

OÖ Landesmeisterschaften - Lange Strecken 2024

03.05./04.05.2024

Fortsetzung Bewerb 1 - 800m Freistil Damen

Allgemeine Klasse, Pflichtzeit: 11:31,01

10. Pieringer, Magdalena	2007 AUT	1. LSK Heindl	10:58,53	+01:48.58	398
RT +0.69 50m: 00:35,20, 100m: 01:15,02 (00:39,82), 150m: 01:56,97 (00:41,95), 200m: 02:38,16 (00:41,19)					
250m: 03:19,61 (00:41,45), 300m: 04:01,50 (00:41,89), 350m: 04:43,65 (00:42,15), 400m: 05:25,29 (00:41,64)					
450m: 06:07,34 (00:42,05), 500m: 06:49,80 (00:42,46), 550m: 07:31,82 (00:42,02), 600m: 08:13,36 (00:41,54)					
650m: 08:55,52 (00:42,16), 700m: 09:37,32 (00:41,80), 750m: 10:19,04 (00:41,72), 800m: 10:58,53 (00:39,49)					
21. Klug, Anna	2009 AUT	1. LSK Heindl	11:52,54	+02:42.59	314
50m: 00:38,83, 100m: 01:22,60 (00:43,77), 150m: 02:06,39 (00:43,79), 200m: 02:51,30 (00:44,91)					
250m: 03:35,24 (00:43,94), 300m: 04:20,78 (00:45,54), 350m: 05:05,38 (00:44,60), 400m: 05:51,49 (00:46,11)					
450m: 06:36,70 (00:45,21), 500m: 07:22,69 (00:45,99), 550m: 08:08,07 (00:45,38), 600m: 08:53,95 (00:45,88)					
650m: 09:39,01 (00:45,06), 700m: 10:24,57 (00:45,56), 750m: 11:08,36 (00:43,79), 800m: 11:52,54 (00:44,18)					
Reiter, Amelie	2010 AUT	1. LSK Heindl		n.a.Start	
Abgemeldet.					
Semlak, Marlene	2008 AUT	1. LSK Heindl		n.a.Start	
Abgemeldet.					

Junioren, Pflichtzeit: 11:38,80

5. Pieringer, Magdalena	2007 AUT	1. LSK Heindl	10:58,53	+55.15	398
RT +0.69 50m: 00:35,20, 100m: 01:15,02 (00:39,82), 150m: 01:56,97 (00:41,95), 200m: 02:38,16 (00:41,19)					
250m: 03:19,61 (00:41,45), 300m: 04:01,50 (00:41,89), 350m: 04:43,65 (00:42,15), 400m: 05:25,29 (00:41,64)					
450m: 06:07,34 (00:42,05), 500m: 06:49,80 (00:42,46), 550m: 07:31,82 (00:42,02), 600m: 08:13,36 (00:41,54)					
650m: 08:55,52 (00:42,16), 700m: 09:37,32 (00:41,80), 750m: 10:19,04 (00:41,72), 800m: 10:58,53 (00:39,49)					

AK 15-16, Pflichtzeit: 12:53,02

7. Klug, Anna	2009 AUT	1. LSK Heindl	11:52,54	+01:10.39	314
50m: 00:38,83, 100m: 01:22,60 (00:43,77), 150m: 02:06,39 (00:43,79), 200m: 02:51,30 (00:44,91)					
250m: 03:35,24 (00:43,94), 300m: 04:20,78 (00:45,54), 350m: 05:05,38 (00:44,60), 400m: 05:51,49 (00:46,11)					
450m: 06:36,70 (00:45,21), 500m: 07:22,69 (00:45,99), 550m: 08:08,07 (00:45,38), 600m: 08:53,95 (00:45,88)					
650m: 09:39,01 (00:45,06), 700m: 10:24,57 (00:45,56), 750m: 11:08,36 (00:43,79), 800m: 11:52,54 (00:44,18)					

Semlak, Marlene	2008 AUT	1. LSK Heindl		n.a.Start	
Abgemeldet.					

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

Reiter, Amelie	2010 AUT	1. LSK Heindl		n.a.Start	
Abgemeldet.					

Fortsetzung Bewerb 3 - 1500m Freistil Herren

Allgemeine Klasse, Pflichtzeit: 20:48,17

6. Schwarz, Raphael	2008 AUT	1. LSK Heindl	18:49,59	+01:44.98	458
RT +0.77 50m: 00:32,28, 100m: 01:09,03 (00:36,75), 150m: 01:46,09 (00:37,06), 200m: 02:24,24 (00:38,15)					
250m: 03:01,35 (00:37,11), 300m: 03:39,46 (00:38,11), 350m: 04:17,22 (00:37,76), 400m: 04:55,73 (00:38,51)					
450m: 05:34,07 (00:38,34), 500m: 06:12,41 (00:38,34), 550m: 06:50,04 (00:37,63), 600m: 07:27,83 (00:37,79)					
650m: 08:05,17 (00:37,34), 700m: 08:43,73 (00:38,56), 750m: 09:20,97 (00:37,24), 800m: 09:58,61 (00:37,64)					
850m: 10:36,34 (00:37,73), 900m: 11:15,10 (00:38,76), 950m: 11:52,26 (00:37,16), 1000m: 12:30,29 (00:38,03)					
1050m: 13:08,90 (00:38,61), 1100m: 13:48,21 (00:39,31), 1150m: 14:26,66 (00:38,45), 1200m: 15:04,49 (00:37,83)					
1250m: 15:42,75 (00:38,26), 1300m: 16:21,53 (00:38,78), 1350m: 16:58,98 (00:37,45), 1400m: 17:36,94 (00:37,96)					
1450m: 18:13,73 (00:36,79), 1500m: 18:49,59 (00:35,86)					
7. Manhal, Tim	2011 AUT	1. LSK Heindl	19:20,45	+02:15.84	422
RT +0.60 50m: 00:34,05, 100m: 01:12,60 (00:38,55), 150m: 01:52,63 (00:40,03), 200m: 02:32,23 (00:39,60)					
250m: 03:12,05 (00:39,82), 300m: 03:51,94 (00:39,89), 350m: 04:32,34 (00:40,40), 400m: 05:12,08 (00:39,74)					
450m: 05:51,42 (00:39,34), 500m: 06:31,58 (00:40,16), 550m: 07:10,87 (00:39,29), 600m: 07:50,62 (00:39,75)					
650m: 08:29,86 (00:39,24), 700m: 09:09,14 (00:39,28), 750m: 09:48,88 (00:39,74), 800m: 10:27,88 (00:39,00)					
850m: 11:06,14 (00:38,26), 900m: 11:44,67 (00:38,53), 950m: 12:23,04 (00:38,37), 1000m: 13:01,14 (00:38,10)					
1050m: 13:39,79 (00:38,65), 1100m: 14:17,95 (00:38,16), 1150m: 14:56,55 (00:38,60), 1200m: 15:34,25 (00:37,70)					
1250m: 16:12,79 (00:38,54), 1300m: 16:51,22 (00:38,43), 1350m: 17:29,71 (00:38,49), 1400m: 18:07,28 (00:37,57)					
1450m: 18:44,67 (00:37,39), 1500m: 19:20,45 (00:35,78)					

OÖ Landesmeisterschaften - Lange Strecken 2024

03.05./04.05.2024

Fortsetzung Bewerb 3 - 1500m Freistil Herren

Allgemeine Klasse, Pflichtzeit: 20:48,17

8.	Stefan, Matthias	2010	AUT	1. LSK Heindl	19:32,59	+02:27.98	409
RT +0.60 50m: 00:33,76, 100m: 01:12,09 (00:38,33), 150m: 01:50,48 (00:38,39), 200m: 02:30,45 (00:39,97) 250m: 03:09,33 (00:38,88), 300m: 03:49,29 (00:39,96), 350m: 04:28,42 (00:39,13), 400m: 05:08,32 (00:39,90) 450m: 05:47,85 (00:39,53), 500m: 06:27,19 (00:39,34), 550m: 07:05,87 (00:38,68), 600m: 07:45,61 (00:39,74) 650m: 08:24,67 (00:39,06), 700m: 09:04,21 (00:39,54), 750m: 09:43,72 (00:39,51), 800m: 10:22,93 (00:39,21) 850m: 11:02,49 (00:39,56), 900m: 11:43,08 (00:40,59), 950m: 12:22,21 (00:39,13), 1000m: 13:02,08 (00:39,87) 1050m: 13:40,66 (00:38,58), 1100m: 14:20,49 (00:39,83), 1150m: 14:59,78 (00:39,29), 1200m: 15:39,49 (00:39,71) 1250m: 16:18,77 (00:39,28), 1300m: 16:59,24 (00:40,47), 1350m: 17:38,62 (00:39,38), 1400m: 18:18,92 (00:40,30) 1450m: 18:55,69 (00:36,77), 1500m: 19:32,59 (00:36,90)							
9.	Semlak, Florian	2008	AUT	1. LSK Heindl	19:42,17	+02:37.56	399
RT +0.72 50m: 00:34,08, 100m: 01:12,64 (00:38,56), 150m: 01:51,37 (00:38,73), 200m: 02:30,84 (00:39,47) 250m: 03:10,35 (00:39,51), 300m: 03:50,72 (00:40,37), 350m: 04:30,26 (00:39,54), 400m: 05:10,65 (00:40,39) 450m: 05:50,50 (00:39,85), 500m: 06:31,33 (00:40,83), 550m: 07:11,35 (00:40,02), 600m: 07:51,63 (00:40,28) 650m: 08:32,02 (00:40,39), 700m: 09:11,71 (00:39,69), 750m: 09:50,96 (00:39,25), 800m: 10:30,56 (00:39,60) 850m: 11:10,22 (00:39,66), 900m: 11:50,79 (00:40,57), 950m: 12:30,02 (00:39,23), 1000m: 13:10,01 (00:39,99) 1050m: 13:49,32 (00:39,31), 1100m: 14:29,03 (00:39,71), 1150m: 15:08,45 (00:39,42), 1200m: 15:48,75 (00:40,30) 1250m: 16:28,47 (00:39,72), 1300m: 17:08,65 (00:40,18), 1350m: 17:46,80 (00:38,15), 1400m: 18:25,13 (00:38,33) 1450m: 19:04,18 (00:39,05), 1500m: 19:42,17 (00:37,99)							
10.	Eckhart, Alexander	2008	AUT	1. LSK Heindl	19:46,92	+02:42.31	395
RT +0.55 50m: 00:33,78, 100m: 01:11,21 (00:37,43), 150m: 01:49,58 (00:38,37), 200m: 02:29,29 (00:39,71) 250m: 03:08,32 (00:39,03), 300m: 03:48,40 (00:40,08), 350m: 04:28,37 (00:39,97), 400m: 05:08,51 (00:40,14) 450m: 05:48,74 (00:40,23), 500m: 06:29,73 (00:40,99), 550m: 07:09,60 (00:39,87), 600m: 07:49,90 (00:40,30) 650m: 08:30,39 (00:40,49), 700m: 09:10,19 (00:39,80), 750m: 09:50,06 (00:39,87), 800m: 10:29,79 (00:39,73) 850m: 11:09,75 (00:39,96), 900m: 11:49,68 (00:39,93), 950m: 12:30,21 (00:40,53), 1000m: 13:10,70 (00:40,49) 1050m: 13:51,19 (00:40,49), 1100m: 14:31,75 (00:40,56), 1150m: 15:11,03 (00:39,28), 1200m: 15:51,91 (00:40,88) 1250m: 16:32,11 (00:40,20), 1300m: 17:12,33 (00:40,22), 1350m: 17:51,93 (00:39,60), 1400m: 18:32,22 (00:40,29) 1450m: 19:11,72 (00:39,50), 1500m: 19:46,92 (00:35,20)							

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

3.	Schwarz, Raphael	2008	AUT	1. LSK Heindl	18:49,59	+28.26	458
RT +0.77 50m: 00:32,28, 100m: 01:09,03 (00:36,75), 150m: 01:46,09 (00:37,06), 200m: 02:24,24 (00:38,15) 250m: 03:01,35 (00:37,11), 300m: 03:39,46 (00:38,11), 350m: 04:17,22 (00:37,76), 400m: 04:55,73 (00:38,51) 450m: 05:34,07 (00:38,34), 500m: 06:12,41 (00:38,34), 550m: 06:50,04 (00:37,63), 600m: 07:27,83 (00:37,79) 650m: 08:05,17 (00:37,34), 700m: 08:43,73 (00:38,56), 750m: 09:20,97 (00:37,24), 800m: 09:58,61 (00:37,64) 850m: 10:36,34 (00:37,73), 900m: 11:15,10 (00:38,76), 950m: 11:52,26 (00:37,16), 1000m: 12:30,29 (00:38,03) 1050m: 13:08,90 (00:38,61), 1100m: 13:48,21 (00:39,31), 1150m: 14:26,66 (00:38,45), 1200m: 15:04,49 (00:37,83) 1250m: 15:42,75 (00:38,26), 1300m: 16:21,53 (00:38,78), 1350m: 16:58,98 (00:37,45), 1400m: 17:36,94 (00:37,96) 1450m: 18:13,73 (00:36,79), 1500m: 18:49,59 (00:35,86)							
4.	Semlak, Florian	2008	AUT	1. LSK Heindl	19:42,17	+01:20.84	399
RT +0.72 50m: 00:34,08, 100m: 01:12,64 (00:38,56), 150m: 01:51,37 (00:38,73), 200m: 02:30,84 (00:39,47) 250m: 03:10,35 (00:39,51), 300m: 03:50,72 (00:40,37), 350m: 04:30,26 (00:39,54), 400m: 05:10,65 (00:40,39) 450m: 05:50,50 (00:39,85), 500m: 06:31,33 (00:40,83), 550m: 07:11,35 (00:40,02), 600m: 07:51,63 (00:40,28) 650m: 08:32,02 (00:40,39), 700m: 09:11,71 (00:39,69), 750m: 09:50,96 (00:39,25), 800m: 10:30,56 (00:39,60) 850m: 11:10,22 (00:39,66), 900m: 11:50,79 (00:40,57), 950m: 12:30,02 (00:39,23), 1000m: 13:10,01 (00:39,99) 1050m: 13:49,32 (00:39,31), 1100m: 14:29,03 (00:39,71), 1150m: 15:08,45 (00:39,42), 1200m: 15:48,75 (00:40,30) 1250m: 16:28,47 (00:39,72), 1300m: 17:08,65 (00:40,18), 1350m: 17:46,80 (00:38,15), 1400m: 18:25,13 (00:38,33) 1450m: 19:04,18 (00:39,05), 1500m: 19:42,17 (00:37,99)							
5.	Eckhart, Alexander	2008	AUT	1. LSK Heindl	19:46,92	+01:25.59	395
RT +0.55 50m: 00:33,78, 100m: 01:11,21 (00:37,43), 150m: 01:49,58 (00:38,37), 200m: 02:29,29 (00:39,71) 250m: 03:08,32 (00:39,03), 300m: 03:48,40 (00:40,08), 350m: 04:28,37 (00:39,97), 400m: 05:08,51 (00:40,14) 450m: 05:48,74 (00:40,23), 500m: 06:29,73 (00:40,99), 550m: 07:09,60 (00:39,87), 600m: 07:49,90 (00:40,30) 650m: 08:30,39 (00:40,49), 700m: 09:10,19 (00:39,80), 750m: 09:50,06 (00:39,87), 800m: 10:29,79 (00:39,73) 850m: 11:09,75 (00:39,96), 900m: 11:49,68 (00:39,93), 950m: 12:30,21 (00:40,53), 1000m: 13:10,70 (00:40,49) 1050m: 13:51,19 (00:40,49), 1100m: 14:31,75 (00:40,56), 1150m: 15:11,03 (00:39,28), 1200m: 15:51,91 (00:40,88) 1250m: 16:32,11 (00:40,20), 1300m: 17:12,33 (00:40,22), 1350m: 17:51,93 (00:39,60), 1400m: 18:32,22 (00:40,29) 1450m: 19:11,72 (00:39,50), 1500m: 19:46,92 (00:35,20)							

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Fortsetzung Bewerb 3 - 1500m Freistil Herren

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

1. Manhal, Tim	2011 AUT	1. LSK Heindl	19:20,45		422
RT +0.60 50m: 00:34,05, 100m: 01:12,60 (00:38,55), 150m: 01:52,63 (00:40,03), 200m: 02:32,23 (00:39,60)					
250m: 03:12,05 (00:39,82), 300m: 03:51,94 (00:39,89), 350m: 04:32,34 (00:40,40), 400m: 05:12,08 (00:39,74)					
450m: 05:51,42 (00:39,34), 500m: 06:31,58 (00:40,16), 550m: 07:10,87 (00:39,29), 600m: 07:50,62 (00:39,75)					
650m: 08:29,86 (00:39,24), 700m: 09:09,14 (00:39,28), 750m: 09:48,88 (00:39,74), 800m: 10:27,88 (00:39,00)					
850m: 11:06,14 (00:38,26), 900m: 11:44,67 (00:38,53), 950m: 12:23,04 (00:38,37), 1000m: 13:01,14 (00:38,10)					
1050m: 13:39,79 (00:38,65), 1100m: 14:17,95 (00:38,16), 1150m: 14:56,55 (00:38,60), 1200m: 15:34,25 (00:37,70)					
1250m: 16:12,79 (00:38,54), 1300m: 16:51,22 (00:38,43), 1350m: 17:29,71 (00:38,49), 1400m: 18:07,28 (00:37,57)					
1450m: 18:44,67 (00:37,39), 1500m: 19:20,45 (00:35,78)					
2. Stefan, Matthias	2010 AUT	1. LSK Heindl	19:32,59	+12.14	409
RT +0.60 50m: 00:33,76, 100m: 01:12,09 (00:38,33), 150m: 01:50,48 (00:38,39), 200m: 02:30,45 (00:39,97)					
250m: 03:09,33 (00:38,88), 300m: 03:49,29 (00:39,96), 350m: 04:28,42 (00:39,13), 400m: 05:08,32 (00:39,90)					
450m: 05:47,85 (00:39,53), 500m: 06:27,19 (00:39,34), 550m: 07:05,87 (00:38,68), 600m: 07:45,61 (00:39,74)					
650m: 08:24,67 (00:39,06), 700m: 09:04,21 (00:39,54), 750m: 09:43,72 (00:39,51), 800m: 10:22,93 (00:39,21)					
850m: 11:02,49 (00:39,56), 900m: 11:43,08 (00:40,59), 950m: 12:22,21 (00:39,13), 1000m: 13:02,08 (00:39,87)					
1050m: 13:40,66 (00:38,58), 1100m: 14:20,49 (00:39,83), 1150m: 14:59,78 (00:39,29), 1200m: 15:39,49 (00:39,71)					
1250m: 16:18,77 (00:39,28), 1300m: 16:59,24 (00:40,47), 1350m: 17:38,62 (00:39,38), 1400m: 18:18,92 (00:40,30)					
1450m: 18:55,69 (00:36,77), 1500m: 19:32,59 (00:36,90)					

--- 2. Abschnitt ---

Fortsetzung Bewerb 5 - 800m Freistil Herren

Allgemeine Klasse, Pflichtzeit: 12:04,78

5. Schwarz, Raphael	2008 AUT	1. LSK Heindl	09:52,57	+55.89	444
RT +0.80 50m: 00:31,50, 100m: 01:06,17 (00:34,67), 150m: 01:42,68 (00:36,51), 200m: 02:19,37 (00:36,69)					
250m: 02:56,45 (00:37,08), 300m: 03:33,18 (00:36,73), 350m: 04:11,73 (00:38,55), 400m: 04:48,84 (00:37,11)					
450m: 05:27,36 (00:38,52), 500m: 06:05,65 (00:38,29), 550m: 06:44,26 (00:38,61), 600m: 07:22,27 (00:38,01)					
650m: 08:00,87 (00:38,60), 700m: 08:38,49 (00:37,62), 750m: 09:16,27 (00:37,78), 800m: 09:52,57 (00:36,30)					
7. Stefan, Matthias	2010 AUT	1. LSK Heindl	10:12,75	+01:16.07	401
RT +0.62 50m: 00:32,13, 100m: 01:08,90 (00:36,77), 150m: 01:47,71 (00:38,81), 200m: 02:27,08 (00:39,37)					
250m: 03:05,87 (00:38,79), 300m: 03:45,24 (00:39,37), 350m: 04:24,45 (00:39,21), 400m: 05:03,72 (00:39,27)					
450m: 05:43,52 (00:39,80), 500m: 06:22,19 (00:38,67), 550m: 07:01,43 (00:39,24), 600m: 07:41,06 (00:39,63)					
650m: 08:20,29 (00:39,23), 700m: 08:59,31 (00:39,02), 750m: 09:36,83 (00:37,52), 800m: 10:12,75 (00:35,92)					

Fortsetzung Bewerb 6 - 400m Freistil Damen

AK 11-12

3. Bilic, Kristina	2012 AUT	1. LSK Heindl	05:52,74	+31.28	297
RT +0.73 50m: 00:36,90, 100m: 01:19,44 (00:42,54), 150m: 02:04,98 (00:45,54), 200m: 02:50,31 (00:45,33)					
250m: 03:37,55 (00:47,24), 300m: 04:23,23 (00:45,68), 350m: 05:08,37 (00:45,14), 400m: 05:52,74 (00:44,37)					

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Fortsetzung Bewerb 7 - 400m Freistil Herren

AK 11-12

2.	Haitchi, Paul	2013	AUT	1. LSK Heindl	05:31,19	+00.55	293
RT +0.70 50m: 00:39,93, 100m: 01:22,66 (00:42,73), 150m: 02:05,43 (00:42,77), 200m: 02:47,79 (00:42,36) 250m: 03:30,17 (00:42,38), 300m: 04:12,53 (00:42,36), 350m: 04:53,68 (00:41,15), 400m: 05:31,19 (00:37,51)							
8.	Holderbaum-Rader, Levi	2012	AUT	1. LSK Heindl	06:10,26	+39.62	209
RT +0.83 50m: 00:40,96, 100m: 01:28,09 (00:47,13), 150m: 02:17,63 (00:49,54), 200m: 03:05,45 (00:47,82) 250m: 03:54,38 (00:48,93), 300m: 04:41,71 (00:47,33), 350m: 05:30,88 (00:49,17), 400m: 06:10,26 (00:39,38)							

Fortsetzung Bewerb 8 - 200m Lagen Damen

AK 11-12

----	Bilic, Kristina	2012	AUT	1. LSK Heindl		n.a.Start	
Abgemeldet.							

Fortsetzung Bewerb 9 - 200m Lagen Herren

AK 11-12

3.	Haitchi, Paul	2013	AUT	1. LSK Heindl	03:05,36	+09.78	232
50m: 00:41,78, 100m: 01:31,53 (00:49,75), 150m: 02:24,36 (00:52,83), 200m: 03:05,36 (00:41,00)							
7.	Holderbaum-Rader, Levi	2012	AUT	1. LSK Heindl	03:17,51	+21.93	192
RT +0.96 50m: 00:45,72, 100m: 01:37,80 (00:52,08), 150m: 02:32,91 (00:55,11), 200m: 03:17,51 (00:44,60)							

Bewerb 10 - 400m Lagen Damen

Allgemeine Klasse, Pflichtzeit: 06:22,49

1.	Fürst, Elena	2007	AUT	1. LSK Heindl	05:24,28		551
RT +0.80 50m: 00:34,27, 100m: 01:16,43 (00:42,16), 150m: 01:58,09 (00:41,66), 200m: 02:38,84 (00:40,75) 250m: 03:22,29 (00:43,45), 300m: 04:06,97 (00:44,68), 350m: 04:48,09 (00:41,12), 400m: 05:24,28 (00:36,19)							
8.	Pieringer, Magdalena	2007	AUT	1. LSK Heindl	06:07,67	+43.39	378
RT +0.71 50m: 00:36,06, 100m: 01:21,83 (00:45,77), 150m: 02:08,80 (00:46,97), 200m: 02:55,13 (00:46,33) 250m: 03:47,22 (00:52,09), 300m: 04:41,43 (00:54,21), 350m: 05:25,12 (00:43,69), 400m: 06:07,67 (00:42,55)							

Junioren, Pflichtzeit: 06:25,70

1.	Fürst, Elena	2007	AUT	1. LSK Heindl	05:24,28		551
RT +0.80 50m: 00:34,27, 100m: 01:16,43 (00:42,16), 150m: 01:58,09 (00:41,66), 200m: 02:38,84 (00:40,75) 250m: 03:22,29 (00:43,45), 300m: 04:06,97 (00:44,68), 350m: 04:48,09 (00:41,12), 400m: 05:24,28 (00:36,19)							
4.	Pieringer, Magdalena	2007	AUT	1. LSK Heindl	06:07,67	+43.39	378
RT +0.71 50m: 00:36,06, 100m: 01:21,83 (00:45,77), 150m: 02:08,80 (00:46,97), 200m: 02:55,13 (00:46,33) 250m: 03:47,22 (00:52,09), 300m: 04:41,43 (00:54,21), 350m: 05:25,12 (00:43,69), 400m: 06:07,67 (00:42,55)							

OÖ Landesmeisterschaften - Lange Strecken 2024

03.05./04.05.2024

Fortsetzung Bewerb 11 - 400m Lagen Herren

Allgemeine Klasse, Pflichtzeit: 05:51,66

8.	Semlak, Florian	2008	AUT	1. LSK Heindl	05:36,60	+53.71	373
	RT +0.78 50m: 00:33,10, 100m: 01:16,34 (00:43,24), 150m: 01:56,93 (00:40,59), 200m: 02:37,38 (00:40,45) 250m: 03:27,51 (00:50,13), 300m: 04:20,87 (00:53,36), 350m: 05:00,23 (00:39,36), 400m: 05:36,60 (00:36,37)						
9.	Eckhart, Alexander	2008	AUT	1. LSK Heindl	05:36,67	+53.78	373
	RT +0.72 50m: 00:35,61, 100m: 01:20,00 (00:44,39), 150m: 02:01,85 (00:41,85), 200m: 02:41,63 (00:39,78) 250m: 03:32,75 (00:51,12), 300m: 04:22,43 (00:49,68), 350m: 05:01,94 (00:39,51), 400m: 05:36,67 (00:34,73)						
12.	Manhal, Tim	2011	AUT	1. LSK Heindl	05:43,19	+01:00.30	352
	RT +0.55 50m: 00:38,18, 100m: 01:24,24 (00:46,06), 150m: 02:08,19 (00:43,95), 200m: 02:52,03 (00:43,84) 250m: 03:40,39 (00:48,36), 300m: 04:29,07 (00:48,68), 350m: 05:06,73 (00:37,66), 400m: 05:43,19 (00:36,46)						

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

3.	Semlak, Florian	2008	AUT	1. LSK Heindl	05:36,60	+18.26	373
	RT +0.78 50m: 00:33,10, 100m: 01:16,34 (00:43,24), 150m: 01:56,93 (00:40,59), 200m: 02:37,38 (00:40,45) 250m: 03:27,51 (00:50,13), 300m: 04:20,87 (00:53,36), 350m: 05:00,23 (00:39,36), 400m: 05:36,60 (00:36,37)						
4.	Eckhart, Alexander	2008	AUT	1. LSK Heindl	05:36,67	+18.33	373
	RT +0.72 50m: 00:35,61, 100m: 01:20,00 (00:44,39), 150m: 02:01,85 (00:41,85), 200m: 02:41,63 (00:39,78) 250m: 03:32,75 (00:51,12), 300m: 04:22,43 (00:49,68), 350m: 05:01,94 (00:39,51), 400m: 05:36,67 (00:34,73)						

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

1.	Manhal, Tim	2011	AUT	1. LSK Heindl	05:43,19		352
	RT +0.55 50m: 00:38,18, 100m: 01:24,24 (00:46,06), 150m: 02:08,19 (00:43,95), 200m: 02:52,03 (00:43,84) 250m: 03:40,39 (00:48,36), 300m: 04:29,07 (00:48,68), 350m: 05:06,73 (00:37,66), 400m: 05:43,19 (00:36,46)						