

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

Konkurencja 41  
2018-11-18 - 11:31

Kobiet, 400m dowolny

20 - 94 lat  
Wyniki

Pozycja			Rok ur.					Czas		
<b>20-24</b>										
1.	SZKUDLAREK Karolina		96	Niezrzeszona Kraków				<b>5:09.14</b>		
	50m:	34.72 34.72	150m:	1:52.52	39.23	250m:	3:11.98	39.95	350m:	4:31.71 39.52
	100m:	1:13.29 38.57	200m:	2:32.03	39.51	300m:	3:52.19	40.21	400m:	5:09.14 37.43
2.	RZEWUSKA Adrianna		97	UTW Masters Zgierz				<b>5:49.12</b>		
	50m:	36.04 36.04	150m:	2:01.21	43.52	250m:	3:32.33	46.16	350m:	5:04.82 46.05
	100m:	1:17.69 41.65	200m:	2:46.17	44.96	300m:	4:18.77	46.44	400m:	5:49.12 44.30
<b>25-29</b>										
1.	DRAB Magdalena		92	Masters Wisła Kraków				<b>4:42.64</b>		
	50m:	32.04 32.04	150m:	1:43.15	35.94	250m:	2:55.54	35.80	350m:	4:07.81 36.21
	100m:	1:07.21 35.17	200m:	2:19.74	36.59	300m:	3:31.60	36.06	400m:	4:42.64 34.83
2.	LEWANDOWSKA Oriana		93	AQUASFERA Masters Olsztyn				<b>4:54.84</b>		
	50m:	34.36 34.36	150m:	1:50.31	38.36	250m:	3:05.47	37.24	350m:	4:19.44 36.73
	100m:	1:11.95 37.59	200m:	2:28.23	37.92	300m:	3:42.71	37.24	400m:	4:54.84 35.40
<b>30-34</b>										
1.	THORPE Jessica		85	Concept Swimming Club				<b>5:02.05</b>		
	50m:	34.45 34.45	150m:	1:49.95	38.39	250m:	3:07.39	38.71	350m:	4:24.58 38.70
	100m:	1:11.56 37.11	200m:	2:28.68	38.73	300m:	3:45.88	38.49	400m:	5:02.05 37.47
2.	JAHNZ Karolina		84	KS Rekin wiebodzice				<b>5:21.18</b>		
	50m:	35.45 35.45	150m:	1:56.87	41.35	250m:	3:18.92	40.85	350m:	4:41.17 40.98
	100m:	1:15.52 40.07	200m:	2:38.07	41.20	300m:	4:00.19	41.27	400m:	5:21.18 40.01
3.	KOSTENCKA Joanna		87	Start Pozna				<b>5:26.41</b>		
	50m:	36.47 36.47	150m:	1:58.62	41.65	250m:	3:21.90	41.38	350m:	4:45.55 41.67
	100m:	1:16.97 40.50	200m:	2:40.52	41.90	300m:	4:03.88	41.98	400m:	5:26.41 40.86
4.	ZALESKA Anna		88	AQUASFERA Masters Olsztyn				<b>5:26.99</b>		
	50m:	37.79 37.79	150m:	2:01.48	42.31	250m:	3:25.27	41.71	350m:	4:48.88 41.60
	100m:	1:19.17 41.38	200m:	2:43.56	42.08	300m:	4:07.28	42.01	400m:	5:26.99 38.11
5.	G BKA Kamila		88	SMT Szczecin				<b>5:35.75</b>		
	50m:	38.04 38.04	150m:	2:02.37	42.97	250m:	3:29.86	43.93	350m:	4:56.42 42.59
	100m:	1:19.40 41.36	200m:	2:45.93	43.56	300m:	4:13.83	43.97	400m:	5:35.75 39.33
6.	KARA Karolina		87	Jedynka Elbl g Masters				<b>7:06.07</b>		
	50m:	46.87 46.87	150m:	2:33.81	54.22	250m:	4:24.72	55.51	350m:	6:14.57 54.34
	100m:	1:39.59 52.72	200m:	3:29.21	55.40	300m:	5:20.23	55.51	400m:	7:06.07 51.50
<b>35-39</b>										
1.	MICHALIK Dominika		79	Masters Białystok				<b>5:02.61</b>		
	50m:	34.81 34.81	150m:	1:51.58	38.79	250m:	3:09.47	39.17	350m:	4:26.39 38.22
	100m:	1:12.79 37.98	200m:	2:30.30	38.72	300m:	3:48.17	38.70	400m:	5:02.61 36.22
2.	ŁUKASIUK Ewa		80	Team Kara Warszawa				<b>5:52.80</b>		
	50m:	36.62 36.62	150m:	2:01.80	44.12	250m:	3:33.12	46.19	350m:	5:08.37 47.63
	100m:	1:17.68 41.06	200m:	2:46.93	45.13	300m:	4:20.74	47.62	400m:	5:52.80 44.43
3.	ROSTKOWSKA-KACZMAREK Anna		80	Start Pozna				<b>6:06.88</b>		
	50m:	42.27 42.27	150m:	2:14.02	46.45	250m:	3:48.15	47.52	350m:	5:22.01 47.24
	100m:	1:27.57 45.30	200m:	3:00.63	46.61	300m:	4:34.77	46.62	400m:	6:06.88 44.87
4.	BOŁTU Małgorzata		83	Niezrzeszona Wrocław				<b>6:13.69</b>		
	50m:		150m:			250m:			350m:	5:25.80 47.45
	100m:		200m:			300m:	4:38.35		400m:	6:13.69 47.89

Zimowe Mistrzostwa Polski w Pływaniu w kategoriach Masters, Puchar Polski  
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Konkurencja 41, Kobiet, 400m dowolny, 35-39

Pozycja			Rok ur.				Czas					
5.	RADOMSKA Karolina		82				TM Barracuda Kalisz				<b>6:53.57</b>	
	50m:	42.39	42.39	150m:	2:24.78	52.74	250m:	4:12.01	53.35	350m:	6:00.32	54.30
	100m:	1:32.04	49.65	200m:	3:18.66	53.88	300m:	5:06.02	54.01	400m:	6:53.57	53.25

40-44

1.	SZWAGIEL Katarzyna		76				UKS Delfin Masters Tarnobrzeg				<b>5:38.00</b>	
	50m:	37.78	37.78	150m:	2:01.73	43.17	250m:	3:28.01	43.29	350m:	4:56.68	44.73
	100m:	1:18.56	40.78	200m:	2:44.72	42.99	300m:	4:11.95	43.94	400m:	5:38.00	41.32
2.	MORKISZ Aleksandra		78				Concept Swimming Club				<b>5:40.62</b>	
	50m:	37.52	37.52	150m:	2:01.52	42.83	250m:	3:29.66	44.23	350m:	4:58.18	44.24
	100m:	1:18.69	41.17	200m:	2:45.43	43.91	300m:	4:13.94	44.28	400m:	5:40.62	42.44
3.	JARUGA Kinga		74				CityZen Pozna				<b>5:48.37</b>	
	50m:	39.42	39.42	150m:	2:06.96	44.36	250m:	3:36.46	44.80	350m:	5:05.93	44.12
	100m:	1:22.60	43.18	200m:	2:51.66	44.70	300m:	4:21.81	45.35	400m:	5:48.37	42.44
4.	PAZIEWSKA Agnieszka		74				TKKF Koszalin Masters				<b>5:53.45</b>	
	50m:	38.46	38.46	150m:	2:07.63	45.03	250m:	3:38.97	45.61	350m:	5:10.19	45.79
	100m:	1:22.60	44.14	200m:	2:53.36	45.73	300m:	4:24.40	45.43	400m:	5:53.45	43.26
5.	GRIFFIN Lee		75				Concept Swimming Club				<b>6:34.54</b>	
	50m:	48.00	48.00	150m:	2:42.57	58.10	250m:	4:39.14	58.04	350m:		
	100m:	1:44.47	56.47	200m:	3:41.10	58.53	300m:	5:36.72	57.58	400m:	6:34.54	
6.	KLARECKA Monika		77				MASTERS Łód				<b>7:25.81</b>	
	50m:	47.57	47.57	150m:	2:36.26	56.16	250m:	4:31.92	58.53	350m:	6:29.04	59.05
	100m:	1:40.10	52.53	200m:	3:33.39	57.13	300m:	5:29.99	58.07	400m:	7:25.81	56.77

45-49

1.	SULEWSKA Beata		72				Weteran Zabrze				<b>5:02.07</b>	
	50m:	35.55	35.55	150m:	1:51.56	38.26	250m:	3:08.72	38.55	350m:	4:25.91	38.56
	100m:	1:13.30	37.75	200m:	2:30.17	38.61	300m:	3:47.35	38.63	400m:	5:02.07	36.16
2.	WO NIAK Dorota		73				MASTERS Zdzeszowice				<b>5:51.01</b>	
	50m:	39.12	39.12	150m:	2:08.35	45.58	250m:	3:39.34	45.58	350m:	5:08.58	44.14
	100m:	1:22.77	43.65	200m:	2:53.76	45.41	300m:	4:24.44	45.10	400m:	5:51.01	42.43
3.	BALAJCZA Timea		71				Warsaw Masters Team				<b>6:22.65</b>	
	50m:	42.21	42.21	150m:	2:17.00	48.13	250m:	3:54.57	48.70	350m:	5:34.32	50.14
	100m:	1:28.87	46.66	200m:	3:05.87	48.87	300m:	4:44.18	49.61	400m:	6:22.65	48.33

50-54

1.	GO DZIEJEWSKA Anna		67				AQUASFERA Masters Olsztyn				<b>5:42.39</b>	
	50m:	39.40	39.40	150m:	2:06.06	43.81	250m:	3:34.23	43.94	350m:	5:01.00	42.90
	100m:	1:22.25	42.85	200m:	2:50.29	44.23	300m:	4:18.10	43.87	400m:	5:42.39	41.39
2.	PEREYASLOVA Olena		68				Euro-Lviv MSC				<b>6:17.72</b>	
	50m:	40.66	40.66	150m:	2:18.19	49.46	250m:	3:56.77	48.77	350m:	5:32.85	47.46
	100m:	1:28.73	48.07	200m:	3:08.00	49.81	300m:	4:45.39	48.62	400m:	6:17.72	44.87
3.	KOTECKA Anna		65				KS Warta Pozna				<b>6:32.43</b>	
	50m:			150m:			250m:	3:59.17		350m:	5:41.94	51.16
	100m:	44.46		200m:			300m:	4:50.78	51.61	400m:	6:32.43	50.49

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

Konkurencja 41, Kobiet, 400m dowolny

55-59

1.	TITOVA Irina	61	Pregel Kaliningrad	<b>5:44.28</b>
	50m:	150m:	250m:	350m:
	100m:	200m:	300m:	400m: 5:44.28
2.	MACIERZEWSKA Agnieszka	60	Kraków Masters	<b>5:48.70</b>
	50m: 39.10 39.10	150m: 2:06.10 44.45	250m: 3:37.06 45.68	350m: 5:07.28 45.18
	100m: 1:21.65 42.55	200m: 2:51.38 45.28	300m: 4:22.10 45.04	400m: 5:48.70 41.42
3.	SZAŁA Ewa	59	Steef Wrocław	<b>5:49.44</b>
	50m: 39.05 39.05	150m: 2:07.63 45.32	250m: 3:38.42 45.19	350m: 5:08.07 44.75
	100m: 1:22.31 43.26	200m: 2:53.23 45.60	300m: 4:23.32 44.90	400m: 5:49.44 41.37
4.	GUDANIEC Dorota	60	TKKF Koszalin Masters	<b>6:33.49</b>
	50m: 42.75 42.75	150m: 2:21.27 50.55	250m: 4:02.28 50.56	350m: 5:44.65 51.33
	100m: 1:30.72 47.97	200m: 3:11.72 50.45	300m: 4:53.32 51.04	400m: 6:33.49 48.84
5.	MYSIAK Katarzyna	61	Gdynia Masters	<b>7:04.79</b>
	50m: 44.34 44.34	150m: 2:30.18 54.63	250m: 4:20.69 55.34	350m: 6:12.31 55.99
	100m: 1:35.55 51.21	200m: 3:25.35 55.17	300m: 5:16.32 55.63	400m: 7:04.79 52.48
6.	ORLEWICZ-MUSIAŁ Małgorzata	60	Kraków Masters	<b>8:29.67</b>
	50m: 51.63 51.63	150m: 3:01.88 1:05.72	250m: 5:13.00 1:05.67	350m: 7:23.92 1:04.89
	100m: 1:56.16 1:04.53	200m: 4:07.33 1:05.45	300m: 6:19.03 1:06.03	400m: 8:29.67 1:05.75

60-64

1.	WEBER Jadwiga	58	MKP Szczecin	<b>6:08.02</b>
	50m: 41.45 41.45	150m: 3:48.75 1:34.57	250m:	350m:
	100m: 2:14.18 1:32.73	200m:	300m:	400m: 6:08.02
2.	SERO Y SKA Lucyna	55	Toru Multisport Team	<b>9:02.71</b>
	50m: 57.69 57.69	150m: 3:09.68 1:07.54	250m: 5:31.10 1:11.55	350m:
	100m: 2:02.14 1:04.45	200m: 4:19.55 1:09.87	300m:	400m: 9:02.71
3.	KERNER MATEUSIAK Ewa	54	Jedynka Elbląg Masters	<b>10:32.78</b>
	50m: 1:10.70 1:10.70	150m: 3:52.98 1:22.93	250m: 6:34.26 1:20.00	350m: 9:11.80 1:18.69
	100m: 2:30.05 1:19.35	200m: 5:14.26 1:21.28	300m: 7:53.11 1:18.85	400m: 10:32.78 1:20.98

65-69

1.	ŁUTOWICZ Maria	50	TS Olimpia Pozna	<b>7:16.20</b>
	50m: 47.47 47.47	150m: 2:40.18 56.43	250m: 4:33.94 56.82	350m: 6:24.47 54.38
	100m: 1:43.75 56.28	200m: 3:37.12 56.94	300m: 5:30.09 56.15	400m: 7:16.20 51.73
2.	SZEMBERG Anna	49	Warsaw Masters Team	<b>8:53.39</b>
	50m: 1:01.02 1:01.02	150m: 3:14.61 1:06.86	250m: 5:29.09 1:07.49	350m: 7:45.12 1:08.74
	100m: 2:07.75 1:06.73	200m: 4:21.60 1:06.99	300m: 6:36.38 1:07.29	400m: 8:53.39 1:08.27

70-74

1.	MLECZKO Maria	46	Kraków Masters	<b>12:02.41</b>
	50m: 1:16.46 1:16.46	150m: 4:13.45 1:30.80	250m: 7:18.08 1:35.94	350m: 10:25.15 1:31.90
	100m: 2:42.65 1:26.19	200m: 5:42.14 1:28.69	300m: 8:53.25 1:35.17	400m: 12:02.41 1:37.26