

Zimowe Mistrzostwa Polski OPEN Masters 2009
Lublin, 14. - 15.11.2009

Konkurencja 11
2009-11-14 - 11:52

Kobiet, 400m zmienny

25 lat i starsi
Wyniki

Punkty: DSV Masters 04

Pozycja			Wiek					Czas	Pkt.
40 - 44 lat									
1.	GO•DZIEJEWSKA Anna		42	Kormoran Olsztyn				6:40.37	502
	50m:	46.80 46.80	150m:	2:31.38 51.82	250m:	4:15.96 54.04	350m:	5:55.74 45.58	
	100m:	1:39.56 52.76	200m:	3:21.92 50.54	300m:	5:10.16 54.20	400m:	6:40.37 44.63	
2.	STOBNICKA Justyna		40	WMT Warszawa				7:09.25	407
	50m:	46.51 46.51	150m:	2:40.23 59.78	250m:	4:35.31 57.47	350m:	6:22.31 50.01	
	100m:	1:40.45 53.94	200m:	3:37.84 57.61	300m:	5:32.30 56.99	400m:	7:09.25 46.94	
45 - 49 lat									
1.	RADKOWIAK Danuta		49	Masters Gdynia				8:28.19	309
	50m:	56.38 56.38	150m:	3:14.23 1:12.39	250m:	5:29.33 1:02.29	350m:	7:31.98 59.41	
	100m:	2:01.84 1:05.46	200m:	4:27.04 1:12.81	300m:	6:32.57 1:03.24	400m:	8:28.19 56.21	
2.	KARAOE Beata		47	Victory Masters Elbl ¹ g				8:29.46	306
	50m:	52.93 52.93	150m:	3:00.50 1:10.22	250m:	5:27.93 1:17.92	350m:	7:38.85 55.32	
	100m:	1:50.28 57.35	200m:	4:10.01 1:09.51	300m:	6:43.53 1:15.60	400m:	8:29.46 50.61	
55 - 59 lat									
1.	CHOMICKA Barbara		57	Masters Gdynia				9:12.33	300
	50m:	1:00.24 1:00.24	150m:	3:20.32 1:10.05	250m:	5:43.33 1:12.13	350m:	8:03.88 1:08.91	
	100m:	2:10.27 1:10.03	200m:	4:31.20 1:10.88	300m:	6:54.97 1:11.64	400m:	9:12.33 1:08.45	