

Otwarte Mistrzostwa Polski w Pływaniu Masters
Szczecin, 26- - 28-6-2015

Konkurencja 35	Kobiet, 400m zmienny			20 - 94 lat
2015-06-28 - 11:29				Wyniki
Rekord Polski Masters 25 - 29	5:45.96	BOLEWSKA Magdalena	Gliwice	2011-06-18
Rekord Polski Masters 30 - 34	6:37.20	NOWAK Monika	Gliwice	2011-06-18
Rekord Polski Masters 35 - 39	5:59.49	MICHALIK Dominika	Kecsemet	2015-06-07
Rekord Polski Masters 40 - 44	5:57.81	SULEWSKA Beata	Olsztyn	2014-06-28
Rekord Polski Masters 45 - 49	6:00.78	PUCHALSKA Joanna	Gliwice	2011-06-18
Rekord Polski Masters 50 - 54	6:12.87	NIESPODZIANA Aleksandra	Pozna	2008-06-15
Rekord Polski Masters 55 - 59	6:26.56	SZAŁA Ewa	Olsztyn	2014-08-28
Rekord Polski Masters 60 - 64	7:37.36	KISZCZAK Gra yna	D bica	2013-06-15
Rekord Polski Masters 65 - 69	8:25.45	FECICA Krystyna	Pozna	2009-06-21
Rekord Polski Masters 70 - 74	15:00.00			
Rekord Polski Masters 75 - 79	15:00.00			
Rekord Polski Masters 80 - 84	15:00.00			
Rekord Polski Masters 85 - 89	15:00.00			
Rekord Polski Masters 90 - 94	15:00.00			

Pozycja	Rok ur.		Czas	
Kat. 0				
1.	KRZY OSTANIAK Agnieszka	93	SMT Szczecin	5:43.76
	50m: 37.72 37.72	150m: 2:06.53 43.05	250m: 3:38.25 49.53	350m: 5:06.67 38.59
	100m: 1:23.48 45.76	200m: 2:48.72 42.19	300m: 4:28.08 49.83	400m: 5:43.76 37.09
2.	PODKOWI SKA Wiktoria	95	SMT Szczecin	6:23.86
	50m: 41.17 41.17	150m: 2:23.70 53.51	250m: 4:07.60 53.22	350m: 5:44.11 42.28
	100m: 1:30.19 49.02	200m: 3:14.38 50.68	300m: 5:01.83 54.23	400m: 6:23.86 39.75
Kat. A				
1.	PIETRZAK Sandra	89	Warsaw Masters Team	5:37.73
	<i>Rekord Polski Masters</i>			
	50m: 34.00 34.00	150m: 1:57.75 42.94	250m: 3:29.63 48.50	350m: 5:00.08 41.08
	100m: 1:14.81 40.81	200m: 2:41.13 43.38	300m: 4:19.00 49.37	400m: 5:37.73 37.65
2.	PIEKUT Anna	88	Aquasfera Masters Olsztyn	6:18.50
	50m: 37.87 37.87	150m: 2:12.57 50.64	250m: 3:55.32 54.02	350m: 5:34.33 44.21
	100m: 1:21.93 44.06	200m: 3:01.30 48.73	300m: 4:50.12 54.80	400m: 6:18.50 44.17
3.	SZULC Helena	86	SMT Szczecin	6:28.68
	50m: 41.32 41.32	150m: 2:22.96 49.14	250m: 4:05.19 53.64	350m: 5:45.10 45.03
	100m: 1:33.82 52.50	200m: 3:11.55 48.59	300m: 5:00.07 54.88	400m: 6:28.68 43.58
4.	NOWAK Monika	90	RMKS Rybnik	6:44.53
	50m: 38.50 38.50	150m: 2:25.09 59.34	250m: 4:15.38 54.48	350m: 5:59.02 48.48
	100m: 1:25.75 47.25	200m: 3:20.90 55.81	300m: 5:10.54 55.16	400m: 6:44.53 45.51
5.	KOSTYRA Agnieszka	90	Toru Multisport Team	6:52.60
	50m: 45.34 45.34	150m: 2:37.93 53.08	250m: 4:24.20 56.40	350m: 6:08.44 47.30
	100m: 1:44.85 59.51	200m: 3:27.80 49.87	300m: 5:21.14 56.94	400m: 6:52.60 44.16
Kat. B				
1.	DUDA Anna	81	RMKS Rybnik	5:59.65
	<i>Rekord Polski Masters</i>			
	50m: 34.54 34.54	150m: 2:06.32 50.91	250m: 3:48.25 53.89	350m: 5:21.50 40.00
	100m: 1:15.41 40.87	200m: 2:54.36 48.04	300m: 4:41.50 53.25	400m: 5:59.65 38.15
2.	WALENTA Katarzyna	85	Toru Multisport Team	6:01.81
	50m: 37.37 37.37	150m: 2:11.30 46.87	250m: 3:46.04 49.09	350m: 5:20.33 43.81
	100m: 1:24.43 47.06	200m: 2:56.95 45.65	300m: 4:36.52 50.48	400m: 6:01.81 41.48
3.	PALMOWSKA Paulina	85	Masters Wiśła Kraków	6:05.86
	50m: 38.18 38.18	150m: 2:13.11 48.31	250m: 3:51.38 50.85	350m: 5:25.89 43.11
	100m: 1:24.80 46.62	200m: 3:00.53 47.42	300m: 4:42.78 51.40	400m: 6:05.86 39.97

Otwarte Mistrzostwa Polski w Pływaniu Masters
Szczecin, 26- - 28-6-2015

Konkurencja 35, Kobiet, 400m zmienny

Kat. C

1.	MICHALIK Dominika	79	Masters Białystok	6:01.75
	50m: 37.11 37.11	150m: 2:07.05	47.86 250m: 3:48.42	54.60 350m: 5:24.68
	100m: 1:19.19 42.08	200m: 2:53.82	46.77 300m: 4:42.92	54.50 400m: 6:01.75
				41.76 37.07

Kat. D

1.	FAJKOWSKA Daria	73	UTW "Masters" Zgierz	5:51.92
	<i>Rekord Polski Masters</i>			
	50m: 34.16 34.16	150m: 2:02.10	45.55 250m: 3:36.60	49.99 350m: 5:10.01
	100m: 1:16.55 42.39	200m: 2:46.61	44.51 300m: 4:27.06	50.46 400m: 5:51.92
				41.91
2.	STANKIEWICZ-MAJKOWSKA Joanna	72	TKKF Koszalin Masters	7:51.16
	50m: 51.43 51.43	150m: 2:53.16	1:00.70 250m: 4:55.56	1:02.87 350m: 6:56.72
	100m: 1:52.46 1:01.03	200m: 3:52.69	59.53 300m: 5:59.27	1:03.71 400m: 7:51.16
				57.45 54.44

Kat. E

1.	KRAKOWIAK El bieta	69	KS Warta Pozna	5:54.47
	<i>Rekord Polski Masters</i>			
	50m: 36.57 36.57	150m: 2:05.77	46.47 250m: 3:43.15	51.50 350m: 5:15.79
	100m: 1:19.30 42.73	200m: 2:51.65	45.88 300m: 4:35.17	52.02 400m: 5:54.47
				40.62 38.68
2.	GO DZIEJEWSKA Anna	67	Aquasfera Masters Olsztyn	7:02.64
	50m: 47.87 47.87	150m: 2:39.37	55.07 250m: 4:31.66	57.51 350m: 6:16.57
	100m: 1:44.30 56.43	200m: 3:34.15	54.78 300m: 5:28.96	57.30 400m: 7:02.64
				47.61 46.07
3.	TABAKOVA Elena	67	GCOLIFK-masters	7:15.99
	50m: 45.01 45.01	150m: 2:35.86	54.83 250m: 4:31.56	1:00.14 350m: 6:25.90
	100m: 1:41.03 56.02	200m: 3:31.42	55.56 300m: 5:34.53	1:02.97 400m: 7:15.99
				51.37 50.09

Kat. F

1.	KOZLOVA Svetlana	65	Zvezdy Rossii	6:27.22
	50m: 40.36 40.36	150m: 2:21.75	51.41 250m: 4:03.96	52.03 350m: 5:42.42
	100m: 1:30.34 49.98	200m: 3:11.93	50.18 300m: 4:55.39	51.43 400m: 6:27.22
				47.03 44.80
2.	KARA Beata	62	Victory Masters Elbl g	8:44.38
	50m: 56.03 56.03	150m: 3:13.79	1:16.30 250m: 5:41.33	1:16.09 350m: 7:52.10
	100m: 1:57.49 1:01.46	200m: 4:25.24	1:11.45 300m: 6:58.62	1:17.29 400m: 8:44.38
				53.48 52.28

Kat. G

1.	SZAŁA Ewa	59	STEEF Wrocław	6:31.99
	50m: 42.47 42.47	150m: 2:24.74	49.99 250m: 4:08.41	54.80 350m: 5:48.19
	100m: 1:34.75 52.28	200m: 3:13.61	48.87 300m: 5:03.17	54.76 400m: 6:31.99
				45.02 43.80
2.	RADKOWIAK Danuta	60	Gdynia masters	8:43.86
	50m: 57.78 57.78	150m: 3:19.45	1:16.95 250m: 5:43.55	1:10.13 350m: 7:50.49
	100m: 2:02.50 1:04.72	200m: 4:33.42	1:13.97 300m: 6:52.68	1:09.13 400m: 8:43.86
				57.81 53.37
3.	D BROWSKA Zofia	58	Sikret Gliwice	9:15.91
	50m: 1:01.46 1:01.46	150m: 3:40.48	1:26.63 250m: 6:09.72	1:07.00 350m: 8:19.41
	100m: 2:13.85 1:12.39	200m: 5:02.72	1:22.24 300m: 7:17.16	1:07.44 400m: 9:15.91
				56.50

Kat. K

1.	NICPO Krystyna	40	UKS Wodnik 29 Katowice	10:41.27
	<i>Rekord Polski Masters</i>			
	50m: 1:33.97 1:33.97	150m: 4:25.86	1:02.63 250m: 6:57.23	1:25.54 350m: 9:30.28
	100m: 3:23.23 1:49.26	200m: 5:31.69	1:05.83 300m: 8:22.23	1:25.00 400m: 10:41.27
				1:10.99