	2007 AUT	1. LSK Heindl	05:16,78	594
RT +0.82 50m: 00:32,45, 100m: 01:13,75 (00:41,30), 150m: 01:53,80 (00:40,05), 200m: 02:33,14 (00:39,34) 250m: 03:17,11 (00:43,97), 300m: 04:02,56 (00:45,45), 350m: 04:39,76 (00:37,20), 400m: 05:16,78 (00:37,02)				
2. Fürst, Chiara	2003 AUT	1. LSK Heindl	05:34,32 +17.54	505
RT +0.76 50m: 00:32,33, 100m: 01:12,35 (00:40,02), 150m: 01:59,69 (00:47,34), 200m: 02:45,39 (00:45,70) 250m: 03:29,18 (00:43,79), 300m: 04:15,47 (00:46,29), 350m: 04:56,45 (00:40,98), 400m: 05:34,32 (00:37,87)				
3. Pieringer, Magdalena	2007 AUT	1. LSK Heindl	05:49,04 +32.26	444
RT +0.74 50m: 00:36,05, 100m: 01:21,06 (00:45,01), 150m: 02:07,24 (00:46,18), 200m: 02:52,85 (00:45,61) 250m: 03:40,03 (00:47,18), 300m: 04:29,64 (00:49,61), 350m: 05:09,25 (00:39,61), 400m: 05:49,04 (00:39,79)				
14. Sendlak, Marlene	2008 AUT	1. LSK Heindl	06:16,42 +59.64	354
RT +0.84 50m: 00:38,37, 100m: 01:26,02 (00:47,65), 150m: 02:16,46 (00:50,44), 200m: 03:05,48 (00:49,02) 250m: 03:59,28 (00:53,80), 300m: 04:54,77 (00:55,49), 350m: 05:36,21 (00:41,44), 400m: 06:16,42 (00:40,21)				
15. Schachenhofer, Florentina	2008 AUT	1. LSK Heindl	06:22,04 +01:05.26	338
RT +0.67 50m: 00:40,99, 100m: 01:31,11 (00:50,12), 150m: 02:21,47 (00:50,36), 200m: 03:09,60 (00:48,13) 250m: 04:02,69 (00:53,09), 300m: 04:55,71 (00:53,02), 350m: 05:40,04 (00:44,33), 400m: 06:22,04 (00:42,00)				
17. Klug, Anna	2009 AUT	1. LSK Heindl	06:28,57 +01:11.79	322
RT +01.03 50m: 00:43,74, 100m: 01:36,09 (00:52,35), 150m: 02:27,29 (00:51,20), 200m: 03:16,01 (00:48,72) 250m: 04:09,55 (00:53,54), 300m: 05:04,47 (00:54,92), 350m: 05:47,89 (00:43,42), 400m: 06:28,57 (00:40,68)				

Hostnik, Klara 2007 AUT 1. LSK Heindl n.a.Start
Abgemeldet.

Reiter, Amelie 2010 AUT 1. LSK Heindl n.a.Start
Abgemeldet.

Junioren, Pflichtzeit: 06:47,04

1. Fürst, Elena	2007 AUT	1. LSK Heindl	05:16,78	594
RT +0.82 50m: 00:32,45, 100m: 01:13,75 (00:41,30), 150m: 01:53,80 (00:40,05), 200m: 02:33,14 (00:39,34) 250m: 03:17,11 (00:43,97), 300m: 04:02,56 (00:45,45), 350m: 04:39,76 (00:37,20), 400m: 05:16,78 (00:37,02)				
2. Pieringer, Magdalena	2007 AUT	1. LSK Heindl	05:49,04 +32.26	444
RT +0.74 50m: 00:36,05, 100m: 01:21,06 (00:45,01), 150m: 02:07,24 (00:46,18), 200m: 02:52,85 (00:45,61) 250m: 03:40,03 (00:47,18), 300m: 04:29,64 (00:49,61), 350m: 05:09,25 (00:39,61), 400m: 05:49,04 (00:39,79)				

Hostnik, Klara 2007 AUT 1. LSK Heindl n.a.Start
Abgemeldet.

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Fortsetzung Bewerb 10 - 400m Lagen Damen

AK 15, Pflichtzeit: 06:55,48

3.	Semlak, Marlene	2008	AUT	1. LSK Heindl	06:16,42	+23.87	354
	RT +0.84 50m: 00:38,37, 100m: 01:26,02 (00:47,65), 150m: 02:16,46 (00:50,44), 200m: 03:05,48 (00:49,02) 250m: 03:59,28 (00:53,80), 300m: 04:54,77 (00:55,49), 350m: 05:36,21 (00:41,44), 400m: 06:16,42 (00:40,21)						
4.	Schachenhofer, Florentina	2008	AUT	1. LSK Heindl	06:22,04	+29.49	338
	RT +0.67 50m: 00:40,99, 100m: 01:31,11 (00:50,12), 150m: 02:21,47 (00:50,36), 200m: 03:09,60 (00:48,13) 250m: 04:02,69 (00:53,09), 300m: 04:55,71 (00:53,02), 350m: 05:40,04 (00:44,33), 400m: 06:22,04 (00:42,00)						

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

7.	Klug, Anna	2009	AUT	1. LSK Heindl	06:28,57	+37.82	322
	RT +0.103 50m: 00:43,74, 100m: 01:36,09 (00:52,35), 150m: 02:27,29 (00:51,20), 200m: 03:16,01 (00:48,72) 250m: 04:09,55 (00:53,54), 300m: 05:04,47 (00:54,92), 350m: 05:47,89 (00:43,42), 400m: 06:28,57 (00:40,68)						

Reiter, Amelie 2010 AUT 1. LSK Heindl n.a.Start
Abgemeldet.

Fortsetzung Bewerb 11 - 400m Lagen Herren

Allgemeine Klasse, Pflichtzeit: 06:01,44

9.	Pieringer, David	2008	AUT	1. LSK Heindl	05:33,02	+56.85	392
	RT +0.80 50m: 00:34,10, 100m: 01:16,31 (00:42,21), 150m: 02:00,01 (00:43,70), 200m: 02:43,16 (00:43,15) 250m: 03:30,17 (00:47,01), 300m: 04:19,39 (00:49,22), 350m: 04:58,39 (00:39,00), 400m: 05:33,02 (00:34,63)						
10.	Semlak, Florian	2008	AUT	1. LSK Heindl	05:33,14	+56.97	392
	RT +0.80 50m: 00:33,26, 100m: 01:15,78 (00:42,52), 150m: 01:54,38 (00:38,60), 200m: 02:34,30 (00:39,92) 250m: 03:24,81 (00:50,51), 300m: 04:16,21 (00:51,40), 350m: 04:56,17 (00:39,96), 400m: 05:33,14 (00:36,97)						
11.	Eckhart, Alexander	2008	AUT	1. LSK Heindl	05:39,55	+01:03.38	370
	RT +0.86 50m: 00:37,13, 100m: 01:23,14 (00:46,01), 150m: 02:04,11 (00:40,97), 200m: 02:44,35 (00:40,24) 250m: 03:35,12 (00:50,77), 300m: 04:25,46 (00:50,34), 350m: 05:04,50 (00:39,04), 400m: 05:39,55 (00:35,05)						
12.	Schwarz, Raphael	2008	AUT	1. LSK Heindl	05:39,62	+01:03.45	370
	RT +0.73 50m: 00:36,21, 100m: 01:19,06 (00:42,85), 150m: 02:02,09 (00:43,03), 200m: 02:44,37 (00:42,28) 250m: 03:35,12 (00:50,75), 300m: 04:25,71 (00:50,59), 350m: 05:04,61 (00:38,90), 400m: 05:39,62 (00:35,01)						
	Pieringer, Daniel	2005	AUT	1. LSK Heindl		n.a.Start	
	Abgemeldet.						

Junioren, Pflichtzeit: 06:20,64

Pieringer, Daniel 2005 AUT 1. LSK Heindl n.a.Start
Abgemeldet.

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

4.	Pieringer, David	2008	AUT	1. LSK Heindl	05:33,02	+24.04	392
	RT +0.80 50m: 00:34,10, 100m: 01:16,31 (00:42,21), 150m: 02:00,01 (00:43,70), 200m: 02:43,16 (00:43,15) 250m: 03:30,17 (00:47,01), 300m: 04:19,39 (00:49,22), 350m: 04:58,39 (00:39,00), 400m: 05:33,02 (00:34,63)						
5.	Semlak, Florian	2008	AUT	1. LSK Heindl	05:33,14	+24.16	392
	RT +0.80 50m: 00:33,26, 100m: 01:15,78 (00:42,52), 150m: 01:54,38 (00:38,60), 200m: 02:34,30 (00:39,92) 250m: 03:24,81 (00:50,51), 300m: 04:16,21 (00:51,40), 350m: 04:56,17 (00:39,96), 400m: 05:33,14 (00:36,97)						
6.	Eckhart, Alexander	2008	AUT	1. LSK Heindl	05:39,55	+30.57	370
	RT +0.86 50m: 00:37,13, 100m: 01:23,14 (00:46,01), 150m: 02:04,11 (00:40,97), 200m: 02:44,35 (00:40,24) 250m: 03:35,12 (00:50,77), 300m: 04:25,46 (00:50,34), 350m: 05:04,50 (00:39,04), 400m: 05:39,55 (00:35,05)						
7.	Schwarz, Raphael	2008	AUT	1. LSK Heindl	05:39,62	+30.64	370
	RT +0.73 50m: 00:36,21, 100m: 01:19,06 (00:42,85), 150m: 02:02,09 (00:43,03), 200m: 02:44,37 (00:42,28) 250m: 03:35,12 (00:50,75), 300m: 04:25,71 (00:50,59), 350m: 05:04,61 (00:38,90), 400m: 05:39,62 (00:35,01)						

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Fortsetzung Bewerb 11 - 400m Lagen Herren