

Otwarte Mistrzostwa Polski w pływaniu w kategorii "Masters"
Mława, 12. - 14.11.2010

Konkurencja 39
2010-11-14 - 11:30

Kobiet, 400m dowolny

25 lat i starsi
Wyniki

Punkty: DSV Masters 04

Pozycja	Rok ur.	Czas	Pkt.
Kategoria A			
1. BOLEWSKA, Magdalena	84	5:20.84	570
50m: 35.01 35.01	150m: 1:55.27 40.67	250m: 3:16.99 41.34	350m: 4:40.33 41.72
100m: 1:14.60 39.59	200m: 2:35.65 40.38	300m: 3:58.61 41.62	400m: 5:20.84 40.51
2. KUBICKA, Agnieszka	84	5:42.14	470
50m: 38.20 38.20	150m: 2:05.37 44.78	250m: 3:35.46 45.11	350m: 5:01.93 42.23
100m: 1:20.59 42.39	200m: 2:50.35 44.98	300m: 4:19.70 44.24	400m: 5:42.14 40.21
Kategoria B			
1. MRÓZ, Edyta	79	5:31.46	529
50m: 36.22 36.22	150m: 1:59.53 42.20	250m: 3:24.78 42.32	350m: 4:49.91 42.69
100m: 1:17.33 41.11	200m: 2:42.46 42.93	300m: 4:07.22 42.44	400m: 5:31.46 41.55
2. VARELA-MACHADO, Lina	77	6:52.62	274
50m: 43.37 43.37	150m: 2:24.77 52.24	250m: 4:10.63 53.73	350m: 5:59.68 54.97
100m: 1:32.53 49.16	200m: 3:16.90 52.13	300m: 5:04.71 54.08	400m: 6:52.62 52.94
3. ROPA, BARBARA	80	6:54.47	270
50m: 46.44 46.44	150m: 2:32.26 53.45	250m: 4:19.64 53.59	350m: 6:06.48 53.05
100m: 1:38.81 52.37	200m: 3:26.05 53.79	300m: 5:13.43 53.79	400m: 6:54.47 47.99
4. DOBCZY SKA, KATARZYNA	77	6:59.86	260
50m: 48.06 48.06	150m: 2:32.37 53.20	250m: 4:20.30 54.68	350m: 6:07.46 53.57
100m: 1:39.17 51.11	200m: 3:25.62 53.25	300m: 5:13.89 53.59	400m: 6:59.86 52.40
Kategoria C			
1. VERYUKINA, OLGA	73	5:14.98	614
50m: 35.74 35.74	150m: 1:54.42 39.91	250m: 3:14.29 39.96	350m: 4:35.95 41.05
100m: 1:14.51 38.77	200m: 2:34.33 39.91	300m: 3:54.90 40.61	400m: 5:14.98 39.03
2. JANECZKO, ANNA	72	6:35.90	309
50m: 45.67 45.67	150m: 2:28.41 51.71	250m: 4:11.00 48.41	350m: 5:49.85 49.15
100m: 1:36.70 51.03	200m: 3:22.59 54.18	300m: 5:00.70 49.70	400m: 6:35.90 46.05
Kategoria D			
1. SERBIN, Małgorzata	66	5:04.42	713
50m: 33.48 33.48	150m: 1:48.39 37.89	250m: 3:05.81 38.90	350m: 4:25.60 40.18
100m: 1:10.50 37.02	200m: 2:26.91 38.52	300m: 3:45.42 39.61	400m: 5:04.42 38.82
2. SIKORSKA, Małgorzata	66	5:46.37	484
50m: 40.30 40.30	150m: 2:07.06 43.83	250m: 3:35.35 43.88	350m: 5:03.66 43.88
100m: 1:23.23 42.93	200m: 2:51.47 44.41	300m: 4:19.78 44.43	400m: 5:46.37 42.71
3. WYSOCKA, KLAUDIA	66	5:48.73	474
50m: 39.97 39.97	150m: 2:06.82 44.25	250m: 3:37.12 45.51	350m: 5:06.70 44.43
100m: 1:22.57 42.60	200m: 2:51.61 44.79	300m: 4:22.27 45.15	400m: 5:48.73 42.03
4. GO DZIEJEWSKA, ANNA	67	5:54.58	451
50m: 39.67 39.67	150m: 2:08.36 45.22	250m: 3:39.64 45.71	350m: 5:11.01 45.15
100m: 1:23.14 43.47	200m: 2:53.93 45.57	300m: 4:25.86 46.22	400m: 5:54.58 43.57
5. KIJEWSKA, Iwona	70	6:17.09	375
50m: 39.16 39.16	150m: 2:08.30 45.68	250m: 3:44.69 49.48	350m: 5:27.36 51.57
100m: 1:22.62 43.46	200m: 2:55.21 46.91	300m: 4:35.79 51.10	400m: 6:17.09 49.73
6. GEIGER, Joanna	69	7:00.10	271
50m: 44.41 44.41	150m: 2:31.72 56.71	250m: 4:21.23 54.37	350m: 6:09.46 53.61
100m: 1:35.01 50.60	200m: 3:26.86 55.14	300m: 5:15.85 54.62	400m: 7:00.10 50.64

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Kategoria E

1.	LOGVINOVA, TATYANA	64	Pregel	6:08.95	500
	50m: 38.80 38.80	150m: 2:08.84	46.14	250m: 3:43.89	47.95
	100m: 1:22.70 43.90	200m: 2:55.94	47.10	300m: 4:31.87	47.98
				350m: 5:20.96	49.09
				400m: 6:08.95	47.99
2.	KARA , BEATA	62	Victory Masters Elbl g	6:36.64	402
	50m: 42.89 42.89	150m: 2:19.10	48.64	250m: 3:59.18	50.64
	100m: 1:30.46 47.57	200m: 3:08.54	49.44	300m: 4:52.19	53.01
				350m: 5:46.43	54.24
				400m: 6:36.64	50.21
3.	KOTECKA, ANNA	65	KS Warta Pozna	6:41.11	389
	50m: 42.55 42.55	150m: 2:17.44	48.82	250m: 3:59.42	51.90
	100m: 1:28.62 46.07	200m: 3:07.52	50.08	300m: 4:55.44	56.02
				350m: 5:50.40	54.96
				400m: 6:41.11	50.71
4.	MYSIAK, Katarzyna	61	Gdynia Masters	6:52.43	358
	50m: 44.69 44.69	150m: 2:28.18	53.09	250m: 4:16.10	53.66
	100m: 1:35.09 50.40	200m: 3:22.44	54.26	300m: 5:09.60	53.50
				350m: 6:03.04	53.44
				400m: 6:52.43	49.39
5.	MICHALSKA, ANNA	64	Im 2010 Warszawa	7:13.25	309
	50m: 48.76 48.76	150m: 2:37.14	54.97	250m: 4:29.36	56.20
	100m: 1:42.17 53.41	200m: 3:33.16	56.02	300m: 5:25.34	55.98
				350m: 6:21.07	55.73
				400m: 7:13.25	52.18
6.	JANISZEWSKA, URSZULA	64	Zgiersko-Ł czycki WOPR	7:24.43	286
	50m: 48.22 48.22	150m: 2:39.12	56.50	250m: 4:33.56	57.54
	100m: 1:42.62 54.40	200m: 3:36.02	56.90	300m: 5:31.56	58.00
				350m: 6:29.17	57.61
				400m: 7:24.43	55.26

Kategoria F

1.	MACIEJOWSKA, ANNA	60	Sopot Masters	6:04.28	610
	<i>Rekord Polski Kobiet - kat. F</i>				
	50m: 40.00 40.00	150m: 2:10.93	45.99	250m: 3:45.26	47.90
	100m: 1:24.94 44.94	200m: 2:57.36	46.43	300m: 4:32.96	47.70
				350m: 5:20.14	47.18
				400m: 6:04.28	44.14
2.	SZAŁA, EWA	59	Start Pozna	6:09.49	585
	50m: 40.91 40.91	150m: 2:14.09	46.87	250m: 3:49.31	47.86
	100m: 1:27.22 46.31	200m: 3:01.45	47.36	300m: 4:36.75	47.44
				350m: 5:24.26	47.51
				400m: 6:09.49	45.23
3.	WAWER, Matylda Katarzyna	60	Niezrzeszeni.pl	7:32.07	319
	50m: 50.10 50.10	150m: 2:45.49	58.43	250m: 4:44.02	59.30
	100m: 1:47.06 56.96	200m: 3:44.72	59.23	300m: 5:41.27	57.25
				350m: 6:39.26	57.99
				400m: 7:32.07	52.81
4.	D BROWSKA, ZOFIA	58	SiKReT GLIWICE	7:57.13	271
	50m:	150m: 2:53.50	1:03.16	250m: 4:57.71	1:03.36
	100m: 1:50.34	200m: 3:54.35	1:00.85	300m: 5:58.85	1:01.14
				350m: 7:00.26	1:01.41
				400m: 7:57.13	56.87

Kategoria G

1.	KURYŁOWICZ, MONIKA	55	UCSiR Warszawa	6:43.36	565
	50m: 43.62 43.62	150m: 2:25.25	51.26	250m: 4:11.09	53.16
	100m: 1:33.99 50.37	200m: 3:17.93	52.68	300m: 5:03.59	52.50
				350m: 5:56.00	52.41
				400m: 6:43.36	47.36
2.	GRZEGORZEWSKA, Gra yna	52	Klub Sportowy "MASTERS" Polkowice	7:52.61	351
	50m: 50.29 50.29	150m: 2:49.01	1:01.29	250m: 4:52.08	1:02.16
	100m: 1:47.72 57.43	200m: 3:49.92	1:00.91	300m: 5:54.19	1:02.11
				350m: 6:55.49	1:01.30
				400m: 7:52.61	57.12

Kategoria H

1.	SZEMBERG, Anna	49	Warsaw Masters Team	7:26.30	458
	50m: 48.47 48.47	150m: 2:42.78	58.63	250m: 4:37.55	57.07
	100m: 1:44.15 55.68	200m: 3:40.48	57.70	300m: 5:35.14	57.59
				350m: 6:32.66	57.52
				400m: 7:26.30	53.64
2.	YLIENE, ALEKSANDRA	48	Takas Kaunas	7:48.16	397
	50m: 49.93 49.93	150m: 2:46.95	59.69	250m: 4:47.07	1:00.48
	100m: 1:47.26 57.33	200m: 3:46.59	59.64	300m: 5:47.90	1:00.83
				350m: 6:48.12	1:00.22
				400m: 7:48.16	1:00.04

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Kategoria J

1.	NICPO , Krystyna	40	UKS Wodnik 29 Katowice	9:29.26	403
	<i>Rekord Polski Kobiet - kat. J</i>				
	50m: 58.35 58.35	150m: 3:21.68 1:13.23	250m: 5:50.36 1:14.48	350m: 8:17.14 1:12.85	
	100m: 2:08.45 1:10.10	200m: 4:35.88 1:14.20	300m: 7:04.29 1:13.93	400m: 9:29.26 1:12.12	
2.	WITKOWSKA, KRYSZYNA	40	Szczecineckie Towarzystwo Pływackie	12:02.66	197
	50m: 1:19.51 1:19.51	150m: 4:20.48 1:32.59	250m: 7:24.47 1:33.74	350m: 10:29.20 1:33.36	
	100m: 2:47.89 1:28.38	200m: 5:50.73 1:30.25	300m: 8:55.84 1:31.37	400m: 12:02.66 1:33.46	

Kategoria K

1.	WALKOWICZ, Urszula	32	UKS Wodnik 29 Katowice	12:10.51	235
	50m: 1:15.52 1:15.52	150m: 4:19.87 1:32.37	250m: 7:28.06 1:33.87	350m: 10:37.03 1:33.49	
	100m: 2:47.50 1:31.98	200m: 5:54.19 1:34.32	300m: 9:03.54 1:35.48	400m: 12:10.51 1:33.48	