

Mistrzostwa Polski Masters
Gliwice, 7. - 9.5.2010

Konkurencja 37
2010-05-09 - 12:00

Kobiet, 400m dowolny

25 lat i starsi
Wyniki

Punkty: DSV Masters 04

Pozycja			Wiek					Czas	Pkt.	
25 - 29 lat										
1.	GAPIŃSKA, Agnieszka		26	Ć.E.U.K.S. Polna Warszawa				5:22.81	559	
	50m:	37.92 37.92	150m:	1:59.72	41.66	250m:	3:22.68	41.46	350m:	4:45.57 40.74
	100m:	1:18.06 40.14	200m:	2:41.22	41.50	300m:	4:04.83	42.15	400m:	5:22.81 37.24
2.	NOWAK, Monika		29	AWF K-ce				5:39.13	482	
	50m:	36.91 36.91	150m:	1:59.36	41.86	250m:	3:24.70	43.10	350m:	4:53.93 44.78
	100m:	1:17.50 40.59	200m:	2:41.60	42.24	300m:	4:09.15	44.45	400m:	5:39.13 45.20
30 - 34 lat										
1.	MICHALIK, Dominika		31	Masters Bia³ystok				5:30.66	533	
	<i>Rekord Polski kat. 30-34 lat</i>									
	50m:	37.18 37.18	150m:	2:00.02	41.94	250m:	3:25.13	42.41	350m:	4:50.32 42.00
	100m:	1:18.08 40.90	200m:	2:42.72	42.70	300m:	4:08.32	43.19	400m:	5:30.66 40.34
2.	GORGOWICZ, Ewa		30	Masters WOPR Kêdzierzyn-KoŸle				6:18.97	354	
	50m:	40.07 40.07	150m:	2:12.62	47.25	250m:	3:50.75	49.53	350m:	5:30.02 49.94
	100m:	1:25.37 45.30	200m:	3:01.22	48.60	300m:	4:40.08	49.33	400m:	6:18.97 48.95
3.	SIKACZ, Hanna		31	Redeco Wroc³aw				6:22.74	343	
	50m:	44.80 44.80	150m:	2:24.69	50.65	250m:	4:04.03	48.72	350m:	5:39.34 47.29
	100m:	1:34.04 49.24	200m:	3:15.31	50.62	300m:	4:52.05	48.02	400m:	6:22.74 43.40
35 - 39 lat										
1.	ORACZ, Marta		39	TP Weteran Zabrze				6:32.69	317	
	50m:	45.25 45.25	150m:	2:24.70	50.23	250m:	4:04.92	49.66	350m:	5:44.90 49.64
	100m:	1:34.47 49.22	200m:	3:15.26	50.56	300m:	4:55.26	50.34	400m:	6:32.69 47.79
2.	KOWALCZYK, Anna		38	Masters WOPR Kêdzierzyn-KoŸle				6:38.82	302	
	50m:	42.23 42.23	150m:	2:21.60	50.35	250m:	4:05.71	52.42	350m:	5:50.52 52.04
	100m:	1:31.25 49.02	200m:	3:13.29	51.69	300m:	4:58.48	52.77	400m:	6:38.82 48.30
40 - 44 lat										
1.	SERBIN, Ma³gorzata		44	MKP Szczecin				5:22.33	601	
	50m:	36.86 36.86	150m:	1:59.01	41.51	250m:	3:22.35	41.80	350m:	4:44.31 40.49
	100m:	1:17.50 40.64	200m:	2:40.55	41.54	300m:	4:03.82	41.47	400m:	5:22.33 38.02
2.	GO•DZIEJEWSKA, Anna		43	Kormoran Olsztyn				6:07.71	404	
	50m:	39.24 39.24	150m:	2:10.02	46.17	250m:	3:45.98	48.77	350m:	5:21.66 47.67
	100m:	1:23.85 44.61	200m:	2:57.21	47.19	300m:	4:33.99	48.01	400m:	6:07.71 46.05
3.	JASKULSKA, Dorota		41	TP "UBOT" K-KoŸle				6:38.34	318	
	50m:	42.51 42.51	150m:	2:22.67	51.27	250m:	4:05.89	51.99	350m:	5:50.49 52.18
	100m:	1:31.40 48.89	200m:	3:13.90	51.23	300m:	4:58.31	52.42	400m:	6:38.34 47.85
45 - 49 lat										
1.	KOTECKA, ANNA		45	Ks Warta Poznañ				6:36.89	402	
	50m:	41.73 41.73	150m:	2:18.61	49.95	250m:	4:03.06	52.55	350m:	5:47.51 52.47
	100m:	1:28.66 46.93	200m:	3:10.51	51.90	300m:	4:55.04	51.98	400m:	6:36.89 49.38
2.	KARACE, Beata		48	Victory Masters Elbl¹g				7:07.83	321	
	50m:	49.17 49.17	150m:	2:39.03	56.66	250m:	4:29.36	54.91	350m:	6:17.29 53.96
	100m:	1:42.37 53.20	200m:	3:34.45	55.42	300m:	5:23.33	53.97	400m:	7:07.83 50.54
3.	TROCHIM, Beata		47	WOPR Warszawa				8:13.23	209	
	50m:	52.40 52.40	150m:	2:58.96	1:04.81	250m:	5:04.53	1:03.44	350m:	7:13.78 1:05.57
	100m:	1:54.15 1:01.75	200m:	4:01.09	1:02.13	300m:	6:08.21	1:03.68	400m:	8:13.23 59.45

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Gliwice, 7. - 9.5.2010

Konkurencja 37, Kobiet, 400m dowolny, 45 - 49 lat

Pozycja									Wiek									Czas	Pkt.
4.	JANISZEWSKA, Urszula								46	Zgiersko-Łęczycki WOPR								8:31.39	188
	50m:	57.20	57.20	150m:	3:06.61	1:05.39	250m:	5:19.53	1:06.20	350m:	7:31.21	1:04.51							
	100m:	2:01.22	1:04.02	200m:	4:13.33	1:06.72	300m:	6:26.70	1:07.17	400m:	8:31.39	1:00.18							

50 - 54 lat

1.	SZYMCZAK, Maja								52	Redeco Wroc ³ aw								6:06.63	599
	50m:	40.61	40.61	150m:	2:14.85	48.34	250m:	3:50.62	47.32	350m:	5:23.91	45.92							
	100m:	1:26.51	45.90	200m:	3:03.30	48.45	300m:	4:37.99	47.37	400m:	6:06.63	42.72							
2.	SZAŁA, Ewa								51	SSI Start Poznań								6:21.57	531
	50m:	40.26	40.26	150m:	2:17.52	49.50	250m:	3:56.96	49.79	350m:	5:35.59	48.77							
	100m:	1:28.02	47.76	200m:	3:07.17	49.65	300m:	4:46.82	49.86	400m:	6:21.57	45.98							
3.	WAWER, Matylda								50	WOPR Warszawa								7:46.30	291
	50m:	46.58	46.58	150m:	2:44.23	1:00.57	250m:	4:46.38	1:01.27	350m:	6:49.60	1:01.42							
	100m:	1:43.66	57.08	200m:	3:45.11	1:00.88	300m:	5:48.18	1:01.80	400m:	7:46.30	56.70							

55 - 59 lat

1.	KURYŁOWICZ, MONIKA								55	UCSiR Warszawa								6:47.66	547
	50m:	45.59	45.59	150m:	2:30.95	52.96	250m:	4:16.00	52.52	350m:	6:01.38	52.17							
	100m:	1:37.99	52.40	200m:	3:23.48	52.53	300m:	5:09.21	53.21	400m:	6:47.66	46.28							

60 - 64 lat

1.	SZEMBERG, Anna								61	Warsaw Masters Team								7:49.00	395
	50m:	50.15	50.15	150m:	2:49.11	59.70	250m:	4:50.62	59.78	350m:	6:54.21	1:01.10							
	100m:	1:49.41	59.26	200m:	3:50.84	1:01.73	300m:	5:53.11	1:02.49	400m:	7:49.00	54.79							
2.	YLIENE, Aleksandra								62	Takas Kaunas								8:13.08	340
	50m:	52.74	52.74	150m:	2:58.03	1:03.35	250m:	5:04.22	1:03.48	350m:	7:12.66	1:04.70							
	100m:	1:54.68	1:01.94	200m:	4:00.74	1:02.71	300m:	6:07.96	1:03.74	400m:	8:13.08	1:00.42							
3.	KRACENIEWSKA, Alina								60	WOPR Warszawa								9:14.35	239
	50m:	59.11	59.11	150m:	3:18.70	1:11.93	250m:	5:43.46	1:11.49	350m:	8:06.06	1:11.58							
	100m:	2:06.77	1:07.66	200m:	4:31.97	1:13.27	300m:	6:54.48	1:11.02	400m:	9:14.35	1:08.29							