

Konkurencja 29
2023-11-11 - 18:08

Kobiet, 400m zmienny

20 lat i starsi
Wyniki

Punkty: World Aquatics Masters Points Table 2023

Pozycja			Wiek				Czas	Pkt.
Kat. 0 (20-24)								
1.	DENISIEWICZ Natalia		22	Niezrzeszeni			6:56.46	
	50m:	47.94	150m:	52.02	250m:	56.79	350m:	48.67
	100m:	54.98	200m:	53.06	300m:	57.84	400m:	45.16
Kat. A (25-29)								
1.	WI NIEWSKA Natalia		26	KS Warta Pozna			5:21.25	698
	50m:	31.92	150m:	42.06	250m:	42.93	350m:	40.46
	100m:	38.07	200m:	42.23	300m:	45.12	400m:	38.46
Kat. B (30-34)								
1.	KACZMAREK Magdalena		31	Landsberg Crew Gorzów Wlkp.			5:22.50	691
	<i>Wynik Lepszy od Rekordu Polski Masters</i>							
	50m:	33.70	150m:	42.60	250m:	44.32	350m:	38.06
	100m:	38.87	200m:	42.75	300m:	45.89	400m:	36.31
2.	KOWALI SKA Oriana		30	Masters Olsztyn			5:25.56	671
	50m:	33.32	150m:	44.37	250m:	47.17	350m:	37.33
	100m:	38.84	200m:	43.28	300m:	46.38	400m:	34.87
3.	WEJNEROWSKA Klaudia		30	Koszali skie TKKF			6:53.67	327
	50m:	46.53	150m:	55.33	250m:	56.85	350m:	45.86
	100m:	55.38	200m:	53.07	300m:	57.03	400m:	43.62
Kat. C (35-39)								
1.	KACZMAREK Agnieszka		38	Water Squad			5:54.20	565
	50m:	36.04	150m:	43.11	250m:	50.37	350m:	43.14
	100m:	43.64	200m:	45.33	300m:	52.36	400m:	40.21
2.	GUDANIEC Katarzyna		35	Koszali skie TKKF			6:15.14	476
	50m:	39.70	150m:	47.91	250m:	52.78	350m:	44.76
	100m:	45.35	200m:	47.67	300m:	53.80	400m:	43.17
3.	SINELNYK Anna		36	UKS REKIN Ozorków			6:53.48	355
	50m:	43.43	150m:	50.19	250m:	58.19	350m:	49.79
	100m:	54.66	200m:	50.49	300m:	58.02	400m:	48.71
4.	LARA Anna		38	Niezrzeszeni			7:17.17	301
	50m:	51.94	150m:	2:08.50	250m:	54.45	400m:	44.53
	100m:	57.90	200m:	54.93	350m:	44.92		
Kat. D (40-44)								
1.	MRÓZ Edyta		44	UKS WODNIK 29 Katowice			6:28.38	465
	50m:	43.45	150m:	49.81	250m:	56.93	350m:	41.55
	100m:	49.21	200m:	49.41	300m:	56.82	400m:	41.20
2.	KIJANKA Izabela		41	Koszali skie TKKF			6:36.59	436
	50m:	44.40	150m:	53.69	250m:	52.93	350m:	46.58
	100m:	52.25	200m:	51.15	300m:	53.53	400m:	42.06
3.	BOŁTU Małgorzata		40	Niezrzeszeni			6:57.49	374
	50m:	49.52	150m:	54.88	250m:	56.91	350m:	45.64
	100m:	55.49	200m:	53.47	300m:	57.38	400m:	44.20
4.	DUSZA Agnieszka		40	Swim Club Masters I za			7:06.18	352
	50m:	49.41	150m:	1:48.24	300m:	58.13	400m:	44.89
	100m:	59.85	250m:	56.99	350m:	48.67		

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Kat. E (45-49)

1. KLUSEK Maja	48	MUKS Zgierz	6:30.86	453
50m: 40.98	150m: 250m: 54.89	350m: 45.18		
100m: 47.11	200m: 300m: 54.02	400m: 41.98		
2. KLARECKA Monika	46	MUKS Zgierz	7:53.62	255
50m: 55.73	150m: 1:03.60	250m: 1:04.34	350m: 50.78	
100m: 1:03.95	200m: 1:02.00	300m: 1:03.73	400m: 49.49	

Kat. F (50-54)

1. WO NIAK Dorota	50	MASTERS Zdzeszowice	6:36.95	481
50m: 44.26	150m: 49.69	300m: 1:55.50	400m: 42.88	
100m: 50.68	200m: 49.00	350m: 44.94		
2. WYPYCH-STASZEWSKA Izabela	53	MUKS Zgierz	7:12.05	373
50m: 45.72	200m: 2:46.42	250m: 1:00.69	300m: 1:01.15	350m: 50.56
			400m: 47.51	
3. STANKIEWICZ-MAJKOWSKA Joanna	51	Koszali skie TKKF	7:48.60	292
50m: 50.79	150m: 59.26	250m: 1:00.93	350m: 1:01.52	
100m: 1:00.00	200m: 58.12	300m: 1:00.82	400m: 57.16	

Kat. H (60-64)

1. GUDANIEC Dorota	63	Koszali skie TKKF	7:27.33	428
50m: 49.86	150m: 55.02	250m: 1:03.50	350m: 50.64	
100m: 59.34	200m: 55.16	300m: 1:04.88	400m: 48.93	
2. PUTOWSKA Małgorzata	61	UKS Cityzen Pozna	8:32.64	284
50m: 58.16	150m: 1:04.75	250m: 1:08.10	350m: 1:01.29	
100m: 1:10.93	200m: 1:04.29	300m: 1:05.35	400m: 59.77	