

# 10th Vienna International Masters Championships

## 10.03.-12.03.2023

### Fortsetzung Bewerb 1 - 800m Freistil Damen

#### INT AK30

1. Raus, Alexandra	1991 AUT USC Graz	09:39,08	821
RT +0.74 50m: 00:32,13, 100m: 01:07,59 (00:35,46), 150m: 01:43,89 (00:36,30), 200m: 02:20,28 (00:36,39) 250m: 02:56,99 (00:36,71), 300m: 03:33,83 (00:36,84), 350m: 04:10,41 (00:36,58), 400m: 04:46,98 (00:36,57) 450m: 05:23,33 (00:36,35), 500m: 06:00,32 (00:36,99), 550m: 06:37,27 (00:36,95), 600m: 07:14,53 (00:37,26) 650m: 07:51,32 (00:36,79), 700m: 08:27,92 (00:36,60), 750m: 09:04,10 (00:36,18), 800m: 09:39,08 (00:34,98)			

#### AUT AK30

1. Raus, Alexandra	1991 AUT USC Graz	09:39,08	821
RT +0.74 50m: 00:32,13, 100m: 01:07,59 (00:35,46), 150m: 01:43,89 (00:36,30), 200m: 02:20,28 (00:36,39) 250m: 02:56,99 (00:36,71), 300m: 03:33,83 (00:36,84), 350m: 04:10,41 (00:36,58), 400m: 04:46,98 (00:36,57) 450m: 05:23,33 (00:36,35), 500m: 06:00,32 (00:36,99), 550m: 06:37,27 (00:36,95), 600m: 07:14,53 (00:37,26) 650m: 07:51,32 (00:36,79), 700m: 08:27,92 (00:36,60), 750m: 09:04,10 (00:36,18), 800m: 09:39,08 (00:34,98)			

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

### Fortsetzung Bewerb 7 - 200m Rücken Damen

#### INT AK30 (Jahrgang 1989-1993)

1. Raus, Alexandra	1991 AUT USC Graz	02:30,77	738
RT +0.77 50m: 00:34,08, 100m: 01:11,88 (00:37,80), 150m: 01:51,13 (00:39,25), 200m: 02:30,77 (00:39,64)			

#### AUT AK30 (Jahrgang 1989-1993)

1. Raus, Alexandra	1991 AUT USC Graz	02:30,77	738
RT +0.77 50m: 00:34,08, 100m: 01:11,88 (00:37,80), 150m: 01:51,13 (00:39,25), 200m: 02:30,77 (00:39,64)			

### Fortsetzung Bewerb 11 - 200m Lagen Damen

#### INT AK30 (Jahrgang 1989-1993)

1. Raus, Alexandra	1991 AUT USC Graz	02:33,46	749
RT +0.73 50m: 00:32,97, 100m: 01:12,11 (00:39,14), 150m: 01:58,34 (00:46,23), 200m: 02:33,46 (00:35,12)			

#### AUT AK30 (Jahrgang 1989-1993)

1. Raus, Alexandra	1991 AUT USC Graz	02:33,46	749
RT +0.73 50m: 00:32,97, 100m: 01:12,11 (00:39,14), 150m: 01:58,34 (00:46,23), 200m: 02:33,46 (00:35,12)			

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

### Fortsetzung Bewerb 18 - 200m Freistil Damen

#### INT AK30 (Jahrgang 1989-1993)

1. Raus, Alexandra	1991 AUT USC Graz	02:14,51	795
RT +0.70 50m: 00:31,12, 100m: 01:04,53 (00:33,41), 150m: 01:39,46 (00:34,93), 200m: 02:14,51 (00:35,05)			

#### AUT AK30 (Jahrgang 1989-1993)

1. Raus, Alexandra	1991 AUT USC Graz	02:14,51	795
RT +0.70 50m: 00:31,12, 100m: 01:04,53 (00:33,41), 150m: 01:39,46 (00:34,93), 200m: 02:14,51 (00:35,05)			

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### Fortsetzung Bewerb 18 - 200m Freistil Damen

### Fortsetzung Bewerb 22 - 200m Brust Damen

#### INT AK30 (Jahrgang 1989-1993)

1. Raus, Alexandra 1991 AUT USC Graz 02:54,96 683  
RT +0.59 50m: 00:40,35, 100m: 01:25,39 (00:45,04), 150m: 02:10,59 (00:45,20), 200m: 02:54,96 (00:44,37)

#### AUT AK30 (Jahrgang 1989-1993)

1. Raus, Alexandra 1991 AUT USC Graz 02:54,96 683  
RT +0.59 50m: 00:40,35, 100m: 01:25,39 (00:45,04), 150m: 02:10,59 (00:45,20), 200m: 02:54,96 (00:44,37)

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

### Fortsetzung Bewerb 32 - 200m Schmetterling Damen

#### INT AK30 (Jahrgang 1989-1993)

1. Raus, Alexandra 1991 AUT USC Graz 02:35,26 738  
RT +0.71 50m: 00:33,53, 100m: 01:13,22 (00:39,69), 150m: 01:54,06 (00:40,84), 200m: 02:35,26 (00:41,20)

#### AUT AK30 (Jahrgang 1989-1993)

1. Raus, Alexandra 1991 AUT USC Graz 02:35,26 738  
RT +0.71 50m: 00:33,53, 100m: 01:13,22 (00:39,69), 150m: 01:54,06 (00:40,84), 200m: 02:35,26 (00:41,20)