

Qualifikationswettkampf zum Finale der ÖMMKW Schüler 2023 + Testschwimmen  
Telfs, 4.12.2022

Wettkampf 202 Männer, 400m Freistil Jahrgang 2010 und älter  
04.12.2022 Protokoll

Tiroler Rekord Allgemeine Klasse	3:51.92	GRIDLING Clemens	SU Hall	Int. Meeting Wien	28.11.2004
Tiroler Rekord AK 17/18	3:57.56	KURZ Luis	SC IKB	ÖKBM Graz	13.12.2019
Tiroler Rekord AK 15/16	3:59.61	GRÜNBERGER Robin	AUT	Länderkampf BHÖ, Dornbirn	14.12.2014

Punkte: FINA 2022

Rang									Zeit	Pkt.	
<b>Allgemeine Klasse</b>											
1.	Steinacher Julian	2006 Tiroler Wassersportverein								<b>4:48.15</b>	399
	50m: 30.88 30.88	150m: 1:42.69 36.37	250m: 2:56.99 37.52	350m: 4:12.47 37.57							
	100m: 1:06.32 35.44	200m: 2:19.47 36.78	300m: 3:34.90 37.91	400m: 4:48.15 35.68							
2.	Grießenböck Jonas	2008 SU citynet Hall in Tirol								<b>5:02.13</b>	346
	50m: 32.15 32.15	150m: 1:46.77 37.99	250m: 3:04.39 39.11	350m: 4:22.86 39.17							
	100m: 1:08.78 36.63	200m: 2:25.28 38.51	300m: 3:43.69 39.30	400m: 5:02.13 39.27							
3.	Neyer Niklas	2009 SC IKB Innsbruck								<b>5:19.93</b>	291
	50m: 34.57 34.57	150m: 1:53.85 39.81	250m: 3:15.92 41.08	350m: 4:38.61 40.30							
	100m: 1:14.04 39.47	200m: 2:34.84 40.99	300m: 3:58.31 42.39	400m: 5:19.93 41.32							
4.	Alfarei Peter	2009 SC IKB Innsbruck								<b>5:35.09</b>	254
	50m: 35.42 35.42	150m: 1:59.41 42.88	250m: 3:26.01 43.58	350m: 4:54.14 44.32							
	100m: 1:16.53 41.11	200m: 2:42.43 43.02	300m: 4:09.82 43.81	400m: 5:35.09 40.95							
5.	Fitz-Höfer Philip	2009 SU citynet Hall in Tirol								<b>5:53.91</b>	215
	50m: 38.16 38.16	150m: 2:06.61 45.28	250m: 3:37.94 45.36	350m: 5:10.56 46.31							
	100m: 1:21.33 43.17	200m: 2:52.58 45.97	300m: 4:24.25 46.31	400m: 5:53.91 43.35							
6.	Kohl Leo	2009 Tiroler Wassersportverein								<b>6:39.76</b>	149
	50m: 38.05 38.05	150m: 2:12.25 48.58	250m: 3:53.44 51.03	350m: 5:34.84 49.57							
	100m: 1:23.67 45.62	200m: 3:02.41 50.16	300m: 4:45.27 51.83	400m: 6:39.76 1:04.92							

**Jahrgang 2010**

1.	Grassl Benedikt	2010 SU citynet Hall in Tirol								<b>5:43.42</b>	236
	50m: 38.94 38.94	150m: 2:06.83 44.68	250m: 3:36.12 44.76	350m: 5:02.19 42.76							
	100m: 1:22.15 43.21	200m: 2:51.36 44.53	300m: 4:19.43 43.31	400m: 5:43.42 41.23							
2.	Pernhofer Laurenz	2010 SC Wörgl								<b>5:45.21</b>	232
	50m: 37.47 37.47	150m: 2:02.75 43.54	250m: 3:31.92 44.97	350m: 5:02.01 44.72							
	100m: 1:19.21 41.74	200m: 2:46.95 44.20	300m: 4:17.29 45.37	400m: 5:45.21 43.20							
3.	Schweiger Raphael	2010 SC IKB Innsbruck								<b>5:56.00</b>	211
	50m: 38.03 38.03	150m: 2:07.36 45.68	250m: 3:39.07 45.99	350m: 5:06.00 45.99							
	100m: 1:21.68 43.65	200m: 2:53.08 45.72	300m: 4:25.55 46.48	400m: 5:56.00 45.99							
4.	Becker Benjamin	2010 SU citynet Hall in Tirol								<b>6:18.93</b>	175
	50m: 42.52 42.52	150m: 2:18.37 49.08	250m: 3:58.08 49.54	350m: 5:34.81 47.50							
	100m: 1:29.29 46.77	200m: 3:08.54 50.17	300m: 4:47.31 49.23	400m: 6:18.93 44.12							
5.	Feichtner Jonas	2010 SC IKB Innsbruck								<b>6:24.54</b>	168
	50m: 40.60 40.60	150m: 2:17.44 49.21	250m: 3:56.34 49.36	350m: 5:37.50 50.30							
	100m: 1:28.23 47.63	200m: 3:06.98 49.54	300m: 4:47.20 50.86	400m: 6:24.54 47.04							
6.	Steger Philipp	2010 SC IKB Innsbruck								<b>7:42.86</b>	96
	50m: 51.21 51.21	150m: 2:51.06 1:01.04	250m: 4:50.32 59.51	350m: 6:43.05 53.98							
	100m: 1:50.02 58.81	200m: 3:50.81 59.75	300m: 5:49.07 58.75	400m: 7:42.86 59.81							