



Zimowe Otwarte Mistrzostwa Polski Masters  
Katowice, 23- - 25-11-2012

Konkurencja 1  
2012-11-23 - 16:00

Kobiet, 400m zmienny

20 lat i starsi  
Wyniki

Rekord Polski Masters 25 - 29	5:31.50										
Rekord Polski Masters 30 - 34	6:43.09										
Rekord Polski Masters 35 - 39	5:54.30										
Rekord Polski Masters 40 - 44	5:57.05										
Rekord Polski Masters 45 - 49	5:44.99	PUCHALSKA Joanna		MASOP	Pozna					2011-11-20	
Rekord Polski Masters 50 - 54	6:01.33										
Rekord Polski Masters 55 - 59	7:48.06										
Rekord Polski Masters 60 - 64	7:09.71										
Rekord Polski Masters 65 - 69	7:52.11										
Rekord Polski Masters 70 - 74	20:00.00										
Rekord Polski Masters 75 - 79	20:00.00										
Rekord Polski Masters 80 - 84	30:00.00										
Rekord Polski Masters 85 - 89	30:00.00										
Rekord Polski Masters 90 - 94	30:00.00										

Punkt: DSV Masters 04

Pozycja Rok ur. Czas Pkt.

0: 20 - 24 lat

1. WIDZIK Katarzyna	90	MTP Delfin Cieszyn	<b>6:24.21</b>	432
50m: 41.52 41.52	150m: 2:18.91 47.21	250m: 4:00.14 54.92	350m: 5:40.21 44.96	
100m: 1:31.70 50.18	200m: 3:05.22 46.31	300m: 4:55.25 55.11	400m: 6:24.21 44.00	

A: 25 - 25 lat

1. CHOJCAN Joanna	86	Redeco Wrocław	<b>6:04.27</b>	575
50m: 35.90 35.90	150m: 2:05.36 46.18	250m: 3:44.20 52.94	350m: 5:21.12 43.33	
100m: 1:19.18 43.28	200m: 2:51.26 45.90	300m: 4:37.79 53.59	400m: 6:04.27 43.15	
2. STANISŁAWSKA Anna	87	Warsaw Masters Team	<b>7:58.66</b>	253
50m: 49.31 49.31	150m: 2:51.30 1:04.98	250m: 5:03.54 1:06.72	350m: 7:04.99 56.58	
100m: 1:46.32 57.01	200m: 3:56.82 1:05.52	300m: 6:08.41 1:04.87	400m: 7:58.66 53.67	

B: 30 - 34 lat

1. MALCHAR Jowita	82	BARAKUDA Legnica	<b>6:14.78</b>	508
<i>Rekord Polski kat. B</i>				
50m: 38.87 38.87	150m: 2:08.82 45.35	250m: 3:51.70 55.86	350m: 5:31.83 44.84	
100m: 1:23.47 44.60	200m: 2:55.84 47.02	300m: 4:46.99 55.29	400m: 6:14.78 42.95	
2. KOWALCZYK-K DZIERSKA Alicja	80	UKS Victoria Józefów	<b>6:24.28</b>	472
50m: 42.81 42.81	150m: 2:19.28 48.11	250m: 4:03.24 54.10	350m: 5:42.49 44.26	
100m: 1:31.17 48.36	200m: 3:09.14 49.86	300m: 4:58.23 54.99	400m: 6:24.28 41.79	

C: 35 - 39 lat

1. NOVAKOVA Monika	75	PVK Bratislava	<b>6:39.96</b>	469
50m: 41.25 41.25	150m: 2:22.87 50.88	250m: 4:10.24 56.37	350m: 5:53.16 46.37	
100m: 1:31.99 50.74	200m: 3:13.87 51.00	300m: 5:06.79 56.55	400m: 6:39.96 46.80	
2. JAKUBÓW Marlena	74	Redeco Wrocław	<b>7:36.99</b>	314
50m: 51.62 51.62	150m: 2:50.26 1:00.32	250m: 4:53.19 1:00.17	350m: 6:47.05 51.83	
100m: 1:49.94 58.32	200m: 3:53.02 1:02.76	300m: 5:55.22 1:02.03	400m: 7:36.99 49.94	

D: 40 - 44 lat

1. SULEWSKA BEATA	72	Weteran Zabrze	<b>5:46.25</b>	776
<i>Rekord Polski kat. D</i>				
50m: 37.11 37.11	150m: 2:06.34 47.58	250m: 3:39.89 47.10	350m: 5:07.72 38.73	
100m: 1:18.76 41.65	200m: 2:52.79 46.45	300m: 4:28.99 49.10	400m: 5:46.25 38.53	
2. JANECKO Anna	72	Masters Korona Kraków	<b>7:15.56</b>	390
50m: 51.45 51.45	150m: 2:45.37 54.29	250m: 4:39.56 1:00.20	350m: 6:27.57 49.29	
100m: 1:51.08 59.63	200m: 3:39.36 53.99	300m: 5:38.28 58.72	400m: 7:15.56 47.99	



Konkurencja 1, Kobiet, 400m zmienny

E: 45 - 49 lat

1.	PUCHALSKA JOANNA	64	Sopot Masters	<b>5:41.67</b>	1017
	<i>Rekord Polski kat. E</i>				
	50m: 35.19 35.19	150m: 2:00.49 46.27	250m: 3:33.88 47.84	350m: 5:02.39 40.03	
	100m: 1:14.22 39.03	200m: 2:46.04 45.55	300m: 4:22.36 48.48	400m: 5:41.67 39.28	
2.	PETECKA Maria	67	MOTYL SENIOR MOSiR Stalowa Wol	<b>6:43.08</b>	619
	50m: 41.11 41.11	150m: 3:17.95 1:48.27	250m: 5:08.67 55.94	350m:	
	100m: 1:29.68 48.57	200m: 4:12.73 54.78	300m: 5:56.80 48.13	400m: 6:43.08	
3.	MAJERNIKOVA Laura	67	PVK Bratislava	<b>7:19.13</b>	479
	50m: 44.63 44.63	150m: 2:35.89 52.52	250m: 4:29.44 1:00.18	350m: 6:25.52 52.88	
	100m: 1:43.37 58.74	200m: 3:29.26 53.37	300m: 5:32.64 1:03.20	400m: 7:19.13 53.61	

F: 50 - 54 lat

1.	SZAŁA Ewa	59	Grot Koziegłowy	<b>6:32.14</b>	710
	50m: 42.60 42.60	150m: 2:20.24 49.01	250m: 4:04.55 55.63	350m: 5:46.09 45.71	
	100m: 1:31.23 48.63	200m: 3:08.92 48.68	300m: 5:00.38 55.83	400m: 6:32.14 46.05	
2.	MACIERZEWSKA Agnieszka	60	TS Wisła Kraków	<b>6:54.81</b>	600
	50m: 42.62 42.62	150m: 2:27.48 53.51	250m: 4:20.76 1:00.60	350m: 6:08.89 46.49	
	100m: 1:33.97 51.35	200m: 3:20.16 52.68	300m: 5:22.40 1:01.64	400m: 6:54.81 45.92	
3.	POLA CZYK Renata	59	Gdynia Masters	<b>8:05.46</b>	374
	50m: 53.31 53.31	150m: 2:48.16 54.96	250m: 5:00.49 1:17.36	350m: 7:15.19 56.15	
	100m: 1:53.20 59.89	200m: 3:43.13 54.97	300m: 6:19.04 1:18.55	400m: 8:05.46 50.27	

G: 55 - 59 lat

1.	LEGUTKO Mirosława	57	Masters Korona Kraków	<b>7:23.34</b>	580
	<i>Rekord Polski kat. G</i>				
	50m: 48.42 48.42	150m: 2:44.11 56.59	250m: 4:41.38 1:01.41	350m: 6:33.80 50.00	
	100m: 1:47.52 59.10	200m: 3:39.97 55.86	300m: 5:43.80 1:02.42	400m: 7:23.34 49.54	

H: 60 - 64 lat

1.	CHOMICKA Barbara	52	Gdynia Masters	<b>9:07.73</b>	344
	50m: 1:01.98 1:01.98	150m: 3:23.43 1:08.62	250m: 5:45.08 1:12.02	350m: 8:05.45 1:06.08	
	100m: 2:14.81 1:12.83	200m: 4:33.06 1:09.63	300m: 6:59.37 1:14.29	400m: 9:07.73 1:02.28	