



# 76. Österr. Staats- und Juniorenmeisterschaften

29.07.-01.08.2021



## Fortsetzung Bewerb 3 - 400m Freistil Herren

### Allgemeine Klasse, Pflichtzeit: 04:38,39

6.	Giefing, Sebastian	2004	AUT	ASKÖ Stockerau	04:07,36	Q +06.59	704
RT +0.67 50m: 00:27,86, 100m: 00:58,58 (00:30,72), 150m: 01:29,61 (00:31,03), 200m: 02:01,10 (00:31,49) 250m: 02:32,50 (00:31,40), 300m: 03:03,54 (00:31,04), 350m: 03:35,12 (00:31,58), 400m: 04:07,36 (00:32,24)							

### Junioren

3.	Giefing, Sebastian	2004	AUT	ASKÖ Stockerau	04:07,36	Q +06.59	704
RT +0.67 50m: 00:27,86, 100m: 00:58,58 (00:30,72), 150m: 01:29,61 (00:31,03), 200m: 02:01,10 (00:31,49) 250m: 02:32,50 (00:31,40), 300m: 03:03,54 (00:31,04), 350m: 03:35,12 (00:31,58), 400m: 04:07,36 (00:32,24)							

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

## Fortsetzung Bewerb 3 - 400m Freistil Herren A-Finale

### Allgemeine Klasse

6.	Giefing, Sebastian	2004	AUT	ASKÖ Stockerau	04:07,18	+08.55	705
RT +0.70 50m: 00:28,09, 100m: 00:58,56 (00:30,47), 150m: 01:29,64 (00:31,08), 200m: 02:00,90 (00:31,26) 250m: 02:31,87 (00:30,97), 300m: 03:04,68 (00:32,81), 350m: 03:35,63 (00:30,95), 400m: 04:07,18 (00:31,55)							

### --- 3. Abschnitt ---

## Fortsetzung Bewerb 15 - 100m Schmetterling Herren

### Allgemeine Klasse, Pflichtzeit: 01:03,99

8.	Giefing, Sebastian	2004	AUT	ASKÖ Stockerau	00:57,18	Q +02.73	648
RT +0.69 50m: 00:26,57, 100m: 00:57,18 (00:30,61)							

### Junioren

4.	Giefing, Sebastian	2004	AUT	ASKÖ Stockerau	00:57,18	Q +02.73	648
RT +0.69 50m: 00:26,57, 100m: 00:57,18 (00:30,61)							

### --- 4. Abschnitt ---

## Fortsetzung Bewerb 19 - 1500m Freistil Herren

### Allgemeine Klasse, Pflichtzeit: 18:24,99

3.	Giefing, Sebastian	2004	AUT	ASKÖ Stockerau	16:15,32	+34.65	712
RT +0.74 50m: 00:29,06, 100m: 01:00,36 (00:31,30), 150m: 01:32,13 (00:31,77), 200m: 02:04,16 (00:32,03) 250m: 02:36,13 (00:31,97), 300m: 03:08,32 (00:32,19), 350m: 03:40,38 (00:32,06), 400m: 04:13,09 (00:32,71) 450m: 04:45,56 (00:32,47), 500m: 05:18,47 (00:32,91), 550m: 05:50,90 (00:32,43), 600m: 06:23,90 (00:33,00) 650m: 06:56,76 (00:32,86), 700m: 07:29,77 (00:33,01), 750m: 08:02,46 (00:32,69), 800m: 08:35,28 (00:32,82) 850m: 09:08,01 (00:32,73), 900m: 09:40,57 (00:32,56), 950m: 10:13,37 (00:32,80), 1000m: 10:45,95 (00:32,58) 1050m: 11:18,78 (00:32,83), 1100m: 11:51,45 (00:32,67), 1150m: 12:24,39 (00:32,94), 1200m: 12:57,23 (00:32,84) 1250m: 13:30,13 (00:32,90), 1300m: 14:03,15 (00:33,02), 1350m: 14:36,09 (00:32,94), 1400m: 15:09,58 (00:33,49) 1450m: 15:43,08 (00:33,50), 1500m: 16:15,32 (00:32,24)							

### Junioren

2.	Giefing, Sebastian	2004	AUT	ASKÖ Stockerau	16:15,32	+09.90	712
RT +0.74 50m: 00:29,06, 100m: 01:00,36 (00:31,30), 150m: 01:32,13 (00:31,77), 200m: 02:04,16 (00:32,03) 250m: 02:36,13 (00:31,97), 300m: 03:08,32 (00:32,19), 350m: 03:40,38 (00:32,06), 400m: 04:13,09 (00:32,71) 450m: 04:45,56 (00:32,47), 500m: 05:18,47 (00:32,91), 550m: 05:50,90 (00:32,43), 600m: 06:23,90 (00:33,00) 650m: 06:56,76 (00:32,86), 700m: 07:29,77 (00:33,01), 750m: 08:02,46 (00:32,69), 800m: 08:35,28 (00:32,82) 850m: 09:08,01 (00:32,73), 900m: 09:40,57 (00:32,56), 950m: 10:13,37 (00:32,80), 1000m: 10:45,95 (00:32,58) 1050m: 11:18,78 (00:32,83), 1100m: 11:51,45 (00:32,67), 1150m: 12:24,39 (00:32,94), 1200m: 12:57,23 (00:32,84) 1250m: 13:30,13 (00:32,90), 1300m: 14:03,15 (00:33,02), 1350m: 14:36,09 (00:32,94), 1400m: 15:09,58 (00:33,49) 1450m: 15:43,08 (00:33,50), 1500m: 16:15,32 (00:32,24)							



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## Fortsetzung Bewerb 19 - 1500m Freistil Herren

### --- 5. Abschnitt ---

## Fortsetzung Bewerb 25 - 200m Schmetterling Herren

### Allgemeine Klasse, Pflichtzeit: 02:23,79

4. Giefing, Sebastian	2004	AUT	ASKÖ Stockerau	02:04,86	Q +02.91	697
RT +0.70 50m: 00:27,89, 100m: 00:59,07 (00:31,18), 150m: 01:31,45 (00:32,38), 200m: 02:04,86 (00:33,41)						

### Junioren

3. Giefing, Sebastian	2004	AUT	ASKÖ Stockerau	02:04,86	Q +02.91	697
RT +0.70 50m: 00:27,89, 100m: 00:59,07 (00:31,18), 150m: 01:31,45 (00:32,38), 200m: 02:04,86 (00:33,41)						

### --- 6. Abschnitt ---

## Fortsetzung Bewerb 25 - 200m Schmetterling Herren A-Finale

### Allgemeine Klasse

5. Giefing, Sebastian	2004	AUT	ASKÖ Stockerau	02:04,33	+04.35	706
RT +0.71 50m: 00:27,69, 100m: 00:59,54 (00:31,85), 150m: 01:31,67 (00:32,13), 200m: 02:04,33 (00:32,66)						

### --- 7. Abschnitt ---

## Fortsetzung Bewerb 33 - 200m Lagen Herren

### Allgemeine Klasse, Pflichtzeit: 02:26,89

11. Giefing, Sebastian	2004	AUT	ASKÖ Stockerau	02:13,91	q +04.65	616
RT +0.71 50m: 00:27,03, 100m: 01:01,45 (00:34,42), 150m: 01:44,68 (00:43,23), 200m: 02:13,91 (00:29,23)						

### Junioren

6. Giefing, Sebastian	2004	AUT	ASKÖ Stockerau	02:13,91	q +03.88	616
RT +0.71 50m: 00:27,03, 100m: 01:01,45 (00:34,42), 150m: 01:44,68 (00:43,23), 200m: 02:13,91 (00:29,23)						

### --- 8. Abschnitt ---

## Fortsetzung Bewerb 39 - 800m Freistil Herren schnellster Lauf

### Allgemeine Klasse, Pflichtzeit: 09:39,19

5. Giefing, Sebastian	2004	AUT	ASKÖ Stockerau	08:29,75	+15.65	697
RT +0.71 50m: 00:28,67, 100m: 00:59,83 (00:31,16), 150m: 01:30,76 (00:30,93), 200m: 02:01,96 (00:31,20) 250m: 02:33,46 (00:31,50), 300m: 03:05,41 (00:31,95), 350m: 03:37,53 (00:32,12), 400m: 04:10,30 (00:32,77) 450m: 04:43,26 (00:32,96), 500m: 05:16,02 (00:32,76), 550m: 05:49,37 (00:33,35), 600m: 06:22,75 (00:33,38) 650m: 06:56,53 (00:33,78), 700m: 07:29,91 (00:33,38), 750m: 08:00,49 (00:30,58), 800m: 08:29,75 (00:29,26)						

### Junioren

4. Giefing, Sebastian	2004	AUT	ASKÖ Stockerau	08:29,75	+08.18	697
RT +0.71 50m: 00:28,67, 100m: 00:59,83 (00:31,16), 150m: 01:30,76 (00:30,93), 200m: 02:01,96 (00:31,20) 250m: 02:33,46 (00:31,50), 300m: 03:05,41 (00:31,95), 350m: 03:37,53 (00:32,12), 400m: 04:10,30 (00:32,77) 450m: 04:43,26 (00:32,96), 500m: 05:16,02 (00:32,76), 550m: 05:49,37 (00:33,35), 600m: 06:22,75 (00:33,38) 650m: 06:56,53 (00:33,78), 700m: 07:29,91 (00:33,38), 750m: 08:00,49 (00:30,58), 800m: 08:29,75 (00:29,26)						



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## Fortsetzung Bewerb 39 - 800m Freistil Herren schnellster Lauf

