



35. Int. Österreichische Mastersmeisterschaften

07.10./08.10.2023

Fortsetzung Bewerb 1 - 400m Freistil Damen

Altersklasse 30

1. Raus, Alexandra	1991 AUT USC Graz	04:48,02	819
50m: 00:33,06, 100m: 01:09,14 (00:36,08), 150m: 01:45,47 (00:36,33), 200m: 02:22,21 (00:36,74) 250m: 02:58,67 (00:36,46), 300m: 03:35,35 (00:36,68), 350m: 04:11,89 (00:36,54), 400m: 04:48,02 (00:36,13)			

Altersklasse 30 - nationale Wertung

1. Raus, Alexandra	1991 AUT USC Graz	04:48,02	819
50m: 00:33,06, 100m: 01:09,14 (00:36,08), 150m: 01:45,47 (00:36,33), 200m: 02:22,21 (00:36,74) 250m: 02:58,67 (00:36,46), 300m: 03:35,35 (00:36,68), 350m: 04:11,89 (00:36,54), 400m: 04:48,02 (00:36,13)			

--- 2. Abschnitt ---

Fortsetzung Bewerb 3 - 50m Schmetterling Damen

Altersklasse 30

3. Raus, Alexandra	1991 AUT USC Graz	00:32,54	+01.26	650
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Altersklasse 30 - nationale Wertung

3. Raus, Alexandra	1991 AUT USC Graz	00:32,54	+01.26	650
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Fortsetzung Bewerb 5 - 100m Rücken Damen

Altersklasse 30

1. Raus, Alexandra	1991 AUT USC Graz	01:11,63	694
50m: 00:34,31, 100m: 01:11,63 (00:37,32)			

Altersklasse 30 - nationale Wertung

1. Raus, Alexandra	1991 AUT USC Graz	01:11,63	694
50m: 00:34,31, 100m: 01:11,63 (00:37,32)			

Fortsetzung Bewerb 7 - 50m Brust Damen

Altersklasse 30

2. Raus, Alexandra	1991 AUT USC Graz	00:38,52	+03.54	539
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Altersklasse 30 - nationale Wertung

2. Raus, Alexandra	1991 AUT USC Graz	00:38,52	+03.54	539
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Fortsetzung Bewerb 13 - 400m Lagen Damen

Altersklasse 30

1. Raus, Alexandra 1991 AUT USC Graz 05:36,14 701
50m: 00:35,16, 100m: 01:16,58 (00:41,42), 150m: 01:59,46 (00:42,88), 200m: 02:41,42 (00:41,96)
250m: 03:30,80 (00:49,38), 300m: 04:20,62 (00:49,82), 350m: 04:59,58 (00:38,96), 400m: 05:36,14 (00:36,56)

Altersklasse 30 - nationale Wertung

1. Raus, Alexandra 1991 AUT USC Graz 05:36,14 701
50m: 00:35,16, 100m: 01:16,58 (00:41,42), 150m: 01:59,46 (00:42,88), 200m: 02:41,42 (00:41,96)
250m: 03:30,80 (00:49,38), 300m: 04:20,62 (00:49,82), 350m: 04:59,58 (00:38,96), 400m: 05:36,14 (00:36,56)