

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

Konkurencja 39
18.06.2017 - 11:00

Kobiet, 400m dowolny

20 lat i starsi
Wyniki

Punkty: FINA 2017

Pozycja	Rok ur.	Czas	Pkt.
Kat 0 - 20-24			
1. Gajdowska Agnieszka	95 Uks Shark Rudna	5:04.05	470
50m: 33.90 33.90	150m: 1:51.76 39.40	250m: 3:10.58 39.10	350m: 4:27.98 38.02
100m: 1:12.36 38.46	200m: 2:31.48 39.72	300m: 3:49.96 39.38	400m: 5:04.05 36.07
Kat A - 25-29			
1. Drab Magdalena	92 Masters Wisła Kraków	4:42.13	588
<i>Wynik lepszy od Rekordu Polski</i>			
50m: 32.06 32.06	150m: 1:45.00 36.87	250m: 2:58.31 36.59	350m: 4:09.55 35.26
100m: 1:08.13 36.07	200m: 2:21.72 36.72	300m: 3:34.29 35.98	400m: 4:42.13 32.58
2. Kostyra Agnieszka	90 Toru ski Klub Triathlonowy	6:07.36	266
50m: 41.22 41.22	150m: 2:14.56 47.00	250m: 3:49.61 47.80	350m: 5:24.93 47.03
100m: 1:27.56 46.34	200m: 3:01.81 47.25	300m: 4:37.90 48.29	400m: 6:07.36 42.43
Kat B - 30-34			
1. Walenta Katarzyna	85 Toru Multisport Team	5:24.60	386
50m: 36.94 36.94	150m: 1:59.17 41.53	250m: 3:22.77 41.62	350m: 4:44.83 40.69
100m: 1:17.64 40.70	200m: 2:41.15 41.98	300m: 4:04.14 41.37	400m: 5:24.60 39.77
2. Jahnz Karolina	84 Ks Rekin wiebodzice	5:30.94	364
50m: 36.00 36.00	150m: 2:00.28 42.61	250m: 3:25.96 42.67	350m: 4:51.61 42.53
100m: 1:17.67 41.67	200m: 2:43.29 43.01	300m: 4:09.08 43.12	400m: 5:30.94 39.33
3. Matlak Ewa	84 Warsaw Masters Team	5:48.17	313
50m: 37.63 37.63	150m: 2:04.68 44.34	250m: 3:34.52 44.94	350m: 5:05.35 45.11
100m: 1:20.34 42.71	200m: 2:49.58 44.90	300m: 4:20.24 45.72	400m: 5:48.17 42.82
4. Turczyn Anna	86 Warsaw Masters Team	6:51.74	189
50m: 45.08 45.08	150m: 2:27.15 52.33	250m: 4:13.50 53.30	350m: 6:00.64 53.23
100m: 1:34.82 49.74	200m: 3:20.20 53.05	300m: 5:07.41 53.91	400m: 6:51.74 51.10
5. Szymańska Katharina	85 Warsaw Masters Team	7:16.73	158
50m: 51.92 51.92	150m: 2:42.36 56.05	250m: 4:34.27 55.67	350m: 6:27.62 56.88
100m: 1:46.31 54.39	200m: 3:38.60 56.24	300m: 5:30.74 56.47	400m: 7:16.73 49.11
6. Kara Karolina	87 Victory Masters Elbląg	7:32.01	143
50m: 51.76 51.76	150m: 2:49.32 59.02	250m: 4:46.73 58.33	350m: 6:41.15 57.07
100m: 1:50.30 58.54	200m: 3:48.40 59.08	300m: 5:44.08 57.35	400m: 7:32.01 50.86
Kat C 35-39			
1. Michalik Dominika	79 Masters Białystok	5:04.89	466
50m: 34.13 34.13	150m: 1:51.17 39.02	250m: 3:09.64 39.20	350m: 4:28.22 38.98
100m: 1:12.15 38.02	200m: 2:30.44 39.27	300m: 3:49.24 39.60	400m: 5:04.89 36.67
2. Mazurkiewicz Agnieszka	82 Warsaw Masters Team	6:25.13	231
50m: 44.05 44.05	150m: 2:22.19 49.59	250m: 4:01.66 48.73	350m: 5:38.83 48.40
100m: 1:32.60 48.55	200m: 3:12.93 50.74	300m: 4:50.43 48.77	400m: 6:25.13 46.30
3. Drejka Agnieszka	78 Sikret Gliwice	7:11.02	165
50m: 46.27 46.27	150m: 2:34.03 54.73	250m: 4:27.08 56.58	350m: 6:18.64 54.54
100m: 1:39.30 53.03	200m: 3:30.50 56.47	300m: 5:24.10 57.02	400m: 7:11.02 52.38

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Kat D 40-44

1. Wo niak Dorota	73	MASTERS Zdzeszowice	6:05.18	271
50m: 41.53 41.53	150m: 2:15.07 46.86	250m: 3:48.39 46.47	350m: 5:21.62 46.33	
100m: 1:28.21 46.68	200m: 3:01.92 46.85	300m: 4:35.29 46.90	400m: 6:05.18 43.56	
2. Jaruga Kinga	74	UKS CITYZEN Pozna	6:05.77	270
50m: 39.71 39.71	150m: 2:10.74 46.61	250m: 3:45.80 47.73	350m: 5:20.82 47.32	
100m: 1:24.13 44.42	200m: 2:58.07 47.33	300m: 4:33.50 47.70	400m: 6:05.77 44.95	
3. Mostowska Magdalena	77	Warsaw Masters Team	6:21.77	237
50m: 44.05 44.05	150m: 2:18.73 47.70	250m: 3:55.69 48.81	350m: 5:34.05 49.36	
100m: 1:31.03 46.98	200m: 3:06.88 48.15	300m: 4:44.69 49.00	400m: 6:21.77 47.72	
4. Jakubów Marlena	74	Fitness Academy Wrocław	6:45.67	198
50m: 42.68 42.68	150m: 2:26.30 52.86	250m: 4:12.97 53.05	350m: 5:58.51 53.15	
100m: 1:33.44 50.76	200m: 3:19.92 53.62	300m: 5:05.36 52.39	400m: 6:45.67 47.16	
5. Skalska Małgorzata	77	Masters Wisła Kraków	7:15.88	159
50m: 48.58 48.58	150m: 2:38.39 56.22	250m: 4:32.46 56.64	350m: 6:24.83 55.64	
100m: 1:42.17 53.59	200m: 3:35.82 57.43	300m: 5:29.19 56.73	400m: 7:15.88 51.05	
6. Piechura Małgorzata	73	K.S.niezrzeszeni.pl	7:44.31	132
50m: 49.07 49.07	150m: 2:44.44 59.07	250m: 4:44.03 1:00.45	350m: 6:49.01 1:02.33	
100m: 1:45.37 56.30	200m: 3:43.58 59.14	300m: 5:46.68 1:02.65	400m: 7:44.31 55.30	

Kat E 45-49

1. Bronitskaya Oksana	72	Pregel Kaliningrad	5:09.09	447
50m: 36.25 36.25	150m: 1:54.56 39.36	250m: 3:13.99 39.78	350m: 4:31.81 38.17	
100m: 1:15.20 38.95	200m: 2:34.21 39.65	300m: 3:53.64 39.65	400m: 5:09.09 37.28	
2. Balajcza Timea	71	Warsaw Masters Team	6:32.59	218
50m: 44.47 44.47	150m:	250m: 4:02.59 49.85	350m: 5:42.91 50.27	
100m: 1:32.80 48.33	200m: 3:12.74	300m: 4:52.64 50.05	400m: 6:32.59 49.68	
3. Wegen Danuta	69	Aquasfera Masters Olsztyn	8:46.35	90
50m: 54.51 54.51	150m: 3:09.28 1:08.03	250m: 5:26.94 1:08.34	350m: 7:43.55 1:08.67	
100m: 2:01.25 1:06.74	200m: 4:18.60 1:09.32	300m: 6:34.88 1:07.94	400m: 8:46.35 1:02.80	

Kat F 50-54

1. Serbin Małgorzata	66	MKP Szczecin	5:27.35	376
<i>Wynik lepszy od Rekordu Polski</i>				
50m: 36.57 36.57	150m: 1:36.44 19.01	250m: 1:59.05	350m: 4:17.66 12.82	
100m: 1:17.43 40.86	200m:	300m: 4:04.84 2:05.79	400m: 5:27.35 1:09.69	
2. Nowak-Bere El bieta	67	Mkp Bobry D bica	7:42.72	133
50m: 49.46 49.46	150m: 2:45.55 59.69	250m: 4:47.30 1:00.84	350m: 6:46.88 58.80	
100m: 1:45.86 56.40	200m: 3:46.46 1:00.91	300m: 5:48.08 1:00.78	400m: 7:42.72 55.84	

Kat G 55-59

1. Titova Irina	61	Pregel Kaliningrad	5:51.48	304
50m: 39.12 39.12	150m: 2:08.30 45.14	250m: 3:38.96 45.28	350m: 5:09.03 44.69	
100m: 1:23.16 44.04	200m: 2:53.68 45.38	300m: 4:24.34 45.38	400m: 5:51.48 42.45	
2. Szała Ewa	59	Steef	6:13.26	254
50m: 42.53 42.53	150m: 2:18.70 48.07	250m: 3:55.19 48.27	350m: 5:27.93 46.11	
100m: 1:30.63 48.10	200m: 3:06.92 48.22	300m: 4:41.82 46.63	400m: 6:13.26 45.33	
3. Mróz Urszula	62	UTW"Masters" Zgierz	6:36.45	212
50m: 42.09 42.09	150m: 2:19.64 50.39	250m: 4:05.15 51.94	350m: 5:48.40 52.40	
100m: 1:29.25 47.16	200m: 3:13.21 53.57	300m: 4:56.00 50.85	400m: 6:36.45 48.05	
4. Kara Beata	62	Victory Masters Elbl g	7:19.88	155
50m: 50.85 50.85	150m: 2:41.87 55.90	250m: 4:34.67 56.52	350m: 6:26.63 56.00	
100m: 1:45.97 55.12	200m: 3:38.15 56.28	300m: 5:30.63 55.96	400m: 7:19.88 53.25	

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Kat H 60-64

1.	Aleshchenko Natalia	57	Pregel Kaliningrad	6:07.14	267
	50m: 41.02 41.02	150m: 2:16.06 47.91	250m: 3:51.60 47.62	350m: 5:25.34 46.14	
	100m: 1:28.15 47.13	200m: 3:03.98 47.92	300m: 4:39.20 47.60	400m: 6:07.14 41.80	
2.	Legutko Mirosława	57	Korona Kraków Masters	7:38.86	136
	50m:	150m:	250m: 4:42.91	350m: 6:41.66 59.45	
	100m: 1:43.65	200m:	300m: 5:42.21 59.30	400m: 7:38.86 57.20	
3.	Bednarczyk Iwona	57	Masters Wisła Kraków	8:53.65	86
	50m: 52.11 52.11	150m: 3:04.58 1:08.76	250m: 5:26.97 1:10.90	350m: 7:45.58 1:07.99	
	100m: 1:55.82 1:03.71	200m: 4:16.07 1:11.49	300m: 6:37.59 1:10.62	400m: 8:53.65 1:08.07	
4.	Dembecka Rusłana	57	Klub Sportowy Warta Pozna	9:19.76	75
	50m: 58.14 58.14	150m: 3:18.81 1:11.93	250m: 5:45.47 1:14.04	350m: 8:10.00 1:12.05	
	100m: 2:06.88 1:08.74	200m: 4:31.43 1:12.62	300m: 6:57.95 1:12.48	400m: 9:19.76 1:09.76	
5.	Kerner-Mateusiak Ewa	54	Victory Masters Elbl g	10:16.94	56
	50m: 1:05.58 1:05.58	150m: 3:43.25 1:19.14	250m: 6:17.83 1:16.39	350m: 8:57.32 1:20.05	
	100m: 2:24.11 1:18.53	200m: 5:01.44 1:18.19	300m: 7:37.27 1:19.44	400m: 10:16.94 1:19.62	

Kat I 65-69

1.	Łutowicz Maria	50	TS Olimpia Pozna	7:22.98	152
	50m: 49.61 49.61	150m: 2:44.79 57.85	250m: 4:36.93 54.59	350m: 6:28.56 55.61	
	100m: 1:46.94 57.33	200m: 3:42.34 57.55	300m: 5:32.95 56.02	400m: 7:22.98 54.42	
2.	Szemberg Anna	49	Warsaw Masters Team	8:32.32	98
	50m: 58.16 58.16	150m: 3:10.25 1:07.83	250m: 5:22.14 1:06.50	350m:	
	100m: 2:02.42 1:04.26	200m: 4:15.64 1:05.39	300m: 6:26.74 1:04.60	400m: 8:32.32	

Kat J 70-74

1.	Bastek Renata	43	Weteran Zabrze	7:12.94	162
	<i>Wynik lepszy od Rekordu Polski</i>				
	50m: 46.27 46.27	150m: 2:34.41 54.91	250m: 4:25.77 54.91	350m: 6:18.98 56.27	
	100m: 1:39.50 53.23	200m: 3:30.86 56.45	300m: 5:22.71 56.94	400m: 7:12.94 53.96	
2.	Lippa Maria	46	Rydułowska Akademia Aktywnego	11:43.25	38
	50m: 1:16.48 1:16.48	150m: 4:14.22 1:29.62	250m: 7:14.15 1:29.26	350m: 10:15.30 1:31.00	
	100m: 2:44.60 1:28.12	200m: 5:44.89 1:30.67	300m: 8:44.30 1:30.15	400m: 11:43.25 1:27.95	