

Puchar Polski Masters  
Tychy, 16- - 17-3-2019

Konkurencja 33  
2019-03-17 - 11:25

Kobiet, 400m dowolny

20 lat i starsi  
Wyniki

Punkty: FINA 2017

Pozycja	Rok ur.	Czas	Pkt.
<b>0: 20-24</b>			
1. SZKUDLAREK Karolina	96	Niezrzeszone JK TEAM	<b>5:01.65</b>
50m: 33.12 33.12	150m: 1:50.03 39.23	250m: 3:09.40 39.54	350m: 4:25.54 37.69
100m: 1:10.80 37.68	200m: 2:29.86 39.83	300m: 3:47.85 38.45	400m: 5:01.65 36.11
2. DUDZIAK Karolina	98	Niezrzeszone JK TEAM	<b>6:07.28</b>
50m: 40.28 40.28	150m: 2:10.18 46.45	250m: 3:45.93 47.85	350m: 5:21.67 47.77
100m: 1:23.73 43.45	200m: 2:58.08 47.90	300m: 4:33.90 47.97	400m: 6:07.28 45.61
<b>A: 25-29</b>			
1. IZERT Katarzyna	93	UTW "Masters" Zgierz	<b>6:30.92</b>
50m: 40.06 40.06	150m: 2:14.03 49.14	250m: 3:57.20 51.49	350m: 5:42.23 52.39
100m: 1:24.89 44.83	200m: 3:05.71 51.68	300m: 4:49.84 52.64	400m: 6:30.92 48.69
<b>D: 40-44</b>			
1. MICHALIK Dominika	79	Masters Białystok	<b>5:02.90</b>
50m: 35.90 35.90	150m: 1:53.46 39.05	250m: 3:11.15 38.66	350m: 4:27.31 37.72
100m: 1:14.41 38.51	200m: 2:32.49 39.03	300m: 3:49.59 38.44	400m: 5:02.90 35.59
2. SOWA Katarzyna	75	Masters Wrocław	<b>6:34.81</b>
50m: 42.04 42.04	150m: 2:20.56 50.12	250m: 4:02.84 51.69	350m: 5:46.09 51.03
100m: 1:30.44 48.40	200m: 3:11.15 50.59	300m: 4:55.06 52.22	400m: 6:34.81 48.72
3. KLARECKA Monika	77	Masters Łódź	<b>7:29.98</b>
50m: 49.30 49.30	150m: 2:42.68 57.73	250m: 4:37.85 58.21	350m: 6:35.29 58.77
100m: 1:44.95 55.65	200m: 3:39.64 56.96	300m: 5:36.52 58.67	400m: 7:29.98 54.69
4. ASTORAL Kamila	77	Plavecký klub Slávia VŠ Plzeň	<b>8:31.50</b>
50m: 55.54 55.54	150m: 3:04.56 1:04.75	250m: 5:16.25 1:05.16	350m: 7:26.81 1:04.90
100m: 1:59.81 1:04.27	200m: 4:11.09 1:06.53	300m: 6:21.91 1:05.66	400m: 8:31.50 1:04.69
<b>E: 45-49</b>			
1. SULEWSKA Beata	72	Weteran Zabrze	<b>5:07.92</b>
50m: 36.11 36.11	150m: 1:53.11 38.64	250m: 3:11.60 39.18	350m: 4:29.93 39.13
100m: 1:14.47 38.36	200m: 2:32.42 39.31	300m: 3:50.80 39.20	400m: 5:07.92 37.99
2. SZYDŁOWSKA - SM TEK Daria	72	MASTERS Zdzeszowice	<b>5:23.41</b>
50m: 36.41 36.41	150m: 1:57.16 41.11	250m: 3:20.70 41.91	350m: 4:43.58 41.32
100m: 1:16.05 39.64	200m: 2:38.79 41.63	300m: 4:02.26 41.56	400m: 5:23.41 39.83
<b>F: 50-54</b>			
1. KOTECKA Anna	65	Klub Sportowy Warta Poznań	<b>6:21.79</b>
50m: 43.76 43.76	150m: 2:15.99 46.46	250m: 3:52.43 48.36	350m: 5:33.42 52.00
100m: 1:29.53 45.77	200m: 3:04.07 48.08	300m: 4:41.42 48.99	400m: 6:21.79 48.37
<b>G: 55-59</b>			
1. ORLEWICZ-MUSIAŁ Małgorzata	60	Korona Kraków Masters	<b>8:40.48</b>
50m: 57.29 57.29	150m: 3:07.87 1:05.97	250m: 5:21.26 1:06.97	350m: 7:35.29 1:08.17
100m: 2:01.90 1:04.61	200m: 4:14.29 1:06.42	300m: 6:27.12 1:05.86	400m: 8:40.48 1:05.19

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Konkurencja 33, Kobiet, 400m dowolny

H: 60-64

1. ZAGAŁA Joanna			59	SIKRET Gliwice				<b>6:45.53</b>	
50m:	46.28	46.28	150m:	2:26.97	51.11	250m:	4:11.01	52.43	350m: 5:56.31 53.10
100m:	1:35.86	49.58	200m:	3:18.58	51.61	300m:	5:03.21	52.20	400m: 6:45.53 49.22
2. RUPP Ewa			56	Masters Wisła Kraków				<b>8:14.02</b>	
50m:	55.04	55.04	150m:	2:58.46	1:01.99	250m:	5:03.19	1:02.54	350m: 7:09.84 1:03.10
100m:	1:56.47	1:01.43	200m:	4:00.65	1:02.19	300m:	6:06.74	1:03.55	400m: 8:14.02 1:04.18

K: 75-79

1. FECICA Krystyna			43	Weteran Zabrze				<b>8:05.89</b>	
50m:	53.71	53.71	150m:	2:57.90	1:00.35	250m:	5:00.78	1:02.70	350m: 7:03.85 1:02.22
100m:	1:57.55	1:03.84	200m:	3:58.08	1:00.18	300m:	6:01.63	1:00.85	400m: 8:05.89 1:02.04