

Letnie Mistrzostwa Polski w pływaniu Masters  
Warszawa, 16. - 18.6.2017

Konkurencja 30  
17.06.2017 - 18:51

Kobiet, 400m zmienny

20 lat i starsi  
Wyniki

Punkty: FINA 2017

Pozycja	Rok ur.	Czas	Pkt.
<b>Kat 0 - 20-24</b>			
1. Piwo ska Monika	95 Aquasfera Masters Olsztyn	<b>6:11.78</b>	367
50m: 36.67 36.67	150m: 2:13.69 51.35	250m: 3:52.73 51.38	350m: 5:27.33 44.38
100m: 1:22.34 45.67	200m: 3:01.35 47.66	300m: 4:42.95 50.22	400m: 6:11.78 44.45
2. Wolska Sandra	95 Masters Wisła Kraków	<b>6:43.08</b>	288
50m: 40.73 40.73	150m: 2:27.86 56.21	250m: 4:15.91 52.83	350m: 5:57.77 47.97
100m: 1:31.65 50.92	200m: 3:23.08 55.22	300m: 5:09.80 53.89	400m: 6:43.08 45.31
<b>Kat A - 25-29</b>			
1. Drab Magdalena	92 Masters Wisła Kraków	<b>5:12.56</b>	618
<i>Wynik lepszy od Rekordu Polski Masters Kobiet w kat A 25-29 lat</i>			
50m: 32.59 32.59	150m: 1:53.22 41.71	250m: 3:17.54 43.87	350m: 4:38.39 37.15
100m: 1:11.51 38.92	200m: 2:33.67 40.45	300m: 4:01.24 43.70	400m: 5:12.56 34.17
2. Bartnikowska Agnieszka	90 T.P.Masters Opolo	<b>5:55.92</b>	419
50m: 40.26 40.26	150m: 2:11.82 43.72	250m: 3:49.03 53.26	350m: 5:19.81 40.73
100m: 1:28.10 47.84	200m: 2:55.77 43.95	300m: 4:39.08 50.05	400m: 5:55.92 36.11
3. Kostyra Agnieszka	90 Toru ski Klub Triathlonowy	<b>6:48.51</b>	277
50m: 44.75 44.75	150m: 2:33.21 50.95	250m: 4:16.85 54.61	350m: 6:01.50 48.60
100m: 1:42.26 57.51	200m: 3:22.24 49.03	300m: 5:12.90 56.05	400m: 6:48.51 47.01
<b>Kat B - 30-34</b>			
1. Walenta Katarzyna	85 Toru Multisport Team	<b>5:56.65</b>	416
50m: 36.72 36.72	150m: 2:10.76 46.72	250m: 3:45.39 48.90	350m: 5:16.76 42.33
100m: 1:24.04 47.32	200m: 2:56.49 45.73	300m: 4:34.43 49.04	400m: 5:56.65 39.89
2. Jahnz Karolina	84 Ks Rekin wiebodzice	<b>6:15.45</b>	357
50m: 40.91 40.91	150m: 2:20.87 49.56	250m: 4:00.89 52.60	350m: 5:35.05 41.71
100m: 1:31.31 50.40	200m: 3:08.29 47.42	300m: 4:53.34 52.45	400m: 6:15.45 40.40
3. Mikołajczyk Lidia	87 Tkkf Koszalin Masters	<b>6:34.47</b>	307
50m: 41.32 41.32	150m: 2:23.71 51.15	250m: 4:07.99 54.12	350m: 5:50.35 46.31
100m: 1:32.56 51.24	200m: 3:13.87 50.16	300m: 5:04.04 56.05	400m: 6:34.47 44.12
<b>Kat C 35-39</b>			
1. Olszanowska Iga	81 Masters Team Biała Podlaska	<b>6:21.07</b>	341
50m: 36.92 36.92	150m: 2:14.34 51.81	250m: 3:57.74 52.44	350m: 5:38.24 46.06
100m: 1:22.53 45.61	200m: 3:05.30 50.96	300m: 4:52.18 54.44	400m: 6:21.07 42.83
2. Rozmus Angelika	78 Uks Delfin Masters Tarnobrzeg	<b>6:45.72</b>	282
50m: 44.81 44.81	150m: 2:30.19 55.34	250m: 4:20.51 57.38	350m: 6:02.90 46.29
100m: 1:34.85 50.04	200m: 3:23.13 52.94	300m: 5:16.61 56.10	400m: 6:45.72 42.82
<b>Kat D 40-44</b>			
DYSKW. astoral Kamila	77 Plavecký klub Slávia VŠ Plze	<b>9:38.99</b>	
<i>M 7 - Nieprzenoszenie ramion do przodu nad lustrem wody</i>			
50m: 1:10.62 1:10.62	150m: 3:51.44 1:21.67	250m: 6:15.05 1:08.63	350m: 8:31.01 1:08.65
100m: 2:29.77 1:19.15	200m: 5:06.42 1:14.98	300m: 7:22.36 1:07.31	400m: 9:38.99 1:07.98

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Konkurencja 30, Kobiet, 400m zmienny

Kat E 45-49

1.	Bronitskaya Oksana	72	Pregel Kaliningrad	<b>5:48.32</b>	447
	50m: 36.48 36.48	150m: 2:06.57	47.46 250m: 3:41.86	47.85 350m: 5:10.90	38.68
	100m: 1:19.11 42.63	200m: 2:54.01	47.44 300m: 4:32.22	50.36 400m: 5:48.32	37.42
2.	Sulewska Beata	72	Weteran Zabrze	<b>5:50.44</b>	439
	<i>Wynik lepszy od Rekordu Polski Masters Kobiet w kat E 45-49 lat</i>				
	50m: 37.13 37.13	150m: 2:06.94	48.34 250m: 3:43.88	49.06 350m: 5:12.17	39.95
	100m: 1:18.60 41.47	200m: 2:54.82	47.88 300m: 4:32.22	48.34 400m: 5:50.44	38.27

Kat F 50-54

1.	Wysocka Klaudia	66	Korona Kraków Masters	<b>6:45.54</b>	283
	50m: 41.31 41.31	150m: 2:24.94	56.93 250m: 4:17.60	58.08 350m: 6:02.09	46.39
	100m: 1:28.01 46.70	200m: 3:19.52	54.58 300m: 5:15.70	58.10 400m: 6:45.54	43.45
2.	Kudelová Bronislava	63	TJ Alcedo Vsetín z.s.	<b>7:15.19</b>	229
	50m: 44.97 44.97	150m: 2:36.47	55.22 250m: 4:31.75	1:00.90 350m: 6:25.10	50.77
	100m: 1:41.25 56.28	200m: 3:30.85	54.38 300m: 5:34.33	1:02.58 400m: 7:15.19	50.09

Kat G 55-59

1.	Szała Ewa	59	Steef	<b>6:49.72</b>	274
	50m: 43.63 43.63	150m: 2:27.42	50.75 250m: 4:14.90	57.79 350m: 6:02.31	48.98
	100m: 1:36.67 53.04	200m: 3:17.11	49.69 300m: 5:13.33	58.43 400m: 6:49.72	47.41
2.	Putowska Małgorzata	62	Klub Sportowy Warta Pozna	<b>8:27.11</b>	144
	50m: 56.78 56.78	150m: 3:13.62	1:02.73 250m: 5:23.67	1:07.74 350m: 7:26.61	56.67
	100m: 2:10.89 1:14.11	200m: 4:15.93	1:02.31 300m: 6:29.94	1:06.27 400m: 8:27.11	1:00.50
3.	D browska Zofia	58	Sikret Gliwice	<b>9:54.15</b>	90
	50m: 1:05.66 1:05.66	150m: 3:58.17	1:28.77 250m: 6:37.90	1:10.43 350m: 8:53.26	1:05.11
	100m: 2:29.40 1:23.74	200m: 5:27.47	1:29.30 300m: 7:48.15	1:10.25 400m: 9:54.15	1:00.89

DYSKW.	Kara Beata	62	Victory Masters Elbl g	<b>8:50.42</b>	
	<i>K 14 - Praca nóg w płaszczy nie pionowej w dół/z wyj tkiem jednego ruchu po starcie i nawrocie/</i>				
	50m: 59.93 59.93	150m: 3:11.67	1:08.95 250m: 5:42.02	1:20.35 350m: 7:57.18	55.26
	100m: 2:02.72 1:02.79	200m: 4:21.67	1:10.00 300m: 7:01.92	1:19.90 400m: 8:50.42	53.24

Kat H 60-64

1.	Legutko Mirosława	57	Korona Kraków Masters	<b>8:27.60</b>	144
	50m: 57.52 57.52	150m: 3:08.69	1:02.68 250m: 5:25.82	1:08.67 350m: 7:32.08	55.18
	100m: 2:06.01 1:08.49	200m: 4:17.15	1:08.46 300m: 6:36.90	1:11.08 400m: 8:27.60	55.52

Kat J 70-74

1.	Fecica Krystyna	43	Weteran Zabrze	<b>9:29.11</b>	102
	<i>Wynik lepszy od Rekordu Polski Masters Kobiet w kat J 70-74 lat</i>				
	50m: 1:03.94 1:03.94	150m: 3:35.65	1:18.39 250m: 6:03.99	1:09.27 350m: 8:24.66	1:10.35
	100m: 2:17.26 1:13.32	200m: 4:54.72	1:19.07 300m: 7:14.31	1:10.32 400m: 9:29.11	1:04.45