

Event 30 Women, 400m Medley 20 years and older
2014-11-15 - 21:26 Results

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				

Rank	YB		Time	
0: 20 - 24 lat				
1.	BARTNIKOWSKA Agnieszka	90	Odrzańskie 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	Torunczyk Masters Torun	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				
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				
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				
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				
DSQ	GOZDZIEJEWSKA 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

Event 30, Women, 400m Medley

F: 50 - 54 lat

1.	PUCHALSKA Joanna	64	TS Olimpia Poznan	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.	KARAS Beata	62	Victory Masters Elblag	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

1.	SZALA Ewa	59	Steeff Wroclaw	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