

XX OTWARTE MISTRZOSTWA WARSZAWY W PŁYWANIU MASTERS-PUCHAR POLSKI MASTERS  
Warszawa, 5.12.2015

Konkurencja 28  
05.12.2015 - 10:55

Kobiet, 400m dowolny

20 - 94 lat  
Wyniki

Punkty: IPC 2014

Pozycja			Rok ur.					Czas	Pkt.	
<b>25 - 29 lat</b>										
1.	SKUTKIEWICZ, Joanna		90	Niezrzeszeni				<b>5:55.94</b>		
	50m:	39.54 39.54	150m:	2:09.20	45.64	250m:	3:40.87	45.79	350m:	5:12.24 45.38
	100m:	1:23.56 44.02	200m:	2:55.08	45.88	300m:	4:26.86	45.99	400m:	5:55.94 43.70
2.	CWALINA, Inga		89	Triclub				<b>6:06.01</b>		
	50m:	38.35 38.35	150m:	2:08.54	46.34	250m:	3:42.99	47.57	350m:	5:18.11 47.49
	100m:	1:22.20 43.85	200m:	2:55.42	46.88	300m:	4:30.62	47.63	400m:	6:06.01 47.90
3.	RADŁOWSKA-LEWI SKA, Martyna		86	Masters Ikar Mielec				<b>6:06.48</b>		
	50m:	38.03 38.03	150m:	2:08.10	46.21	250m:	3:43.45	47.92	350m:	5:19.93 48.28
	100m:	1:21.89 43.86	200m:	2:55.53	47.43	300m:	4:31.65	48.20	400m:	6:06.48 46.55
4.	WALASEK, Ewa		86	Niezrzeszeni				<b>7:29.57</b>		
	50m:	45.30 45.30	150m:	2:34.93	56.58	250m:	4:32.98	58.86	350m:	6:33.49 1:00.14
	100m:	1:38.35 53.05	200m:	3:34.12	59.19	300m:	5:33.35	1:00.37	400m:	7:29.57 56.08
<b>30 - 34 lat</b>										
1.	MATLAK, Ewa		84	Warsaw Masters Team				<b>6:10.41</b>		
	50m:	39.40 39.40	150m:	2:10.50	46.88	250m:	3:45.96	48.10	350m:	5:23.30 48.97
	100m:	1:23.62 44.22	200m:	2:57.86	47.36	300m:	4:34.33	48.37	400m:	6:10.41 47.11
2.	MAZURKIEWICZ, Agnieszka		82	Warsaw Masters Team				<b>6:20.27</b>		
	50m:	42.75 42.75	150m:	2:17.49	48.18	250m:	3:54.58	48.79	350m:	5:32.88 49.55
	100m:	1:29.31 46.56	200m:	3:05.79	48.30	300m:	4:43.33	48.75	400m:	6:20.27 47.39
3.	GRYCZ, Urszula		85	Ursynów Masters				<b>6:30.24</b>		
	50m:	38.87 38.87	150m:	2:11.22	48.05	250m:	3:52.63	51.58	350m:	5:39.29 53.29
	100m:	1:23.17 44.30	200m:	3:01.05	49.83	300m:	4:46.00	53.37	400m:	6:30.24 50.95
4.	SZYMA SKA, Katharina		85	Warsaw Masters Team				<b>7:00.30</b>		
	50m:	46.51 46.51	150m:	2:31.57	53.93	250m:	4:20.86	55.09	350m:	6:10.06 54.37
	100m:	1:37.64 51.13	200m:	3:25.77	54.20	300m:	5:15.69	54.83	400m:	7:00.30 50.24
<b>35 - 39 lat</b>										
1.	MICHALIK, Dominika		79	Masters Białystok				<b>5:11.37</b>		
	50m:	36.03 36.03	150m:	1:53.64	39.51	250m:	3:14.22	40.59	350m:	4:33.90 39.71
	100m:	1:14.13 38.10	200m:	2:33.63	39.99	300m:	3:54.19	39.97	400m:	5:11.37 37.47
2.	MARYL, Marta		78	Akademia ruchu Andrzej Gadas				<b>5:52.36</b>		
	50m:	38.26 38.26	150m:	2:06.65	45.28	250m:	3:37.94	45.30	350m:	5:08.69 45.17
	100m:	1:21.37 43.11	200m:	2:52.64	45.99	300m:	4:23.52	45.58	400m:	5:52.36 43.67
3.	MOSTOWSKA, Magdalena		77	Niezrzeszeni				<b>6:28.46</b>		
	50m:	43.02 43.02	150m:	2:18.65	48.73	250m:	3:58.30	49.88	350m:	5:39.91 50.92
	100m:	1:29.92 46.90	200m:	3:08.42	49.77	300m:	4:48.99	50.69	400m:	6:28.46 48.55
4.	SOPOLI SKA, Emilia		80	Swimmers St. Pływackie				<b>6:47.85</b>		
	50m:	45.37 45.37	150m:	2:28.02	52.55	250m:	4:13.38	53.61	350m:	5:58.23 53.15
	100m:	1:35.47 50.10	200m:	3:19.77	51.75	300m:	5:05.08	51.70	400m:	6:47.85 49.62
5.	KAMUT, Anna		77	Niezrzeszeni				<b>7:06.86</b>		
	50m:	44.20 44.20	150m:	2:32.49	55.22	250m:	4:25.18	56.66	350m:	6:16.07 54.65
	100m:	1:37.27 53.07	200m:	3:28.52	56.03	300m:	5:21.42	56.24	400m:	7:06.86 50.79
6.	G SIEWSKA, Zuza		78	Warsaw Masters Team				<b>7:16.07</b>		
	50m:	47.13 47.13	150m:	2:37.44	56.49	250m:	4:32.26	57.97	350m:	6:27.24 56.79
	100m:	1:40.95 53.82	200m:	3:34.29	56.85	300m:	5:30.45	58.19	400m:	7:16.07 48.83

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Konkurencja 28, Kobiet, 400m dowolny

45 - 49 lat

1. CYLWIK-ROKICKA, Dorota 70 Białostockie Stowarzyszenie Pł **8:05.05**  
50m: 49.81 49.81 150m: 2:54.91 1:04.95 250m: 5:00.38 1:03.27 350m: 7:04.39 1:02.78  
100m: 1:49.96 1:00.15 200m: 3:57.11 1:02.20 300m: 6:01.61 1:01.23 400m: 8:05.05 1:00.66
2. WNUK, Anna 68 Warsaw Masters Team **9:25.98**  
50m: 59.74 59.74 150m: 3:21.94 1:13.00 250m: 5:49.37 1:12.94 350m: 8:17.04 1:12.17  
100m: 2:08.94 1:09.20 200m: 4:36.43 1:14.49 300m: 7:04.87 1:15.50 400m: 9:25.98 1:08.94

50 - 54 lat

1. OLSZEWSKA, Edyta 64 Warsaw Masters Team **5:54.14**  
50m: 40.41 40.41 150m: 2:11.89 45.95 250m: 3:42.31 44.37 350m: 5:11.90 44.37  
100m: 1:25.94 45.53 200m: 2:57.94 46.05 300m: 4:27.53 45.22 400m: 5:54.14 42.24
2. IVANAUSKAITE, Ramune 64 Takas **6:10.56**  
50m: 42.65 42.65 150m: 2:16.96 47.65 250m: 3:51.74 47.11 350m: 5:25.65 46.80  
100m: 1:29.31 46.66 200m: 3:04.63 47.67 300m: 4:38.85 47.11 400m: 6:10.56 44.91

60 - 64 lat

1. LIPI SKA, Jolanta 51 Niezrzeszeni **13:30.63**  
50m: 1:33.15 1:33.15 150m: 5:02.28 1:44.44 250m: 8:29.84 1:43.36 350m: 11:54.61 1:43.07  
100m: 3:17.84 1:44.69 200m: 6:46.48 1:44.20 300m: 10:11.54 1:41.70 400m: 13:30.63 1:36.02

65 - 69 lat

1. SZEMBERG, Anna 49 Warsaw Masters Team **8:13.34**  
50m: 53.51 53.51 150m: 2:58.58 1:04.25 250m: 5:07.09 1:05.30 350m: 7:14.22 1:03.47  
100m: 1:54.33 1:00.82 200m: 4:01.79 1:03.21 300m: 6:10.75 1:03.66 400m: 8:13.34 59.12