

XXIV Mistrzostwa Warszawy w pływaniu Masters  
Warszawa, 30.11. - 1.12.2019

Konkurencja 28  
01.12.2019 - 10:20

Kobiet, 400m dowolny

20 - 94 lat  
Wyniki

Punkty: FINA 2019

| Pozycja            |                      |                 | Rok ur. |                                |         |       |         | Czas           | Pkt.  |               |
|--------------------|----------------------|-----------------|---------|--------------------------------|---------|-------|---------|----------------|-------|---------------|
| <b>25 - 29 lat</b> |                      |                 |         |                                |         |       |         |                |       |               |
| 1.                 | KACZMAREK, Magdalena |                 | 92      | LC Gorzów Wlkp.                |         |       |         | <b>4:51.13</b> | 535   |               |
|                    | 50m:                 | 33.42 33.42     | 150m:   | 1:47.64                        | 37.73   | 250m: | 3:02.93 | 37.47          | 350m: | 4:16.66 36.37 |
|                    | 100m:                | 1:09.91 36.49   | 200m:   | 2:25.46                        | 37.82   | 300m: | 3:40.29 | 37.36          | 400m: | 4:51.13 34.47 |
| 2.                 | OSMOLA, Małgorzata   |                 | 91      | Zawodnik niezrzeszony          |         |       |         | <b>5:38.12</b> | 342   |               |
|                    | 50m:                 | 36.86 36.86     | 150m:   | 1:59.77                        | 42.49   | 250m: | 3:26.52 | 43.62          | 350m: | 4:54.71 44.04 |
|                    | 100m:                | 1:17.28 40.42   | 200m:   | 2:42.90                        | 43.13   | 300m: | 4:10.67 | 44.15          | 400m: | 5:38.12 43.41 |
| <b>30 - 34 lat</b> |                      |                 |         |                                |         |       |         |                |       |               |
| 1.                 | GALICA, Ewa          |                 | 85      | Warsaw Masters Team            |         |       |         | <b>5:51.07</b> | 305   |               |
|                    | 50m:                 | 36.18 36.18     | 150m:   | 2:03.00                        | 44.96   | 250m: | 3:35.09 | 46.24          | 350m: | 5:07.87 46.39 |
|                    | 100m:                | 1:18.04 41.86   | 200m:   | 2:48.85                        | 45.85   | 300m: | 4:21.48 | 46.39          | 400m: | 5:51.07 43.20 |
| <b>35 - 39 lat</b> |                      |                 |         |                                |         |       |         |                |       |               |
| 1.                 | MATLAK, Ewa          |                 | 84      | Warsaw Masters Team            |         |       |         | <b>5:40.85</b> | 333   |               |
|                    | 50m:                 | 36.03 36.03     | 150m:   | 2:00.66                        | 43.75   | 250m: | 3:29.56 | 44.72          | 350m: | 4:58.86 44.35 |
|                    | 100m:                | 1:16.91 40.88   | 200m:   | 2:44.84                        | 44.18   | 300m: | 4:14.51 | 44.95          | 400m: | 5:40.85 41.99 |
| <b>40 - 44 lat</b> |                      |                 |         |                                |         |       |         |                |       |               |
| 1.                 | MICHALIK, Dominika   |                 | 79      | Masters Białystok              |         |       |         | <b>5:08.56</b> | 450   |               |
|                    | 50m:                 | 34.99 34.99     | 150m:   | 1:51.16                        | 38.91   | 250m: | 3:10.45 | 39.73          | 350m: | 4:30.58 39.85 |
|                    | 100m:                | 1:12.25 37.26   | 200m:   | 2:30.72                        | 39.56   | 300m: | 3:50.73 | 40.28          | 400m: | 5:08.56 37.98 |
| 2.                 | KLARECKA, Monika     |                 | 77      | Masters Łódź                   |         |       |         | <b>7:17.04</b> | 158   |               |
|                    | 50m:                 | 50.55 50.55     | 150m:   | 2:40.61                        | 55.83   | 250m: | 4:33.32 | 56.15          | 350m: | 6:26.56 56.43 |
|                    | 100m:                | 1:44.78 54.23   | 200m:   | 3:37.17                        | 56.56   | 300m: | 5:30.13 | 56.81          | 400m: | 7:17.04 50.48 |
| 3.                 | ROMA SKA, Alicja     |                 | 75      | Korona Kraków Masters          |         |       |         | <b>7:56.81</b> | 121   |               |
|                    | 50m:                 | 55.66 55.66     | 150m:   | 2:59.74                        | 1:01.91 | 250m: | 5:00.88 | 1:00.06        | 350m: | 7:01.04 59.13 |
|                    | 100m:                | 1:57.83 1:02.17 | 200m:   | 4:00.82                        | 1:01.08 | 300m: | 6:01.91 | 1:01.03        | 400m: | 7:56.81 55.77 |
| <b>45 - 49 lat</b> |                      |                 |         |                                |         |       |         |                |       |               |
| 1.                 | BALAJCZA, Timea      |                 | 71      | Klub Sportowy MAKO             |         |       |         | <b>6:07.70</b> | 265   |               |
|                    | 50m:                 | 40.60 40.60     | 150m:   | 2:12.27                        | 46.60   | 250m: | 3:46.69 | 47.16          | 350m: | 5:21.03 47.12 |
|                    | 100m:                | 1:25.67 45.07   | 200m:   | 2:59.53                        | 47.26   | 300m: | 4:33.91 | 47.22          | 400m: | 6:07.70 46.67 |
| <b>50 - 54 lat</b> |                      |                 |         |                                |         |       |         |                |       |               |
| 1.                 | GO DZIEJEWSKA, Anna  |                 | 67      | AQUASFERA Masters Olsztyn      |         |       |         | <b>6:01.32</b> | 280   |               |
|                    | 50m:                 | 39.86 39.86     | 150m:   | 2:10.49                        | 45.96   | 250m: | 3:43.75 | 46.89          | 350m: | 5:16.78 46.07 |
|                    | 100m:                | 1:24.53 44.67   | 200m:   | 2:56.86                        | 46.37   | 300m: | 4:30.71 | 46.96          | 400m: | 6:01.32 44.54 |
| 2.                 | ŁATKOWSKA, Ewa       |                 | 65      | UKS Sparta Grodzisk Mazowiecki |         |       |         | <b>7:28.78</b> | 146   |               |
|                    | 50m:                 | 49.21 49.21     | 150m:   | 2:42.48                        | 56.73   | 250m: | 4:38.23 | 57.76          | 350m: | 6:35.37 57.12 |
|                    | 100m:                | 1:45.75 56.54   | 200m:   | 3:40.47                        | 57.99   | 300m: | 5:38.25 | 1:00.02        | 400m: | 7:28.78 53.41 |
| <b>60 - 64 lat</b> |                      |                 |         |                                |         |       |         |                |       |               |
| 1.                 | SZAŁA, Ewa           |                 | 59      | Steef                          |         |       |         | <b>6:21.10</b> | 238   |               |
|                    | 50m:                 | 43.71 43.71     | 150m:   | 2:18.88                        | 48.33   | 250m: | 3:57.95 | 48.10          | 350m: | 5:34.74 47.72 |
|                    | 100m:                | 1:30.55 46.84   | 200m:   | 3:09.85                        | 50.97   | 300m: | 4:47.02 | 49.07          | 400m: | 6:21.10 46.36 |

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Konkurencja 28, Kobiet, 400m dowolny

70 - 74 lat

|                       |                       |                       |                       |           |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------|
| 1. SZEMBERG, Anna     | 49                    | Warsaw Masters Team   | <b>9:15.49</b>        | <b>77</b> |
| 50m: 1:01.56 1:01.56  | 150m: 3:23.50 1:11.23 | 250m: 5:45.15 1:10.49 | 350m: 8:08.15 1:11.45 |           |
| 100m: 2:12.27 1:10.71 | 200m: 4:34.66 1:11.16 | 300m: 6:56.70 1:11.55 | 400m: 9:15.49 1:07.34 |           |