

Wr. Hallenmeisterschaften 2011  
Wien, Floridsdorf, 28. - 30.1.2011

Wettkampf 23  
29.01.2011

400m Lagen

Jahrgang 1986 und älter  
Protokoll

Rang			Jg.					Zeit				
Jahrgang 1986 und älter, Frauen												
1.	LANGER Annika		82	SC Hakoah Wien				<b>6:25.92</b>	484			
	50m:	40.53	40.53	150m:	2:17.51	48.52	250m:	4:00.82	54.21	350m:	5:42.05	45.28
	100m:	1:28.99	48.46	200m:	3:06.61	49.10	300m:	4:56.77	55.95	400m:	6:25.92	43.87
Jahrgang 1986 und älter, Männer												
1.	RABER Wolfgang		66	SC Donau Wien				<b>4:57.28</b>	1067			
	50m:	31.68	31.68	150m:	1:46.27	39.57	250m:	3:07.19	42.87	350m:	4:24.78	35.05
	100m:	1:06.70	35.02	200m:	2:24.32	38.05	300m:	3:49.73	42.54	400m:	4:57.28	32.50
2.	FORMANEK Rene		86	SC Hakoah Wien				<b>5:15.73</b>	638			
	50m:	33.68	33.68	150m:	1:55.23	40.81	250m:	3:19.60	44.83	350m:	4:41.01	37.16
	100m:	1:14.42	40.74	200m:	2:34.77	39.54	300m:	4:03.85	44.25	400m:	5:15.73	34.72
3.	PEKAREK Hanns		44	SC Donau Wien				<b>7:25.92</b>	590			
	50m:	49.30	49.30	150m:	2:46.76	1:00.97	250m:	4:50.69	1:01.77	350m:	6:41.53	48.24
	100m:	1:45.79	56.49	200m:	3:48.92	1:02.16	300m:	5:53.29	1:02.60	400m:	7:25.92	44.39
4.	BERGER Kurt		66	ASV Wien				<b>6:17.71</b>	520			
	50m:	41.43	41.43	150m:	2:25.17	56.82	250m:	4:08.07	48.61	350m:	5:40.16	44.23
	100m:	1:28.35	46.92	200m:	3:19.46	54.29	300m:	4:55.93	47.86	400m:	6:17.71	37.55
5.	RAML Wolfgang		71	Wiener Sport Club				<b>6:05.40</b>	517			
	50m:	37.71	37.71	150m:	2:11.51	50.98	250m:	3:53.28	51.26	350m:	5:26.19	40.97
	100m:	1:20.53	42.82	200m:	3:02.02	50.51	300m:	4:45.22	51.94	400m:	6:05.40	39.21
6.	KÜSTER Jürgen		57	SC Hakoah Wien				<b>6:49.39</b>	461			
	50m:	44.77	44.77	150m:	2:25.75	49.02	250m:	4:16.82	1:01.78	350m:	6:04.40	47.36
	100m:	1:36.73	51.96	200m:	3:15.04	49.29	300m:	5:17.04	1:00.22	400m:	6:49.39	44.99