

IV OTWARTE MISTRZOSTWA KONSTANCINA W PŁYWANIU MASTERS  
Konstancin, 15- - 16-10-2011

Konkurencja 12  
2011-10-16 - 10:00

Kobiet, 400m dowolny

25 - 89 lat  
Wyniki

Punkty: DSV Masters 04

Pozycja			Rok ur.					Czas	Pkt.
<b>Kategoria A</b>									
1.	BIELAWSKA, URSZULA		85	UCSiR Warszawa				<b>5:46.58</b>	452
	50m:	37.99 37.99	150m:	2:03.59 44.05	250m:	3:34.42 45.52	350m:	5:04.34 44.56	
	100m:	1:19.54 41.55	200m:	2:48.90 45.31	300m:	4:19.78 45.36	400m:	5:46.58 42.24	
2.	MALCHAR, Jowita		82	Orka Masters Radlin				<b>5:47.45</b>	448
	50m:	36.74 36.74	150m:	1:59.41 42.18	250m:	3:32.01 46.97	350m:	5:03.75 46.09	
	100m:	1:17.23 40.49	200m:	2:45.04 45.63	300m:	4:17.66 45.65	400m:	5:47.45 43.70	
3.	KWATERA, Joanna		84	Masters Korona Kraków				<b>6:21.55</b>	338
	50m:	41.68 41.68	150m:	2:17.23 48.99	250m:	3:56.49 49.71	350m:	5:35.61 49.73	
	100m:	1:28.24 46.56	200m:	3:06.78 49.55	300m:	4:45.88 49.39	400m:	6:21.55 45.94	
<b>Kategoria B</b>									
1.	MICHALIK, Dominika		79	Masters Białystok				<b>5:17.63</b>	601
	50m:	36.48 36.48	150m:	1:55.73 39.83	250m:	3:16.97 40.67	350m:	4:38.72 40.84	
	100m:	1:15.90 39.42	200m:	2:36.30 40.57	300m:	3:57.88 40.91	400m:	5:17.63 38.91	
2.	SIKACZ, Hanna		79	Redeco Wrocław				<b>5:49.38</b>	451
	50m:	38.99 38.99	150m:	2:05.21 44.14	250m:	3:36.13 45.95	350m:	5:07.12 45.64	
	100m:	1:21.07 42.08	200m:	2:50.18 44.97	300m:	4:21.48 45.35	400m:	5:49.38 42.26	
3.	ROPA, Barbara		80	Warsaw Masters Team				<b>6:09.51</b>	381
	50m:	42.19 42.19	150m:	2:15.07 47.19	250m:	3:49.48 47.26	350m:	5:23.73 47.35	
	100m:	1:27.88 45.69	200m:	3:02.22 47.15	300m:	4:36.38 46.90	400m:	6:09.51 45.78	
4.	ZIARKO, DANUTA		81	SiKReT GLIWICE				<b>6:10.99</b>	377
	50m:	41.58 41.58	150m:	2:13.52 47.34	250m:	3:50.60 48.63	350m:	5:26.80 47.92	
	100m:	1:26.18 44.60	200m:	3:01.97 48.45	300m:	4:38.88 48.28	400m:	6:10.99 44.19	
5.	DOBCZY SKA, Katarzyna		77	Warsaw Masters Team				<b>6:36.74</b>	308
	50m:	43.49 43.49	150m:	2:22.06 49.96	250m:	4:04.89 51.26	350m:	5:47.13 51.30	
	100m:	1:32.10 48.61	200m:	3:13.63 51.57	300m:	4:55.83 50.94	400m:	6:36.74 49.61	
<b>Kategoria C</b>									
1.	SOŁTYK, Judyta		74	Azs Almamer				<b>5:26.48</b>	552
	50m:	36.62 36.62	150m:	1:56.29 40.38	250m:	3:19.06 41.90	350m:	4:44.53 43.13	
	100m:	1:15.91 39.29	200m:	2:37.16 40.87	300m:	4:01.40 42.34	400m:	5:26.48 41.95	
<b>Kategoria D</b>									
1.	SCHAAF, OLGA		69	UCSiR Warszawa				<b>5:54.28</b>	452
	50m:	37.82 37.82	150m:	2:03.46 43.85	250m:	3:34.74 46.23	350m:	5:08.57 46.88	
	100m:	1:19.61 41.79	200m:	2:48.51 45.05	300m:	4:21.69 46.95	400m:	5:54.28 45.71	
<b>Kategoria E</b>									
1.	PUCHALSKA, Joanna		64	Masters Sopot				<b>5:17.79</b>	783
	50m:	37.41 37.41	150m:	1:58.21 41.40	250m:	3:19.16 40.28	350m:	4:39.26 39.78	
	100m:	1:16.81 39.40	200m:	2:38.88 40.67	300m:	3:59.48 40.32	400m:	5:17.79 38.53	
2.	OLSZEWSKA, Edyta		64	Warsaw Masters Team				<b>5:47.94</b>	596
	50m:	39.38 39.38	150m:	2:05.56 44.13	250m:	3:36.08 45.78	350m:	5:06.55 44.75	
	100m:	1:21.43 42.05	200m:	2:50.30 44.74	300m:	4:21.80 45.72	400m:	5:47.94 41.39	
3.	KOTECKA, Anna		65	KS Warta Pozna				<b>6:17.50</b>	467
	50m:	41.69 41.69	150m:	2:13.54 46.92	250m:	3:50.90 48.32	350m:	5:29.45 49.35	
	100m:	1:26.62 44.93	200m:	3:02.58 49.04	300m:	4:40.10 49.20	400m:	6:17.50 48.05	

IV OTWARTE MISTRZOSTWA KONSTANCINA W PŁYWANIU MASTERS  
Konstancin, 15- - 16-10-2011

Konkurencja 12, Kobiet, 400m dowolny, Kategoria E

Pozycja			Rok ur.					Czas	Pkt.			
4.	JANISZEWSKA, Urszula		64	Zgiersko-Ł czycki WOPR				<b>7:41.31</b>	256			
	50m:	53.46	53.46	150m:	2:50.00	58.66	250m:	4:48.44	59.48	350m:	6:46.88	58.69
	100m:	1:51.34	57.88	200m:	3:48.96	58.96	300m:	5:48.19	59.75	400m:	7:41.31	54.43
5.	TROCHIM, Beata		63	K.S. Niezrzeszeni.pl				<b>8:11.84</b>	211			
	50m:	53.27	53.27	150m:	2:56.79	1:03.15	250m:	5:02.58	1:02.40	350m:	7:11.41	1:04.66
	100m:	1:53.64	1:00.37	200m:	4:00.18	1:03.39	300m:	6:06.75	1:04.17	400m:	8:11.84	1:00.43
6.	CICHA-MIKOŁAJCZYK, Alicja		64	UCSiR Warszawa				<b>9:00.81</b>	158			
	50m:	58.28	58.28	150m:	3:13.86	1:09.39	250m:	5:35.30	1:11.46	350m:	7:58.42	1:11.22
	100m:	2:04.47	1:06.19	200m:	4:23.84	1:09.98	300m:	6:47.20	1:11.90	400m:	9:00.81	1:02.39

Kategoria F

1.	ALESHCHENKO, Natalia		57	Zayavku Cluba "Pregel"				<b>5:56.71</b>	650			
	50m:	39.59	39.59	150m:	2:09.46	45.34	250m:	3:40.27	45.51	350m:	5:11.84	46.03
	100m:	1:24.12	44.53	200m:	2:54.76	45.30	300m:	4:25.81	45.54	400m:	5:56.71	44.87
2.	WASILEWICZ, Joanna		59	Masters Białystok				<b>6:56.23</b>	409			
	50m:	44.68	44.68	150m:	2:27.36	51.87	250m:	4:15.79	55.74	350m:	6:06.52	55.65
	100m:	1:35.49	50.81	200m:	3:20.05	52.69	300m:	5:10.87	55.08	400m:	6:56.23	49.71
3.	D BROWSKA, ZOFIA		58	SiKReT GLIWICE				<b>7:41.05</b>	301			
	50m:	47.30	47.30	150m:	2:41.80	58.71	250m:	4:41.16	59.72	350m:	6:42.59	1:00.87
	100m:	1:43.09	55.79	200m:	3:41.44	59.64	300m:	5:41.72	1:00.56	400m:	7:41.05	58.46
4.	PUCHALSKA, Ewa		58	KS Masters Polkowice				<b>11:07.77</b>	99			
	50m:	1:18.43	1:18.43	150m:	4:12.44	1:26.66	250m:	7:03.93	1:25.79	350m:	9:50.09	1:22.98
	100m:	2:45.78	1:27.35	200m:	5:38.14	1:25.70	300m:	8:27.11	1:23.18	400m:	11:07.77	1:17.68

Kategoria G

1.	GRZEGORZEWSKA, Gra yna		52	KS Masters Polkowice				<b>7:44.25</b>	370			
	50m:	50.07	50.07	150m:	2:48.40	1:00.49	250m:	4:50.27	1:00.98	350m:	6:50.04	59.71
	100m:	1:47.91	57.84	200m:	3:49.29	1:00.89	300m:	5:50.33	1:00.06	400m:	7:44.25	54.21
2.	RAINKO, Kazimiera		54	Masters Białystok				<b>7:49.65</b>	358			
	50m:	49.31	49.31	150m:	2:47.98	1:00.68	250m:	4:51.22	1:01.54	350m:	6:52.86	1:00.46
	100m:	1:47.30	57.99	200m:	3:49.68	1:01.70	300m:	5:52.40	1:01.18	400m:	7:49.65	56.79

Kategoria H

1.	KRA NIEWSKA, Alina		50	WOPR Warszawa SPORT-Figielski				<b>9:26.62</b>	224			
	50m:	1:00.73	1:00.73	150m:	3:25.54	1:13.63	250m:	5:52.62	1:13.60	350m:	8:16.26	1:11.45
	100m:	2:11.91	1:11.18	200m:	4:39.02	1:13.48	300m:	7:04.81	1:12.19	400m:	9:26.62	1:10.36

Kategoria I

1.	WIDER, Hanna		43	KS Masters Polkowice				<b>12:06.14</b>	116			
	50m:	1:25.87	1:25.87	150m:	4:29.20	1:31.28	250m:	7:32.96	1:30.48	350m:	10:36.04	1:30.91
	100m:	2:57.92	1:32.05	200m:	6:02.48	1:33.28	300m:	9:05.13	1:32.17	400m:	12:06.14	1:30.10

Kategoria J

1.	KAWULA, Emilia		41	KS Masters Polkowice				<b>15:01.05</b>	101			
	50m:	1:43.61	1:43.61	150m:	5:29.97	1:54.23	250m:	9:22.28	1:57.16	350m:	13:12.78	1:56.69
	100m:	3:35.74	1:52.13	200m:	7:25.12	1:55.15	300m:	11:16.09	1:53.81	400m:	15:01.05	1:48.27