

Event 31
 14.05.2023 - 12:14

Women, 400m Freestyle

 20 years and older
 Results

Points: FINA Master 2023

Rank			Age					Time	Pts
Kategoria "A" 25-29									
1.	NOWAK Sonia		27	UKS TROJKA Czestochowa				5:04.42	592
	50m:	36.58	36.58	150m:	1:53.90	38.74	250m:	3:11.30	38.65
	100m:	1:15.16	38.58	200m:	2:32.65	38.75	300m:	3:49.64	38.34
							350m:	4:27.92	38.28
							400m:	5:04.42	36.50
Kategoria "B" 30-34									
1.	DOLINSKA Aneta		33	Water Squad Warszawa				5:53.37	373
	50m:	37.94	37.94	150m:	2:05.57	44.57	250m:	3:37.66	46.28
	100m:	1:21.00	43.06	200m:	2:51.38	45.81	300m:	4:24.04	46.38
							350m:	5:09.59	45.55
							400m:	5:53.37	43.78
Kategoria "C" 35-39									
1.	JASIK Agata		39	JK TEAM Krakow				6:25.14	316
	50m:	40.10	40.10	150m:	2:13.60	48.31	250m:	3:54.28	50.54
	100m:	1:25.29	45.19	200m:	3:03.74	50.14	300m:	4:45.29	51.01
							350m:	5:37.09	51.80
							400m:	6:25.14	48.05
Kategoria "D" 40-44									
1.	MICHALIK Dominika		44	MKS JUVENIA Bialystok				5:07.19	618
	50m:	35.41	35.41	150m:	1:53.52	39.11	250m:	3:11.91	39.33
	100m:	1:14.41	39.00	200m:	2:32.58	39.06	300m:	3:50.74	38.83
							350m:	4:29.47	38.73
							400m:	5:07.19	37.72
2.	DUSZA Agnieszka		40	Swim Club Masters Sleza				6:08.92	357
	50m:	39.68	39.68	150m:	2:12.16	47.07	250m:	3:47.69	47.69
	100m:	1:25.09	45.41	200m:	3:00.00	47.84	300m:	4:35.36	47.67
							350m:	5:23.16	47.80
							400m:	6:08.92	45.76
3.	MOISEIENKO Kateryna		44	Zawodnik Niezrzeszony Bielsko				8:58.11	115
	50m:	51.50	51.50	150m:	3:03.98	1:08.75	250m:	5:27.35	1:12.51
	100m:	1:55.23	1:03.73	200m:	4:14.84	1:10.86	300m:	6:39.56	1:12.21
							350m:	7:50.81	1:11.25
							400m:	8:58.11	1:07.30
Kategoria "E" 45-49									
1.	KLARECKA Monika		46	MUKS Zgierz				6:54.27	261
	50m:	44.36	44.36	150m:	2:27.77	53.17	250m:	4:15.05	53.85
	100m:	1:34.60	50.24	200m:	3:21.20	53.43	300m:	5:08.64	53.59
							350m:	6:03.07	54.43
							400m:	6:54.27	51.20
Kategoria "F" 50-54									
1.	SULEWSKA Beata		51	WETERAN Zabrze				5:09.23	694
	50m:	36.22	36.22	150m:	1:53.10	38.78	250m:	3:12.40	39.67
	100m:	1:14.32	38.10	200m:	2:32.73	39.63	300m:	3:52.06	39.66
							350m:	4:31.65	39.59
							400m:	5:09.23	37.58
Kategoria "G" 55-59									
1.	KOTECKA Anna		58	KS Warta Poznan				6:27.36	367
	50m:	43.18	43.18	150m:	2:19.21	48.89	250m:	3:59.74	50.76
	100m:	1:30.32	47.14	200m:	3:08.98	49.77	300m:	4:49.69	49.95
							350m:	5:38.92	49.23
							400m:	6:27.36	48.44
Kategoria "H" 60-64									
1.	SZALA Ewa		64	KS Warta Poznan				6:05.48	493
	50m:	41.37	41.37	150m:	2:14.15	46.61	250m:	3:47.46	46.61
	100m:	1:27.54	46.17	200m:	3:00.85	46.70	300m:	4:33.87	46.41
							350m:	5:20.03	46.16
							400m:	6:05.48	45.45



Event 31, Women, 400m Freestyle, Kategoria "H" 60-64

Rank									Age									Time	Pts					
2.	ORLEWICZ- MUSIAL Malgorzata								63	KS Korona 1919 Krakow								8:37.87	173					
	50m:	55.06	55.06	150m:	3:03.78	1:04.48	250m:	5:15.01	1:05.82	350m:	7:29.65	1:07.00	100m:	1:59.30	1:04.24	200m:	4:09.19	1:05.41	300m:	6:22.65	1:07.64	400m:	8:37.87	1:08.22

Kategoria "I" 65-69

1.	RUPP Ewa								67	IKS Druga Strona Sportu Krakow								8:50.51	184					
	50m:	58.62	58.62	150m:	3:11.42	1:08.84	250m:	5:25.93	1:07.38	350m:	7:42.67	1:07.97	100m:	2:02.58	1:03.96	200m:	4:18.55	1:07.13	300m:	6:34.70	1:08.77	400m:	8:50.51	1:07.84
2.	BENOVA Dana								67	PK Masters Usti nad Labem								9:36.59	143					
	50m:	1:02.77	1:02.77	150m:	3:30.19	1:15.12	250m:	5:59.28	1:13.62	350m:	8:27.23	1:14.05	100m:	2:15.07	1:12.30	200m:	4:45.66	1:15.47	300m:	7:13.18	1:13.90	400m:	9:36.59	1:09.36

Kategoria "J" 70-74

1.	ZYLINSKA Teresa								73	WETERAN Zabrze								9:35.50	186					
	50m:	1:01.64	1:01.64	150m:	3:27.23	1:14.65	250m:	5:55.29	1:14.04	350m:	8:23.49	1:13.46	100m:	2:12.58	1:10.94	200m:	4:41.25	1:14.02	300m:	7:10.03	1:14.74	400m:	9:35.50	1:12.01

Kategoria "K" 75-79

1.	LIPPA Maria								77	Akademia Aktywnego Seniora 60+								13:38.27	91					
	50m:	1:29.35	1:29.35	150m:	4:59.39	1:46.50	250m:	8:27.03	1:43.83	350m:	11:56.55	1:46.33	100m:	3:12.89	1:43.54	200m:	6:43.20	1:43.81	300m:	10:10.22	1:43.19	400m:	13:38.27	1:41.72