

Letnie Otwarte Mistrzostwa Polski w pływaniu w kat. MASTERS  
Warszawa, 26 - 27-5-2012

Event 32 Women, 400m Freestyle 20 - 89 years  
2012-05-27 - 11:35 Results

RP "MASTERS" 25 - 29	5:22.67	SATERNUS, Joanna	Riccione	2004-06-05
RP "MASTERS" 30 - 34	5:17.43	MICHALIK, Dominika	Jała	2011-09-07
RP "MASTERS" 35 - 39	5:17.61	SOLTYK, Judyta	Pozna	2009-06-20
RP "MASTERS" 40 - 44	4:53.06	SERBIN, Małgorzata	San Francisco	2006-08-10
RP "MASTERS" 45 - 49	5:09.02	SERBIN, Małgorzata	Jała	2011-09-07
RP "MASTERS" 50 - 54	5:29.49	NIESPODZIANA, Aleksandra	Pozna	2008-06-14
RP "MASTERS" 55 - 59	6:36.32	ŁUTOWICZ, Maria	Pozna	2009-06-20
RP "MASTERS" 60 - 64	6:39.50	GAWLIK, Ewa	Cadiz	2009-09-18
RP "MASTERS" 65 - 69	8:42.12	ZARZECZA SKA-RÓ A SKA, Teresa	Gliwice	2011-06-19
RP "MASTERS" 70 - 74	9:01.15	NICPO , Krystyna	Kra nik	2011-08-08
RP "MASTERS" 75 - 79	10:24.49	WILCZY SKA, Wacława	Pozna	2004-06-20
RP "MASTERS" 80 - 84	11:38.17	WILCZY SKA, Wacława	Pozna	2009-06-20

Points: FINA 2012

Rank	YB		Time		Pts
<b>KATEGORIA WIEKOWA: "0" /20-24/</b>					
1.	ZADROZNA, Karolina	92	AZS UJ Krakow	<b>5:21.62</b>	411
	50m: 35.42 35.42	150m: 1:56.87 41.60	250m: 3:19.50 41.57	350m: 4:42.80 42.11	
	100m: 1:15.27 39.85	200m: 2:37.93 41.06	300m: 4:00.69 41.19	400m: 5:21.62 38.82	
2.	KOSTYRA, Agnieszka	90	Torunczyk Masters Torun	<b>5:55.65</b>	304
	50m: 38.71 38.71	150m: 2:08.53 46.07	250m: 3:39.83 45.59	350m: 5:11.00 45.27	
	100m: 1:22.46 43.75	200m: 2:54.24 45.71	300m: 4:25.73 45.90	400m: 5:55.65 44.65	

<b>KATEGORIA WIEKOWA: "A" /25-29/</b>					
1.	SYPNIEWSKA, Aleksandra	84	KS Delfin Gdynia	<b>5:38.03</b>	354
	50m: 38.43 38.43	150m: 2:01.41 42.00	250m: 3:27.73 43.44	350m: 4:55.37 43.73	
	100m: 1:19.41 40.98	200m: 2:44.29 42.88	300m: 4:11.64 43.91	400m: 5:38.03 42.66	
2.	BIELAWSKA, URSZULA	85	UCSiR Warszawa	<b>5:52.01</b>	313
	50m: 38.92 38.92	150m: 2:05.92 44.47	250m: 3:37.17 46.05	350m: 5:09.32 45.77	
	100m: 1:21.45 42.53	200m: 2:51.12 45.20	300m: 4:23.55 46.38	400m: 5:52.01 42.69	
3.	KARAS, KAROLINA	87	Victory Masters Elblag	<b>7:54.47</b>	128
	50m: 52.90 52.90	150m: 2:50.91 1:00.39	250m: 4:54.95 1:02.03	350m: 6:56.14 1:00.45	
	100m: 1:50.52 57.62	200m: 3:52.92 1:02.01	300m: 5:55.69 1:00.74	400m: 7:54.47 58.33	

<b>KATEGORIA WIEKOWA: "B"/30-34/</b>					
1.	MICHALIK, Dominika	79	Masters Bialystok	<b>5:21.17</b>	412
	50m: 36.14 36.14	150m: 1:55.46 40.55	250m: 3:17.67 41.34	350m: 4:41.16 41.97	
	100m: 1:14.91 38.77	200m: 2:36.33 40.87	300m: 3:59.19 41.52	400m: 5:21.17 40.01	
2.	MROZ, Edyta	79	UKS Wodnik 29 Katowice	<b>5:39.55</b>	349
	50m: 38.89 38.89	150m: 2:04.69 43.51	250m: 3:32.08 43.93	350m: 4:59.20 43.49	
	100m: 1:21.18 42.29	200m: 2:48.15 43.46	300m: 4:15.71 43.63	400m: 5:39.55 40.35	
3.	TARNOWSKA, Justyna	79	Srodmiejski Uczniowski Klub Sportowy	<b>6:21.94</b>	245
	50m: 42.10 42.10	150m: 2:16.38 48.16	250m: 3:55.72 50.07	350m: 5:35.01 48.87	
	100m: 1:28.22 46.12	200m: 3:05.65 49.27	300m: 4:46.14 50.42	400m: 6:21.94 46.93	
4.	ZIARKO, DANUTA	81	Sikret Gliwice	<b>6:26.09</b>	237
	50m: 44.14 44.14	150m: 2:20.38 49.19	250m: 4:00.45 50.37	350m: 5:41.00 50.15	
	100m: 1:31.19 47.05	200m: 3:10.08 49.70	300m: 4:50.85 50.40	400m: 6:26.09 45.09	
5.	MAZURKIEWICZ, Agnieszka	82	Warsaw Masters Team	<b>6:44.15</b>	207
	50m: 45.29 45.29	150m: 2:27.14 51.88	250m: 4:10.98 51.79	350m: 5:54.95 52.28	
	100m: 1:35.26 49.97	200m: 3:19.19 52.05	300m: 5:02.67 51.69	400m: 6:44.15 49.20	
6.	SOPOLINSKA, Emilia	80	niezrzeszony	<b>6:46.35</b>	203
	50m: 44.25 44.25	150m: 2:26.07 51.81	250m: 4:10.16 52.66	350m: 5:56.61 53.17	
	100m: 1:34.26 50.01	200m: 3:17.50 51.43	300m: 5:03.44 53.28	400m: 6:46.35 49.74	
7.	PARUSZEWSKA, Marta	79	Warsaw Masters Team	<b>7:01.32</b>	182
	50m: 45.66 45.66	150m: 2:32.80 54.80	250m: 4:22.98 55.15	350m: 6:11.92 54.34	
	100m: 1:38.00 52.34	200m: 3:27.83 55.03	300m: 5:17.58 54.60	400m: 7:01.32 49.40	

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Event 32, Women, 400m Freestyle

KATEGORIA WIEKOWA: "C"/35-39/

1. SOLTYK, judyta	74	AZS Almamer	<b>5:19.54</b>	419
50m: 35.43 35.43	150m: 1:54.37	40.23 250m: 3:16.52	41.16 350m: 4:39.87	41.63
100m: 1:14.14 38.71	200m: 2:35.36	40.99 300m: 3:58.24	41.72 400m: 5:19.54	39.67
2. VARELA-MACHADO, Lina	77	K.S. niezrzeszeni.pl	<b>6:55.54</b>	190
50m: 43.38 43.38	150m: 2:26.58	53.03 250m: 4:14.97	54.54 350m: 6:06.68	56.80
100m: 1:33.55 50.17	200m: 3:20.43	53.85 300m: 5:09.88	54.91 400m: 6:55.54	48.86

KATEGORIA WIEKOWA: "D"/40-44/

1. SCHAAF, OLGA	69	UCSiR Warszawa	<b>6:09.84</b>	270
50m: 38.69 38.69	150m: 2:07.82	45.95 250m: 3:44.17	48.75 350m: 5:23.57	50.16
100m: 1:21.87 43.18	200m: 2:55.42	47.60 300m: 4:33.41	49.24 400m: 6:09.84	46.27
2. KRZYZANOWSKA, Ewa	72	Warsaw Masters Team	<b>6:18.38</b>	252
50m: 39.98 39.98	150m: 2:11.27	47.20 250m: 3:50.68	50.02 350m: 5:30.97	50.03
100m: 1:24.07 44.09	200m: 3:00.66	49.39 300m: 4:40.94	50.26 400m: 6:18.38	47.41
3. JANECKO, Anna	72	Masters Korona Krakow	<b>6:58.75</b>	186
50m: 45.42 45.42	150m: 2:30.20	53.13 250m: 4:19.22	54.17 350m: 6:07.96	54.71
100m: 1:37.07 51.65	200m: 3:25.05	54.85 300m: 5:13.25	54.03 400m: 6:58.75	50.79

KATEGORIA WIEKOWA: "E"45-49/

1. SERBIN, Malgorzata	66	MKP Szczecin	<b>5:11.76</b>	451
50m: 35.12 35.12	150m: 1:53.59	39.69 250m: 3:13.15	39.87 350m: 4:32.93	39.74
100m: 1:13.90 38.78	200m: 2:33.28	39.69 300m: 3:53.19	40.04 400m: 5:11.76	38.83
2. WYSOCKA, Klaudia	66	Masters Korona Krakow	<b>5:53.46</b>	309
50m: 40.42 40.42	150m: 2:07.41	44.06 250m: 3:36.60	44.90 350m: 5:08.39	45.94
100m: 1:23.35 42.93	200m: 2:51.70	44.29 300m: 4:22.45	45.85 400m: 5:53.46	45.07
3. IVANAUSKAITE, Ramune	64	Takas	<b>5:54.11</b>	308
50m: 39.39 39.39	150m: 2:06.18	43.97 250m: 3:37.21	45.88 350m: 5:10.07	46.09
100m: 1:22.21 42.82	200m: 2:51.33	45.15 300m: 4:23.98	46.77 400m: 5:54.11	44.04
4. GOZDZIEJEWSKA, Anna	67	Masters Kormoran Olsztyn	<b>6:00.93</b>	290
50m: 39.77 39.77	150m: 2:10.23	45.71 250m: 3:43.45	46.54 350m: 5:16.75	46.57
100m: 1:24.52 44.75	200m: 2:56.91	46.68 300m: 4:30.18	46.73 400m: 6:00.93	44.18
5. KOTECKA, ANNA	65	Ks Warta Poznan	<b>6:22.42</b>	244
50m: 43.39 43.39	150m: 2:18.46	48.46 250m: 3:56.61	49.43 350m: 5:35.74	50.11
100m: 1:30.00 46.61	200m: 3:07.18	48.72 300m: 4:45.63	49.02 400m: 6:22.42	46.68

KATEGORIA WIEKOWA: "F"/50-54/

1. SZALA, Ewa	59	Grot Kozięglowy	<b>6:08.21</b>	273
50m: 39.69 39.69	150m: 2:13.05	48.30 250m: 3:49.47	47.99 350m: 5:24.88	47.75
100m: 1:24.75 45.06	200m: 3:01.48	48.43 300m: 4:37.13	47.66 400m: 6:08.21	43.33
2. POLANCZYK, Renata	59	Gdynia Masters	<b>6:58.57</b>	186
50m: 44.88 44.88	150m: 2:29.45	53.74 250m: 4:18.10	54.42 350m: 6:08.50	55.35
100m: 1:35.71 50.83	200m: 3:23.68	54.23 300m: 5:13.15	55.05 400m: 6:58.57	50.07
3. WASILEWICZ, Joanna	59	Masters Białystok	<b>7:13.00</b>	168
50m: 42.78 42.78	150m: 2:31.11	55.11 250m: 4:24.35	57.20 350m: 6:19.10	56.94
100m: 1:36.00 53.22	200m: 3:27.15	56.04 300m: 5:22.16	57.81 400m: 7:13.00	53.90
4. KARAS, BEATA	62	Victory Masters Elbląg	<b>7:29.72</b>	150
50m: 52.19 52.19	150m: 2:45.31	56.47 250m: 4:40.11	57.15 350m: 6:34.94	56.98
100m: 1:48.84 56.65	200m: 3:42.96	57.65 300m: 5:37.96	57.85 400m: 7:29.72	54.78
5. DABROWSKA, ZOFIA	58	Sikret Gliwice	<b>7:46.76</b>	134
50m: 53.11 53.11	150m: 2:53.31	1:01.51 250m: 4:53.86	1:01.05 350m: 6:53.36	59.84
100m: 1:51.80 58.69	200m: 3:52.81	59.50 300m: 5:53.52	59.66 400m: 7:46.76	53.40

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Event 32, Women, 400m Freestyle, KATEGORIA WIEKOWA: "F"/50-54/

Rank			YB							Time	Pts	
6.	WAWER, Matylda Katarzyna		60	K.S. niezrzeszeni.pl						<b>7:48.02</b>	133	
	50m:	50.51	50.51	150m:	2:46.08	59.48	250m:	4:47.33	1:01.51	350m:	6:49.96	1:01.14
	100m:	1:46.60	56.09	200m:	3:45.82	59.74	300m:	5:48.82	1:01.49	400m:	7:48.02	58.06
7.	VASYLKO, Mariia		60	Euro-Lviv						<b>7:55.15</b>	127	
	50m:	50.00	50.00	150m:	2:50.76	1:01.52	250m:	4:54.09	1:01.07	350m:	6:59.62	1:02.49
	100m:	1:49.24	59.24	200m:	3:53.02	1:02.26	300m:	5:57.13	1:03.04	400m:	7:55.15	55.53

KATEGORIA WIEKOWA: "G"/55-59/

1.	RAJTAR, MIROSLAWA		56	Z-L Wopr Ozorkow						<b>6:49.98</b>	198	
	50m:	42.57	42.57	150m:	2:24.27	52.50	250m:	4:10.63	53.67	350m:	5:57.78	53.21
	100m:	1:31.77	49.20	200m:	3:16.96	52.69	300m:	5:04.57	53.94	400m:	6:49.98	52.20
2.	KURYLOWICZ, MONIKA		55	UCSiR Warszawa						<b>6:53.00</b>	194	
	50m:	45.44	45.44	150m:	2:30.84	53.37	250m:	4:18.26	53.50	350m:	6:05.70	53.80
	100m:	1:37.47	52.03	200m:	3:24.76	53.92	300m:	5:11.90	53.64	400m:	6:53.00	47.30

KATEGORIA WIEKOWA: "H"/60-64/

1.	LUTOWICZ, Maria		50	TS Olimpia Poznan						<b>6:45.52</b>	205	
	50m:	45.19	45.19	150m:	2:30.14	52.75	250m:	4:13.90	50.98	350m:	5:56.14	50.72
	100m:	1:37.39	52.20	200m:	3:22.92	52.78	300m:	5:05.42	51.52	400m:	6:45.52	49.38
2.	GRZEGORZEWSKA, Grazyna		52	KS Masters Polkowice						<b>7:42.44</b>	138	
	50m:	49.08	49.08	150m:	2:46.43	59.42	250m:	4:46.75	1:00.03	350m:	6:46.27	59.36
	100m:	1:47.01	57.93	200m:	3:46.72	1:00.29	300m:	5:46.91	1:00.16	400m:	7:42.44	56.17
3.	SZEMBERG, Anna		49	Warsaw Masters Team						<b>8:07.88</b>	117	
	50m:	51.62	51.62	150m:	2:57.20	1:03.27	250m:	5:03.03	1:01.61	350m:	7:08.50	1:01.15
	100m:	1:53.93	1:02.31	200m:	4:01.42	1:04.22	300m:	6:07.35	1:04.32	400m:	8:07.88	59.38

KATEGORIA WIEKOWA: "I"/65-69/

1.	ZARZECZANSKA-ROZANSKA, Teresa		46	Wielkopolski Klub Bałtycki - Poznan						<b>9:19.45</b>	78	
	50m:	56.24	56.24	150m:	3:11.59	1:09.32	250m:	5:38.37	1:14.72	350m:	8:07.82	1:15.99
	100m:	2:02.27	1:06.03	200m:	4:23.65	1:12.06	300m:	6:51.83	1:13.46	400m:	9:19.45	1:11.63

KATEGORIA WIEKOWA: "L"/80-84/

1.	WALKOWICZ, Urszula		32	UKS Wodnik 29 Katowice						<b>11:11.29</b>	45	
	<i>Rekord Polski Masters w kat L /80-84/</i>											
	50m:	1:09.73	1:09.73	150m:	3:57.74	1:25.24	250m:	6:52.45	1:26.88	350m:	9:45.39	1:25.97
	100m:	2:32.50	1:22.77	200m:	5:25.57	1:27.83	300m:	8:19.42	1:26.97	400m:	11:11.29	1:25.90