

---

# Offene Steirische Landes- und 9. Int. Steirische Mastersmeisterschaften

## 28.06.-30.06.2024

---

### Bewerb 16 - 400m Freistil Herren Masters

---

#### Altersklasse 55

1. Pater, Frank 1967 GER Polizei SV Oldenburg 05:14,26 679  
RT +0.86 50m: 00:34,05, 100m: 01:11,21 (00:37,16), 150m: 01:51,19 (00:39,98), 200m: 02:31,09 (00:39,90)  
250m: 03:12,23 (00:41,14), 300m: 03:53,59 (00:41,36), 350m: 04:35,10 (00:41,51), 400m: 05:14,26 (00:39,16)

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

### Fortsetzung Bewerb 48 - 1500m Freistil Herren Masters

#### Altersklasse 55

1. Pater, Frank 1967 GER Polizei SV Oldenburg 20:54,58 668  
RT +0.92 50m: 00:34,82, 100m: 01:13,39 (00:38,57), 150m: 01:53,23 (00:39,84), 200m: 02:33,84 (00:40,61)  
250m: 03:14,59 (00:40,75), 300m: 03:56,29 (00:41,70), 350m: 04:38,06 (00:41,77), 400m: 05:19,70 (00:41,64)  
450m: 06:02,02 (00:42,32), 500m: 06:44,66 (00:42,64), 550m: 07:27,36 (00:42,70), 600m: 08:10,18 (00:42,82)  
650m: 08:52,72 (00:42,54), 700m: 09:35,54 (00:42,82), 750m: 10:18,19 (00:42,65), 800m: 11:01,09 (00:42,90)  
850m: 11:44,29 (00:43,20), 900m: 12:27,15 (00:42,86), 950m: 13:09,91 (00:42,76), 1000m: 13:52,81 (00:42,90)  
1050m: 14:35,62 (00:42,81), 1100m: 15:18,10 (00:42,48), 1150m: 16:00,85 (00:42,75), 1200m: 16:43,67 (00:42,82)  
1250m: 17:26,36 (00:42,69), 1300m: 18:09,11 (00:42,75), 1350m: 18:51,76 (00:42,65), 1400m: 19:34,10 (00:42,34)  
1450m: 20:16,04 (00:41,94), 1500m: 20:54,58 (00:38,54)