

Puchar Polski w pływaniu - VI Otwarte Mistrzostwa Konstancina w pływaniu Masters
Konstancin, 19- - 20-10-2013

Konkurencja 1
2013-10-19 - 16:15

Kobiet, 400m dowolny

25 - 89 lat
Wyniki

Punkty: DSV Masters 13

Pozycja			Rok ur.					Czas	Pkt.
kat. A /25-29/									
1.	STANISŁAWSKA, Anna		87	Warsaw Masters Team (Wmt)				6:27.15	331
	50m:	41.50 41.50	150m:	2:19.46 50.37	250m:	4:00.12 49.79	350m:	5:38.72 48.71	
	100m:	1:29.09 47.59	200m:	3:10.33 50.87	300m:	4:50.01 49.89	400m:	6:27.15 48.43	
2.	KARA , Karolina		87	Victory Masters Elbl g				7:05.66	249
	50m:	48.73 48.73	150m:	2:34.52 53.89	250m:	4:25.63 55.36	350m:	6:14.32 53.89	
	100m:	1:40.63 51.90	200m:	3:30.27 55.75	300m:	5:20.43 54.80	400m:	7:05.66 51.34	
kat. B /30-34/									
1.	PRZYBYSZ, Aleksandra		82	AZS UWM Masters Olsztyn				6:00.00	438
	50m:	40.73 40.73	150m:	2:09.76 45.46	250m:	3:43.05 46.86	350m:	5:15.38 46.17	
	100m:	1:24.30 43.57	200m:	2:56.19 46.43	300m:	4:29.21 46.16	400m:	6:00.00 44.62	
kat. D /40-44/									
1.	KRZY ANOWSKA, Ewa		72	Warsaw Masters Team (Wmt)				6:13.41	407
	50m:	40.21 40.21	150m:		250m:	3:47.68 49.50	350m:		
	100m:	1:24.42 44.21	200m:	2:58.18	300m:		400m:	6:13.41	
2.	PIECHURA, Małgorzata		73	K.S. niezrzeszeni.pl				7:49.64	205
	50m:	52.95 52.95	150m:		250m:	5:10.55 1:05.69	350m:	6:52.80	
	100m:		200m:	4:04.86	300m:		400m:	7:49.64 56.84	
3.	BERTHELSEN, Elbieta		72	Masters Chelm				8:33.77	156
	50m:	57.33 57.33	150m:	3:04.39 1:04.37	250m:	5:14.74 1:05.15	350m:	7:27.35 1:06.75	
	100m:	2:00.02 1:02.69	200m:	4:09.59 1:05.20	300m:	6:20.60 1:05.86	400m:	8:33.77 1:06.42	
kat. E /45-49/									
1.	KOTECKA, Anna		65	Ks Warta Pozna				6:06.63	464
	50m:	40.04 40.04	150m:	2:08.04 45.08	250m:	3:42.37 47.68	350m:	5:19.61 49.03	
	100m:	1:22.96 42.92	200m:	2:54.69 46.65	300m:	4:30.58 48.21	400m:	6:06.63 47.02	
2.	IVANAUSKAITE, Ramune		64	Takas				6:13.53	438
	50m:	42.09 42.09	150m:	2:13.70 46.40	250m:	3:49.29 48.10	350m:	5:27.36 49.27	
	100m:	1:27.30 45.21	200m:	3:01.19 47.49	300m:	4:38.09 48.80	400m:	6:13.53 46.17	
3.	CICHA-MIKOŁAJCZYK, Alicja		64	Ursynów Masters				8:59.31	145
	50m:	59.10 59.10	150m:	3:15.37 1:08.57	250m:	5:34.40 1:09.23	350m:	7:55.06 1:09.88	
	100m:	2:06.80 1:07.70	200m:	4:25.17 1:09.80	300m:	6:45.18 1:10.78	400m:	8:59.31 1:04.25	
kat. F /50-54/									
1.	SZAŁA, Ewa		59	KP Koziegłowy				5:56.24	519
	50m:	39.80 39.80	150m:	2:07.07 44.35	250m:	3:37.93 45.60	350m:	5:10.99 46.53	
	100m:	1:22.72 42.92	200m:	2:52.33 45.26	300m:	4:24.46 46.53	400m:	5:56.24 45.25	
2.	DR KIEWICZ, Zuzanna		61	Gdynia Masters				10:25.43	95
	50m:	1:03.42 1:03.42	150m:	3:43.27 1:21.44	250m:	6:25.36 1:21.87	350m:	9:09.79 1:23.46	
	100m:	2:21.83 1:18.41	200m:	5:03.49 1:20.22	300m:	7:46.33 1:20.97	400m:	10:25.43 1:15.64	
3.	WEPA, Hanna		59	Masters Chelm				10:39.40	89
	50m:	1:07.24 1:07.24	150m:	3:44.70 1:19.55	250m:	6:30.06 1:22.68	350m:	9:16.57 1:22.33	
	100m:	2:25.15 1:17.91	200m:	5:07.38 1:22.68	300m:	7:54.24 1:24.18	400m:	10:39.40 1:22.83	

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kat. G /55-59/

1.	RAINKO, Kazimiera	54	Masters Bialystok	7:51.06	318
	50m: 48.93 48.93	150m: 2:44.83 59.64	250m: 4:48.19 1:02.05	350m: 6:54.29 1:03.09	
	100m: 1:45.19 56.26	200m: 3:46.14 1:01.31	300m: 5:51.20 1:03.01	400m: 7:51.06 56.77	
2.	MIASOJEDOW, Bo ena	54	WOPR Warszawa SPORT-Figielski	12:29.73	78
	50m: 1:21.77 1:21.77	150m: 4:27.87 1:32.05	250m: 7:41.07 1:38.09	350m: 10:54.86 1:36.28	
	100m: 2:55.82 1:34.05	200m: 6:02.98 1:35.11	300m: 9:18.58 1:37.51	400m: 12:29.73 1:34.87	

kat. H /60-64/

1.	GRZEGORZEWSKA, Gra yna	52	KS Masters Polkowice	7:32.57	466
	50m: 48.32 48.32	150m: 2:44.14 58.66	250m: 4:41.84 58.75	350m: 6:38.76 59.19	
	100m: 1:45.48 57.16	200m: 3:43.09 58.95	300m: 5:39.57 57.73	400m: 7:32.57 53.81	
2.	SZEMBERG, Anna	49	Warsaw Masters Team (Wmt)	9:02.42	271
	50m: 57.74 57.74	150m: 3:18.57 1:12.70	250m: 5:36.33 1:08.84	350m: 7:54.95 1:08.88	
	100m: 2:05.87 1:08.13	200m: 4:27.49 1:08.92	300m: 6:46.07 1:09.74	400m: 9:02.42 1:07.47	