

10th Vienna International Masters Championships

10.03.-12.03.2023

Fortsetzung Bewerb 1 - 800m Freistil Damen

INT AK65

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|--|------|-----|---------------------------|----------|-----------|-----|
| 3. Benova, Dana | 1956 | CZE | PK Masters Usti nad Labem | 19:55,34 | +08:33.52 | 194 |
| RT +0.80 50m: 01:02,39, 100m: 02:15,24 (01:12,85), 150m: 03:29,23 (01:13,99), 200m: 04:44,78 (01:15,55) | | | | | | |
| 250m: 06:01,13 (01:16,35), 300m: 07:17,49 (01:16,36), 350m: 08:32,90 (01:15,41), 400m: 09:50,04 (01:17,14) | | | | | | |
| 450m: 11:06,21 (01:16,17), 500m: 12:22,45 (01:16,24), 550m: 13:38,59 (01:16,14), 600m: 14:54,39 (01:15,80) | | | | | | |
| 650m: 16:09,37 (01:14,98), 700m: 17:25,21 (01:15,84), 750m: 18:38,80 (01:13,59), 800m: 19:55,34 (01:16,54) | | | | | | |

Fortsetzung Bewerb 2 - 800m Freistil Herren

INT AK65 (Jahrgang 1954-1958)

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|--|------|-----|---------------------------|----------|--------|-----|
| 2. Valtr, Vaclav | 1956 | CZE | PK Masters Usti nad Labem | 12:12,90 | +31.41 | 587 |
| RT +0.92 50m: 00:40,88, 100m: 01:25,67 (00:44,79), 150m: 02:12,37 (00:46,70), 200m: 02:58,30 (00:45,93) | | | | | | |
| 250m: 03:45,06 (00:46,76), 300m: 04:32,05 (00:46,99), 350m: 05:18,58 (00:46,53), 400m: 06:04,75 (00:46,17) | | | | | | |
| 450m: 06:50,69 (00:45,94), 500m: 07:37,28 (00:46,59), 550m: 08:23,79 (00:46,51), 600m: 09:10,75 (00:46,96) | | | | | | |
| 650m: 09:57,07 (00:46,32), 700m: 10:43,67 (00:46,60), 750m: 11:30,22 (00:46,55), 800m: 12:12,90 (00:42,68) | | | | | | |

--- 2. Abschnitt ---

Fortsetzung Bewerb 7 - 200m Rücken Damen

INT AK65 (Jahrgang 1954-1958)

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|---|------|-----|---------------------------|----------|-----------|-----|
| 3. Benova, Dana | 1956 | CZE | PK Masters Usti nad Labem | 04:44,87 | +01:38.72 | 244 |
| RT +0.99 50m: 01:10,92, 100m: 02:23,84 (01:12,92), 150m: 03:36,41 (01:12,57), 200m: 04:44,87 (01:08,46) | | | | | | |

Fortsetzung Bewerb 8 - 200m Rücken Herren

INT AK65 (Jahrgang 1954-1958)

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|---|------|-----|---------------------------|----------|--|-----|
| 1. Valtr, Vaclav | 1956 | CZE | PK Masters Usti nad Labem | 02:56,73 | | 689 |
| RT +0.99 50m: 00:42,56, 100m: 01:28,63 (00:46,07), 150m: 02:14,13 (00:45,50), 200m: 02:56,73 (00:42,60) | | | | | | |

--- 3. Abschnitt ---

Fortsetzung Bewerb 15 - 100m Lagen Herren

INT AK65 (Jahrgang 1954-1958)

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|---|------|-----|---------------------------|----------|--|-----|
| 1. Valtr, Vaclav | 1956 | CZE | PK Masters Usti nad Labem | 01:18,08 | | 734 |
| RT +0.91 50m: 00:35,54, 100m: 01:18,08 (00:42,54) | | | | | | |

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Fortsetzung Bewerb 26 - 400m Lagen Damen

INT AK65 (Jahrgang 1954-1958)

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| 1. Benova, Dana | 1956 | CZE | PK Masters Usti nad Labem | 10:54,72 | 213 |
| RT +0.51 50m: 01:24,93, 100m: 03:04,88 (01:39,95), 150m: 04:30,11 (01:25,23), 200m: 05:49,07 (01:18,96) | | | | | |
| 250m: 07:08,85 (01:19,78), 300m: 08:30,19 (01:21,34), 350m: 09:44,97 (01:14,78), 400m: 10:54,72 (01:09,75) | | | | | |

--- 4. Abschnitt ---

Fortsetzung Bewerb 37 - 100m Rücken Herren

INT AK65 (Jahrgang 1954-1958)

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|---|------|-----|---------------------------|----------|-----|
| 1. Valtr, Vaclav | 1956 | CZE | PK Masters Usti nad Labem | 01:18,64 | 774 |
| RT +0.81 50m: 00:38,47, 100m: 01:18,64 (00:40,17) | | | | | |

Fortsetzung Bewerb 38 - 400m Freistil Damen

INT AK65 (Jahrgang 1954-1958)

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|--|------|-----|---------------------------|----------|-----------|-----|
| 3. Benova, Dana | 1956 | CZE | PK Masters Usti nad Labem | 09:17,37 | +03:42.20 | 218 |
| RT +0.87 50m: 01:02,33, 100m: 02:12,13 (01:09,80), 150m: 03:24,38 (01:12,25), 200m: 04:35,42 (01:11,04) | | | | | | |
| 250m: 05:46,27 (01:10,85), 300m: 06:57,66 (01:11,39), 350m: 08:08,86 (01:11,20), 400m: 09:17,37 (01:08,51) | | | | | | |