

Pływacki Łom img, Puchar Polski Masters
Łom a, 7.10.2023

Konkurencja 1
07.10.2023 - 14:00

Kobiet, 400m dowolny

20 lat i starsi
Wyniki

Punkty: PP 2022

Pozycja			Rok ur.					Czas	Pkt.
35 - 39 lat									
1.	DZIEDZIC Katarzyna		85	Warsaw Masters Team				5:42.56	450
	50m:	38.94 38.94	150m:	2:04.01 43.50	250m:	3:31.60 43.50	350m:	5:00.03 44.37	
	100m:	1:20.51 41.57	200m:	2:48.10 44.09	300m:	4:15.66 44.06	400m:	5:42.56 42.53	
2.	GOGÓL Ewa		88	Niezrzeszony				6:46.67	269
	50m:	45.63 45.63	150m:	2:29.86 54.41	250m:	4:12.56 51.53	350m:	5:55.87 51.43	
	100m:	1:35.45 49.82	200m:	3:21.03 51.17	300m:	5:04.44 51.88	400m:	6:46.67 50.80	
40 - 44 lat									
1.	MICHALIK Dominika		79	MKS Juvenia Białystok				5:10.19	601
	50m:	35.73 35.73	150m:	1:53.63 39.61	250m:	3:13.22 39.89	350m:	4:32.91 39.27	
	100m:	1:14.02 38.29	200m:	2:33.33 39.70	300m:	3:53.64 40.42	400m:	5:10.19 37.28	
2.	DUSZA Agnieszka		83	Swim Klub Masters Wrocław				6:11.40	350
	50m:	39.51 39.51	150m:	2:11.05 46.76	250m:	3:46.96 48.36	350m:	5:24.40 49.05	
	100m:	1:24.29 44.78	200m:	2:58.60 47.55	300m:	4:35.35 48.39	400m:	6:11.40 47.00	
3.	TARKOWSKA Iwona		82	Swim Team Lubartów				6:11.93	349
	50m:	39.70 39.70	150m:	2:11.08 46.56	250m:	4:34.53 1:36.56	350m:	6:11.93 47.12	
	100m:	1:24.52 44.82	200m:	2:57.97 46.89	300m:	5:24.81 50.28	400m:	6:11.93	
45 - 49 lat									
1.	RYBAK-STARCZAK Agnieszka		75	Uks Cityzen				5:52.91	423
	50m:	40.84 40.84	150m:	2:08.75 44.56	250m:	3:40.24 45.94	350m:	5:10.62 44.98	
	100m:	1:24.19 43.35	200m:	2:54.30 45.55	300m:	4:25.64 45.40	400m:	5:52.91 42.29	
2.	WÓJCICKA Anna		75	MASTERS Lublin				6:38.81	293
	50m:	41.16 41.16	150m:	2:19.62 50.73	250m:	4:02.96 52.09	350m:	5:47.73 52.71	
	100m:	1:28.89 47.73	200m:	3:10.87 51.25	300m:	4:55.02 52.06	400m:	6:38.81 51.08	
3.	KLARECKA Monika		77	Muks Zgierz				6:51.63	266
	50m:	45.80 45.80	150m:	2:26.88 51.43	250m:	4:13.13 53.45	350m:	5:59.80 53.80	
	100m:	1:35.45 49.65	200m:	3:19.68 52.80	300m:	5:06.00 52.87	400m:	6:51.63 51.83	
50 - 54 lat									
1.	SULEWSKA Beata		72	Weteran Zabrze				5:13.30	668
	50m:	36.65 36.65	150m:	1:54.81 39.44	250m:	3:14.55 39.80	350m:	4:35.04 40.28	
	100m:	1:15.37 38.72	200m:	2:34.75 39.94	300m:	3:54.76 40.21	400m:	5:13.30 38.26	
2.	BALAJCZA Timea		71	Water Squad				5:54.94	459
	50m:	39.15 39.15	150m:	2:07.00 44.59	250m:	3:37.57 45.26	350m:	5:09.99 46.65	
	100m:	1:22.41 43.26	200m:	2:52.31 45.31	300m:	4:23.34 45.77	400m:	5:54.94 44.95	
55 - 59 lat									
1.	KOTECKA Anna		65	KS Warta Pozna				6:31.47	356
	50m:	44.39 44.39	150m:	2:21.23 49.57	250m:	4:01.43 50.18	350m:	5:42.66 50.41	
	100m:	1:31.66 47.27	200m:	3:11.25 50.02	300m:	4:52.25 50.82	400m:	6:31.47 48.81	