

Konkurencja 30

Kobiet, 400m zmienny

20 lat i starsi

2014-11-15 - 21:26

Wyniki

| | | | | | |
|-------------------------------|----------|-------------------------|-------|-----------|------------|
| Rekord Polski Masters 25 - 29 | 5:31.50 | BALDOWSKA Luiza | | Warszawa | 2001-06-02 |
| Rekord Polski Masters 30 - 34 | 6:05.65 | MALCHAR Jowita | 03801 | Kraków | 2013-11-16 |
| Rekord Polski Masters 35 - 39 | 5:54.30 | SOŁTYK JUDYTA | | Mława | 2009-03-29 |
| Rekord Polski Masters 40 - 44 | 5:46.25 | SULEWSKA Beata | | Katowice | 2012-11-23 |
| Rekord Polski Masters 45 - 49 | 5:41.67 | PUCHALSKA Joanna | | Katowice | 2012-11-23 |
| Rekord Polski Masters 50 - 54 | 6:01.33 | NIESPODZIANA Aleksandra | | Bydgoszcz | 2008-12-20 |
| Rekord Polski Masters 55 - 59 | 6:24.65 | SZAŁA Ewa | | Toru | 2014-05-25 |
| Rekord Polski Masters 60 - 64 | 7:09.71 | KISZCZAK Gra yna | | Toru | 2011-05-22 |
| Rekord Polski Masters 65 - 69 | 7:52.11 | BASTEK Renata | | Lublin | 2008-11-15 |
| 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 | | | | |

Pozycja

Rok ur.

Czas

0: 20 - 24 lat

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|---------------------------|-----------------------|--------------------------------|---------------------|
| 1. BARTNIKOWSKA Agnieszka | 90 | Odrza skie Ratownictwo Specjal | 6:21.26 |
| 50m: 43.41 43.41 | 150m: 3:10.17 1:36.36 | 250m: 4:59.25 54.30 | 350m: 6:21.12 39.26 |
| 100m: 1:33.81 50.40 | 200m: 4:04.95 54.78 | 300m: 5:41.86 42.61 | 400m: 6:21.26 0.14 |
| 2. KOSTYRA Agnieszka | 90 | Toru czyk Masters Toru | 6:33.79 |
| 50m: 41.19 41.19 | 150m: 2:26.85 49.07 | 250m: 4:09.22 54.14 | 350m: 5:50.43 46.64 |
| 100m: 1:37.78 56.59 | 200m: 3:15.08 48.23 | 300m: 5:03.79 54.57 | 400m: 6:33.79 43.36 |

A: 25 - 29 lat

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|------------------------------|---------------------|---------------------------|---------------------|
| 1. PIETRZAK Sandra | 89 | UKS Wodnik 29 Katowice | 5:27.52 |
| <i>Rekord Polski Masters</i> | | | |
| 50m: 32.85 32.85 | 150m: 1:54.57 41.79 | 250m: 3:23.34 46.02 | 350m: 4:50.20 38.94 |
| 100m: 1:12.78 39.93 | 200m: 2:37.32 42.75 | 300m: 4:11.26 47.92 | 400m: 5:27.52 37.32 |
| 2. PIEKUT Anna | 88 | Aquasfera Masters Olsztyn | 6:01.86 |
| 50m: 37.75 37.75 | 150m: 2:08.54 48.21 | 250m: 3:48.56 52.36 | 350m: 5:21.82 41.64 |
| 100m: 1:20.33 42.58 | 200m: 2:56.20 47.66 | 300m: 4:40.18 51.62 | 400m: 6:01.86 40.04 |

B: 30 - 34 lat

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|------------------------------|---------------------|-----------------------|---------------------|
| 1. MALCHAR Jowita | 82 | UKS DELFINEK Legnica | 6:02.57 |
| <i>Rekord Polski Masters</i> | | | |
| 50m: 38.23 38.23 | 150m: 2:08.32 46.14 | 250m: 3:46.05 51.81 | 350m: 5:20.05 43.07 |
| 100m: 1:22.18 43.95 | 200m: 2:54.24 45.92 | 300m: 4:36.98 50.93 | 400m: 6:02.57 42.52 |
| 2. STANIEWSKA Sabrina | 83 | Niezrzeszeni | 6:48.31 |
| 50m: 45.34 45.34 | 150m: 2:29.59 51.73 | 250m: 4:20.28 59.63 | 350m: 6:05.78 43.82 |
| 100m: 1:37.86 52.52 | 200m: 3:20.65 51.06 | 300m: 5:21.96 1:01.68 | 400m: 6:48.31 42.53 |

D: 40 - 44 lat

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|------------------------------|---------------------|---------------------|---------------------|
| 1. SULEWSKA Beata | 72 | Weteran Zabrze | 5:38.73 |
| <i>Rekord Polski Masters</i> | | | |
| 50m: 35.35 35.35 | 150m: 2:01.97 46.67 | 250m: 3:34.08 46.63 | 350m: 5:00.90 39.59 |
| 100m: 1:15.30 39.95 | 200m: 2:47.45 45.48 | 300m: 4:21.31 47.23 | 400m: 5:38.73 37.83 |

E: 45 - 49 lat

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|---------------------------|---------------------|---------------------------|---------------------|
| DYSKW. GO DZIEJEWSKA Anna | 67 | Aquasfera Masters Olsztyn | 6:41.74 |
| <i>K-14 (275m)</i> | | | |
| 50m: 48.70 48.70 | 150m: 2:34.35 50.29 | 250m: 4:18.91 53.89 | 350m: 5:58.31 44.61 |
| 100m: 1:44.06 55.36 | 200m: 3:25.02 50.67 | 300m: 5:13.70 54.79 | 400m: 6:41.74 43.43 |

Konkurencja 30, Kobiet, 400m zmienny

F: 50 - 54 lat

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|----|------------------------------|-----------------------|------------------------|---------------------|
| 1. | PUCHALSKA Joanna | 64 | TS Olimpia Pozna | 5:56.61 |
| | <i>Rekord Polski Masters</i> | | | |
| | 50m: 37.24 37.24 | 150m: 2:56.11 1:36.70 | 250m: 4:35.53 49.91 | 350m: |
| | 100m: 1:19.41 42.17 | 200m: 3:45.62 49.51 | 300m: 5:16.46 40.93 | 400m: 5:56.61 |
| 2. | KARA Beata | 62 | Victory Masters Elbl g | 8:19.76 |
| | 50m: 53.46 53.46 | 150m: 3:02.47 1:06.04 | 250m: 5:19.84 1:13.92 | 350m: 7:28.61 51.72 |
| | 100m: 1:56.43 1:02.97 | 200m: 4:05.92 1:03.45 | 300m: 6:36.89 1:17.05 | 400m: 8:19.76 51.15 |

G: 55 - 59 lat

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|----|---------------------|---------------------|---------------------|---------------------|
| 1. | SZAŁA Ewa | 59 | Steeff Wrocław | 6:31.68 |
| | 50m: 43.53 43.53 | 150m: 2:23.31 49.13 | 250m: 4:07.42 55.84 | 350m: 5:48.57 44.93 |
| | 100m: 1:34.18 50.65 | 200m: 3:11.58 48.27 | 300m: 5:03.64 56.22 | 400m: 6:31.68 43.11 |