
Steirische Landes- und 5. Int. Steirische Mastersmeisterschaften

28.06.-30.06.2019

Fortsetzung Bewerb 56 - 400m Freistil Damen Masters

Altersklasse 50

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|--|------|-----|-------------------|----------|-----|
| 1. Millet, Monika | 1966 | AUT | The Mermaids Wien | 08:08,42 | 211 |
| RT +01.01 50m: 00:50,87, 100m: 01:50,63 (00:59,76), 150m: 02:53,24 (01:02,61), 200m: 03:58,38 (01:05,14) | | | | | |
| 250m: 05:02,54 (01:04,16), 300m: 06:06,66 (01:04,12), 350m: 07:09,06 (01:02,40), 400m: 08:08,42 (00:59,36) | | | | | |

Altersklasse 55

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|--|------|-----|-------------------|----------|--------|-----|
| 2. Kinzel, Marlies | 1960 | AUT | The Mermaids Wien | 07:26,00 | +02.83 | 309 |
| RT +0.85 50m: 00:49,27, 100m: 01:45,01 (00:55,74), 150m: 02:42,09 (00:57,08), 200m: 03:39,51 (00:57,42) | | | | | | |
| 250m: 04:36,67 (00:57,16), 300m: 05:33,89 (00:57,22), 350m: 06:30,99 (00:57,10), 400m: 07:26,00 (00:55,01) | | | | | | |

Fortsetzung Bewerb 57 - 400m Freistil Herren Masters

Altersklasse 65

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|--|------|-----|-------------------|----------|-----|
| 1. Jelem, Helmut | 1952 | AUT | The Mermaids Wien | 07:57,49 | 285 |
| RT +0.85 50m: 00:49,70, 100m: 01:46,99 (00:57,29), 150m: 02:48,41 (01:01,42), 200m: 03:52,60 (01:04,19) | | | | | |
| 250m: 04:54,85 (01:02,25), 300m: 05:57,08 (01:02,23), 350m: 06:59,02 (01:01,94), 400m: 07:57,49 (00:58,47) | | | | | |