

PUCHAR POLSKI MASTERS-OTWARTE MISTRZOSTWA WARSZAWY W PŁYWANIU MASTERS
Warszawa, 3. - 4.12.2016

Konkurencja 28
04.12.2016 - 10:50

Kobiet, 400m dowolny

20 - 94 lat
Wyniki

Punkty: FINA 2016

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m				
20 - 24 lat												
1.	CHUDEK, Agnieszka	92	Warsaw Masters Team	5:54.80	303	1:23.27	1:29.80	1:31.47	1:30.26			
	50m:	39.19	39.19	150m:	2:08.09	44.82	250m:	3:38.51	45.44	350m:	5:10.01	45.47
	100m:	1:23.27	44.08	200m:	2:53.07	44.98	300m:	4:24.54	46.03	400m:	5:54.80	44.79
25 - 29 lat												
1.	SKUTKIEWICZ, Joanna	90	KS Delfin Gdynia	5:33.46	365	1:18.93	1:25.24	1:25.32	1:23.97			
	50m:	37.42	37.42	150m:	2:01.43	42.50	250m:	3:26.65	42.48	350m:	4:52.17	42.68
	100m:	1:18.93	41.51	200m:	2:44.17	42.74	300m:	4:09.49	42.84	400m:	5:33.46	41.29
2.	WIETESKA, Inga	89	Triclub	6:02.35	284	1:19.81	1:32.37	1:35.61	1:34.56			
	50m:	37.23	37.23	150m:	2:05.21	45.40	250m:	3:39.60	47.42	350m:	5:15.74	47.95
	100m:	1:19.81	42.58	200m:	2:52.18	46.97	300m:	4:27.79	48.19	400m:	6:02.35	46.61
30 - 34 lat												
1.	MATLAK, Ewa	84	Warsaw Masters Team	5:44.79	330	1:19.16	1:28.22	1:29.32	1:28.09			
	50m:	37.08	37.08	150m:	2:03.26	44.10	250m:	3:31.76	44.38	350m:	5:01.46	44.76
	100m:	1:19.16	42.08	200m:	2:47.38	44.12	300m:	4:16.70	44.94	400m:	5:44.79	43.33
2.	WIESE, Anna	84	Warsaw Masters Team	5:50.57	314	1:21.53	1:29.76	1:31.26	1:28.02			
	50m:	38.70	38.70	150m:	2:05.90	44.37	250m:	3:37.42	46.13	350m:	5:07.84	45.29
	100m:	1:21.53	42.83	200m:	2:51.29	45.39	300m:	4:22.55	45.13	400m:	5:50.57	42.73
3.	BOŁTU , Małgorzata	83	Redeco Wrocław	6:44.00	205	1:37.09	1:43.39	1:45.31	1:38.21			
	50m:	46.04	46.04	150m:	2:28.34	51.25	250m:	4:12.23	51.75	350m:	5:56.91	51.12
	100m:	1:37.09	51.05	200m:	3:20.48	52.14	300m:	5:05.79	53.56	400m:	6:44.00	47.09
4.	TURCZYN, Anna	86	Warsaw Masters Team	7:03.63	178	1:34.41	1:50.27	1:51.60	1:47.35			
	50m:	44.63	44.63	150m:	2:29.22	54.81	250m:	4:19.95	55.27	350m:	6:11.36	55.08
	100m:	1:34.41	49.78	200m:	3:24.68	55.46	300m:	5:16.28	56.33	400m:	7:03.63	52.27
5.	ZIELI SKA, Monika	82	Niezzreszeni	7:35.33	143	1:43.07	2:00.12	1:58.49	1:53.65			
	50m:	48.75	48.75	150m:	2:43.10	1:00.03	250m:	4:41.86	58.67	350m:	6:41.10	59.42
	100m:	1:43.07	54.32	200m:	3:43.19	1:00.09	300m:	5:41.68	59.82	400m:	7:35.33	54.23
6.	BORUSI SKA-SZUSTEK, 83		Triclub	9:34.92	71							
	50m:			150m:			250m:		350m:			
	100m:			200m:			300m:		400m:	9:34.92		
35 - 39 lat												
1.	MICHALIK, Dominika	79	Masters Białystok	5:12.16	445	1:13.91	1:20.56	1:20.29	1:17.40			
	50m:	35.32	35.32	150m:	1:54.05	40.14	250m:	3:14.51	40.04	350m:	4:34.64	39.88
	100m:	1:13.91	38.59	200m:	2:34.47	40.42	300m:	3:54.76	40.25	400m:	5:12.16	37.52
2.	BUTKIEWICZ, Magdalena	80	Niezzreszeni	6:28.26	231	1:27.18	1:39.28	1:43.60	1:38.20			
	50m:	40.66	40.66	150m:	2:16.06	48.88	250m:	3:57.96	51.50	350m:	5:40.91	50.85
	100m:	1:27.18	46.52	200m:	3:06.46	50.40	300m:	4:50.06	52.10	400m:	6:28.26	47.35
3.	MOSTOWSKA, Magdalena	77	Warsaw Masters Team	6:40.44	210	1:32.97	1:41.95	1:43.56	1:41.96			
	50m:	44.70	44.70	150m:	2:23.62	50.65	250m:	4:06.63	51.71	350m:	5:50.13	51.65
	100m:	1:32.97	48.27	200m:	3:14.92	51.30	300m:	4:58.48	51.85	400m:	6:40.44	50.31
4.	SOPOLI SKA, Emilia	80	Stowarzyszenie Pływackie	6:57.63	185	1:37.72	1:45.20	1:48.61	1:46.10			
	50m:	46.03	46.03	150m:	2:30.16	52.44	250m:	4:17.05	54.13	350m:	6:06.34	54.81
	100m:	1:37.72	51.69	200m:	3:22.92	52.76	300m:	5:11.53	54.48	400m:	6:57.63	51.29
5.	CZEKAJ, Justyna	81	Warsaw Masters Team	8:56.12	87	2:09.34	2:18.13	2:16.63	2:12.02			
	50m:	1:02.32	1:02.32	150m:	3:17.53	1:08.19	250m:	5:35.82	1:08.35	350m:	7:52.78	1:08.68
	100m:	2:09.34	1:07.02	200m:	4:27.47	1:09.94	300m:	6:44.10	1:08.28	400m:	8:56.12	1:03.34
40 - 44 lat												
1.	JARUGA, Kinga	74	Cityzen Pozna	6:18.05	250	1:27.06	1:36.57	1:38.00	1:36.42			
	50m:	40.44	40.44	150m:	2:14.97	47.91	250m:	3:52.36	48.73	350m:	5:30.76	49.13
	100m:	1:27.06	46.62	200m:	3:03.63	48.66	300m:	4:41.63	49.27	400m:	6:18.05	47.29

PUCHAR POLSKI MASTERS-OTWARTE MISTRZOSTWA WARSZAWY W PŁYWANIU MASTERS
Warszawa, 3. - 4.12.2016

Konkurencja 28, Kobiet, 400m dowolny, 40 - 44 lat

Pozycja	Rok ur.		Czas		Pkt.	100m	200m	300m	400m		
2. WACH, Małgorzata	73	Masters Wisła Kraków	6:30.71	227		1:30.60	1:39.73	1:41.06	1:39.32		
50m:	42.65	42.65	150m:	2:20.12	49.52	250m:	3:59.86	49.53	350m:	5:41.58	50.19
100m:	1:30.60	47.95	200m:	3:10.33	50.21	300m:	4:51.39	51.53	400m:	6:30.71	49.13

45 - 49 lat

1. SZYDŁO, Agata	69	Redeco Wrocław	7:14.77	164		1:42.83	1:51.34	1:52.03	1:48.57		
50m:	49.74	49.74	150m:	2:37.76	54.93	250m:	4:30.54	56.37	350m:	6:22.39	56.19
100m:	1:42.83	53.09	200m:	3:34.17	56.41	300m:	5:26.20	55.66	400m:	7:14.77	52.38
2. KORONA, Tatiana	67	Triclub	7:55.64	125		1:54.04	2:01.80	2:01.83	1:57.97		
50m:	53.06	53.06	150m:	2:54.53	1:00.49	250m:	4:56.72	1:00.88	350m:	6:57.87	1:00.20
100m:	1:54.04	1:00.98	200m:	3:55.84	1:01.31	300m:	5:57.67	1:00.95	400m:	7:55.64	57.77
3. WEGEN, Danuta	69	Aquasfera Masters Olsztyn	8:27.99	103		1:58.71	2:13.88	2:09.87	2:05.53		
50m:	55.77	55.77	150m:	3:06.64	1:07.93	250m:	5:17.21	1:04.62	350m:	7:27.42	1:04.96
100m:	1:58.71	1:02.94	200m:	4:12.59	1:05.95	300m:	6:22.46	1:05.25	400m:	8:27.99	1:00.57
4. WNUK, Anna	68	Warsaw Masters Team	9:32.44	72		2:16.52	2:23.75	2:28.23	2:23.94		
50m:	1:04.53	1:04.53	150m:	3:28.02	1:11.50	250m:	5:54.33	1:14.06	350m:	8:21.99	1:13.49
100m:	2:16.52	1:11.99	200m:	4:40.27	1:12.25	300m:	7:08.50	1:14.17	400m:	9:32.44	1:10.45

50 - 54 lat

1. OLSZEWSKA, Edyta	64	Warsaw Masters Team	6:05.57	277		1:27.32	1:33.34	1:31.86	1:33.05		
50m:	41.26	41.26	150m:	2:13.42	46.10	250m:	3:45.54	44.88	350m:	5:19.27	46.75
100m:	1:27.32	46.06	200m:	3:00.66	47.24	300m:	4:32.52	46.98	400m:	6:05.57	46.30
2. PUTOWSKA, Małgorzata	62	Ks Warta Pozna	8:05.78	118		1:44.36	2:08.47	2:09.67	2:03.28		
50m:	47.51	47.51	150m:	2:48.66	1:04.30	250m:			350m:	7:06.16	1:03.66
100m:	1:44.36	56.85	200m:	3:52.83	1:04.17	300m:	6:02.50		400m:	8:05.78	59.62

55 - 59 lat

1. ZAGAŁA, Joanna	59	Sikret Gliwice	6:54.66	189		1:40.75	1:49.53	1:47.01	1:37.37		
50m:	47.50	47.50	150m:	2:35.70	54.95	250m:	4:24.44	54.16	350m:	6:08.10	50.81
100m:	1:40.75	53.25	200m:	3:30.28	54.58	300m:	5:17.29	52.85	400m:	6:54.66	46.56
2. MYSIK, Katarzyna	61	Gdynia Masters	7:17.24	162		1:39.41	1:53.33	1:55.24	1:49.26		
50m:	46.11	46.11	150m:	2:35.78	56.37	250m:	4:30.40	57.66	350m:	6:24.33	56.35
100m:	1:39.41	53.30	200m:	3:32.74	56.96	300m:	5:27.98	57.58	400m:	7:17.24	52.91
3. BEDNARCZYK, Iwona	57	Masters Wisła Kraków	9:03.24	84		2:00.68	2:19.52	2:23.38	2:19.66		
50m:	56.47	56.47	150m:	3:09.37	1:08.69	250m:	5:31.11	1:10.91	350m:	7:55.38	1:11.80
100m:	2:00.68	1:04.21	200m:	4:20.20	1:10.83	300m:	6:43.58	1:12.47	400m:	9:03.24	1:07.86
4. DEMBECKA, Rusłana	57	Ks Warta Pozna	9:41.13	69		2:07.02	2:32.40	2:34.01	2:27.70		
50m:	57.80	57.80	150m:	3:22.58	1:15.56	250m:	5:57.23	1:17.81	350m:	8:29.14	1:15.71
100m:	2:07.02	1:09.22	200m:	4:39.42	1:16.84	300m:	7:13.43	1:16.20	400m:	9:41.13	1:11.99

60 - 64 lat

1. BARDZICKA, Iwona	54	Aquasfera Masters Olsztyn	10:21.70	56		2:29.76	2:38.61	2:38.90	2:34.43		
50m:	1:12.03	1:12.03	150m:	3:49.43	1:19.67	250m:	6:27.91	1:19.54	350m:	9:05.35	1:18.08
100m:	2:29.76	1:17.73	200m:	5:08.37	1:18.94	300m:	7:47.27	1:19.36	400m:	10:21.70	1:16.35

65 - 69 lat

1. ŁUTOWICZ, Maria	50	TS Olimpia Pozna	7:13.61	166		1:45.99	1:53.20	1:48.94	1:45.48		
50m:	49.44	49.44	150m:	2:42.84	56.85	250m:	4:34.13	54.94	350m:	6:22.54	54.41
100m:	1:45.99	56.55	200m:	3:39.19	56.35	300m:	5:28.13	54.00	400m:	7:13.61	51.07
2. SZEMBERG, Anna	49	Warsaw Masters Team	8:30.98	101		2:01.76	2:11.49	2:11.73	2:06.00		
50m:	57.35	57.35	150m:	3:07.06	1:05.30	250m:	5:18.59	1:05.34	350m:	7:29.47	1:04.49
100m:	2:01.76	1:04.41	200m:	4:13.25	1:06.19	300m:	6:24.98	1:06.39	400m:	8:30.98	1:01.51
3. LIPI SKA, Jolanta	51	Niezzreszeni	12:25.01	32		3:09.58	3:09.18	3:06.13	3:00.12		
50m:	1:31.62	1:31.62	150m:	4:46.53	1:36.95	250m:	7:53.06	1:34.30	350m:	10:57.53	1:32.64
100m:	3:09.58	1:37.96	200m:	6:18.76	1:32.23	300m:	9:24.89	1:31.83	400m:	12:25.01	1:27.48