



Letnie Otwarte Mistrzostwa Polski Masters
Gliwice, 17- - 19-6-2011



Konkurencja 19
2011-06-18 - 12:30

Kobiet, 400m zmienny

20 - 104 lat
Wyniki

RP Masters 25 - 29	5:46.22	BOLEWSKA MAGDALENA	Toru czyk Toru	2010-08-02
RP Masters 35 - 39	6:04.61	SOŁTYK JUDYTA	AZS Almamer Warszawa	2009-06-21
RP Masters 40 - 44	6:44.52	BONDARA EL BIETA	Astoria Bydgoszcz	2000-08-02
RP Masters 45 - 49	6:08.00	NIESPODZIANA ALEKSANDRA	Astoria Bydgoszcz	2004-06-07
RP Masters 50 - 54	6:12.87	NIESPODZIANA ALEKSANDRA	Astoria Bydgoszcz	2008-06-15
RP Masters 55 - 59	7:37.55	ŁUTOWICZ MARIA	Olimpia Poznań	2007-06-02
RP Masters 60 - 64	8:56.67	ZARZECZA SKA-RÓ A SKA TERESA	Wielkopolski Klub Bałtycki	2007-06-02
RP Masters 65 - 69	8:25.45	FECICA KRYSZYNA	Weteran Zabrze	2009-06-21

Punkty: DSV Masters 04

Pozycja Wiek Czas Pkt.

20 - 24 lat

1. KOSTYRA Agnieszka	21	Toru czyk Masters Toru	6:37.49	390
50m: 42.17 42.17	150m: 2:29.58 51.35	250m: 4:15.27 55.77	350m: 5:55.42 45.08	
100m: 1:38.23 56.06	200m: 3:19.50 49.92	300m: 5:10.34 55.07	400m: 6:37.49 42.07	

25 - 29 lat

1. BOLEWSKA Magdalena	27	Toru czyk Masters Toru	5:45.96	672
<i>Rekord Polski</i>				
50m: 35.65 35.65	150m: 2:02.43 46.10	250m: 3:34.68 47.19	350m: 5:05.37 42.69	
100m: 1:16.33 40.68	200m: 2:47.49 45.06	300m: 4:22.68 48.00	400m: 5:45.96 40.59	
2. KASPRZAK Karolina	25	Kormoran Olsztyn	6:15.93	524
50m: 37.86 37.86	150m: 2:13.34 49.96	250m: 3:55.40 53.98	350m: 5:33.48 43.72	
100m: 1:23.38 45.52	200m: 3:01.42 48.08	300m: 4:49.76 54.36	400m: 6:15.93 42.45	
3. KŁYZA Beata	29	Orka Masters Radlin	6:35.00	451
50m: 37.44 37.44	150m: 2:13.34 51.71	250m: 4:00.37 57.10	350m: 5:47.39 47.65	
100m: 1:21.63 44.19	200m: 3:03.27 49.93	300m: 4:59.74 59.37	400m: 6:35.00 47.61	

30 - 34 lat

1. NOWAK Monika	30	Cz stochowa	6:37.20	427
50m: 43.19 43.19	150m: 2:27.35 51.24	250m: 4:14.46 56.60	350m: 5:55.45 43.45	
100m: 1:36.11 52.92	200m: 3:17.86 50.51	300m: 5:12.00 57.54	400m: 6:37.20 41.75	
2. SIKACZ Hanna	32	Redeco Wrocław	6:54.98	374
50m: 47.71 47.71	150m: 2:37.16 53.92	250m: 4:25.73 56.37	350m: 6:12.03 48.32	
100m: 1:43.24 55.53	200m: 3:29.36 52.20	300m: 5:23.71 57.98	400m: 6:54.98 42.95	
3. ROPA Barbara	31	Warsaw Masters Team	7:19.72	315
50m: 42.31 42.31	150m: 2:47.49 1:01.89	250m: 4:45.01 57.32	350m: 6:33.35 50.33	
100m: 1:45.60 1:03.29	200m: 3:47.69 1:00.20	300m: 5:43.02 58.01	400m: 7:19.72 46.37	

40 - 44 lat

1. GO DZIEJEWSKA Anna	44	Kormoran Olsztyn	7:00.25	434
50m: 47.17 47.17	150m: 2:37.05 56.75	250m: 4:28.12 56.28	350m: 6:13.54 48.91	
100m: 1:40.30 53.13	200m: 3:31.84 54.79	300m: 5:24.63 56.51	400m: 7:00.25 46.71	

45 - 49 lat

1. PUCHALSKA JOANNA	47	Sopot Masters	6:00.78	864
<i>Rekord Polski</i>				
50m: 36.76 36.76	150m: 2:09.58 51.06	250m: 3:47.24 50.75	350m: 5:19.95 42.47	
100m: 1:18.52 41.76	200m: 2:56.49 46.91	300m: 4:37.48 50.24	400m: 6:00.78 40.83	
2. KARA Beata	49	Victory Masters Elbl g	8:32.05	302
50m: 56.10 56.10	150m: 3:10.78 1:11.72	250m: 5:33.84 1:14.68	350m: 7:41.74 51.55	
100m: 1:59.06 1:02.96	200m: 4:19.16 1:08.38	300m: 6:50.19 1:16.35	400m: 8:32.05 50.31	
3. MROZI SKA Beata	49	Wodnik 29 Katowice	9:16.27	235
50m: 59.50 59.50	150m: 5:56.60 3:45.25	250m:	350m: 8:14.38 1:02.06	
100m: 2:11.35 1:11.85	200m: 4:42.32	300m: 7:12.32	400m: 9:16.27 1:01.89	



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Konkurencja 19, Kobiet, 400m zmienny

50 - 54 lat

1. RADKOWIAK Danuta	51	Gdynia Masters	8:39.85	305
50m: 58.63 58.63	150m: 3:22.91 1:16.91	250m: 5:39.52 1:04.91	350m: 7:43.36 58.58	
100m: 2:06.00 1:07.37	200m: 4:34.61 1:11.70	300m: 6:44.78 1:05.26	400m: 8:39.85 56.49	

55 - 59 lat

1. CHOMICKA Barbara	59	Gdynia Masters	9:25.33	279
50m: 1:02.15 1:02.15	150m: 3:31.88 1:14.77	250m: 5:58.56 1:12.97	350m: 8:20.18 1:07.32	
100m: 2:17.11 1:14.96	200m: 4:45.59 1:13.71	300m: 7:12.86 1:14.30	400m: 9:25.33 1:05.15	

65 - 69 lat

NIE UK. ZARZECZA SKA Teresa	65	WKB Pozna		
50m: 1:08.54 1:08.54	150m:	250m:	350m:	
100m:	200m:	300m:	400m:	