

1. Raiffeisen Schwimm-Meeting des WSV St. Johann

30.05.-02.06.2024

Fortsetzung Bewerb 6 - 1500m Freistil Gemischt Masters

AK45 Damen

2. Nowak, Anke 1975 GER TSV Eintracht Karlsfeld 22:37,53 +36.69
RT +0.86 50m: 00:40,05, 100m: 01:24,69 (00:44,64), 150m: 02:09,85 (00:45,16), 200m: 02:55,19 (00:45,34)
250m: 03:40,75 (00:45,56), 300m: 04:26,41 (00:45,66), 350m: 05:11,59 (00:45,18), 400m: 05:57,09 (00:45,50)
450m: 06:42,70 (00:45,61), 500m: 07:28,25 (00:45,55), 550m: 08:13,89 (00:45,64), 600m: 08:59,10 (00:45,21)
650m: 09:44,29 (00:45,19), 700m: 10:29,83 (00:45,54), 750m: 11:15,51 (00:45,68), 800m: 12:01,16 (00:45,65)
850m: 12:46,80 (00:45,64), 900m: 13:32,71 (00:45,91), 950m: 14:18,35 (00:45,64), 1000m: 15:04,11 (00:45,76)
1050m: 15:49,88 (00:45,77), 1100m: 16:35,58 (00:45,70), 1150m: 17:21,14 (00:45,56), 1200m: 18:06,91 (00:45,77)
1250m: 18:52,68 (00:45,77), 1300m: 19:38,63 (00:45,95), 1350m: 20:24,45 (00:45,82), 1400m: 21:10,56 (00:46,11)
1450m: 21:56,01 (00:45,45), 1500m: 22:37,53 (00:41,52)

AK45 Herren

1. Nowak, Martin 1975 GER TSV Eintracht Karlsfeld 22:37,84
RT +0.91 50m: 00:35,73, 100m: 01:16,04 (00:40,31), 150m: 01:57,33 (00:41,29), 200m: 02:40,68 (00:43,35)
250m: 03:23,50 (00:42,82), 300m: 04:08,13 (00:44,63), 350m: 04:52,10 (00:43,97), 400m: 05:36,24 (00:44,14)
450m: 06:20,39 (00:44,15), 500m: 07:06,33 (00:45,94), 550m: 07:51,19 (00:44,86), 600m: 08:37,95 (00:46,76)
650m: 09:23,44 (00:45,49), 700m: 10:10,97 (00:47,53), 750m: 10:56,57 (00:45,60), 800m: 11:44,55 (00:47,98)
850m: 12:30,76 (00:46,21), 900m: 13:18,49 (00:47,73), 950m: 14:05,35 (00:46,86), 1000m: 14:52,61 (00:47,26)
1050m: 15:39,21 (00:46,60), 1100m: 16:26,39 (00:47,18), 1150m: 17:13,45 (00:47,06), 1200m: 18:01,55 (00:48,10)
1250m: 18:48,28 (00:46,73), 1300m: 19:36,07 (00:47,79), 1350m: 20:22,78 (00:46,71), 1400m: 21:10,30 (00:47,52)
1450m: 21:55,98 (00:45,68), 1500m: 22:37,84 (00:41,86)