

# OÖ Landesmeisterschaften - Lange Strecken 2023

## 05.05./06.05.2023

### Fortsetzung Bewerb 1 - 800m Freistil Damen

#### Allgemeine Klasse, Pflichtzeit: 11:55,53

|     |   |      |     |              |          |           |     |
|-----|---|------|-----|--------------|----------|-----------|-----|
| 2.  | Pammer, Cornelia  | 2000 | AUT | 1. USC Traun | 09:35,41 | +31.79    | 598 |
|     | RT +0.81 50m: 00:33,11, 100m: 01:09,70 (00:36,59), 150m: 01:46,67 (00:36,97), 200m: 02:23,62 (00:36,95)<br>250m: 03:00,36 (00:36,74), 300m: 03:37,17 (00:36,81), 350m: 04:14,02 (00:36,85), 400m: 04:50,75 (00:36,73)<br>450m: 05:26,68 (00:35,93), 500m: 06:01,94 (00:35,26), 550m: 06:37,48 (00:35,54), 600m: 07:13,22 (00:35,74)<br>650m: 07:48,62 (00:35,40), 700m: 08:24,27 (00:35,65), 750m: 08:59,97 (00:35,70), 800m: 09:35,41 (00:35,44) |      |     |              |          |           |     |
| 15. | Cahunek, Marlies  | 2007 | AUT | 1. USC Traun | 10:45,99 | +01:42.37 | 422 |
|     | RT +0.76 50m: 00:34,63, 100m: 01:13,46 (00:38,83), 150m: 01:53,89 (00:40,43), 200m: 02:35,03 (00:41,14)<br>250m: 03:15,73 (00:40,70), 300m: 03:57,47 (00:41,74), 350m: 04:38,42 (00:40,95), 400m: 05:20,21 (00:41,79)<br>450m: 06:01,54 (00:41,33), 500m: 06:43,40 (00:41,86), 550m: 07:24,23 (00:40,83), 600m: 08:05,85 (00:41,62)<br>650m: 08:46,84 (00:40,99), 700m: 09:27,80 (00:40,96), 750m: 10:07,61 (00:39,81), 800m: 10:45,99 (00:38,38) |      |     |              |          |           |     |
| 20. | Nessler, Stephanie  | 2009 | AUT | 1. USC Traun | 11:13,52 | +02:09.90 | 372 |
|     | RT +0.75 50m: 00:35,69, 100m: 01:16,86 (00:41,17), 150m: 01:58,99 (00:42,13), 200m: 02:41,22 (00:42,23)<br>250m: 03:24,23 (00:43,01), 300m: 04:07,21 (00:42,98), 350m: 04:50,56 (00:43,35), 400m: 05:33,95 (00:43,39)<br>450m: 06:17,05 (00:43,10), 500m: 07:00,51 (00:43,46), 550m: 07:44,70 (00:44,19), 600m: 08:27,89 (00:43,19)<br>650m: 09:11,31 (00:43,42), 700m: 09:53,85 (00:42,54), 750m: 10:35,44 (00:41,59), 800m: 11:13,52 (00:38,08) |      |     |              |          |           |     |
| 27. | Leitner, Laetitia   | 2008 | AUT | 1. USC Traun | 11:27,79 | +02:24.17 | 350 |
|     | RT +0.50 50m: 00:37,34, 100m: 01:19,18 (00:41,84), 150m: 02:02,90 (00:43,72), 200m: 02:47,04 (00:44,14)<br>250m: 03:31,52 (00:44,48), 300m: 04:14,70 (00:43,18), 350m: 04:59,38 (00:44,68), 400m: 05:43,45 (00:44,07)<br>450m: 06:27,81 (00:44,36), 500m: 07:11,75 (00:43,94), 550m: 07:55,62 (00:43,87), 600m: 08:39,40 (00:43,78)<br>650m: 09:23,62 (00:44,22), 700m: 10:06,48 (00:42,86), 750m: 10:49,36 (00:42,88), 800m: 11:27,79 (00:38,43) |      |     |              |          |           |     |
|     | Durstberger, Hanna  | 2006 | AUT | 1. USC Traun |          | n.a.Start |     |
|     | Abgemeldet.   |      |     |              |          |           |     |

#### Junioren, Pflichtzeit: 12:16,40

|    |   |      |     |              |          |           |     |
|----|---|------|-----|--------------|----------|-----------|-----|
| 8. | Cahunek, Marlies  | 2007 | AUT | 1. USC Traun | 10:45,99 | +01:07.20 | 422 |
|    | RT +0.76 50m: 00:34,63, 100m: 01:13,46 (00:38,83), 150m: 01:53,89 (00:40,43), 200m: 02:35,03 (00:41,14)<br>250m: 03:15,73 (00:40,70), 300m: 03:57,47 (00:41,74), 350m: 04:38,42 (00:40,95), 400m: 05:20,21 (00:41,79)<br>450m: 06:01,54 (00:41,33), 500m: 06:43,40 (00:41,86), 550m: 07:24,23 (00:40,83), 600m: 08:05,85 (00:41,62)<br>650m: 08:46,84 (00:40,99), 700m: 09:27,80 (00:40,96), 750m: 10:07,61 (00:39,81), 800m: 10:45,99 (00:38,38) |      |     |              |          |           |     |

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|  |                    |      |     |              |  |           |  |
|--|--------------------|------|-----|--------------|--|-----------|--|
|  | Durstberger, Hanna | 2006 | AUT | 1. USC Traun |  | n.a.Start |  |
|  | Abgemeldet.        |      |     |              |  |           |  |

#### AK 15, Pflichtzeit: 12:37,26

|    |   |      |     |              |          |           |     |
|----|---|------|-----|--------------|----------|-----------|-----|
| 6. | Leitner, Laetitia   | 2008 | AUT | 1. USC Traun | 11:27,79 | +01:01.23 | 350 |
|    | RT +0.50 50m: 00:37,34, 100m: 01:19,18 (00:41,84), 150m: 02:02,90 (00:43,72), 200m: 02:47,04 (00:44,14)<br>250m: 03:31,52 (00:44,48), 300m: 04:14,70 (00:43,18), 350m: 04:59,38 (00:44,68), 400m: 05:43,45 (00:44,07)<br>450m: 06:27,81 (00:44,36), 500m: 07:11,75 (00:43,94), 550m: 07:55,62 (00:43,87), 600m: 08:39,40 (00:43,78)<br>650m: 09:23,62 (00:44,22), 700m: 10:06,48 (00:42,86), 750m: 10:49,36 (00:42,88), 800m: 11:27,79 (00:38,43) |      |     |              |          |           |     |

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

|    |   |      |     |              |          |        |     |
|----|---|------|-----|--------------|----------|--------|-----|
| 5. | Nessler, Stephanie  | 2009 | AUT | 1. USC Traun | 11:13,52 | +35.73 | 372 |
|    | RT +0.75 50m: 00:35,69, 100m: 01:16,86 (00:41,17), 150m: 01:58,99 (00:42,13), 200m: 02:41,22 (00:42,23)<br>250m: 03:24,23 (00:43,01), 300m: 04:07,21 (00:42,98), 350m: 04:50,56 (00:43,35), 400m: 05:33,95 (00:43,39)<br>450m: 06:17,05 (00:43,10), 500m: 07:00,51 (00:43,46), 550m: 07:44,70 (00:44,19), 600m: 08:27,89 (00:43,19)<br>650m: 09:11,31 (00:43,42), 700m: 09:53,85 (00:42,54), 750m: 10:35,44 (00:41,59), 800m: 11:13,52 (00:38,08) |      |     |              |          |        |     |

--- 2. Abschnitt ---

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## 05.05./06.05.2023

### Fortsetzung Bewerb 4 - 1500m Freistil Damen

#### Allgemeine Klasse, Pflichtzeit: 22:56,43

|      |                    |      |     |              |  |           |  |
|------|--------------------|------|-----|--------------|--|-----------|--|
| ---- | Durstberger, Hanna | 2006 | AUT | 1. USC Traun |  | n.a.Start |  |
|      | Abgemeldet.        |      |     |              |  |           |  |

### Fortsetzung Bewerb 5 - 800m Freistil Herren

#### Allgemeine Klasse, Pflichtzeit: 11:05,96

|    |   |      |     |              |          |           |   |     |
|----|---|------|-----|--------------|----------|-----------|---|-----|
| 3. | Höglinger, Jakob  | 2006 | AUT | 1. USC Traun | 09:04,77 | +15.01    |   | 571 |
|    | RT +0.72 50m: 00:29,77, 100m: 01:03,04 (00:33,27), 150m: 01:36,93 (00:33,89), 200m: 02:11,42 (00:34,49)<br>250m: 02:45,87 (00:34,45), 300m: 03:20,45 (00:34,58), 350m: 03:55,72 (00:35,27), 400m: 04:30,21 (00:34,49)<br>450m: 05:04,27 (00:34,06), 500m: 05:38,60 (00:34,33), 550m: 06:13,10 (00:34,50), 600m: 06:48,05 (00:34,95)<br>650m: 07:22,85 (00:34,80), 700m: 07:57,63 (00:34,78), 750m: 08:31,59 (00:33,96), 800m: 09:04,77 (00:33,18) |      |     |              |          |           |   |     |
| 7. | Pühringer, Niklas   | 2010 | AUT | 1. USC Traun | 11:46,34 | +02:56.58 | ! | 262 |
|    | RT +0.74 50m: 00:37,31, 100m: 01:20,13 (00:42,82), 150m: 02:03,86 (00:43,73), 200m: 02:49,18 (00:45,32)<br>250m: 03:33,94 (00:44,76), 300m: 04:20,17 (00:46,23), 350m: 05:04,86 (00:44,69), 400m: 05:51,55 (00:46,69)<br>450m: 06:36,63 (00:45,08), 500m: 07:22,48 (00:45,85), 550m: 08:07,55 (00:45,07), 600m: 08:52,50 (00:44,95)<br>650m: 09:36,81 (00:44,31), 700m: 10:21,19 (00:44,38), 750m: 11:03,76 (00:42,57), 800m: 11:46,34 (00:42,58) |      |     |              |          |           |   |     |

### Fortsetzung Bewerb 6 - 400m Freistil Damen

#### AK 11-12

|     |  |      |     |              |          |           |  |     |
|-----|--|------|-----|--------------|----------|-----------|--|-----|
| 16. | Durstberger, Helena Sophie   | 2012 | AUT | 1. USC Traun | 06:36,45 | +01:03.82 |  | 212 |
|     | 50m: 00:42,93, 100m: 01:32,89 (00:49,96), 150m: 02:23,22 (00:50,33), 200m: 03:13,74 (00:50,52)<br>250m: 04:04,87 (00:51,13), 300m: 04:57,78 (00:52,91), 350m: 05:48,53 (00:50,75), 400m: 06:36,45 (00:47,92)           |      |     |              |          |           |  |     |
| 17. | Raab, Florentina   | 2011 | AUT | 1. USC Traun | 06:39,47 | +01:06.84 |  | 207 |
|     | 50m: 00:39,91, 100m: 01:25,09 (00:45,18), 150m: 02:16,13 (00:51,04), 200m: 03:08,21 (00:52,08)<br>250m: 04:01,31 (00:53,10), 300m: 04:55,58 (00:54,27), 350m: 05:48,60 (00:53,02), 400m: 06:39,47 (00:50,87)           |      |     |              |          |           |  |     |
| 20. | Nessler, Johanna   | 2012 | AUT | 1. USC Traun | 06:49,81 | +01:17.18 |  | 191 |
|     | RT +01.03 50m: 00:42,69, 100m: 01:34,82 (00:52,13), 150m: 02:27,41 (00:52,59), 200m: 03:19,37 (00:51,96)<br>250m: 04:12,75 (00:53,38), 300m: 05:06,71 (00:53,96), 350m: 05:59,22 (00:52,51), 400m: 06:49,81 (00:50,59) |      |     |              |          |           |  |     |

### Fortsetzung Bewerb 7 - 400m Freistil Herren

#### AK 11-12

|     |   |      |     |              |          |           |  |     |
|-----|---|------|-----|--------------|----------|-----------|--|-----|
| 12. | Torreiter, Paul   | 2012 | AUT | 1. USC Traun | 06:22,90 | +01:16.69 |  | 189 |
|     | RT +0.51 50m: 00:40,83, 100m: 01:28,59 (00:47,76), 150m: 02:17,14 (00:48,55), 200m: 03:07,27 (00:50,13)<br>250m: 03:57,40 (00:50,13), 300m: 04:47,84 (00:50,44), 350m: 05:37,01 (00:49,17), 400m: 06:22,90 (00:45,89) |      |     |              |          |           |  |     |

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## 05.05./06.05.2023

### Fortsetzung Bewerb 8 - 200m Lagen Damen

#### AK 11-12

|     |  |      |     |    |           |          |        |     |
|-----|--|------|-----|----|-----------|----------|--------|-----|
| 11. | Durstberger, Helena Sophie   | 2012 | AUT | 1. | USC Traun | 03:25,84 | +24.44 | 230 |
|     | 50m: 00:47,58, 100m: 01:39,98 (00:52,40), 150m: 02:38,73 (00:58,75), 200m: 03:25,84 (00:47,11)           |      |     |    |           |          |        |     |
| 12. | Raab, Florentina   | 2011 | AUT | 1. | USC Traun | 03:26,29 | +24.89 | 228 |
|     | RT +0.72 50m: 00:48,82, 100m: 01:40,92 (00:52,10), 150m: 02:38,49 (00:57,57), 200m: 03:26,29 (00:47,80)  |      |     |    |           |          |        |     |
| 20. | Nessler, Johanna   | 2012 | AUT | 1. | USC Traun | 03:42,88 | +41.48 | 181 |
|     | RT +01.01 50m: 00:48,72, 100m: 01:49,86 (01:01,14), 150m: 02:53,39 (01:03,53), 200m: 03:42,88 (00:49,49) |      |     |    |           |          |        |     |

### Fortsetzung Bewerb 9 - 200m Lagen Herren

#### AK 11-12

|    |  |      |     |    |           |          |        |     |
|----|--|------|-----|----|-----------|----------|--------|-----|
| 7. | Torreiter, Paul  | 2012 | AUT | 1. | USC Traun | 03:19,26 | +29.93 | 187 |
|    | 50m: 00:43,24, 100m: 01:38,00 (00:54,76), 150m: 02:34,95 (00:56,95), 200m: 03:19,26 (00:44,31) |      |     |    |           |          |        |     |

### Fortsetzung Bewerb 10 - 400m Lagen Damen

#### Allgemeine Klasse, Pflichtzeit: 06:38,59

|     |   |      |     |    |           |          |        |     |
|-----|---|------|-----|----|-----------|----------|--------|-----|
| 4.  | Cahunek, Marlies  | 2007 | AUT | 1. | USC Traun | 05:50,55 | +33.77 | 438 |
|     | RT +0.72 50m: 00:35,80, 100m: 01:18,45 (00:42,65), 150m: 02:03,68 (00:45,23), 200m: 02:49,00 (00:45,32)<br>250m: 03:38,98 (00:49,98), 300m: 04:30,86 (00:51,88), 350m: 05:10,76 (00:39,90), 400m: 05:50,55 (00:39,79) |      |     |    |           |          |        |     |
| 7.  | Leitner, Laetitia   | 2008 | AUT | 1. | USC Traun | 05:57,51 | +40.73 | 413 |
|     | RT +0.53 50m: 00:37,33, 100m: 01:23,32 (00:45,99), 150m: 02:09,40 (00:46,08), 200m: 02:54,21 (00:44,81)<br>250m: 03:44,19 (00:49,98), 300m: 04:36,60 (00:52,41), 350m: 05:18,75 (00:42,15), 400m: 05:57,51 (00:38,76) |      |     |    |           |          |        |     |
| 13. | Nessler, Stephanie  | 2009 | AUT | 1. | USC Traun | 06:15,75 | +58.97 | 356 |
|     | RT +0.76 50m: 00:42,28, 100m: 01:32,37 (00:50,09), 150m: 02:21,35 (00:48,98), 200m: 03:09,11 (00:47,76)<br>250m: 04:02,62 (00:53,51), 300m: 04:56,37 (00:53,75), 350m: 05:38,22 (00:41,85), 400m: 06:15,75 (00:37,53) |      |     |    |           |          |        |     |

#### Junioren, Pflichtzeit: 06:47,04

|    |   |      |     |    |           |          |        |     |
|----|---|------|-----|----|-----------|----------|--------|-----|
| 3. | Cahunek, Marlies  | 2007 | AUT | 1. | USC Traun | 05:50,55 | +33.77 | 438 |
|    | RT +0.72 50m: 00:35,80, 100m: 01:18,45 (00:42,65), 150m: 02:03,68 (00:45,23), 200m: 02:49,00 (00:45,32)<br>250m: 03:38,98 (00:49,98), 300m: 04:30,86 (00:51,88), 350m: 05:10,76 (00:39,90), 400m: 05:50,55 (00:39,79) |      |     |    |           |          |        |     |

#### AK 15, Pflichtzeit: 06:55,48

|    |   |      |     |    |           |          |        |     |
|----|---|------|-----|----|-----------|----------|--------|-----|
| 2. | Leitner, Laetitia   | 2008 | AUT | 1. | USC Traun | 05:57,51 | +04.96 | 413 |
|    | RT +0.53 50m: 00:37,33, 100m: 01:23,32 (00:45,99), 150m: 02:09,40 (00:46,08), 200m: 02:54,21 (00:44,81)<br>250m: 03:44,19 (00:49,98), 300m: 04:36,60 (00:52,41), 350m: 05:18,75 (00:42,15), 400m: 05:57,51 (00:38,76) |      |     |    |           |          |        |     |

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

|    |   |      |     |    |           |          |        |     |
|----|---|------|-----|----|-----------|----------|--------|-----|
| 5. | Nessler, Stephanie  | 2009 | AUT | 1. | USC Traun | 06:15,75 | +25.00 | 356 |
|    | RT +0.76 50m: 00:42,28, 100m: 01:32,37 (00:50,09), 150m: 02:21,35 (00:48,98), 200m: 03:09,11 (00:47,76)<br>250m: 04:02,62 (00:53,51), 300m: 04:56,37 (00:53,75), 350m: 05:38,22 (00:41,85), 400m: 06:15,75 (00:37,53) |      |     |    |           |          |        |     |

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# OÖ Landesmeisterschaften - Lange Strecken 2023

## 05.05./06.05.2023

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### Fortsetzung Bewerb 11 - 400m Lagen Herren

#### Allgemeine Klasse, Pflichtzeit: 06:01,44

|  |      |     |              |          |           |     |
|--|------|-----|--------------|----------|-----------|-----|
| 19. Pühringer, Niklas  | 2010 | AUT | 1. USC Traun | 06:14,27 | +01:38.10 | 276 |
| RT +0.71 50m: 00:40,65, 100m: 01:29,45 (00:48,80), 150m: 02:18,10 (00:48,65), 200m: 03:06,49 (00:48,39)    |      |     |              |          |           |     |
| 250m: 03:56,89 (00:50,40), 300m: 04:48,21 (00:51,32), 350m: 05:32,89 (00:44,68), 400m: 06:14,27 (00:41,38) |      |     |              |          |           |     |

#### AK 13-14, Pflichtzeit: 06:39,84

|  |      |     |              |          |        |     |
|--|------|-----|--------------|----------|--------|-----|
| 4. Pühringer, Niklas   | 2010 | AUT | 1. USC Traun | 06:14,27 | +34.28 | 276 |
| RT +0.71 50m: 00:40,65, 100m: 01:29,45 (00:48,80), 150m: 02:18,10 (00:48,65), 200m: 03:06,49 (00:48,39)    |      |     |              |          |        |     |
| 250m: 03:56,89 (00:50,40), 300m: 04:48,21 (00:51,32), 350m: 05:32,89 (00:44,68), 400m: 06:14,27 (00:41,38) |      |     |              |          |        |     |