

## 2. INT. 24h IRON MASTER

17.12./18.12.2022

### Fortsetzung Bewerb 101 - 200m Lagen Damen Masters

#### Altersklasse 35

1. Frees, Heather	1983	USA	Lone Star Masters Texas	02:49,69		843
RT +0.50 50m: 00:35,74, 100m: 01:20,79 (00:45,05), 150m: 02:11,65 (00:50,86), 200m: 02:49,69 (00:38,04)						

### Fortsetzung Bewerb 102 - 200m Lagen Herren Masters

#### Altersklasse 55

2. Sondermann, Axel	1963	USA	Lone Star Masters Texas	03:13,25	+33.35	732
RT +0.89 50m: 00:46,95, 100m: 01:33,28 (00:46,33), 150m: 02:30,58 (00:57,30), 200m: 03:13,25 (00:42,67)						

### Fortsetzung Bewerb 103 - 50m Rücken Damen Masters

#### Altersklasse 35

2. Frees, Heather	1983	USA	Lone Star Masters Texas	00:38,93	+00.60	765
RT +0.60 50m: 00:38,93						

### Fortsetzung Bewerb 104 - 50m Rücken Herren Masters

#### Altersklasse 55

2. Sondermann, Axel	1963	USA	Lone Star Masters Texas	00:39,17	+02.14	742
RT +0.78 50m: 00:39,17						

### Fortsetzung Bewerb 105 - 200m Brust Damen Masters

#### Altersklasse 35

2. Frees, Heather	1983	USA	Lone Star Masters Texas	03:16,90	+00.83	803
RT +0.53 50m: 00:46,15, 100m: 01:35,94 (00:49,79), 150m: 02:26,13 (00:50,19), 200m: 03:16,90 (00:50,77)						

### Fortsetzung Bewerb 106 - 200m Brust Herren Masters

#### Altersklasse 55

2. Sondermann, Axel	1963	USA	Lone Star Masters Texas	03:47,41	+57.88	689
RT +0.76 50m: 00:51,75, 100m: 01:50,01 (00:58,26), 150m: 02:48,84 (00:58,83), 200m: 03:47,41 (00:58,57)						

### Fortsetzung Bewerb 107 - 100m Schmetterling Damen Masters

#### Altersklasse 35

1. Frees, Heather	1983	USA	Lone Star Masters Texas	01:16,18		833
RT +0.68 50m: 00:35,62, 100m: 01:16,18 (00:40,56)						

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### Fortsetzung Bewerb 108 - 100m Schmetterling Herren Masters

#### Altersklasse 55

2. Sonderrmann, Axel	1963	USA	Lone Star Masters Texas	01:43,48	+32.28	595
RT +0.83 50m: 00:48,37, 100m: 01:43,48 (00:55,11)						

### Fortsetzung Bewerb 109 - 50m Brust Damen Masters

#### Altersklasse 35

3. Frees, Heather	1983	USA	Lone Star Masters Texas	00:45,40	+06.07	723
RT +0.56 50m: 00:45,40						

### Fortsetzung Bewerb 110 - 50m Brust Herren Masters

#### Altersklasse 55

2. Sonderrmann, Axel	1963	USA	Lone Star Masters Texas	00:45,33	+12.56	700
RT +0.86 50m: 00:45,33						

### Fortsetzung Bewerb 111 - 200m Freistil Damen Masters

#### Altersklasse 35

1. Frees, Heather	1983	USA	Lone Star Masters Texas	02:25,44		867
RT +0.65 50m: 00:34,26, 100m: 01:11,05 (00:36,79), 150m: 01:48,36 (00:37,31), 200m: 02:25,44 (00:37,08)						

### Fortsetzung Bewerb 112 - 200m Freistil Herren Masters

#### Altersklasse 55

2. Sonderrmann, Axel	1963	USA	Lone Star Masters Texas	02:35,51	+09.23	803
RT +0.84 50m: 00:35,83, 100m: 01:14,75 (00:38,92), 150m: 01:54,85 (00:40,10), 200m: 02:35,51 (00:40,66)						

### Fortsetzung Bewerb 113 - 50m Freistil Damen Masters

#### Altersklasse 35

2. Frees, Heather	1983	USA	Lone Star Masters Texas	00:32,30	+00.75	808
RT +0.66 50m: 00:32,30						

### Fortsetzung Bewerb 114 - 50m Freistil Herren Masters

#### Altersklasse 55

2. Sonderrmann, Axel	1963	USA	Lone Star Masters Texas	00:32,77	+04.54	766
RT +0.73 50m: 00:32,77						

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### Fortsetzung Bewerb 115 - 200m Rücken Damen Masters

#### Altersklasse 35

1. Frees, Heather	1983	USA	Lone Star Masters Texas	02:56,91		789
RT +0.62 50m: 00:41,26, 100m: 01:25,46 (00:44,20), 150m: 02:11,14 (00:45,68), 200m: 02:56,91 (00:45,77)						

### Fortsetzung Bewerb 116 - 200m Rücken Herren Masters

#### Altersklasse 55

2. Sondermann, Axel	1963	USA	Lone Star Masters Texas	02:55,73	+00.66	801
RT +0.90 50m: 00:42,47, 100m: 01:26,42 (00:43,95), 150m: 02:11,65 (00:45,23), 200m: 02:55,73 (00:44,08)						

### Fortsetzung Bewerb 117 - 800m Freistil Damen Masters

#### Altersklasse 35

1. Frees, Heather	1983	USA	Lone Star Masters Texas	10:41,84		860
RT +0.55 50m: 00:33,89, 100m: 01:11,56 (00:37,67), 150m: 01:49,94 (00:38,38), 200m: 02:28,72 (00:38,78) 250m: 03:08,91 (00:40,19), 300m: 03:49,02 (00:40,11), 350m: 04:29,58 (00:40,56), 400m: 05:10,42 (00:40,84) 450m: 05:51,19 (00:40,77), 500m: 06:33,07 (00:41,88), 550m: 07:14,64 (00:41,57), 600m: 07:56,70 (00:42,06) 650m: 08:38,35 (00:41,65), 700m: 09:19,86 (00:41,51), 750m: 10:01,00 (00:41,14), 800m: 10:41,84 (00:40,84)						

### Fortsetzung Bewerb 118 - 800m Freistil Herren Masters

#### Altersklasse 55

2. Sondermann, Axel	1963	USA	Lone Star Masters Texas	11:04,75	+22.27	842
RT +0.84 50m: 00:36,09, 100m: 01:16,20 (00:40,11), 150m: 01:57,36 (00:41,16), 200m: 02:39,28 (00:41,92) 250m: 03:21,26 (00:41,98), 300m: 04:03,45 (00:42,19), 350m: 04:45,76 (00:42,31), 400m: 05:28,42 (00:42,66) 450m: 06:10,56 (00:42,14), 500m: 06:52,64 (00:42,08), 550m: 07:34,41 (00:41,77), 600m: 08:16,88 (00:42,47) 650m: 08:58,86 (00:41,98), 700m: 09:40,93 (00:42,07), 750m: 10:23,31 (00:42,38), 800m: 11:04,75 (00:41,44)						

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

### Fortsetzung Bewerb 119 - 400m Lagen Damen Masters

#### Altersklasse 35

1. Frees, Heather	1983	USA	Lone Star Masters Texas	05:58,02		854
RT +0.70 50m: 00:37,30, 100m: 01:19,63 (00:42,33), 150m: 02:06,89 (00:47,26), 200m: 02:53,82 (00:46,93) 250m: 03:45,81 (00:51,99), 300m: 04:38,38 (00:52,57), 350m: 05:18,49 (00:40,11), 400m: 05:58,02 (00:39,53)						

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### Fortsetzung Bewerb 120 - 400m Lagen Herren Masters

#### Altersklasse 55

1. Sondermann, Axel	1963	USA	Lone Star Masters Texas	06:46,08		761
RT +0.88 50m: 00:48,60, 100m: 01:45,82 (00:57,22), 150m: 02:35,41 (00:49,59), 200m: 03:23,23 (00:47,82) 250m: 04:22,52 (00:59,29), 300m: 05:21,04 (00:58,52), 350m: 06:04,44 (00:43,40), 400m: 06:46,08 (00:41,64)						

### Fortsetzung Bewerb 121 - 100m Brust Damen Masters

#### Altersklasse 35

3. Frees, Heather	1983	USA	Lone Star Masters Texas	01:37,09	+10.26	739
RT +0.73 50m: 00:47,31, 100m: 01:37,09 (00:49,78)						

### Fortsetzung Bewerb 122 - 100m Brust Herren Masters

#### Altersklasse 55

1. Sondermann, Axel	1963	USA	Lone Star Masters Texas	01:49,03		647
RT +0.82 50m: 00:51,18, 100m: 01:49,03 (00:57,85)						

### Fortsetzung Bewerb 123 - 100m Freistil Damen Masters

#### Altersklasse 35

2. Frees, Heather	1983	USA	Lone Star Masters Texas	01:10,81	+00.74	816
RT +0.58 50m: 00:34,80, 100m: 01:10,81 (00:36,01)						

### Fortsetzung Bewerb 124 - 100m Freistil Herren Masters

#### Altersklasse 55

1. Sondermann, Axel	1963	USA	Lone Star Masters Texas	01:12,93		772
RT +0.71 50m: 00:34,63, 100m: 01:12,93 (00:38,30)						

### Fortsetzung Bewerb 125 - 200m Schmetterling Damen Masters

#### Altersklasse 35

1. Frees, Heather	1983	USA	Lone Star Masters Texas	02:45,14		867
RT +0.73 50m: 00:37,50, 100m: 01:18,95 (00:41,45), 150m: 02:01,61 (00:42,66), 200m: 02:45,14 (00:43,53)						

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### Fortsetzung Bewerb 126 - 200m Schmetterling Herren Masters

#### Altersklasse 55

1. Sondermann, Axel	1963	USA	Lone Star Masters Texas	03:45,60	636
RT +0.92 50m: 00:52,00, 100m: 01:50,54 (00:58,54), 150m: 02:49,38 (00:58,84), 200m: 03:45,60 (00:56,22)					

### Fortsetzung Bewerb 127 - 400m Freistil Damen Masters

#### Altersklasse 35

1. Frees, Heather	1983	USA	Lone Star Masters Texas	05:06,55	872
RT +0.74 50m: 00:34,87, 100m: 01:12,76 (00:37,89), 150m: 01:51,52 (00:38,76), 200m: 02:30,53 (00:39,01) 250m: 03:09,40 (00:38,87), 300m: 03:48,52 (00:39,12), 350m: 04:27,71 (00:39,19), 400m: 05:06,55 (00:38,84)					

### Fortsetzung Bewerb 128 - 400m Freistil Herren Masters

#### Altersklasse 55

1. Sondermann, Axel	1963	USA	Lone Star Masters Texas	05:30,16	819
RT +0.91 50m: 00:36,96, 100m: 01:17,54 (00:40,58), 150m: 01:59,16 (00:41,62), 200m: 02:40,77 (00:41,61) 250m: 03:23,66 (00:42,89), 300m: 04:05,97 (00:42,31), 350m: 04:48,17 (00:42,20), 400m: 05:30,16 (00:41,99)					

### Fortsetzung Bewerb 129 - 50m Schmetterling Damen Masters

#### Altersklasse 35

2. Frees, Heather	1983	USA	Lone Star Masters Texas	00:36,16	+01.63	785
RT +0.53 50m: 00:36,16						

### Fortsetzung Bewerb 130 - 50m Schmetterling Herren Masters

#### Altersklasse 55

1. Sondermann, Axel	1963	USA	Lone Star Masters Texas	00:38,20	713
RT +0.91 50m: 00:38,20					

### Fortsetzung Bewerb 131 - 100m Rücken Damen Masters

#### Altersklasse 35

1. Frees, Heather	1983	USA	Lone Star Masters Texas	01:26,40	740
RT +0.62 50m: 00:41,58, 100m: 01:26,40 (00:44,82)					

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### Fortsetzung Bewerb 132 - 100m Rücken Herren Masters

#### Altersklasse 55

1. Sonderrmann, Axel	1963	USA	Lone Star Masters Texas	01:23,41	762
RT +0.91 50m: 00:40,54, 100m: 01:23,41 (00:42,87)					

### Fortsetzung Bewerb 133 - 100m Lagen Damen Masters

#### Altersklasse 35

1. Frees, Heather	1983	USA	Lone Star Masters Texas	01:22,35	799
RT +0.70 50m: 00:38,69, 100m: 01:22,35 (00:43,66)					

### Fortsetzung Bewerb 134 - 100m Lagen Herren Masters

#### Altersklasse 55

1. Sonderrmann, Axel	1963	USA	Lone Star Masters Texas	01:23,09	768
RT +0.87 50m: 00:38,79, 100m: 01:23,09 (00:44,30)					

### Fortsetzung Bewerb 135 - 1500m Freistil Damen Masters

#### Altersklasse 35

1. Frees, Heather	1983	USA	Lone Star Masters Texas	20:27,80	858
RT +0.71 50m: 00:34,92, 100m: 01:13,40 (00:38,48), 150m: 01:52,99 (00:39,59), 200m: 02:33,88 (00:40,89) 250m: 03:14,97 (00:41,09), 300m: 03:55,97 (00:41,00), 350m: 04:36,81 (00:40,84), 400m: 05:17,83 (00:41,02) 450m: 05:58,80 (00:40,97), 500m: 06:40,01 (00:41,21), 550m: 07:20,78 (00:40,77), 600m: 08:02,23 (00:41,45) 650m: 08:43,44 (00:41,21), 700m: 09:24,53 (00:41,09), 750m: 10:05,83 (00:41,30), 800m: 10:47,31 (00:41,48) 850m: 11:28,55 (00:41,24), 900m: 12:10,20 (00:41,65), 950m: 12:51,69 (00:41,49), 1000m: 13:33,12 (00:41,43) 1050m: 14:15,31 (00:42,19), 1100m: 14:57,02 (00:41,71), 1150m: 15:38,66 (00:41,64), 1200m: 16:20,28 (00:41,62) 1250m: 17:02,36 (00:42,08), 1300m: 17:43,97 (00:41,61), 1350m: 18:26,22 (00:42,25), 1400m: 19:07,64 (00:41,42) 1450m: 19:48,57 (00:40,93), 1500m: 20:27,80 (00:39,23)					

### Fortsetzung Bewerb 136 - 1500m Freistil Herren Masters

#### Altersklasse 55

1. Sonderrmann, Axel	1963	USA	Lone Star Masters Texas	20:59,73	858
RT +0.89 50m: 00:38,01, 100m: 01:19,46 (00:41,45), 150m: 02:01,19 (00:41,73), 200m: 02:43,73 (00:42,54) 250m: 03:25,60 (00:41,87), 300m: 04:07,54 (00:41,94), 350m: 04:49,97 (00:42,43), 400m: 05:32,87 (00:42,90) 450m: 06:15,49 (00:42,62), 500m: 06:58,39 (00:42,90), 550m: 07:40,95 (00:42,56), 600m: 08:23,95 (00:43,00) 650m: 09:07,17 (00:43,22), 700m: 09:49,15 (00:41,98), 750m: 10:31,35 (00:42,20), 800m: 11:13,28 (00:41,93) 850m: 11:55,85 (00:42,57), 900m: 12:37,45 (00:41,60), 950m: 13:19,38 (00:41,93), 1000m: 14:01,74 (00:42,36) 1050m: 14:44,06 (00:42,32), 1100m: 15:25,86 (00:41,80), 1150m: 16:08,50 (00:42,64), 1200m: 16:50,34 (00:41,84) 1250m: 17:33,04 (00:42,70), 1300m: 18:15,30 (00:42,26), 1350m: 18:57,00 (00:41,70), 1400m: 19:38,49 (00:41,49) 1450m: 20:19,98 (00:41,49), 1500m: 20:59,73 (00:39,75)					