

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

Konkurencja 39
2009-11-15 - 11:55

Kobiet, 400m dowolny

25 lat i starsi
Wyniki

Punkty: DSV Masters 04

Pozycja			Wiek			Czas	Pkt.	
25 - 29 lat								
1.	NOWAK Monika		28	AZS AWF Katowice		5:21.72	565	
	50m:	35.50 35.50	150m:	1:53.48 39.70	250m:	3:16.00 41.53	350m:	4:40.58 42.52
	100m:	1:13.78 38.28	200m:	2:34.47 40.99	300m:	3:58.06 42.06	400m:	5:21.72 41.14
30 - 34 lat								
1.	DOBCZYŃSKA Katarzyna		32	Warszawa		7:12.26	238	
	50m:	47.74 47.74	150m:	2:37.29 55.20	250m:	4:28.43 55.29	350m:	6:18.32 54.81
	100m:	1:42.09 54.35	200m:	3:33.14 55.85	300m:	5:23.51 55.08	400m:	7:12.26 53.94
35 - 39 lat								
1.	SOŁTYK Judyta		35	AZS Almamery Warszawa		5:17.19	602	
	50m:	35.67 35.67	150m:	1:53.39 39.67	250m:	3:14.85 40.77	350m:	4:37.10 41.05
	100m:	1:13.72 38.05	200m:	2:34.08 40.69	300m:	3:56.05 41.20	400m:	5:17.19 40.09
2.	KIJEWSKA Iwona		39	Salos Cortile Kielce		6:05.86	392	
	50m:	41.84 41.84	150m:	2:13.90 46.34	250m:	3:47.84 47.09	350m:	5:22.04 47.09
	100m:	1:27.56 45.72	200m:	3:00.75 46.85	300m:	4:34.95 47.11	400m:	6:05.86 43.82
3.	KOWALCZYK Anna		37	Masters WOPR Kędzierzyn Koźle		6:15.10	364	
	50m:	39.22 39.22	150m:	2:10.16 46.65	250m:	3:47.47 49.05	350m:	5:26.68 49.44
	100m:	1:23.51 44.29	200m:	2:58.42 48.26	300m:	4:37.24 49.77	400m:	6:15.10 48.42
4.	ORACZ Marta		38	Weteran Zabrze		6:40.48	299	
	50m:	46.73 46.73	150m:	2:30.83 52.76	250m:	4:12.25 50.76	350m:	5:52.39 50.10
	100m:	1:38.07 51.34	200m:	3:21.49 50.66	300m:	5:02.29 50.04	400m:	6:40.48 48.09
5.	BIEŃKOWSKA Lucyna		38	TP Masters UBOT Kędzierzyn Koźle		7:45.95	189	
	50m:	50.03 50.03	150m:	2:42.90 57.33	250m:	4:41.89 59.62	350m:	6:45.32 1:01.78
	100m:	1:45.57 55.54	200m:	3:42.27 59.37	300m:	5:43.54 1:01.65	400m:	7:45.95 1:00.63
40 - 44 lat								
1.	DULEVICIENE Jolanta		42	Takas Kaunas		5:04.80	710	
	50m:	35.13 35.13	150m:	1:50.95 38.35	250m:	3:08.65 38.86	350m:	4:27.04 39.17
	100m:	1:12.60 37.47	200m:	2:29.79 38.84	300m:	3:47.87 39.22	400m:	5:04.80 37.76
2.	SIKORSKA Ma ³ gorzata		43	AZS WSG Astoria Bydgoszcz		5:43.89	495	
	50m:	39.84 39.84	150m:	2:06.90 43.61	250m:	3:34.09 43.27	350m:	5:01.44 43.90
	100m:	1:23.29 43.45	200m:	2:50.82 43.92	300m:	4:17.54 43.45	400m:	5:43.89 42.45
3.	GO•DZIEJEWSKA Anna		42	Kormoran Olsztyn		5:55.04	449	
	50m:	38.73 38.73	150m:	2:06.04 44.36	250m:	3:37.06 45.94	350m:	5:10.06 46.22
	100m:	1:21.68 42.95	200m:	2:51.12 45.08	300m:	4:23.84 46.78	400m:	5:55.04 44.98
4.	PETECKA Maria		42	Motyl Senior MOSiR Stalowa Wola		6:15.66	379	
	50m:	39.74 39.74	150m:	2:13.14 48.10	250m:	3:51.97 49.39	350m:	5:31.23 49.93
	100m:	1:25.04 45.30	200m:	3:02.58 49.44	300m:	4:41.30 49.33	400m:	6:15.66 44.43
45 - 49 lat								
1.	MACIEJOWSKA Anna		49	Sopot Masters		6:02.04	529	
	50m:	38.94 38.94	150m:	2:09.58 45.91	250m:	3:42.98 46.72	350m:	5:17.77 47.64
	100m:	1:23.67 44.73	200m:	2:56.26 46.68	300m:	4:30.13 47.15	400m:	6:02.04 44.27
2.	KARACE Beata		47	Victory Masters Elbląg		7:01.72	335	
	50m:	49.36 49.36	150m:	2:35.06 53.21	250m:	4:23.92 54.89	350m:	6:12.30 53.68
	100m:	1:41.85 52.49	200m:	3:29.03 53.97	300m:	5:18.62 54.70	400m:	7:01.72 49.42

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Konkurencja 39, Kobiet, 400m dowolny, 45 - 49 lat

Pozycja			Wiek				Czas		Pkt.
3.	KOZAK Jolanta		48 Takas Kaunas				9:00.32		159
	50m:	57.53 57.53	150m:	3:13.94 1:08.83	250m:	5:32.00 1:08.81	350m:	7:54.63 1:10.69	
	100m:	2:05.11 1:07.58	200m:	4:23.19 1:09.25	300m:	6:43.94 1:11.94	400m:	9:00.32 1:05.69	

50 - 54 lat

1.	SZAŁA Ewa		50 Start Poznań				6:15.44		558
	50m:	39.90 39.90	150m:	2:16.24 48.79	250m:	3:53.86 48.80	350m:	5:30.52 48.05	
	100m:	1:27.45 47.55	200m:	3:05.06 48.82	300m:	4:42.47 48.61	400m:	6:15.44 44.92	

55 - 59 lat

1.	RAINKO Kazimiera		55 Masters Białyystok				7:24.48		422
	50m:	48.79 48.79	150m:	2:40.64 56.69	250m:	4:33.91 57.03	350m:	6:30.52 58.13	
	100m:	1:43.95 55.16	200m:	3:36.88 56.24	300m:	5:32.39 58.48	400m:	7:24.48 53.96	
2.	PAWLAK Lubow		55 Zgiersko - Łęczyskie WOPR				7:30.85		404
	50m:	48.22 48.22	150m:	2:38.52 56.67	250m:	4:34.97 57.90	350m:	6:32.20 58.31	
	100m:	1:41.85 53.63	200m:	3:37.07 58.55	300m:	5:33.89 58.92	400m:	7:30.85 58.65	

60 - 64 lat

1.	SZEMBERG Anna		60 WMT Warszawa				7:23.28		467
	<i>Rekord Polski</i>								
	50m:	49.28 49.28	150m:	2:43.21 59.00	250m:	4:37.55 56.55	350m:	6:30.72 56.40	
	100m:	1:44.21 54.93	200m:	3:41.00 57.79	300m:	5:34.32 56.77	400m:	7:23.28 52.56	
2.	MLECZKO Maria		63 KS TS Masters Wisła Kraków				10:25.80		166
	50m:	1:09.80 1:09.80	150m:	3:45.38 1:18.33	250m:	6:23.93 1:19.95	350m:	9:06.53 1:20.46	
	100m:	2:27.05 1:17.25	200m:	5:03.98 1:18.60	300m:	7:46.07 1:22.14	400m:	10:25.80 1:19.27	