



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



Konkurencja 37
2011-06-19 - 12:30

Kobiet, 400m dowolny

20 - 104 lat
Wyniki

RP Masters 25 - 29	5:22.67	SATERNUS JOANNA	Weteran Zabrze	2004-06-05
RP Masters 30 - 34	5:28.75	MICHALIK DOMINIKA	Masters Białystok	2010-08-06
RP Masters 35 - 39	5:17.61	SOLTYK JUDYTA	AZS Almamer Warszawa	2009-06-20
RP Masters 40 - 44	4:53.06	SERBIN MAŁGORZATA	Masters Szczecin	2006-08-10
RP Masters 45 - 49	5:15.94	SERBIN Małgorzata	Gliwice	2011-06-17
RP Masters 50 - 54	5:29.49	NIESPODZIANA ALEKSANDRA	Astoria Bydgoszcz	2008-06-14
RP Masters 55 - 59	6:36.32	ŁUTOWICZ MARIA	Olimpia Poznań	2009-06-20
RP Masters 60 - 64	6:39.50	GAWLIK EWA	Gdynia Masters	2009-09-18
RP Masters 65 - 69	8:54.68	ZARZECZA SKA Teresa	Gliwice	2011-06-17
RP Masters 70 - 74	9:03.80	NICPO Krystyna	Gliwice	2011-06-17
RP Masters 75 - 79	10:24.49	WILCZY SKA WACŁAWA	Astoria Bydgoszcz	2004-06-20
RP Masters 80 - 84	11:38.17	WILCZY SKA WACŁAWA	Astoria Bydgoszcz	2009-06-20

Punkty: DSV Masters 04

Pozycja Wiek Czas Pkt.

20 - 24 lat

1. KOSTYRA Agnieszka	21	Toru czyk Masters Toru	5:45.90	394
50m: 36.32 36.32	150m: 2:00.62 42.94	250m: 3:30.21 45.08	350m: 5:02.51 45.88	
100m: 1:17.68 41.36	200m: 2:45.13 44.51	300m: 4:16.63 46.42	400m: 5:45.90 43.39	
2. DZIADEK Krystyna	20	AZS AWF Katowice	6:01.70	344
50m: 38.36 38.36	150m: 2:08.92 46.15	250m: 3:43.75 47.54	350m: 5:17.70 46.65	
100m: 1:22.77 44.41	200m: 2:56.21 47.29	300m: 4:31.05 47.30	400m: 6:01.70 44.00	
3. KARA Karolina	24	Victory Masters Elbl g	7:37.05	170
50m: 53.38 53.38	150m: 2:49.01 58.52	250m: 4:47.18 59.56	350m: 6:41.57 57.24	
100m: 1:50.49 57.11	200m: 3:47.62 58.61	300m: 5:44.33 57.15	400m: 7:37.05 55.48	

25 - 29 lat

1. KASPRZAK Karolina	25	Kormoran Olsztyn	5:43.68	463
50m: 37.56 37.56	150m: 2:03.53 43.61	250m: 3:33.15 44.57	350m: 5:02.35 44.58	
100m: 1:19.92 42.36	200m: 2:48.58 45.05	300m: 4:17.77 44.62	400m: 5:43.68 41.33	
2. NIEWIADOMSKA Beata	27	Gdynia Masters	5:53.26	427
50m: 38.48 38.48	150m: 2:05.40 44.18	250m: 3:36.49 45.28	350m: 5:09.24 46.32	
100m: 1:21.22 42.74	200m: 2:51.21 45.81	300m: 4:22.92 46.43	400m: 5:53.26 44.02	
3. MALCHAR Jowita	29	Barakuda	5:57.07	413
50m: 39.06 39.06	150m: 2:04.92 43.73	250m: 3:35.99 45.66	350m: 5:10.75 47.95	
100m: 1:21.19 42.13	200m: 2:50.33 45.41	300m: 4:22.80 46.81	400m: 5:57.07 46.32	
4. KŁYZA Beata	29	Orka Masters Radlin	6:11.24	367
50m: 39.81 39.81	150m: 2:12.22 46.92	250m: 3:48.01 47.83	350m: 5:24.42 48.02	
100m: 1:25.30 45.49	200m: 3:00.18 47.96	300m: 4:36.40 48.39	400m: 6:11.24 46.82	

30 - 34 lat

1. MICHALIK Dominika	32	Masters Białystok	5:29.32	539
50m: 36.55 36.55	150m: 1:58.03 41.15	250m: 3:22.34 42.37	350m: 4:48.01 42.72	
100m: 1:16.88 40.33	200m: 2:39.97 41.94	300m: 4:05.29 42.95	400m: 5:29.32 41.31	
2. SIKACZ Hanna	32	Redeco Wrocław	5:49.16	452
50m: 37.99 37.99	150m: 2:06.40 44.56	250m: 3:37.36 45.41	350m: 5:07.50 44.26	
100m: 1:21.84 43.85	200m: 2:51.95 45.55	300m: 4:23.24 45.88	400m: 5:49.16 41.66	
3. MRÓZ Edyta	32	Wodnik 29 Katowice	5:50.93	445
50m: 37.84 37.84	150m: 2:05.31 44.72	250m: 3:36.84 45.80	350m: 5:08.52 45.73	
100m: 1:20.59 42.75	200m: 2:51.04 45.73	300m: 4:22.79 45.95	400m: 5:50.93 42.41	
4. ZIARKO DANUTA	30	SiKReT Gliwice	6:26.99	332
50m: 43.93 43.93	150m: 2:19.61 48.37	250m: 3:59.52 50.16	350m: 5:40.74 50.31	
100m: 1:31.24 47.31	200m: 3:09.36 49.75	300m: 4:50.43 50.91	400m: 6:26.99 46.25	
5. ROPA Barbara	31	Warsaw Masters Team	6:38.83	303
50m: 44.80 44.80	150m: 2:26.41 51.62	250m: 4:09.73 51.81	350m: 5:51.86 50.95	
100m: 1:34.79 49.99	200m: 3:17.92 51.51	300m: 5:00.91 51.18	400m: 6:38.83 46.97	



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Konkurencja 37, Kobiet, 400m dowolny, 30 - 34 lat

Pozycja			Wiek				Czas		Pkt.
6.	SOTOŁA Marta		33 MASTERS Bolesławiec				7:52.51		182
	50m:	53.25 53.25	150m:	2:52.83 1:01.10	250m:	4:57.27 1:02.66	350m:	6:59.92 1:00.36	
	100m:	1:51.73 58.48	200m:	3:54.61 1:01.78	300m:	5:59.56 1:02.29	400m:	7:52.51 52.59	

35 - 39 lat

1.	SULEWSKA Beata		39 Weteran Zabrze				5:33.58		517
	50m:	35.67 35.67	150m:	1:57.11 41.63	250m:	3:23.70 43.70	350m:	4:51.58 43.80	
	100m:	1:15.48 39.81	200m:	2:40.00 42.89	300m:	4:07.78 44.08	400m:	5:33.58 42.00	
2.	JANECZKO Anna		39 Wisła Masters Kraków				6:49.48		279
	50m:	43.52 43.52	150m:	2:26.98 53.22	250m:	4:14.25 53.32	350m:	6:00.36 52.43	
	100m:	1:33.76 50.24	200m:	3:20.93 53.95	300m:	5:07.93 53.68	400m:	6:49.48 49.12	
3.	KADELSKA AGNIESZKA		35 Weteran Zabrze				7:41.25		195
	50m:	49.87 49.87	150m:	2:45.17 59.49	250m:	4:44.84 59.59	350m:	6:44.77 59.46	
	100m:	1:45.68 55.81	200m:	3:45.25 1:00.08	300m:	5:45.31 1:00.47	400m:	7:41.25 56.48	

40 - 44 lat

1.	GO DZIEJEWSKA Anna		44 Kormoran Olsztyn				5:56.37		444
	50m:	40.24 40.24	150m:	2:10.73 45.50	250m:	3:43.01 46.15	350m:	5:13.94 45.05	
	100m:	1:25.23 44.99	200m:	2:56.86 46.13	300m:	4:28.89 45.88	400m:	5:56.37 42.43	

45 - 49 lat

1.	SERBIN Małgorzata		45 MKP Szczecin				5:14.61		807
	<i>Rekord Polski</i>								
	50m:	34.95 34.95	150m:	1:54.23 40.10	250m:	3:15.27 40.36	350m:	4:36.26 40.27	
	100m:	1:14.13 39.18	200m:	2:34.91 40.68	300m:	3:55.99 40.72	400m:	5:14.61 38.35	
2.	PUCHALSKA JOANNA		47 Sopot Masters				5:25.57		728
	50m:	36.92 36.92	150m:	2:00.85 42.44	250m:	3:24.97 41.60	350m:	4:46.13 40.30	
	100m:	1:18.41 41.49	200m:	2:43.37 42.52	300m:	4:05.83 40.86	400m:	5:25.57 39.44	
3.	WYSOCKA Klaudia		45 Masters Korona Kraków				5:55.56		559
	50m:	40.31 40.31	150m:	2:09.47 45.06	250m:	3:40.95 46.04	350m:	5:12.78 45.74	
	100m:	1:24.41 44.10	200m:	2:54.91 45.44	300m:	4:27.04 46.09	400m:	5:55.56 42.78	
4.	KOTECKA Anna		46 KS Warta Pozna				6:27.54		431
	50m:	42.83 42.83	150m:	2:18.36 48.60	250m:	3:57.61 49.76	350m:	5:39.37 50.85	
	100m:	1:29.76 46.93	200m:	3:07.85 49.49	300m:	4:48.52 50.91	400m:	6:27.54 48.17	
5.	KARA Beata		49 Victory Masters Elbl g				7:07.37		322
	50m:	48.23 48.23	150m:	2:35.78 54.70	250m:	4:26.84 55.98	350m:	6:16.16 54.37	
	100m:	1:41.08 52.85	200m:	3:30.86 55.08	300m:	5:21.79 54.95	400m:	7:07.37 51.21	

50 - 54 lat

1.	MACIEJOWSKA ANNA		51 Sopot Masters				6:24.40		519
	50m:	41.32 41.32	150m:	2:18.70 48.69	250m:	3:56.61 48.76	350m:	5:36.18 49.39	
	100m:	1:30.01 48.69	200m:	3:07.85 49.15	300m:	4:46.79 50.18	400m:	6:24.40 48.22	
2.	SZYMCZAK Maja		53 Redeco Wrocław				6:28.46		503
	50m:	2:18.31 2:18.31	150m:	4:00.51 2:31.52	250m:	5:41.56 2:32.45	350m:		
	100m:	1:28.99	200m:	3:09.11	300m:	4:50.67	400m:	6:28.46	
3.	POLA CZYK Renata		52 Gdynia Masters				6:56.15		409
	50m:	44.83 44.83	150m:	2:30.02 53.73	250m:	4:18.18 54.55	350m:	6:06.62 54.19	
	100m:	1:36.29 51.46	200m:	3:23.63 53.61	300m:	5:12.43 54.25	400m:	6:56.15 49.53	
4.	WASILEWICZ Joanna		52 Masters Białystok				7:01.30		394
	50m:	44.40 44.40	150m:	2:30.36 54.00	250m:	4:21.41 56.29	350m:	6:10.02 53.62	
	100m:	1:36.36 51.96	200m:	3:25.12 54.76	300m:	5:16.40 54.99	400m:	7:01.30 51.28	



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Konkurencja 37, Kobiet, 400m dowolny, 50 - 54 lat

Pozycja		Wiek						Czas	Pkt.
5.	WAWER Matylda Katarzyna	51	niezrzeszeni.pl					7:46.86	290
	50m: 49.78 49.78	150m: 2:46.26	59.12	250m: 4:48.32	1:01.62	350m: 6:51.44	1:00.25		
	100m: 1:47.14 57.36	200m: 3:46.70	1:00.44	300m: 5:51.19	1:02.87	400m: 7:46.86	55.42		
6.	D BROWSKA ZOFIA	53	SiKReT Gliwice					8:10.43	250
	50m: 51.93 51.93	150m: 2:57.79	1:04.15	250m: 5:05.27	1:02.99	350m: 7:12.47	1:02.76		
	100m: 1:53.64 1:01.71	200m: 4:02.28	1:04.49	300m: 6:09.71	1:04.44	400m: 8:10.43	57.96		

60 - 64 lat

1.	YLIENE Aleksandra	63	Takas					7:52.75	385
	50m: 51.58 51.58	150m: 2:52.46	1:01.61	250m: 4:55.49	1:02.05	350m: 6:56.86	1:00.05		
	100m: 1:50.85 59.27	200m: 3:53.44	1:00.98	300m: 5:56.81	1:01.32	400m: 7:52.75	55.89		
2.	SZEMBERG Anna	62	Warsaw Masters Team					7:54.91	380
	50m: 50.11 50.11	150m: 2:49.93	1:00.19	250m: 4:55.68	1:03.69	350m: 6:58.25	1:00.25		
	100m: 1:49.74 59.63	200m: 3:51.99	1:02.06	300m: 5:58.00	1:02.32	400m: 7:54.91	56.66		

65 - 69 lat

1.	ZARZECZA SKA Teresa	65	WKB Pozna					8:42.12	314
	<i>Rekord Polski</i>								
	50m: 56.82 56.82	150m: 3:09.82	1:07.08	250m: 5:24.14	1:09.26	350m: 7:39.32	1:08.06		
	100m: 2:02.74 1:05.92	200m: 4:14.88	1:05.06	300m: 6:31.26	1:07.12	400m: 8:42.12	1:02.80		
2.	MLECZKO Maria	65	Wisła Masters Kraków					10:51.95	161
	50m: 1:15.79 1:15.79	150m: 3:56.39	1:20.49	250m: 6:41.36	1:23.31	350m: 9:26.72	1:22.86		
	100m: 2:35.90 1:20.11	200m: 5:18.05	1:21.66	300m: 8:03.86	1:22.50	400m: 10:51.95	1:25.23		

70 - 74 lat

1.	NICPO Krystyna	71	Wodnik 29 Katowice					9:18.97	426
	50m: 57.69 57.69	150m: 3:20.91	1:13.19	250m: 5:47.27	1:13.29	350m: 8:10.32	1:11.44		
	100m: 2:07.72 1:10.03	200m: 4:33.98	1:13.07	300m: 6:58.88	1:11.61	400m: 9:18.97	1:08.65		

75 - 79 lat

1.	WALKOWICZ Urszula	79	Wodnik 29 Katowice					11:34.02	274
	50m: 1:11.70 1:11.70	150m: 4:10.17	1:34.59	250m: 7:13.57	1:32.73	350m: 10:14.27	1:29.27		
	100m: 2:35.58 1:23.88	200m: 5:40.84	1:30.67	300m: 8:45.00	1:31.43	400m: 11:34.02	1:19.75		