

V OTWARTE MISTRZOSTWA KONSTANCINA W PŁYWANIU MASTERS
Konstancina, 13- - 14-10-2012

Event 1
2012-10-13 - 17:00

Women, 400m Freestyle

25 - 89 years
Results

Points: DSV Masters 04

Rank			YB					Time	Pts			
kat. A /25-29/												
1.	KARAS, Karolina		87	Victory Masters Elblag				7:24.35	214			
	50m:	50.31	50.31	150m:	2:41.04	55.77	250m:	5:31.95	1:54.38	350m:	7:24.35	55.77
	100m:	1:45.27	54.96	200m:	3:37.57	56.53	300m:	6:28.58	56.63	400m:	7:24.35	
kat. B /30-34/												
1.	MICHALIK, Dominika		79	Masters Bialystok				5:22.19	576			
	50m:	36.34	36.34	150m:	1:54.60	39.34	250m:	3:15.13	40.32	350m:	4:39.44	42.94
	100m:	1:15.26	38.92	200m:	2:34.81	40.21	300m:	3:56.50	41.37	400m:	5:22.19	42.75
2.	ZIARKO, DANUTR		81	Sikret Gliwice				6:11.35	376			
	50m:	40.71	40.71	150m:	2:10.79	46.11	250m:	3:46.62	48.39	350m:	5:25.43	49.52
	100m:	1:24.68	43.97	200m:	2:58.23	47.44	300m:	4:35.91	49.29	400m:	6:11.35	45.92
3.	PRZYBYSZ, Aleksandra		82	Masters Kormoran Olsztyn				6:13.02	371			
	50m:	41.42	41.42	150m:	2:12.46	47.19	250m:	3:48.47	48.45	350m:	5:25.59	48.53
	100m:	1:25.27	43.85	200m:	3:00.02	47.56	300m:	4:37.06	48.59	400m:	6:13.02	47.43
kat. C /35-39/												
1.	SOLTYK, Judyta		74	Azs Almamer				5:09.47	648			
	50m:	35.48	35.48	150m:	1:51.57	38.26	250m:	3:10.42	39.56	350m:	4:30.51	40.18
	100m:	1:13.31	37.83	200m:	2:30.86	39.29	300m:	3:50.33	39.91	400m:	5:09.47	38.96
2.	MOSTOWSKA, Magdalena		77	Niezrzeszony				6:27.64	329			
	50m:	43.40	43.40	150m:	2:17.46	48.44	250m:	3:57.34	50.37	350m:	5:38.42	50.56
	100m:	1:29.02	45.62	200m:	3:06.97	49.51	300m:	4:47.86	50.52	400m:	6:27.64	49.22
3.	PIECHURA, Malgorzata		73	K.S. niezrzeszeni.pl				8:45.60	132			
	50m:	54.64	54.64	150m:	3:00.67	1:05.28	250m:	5:17.08	1:09.10	350m:	7:37.00	1:10.52
	100m:	1:55.39	1:00.75	200m:	4:07.98	1:07.31	300m:	6:26.48	1:09.40	400m:	8:45.60	1:08.60
kat. D /40-44/												
1.	KRZYZANOWSKA, Ewa		72	Warsaw Masters Team				6:19.11	369			
	50m:	40.05	40.05	150m:	2:11.91	47.10	250m:	3:50.37	49.29	350m:	5:30.98	50.41
	100m:	1:24.81	44.76	200m:	3:01.08	49.17	300m:	4:40.57	50.20	400m:	6:19.11	48.13
2.	TOKARSKA, Krystyna		72	Niezrzeszony				7:34.75	214			
	50m:	46.36	46.36	150m:	2:38.56	57.28	250m:	4:37.49	59.96	350m:	6:38.04	1:00.12
	100m:	1:41.28	54.92	200m:	3:37.53	58.97	300m:	5:37.92	1:00.43	400m:	7:34.75	56.71
kat. E /45-49/												
1.	PUCHALSKA, Joanna		64	Sopot Masters				5:08.50	856			
	50m:	36.47	36.47	150m:	1:55.10	39.59	250m:	3:14.27	39.12	350m:	4:32.20	38.90
	100m:	1:15.51	39.04	200m:	2:35.15	40.05	300m:	3:53.30	39.03	400m:	5:08.50	36.30
2.	GOZDZIEJEWSKA, Anna		67	Masters Kormoran Olsztyn				5:42.53	625			
	50m:	39.03	39.03	150m:	2:05.82	43.85	250m:	3:32.76	43.62	350m:	4:59.73	43.90
	100m:	1:21.97	42.94	200m:	2:49.14	43.32	300m:	4:15.83	43.07	400m:	5:42.53	42.80
3.	SIKORSKA, Malgorzata		66	Astoria Bydgoszcz				5:44.96	612			
	50m:	38.36	38.36	150m:	2:01.56	42.41	250m:	3:29.96	44.34	350m:	4:59.65	45.07
	100m:	1:19.15	40.79	200m:	2:45.62	44.06	300m:	4:14.58	44.62	400m:	5:44.96	45.31
4.	KOTECKA, Anna		65	Ks Warta Poznan				6:09.80	497			
	50m:	40.70	40.70	150m:	2:10.78	45.61	250m:	3:46.35	48.35	350m:	5:23.33	48.36
	100m:	1:25.17	44.47	200m:	2:58.00	47.22	300m:	4:34.97	48.62	400m:	6:09.80	46.47

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Event 1, Women, 400m Freestyle, kat. E /45-49/

Rank			YB					Time	Pts
5.	CICHA-MIKOLAJCZYK, ALICJA		64	UCSiR Warszawa				8:42.10	176
	50m:	57.19 57.19	150m:	3:08.50 1:06.79	250m:	5:25.12 1:08.05	350m:	7:42.05 1:07.89	
	100m:	2:01.71 1:04.52	200m:	4:17.07 1:08.57	300m:	6:34.16 1:09.04	400m:	8:42.10 1:00.05	

kat. F /50-54/

1.	MYSIAK, Katarzyna		61	Gdynia Masters				6:40.42	459
	50m:	42.77 42.77	150m:	2:22.08 50.91	250m:	4:06.06 51.77	350m:	5:50.69 52.40	
	100m:	1:31.17 48.40	200m:	3:14.29 52.21	300m:	4:58.29 52.23	400m:	6:40.42 49.73	
2.	POLANCZYK, Renata		59	Gdynia Masters				6:59.64	399
	50m:	43.15 43.15	150m:	2:25.90 52.94	250m:	4:14.81 54.95	350m:	6:08.45 56.98	
	100m:	1:32.96 49.81	200m:	3:19.86 53.96	300m:	5:11.47 56.66	400m:	6:59.64 51.19	
3.	WEPA, Hanna		59	Masters Chelm				10:40.30	112
	50m:	1:10.39 1:10.39	150m:	3:51.59 1:21.46	250m:	6:35.31 1:21.83	350m:	9:19.32 1:22.80	
	100m:	2:30.13 1:19.74	200m:	5:13.48 1:21.89	300m:	7:56.52 1:21.21	400m:	10:40.30 1:20.98	

kat. G /55-59/

1.	KURYLOWICZ, MONIKA		55	UCSiR Warszawa				6:25.16	649
	50m:	42.77 42.77	150m:	2:19.20 49.03	250m:	3:58.61 49.76	350m:	5:39.33 50.03	
	100m:	1:30.17 47.40	200m:	3:08.85 49.65	300m:	4:49.30 50.69	400m:	6:25.16 45.83	
2.	RAINKO, Kazimiera		54	Masters Bialystok				7:37.25	388
	50m:	47.49 47.49	150m:	2:42.92 59.30	250m:	4:41.87 59.62	350m:	6:41.29 59.63	
	100m:	1:43.62 56.13	200m:	3:42.25 59.33	300m:	5:41.66 59.79	400m:	7:37.25 55.96	

kat. H /60-64/

1.	KRASNIEWSKA, Alina		50	WOPR Warszawa SPORT-Figielski				9:34.99	214
	50m:	1:02.82 1:02.82	150m:	3:30.87 1:14.89	250m:	5:57.33 1:13.86	350m:	8:23.19 1:13.04	
	100m:	2:15.98 1:13.16	200m:	4:43.47 1:12.60	300m:	7:10.15 1:12.82	400m:	9:34.99 1:11.80	