

XXIII OTWARTE MISTRZOSTWA WARSZAWY W PŁYWANIU MASTERS PUCHAR POLSKI MASTERS
Warszawa, 1. - 2.12.2018

Konkurencja 28
02.12.2018 - 10:24

Kobiet, 400m dowolny

20 - 94 lat
Wyniki

Punkty: FINA 2018

Pozycja	Rok ur.	Czas	Pkt.
25 - 29 lat			
1. DRAB, Magdalena	92 Masters Wisła Kraków	4:54.55	517
50m: 32.94 32.94	150m: 1:47.57 37.51	250m: 3:02.64 37.47	350m: 4:18.41 37.87
100m: 1:10.06 37.12	200m: 2:25.17 37.60	300m: 3:40.54 37.90	400m: 4:54.55 36.14
2. WINNICKA, Monika	90 Niezrzeszony	6:14.89	250
50m: 39.15 39.15	150m: 2:13.11 48.36	250m: 3:52.07 49.05	350m: 5:28.71 47.03
100m: 1:24.75 45.60	200m: 3:03.02 49.91	300m: 4:41.68 49.61	400m: 6:14.89 46.18
30 - 34 lat			
1. PETA, Urszula	85 Drużyna Tvń	8:28.80	100
50m: 54.25 54.25	150m: 3:02.91 1:06.05	250m: 5:14.59 1:05.54	350m: 7:26.58 1:05.66
100m: 1:56.86 1:02.61	200m: 4:09.05 1:06.14	300m: 6:20.92 1:06.33	400m: 8:28.80 1:02.22
35 - 39 lat			
1. MICHALIK, Dominika	79 Masters Białystok	5:17.41	413
50m: 34.28 34.28	150m: 1:51.45 39.59	250m: 3:12.52 41.16	350m: 4:36.45 42.15
100m: 1:11.86 37.58	200m: 2:31.36 39.91	300m: 3:54.30 41.78	400m: 5:17.41 40.96
2. ZAWADZKA, Katarzyna	81 Drużyna Tvń	7:37.68	137
50m: 49.89 49.89	150m: 2:46.31 1:00.95	250m: 4:44.83 1:00.15	350m: 6:42.49 59.48
100m: 1:45.36 55.47	200m: 3:44.68 58.37	300m: 5:43.01 58.18	400m: 7:37.68 55.19
45 - 49 lat			
1. BALAJCZA, Timea	71 Warsaw Masters Team	6:35.41	213
50m: 43.72 43.72	150m: 2:21.99 50.03	250m: 4:02.96 50.06	350m: 5:44.88 51.36
100m: 1:31.96 48.24	200m: 3:12.90 50.91	300m: 4:53.52 50.56	400m: 6:35.41 50.53
2. RAKOWSKA, Magdalena	73 Drużyna Tvń	7:46.00	130
50m: 50.11 50.11	150m: 2:46.28 59.18	250m: 4:47.87 59.82	350m: 6:47.90 59.55
100m: 1:47.10 56.99	200m: 3:48.05 1:01.77	300m: 5:48.35 1:00.48	400m: 7:46.00 58.10
50 - 54 lat			
1. NOWAK, Katarzyna	68 Drużyna Tvń	8:16.59	107
50m: 53.98 53.98	150m: 2:57.63 1:03.80	250m: 5:08.11 1:06.78	350m: 7:17.87 1:03.84
100m: 1:53.83 59.85	200m: 4:01.33 1:03.70	300m: 6:14.03 1:05.92	400m: 8:16.59 58.72
55 - 59 lat			
1. TITOVA, Irina	61 Pregel	5:58.29	287
50m: 38.35 38.35	150m: 2:08.26 45.85	250m: 3:40.85 46.31	350m: 5:13.74 46.50
100m: 1:22.41 44.06	200m: 2:54.54 46.28	300m: 4:27.24 46.39	400m: 5:58.29 44.55
2. ZAGAŁA, Joanna	59 SIKRET Gliwice	6:54.74	185
50m: 47.18 47.18	150m: 2:30.85 52.30	250m: 4:16.88 52.71	350m: 6:04.14 53.68
100m: 1:38.55 51.37	200m: 3:24.17 53.32	300m: 5:10.46 53.58	400m: 6:54.74 50.60
3. MYSIAK, Katarzyna	61 Gdynia Masters	7:00.59	177
50m: 44.27 44.27	150m: 2:30.06 54.92	250m: 4:19.18 54.77	350m: 6:08.29 54.23
100m: 1:35.14 50.87	200m: 3:24.41 54.35	300m: 5:14.06 54.88	400m: 7:00.59 52.30

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60 - 64 lat

1.	WEBER, Jadwiga		58	MKP Szczecin		6:19.70	241					
	50m:	41.40	41.40	150m:	2:13.78	46.83	250m:	3:51.34	49.17	350m:	5:31.25	50.10
	100m:	1:26.95	45.55	200m:	3:02.17	48.39	300m:	4:41.15	49.81	400m:	6:19.70	48.45
2.	BEDNARCZYK, Iwona		57	Masters Wisła Kraków		9:40.43	67					
	50m:	56.96	56.96	150m:	3:17.06	1:12.98	250m:	5:49.68	1:16.89	350m:	8:24.33	1:18.27
	100m:	2:04.08	1:07.12	200m:	4:32.79	1:15.73	300m:	7:06.06	1:16.38	400m:	9:40.43	1:16.10

65 - 69 lat

1.	SZEMBERG, Anna		49	Warsaw Masters Team		8:53.52	87					
	50m:	1:00.17	1:00.17	150m:	3:15.02	1:08.09	250m:	5:31.51	1:07.84	350m:	7:46.93	1:08.67
	100m:	2:06.93	1:06.76	200m:	4:23.67	1:08.65	300m:	6:38.26	1:06.75	400m:	8:53.52	1:06.59