



Istniejemy
dla Was od 50 lat!



Zimowe Mistrzostwa Polski w Pływaniu w kategorii Masters
Olsztyn, 21- - 23-10-2016

Konkurencja 32
2016-10-22 - 19:12

Kobiet, 400m zmienny

20 - 94 lat
Wyniki

Punkty: FINA 2016

miejsce	klub	rok ur.	Czas	Pkt.
KAT.0, 20-24 lat				
1.	MACIUPA Kinga	94 Swimming Masters Team Szczecin	5:30.06	485
	50m: 32.52 32.52	150m: 1:54.95 43.62	250m: 3:24.88 47.68	350m: 4:52.24 39.88
	100m: 1:11.33 38.81	200m: 2:37.20 42.25	300m: 4:12.36 47.48	400m: 5:30.06 37.82
KAT.A, 25-29 lat				
1.	ZALESKA Anna	88 AQUASFERA Masters Olsztyn	5:45.22	424
	50m: 35.43 35.43	150m: 2:02.90 46.22	250m: 3:38.28 49.95	350m: 5:07.87 39.78
	100m: 1:16.68 41.25	200m: 2:48.33 45.43	300m: 4:28.09 49.81	400m: 5:45.22 37.35
2.	BARTNIKOWSKA Agnieszka	90 ORS Opole	5:51.57	401
	50m: 39.71 39.71	150m: 2:11.28 44.77	250m: 3:45.57 49.56	350m: 5:15.16 40.06
	100m: 1:26.51 46.80	200m: 2:56.01 44.73	300m: 4:35.10 49.53	400m: 5:51.57 36.41
3.	KOSTYRA Agnieszka	90 Zawodnik Niezrzeszony	6:39.45	274
	50m: 42.38 42.38	150m: 2:27.02 50.13	250m: 4:08.52 54.76	350m: 5:52.78 48.99
	100m: 1:36.89 54.51	200m: 3:13.76 46.74	300m: 5:03.79 55.27	400m: 6:39.45 46.67
KAT.B, 30-34 lat				
1.	WALENTA Katarzyna	85 Toru Multisport Team	5:45.59	423
	50m: 36.46 36.46	150m: 2:02.93 45.12	250m: 3:34.72 48.14	350m: 5:05.23 41.75
	100m: 1:17.81 41.35	200m: 2:46.58 43.65	300m: 4:23.48 48.76	400m: 5:45.59 40.36
2.	SZULC Helena	86 Swimming Masters Team Szczecin	6:18.90	321
	50m: 41.12 41.12	150m: 2:19.50 48.40	250m: 3:59.39 53.55	350m: 5:37.50 44.50
	100m: 1:31.10 49.98	200m: 3:05.84 46.34	300m: 4:53.00 53.61	400m: 6:18.90 41.40
3.	JAHNZ Karolina	84 KS Rekin wiebodzice	6:35.71	281
	50m: 44.62 44.62	150m: 2:25.77 49.07	250m: 4:10.15 55.15	350m: 5:52.36 46.47
	100m: 1:36.70 52.08	200m: 3:15.00 49.23	300m: 5:05.89 55.74	400m: 6:35.71 43.35
4.	VAUPSAITE Egle	86 Klaipeda Swimming Club	6:44.58	263
	50m: 46.14 46.14	150m: 2:35.11 54.85	250m: 4:19.56 51.33	350m: 6:00.10 48.31
	100m: 1:40.26 54.12	200m: 3:28.23 53.12	300m: 5:11.79 52.23	400m: 6:44.58 44.48
5.	OMELCENKO Oksana	83 Klaipeda Swimming Club	6:45.22	262
	50m: 46.47 46.47	150m: 2:34.01 53.00	250m: 4:23.69 54.94	350m: 6:03.84 46.73
	100m: 1:41.01 54.54	200m: 3:28.75 54.74	300m: 5:17.11 53.42	400m: 6:45.22 41.38
6.	BOŁTU Małgorzata	83 Redeco Wrocław	7:12.34	216
	50m: 49.00 49.00	150m: 2:40.85 54.62	250m: 4:36.68 59.76	350m: 6:26.46 47.68
	100m: 1:46.23 57.23	200m: 3:36.92 56.07	300m: 5:38.78 1:02.10	400m: 7:12.34 45.88
KAT.C, 35-39 lat				
1.	DUDA Anna	81 RMKS Rybnik	5:52.24	399
	50m: 36.22 36.22	150m: 2:06.82 48.45	250m: 3:44.74 50.38	350m: 5:16.38 40.00
	100m: 1:18.37 42.15	200m: 2:54.36 47.54	300m: 4:36.38 51.64	400m: 5:52.24 35.86
2.	EMILIA Sopoli ska	80 Swimmers St. Pływackie	8:06.31	151
	50m: 58.28 58.28	150m: 3:11.89 1:07.19	250m: 5:21.67 1:03.38	350m: 7:15.57 52.25
	100m: 2:04.70 1:06.42	200m: 4:18.29 1:06.40	300m: 6:23.32 1:01.65	400m: 8:06.31 50.74



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Konkurencja 32, Kobiet, 400m zmienny

KAT.D, 40-44 lat

1. SMIRNOVA SVETLANA	75	105 ELEMENT DUBNA	6:54.14	245
50m: 45.63 45.63	150m: 2:34.59 54.32	250m: 4:23.89 55.71	350m: 6:08.94 48.83	
100m: 1:40.27 54.64	200m: 3:28.18 53.59	300m: 5:20.11 56.22	400m: 6:54.14 45.20	
2. STANKIEWICZ - MAJKOWSKA Joan	72	TKKF Koszalin Masters	7:23.34	200
50m: 51.98 51.98	150m: 2:47.91 56.68	250m: 4:39.32 56.54	350m: 6:32.30 53.74	
100m: 1:51.23 59.25	200m: 3:42.78 54.87	300m: 5:38.56 59.24	400m: 7:23.34 51.04	

KAT.E, 45-49 lat

1. GO DZIEJEWSKA Anna	67	AQUASFERA Masters Olsztyn	6:51.30	251
50m: 48.52 48.52	150m: 2:35.07 52.73	250m: 4:23.76 56.44	350m: 6:07.27 46.39	
100m: 1:42.34 53.82	200m: 3:27.32 52.25	300m: 5:20.88 57.12	400m: 6:51.30 44.03	
2. SZYDŁO Agata	69	Redeco Wrocław	7:47.88	170
50m: 54.86 54.86	150m: 2:58.46 1:01.81	250m: 5:01.59 59.79	350m: 6:55.65 53.60	
100m: 1:56.65 1:01.79	200m: 4:01.80 1:03.34	300m: 6:02.05 1:00.46	400m: 7:47.88 52.23	

KAT.F, 50-54 lat

1. AIDA VILIMIENE	62	NENDRE KLAIPEDA	6:23.28	310
50m: 41.19 41.19	150m: 2:21.30 51.33	250m: 4:04.45 53.64	350m: 5:41.98 43.66	
100m: 1:29.97 48.78	200m: 3:10.81 49.51	300m: 4:58.32 53.87	400m: 6:23.28 41.30	
2. WYSOCKA Klaudia	66	Masters Korona Kraków	6:24.84	306
50m: 39.12 39.12	150m: 2:14.97 51.51	250m: 4:00.47 55.23	350m: 5:41.27 44.88	
100m: 1:23.46 44.34	200m: 3:05.24 50.27	300m: 4:56.39 55.92	400m: 6:24.84 43.57	
3. PUTOWSKA Małgorzata	62	KS Warta Pozna	8:26.36	134
50m: 55.30 55.30	150m: 3:09.99 1:02.69	250m: 5:22.16 1:09.80	350m: 7:29.44 57.38	
100m: 2:07.30 1:12.00	200m: 4:12.36 1:02.37	300m: 6:32.06 1:09.90	400m: 8:26.36 56.92	

KAT.G, 55-59 lat

1. SZAŁA Ewa	59	Steeff Wrocław	6:29.52	295
50m: 42.51 42.51	150m: 2:23.15 48.83	250m: 4:05.30 54.26	350m: 5:45.54 45.35	
100m: 1:34.32 51.81	200m: 3:11.04 47.89	300m: 5:00.19 54.89	400m: 6:29.52 43.98	
2. GUDANIEC Dorota	60	TKKF Koszalin Masters	7:23.21	200
50m: 49.05 49.05	150m: 2:43.46 55.63	250m: 4:40.97 1:01.47	350m: 6:34.00 50.90	
100m: 1:47.83 58.78	200m: 3:39.50 56.04	300m: 5:43.10 1:02.13	400m: 7:23.21 49.21	
3. D BROWSKA Zofia	58	Sikret Gliwice	9:06.17	107
50m: 1:00.12 1:00.12	150m: 4:47.31	250m: 5:56.81 1:09.50	350m: 8:07.95 1:02.78	
100m:	200m:	300m: 7:05.17 1:08.36	400m: 9:06.17 58.22	

KAT.I, 65-69 lat

1. ŁUTOWICZ Maria	50	TS Olimpia Pozna	8:33.50	129
50m: 1:00.99 1:00.99	150m: 3:22.39 1:09.77	250m: 5:39.27 1:09.60	350m: 7:44.21 53.98	
100m: 2:12.62 1:11.63	200m: 4:29.67 1:07.28	300m: 6:50.23 1:10.96	400m: 8:33.50 49.29	