

## 2. INT. 24h IRON MASTER

17.12./18.12.2022

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

#### Altersklasse 30

1. Raus, Alexandra 1991 AUT USC Graz 02:36,61 894  
 RT +0.74 50m: 00:33,17, 100m: 01:12,63 (00:39,46), 150m: 02:00,10 (00:47,47), 200m: 02:36,61 (00:36,51)

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

#### Altersklasse 30

1. Raus, Alexandra 1991 AUT USC Graz 00:32,85 889  
 RT +0.71 50m: 00:32,85

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

#### Altersklasse 30

1. Raus, Alexandra 1991 AUT USC Graz 02:56,27 878  
 RT +0.74 50m: 00:40,99, 100m: 01:26,08 (00:45,09), 150m: 02:11,23 (00:45,15), 200m: 02:56,27 (00:45,04)

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

#### Altersklasse 30

1. Raus, Alexandra 1991 AUT USC Graz 01:12,26 849  
 RT +0.74 50m: 00:33,57, 100m: 01:12,26 (00:38,69)

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

#### Altersklasse 30

1. Raus, Alexandra 1991 AUT USC Graz 00:37,76 849  
 RT +0.74 50m: 00:37,76

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

#### Altersklasse 30

1. Raus, Alexandra 1991 AUT USC Graz 02:18,60 903  
 RT +0.76 50m: 00:32,26, 100m: 01:07,59 (00:35,33), 150m: 01:43,16 (00:35,57), 200m: 02:18,60 (00:35,44)

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

#### Altersklasse 30

1. Raus, Alexandra 1991 AUT USC Graz 00:29,62 870  
 RT +0.72 50m: 00:29,62

## Fortsetzung Bewerb 115 - 200m Rücken Damen Masters

### Altersklasse 30

1. Raus, Alexandra	1991	AUT	USC Graz	02:33,72	897
RT +0.72 50m: 00:35,48, 100m: 01:14,17 (00:38,69), 150m: 01:53,81 (00:39,64), 200m: 02:33,72 (00:39,91)					

## Fortsetzung Bewerb 117 - 800m Freistil Damen Masters

### Altersklasse 30

1. Raus, Alexandra	1991	AUT	USC Graz	09:48,41	928
RT +0.77 50m: 00:32,84, 100m: 01:08,86 (00:36,02), 150m: 01:45,86 (00:37,00), 200m: 02:23,11 (00:37,25) 250m: 03:00,36 (00:37,25), 300m: 03:37,71 (00:37,35), 350m: 04:14,93 (00:37,22), 400m: 04:52,65 (00:37,72) 450m: 05:29,44 (00:36,79), 500m: 06:06,93 (00:37,49), 550m: 06:44,29 (00:37,36), 600m: 07:21,28 (00:36,99) 650m: 07:58,40 (00:37,12), 700m: 08:35,29 (00:36,89), 750m: 09:12,33 (00:37,04), 800m: 09:48,41 (00:36,08)					

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

## Fortsetzung Bewerb 119 - 400m Lagen Damen Masters

### Altersklasse 30

1. Raus, Alexandra	1991	AUT	USC Graz	05:30,63	905
RT +0.75 50m: 00:34,22, 100m: 01:15,06 (00:40,84), 150m: 01:57,09 (00:42,03), 200m: 02:38,26 (00:41,17) 250m: 03:27,64 (00:49,38), 300m: 04:16,74 (00:49,10), 350m: 04:54,38 (00:37,64), 400m: 05:30,63 (00:36,25)					

## Fortsetzung Bewerb 121 - 100m Brust Damen Masters

### Altersklasse 30

1. Raus, Alexandra	1991	AUT	USC Graz	01:25,29	824
RT +0.76 50m: 00:40,23, 100m: 01:25,29 (00:45,06)					

## Fortsetzung Bewerb 123 - 100m Freistil Damen Masters

### Altersklasse 30

1. Raus, Alexandra	1991	AUT	USC Graz	01:05,82	855
RT +0.72 50m: 00:31,37, 100m: 01:05,82 (00:34,45)					

## Fortsetzung Bewerb 125 - 200m Schmetterling Damen Masters

### Altersklasse 30

1. Raus, Alexandra	1991	AUT	USC Graz	02:42,65	868
RT +0.77 50m: 00:35,13, 100m: 01:17,06 (00:41,93), 150m: 02:00,16 (00:43,10), 200m: 02:42,65 (00:42,49)					

## Fortsetzung Bewerb 127 - 400m Freistil Damen Masters

### Altersklasse 30

1. Raus, Alexandra	1991 AUT USC Graz	04:50,29	902
RT +0.75 50m: 00:32,70, 100m: 01:09,34 (00:36,64), 150m: 01:46,29 (00:36,95), 200m: 02:23,53 (00:37,24) 250m: 03:00,28 (00:36,75), 300m: 03:37,20 (00:36,92), 350m: 04:14,33 (00:37,13), 400m: 04:50,29 (00:35,96)			

## Fortsetzung Bewerb 129 - 50m Schmetterling Damen Masters

### Altersklasse 30

1. Raus, Alexandra	1991 AUT USC Graz	00:33,38	829
RT +0.80 50m: 00:33,38			

## Fortsetzung Bewerb 131 - 100m Rücken Damen Masters

### Altersklasse 30

1. Raus, Alexandra	1991 AUT USC Graz	01:12,93	868
RT +0.78 50m: 00:34,86, 100m: 01:12,93 (00:38,07)			

## Fortsetzung Bewerb 133 - 100m Lagen Damen Masters

### Altersklasse 30

1. Raus, Alexandra	1991 AUT USC Graz	01:15,01	852
RT +0.75 50m: 00:34,52, 100m: 01:15,01 (00:40,49)			

## Fortsetzung Bewerb 135 - 1500m Freistil Damen Masters

### Altersklasse 30

1. Raus, Alexandra	1991 AUT USC Graz	18:51,57	926
RT +0.82 50m: 00:33,64, 100m: 01:11,08 (00:37,44), 150m: 01:49,14 (00:38,06), 200m: 02:27,39 (00:38,25) 250m: 03:05,47 (00:38,08), 300m: 03:43,58 (00:38,11), 350m: 04:21,53 (00:37,95), 400m: 04:59,57 (00:38,04) 450m: 05:37,40 (00:37,83), 500m: 06:15,27 (00:37,87), 550m: 06:53,23 (00:37,96), 600m: 07:31,16 (00:37,93) 650m: 08:09,19 (00:38,03), 700m: 08:47,08 (00:37,89), 750m: 09:25,03 (00:37,95), 800m: 10:03,05 (00:38,02) 850m: 10:41,03 (00:37,98), 900m: 11:19,26 (00:38,23), 950m: 11:57,34 (00:38,08), 1000m: 12:35,68 (00:38,34) 1050m: 13:13,65 (00:37,97), 1100m: 13:51,74 (00:38,09), 1150m: 14:29,91 (00:38,17), 1200m: 15:08,10 (00:38,19) 1250m: 15:46,11 (00:38,01), 1300m: 16:23,66 (00:37,55), 1350m: 17:01,15 (00:37,49), 1400m: 17:38,91 (00:37,76) 1450m: 18:15,83 (00:36,92), 1500m: 18:51,57 (00:35,74)			