

XXII OTWARTE MISTRZOSTWA WARSZAWY W PŁYWANIU MASTERS PUCHAR POLSKI MASTERS  
Warszawa, 2. - 3.12.2017

Konkurencja 28  
03.12.2017 - 10:42

Kobiet, 400m dowolny

20 - 94 lat  
Wyniki

Punkty: FINA 2017

| Pozycja            |                         |                 | Rok ur. |                         |       |                 |       | Czas            | Pkt. |
|--------------------|-------------------------|-----------------|---------|-------------------------|-------|-----------------|-------|-----------------|------|
| <b>25 - 29 lat</b> |                         |                 |         |                         |       |                 |       |                 |      |
| 1.                 | DRAB, Magdalena         |                 | 92      | Masters Wisła Kraków    |       |                 |       | <b>4:41.98</b>  | 589  |
|                    | 50m:                    | 32.01 32.01     | 150m:   | 1:43.47 35.97           | 250m: | 2:55.97 36.05   | 350m: | 4:07.86 35.97   |      |
|                    | 100m:                   | 1:07.50 35.49   | 200m:   | 2:19.92 36.45           | 300m: | 3:31.89 35.92   | 400m: | 4:41.98 34.12   |      |
| 2.                 | SKUTKIEWICZ, Joanna     |                 | 90      | KS Delfin Gdynia        |       |                 |       | <b>5:35.16</b>  | 351  |
|                    | 50m:                    | 36.64 36.64     | 150m:   | 2:01.45 42.81           | 250m: | 3:28.09 43.18   | 350m: | 4:53.93 42.52   |      |
|                    | 100m:                   | 1:18.64 42.00   | 200m:   | 2:44.91 43.46           | 300m: | 4:11.41 43.32   | 400m: | 5:35.16 41.23   |      |
| 3.                 | CHUDEK, Agnieszka       |                 | 92      | Niezrzeszeni            |       |                 |       | <b>5:54.06</b>  | 297  |
|                    | 50m:                    | 38.10 38.10     | 150m:   | 2:05.66 44.24           | 250m: | 3:36.94 45.68   | 350m: | 5:09.51 46.20   |      |
|                    | 100m:                   | 1:21.42 43.32   | 200m:   | 2:51.26 45.60           | 300m: | 4:23.31 46.37   | 400m: | 5:54.06 44.55   |      |
| <b>30 - 34 lat</b> |                         |                 |         |                         |       |                 |       |                 |      |
| 1.                 | WALENTA, Katarzyna      |                 | 85      | Toru Multisport Team    |       |                 |       | <b>5:16.01</b>  | 418  |
|                    | 50m:                    | 36.48 36.48     | 150m:   | 1:56.23 40.27           | 250m: | 3:17.17 40.34   | 350m: | 4:37.29 39.90   |      |
|                    | 100m:                   | 1:15.96 39.48   | 200m:   | 2:36.83 40.60           | 300m: | 3:57.39 40.22   | 400m: | 5:16.01 38.72   |      |
| 2.                 | JAHNZ, Karolina         |                 | 84      | Ks Rekin wiebodzice     |       |                 |       | <b>5:28.77</b>  | 372  |
|                    | 50m:                    | 36.40 36.40     | 150m:   | 2:00.00 42.29           | 250m: | 3:24.25 42.11   | 350m: | 4:48.77 42.29   |      |
|                    | 100m:                   | 1:17.71 41.31   | 200m:   | 2:42.14 42.14           | 300m: | 4:06.48 42.23   | 400m: | 5:28.77 40.00   |      |
| 3.                 | MATLAK, Ewa             |                 | 84      | Warsaw Masters Team     |       |                 |       | <b>5:54.71</b>  | 296  |
|                    | 50m:                    | 38.62 38.62     | 150m:   | 2:07.03 45.39           | 250m: | 3:38.88 46.00   | 350m: | 5:10.98 45.84   |      |
|                    | 100m:                   | 1:21.64 43.02   | 200m:   | 2:52.88 45.85           | 300m: | 4:25.14 46.26   | 400m: | 5:54.71 43.73   |      |
| <b>35 - 39 lat</b> |                         |                 |         |                         |       |                 |       |                 |      |
| 1.                 | MICHALIK, Dominika      |                 | 79      | MASTERS BIAŁYSTOK       |       |                 |       | <b>5:04.28</b>  | 469  |
|                    | 50m:                    | 34.43 34.43     | 150m:   | 1:50.26 38.69           | 250m: | 3:08.26 38.94   | 350m: | 4:26.96 39.77   |      |
|                    | 100m:                   | 1:11.57 37.14   | 200m:   | 2:29.32 39.06           | 300m: | 3:47.19 38.93   | 400m: | 5:04.28 37.32   |      |
| 2.                 | MAZURKIEWICZ, Agnieszka |                 | 82      | Warsaw Masters Team     |       |                 |       | <b>6:14.98</b>  | 250  |
|                    | 50m:                    | 41.56 41.56     | 150m:   | 2:14.07 47.10           | 250m: | 3:51.13 48.68   | 350m: | 5:28.21 48.02   |      |
|                    | 100m:                   | 1:26.97 45.41   | 200m:   | 3:02.45 48.38           | 300m: | 4:40.19 49.06   | 400m: | 6:14.98 46.77   |      |
| 3.                 | MARKOWSKA, Ewa          |                 | 81      | iSWIM MASTERS BIAŁYSTOK |       |                 |       | <b>7:05.14</b>  | 172  |
|                    | 50m:                    | 38.76 38.76     | 150m:   | 2:26.29 59.22           | 250m: | 4:22.75 59.79   | 350m: | 6:15.87 57.36   |      |
|                    | 100m:                   | 1:27.07 48.31   | 200m:   | 3:22.96 56.67           | 300m: | 5:18.51 55.76   | 400m: | 7:05.14 49.27   |      |
| <b>40 - 44 lat</b> |                         |                 |         |                         |       |                 |       |                 |      |
| 1.                 | MOSTOWSKA, Magdalena    |                 | 77      | Warsaw Masters Team     |       |                 |       | <b>6:05.96</b>  | 269  |
|                    | 50m:                    | 42.62 42.62     | 150m:   | 2:13.13 45.94           | 250m: | 3:46.18 46.67   | 350m: | 5:20.65 47.62   |      |
|                    | 100m:                   | 1:27.19 44.57   | 200m:   | 2:59.51 46.38           | 300m: | 4:33.03 46.85   | 400m: | 6:05.96 45.31   |      |
| <b>45 - 49 lat</b> |                         |                 |         |                         |       |                 |       |                 |      |
| 1.                 | BALAJCZA, Timea         |                 | 71      | Warsaw Masters Team     |       |                 |       | <b>6:15.85</b>  | 249  |
|                    | 50m:                    | 42.14 42.14     | 150m:   | 2:16.16 47.47           | 250m: | 3:53.18 48.27   | 350m: | 5:29.60 48.15   |      |
|                    | 100m:                   | 1:28.69 46.55   | 200m:   | 3:04.91 48.75           | 300m: | 4:41.45 48.27   | 400m: | 6:15.85 46.25   |      |
| 2.                 | NOWAK, Katarzyna        |                 | 68      | Dru yna TVN             |       |                 |       | <b>8:23.46</b>  | 103  |
|                    | 50m:                    | 54.52 54.52     | 150m:   | 2:59.52 1:04.17         | 250m: | 5:10.17 1:04.94 | 350m: | 7:24.06 1:06.31 |      |
|                    | 100m:                   | 1:55.35 1:00.83 | 200m:   | 4:05.23 1:05.71         | 300m: | 6:17.75 1:07.58 | 400m: | 8:23.46 59.40   |      |

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50 - 54 lat

|    |                     |                     |                     |                     |     |
|----|---------------------|---------------------|---------------------|---------------------|-----|
| 1. | OLSZEWSKA, Edyta    | 64                  | Warsaw Masters Team | <b>6:10.25</b>      | 260 |
|    | 50m: 41.56 41.56    | 150m: 2:15.05 47.51 | 250m: 3:49.45 47.02 | 350m: 5:24.93 47.95 |     |
|    | 100m: 1:27.54 45.98 | 200m: 3:02.43 47.38 | 300m: 4:36.98 47.53 | 400m: 6:10.25 45.32 |     |
| 2. | KORONA, Tatiana     | 67                  | Triclub             | <b>7:29.65</b>      | 145 |
|    | 50m: 51.47 51.47    | 150m: 2:45.08 57.54 | 250m: 4:40.80 57.91 | 350m: 6:34.06 56.10 |     |
|    | 100m: 1:47.54 56.07 | 200m: 3:42.89 57.81 | 300m: 5:37.96 57.16 | 400m: 7:29.65 55.59 |     |

55 - 59 lat

|    |                     |                     |                     |                     |     |
|----|---------------------|---------------------|---------------------|---------------------|-----|
| 1. | TITOVA, Irina       | 61                  | Pregel Kaliningrad  | <b>5:57.13</b>      | 290 |
|    | 50m: 39.06 39.06    | 150m: 2:08.91 45.70 | 250m: 3:41.51 46.18 | 350m: 5:13.36 45.82 |     |
|    | 100m: 1:23.21 44.15 | 200m: 2:55.33 46.42 | 300m: 4:27.54 46.03 | 400m: 5:57.13 43.77 |     |
| 2. | ZAGAŁA, Joanna      | 59                  | Sikret Gliwice      | <b>6:50.21</b>      | 191 |
|    | 50m: 47.38 47.38    | 150m: 2:33.80 53.91 | 250m: 4:21.01 53.28 | 350m: 6:03.67 50.47 |     |
|    | 100m: 1:39.89 52.51 | 200m: 3:27.73 53.93 | 300m: 5:13.20 52.19 | 400m: 6:50.21 46.54 |     |
| 3. | MYSIAK, Katarzyna   | 61                  | Gdynia Masters      | <b>7:05.82</b>      | 171 |
|    | 50m: 45.23 45.23    | 150m: 2:33.32 54.89 | 250m: 4:23.79 55.43 | 350m: 6:14.47 54.25 |     |
|    | 100m: 1:38.43 53.20 | 200m: 3:28.36 55.04 | 300m: 5:20.22 56.43 | 400m: 7:05.82 51.35 |     |

60 - 64 lat

|    |                       |                       |                           |                       |     |
|----|-----------------------|-----------------------|---------------------------|-----------------------|-----|
| 1. | GRJADUNOVA, Vera      | 55                    | Niezrzeszeni              | <b>7:05.03</b>        | 172 |
|    | 50m: 46.43 46.43      | 150m: 2:35.45 55.60   | 250m: 4:26.14 54.73       | 350m: 6:15.64 54.62   |     |
|    | 100m: 1:39.85 53.42   | 200m: 3:31.41 55.96   | 300m: 5:21.02 54.88       | 400m: 7:05.03 49.39   |     |
| 2. | DEMBECKA, Rusłana     | 57                    | Klub Sportowy Warta Pozna | <b>9:05.74</b>        | 81  |
|    | 50m: 58.71 58.71      | 150m: 3:15.12 1:08.10 | 250m: 5:37.18 1:11.00     | 350m: 7:57.58 1:09.88 |     |
|    | 100m: 2:07.02 1:08.31 | 200m: 4:26.18 1:11.06 | 300m: 6:47.70 1:10.52     | 400m: 9:05.74 1:08.16 |     |

65 - 69 lat

|    |                       |                       |                       |                       |    |
|----|-----------------------|-----------------------|-----------------------|-----------------------|----|
| 1. | SZEMBERG, Anna        | 49                    | Warsaw Masters Team   | <b>8:31.90</b>        | 98 |
|    | 50m: 57.55 57.55      | 150m: 3:09.26 1:06.08 | 250m: 5:20.94 1:05.30 | 350m: 7:30.75 1:05.14 |    |
|    | 100m: 2:03.18 1:05.63 | 200m: 4:15.64 1:06.38 | 300m: 6:25.61 1:04.67 | 400m: 8:31.90 1:01.15 |    |