

OÖ Landesmeisterschaften - Lange Strecken 2025

09.05./10.05.2025

Fortsetzung Bewerb 1 - 800m Freistil Damen

Allgemeine Klasse, Pflichtzeit: 11:31,01

8.	Semlak, Marlene	2008	AUT	1. LSK Heindl	10:36,64	+47.74	441
RT +0.71 50m: 00:35,21, 100m: 01:15,80 (00:40,59), 150m: 01:56,29 (00:40,49), 200m: 02:36,99 (00:40,70) 250m: 03:17,73 (00:40,74), 300m: 03:59,26 (00:41,53), 350m: 04:39,95 (00:40,69), 400m: 05:20,87 (00:40,92) 450m: 06:00,50 (00:39,63), 500m: 06:40,92 (00:40,42), 550m: 07:21,09 (00:40,17), 600m: 08:01,33 (00:40,24) 650m: 08:41,32 (00:39,99), 700m: 09:20,47 (00:39,15), 750m: 09:59,06 (00:38,59), 800m: 10:36,64 (00:37,58)							
14.	Pieringer, Magdalena	2007	AUT	1. LSK Heindl	11:05,40	+01:16.50	386
RT +0.70 50m: 00:35,33, 100m: 01:16,31 (00:40,98), 150m: 01:57,98 (00:41,67), 200m: 02:40,25 (00:42,27) 250m: 03:21,95 (00:41,70), 300m: 04:04,09 (00:42,14), 350m: 04:46,19 (00:42,10), 400m: 05:28,63 (00:42,44) 450m: 06:10,23 (00:41,60), 500m: 06:53,06 (00:42,83), 550m: 07:35,51 (00:42,45), 600m: 08:18,40 (00:42,89) 650m: 09:00,34 (00:41,94), 700m: 09:42,47 (00:42,13), 750m: 10:25,05 (00:42,58), 800m: 11:05,40 (00:40,35)							
20.	Aistleitner, Emma	2012	AUT	1. LSK Heindl	12:25,26	+02:36.36	275
RT +0.77 50m: 00:39,75, 100m: 01:25,88 (00:46,13), 150m: 02:14,20 (00:48,32), 200m: 03:01,62 (00:47,42) 250m: 03:49,72 (00:48,10), 300m: 04:36,61 (00:46,89), 350m: 05:24,31 (00:47,70), 400m: 06:13,27 (00:48,96) 450m: 07:01,34 (00:48,07), 500m: 07:48,81 (00:47,47), 550m: 08:36,52 (00:47,71), 600m: 09:24,43 (00:47,91) 650m: 10:10,61 (00:46,18), 700m: 10:56,99 (00:46,38), 750m: 11:41,05 (00:44,06), 800m: 12:25,26 (00:44,21)							

AK 17-18, Pflichtzeit: 11:38,80

4.	Semlak, Marlene	2008	AUT	1. LSK Heindl	10:36,64	+47.74	441
RT +0.71 50m: 00:35,21, 100m: 01:15,80 (00:40,59), 150m: 01:56,29 (00:40,49), 200m: 02:36,99 (00:40,70) 250m: 03:17,73 (00:40,74), 300m: 03:59,26 (00:41,53), 350m: 04:39,95 (00:40,69), 400m: 05:20,87 (00:40,92) 450m: 06:00,50 (00:39,63), 500m: 06:40,92 (00:40,42), 550m: 07:21,09 (00:40,17), 600m: 08:01,33 (00:40,24) 650m: 08:41,32 (00:39,99), 700m: 09:20,47 (00:39,15), 750m: 09:59,06 (00:38,59), 800m: 10:36,64 (00:37,58)							
5.	Pieringer, Magdalena	2007	AUT	1. LSK Heindl	11:05,40	+01:16.50	386
RT +0.70 50m: 00:35,33, 100m: 01:16,31 (00:40,98), 150m: 01:57,98 (00:41,67), 200m: 02:40,25 (00:42,27) 250m: 03:21,95 (00:41,70), 300m: 04:04,09 (00:42,14), 350m: 04:46,19 (00:42,10), 400m: 05:28,63 (00:42,44) 450m: 06:10,23 (00:41,60), 500m: 06:53,06 (00:42,83), 550m: 07:35,51 (00:42,45), 600m: 08:18,40 (00:42,89) 650m: 09:00,34 (00:41,94), 700m: 09:42,47 (00:42,13), 750m: 10:25,05 (00:42,58), 800m: 11:05,40 (00:40,35)							

AK 13-14, Pflichtzeit: 12:53,02

8.	Aistleitner, Emma	2012	AUT	1. LSK Heindl	12:25,26	+01:55.87	275
RT +0.77 50m: 00:39,75, 100m: 01:25,88 (00:46,13), 150m: 02:14,20 (00:48,32), 200m: 03:01,62 (00:47,42) 250m: 03:49,72 (00:48,10), 300m: 04:36,61 (00:46,89), 350m: 05:24,31 (00:47,70), 400m: 06:13,27 (00:48,96) 450m: 07:01,34 (00:48,07), 500m: 07:48,81 (00:47,47), 550m: 08:36,52 (00:47,71), 600m: 09:24,43 (00:47,91) 650m: 10:10,61 (00:46,18), 700m: 10:56,99 (00:46,38), 750m: 11:41,05 (00:44,06), 800m: 12:25,26 (00:44,21)							

Bewerb 3 - 1500m Freistil Herren

Allgemeine Klasse, Pflichtzeit: 20:48,17

1.	Schwarz, Raphael	2008	AUT	1. LSK Heindl	17:29,66		570
RT +0.74 50m: 00:30,65, 100m: 01:04,41 (00:33,76), 150m: 01:39,30 (00:34,89), 200m: 02:14,65 (00:35,35) 250m: 02:49,66 (00:35,01), 300m: 03:25,70 (00:36,04), 350m: 04:01,48 (00:35,78), 400m: 04:37,29 (00:35,81) 450m: 05:13,05 (00:35,76), 500m: 05:48,65 (00:35,60), 550m: 06:23,31 (00:34,66), 600m: 06:58,70 (00:35,39) 650m: 07:33,65 (00:34,95), 700m: 08:09,11 (00:35,46), 750m: 08:44,40 (00:35,29), 800m: 09:19,99 (00:35,59) 850m: 09:55,06 (00:35,07), 900m: 10:30,66 (00:35,60), 950m: 11:05,94 (00:35,28), 1000m: 11:41,41 (00:35,47) 1050m: 12:16,42 (00:35,01), 1100m: 12:51,91 (00:35,49), 1150m: 13:27,19 (00:35,28), 1200m: 14:02,22 (00:35,03) 1250m: 14:37,36 (00:35,14), 1300m: 15:12,58 (00:35,22), 1350m: 15:47,84 (00:35,26), 1400m: 16:23,22 (00:35,38) 1450m: 16:57,62 (00:34,40), 1500m: 17:29,66 (00:32,04)							
3.	Pieringer, David	2008	AUT	1. LSK Heindl	18:35,28	+01:05.62	475
RT +0.79 50m: 00:32,91, 100m: 01:09,74 (00:36,83), 150m: 01:46,97 (00:37,23), 200m: 02:24,57 (00:37,60) 250m: 03:02,63 (00:38,06), 300m: 03:41,25 (00:38,62), 350m: 04:19,56 (00:38,31), 400m: 04:58,01 (00:38,45) 450m: 05:36,29 (00:38,28), 500m: 06:13,38 (00:37,09), 550m: 06:50,50 (00:37,12), 600m: 07:27,96 (00:37,46) 650m: 08:05,08 (00:37,12), 700m: 08:42,22 (00:37,14), 750m: 09:19,41 (00:37,19), 800m: 09:56,93 (00:37,52) 850m: 10:34,64 (00:37,71), 900m: 11:12,69 (00:38,05), 950m: 11:50,29 (00:37,60), 1000m: 12:27,15 (00:36,86) 1050m: 13:03,65 (00:36,50), 1100m: 13:40,81 (00:37,16), 1150m: 14:17,95 (00:37,14), 1200m: 14:54,86 (00:36,91) 1250m: 15:32,15 (00:37,29), 1300m: 16:08,56 (00:36,41), 1350m: 16:46,01 (00:37,45), 1400m: 17:23,33 (00:37,32) 1450m: 17:59,79 (00:36,46), 1500m: 18:35,28 (00:35,49)							

OÖ Landesmeisterschaften - Lange Strecken 2025

09.05./10.05.2025

Fortsetzung Bewerb 3 - 1500m Freistil Herren

Allgemeine Klasse, Pflichtzeit: 20:48,17

5. Manhal, Tim	2011 AUT	1. LSK Heindl	18:41,23	+01:11.57	468
RT +0.66 50m: 00:33,18, 100m: 01:10,85 (00:37,67), 150m: 01:48,96 (00:38,11), 200m: 02:27,61 (00:38,65) 250m: 03:05,45 (00:37,84), 300m: 03:43,31 (00:37,86), 350m: 04:20,90 (00:37,59), 400m: 04:58,72 (00:37,82) 450m: 05:36,19 (00:37,47), 500m: 06:13,89 (00:37,70), 550m: 06:51,25 (00:37,36), 600m: 07:28,48 (00:37,23) 650m: 08:05,88 (00:37,40), 700m: 08:43,64 (00:37,76), 750m: 09:21,78 (00:38,14), 800m: 09:59,67 (00:37,89) 850m: 10:36,70 (00:37,03), 900m: 11:14,30 (00:37,60), 950m: 11:51,69 (00:37,39), 1000m: 12:29,52 (00:37,83) 1050m: 13:07,00 (00:37,48), 1100m: 13:44,77 (00:37,77), 1150m: 14:22,69 (00:37,92), 1200m: 14:59,78 (00:37,09) 1250m: 15:37,78 (00:38,00), 1300m: 16:15,05 (00:37,27), 1350m: 16:53,15 (00:38,10), 1400m: 17:30,99 (00:37,84) 1450m: 18:07,10 (00:36,11), 1500m: 18:41,23 (00:34,13)					
6. Stefan, Matthias	2010 AUT	1. LSK Heindl	19:04,07	+01:34.41	440
RT +0.62 50m: 00:33,02, 100m: 01:09,30 (00:36,28), 150m: 01:47,26 (00:37,96), 200m: 02:25,09 (00:37,83) 250m: 03:03,41 (00:38,32), 300m: 03:40,67 (00:37,26), 350m: 04:19,30 (00:38,63), 400m: 04:57,24 (00:37,94) 450m: 05:36,05 (00:38,81), 500m: 06:14,13 (00:38,08), 550m: 06:51,90 (00:37,77), 600m: 07:29,38 (00:37,48) 650m: 08:08,32 (00:38,94), 700m: 08:45,94 (00:37,62), 750m: 09:24,72 (00:38,78), 800m: 10:02,47 (00:37,75) 850m: 10:40,95 (00:38,48), 900m: 11:19,44 (00:38,49), 950m: 11:59,25 (00:39,81), 1000m: 12:37,89 (00:38,64) 1050m: 13:16,99 (00:39,10), 1100m: 13:55,35 (00:38,36), 1150m: 14:34,60 (00:39,25), 1200m: 15:13,07 (00:38,47) 1250m: 15:52,49 (00:39,42), 1300m: 16:31,61 (00:39,12), 1350m: 17:10,25 (00:38,64), 1400m: 17:49,65 (00:39,40) 1450m: 18:28,04 (00:38,39), 1500m: 19:04,07 (00:36,03)					

AK 17-18, Pflichtzeit: 21:04,88

1. Schwarz, Raphael	2008 AUT	1. LSK Heindl	17:29,66		570
RT +0.74 50m: 00:30,65, 100m: 01:04,41 (00:33,76), 150m: 01:39,30 (00:34,89), 200m: 02:14,65 (00:35,35) 250m: 02:49,66 (00:35,01), 300m: 03:25,70 (00:36,04), 350m: 04:01,48 (00:35,78), 400m: 04:37,29 (00:35,81) 450m: 05:13,05 (00:35,76), 500m: 05:48,65 (00:35,60), 550m: 06:23,31 (00:34,66), 600m: 06:58,70 (00:35,39) 650m: 07:33,65 (00:34,95), 700m: 08:09,11 (00:35,46), 750m: 08:44,40 (00:35,29), 800m: 09:19,99 (00:35,59) 850m: 09:55,06 (00:35,07), 900m: 10:30,66 (00:35,60), 950m: 11:05,94 (00:35,28), 1000m: 11:41,41 (00:35,47) 1050m: 12:16,42 (00:35,01), 1100m: 12:51,91 (00:35,49), 1150m: 13:27,19 (00:35,28), 1200m: 14:02,22 (00:35,03) 1250m: 14:37,36 (00:35,14), 1300m: 15:12,58 (00:35,22), 1350m: 15:47,84 (00:35,26), 1400m: 16:23,22 (00:35,38) 1450m: 16:57,62 (00:34,40), 1500m: 17:29,66 (00:32,04)					
2. Pieringer, David	2008 AUT	1. LSK Heindl	18:35,28	+01:05.62	475
RT +0.79 50m: 00:32,91, 100m: 01:09,74 (00:36,83), 150m: 01:46,97 (00:37,23), 200m: 02:24,57 (00:37,60) 250m: 03:02,63 (00:38,06), 300m: 03:41,25 (00:38,62), 350m: 04:19,56 (00:38,31), 400m: 04:58,01 (00:38,45) 450m: 05:36,29 (00:38,28), 500m: 06:13,38 (00:37,09), 550m: 06:50,50 (00:37,12), 600m: 07:27,96 (00:37,46) 650m: 08:05,08 (00:37,12), 700m: 08:42,22 (00:37,14), 750m: 09:19,41 (00:37,19), 800m: 09:56,93 (00:37,52) 850m: 10:34,64 (00:37,71), 900m: 11:12,69 (00:38,05), 950m: 11:50,29 (00:37,60), 1000m: 12:27,15 (00:36,86) 1050m: 13:03,65 (00:36,50), 1100m: 13:40,81 (00:37,16), 1150m: 14:17,95 (00:37,14), 1200m: 14:54,86 (00:36,91) 1250m: 15:32,15 (00:37,29), 1300m: 16:08,56 (00:36,41), 1350m: 16:46,01 (00:37,45), 1400m: 17:23,33 (00:37,32) 1450m: 17:59,79 (00:36,46), 1500m: 18:35,28 (00:35,49)					

AK 15-16, Pflichtzeit: 24:09,49

2. Stefan, Matthias	2010 AUT	1. LSK Heindl	19:04,07	+01:06.75	440
RT +0.62 50m: 00:33,02, 100m: 01:09,30 (00:36,28), 150m: 01:47,26 (00:37,96), 200m: 02:25,09 (00:37,83) 250m: 03:03,41 (00:38,32), 300m: 03:40,67 (00:37,26), 350m: 04:19,30 (00:38,63), 400m: 04:57,24 (00:37,94) 450m: 05:36,05 (00:38,81), 500m: 06:14,13 (00:38,08), 550m: 06:51,90 (00:37,77), 600m: 07:29,38 (00:37,48) 650m: 08:08,32 (00:38,94), 700m: 08:45,94 (00:37,62), 750m: 09:24,72 (00:38,78), 800m: 10:02,47 (00:37,75) 850m: 10:40,95 (00:38,48), 900m: 11:19,44 (00:38,49), 950m: 11:59,25 (00:39,81), 1000m: 12:37,89 (00:38,64) 1050m: 13:16,99 (00:39,10), 1100m: 13:55,35 (00:38,36), 1150m: 14:34,60 (00:39,25), 1200m: 15:13,07 (00:38,47) 1250m: 15:52,49 (00:39,42), 1300m: 16:31,61 (00:39,12), 1350m: 17:10,25 (00:38,64), 1400m: 17:49,65 (00:39,40) 1450m: 18:28,04 (00:38,39), 1500m: 19:04,07 (00:36,03)					

AK 13-14, Pflichtzeit: 24:09,49

1. Manhal, Tim	2011 AUT	1. LSK Heindl	18:41,23		468
RT +0.66 50m: 00:33,18, 100m: 01:10,85 (00:37,67), 150m: 01:48,96 (00:38,11), 200m: 02:27,61 (00:38,65) 250m: 03:05,45 (00:37,84), 300m: 03:43,31 (00:37,86), 350m: 04:20,90 (00:37,59), 400m: 04:58,72 (00:37,82) 450m: 05:36,19 (00:37,47), 500m: 06:13,89 (00:37,70), 550m: 06:51,25 (00:37,36), 600m: 07:28,48 (00:37,23) 650m: 08:05,88 (00:37,40), 700m: 08:43,64 (00:37,76), 750m: 09:21,78 (00:38,14), 800m: 09:59,67 (00:37,89) 850m: 10:36,70 (00:37,03), 900m: 11:14,30 (00:37,60), 950m: 11:51,69 (00:37,39), 1000m: 12:29,52 (00:37,83) 1050m: 13:07,00 (00:37,48), 1100m: 13:44,77 (00:37,77), 1150m: 14:22,69 (00:37,92), 1200m: 14:59,78 (00:37,09) 1250m: 15:37,78 (00:38,00), 1300m: 16:15,05 (00:37,27), 1350m: 16:53,15 (00:38,10), 1400m: 17:30,99 (00:37,84) 1450m: 18:07,10 (00:36,11), 1500m: 18:41,23 (00:34,13)					

OÖ Landesmeisterschaften - Lange Strecken 2025

09.05./10.05.2025

Fortsetzung Bewerb 3 - 1500m Freistil Herren

--- 2. Abschnitt ---

Fortsetzung Bewerb 4 - 1500m Freistil Damen

Allgemeine Klasse, Pflichtzeit: 23:48,98

5. Semlak, Marlene	2008	AUT	1. LSK Heindl	20:51,65	+01:37.76	397
RT +0.71 50m: 00:35,36, 100m: 01:16,37 (00:41,01), 150m: 01:57,39 (00:41,02), 200m: 02:38,69 (00:41,30) 250m: 03:20,21 (00:41,52), 300m: 04:02,34 (00:42,13), 350m: 04:44,36 (00:42,02), 400m: 05:26,91 (00:42,55) 450m: 06:09,50 (00:42,59), 500m: 06:52,40 (00:42,90), 550m: 07:34,80 (00:42,40), 600m: 08:18,05 (00:43,25) 650m: 09:00,05 (00:42,00), 700m: 09:43,30 (00:43,25), 750m: 10:24,77 (00:41,47), 800m: 11:06,82 (00:42,05) 850m: 11:47,97 (00:41,15), 900m: 12:29,74 (00:41,77), 950m: 13:11,26 (00:41,52), 1000m: 13:52,82 (00:41,56) 1050m: 14:33,98 (00:41,16), 1100m: 15:16,17 (00:42,19), 1150m: 15:57,51 (00:41,34), 1200m: 16:39,60 (00:42,09) 1250m: 17:22,11 (00:42,51), 1300m: 18:05,20 (00:43,09), 1350m: 18:47,45 (00:42,25), 1400m: 19:30,45 (00:43,00) 1450m: 20:10,90 (00:40,45), 1500m: 20:51,65 (00:40,75)						

Fortsetzung Bewerb 5 - 800m Freistil Herren

Allgemeine Klasse, Pflichtzeit: 12:04,78

2. Stefan, Matthias	2010	AUT	1. LSK Heindl	10:01,43	+56.42	424
RT +0.62 50m: 00:31,02, 100m: 01:06,34 (00:35,32), 150m: 01:44,88 (00:38,54), 200m: 02:23,10 (00:38,22) 250m: 03:01,81 (00:38,71), 300m: 03:40,53 (00:38,72), 350m: 04:18,50 (00:37,97), 400m: 04:56,87 (00:38,37) 450m: 05:34,69 (00:37,82), 500m: 06:13,47 (00:38,78), 550m: 06:52,32 (00:38,85), 600m: 07:31,01 (00:38,69) 650m: 08:09,72 (00:38,71), 700m: 08:48,12 (00:38,40), 750m: 09:25,13 (00:37,01), 800m: 10:01,43 (00:36,30)						

Pieringer, David	2008	AUT	1. LSK Heindl	n.a.Start		
Abgemeldet.						

Fortsetzung Bewerb 7 - 400m Freistil Herren

AK 11-12

2. Haitchi, Paul	2013	AUT	1. LSK Heindl	05:31,20	+05.81	293
50m: 00:36,90, 100m: 01:19,53 (00:42,63), 150m: 02:02,58 (00:43,05), 200m: 02:46,32 (00:43,74) 250m: 03:28,55 (00:42,23), 300m: 04:11,79 (00:43,24), 350m: 04:51,81 (00:40,02), 400m: 05:31,20 (00:39,39)						

Fortsetzung Bewerb 9 - 200m Lagen Herren

AK 11-12

2. Haitchi, Paul	2013	AUT	1. LSK Heindl	02:57,45	+02.76	265
50m: 00:39,03, 100m: 01:27,04 (00:48,01), 150m: 02:17,61 (00:50,57), 200m: 02:57,45 (00:39,84)						

OÖ Landesmeisterschaften - Lange Strecken 2025

09.05./10.05.2025

Fortsetzung Bewerb 10 - 400m Lagen Damen

Allgemeine Klasse, Pflichtzeit: 06:22,49

6.	Pieringer, Magdalena	2007	AUT	1. LSK Heindl	06:08,65	+12.62	368
RT +0.74 50m: 00:37,80, 100m: 01:25,05 (00:47,25), 150m: 02:13,01 (00:47,96), 200m: 02:59,73 (00:46,72) 250m: 03:51,38 (00:51,65), 300m: 04:44,12 (00:52,74), 350m: 05:26,61 (00:42,49), 400m: 06:08,65 (00:42,04)							
8.	Klug, Anna	2009	AUT	1. LSK Heindl	06:27,64	+31.61	317
RT +0.77 50m: 00:39,80, 100m: 01:28,93 (00:49,13), 150m: 02:19,32 (00:50,39), 200m: 03:07,04 (00:47,72) 250m: 04:00,80 (00:53,76), 300m: 04:58,13 (00:57,33), 350m: 05:43,59 (00:45,46), 400m: 06:27,64 (00:44,05)							

Fürst, Elena	2007	AUT	1. LSK Heindl	n.a.Start
Abgemeldet.				

AK 17-18, Pflichtzeit: 06:25,70

1.	Pieringer, Magdalena	2007	AUT	1. LSK Heindl	06:08,65		368
RT +0.74 50m: 00:37,80, 100m: 01:25,05 (00:47,25), 150m: 02:13,01 (00:47,96), 200m: 02:59,73 (00:46,72) 250m: 03:51,38 (00:51,65), 300m: 04:44,12 (00:52,74), 350m: 05:26,61 (00:42,49), 400m: 06:08,65 (00:42,04)							

Fürst, Elena	2007	AUT	1. LSK Heindl	n.a.Start
Abgemeldet.				

AK 15-16, Pflichtzeit: 07:01,08

5.	Klug, Anna	2009	AUT	1. LSK Heindl	06:27,64	+31.61	317
RT +0.77 50m: 00:39,80, 100m: 01:28,93 (00:49,13), 150m: 02:19,32 (00:50,39), 200m: 03:07,04 (00:47,72) 250m: 04:00,80 (00:53,76), 300m: 04:58,13 (00:57,33), 350m: 05:43,59 (00:45,46), 400m: 06:27,64 (00:44,05)							

Fortsetzung Bewerb 11 - 400m Lagen Herren

Allgemeine Klasse, Pflichtzeit: 05:51,66

3.	Semlak, Florian	2008	AUT	1. LSK Heindl	05:25,89	+20.22	412
RT +0.73 50m: 00:31,90, 100m: 01:11,18 (00:39,28), 150m: 01:51,37 (00:40,19), 200m: 02:31,13 (00:39,76) 250m: 03:16,88 (00:45,75), 300m: 04:06,18 (00:49,30), 350m: 04:46,67 (00:40,49), 400m: 05:25,89 (00:39,22)							
7.	Eckhart, Alexander	2008	AUT	1. LSK Heindl	05:39,20	+33.53	365
RT +0.69 50m: 00:32,59, 100m: 01:19,09 (00:46,50), 150m: 02:00,50 (00:41,41), 200m: 02:42,21 (00:41,71) 250m: 03:31,21 (00:49,00), 300m: 04:21,75 (00:50,54), 350m: 05:02,58 (00:40,83), 400m: 05:39,20 (00:36,62)							
8.	Manhal, Tim	2011	AUT	1. LSK Heindl	05:39,79	+34.12	363
RT +0.59 50m: 00:34,35, 100m: 01:17,11 (00:42,76), 150m: 02:01,00 (00:43,89), 200m: 02:44,66 (00:43,66) 250m: 03:33,43 (00:48,77), 300m: 04:23,99 (00:50,56), 350m: 05:03,37 (00:39,38), 400m: 05:39,79 (00:36,42)							
13.	Krca, Paul	2009	AUT	1. LSK Heindl	06:02,98	+57.31	298
RT +0.79 50m: 00:38,31, 100m: 01:23,61 (00:45,30), 150m: 02:12,48 (00:48,87), 200m: 03:00,91 (00:48,43) 250m: 03:49,10 (00:48,19), 300m: 04:39,87 (00:50,77), 350m: 05:23,57 (00:43,70), 400m: 06:02,98 (00:39,41)							

AK 17-18, Pflichtzeit: 05:59,24

1.	Semlak, Florian	2008	AUT	1. LSK Heindl	05:25,89		412
RT +0.73 50m: 00:31,90, 100m: 01:11,18 (00:39,28), 150m: 01:51,37 (00:40,19), 200m: 02:31,13 (00:39,76) 250m: 03:16,88 (00:45,75), 300m: 04:06,18 (00:49,30), 350m: 04:46,67 (00:40,49), 400m: 05:25,89 (00:39,22)							
4.	Eckhart, Alexander	2008	AUT	1. LSK Heindl	05:39,20	+13.31	365
RT +0.69 50m: 00:32,59, 100m: 01:19,09 (00:46,50), 150m: 02:00,50 (00:41,41), 200m: 02:42,21 (00:41,71) 250m: 03:31,21 (00:49,00), 300m: 04:21,75 (00:50,54), 350m: 05:02,58 (00:40,83), 400m: 05:39,20 (00:36,62)							

OÖ Landesmeisterschaften - Lange Strecken 2025

09.05./10.05.2025

Fortsetzung Bewerb 11 - 400m Lagen Herren

AK 15-16, Pflichtzeit: 06:50,29

4. Krca, Paul	2009	AUT	1. LSK Heindl	06:02,98	+57.31	298
RT +0.79 50m: 00:38,31, 100m: 01:23,61 (00:45,30), 150m: 02:12,48 (00:48,87), 200m: 03:00,91 (00:48,43)						
250m: 03:49,10 (00:48,19), 300m: 04:39,87 (00:50,77), 350m: 05:23,57 (00:43,70), 400m: 06:02,98 (00:39,41)						

AK 13-14, Pflichtzeit: 06:50,29

2. Manhal, Tim	2011	AUT	1. LSK Heindl	05:39,79	+16.03	363
RT +0.59 50m: 00:34,35, 100m: 01:17,11 (00:42,76), 150m: 02:01,00 (00:43,89), 200m: 02:44,66 (00:43,66)						
250m: 03:33,43 (00:48,77), 300m: 04:23,99 (00:50,56), 350m: 05:03,37 (00:39,38), 400m: 05:39,79 (00:36,42)						