

Konkurencja 39

Kobiet, 400m dowolny

20 lat i starsi  
Wyniki

2012-11-25 - 12:30

Rekord Polski Masters 25 - 29	5:00.18	SMARUJ Monika							
Rekord Polski Masters 30 - 34	4:59.90	KRAKOWIAK EI bieta							
Rekord Polski Masters 35 - 39	5:01.58	SULEWSKA Beata	WEZAB	Pozna					2011-11-19
Rekord Polski Masters 40 - 44	5:01.83	SERBIN Małgorzata							
Rekord Polski Masters 45 - 49	5:02.25	SERBIN Małgorzata	MKSZC	Pozna					2011-11-19
Rekord Polski Masters 50 - 54	6:04.28	MACIEJOWSKA Anna							
Rekord Polski Masters 55 - 59	6:31.05	KURYŁOWICZ Monika							
Rekord Polski Masters 60 - 64	6:34.14	ŁUTOWICZ Maria							
Rekord Polski Masters 65 - 69	6:33.42	BASTEK Renata							
Rekord Polski Masters 70 - 74	8:32.59	NICPO Krystyna	WOKAT	Pozna					2011-11-19
Rekord Polski Masters 75 - 79	9:59.29	WILCZY SKA Wacława							
Rekord Polski Masters 80 - 84	11:00.11	WILCZY SKA Wacława							
Rekord Polski Masters 85 - 89	30:00.00								
Rekord Polski Masters 90 - 94	30:00.00								
Rekord Polski Masters 95 - 99	30:00.00								

Punkty: DSV Masters 04

Pozycja Rok ur. Czas Pkt.

O: 20 - 24 lat

1. ZADRO NA Karolina	92	AZS UJ Kraków	<b>5:06.94</b>	564
50m: 34.47 34.47	150m: 1:52.05 39.07	250m: 3:10.83 39.45	350m: 4:30.11 39.67	
100m: 1:12.98 38.51	200m: 2:31.38 39.33	300m: 3:50.44 39.61	400m: 5:06.94 36.83	
2. KRYSIAK Olga	91	Niezrzeszeni	<b>5:14.31</b>	525
50m: 34.48 34.48	150m: 1:52.78 39.87	250m: 3:13.38 40.59	350m: 4:35.36 41.13	
100m: 1:12.91 38.43	200m: 2:32.79 40.01	300m: 3:54.23 40.85	400m: 5:14.31 38.95	
3. KOSTYRA Agnieszka	90	Toru czyk Masters Toru	<b>5:44.14</b>	400
50m: 37.61 37.61	150m: 2:04.07 43.64	250m: 3:32.47 43.98	350m: 5:01.74 44.71	
100m: 1:20.43 42.82	200m: 2:48.49 44.42	300m: 4:17.03 44.56	400m: 5:44.14 42.40	

A: 25 - 25 lat

1. PALMOWSKA Paulina	85	Masters Korona Kraków	<b>5:43.73</b>	463
50m: 40.77 40.77	150m: 2:08.49 43.57	250m: 3:36.20 44.05	350m: 5:03.04 43.01	
100m: 1:24.92 44.15	200m: 2:52.15 43.66	300m: 4:20.03 43.83	400m: 5:43.73 40.69	
2. BIELAWSKA URSZULA	85	UCSiR Warszawa	<b>5:44.23</b>	461
50m: 38.54 38.54	150m: 2:03.95 43.54	250m: 3:32.85 44.56	350m: 5:02.99 45.02	
100m: 1:20.41 41.87	200m: 2:48.29 44.34	300m: 4:17.97 45.12	400m: 5:44.23 41.24	
3. STANISŁAWSKA Anna	87	Warsaw Masters Team	<b>6:47.25</b>	278
50m: 44.50 44.50	150m: 2:25.22 51.95	250m: 4:10.24 52.53	350m: 5:57.68 53.59	
100m: 1:33.27 48.77	200m: 3:17.71 52.49	300m: 5:04.09 53.85	400m: 6:47.25 49.57	
4. KARA Karolina	87	Victory Masters Elbl g	<b>7:22.97</b>	216
50m: 51.13 51.13	150m: 2:43.13 56.47	250m: 4:37.79 57.57	350m: 6:31.08 56.46	
100m: 1:46.66 55.53	200m: 3:40.22 57.09	300m: 5:34.62 56.83	400m: 7:22.97 51.89	

B: 30 - 34 lat

1. MALCHAR Jowita	82	BARAKUDA Legnica	<b>5:43.30</b>	476
50m: 37.78 37.78	150m: 2:03.41 43.77	250m: 3:32.42 44.97	350m: 5:01.66 44.54	
100m: 1:19.64 41.86	200m: 2:47.45 44.04	300m: 4:17.12 44.70	400m: 5:43.30 41.64	
2. SIKACZ Hanna	79	Redeco Wrocław	<b>5:54.64</b>	432
50m: 39.57 39.57	150m: 2:08.21 45.68	250m: 3:39.23 46.05	350m: 5:11.85 46.41	
100m: 1:22.53 42.96	200m: 2:53.18 44.97	300m: 4:25.44 46.21	400m: 5:54.64 42.79	
3. ZIARKO Danuta	81	SiKReT GLIWICE	<b>6:16.39</b>	361
50m: 42.41 42.41	150m: 2:15.40 47.17	250m: 3:52.83 49.25	350m: 5:30.89 49.07	
100m: 1:28.23 45.82	200m: 3:03.58 48.18	300m: 4:41.82 48.99	400m: 6:16.39 45.50	
4. MAZURKIEWICZ Agnieszka	82	Warsaw Masters Team	<b>6:20.99</b>	348
50m: 43.85 43.85	150m: 2:19.26 48.14	250m: 3:57.31 49.21	350m: 5:35.43 48.83	
100m: 1:31.12 47.27	200m: 3:08.10 48.84	300m: 4:46.60 49.29	400m: 6:20.99 45.56	

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C: 35 - 39 lat

1. SOŁTYK Judyta	74	AZS Almamer	<b>5:09.50</b>	648
50m: 35.07 35.07	150m: 1:51.79 38.90	250m: 3:10.91 39.75	350m: 4:30.62 39.87	
100m: 1:12.89 37.82	200m: 2:31.16 39.37	300m: 3:50.75 39.84	400m: 5:09.50 38.88	
2. PIECHURA Małgorzata	73	K.S. niezrzeszeni.pl	<b>8:31.00</b>	143
50m: 54.53 54.53	150m: 3:01.46 1:04.52	250m: 5:11.68 1:06.04	350m: 7:28.28 1:09.21	
100m: 1:56.94 1:02.41	200m: 4:05.64 1:04.18	300m: 6:19.07 1:07.39	400m: 8:31.00 1:02.72	

D: 40 - 44 lat

1. SULEWSKA BEATA	72	Weteran Zabrze	<b>5:06.33</b>	700
50m: 34.97 34.97	150m: 1:51.98 38.93	250m: 3:10.67 39.27	350m: 4:29.09 38.93	
100m: 1:13.05 38.08	200m: 2:31.40 39.42	300m: 3:50.16 39.49	400m: 5:06.33 37.24	
2. KRZY ANOWSKA Ewa	72	Warsaw Masters Team	<b>6:18.39</b>	371
50m: 41.04 41.04	150m: 2:14.60 48.52	250m: 3:53.58 49.76	350m: 5:31.82 48.96	
100m: 1:26.08 45.04	200m: 3:03.82 49.22	300m: 4:42.86 49.28	400m: 6:18.39 46.57	
3. JANECKO Anna	72	Masters Korona Kraków	<b>6:32.58</b>	332
50m: 41.66 41.66	150m: 2:17.04 48.89	250m: 4:00.28 51.88	350m: 5:44.31 51.79	
100m: 1:28.15 46.49	200m: 3:08.40 51.36	300m: 4:52.52 52.24	400m: 6:32.58 48.27	
4. TOKARSKA Krystyna	72	Niezrzeszeni	<b>7:40.40</b>	206
50m: 46.84 46.84	150m: 2:43.18 59.50	250m: 4:43.48 59.64	350m: 6:42.39 59.82	
100m: 1:43.68 56.84	200m: 3:43.84 1:00.66	300m: 5:42.57 59.09	400m: 7:40.40 58.01	

E: 45 - 49 lat

1. SERBIN Małgorzata	66	MKP Szczecin	<b>5:07.20</b>	867
50m: 34.90 34.90	150m: 1:51.65 38.68	250m: 3:10.54 39.56	350m: 4:29.63 39.65	
100m: 1:12.97 38.07	200m: 2:30.98 39.33	300m: 3:49.98 39.44	400m: 5:07.20 37.57	
2. GO DZIEJEWSKA Anna	67	Azs Uwm Masters Olsztyn	<b>5:45.19</b>	611
50m: 39.14 39.14	150m: 2:06.22 44.21	250m: 3:35.45 44.54	350m: 5:03.70 43.93	
100m: 1:22.01 42.87	200m: 2:50.91 44.69	300m: 4:19.77 44.32	400m: 5:45.19 41.49	
3. KOTECKA ANNA	65	KS Warta Pozna	<b>6:10.36</b>	494
50m: 41.46 41.46	150m: 2:12.18 46.31	250m: 3:46.40 47.37	350m: 5:23.32 48.62	
100m: 1:25.87 44.41	200m: 2:59.03 46.85	300m: 4:34.70 48.30	400m: 6:10.36 47.04	

F: 50 - 54 lat

1. SZAŁA Ewa	59	Grot Koziegłowy	<b>6:09.27</b>	586
50m: 40.85 40.85	150m: 2:13.08 46.55	250m: 3:48.41 46.68	350m: 5:09.27	
100m: 1:26.53 45.68	200m: 3:01.73 48.65	300m: 4:35.90 47.49	400m: 6:09.27	
2. KATARZYNA Mysiak	61	Gdynia Masters	<b>6:38.20</b>	467
50m: 43.92 43.92	150m: 2:23.09 50.58	250m: 4:05.86 51.63	350m: 5:48.04 51.46	
100m: 1:32.51 48.59	200m: 3:14.23 51.14	300m: 4:56.58 50.72	400m: 6:38.20 50.16	
3. POLA CZYK Renata	59	Gdynia Masters	<b>6:47.74</b>	435
50m: 44.97 44.97	150m: 2:27.21 51.82	250m: 4:13.18 53.49	350m: 6:00.99 53.63	
100m: 1:35.39 50.42	200m: 3:19.69 52.48	300m: 5:07.36 54.18	400m: 6:47.74 46.75	
4. LIPOWSKA Barbara	62	KS Delfin Gliwice	<b>9:47.54</b>	145
50m: 1:01.58 1:01.58	150m: 3:44.87 1:25.80	250m: 7:24.27 1:14.41	350m: 9:47.54	
100m: 2:19.07 1:17.49	200m: 6:09.86 2:24.99	300m: 8:37.36 1:13.09	400m: 9:47.54	
5. WEPA Hanna	59	Masters Chelm	<b>11:30.04</b>	89
50m: 1:15.53 1:15.53	150m: 4:06.10 1:24.90	250m: 7:07.79 1:31.95	350m: 10:03.35 1:26.99	
100m: 2:41.20 1:25.67	200m: 5:35.84 1:29.74	300m: 8:36.36 1:28.57	400m: 11:30.04 1:26.69	

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G: 55 - 59 lat

1.	LEGUTKO Mirosława	57	Masters Korona Kraków	<b>6:43.39</b>	565
	50m: 43.33 43.33	150m: 2:28.18	53.04 250m: 4:12.55	52.11 350m: 5:54.44	51.36
	100m: 1:35.14 51.81	200m: 3:20.44	52.26 300m: 5:03.08	50.53 400m: 6:43.39	48.95
2.	BIAŁOSIEWICZ Ewa	56	Masters Kra nik	<b>7:16.13</b>	447
	50m: 50.03 50.03	150m: 2:38.61	54.72 250m: 4:29.66	55.62 350m: 6:21.64	55.73
	100m: 1:43.89 53.86	200m: 3:34.04	55.43 300m: 5:25.91	56.25 400m: 7:16.13	54.49

H: 60 - 64 lat

1.	GRZEGORZEWSKA Gra yna	52	KS Masters Polkowice	<b>7:41.75</b>	414
	50m: 50.95 50.95	150m: 2:48.88	1:00.57 250m: 4:48.03	59.52 350m: 6:47.16	59.63
	100m: 1:48.31 57.36	200m: 3:48.51	59.63 300m: 5:47.53	59.50 400m: 7:41.75	54.59
2.	SZEMBERG Anna	49	Warsaw Masters Team	<b>8:27.52</b>	311
	50m: 55.17 55.17	150m:	250m:	350m:	
	100m: 2:00.27 1:05.10	200m: 4:13.21	300m: 6:25.01	400m: 8:27.52	