
Offene Steirische Landes- und 8. Int. Steirische Mastersmeisterschaften

30/06/-02/07/2023

Fortsetzung Bewerb 15 - 400m Freistil Damen Masters

Altersklasse 60

1. Kinzel, Marlies 1960 AUT The Mermaids Wien 07:30,90 343
RT +0.90 50m: 00:48,12, 100m: 01:43,27 (00:55,15), 150m: 02:40,48 (00:57,21), 200m: 03:38,28 (00:57,80)
250m: 04:36,42 (00:58,14), 300m: 05:34,96 (00:58,54), 350m: 06:33,68 (00:58,72), 400m: 07:30,90 (00:57,22)

Fortsetzung Bewerb 16 - 400m Freistil Herren Masters

Altersklasse 70

1. Jelem, Helmut 1952 AUT The Mermaids Wien 07:53,02 325
RT +0.91 50m: 00:47,90, 100m: 01:46,67 (00:58,77), 150m: 02:48,39 (01:01,72), 200m: 03:50,88 (01:02,49)
250m: 04:53,25 (01:02,37), 300m: 05:56,60 (01:03,35), 350m: 06:58,83 (01:02,23), 400m: 07:53,02 (00:54,19)