
Offene Steirische Landes- und 8. Int. Steirische Mastersmeisterschaften

30/06/-02/07/2023

Bewerb 16 - 400m Freistil Herren Masters

Altersklasse 60

1. Polak, Peter	1960 AUT Wiener Sport-Club	05:25,62	656
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RT +0.80 50m: 00:36,68, 100m: 01:17,34 (00:40,66), 150m: 01:59,49 (00:42,15), 200m: 02:41,69 (00:42,20)
250m: 03:22,89 (00:41,20), 300m: 04:04,39 (00:41,50), 350m: 04:45,47 (00:41,08), 400m: 05:25,62 (00:40,15)