

Zimowe Mistrzostwa Polski w Pływaniu w kategoriach Masters, Puchar Polski
Olsztyn, 16- - 18-11-2018

Konkurencja 32
2018-11-17 - 19:59

Kobiet, 400m zmienny

20 - 94 lat
Wyniki

Pozycja			Rok ur.					Czas		
20-24										
1.	WI NIEWSKA Natalia		97	KS Warta Pozna			5:23.28			
	50m: 32.31	32.31	150m: 1:53.97	43.05	250m: 3:19.14	43.62	350m: 4:44.53	40.94		
	100m: 1:10.92	38.61	200m: 2:35.52	41.55	300m: 4:03.59	44.45	400m: 5:23.28	38.75		
25-29										
1.	DRAB Magdalena		92	Masters Wisła Kraków			5:10.01			
	50m: 32.98	32.98	150m: 1:50.94	39.85	250m: 3:15.12	43.83	350m: 4:35.58	36.56		
	100m: 1:11.09	38.11	200m: 2:31.29	40.35	300m: 3:59.02	43.90	400m: 5:10.01	34.43		
30-34										
1.	WALENTA Katarzyna		85	Toru Multisport Team			5:47.53			
	50m: 36.41	36.41	150m: 2:06.17	45.98	250m: 3:39.34	47.53	350m: 5:08.84	40.85		
	100m: 1:20.19	43.78	200m: 2:51.81	45.64	300m: 4:27.99	48.65	400m: 5:47.53	38.69		
2.	JAHNZ Karolina		84	KS Rekin wiebodzice			5:59.97			
	50m: 39.18	39.18	150m: 2:12.61	47.08	250m: 3:47.50	48.38	350m: 5:19.54	42.51		
	100m: 1:25.53	46.35	200m: 2:59.12	46.51	300m: 4:37.03	49.53	400m: 5:59.97	40.43		
35-39										
1.	MARKOWSKA Ewa		81	ISWIM Białystok			8:06.05			
	50m: 54.78	54.78	150m: 3:12.04	1:07.81	250m: 5:17.76	1:01.96	350m: 7:14.37	54.79		
	100m: 2:04.23	1:09.45	200m: 4:15.80	1:03.76	300m: 6:19.58	1:01.82	400m: 8:06.05	51.68		
40-44										
1.	SZWAGIEL Katarzyna		76	UKS Delfin Masters Tarnobrzeg			6:26.88			
	50m: 42.84	42.84	150m: 2:22.85	50.95	250m: 4:07.20	53.54	350m: 5:44.77	44.00		
	100m: 1:31.90	49.06	200m: 3:13.66	50.81	300m: 5:00.77	53.57	400m: 6:26.88	42.11		
2.	ROZMUS Angelika		78	UKS Delfin Masters Tarnobrzeg			6:39.60			
	50m: 43.51	43.51	150m: 2:25.40	52.38	250m: 4:12.46	56.23	350m: 5:54.93	45.94		
	100m: 1:33.02	49.51	200m: 3:16.23	50.83	300m: 5:08.99	56.53	400m: 6:39.60	44.67		
45-49										
1.	WO NIAK Dorota		73	MASTERS Zdzeszowice			6:29.93			
	50m: 42.70	42.70	150m: 2:20.12	48.35	250m: 4:04.86	56.75	350m: 5:46.19	44.02		
	100m: 1:31.77	49.07	200m: 3:08.11	47.99	300m: 5:02.17	57.31	400m: 6:29.93	43.74		
2.	JANECZKO Anna		72	Kraków Masters			7:18.63			
	50m: 47.11	47.11	150m: 2:44.51	1:00.58	250m: 4:46.41	1:02.78	350m: 6:33.95	46.84		
	100m: 1:43.93	56.82	200m: 3:43.63	59.12	300m: 5:47.11	1:00.70	400m: 7:18.63	44.68		
3.	STANKIEWICZ-MAJKOWSKA Joanna		72	TKKF Koszalin Masters			7:30.43			
	50m: 49.88	49.88	150m: 2:49.73	58.42	250m: 4:44.94	58.89	350m: 6:38.35	54.07		
	100m: 1:51.31	1:01.43	200m: 3:46.05	56.32	300m: 5:44.28	59.34	400m: 7:30.43	52.08		
50-54										
1.	BARTOSIEWICZ Joanna		64	TS Olimpia Pozna			6:04.08			
	50m: 38.41	38.41	150m: 2:12.14	49.63	250m: 3:50.30	49.20	350m: 5:23.29	41.86		
	100m: 1:22.51	44.10	200m: 3:01.10	48.96	300m: 4:41.43	51.13	400m: 6:04.08	40.79		
2.	GO DZIEJEWSKA Anna		67	AQUASFERA Masters Olsztyn			7:01.61			
	50m: 49.01	49.01	150m: 3:38.73	1:50.47	250m: 5:33.26	57.86	350m:			
	100m: 1:48.26	59.25	200m: 4:35.40	56.67	300m: 6:17.77	44.51	400m: 7:01.61			

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Konkurencja 32, Kobiet, 400m zmienny

55-59

1.	SZAŁA Ewa	59	Steef Wrocław	6:31.41
	50m: 44.15 44.15	150m: 3:10.77 47.63	250m: 5:02.38 55.71	350m:
	100m: 2:23.14 1:38.99	200m: 4:06.67 55.90	300m: 5:48.06 45.68	400m: 6:31.41
2.	GUDANIEC Dorota	60	TKKF Koszalin Masters	7:25.12
	50m: 50.15 50.15	150m: 2:45.17 56.59	250m: 4:42.92 1:03.45	350m: 6:36.51 49.66
	100m: 1:48.58 58.43	200m: 3:39.47 54.30	300m: 5:46.85 1:03.93	400m: 7:25.12 48.61
3.	PUTOWSKA Małgorzata	62	KS Warta Pozna	8:09.09
	50m: 55.55 55.55	150m: 3:07.09 1:02.47	250m: 5:12.00 1:04.60	350m: 7:14.04 57.71
	100m: 2:04.62 1:09.07	200m: 4:07.40 1:00.31	300m: 6:16.33 1:04.33	400m: 8:09.09 55.05
4.	ORLEWICZ-MUSIAŁ Małgorzata	60	Kraków Masters	9:55.47
	50m: 1:01.84 1:01.84	150m: 3:39.71 1:19.33	250m: 6:22.66 1:25.85	350m: 8:52.85 1:04.53
	100m: 2:20.38 1:18.54	200m: 4:56.81 1:17.10	300m: 7:48.32 1:25.66	400m: 9:55.47 1:02.62

60-64

1.	LEGUTKO Mirosława	57	Kraków Masters	7:45.96
	50m: 51.45 51.45	150m: 2:53.82 59.94	250m: 4:58.40 1:04.66	350m: 6:55.13 53.25
	100m: 1:53.88 1:02.43	200m: 3:53.74 59.92	300m: 6:01.88 1:03.48	400m: 7:45.96 50.83
2.	D BROWSKA Zofia	58	Sikret Gliwice	8:57.17
	50m: 1:01.61 1:01.61	150m: 3:31.71 1:17.89	250m: 5:52.93 1:08.04	350m: 7:59.98 1:00.26
	100m: 2:13.82 1:12.21	200m: 4:44.89 1:13.18	300m: 6:59.72 1:06.79	400m: 8:57.17 57.19