

OÖ Landesmeisterschaften - Lange Strecken 2023

05.05./06.05.2023

Fortsetzung Bewerb 1 - 800m Freistil Damen

Allgemeine Klasse, Pflichtzeit: 11:55,53

21. Herrmann, Evelyn 2007 AUT ASKOE SC Steyr 11:21,41 +02:17.79 360
 RT +0.75 50m: 00:37,70, 100m: 01:19,35 (00:41,65), 150m: 02:02,68 (00:43,33), 200m: 02:46,78 (00:44,10)
 250m: 03:30,20 (00:43,42), 300m: 04:15,65 (00:45,45), 350m: 04:59,38 (00:43,73), 400m: 05:43,72 (00:44,34)
 450m: 06:27,22 (00:43,50), 500m: 07:10,53 (00:43,31), 550m: 07:52,67 (00:42,14), 600m: 08:35,19 (00:42,52)
 650m: 09:17,37 (00:42,18), 700m: 09:59,79 (00:42,42), 750m: 10:41,23 (00:41,44), 800m: 11:21,41 (00:40,18)

Schamberger, Flora 2008 AUT ASKOE SC Steyr Aufg.
 50m: 00:38,71, 100m: 01:21,32 (00:42,61), 150m: 02:05,78 (00:44,46), 200m: 02:52,14 (00:46,36)
 250m: 03:38,15 (00:46,01)

Lettner, Annika 2010 AUT ASKOE SC Steyr n.a.Start
 Abgemeldet.

Junioren, Pflichtzeit: 12:16,40

11. Herrmann, Evelyn 2007 AUT ASKOE SC Steyr 11:21,41 +01:42.62 360
 RT +0.75 50m: 00:37,70, 100m: 01:19,35 (00:41,65), 150m: 02:02,68 (00:43,33), 200m: 02:46,78 (00:44,10)
 250m: 03:30,20 (00:43,42), 300m: 04:15,65 (00:45,45), 350m: 04:59,38 (00:43,73), 400m: 05:43,72 (00:44,34)
 450m: 06:27,22 (00:43,50), 500m: 07:10,53 (00:43,31), 550m: 07:52,67 (00:42,14), 600m: 08:35,19 (00:42,52)
 650m: 09:17,37 (00:42,18), 700m: 09:59,79 (00:42,42), 750m: 10:41,23 (00:41,44), 800m: 11:21,41 (00:40,18)

AK 15, Pflichtzeit: 12:37,26

Schamberger, Flora 2008 AUT ASKOE SC Steyr Aufg.
 50m: 00:38,71, 100m: 01:21,32 (00:42,61), 150m: 02:05,78 (00:44,46), 200m: 02:52,14 (00:46,36)
 250m: 03:38,15 (00:46,01)

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

Lettner, Annika 2010 AUT ASKOE SC Steyr n.a.Start
 Abgemeldet.

AK 11-12, Pflichtzeit: 13:51,32

2. Fischer, Katrin 2011 AUT ASKOE SC Steyr 12:15,72 +14.60 286
 RT +01.13 50m: 00:39,70, 100m: 01:25,84 (00:46,14), 150m: 02:13,09 (00:47,25), 200m: 02:59,53 (00:46,44)
 250m: 03:47,67 (00:48,14), 300m: 04:33,68 (00:46,01), 350m: 05:21,60 (00:47,92), 400m: 06:08,93 (00:47,33)
 450m: 06:56,59 (00:47,66), 500m: 07:43,92 (00:47,33), 550m: 08:31,27 (00:47,35), 600m: 09:18,38 (00:47,11)
 650m: 10:04,76 (00:46,38), 700m: 10:50,23 (00:45,47), 750m: 11:34,46 (00:44,23), 800m: 12:15,72 (00:41,26)

Fortsetzung Bewerb 3 - 1500m Freistil Herren

Allgemeine Klasse, Pflichtzeit: 21:10,63

6. Pühringer, Franz 2004 AUT ASKOE SC Steyr 18:19,12 +01:20.44 497
 RT +0.67 50m: 00:31,02, 100m: 01:06,37 (00:35,35), 150m: 01:42,26 (00:35,89), 200m: 02:17,98 (00:35,72)
 250m: 02:54,24 (00:36,26), 300m: 03:30,91 (00:36,67), 350m: 04:07,73 (00:36,82), 400m: 04:44,67 (00:36,94)
 450m: 05:21,57 (00:36,90), 500m: 05:58,48 (00:36,91), 550m: 06:35,60 (00:37,12), 600m: 07:12,97 (00:37,37)
 650m: 07:50,28 (00:37,31), 700m: 08:27,88 (00:37,60), 750m: 09:05,55 (00:37,67), 800m: 09:42,91 (00:37,36)
 850m: 10:20,83 (00:37,92), 900m: 10:58,25 (00:37,42), 950m: 11:35,89 (00:37,64), 1000m: 12:13,34 (00:37,45)
 1050m: 12:50,95 (00:37,61), 1100m: 13:28,40 (00:37,45), 1150m: 14:06,27 (00:37,87), 1200m: 14:43,85 (00:37,58)
 1250m: 15:21,14 (00:37,29), 1300m: 15:58,10 (00:36,96), 1350m: 16:34,92 (00:36,82), 1400m: 17:11,43 (00:36,51)
 1450m: 17:47,11 (00:35,68), 1500m: 18:19,12 (00:32,01)

13. Hirsch, Lukas 2003 AUT ASKOE SC Steyr 19:39,25 +02:40.57 402
 RT +0.76 50m: 00:33,01, 100m: 01:10,47 (00:37,46), 150m: 01:49,80 (00:39,33), 200m: 02:29,89 (00:40,09)
 250m: 03:09,14 (00:39,25), 300m: 03:48,67 (00:39,53), 350m: 04:28,37 (00:39,70), 400m: 05:08,83 (00:40,46)
 450m: 05:49,70 (00:40,87), 500m: 06:30,15 (00:40,45), 550m: 07:10,50 (00:40,35), 600m: 07:49,82 (00:39,32)
 650m: 08:29,39 (00:39,57), 700m: 09:09,30 (00:39,91), 750m: 09:49,31 (00:40,01), 800m: 10:28,72 (00:39,41)
 850m: 11:08,09 (00:39,37), 900m: 11:47,63 (00:39,54), 950m: 12:27,33 (00:39,70), 1000m: 13:07,62 (00:40,29)
 1050m: 13:47,26 (00:39,64), 1100m: 14:26,98 (00:39,72), 1150m: 15:06,79 (00:39,81), 1200m: 15:46,27 (00:39,48)
 1250m: 16:26,63 (00:40,36), 1300m: 17:05,76 (00:39,13), 1350m: 17:44,99 (00:39,23), 1400m: 18:22,89 (00:37,90)
 1450m: 19:02,30 (00:39,41), 1500m: 19:39,25 (00:36,95)

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Fortsetzung Bewerb 3 - 1500m Freistil Herren

Junioren, Pflichtzeit: 22:46,47

1. Pühringer, Franz	2004 AUT ASKOE SC Steyr	18:19,12	497
RT +0.67 50m: 00:31,02, 100m: 01:06,37 (00:35,35), 150m: 01:42,26 (00:35,89), 200m: 02:17,98 (00:35,72) 250m: 02:54,24 (00:36,26), 300m: 03:30,91 (00:36,67), 350m: 04:07,73 (00:36,82), 400m: 04:44,67 (00:36,94) 450m: 05:21,57 (00:36,90), 500m: 05:58,48 (00:36,91), 550m: 06:35,60 (00:37,12), 600m: 07:12,97 (00:37,37) 650m: 07:50,28 (00:37,31), 700m: 08:27,88 (00:37,60), 750m: 09:05,55 (00:37,67), 800m: 09:42,91 (00:37,36) 850m: 10:20,83 (00:37,92), 900m: 10:58,25 (00:37,42), 950m: 11:35,89 (00:37,64), 1000m: 12:13,34 (00:37,45) 1050m: 12:50,95 (00:37,61), 1100m: 13:28,40 (00:37,45), 1150m: 14:06,27 (00:37,87), 1200m: 14:43,85 (00:37,58) 1250m: 15:21,14 (00:37,29), 1300m: 15:58,10 (00:36,96), 1350m: 16:34,92 (00:36,82), 1400m: 17:11,43 (00:36,51) 1450m: 17:47,11 (00:35,68), 1500m: 18:19,12 (00:32,01)			

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Fortsetzung Bewerb 6 - 400m Freistil Damen

AK 11-12

2. Fischer, Katrin	2011 AUT ASKOE SC Steyr	05:44,25	+11.62	323
RT +0.95 50m: 00:36,75, 100m: 01:20,40 (00:43,65), 150m: 02:05,16 (00:44,76), 200m: 02:50,36 (00:45,20) 250m: 03:34,50 (00:44,14), 300m: 04:19,15 (00:44,65), 350m: 05:02,75 (00:43,60), 400m: 05:44,25 (00:41,50)				
13. Schreiner, Emily	2011 AUT ASKOE SC Steyr	06:30,15	+57.52	222
50m: 00:43,23, 100m: 01:32,10 (00:48,87), 150m: 02:22,59 (00:50,49), 200m: 03:12,62 (00:50,03) 250m: 04:02,50 (00:49,88), 300m: 04:53,27 (00:50,77), 350m: 05:43,03 (00:49,76), 400m: 06:30,15 (00:47,12)				

Fortsetzung Bewerb 8 - 200m Lagen Damen

AK 11-12

9. Schreiner, Emily	2011 AUT ASKOE SC Steyr	03:22,45	+21.05	241
50m: 00:49,52, 100m: 01:42,50 (00:52,98), 150m: 02:35,12 (00:52,62), 200m: 03:22,45 (00:47,33)				

Fortsetzung Bewerb 10 - 400m Lagen Damen

Allgemeine Klasse, Pflichtzeit: 06:38,59

9. Herrmann, Evelyn	2007 AUT ASKOE SC Steyr	06:07,72	+50.94	380
RT +0.73 50m: 00:37,98, 100m: 01:25,53 (00:47,55), 150m: 02:11,27 (00:45,74), 200m: 02:56,93 (00:45,66) 250m: 03:50,65 (00:53,72), 300m: 04:47,09 (00:56,44), 350m: 05:28,49 (00:41,40), 400m: 06:07,72 (00:39,23)				

Junioren, Pflichtzeit: 06:47,04

4. Herrmann, Evelyn	2007 AUT ASKOE SC Steyr	06:07,72	+50.94	380
RT +0.73 50m: 00:37,98, 100m: 01:25,53 (00:47,55), 150m: 02:11,27 (00:45,74), 200m: 02:56,93 (00:45,66) 250m: 03:50,65 (00:53,72), 300m: 04:47,09 (00:56,44), 350m: 05:28,49 (00:41,40), 400m: 06:07,72 (00:39,23)				

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Fortsetzung Bewerb 11 - 400m Lagen Herren

Allgemeine Klasse, Pflichtzeit: 06:01,44

5.	Pühringer, Franz	2004	AUT	ASKOE SC Steyr	05:12,84	+36.67	473
RT +0.72 50m: 00:30,34, 100m: 01:07,83 (00:37,49), 150m: 01:48,99 (00:41,16), 200m: 02:29,16 (00:40,17)							
250m: 03:16,30 (00:47,14), 300m: 04:03,33 (00:47,03), 350m: 04:38,84 (00:35,51), 400m: 05:12,84 (00:34,00)							
15.	Hirsch, Lukas	2003	AUT	ASKOE SC Steyr	05:40,16	+01:03.99	368
RT +0.84 50m: 00:33,80, 100m: 01:17,37 (00:43,57), 150m: 02:02,72 (00:45,35), 200m: 02:46,58 (00:43,86)							
250m: 03:36,53 (00:49,95), 300m: 04:27,33 (00:50,80), 350m: 05:04,68 (00:37,35), 400m: 05:40,16 (00:35,48)							

Junioren, Pflichtzeit: 06:20,64

3.	Pühringer, Franz	2004	AUT	ASKOE SC Steyr	05:12,84	+36.67	473
RT +0.72 50m: 00:30,34, 100m: 01:07,83 (00:37,49), 150m: 01:48,99 (00:41,16), 200m: 02:29,16 (00:40,17)							
250m: 03:16,30 (00:47,14), 300m: 04:03,33 (00:47,03), 350m: 04:38,84 (00:35,51), 400m: 05:12,84 (00:34,00)							