

XVIII Otwarte Mistrzostwa Warszawy w pływaniu MASTERS  
Warszawa, 1- - 2-6-2013

Konkurencja 12  
2013-06-01 - 18:27

Kobiet, 400m dowolny

25 - 94 lat  
Wyniki

Punkty: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.
<b>25 - 29 lat</b>									
1.	MATLAK, Ewa		84	Warsaw Masters Team				<b>6:15.96</b>	
	50m:	37.76 37.76	150m:	2:09.28 47.69	250m:	3:48.50 49.62	350m:	5:28.22 49.66	
	100m:	1:21.59 43.83	200m:	2:58.88 49.60	300m:	4:38.56 50.06	400m:	6:15.96 47.74	
2.	KARA , Karolina		87	Victory Masters Elbl g				<b>6:43.75</b>	
	50m:	46.95 46.95	150m:	2:27.84 50.97	250m:	4:11.40 52.53	350m:	5:54.54 51.62	
	100m:	1:36.87 49.92	200m:	3:18.87 51.03	300m:	5:02.92 51.52	400m:	6:43.75 49.21	
3.	SOBCZAK, Agata		87	Niezrzeszony				<b>7:20.36</b>	
	50m:	48.19 48.19	150m:	2:35.50 54.92	250m:	4:28.69 57.48	350m:	6:23.92 58.04	
	100m:	1:40.58 52.39	200m:	3:31.21 55.71	300m:	5:25.88 57.19	400m:	7:20.36 56.44	
<b>30 - 34 lat</b>									
1.	MICHALIK, Dominika		79	Masters Bialystok				<b>5:15.04</b>	
	50m:	36.42 36.42	150m:	1:55.76 40.13	250m:	3:15.62 39.90	350m:	4:35.96 39.95	
	100m:	1:15.63 39.21	200m:	2:35.72 39.96	300m:	3:56.01 40.39	400m:	5:15.04 39.08	
<b>35 - 39 lat</b>									
1.	MARYL, Marta		78	Niezrzeszeni Wawa 1				<b>5:45.76</b>	
	50m:	38.46 38.46	150m:	2:04.67 44.30	250m:	3:35.10 45.40	350m:	5:04.08 44.67	
	100m:	1:20.37 41.91	200m:	2:49.70 45.03	300m:	4:19.41 44.31	400m:	5:45.76 41.68	
2.	DOBCZY SKA, Katarzyna		77	Warsaw Masters Team				<b>6:13.73</b>	
	50m:	42.05 42.05	150m:	2:14.59 46.59	250m:	3:50.73 48.47	350m:	5:28.73 48.42	
	100m:	1:28.00 45.95	200m:	3:02.26 47.67	300m:	4:40.31 49.58	400m:	6:13.73 45.00	
3.	VARELA-MACHADO, Lina		77	K.S. niezrzeszeni.pl				<b>7:00.65</b>	
	50m:	42.66 42.66	150m:	2:25.35 53.03	250m:	4:16.77 56.31	350m:	6:08.02 55.68	
	100m:	1:32.32 49.66	200m:	3:20.46 55.11	300m:	5:12.34 55.57	400m:	7:00.65 52.63	
<b>45 - 49 lat</b>									
1.	OLSZEWSKA, Edyta		64	Warsaw Masters Team				<b>5:45.53</b>	
	50m:	39.58 39.58	150m:	2:08.75 45.23	250m:	3:36.21 42.38	350m:	5:04.60 44.53	
	100m:	1:23.52 43.94	200m:	2:53.83 45.08	300m:	4:20.07 43.86	400m:	5:45.53 40.93	
2.	IVANAUSKAITE, Ramune		64	Masters club TAKAS				<b>6:07.55</b>	
	50m:	39.48 39.48	150m:	2:07.74 44.93	250m:	3:41.27 47.23	350m:	5:19.96 49.79	
	100m:	1:22.81 43.33	200m:	2:54.04 46.30	300m:	4:30.17 48.90	400m:	6:07.55 47.59	
3.	CICHA-MIKOŁAJCZYK, Alicja		64	Ursynów Masters				<b>9:01.65</b>	
	50m:	59.77 59.77	150m:	3:18.22 1:10.47	250m:	5:38.25 1:08.66	350m:	7:58.53 1:09.51	
	100m:	2:07.75 1:07.98	200m:	4:29.59 1:11.37	300m:	6:49.02 1:10.77	400m:	9:01.65 1:03.12	
<b>50 - 54 lat</b>									
1.	MYSIAK, Katarzyna		61	Gdynia Masters				<b>6:59.28</b>	
	50m:	45.99 45.99	150m:	2:31.12 53.43	250m:	4:19.27 54.20	350m:	6:07.04 53.74	
	100m:	1:37.69 51.70	200m:	3:25.07 53.95	300m:	5:13.30 54.03	400m:	6:59.28 52.24	
<b>55 - 59 lat</b>									
1.	MIASOJEDOW, Bo ena		54	WOPR Warszawa SPORT-Figielski				<b>11:20.33</b>	
	50m:	1:12.41 1:12.41	150m:	4:07.95 1:29.68	250m:	7:05.96 1:27.57	350m:	9:56.04 1:24.74	
	100m:	2:38.27 1:25.86	200m:	5:38.39 1:30.44	300m:	8:31.30 1:25.34	400m:	11:20.33 1:24.29	

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60 - 64 lat

1. KRA NIEWSKA, Alina 50 WOPR Warszawa SPORT-Figielski **9:26.78**  
50m: 1:02.92 1:02.92 150m: 3:26.59 1:12.32 250m: 5:52.05 1:13.17 350m: 8:15.15 1:12.65  
100m: 2:14.27 1:11.35 200m: 4:38.88 1:12.29 300m: 7:02.50 1:10.45 400m: 9:26.78 1:11.63

70 - 74 lat

1. ZIELI SKA, Anna 42 WOPR Warszawa SPORT-Figielski **11:01.68**  
50m: 1:12.93 1:12.93 150m: 4:02.93 1:26.32 250m: 6:49.87 1:22.37 350m: 9:40.93 1:25.48  
100m: 2:36.61 1:23.68 200m: 5:27.50 1:24.57 300m: 8:15.45 1:25.58 400m: 11:01.68 1:20.75