

Konkurencja 39

Kobiet, 400m dowolny

20 lat i starsi

2014-11-16 - 12:30

Wyniki

Rekord Polski Masters 25 - 29	4:48.58	PIETRZAK Sandra	WODKAT	Katowice	2014-11-14
Rekord Polski Masters 30 - 34	4:56.90	KRAKOWIAK EI bieta		roda Wlkp.	2003-04-27
Rekord Polski Masters 35 - 39	5:01.58	SULEWSKA Beata		Pozna	2011-11-19
Rekord Polski Masters 40 - 44	5:01.83	SERBIN Małgorzata		Szczecinek	2009-08-29
Rekord Polski Masters 45 - 49	5:02.25	SERBIN Małgorzata		Pozna	2011-11-19
Rekord Polski Masters 50 - 54	5:26.28	PUCHALSKA Joanna		Rumii	2014-02-08
Rekord Polski Masters 55 - 59	5:56.06	SZAŁA Ewa		Toru	2014-05-24
Rekord Polski Masters 60 - 64	6:34.14	ŁUTOWICZ Maria		Warszawa	2010-06-05
Rekord Polski Masters 65 - 69	6:33.42	BASTEK Renata		Chodzie	2009-01-24
Rekord Polski Masters 70 - 74	7:43.60	FECICA Krystyna	02611	Kraków	2013-11-15
Rekord Polski Masters 75 - 79	9:59.29	WILCZY SKA Waława		Warszawa	2003-05-31
Rekord Polski Masters 80 - 84	11:00.11	WILCZY SKA Waława		Szczecinek	2008-07-06
Rekord Polski Masters 85 - 89	30:00.00				
Rekord Polski Masters 90 - 94	30:00.00				

Pozycja

Rok ur.

Czas

0: 20 - 24 lat

1. DRAB Magdalena	92	UJ CM Kraków	<b>4:50.27</b>
50m: 32.28 32.28	150m: 1:45.45 37.10	250m: 3:00.03 37.20	350m: 4:14.90 37.75
100m: 1:08.35 36.07	200m: 2:22.83 37.38	300m: 3:37.15 37.12	400m: 4:50.27 35.37

A: 25 - 29 lat

1. PIETRZAK Sandra	89	UKS Wodnik 29 Katowice	<b>4:47.59</b>
<i>Rekord Polski Masters</i>			
50m: 32.21 32.21	150m: 1:43.17 35.61	250m: 2:55.91 36.50	350m: 4:10.58 37.46
100m: 1:07.56 35.35	200m: 2:19.41 36.24	300m: 3:33.12 37.21	400m: 4:47.59 37.01
2. VACHANOVÁ Lucia	86	Športový plavecký klub Kúpele Piešťany	<b>5:03.03</b>
50m: 34.30 34.30	150m: 1:49.64 38.25	250m: 3:07.15 38.74	350m: 4:25.27 39.39
100m: 1:11.39 37.09	200m: 2:28.41 38.77	300m: 3:45.88 38.73	400m: 5:03.03 37.76
3. DOBRASIEWICZ Marlena	88	Warsaw Masters Team	<b>5:09.04</b>
50m: 34.94 34.94	150m: 1:52.80 39.59	250m: 3:11.98 39.72	350m: 4:31.97 39.89
100m: 1:13.21 38.27	200m: 2:32.26 39.46	300m: 3:52.08 40.10	400m: 5:09.04 37.07
4. PALMOWSKA Paulina	85	Masters Korona Kraków	<b>5:15.49</b>
50m: 34.38 34.38	150m: 1:50.94 38.85	250m: 3:12.38 41.28	350m: 4:35.88 41.89
100m: 1:12.09 37.71	200m: 2:31.10 40.16	300m: 3:53.99 41.61	400m: 5:15.49 39.61
5. GUDANIEC Katarzyna	88	TKKF Koszalin Masters	<b>5:18.42</b>
50m: 34.48 34.48	150m: 1:52.45 39.21	250m: 3:14.82 41.40	350m: 4:37.59 41.04
100m: 1:13.24 38.76	200m: 2:33.42 40.97	300m: 3:56.55 41.73	400m: 5:18.42 40.83
6. GAJDUS Marianna	86	Warsaw Masters Team	<b>5:50.20</b>
50m: 38.82 38.82	150m: 2:08.28 45.43	250m: 3:39.23 45.34	350m: 5:09.17 44.36
100m: 1:22.85 44.03	200m: 2:53.89 45.61	300m: 4:24.81 45.58	400m: 5:50.20 41.03
7. DEBEVEC Sara	87	Warsaw Masters Team	<b>6:33.94</b>
50m: 44.15 44.15	150m: 2:21.88 49.40	250m: 4:03.35 50.69	350m: 5:45.81 51.40
100m: 1:32.48 48.33	200m: 3:12.66 50.78	300m: 4:54.41 51.06	400m: 6:33.94 48.13
8. KARA Karolina	87	Victory Masters Elbląg	<b>7:16.68</b>
50m: 50.54 50.54	150m: 2:40.15 55.15	250m: 4:32.62 56.77	350m: 6:24.72 55.21
100m: 1:45.00 54.46	200m: 3:35.85 55.70	300m: 5:29.51 56.89	400m: 7:16.68 51.96

B: 30 - 34 lat

1. PONIIVINA Alla	81	Msc "Euro-Lviv"	<b>5:28.85</b>
50m: 36.29 36.29	150m: 1:58.60 41.93	250m: 3:23.89 42.65	350m: 4:49.18 42.44
100m: 1:16.67 40.38	200m: 2:41.24 42.64	300m: 4:06.74 42.85	400m: 5:28.85 39.67
2. OPITZ Agnieszka	82	MKP Bobry Dąbica	<b>5:28.91</b>
50m: 36.57 36.57	150m: 1:59.48 42.41	250m: 3:24.86 42.67	350m: 4:49.54 41.96
100m: 1:17.07 40.50	200m: 2:42.19 42.71	300m: 4:07.58 42.72	400m: 5:28.91 39.37

Konkurencja 39, Kobiet, 400m dowolny, B: 30 - 34 lat

Pozycja			Rok ur.					Czas	
3.	POLITO Małgorzata		83	Aquasfera Masters Olsztyn				<b>5:41.63</b>	
	50m:	38.94 38.94	150m:	2:07.01 44.70	250m:	3:35.73 44.20	350m:	5:02.23 42.95	
	100m:	1:22.31 43.37	200m:	2:51.53 44.52	300m:	4:19.28 43.55	400m:	5:41.63 39.40	
4.	STANIEWSKA Sabrina		83	Niezrzeszeni				<b>5:43.84</b>	
	50m:	36.91 36.91	150m:	2:01.93 43.73	250m:	3:30.67 44.41	350m:	5:00.88 45.26	
	100m:	1:18.20 41.29	200m:	2:46.26 44.33	300m:	4:15.62 44.95	400m:	5:43.84 42.96	
5.	PRZYBYSZ Aleksandra		82	Aquasfera Masters Olsztyn				<b>5:50.89</b>	
	50m:	41.68 41.68	150m:	2:10.30 44.88	250m:	3:39.65 44.54	350m:	5:08.46 44.32	
	100m:	1:25.42 43.74	200m:	2:55.11 44.81	300m:	4:24.14 44.49	400m:	5:50.89 42.43	

C: 35 - 39 lat

1.	MICHALIK Dominika		79	Masters Białystok				<b>4:57.46</b>	
	<i>Rekord Polski Masters</i>								
	50m:	34.44 34.44	150m:	1:48.88 37.63	250m:	3:05.42 38.34	350m:	4:21.37 37.46	
	100m:	1:11.25 36.81	200m:	2:27.08 38.20	300m:	3:43.91 38.49	400m:	4:57.46 36.09	
2.	MEKSUŁA Agata		77	Uks Delfin Masters Tarnobrzeg				<b>5:41.31</b>	
	50m:	38.91 38.91	150m:	2:06.69 44.28	250m:	3:35.41 44.17	350m:	5:01.81 42.66	
	100m:	1:22.41 43.50	200m:	2:51.24 44.55	300m:	4:19.15 43.74	400m:	5:41.31 39.50	
3.	GÓRALSKA Aleksandra		77	Aquasfera Masters Olsztyn				<b>6:11.40</b>	
	50m:	42.07 42.07	150m:	2:13.68 47.06	250m:	3:49.35 48.07	350m:	5:24.84 47.79	
	100m:	1:26.62 44.55	200m:	3:01.28 47.60	300m:	4:37.05 47.70	400m:	6:11.40 46.56	
4.	KACZMARCZYK Beata		75	Uks Delfin Masters Tarnobrzeg				<b>6:14.29</b>	
	50m:	40.58 40.58	150m:	2:14.42 47.66	250m:	3:50.27 48.11	350m:	5:26.96 48.38	
	100m:	1:26.76 46.18	200m:	3:02.16 47.74	300m:	4:38.58 48.31	400m:	6:14.29 47.33	
5.	JA KIEWICZ Anna		76	Redeco Wrocław				<b>6:29.71</b>	
	50m:	39.97 39.97	150m:	2:16.74 50.37	250m:	3:58.29 51.12	350m:	5:40.64 51.34	
	100m:	1:26.37 46.40	200m:	3:07.17 50.43	300m:	4:49.30 51.01	400m:	6:29.71 49.07	
6.	SKALSKA Małgorzata		77	Masters Wisła Kraków				<b>6:56.31</b>	
	50m:	47.56 47.56	150m:	2:33.27 53.37	250m:	4:20.31 53.41	350m:	6:07.52 53.08	
	100m:	1:39.90 52.34	200m:	3:26.90 53.63	300m:	5:14.44 54.13	400m:	6:56.31 48.79	
7.	ROMA SKA Alicja		75	Masters Korona Kraków				<b>7:21.24</b>	
	50m:	51.96 51.96	150m:	2:44.26 55.88	250m:	4:35.31 54.94	350m:	6:25.93 55.44	
	100m:	1:48.38 56.42	200m:	3:40.37 56.11	300m:	5:30.49 55.18	400m:	7:21.24 55.31	

D: 40 - 44 lat

1.	SULEWSKA Beata		72	Weteran Zabrze				<b>5:01.56</b>	
	<i>Rekord Polski Masters</i>								
	50m:	34.75 34.75	150m:	1:49.65 37.87	250m:	3:06.66 38.67	350m:	4:24.12 38.55	
	100m:	1:11.78 37.03	200m:	2:27.99 38.34	300m:	3:45.57 38.91	400m:	5:01.56 37.44	
2.	PŁATEK Jolanta		71	Masters Unia O wi cim				<b>5:53.30</b>	
	50m:	39.06 39.06	150m:	2:06.01 44.30	250m:	3:36.02 45.25	350m:	5:07.50 46.00	
	100m:	1:21.71 42.65	200m:	2:50.77 44.76	300m:	4:21.50 45.48	400m:	5:53.30 45.80	
3.	MACI G Monika		72	Uks Delfin Masters Tarnobrzeg				<b>6:06.96</b>	
	50m:	40.39 40.39	150m:	3:46.26 2:20.56	250m:	5:20.98 47.32	350m:		
	100m:	1:25.70 45.31	200m:	4:33.66 47.40	300m:		400m:	6:06.96	
4.	JAKUBÓW Marlena		74	Redeco Wrocław				<b>6:52.18</b>	
	50m:	44.04 44.04	150m:	2:26.34 53.25	250m:	4:17.61 56.66	350m:	6:04.43 52.76	
	100m:	1:33.09 49.05	200m:	3:20.95 54.61	300m:	5:11.67 54.06	400m:	6:52.18 47.75	
5.	PIECHURA Małgorzata		73	KS niezrzeszeni.pl				<b>7:42.79</b>	
	50m:	51.42 51.42	150m:	2:46.54 59.38	250m:	4:47.87 59.24	350m:	6:50.08 1:01.72	
	100m:	1:47.16 55.74	200m:	3:48.63 1:02.09	300m:	5:48.36 1:00.49	400m:	7:42.79 52.71	

Konkurencja 39, Kobiet, 400m dowolny

E: 45 - 49 lat

1. SERBIN Małgorzata	66	MKP Szczecin	<b>5:21.94</b>
50m: 35.74 35.74	150m: 1:55.83	40.60 250m: 3:18.82 41.59	350m: 4:41.91 41.56
100m: 1:15.23 39.49	200m: 2:37.23	41.40 300m: 4:00.35 41.53	400m: 5:21.94 40.03
2. GO DZIEJEWSKA Anna	67	Aquasfera Masters Olsztyn	<b>5:41.71</b>
50m: 39.96 39.96	150m: 2:07.26	44.31 250m: 3:35.13 43.67	350m: 5:01.44 42.78
100m: 1:22.95 42.99	200m: 2:51.46	44.20 300m: 4:18.66 43.53	400m: 5:41.71 40.27
3. PIWOWARCZYK Elbieta	66	Masters Białystok	<b>6:04.50</b>
50m: 40.07 40.07	150m: 2:10.26	46.10 250m: 3:43.84 46.77	350m: 5:18.61 47.72
100m: 1:24.16 44.09	200m: 2:57.07	46.81 300m: 4:30.89 47.05	400m: 6:04.50 45.89

F: 50 - 54 lat

1. MACIERZEWSKA Agnieszka	60	Masters Korona Kraków	<b>6:17.41</b>
50m: 40.55 40.55	150m: 2:14.24	48.65 250m: 3:51.47 48.60	350m: 5:29.69 49.20
100m: 1:25.59 45.04	200m: 3:02.87	48.63 300m: 4:40.49 49.02	400m: 6:17.41 47.72
2. GUDANIEC Dorota	60	TKKF Koszalin Masters	<b>6:32.90</b>
50m: 42.46 42.46	150m: 2:20.19	49.87 250m: 4:01.67 50.73	350m: 5:43.71 50.79
100m: 1:30.32 47.86	200m: 3:10.94	50.75 300m: 4:52.92 51.25	400m: 6:32.90 49.19
3. KARA Beata	62	Victory Masters Elbląg	<b>7:16.15</b>
50m: 51.23 51.23	150m: 2:41.41	55.88 250m: 4:33.36 55.66	350m: 6:24.16 56.01
100m: 1:45.53 54.30	200m: 3:37.70	56.29 300m: 5:28.15 54.79	400m: 7:16.15 51.99

G: 55 - 59 lat

1. SZAŁA Ewa	59	Steef Wrocław	<b>5:43.84</b>
<i>Rekord Polski Masters</i>			
50m: 38.44 38.44	150m: 2:05.36	44.10 250m: 3:32.97 43.87	350m: 5:01.46 44.07
100m: 1:21.26 42.82	200m: 2:49.10	43.74 300m: 4:17.39 44.42	400m: 5:43.84 42.38
2. LEGUTKO Mirosława	57	Masters Korona Kraków	<b>6:55.26</b>
50m: 44.79 44.79	150m: 2:30.25	52.99 250m: 4:16.48 52.31	350m: 6:05.02 54.63
100m: 1:37.26 52.47	200m: 3:24.17	53.92 300m: 5:10.39 53.91	400m: 6:55.26 50.24
3. BENOVA Dana	56	SK Spolchemie Usti nad Labem	<b>8:58.13</b>
50m: 1:01.92 1:01.92	150m: 3:19.66	1:09.23 250m: 5:37.47 1:08.84	350m: 7:52.80 1:07.48
100m: 2:10.43 1:08.51	200m: 4:28.63	1:08.97 300m: 6:45.32 1:07.85	400m: 8:58.13 1:05.33

H: 60 - 64 lat

1. GRZEGORZEWSKA Grażyna	52	KS Masters Polkowice	<b>7:23.42</b>
50m: 48.10 48.10	150m: 2:40.00	57.09 250m: 4:34.49 57.24	350m: 6:29.72 57.75
100m: 1:42.91 54.81	200m: 3:37.25	57.25 300m: 5:31.97 57.48	400m: 7:23.42 53.70
2. ZIMNA-WALENDZIK Ewa	51	UTW "Masters" Zgierz	<b>7:35.08</b>
50m: 44.32 44.32	150m: 2:34.13	56.38 250m: 4:33.95 1:00.53	350m: 6:36.76 1:01.26
100m: 1:37.75 53.43	200m: 3:33.42	59.29 300m: 5:35.50 1:01.55	400m: 7:35.08 58.32
3. LIPI SKA Jolanta	51	Niezrzeszeni	<b>11:36.80</b>
50m: 1:21.23 1:21.23	150m: 4:19.41	1:27.49 250m: 7:16.64 1:28.40	350m: 10:11.85 1:28.37
100m: 2:51.92 1:30.69	200m: 5:48.24	1:28.83 300m: 8:43.48 1:26.84	400m: 11:36.80 1:24.95

I: 65 - 69 lat

1. SZEMBERG Anna	49	Warsaw Masters Team	<b>8:24.91</b>
50m: 55.36 55.36	150m: 3:06.73	1:05.44 250m: 5:15.29 1:04.46	350m: 7:23.22 1:03.43
100m: 2:01.29 1:05.93	200m: 4:10.83	1:04.10 300m: 6:19.79 1:04.50	400m: 8:24.91 1:01.69
2. MLECZKO Maria	46	Masters Korona Kraków	<b>10:03.07</b>
50m: 1:04.37 1:04.37	150m: 4:47.34	2:31.57 250m: 7:24.62 1:17.35	350m:
100m: 2:15.77 1:11.40	200m: 6:07.27	1:19.93 300m: 8:48.85 1:24.23	400m: 10:03.07

Konkurencja 39, Kobiet, 400m dowolny, I: 65 - 69 lat

Pozycja				Rok ur.					Czas			
3.	LIPPA Maria			46	Rydułowska Akademia Aktywnego				<b>11:39.57</b>			
	50m:	1:13.10	1:13.10	150m:	4:12.13	1:30.53	250m:	7:10.58	1:31.24	350m:	10:10.36	1:30.17
	100m:	2:41.60	1:28.50	200m:	5:39.34	1:27.21	300m:	8:40.19	1:29.61	400m:	11:39.57	1:29.21