

Mistrzostwa Polski w Pływaniu Masters
Gliwice, 13. - 15.11.2015

Event 30 Women, 400m Medley 20 years and older
14.11.2015 - 19:40 Results

Rekord Polski Masters 25 - 29	5:27.52	Pietrzak Sandra		Katowice	15.11.2014
Rekord Polski Masters 30 - 34	6:02.57	Malchar Jowita	03801	Katowice	15.11.2014
Rekord Polski Masters 35 - 39	5:54.30	Sołtyk Judyta		Mława	29.03.2009
Rekord Polski Masters 40 - 44	5:38.73	Sulewska Beata		Katowice	15.11.2014
Rekord Polski Masters 45 - 49	5:41.67	Puchalska Joanna		Katowice	23.11.2012
Rekord Polski Masters 50 - 54	5:56.61	Puchalska Joanna		Katowice	15.11.2014
Rekord Polski Masters 55 - 59	6:24.65	Szała Ewa		Toru	25.05.2014
Rekord Polski Masters 60 - 64	7:09.71	Kiszczyk Gra yna		Toru	22.05.2011
Rekord Polski Masters 65 - 69	7:52.11	Bastek Renata		Lublin	15.11.2008
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				

Points: FINA 2015

Rank			YB			Time	Pts	
20 - 24 years								
1.	Krzyzostaniak Agnieszka		93	SMT Szczecin		5:25.97	506	
	50m:	34.37 34.37	150m:	1:57.31 39.81	250m:	3:26.20 48.46	350m:	4:51.40 36.89
	100m:	1:17.50 43.13	200m:	2:37.74 40.43	300m:	4:14.51 48.31	400m:	5:25.97 34.57
2.	Maciupa Kinga		94	SMT Szczecin		5:37.86	454	
	50m:	34.95 34.95	150m:	1:59.69 43.87	250m:	3:31.06 48.79	350m:	5:01.01 40.86
	100m:	1:15.82 40.87	200m:	2:42.27 42.58	300m:	4:20.15 49.09	400m:	5:37.86 36.85
3.	Palka Paulina		91	Masters Wisla Krakow		6:10.45	345	
	50m:	41.52 41.52	150m:	2:18.02 46.07	250m:	3:57.81 53.32	350m:	5:31.60 42.55
	100m:	1:31.95 50.43	200m:	3:04.49 46.47	300m:	4:49.05 51.24	400m:	6:10.45 38.85
4.	Podkowinska Wiktoria		95	SMT Szczecin		6:17.64	325	
	50m:	40.60 40.60	150m:	2:21.29 51.52	250m:	4:02.42 51.96	350m:	5:39.11 43.51
	100m:	1:29.77 49.17	200m:	3:10.46 49.17	300m:	4:55.60 53.18	400m:	6:17.64 38.53
5.	Wolska Sandra		95	Masters Wisla Krakow		7:08.38	223	
	50m:	45.38 45.38	150m:	2:41.23 56.18	250m:	4:31.17 53.83	350m:	6:18.91 51.44
	100m:	1:45.05 59.67	200m:	3:37.34 56.11	300m:	5:27.47 56.30	400m:	7:08.38 49.47
25 - 29 years								
1.	Piekut Anna		88	Aquadis Masters Olsztyn		6:09.90	346	
	50m:	38.23 38.23	150m:	2:12.17 49.18	250m:	3:52.03 51.63	350m:	5:27.01 43.12
	100m:	1:22.99 44.76	200m:	3:00.40 48.23	300m:	4:43.89 51.86	400m:	6:09.90 42.89
2.	Szulc Helena		86	SMT Szczecin		6:19.97	319	
	50m:	42.12 42.12	150m:	2:20.08 47.13	250m:	3:59.05 52.90	350m:	5:37.49 44.81
	100m:	1:32.95 50.83	200m:	3:06.15 46.07	300m:	4:52.68 53.63	400m:	6:19.97 42.48
3.	Kostyra Agnieszka		90	Torun Multisport Team		6:29.52	296	
	50m:	39.04 39.04	150m:	2:19.95 48.06	250m:	3:59.96 53.69	350m:	5:43.53 47.88
	100m:	1:31.89 52.85	200m:	3:06.27 46.32	300m:	4:55.65 55.69	400m:	6:29.52 45.99
4.	Murawska Kinga		90	WKS SIASK		7:45.48	173	
	50m:	54.04 54.04	150m:	2:51.08 56.77	250m:	4:51.49 1:04.04	350m:	6:52.53 55.77
	100m:	1:54.31 1:00.27	200m:	3:47.45 56.37	300m:	5:56.76 1:05.27	400m:	7:45.48 52.95
30 - 34 years								
1.	Walenta Katarzyna		85	Torun Multisport Team		5:54.44	394	
	50m:	37.93 37.93	150m:	2:08.45 45.35	250m:	3:41.92 48.28	350m:	5:13.65 43.03
	100m:	1:23.10 45.17	200m:	2:53.64 45.19	300m:	4:30.62 48.70	400m:	5:54.44 40.79
2.	Olszanowska Iga		81	Niezrzeszone Biala Podlaska		6:00.71	373	
	50m:	36.45 36.45	150m:	2:07.88 47.76	250m:	3:44.65 50.11	350m:	5:20.02 43.37
	100m:	1:20.12 43.67	200m:	2:54.54 46.66	300m:	4:36.65 52.00	400m:	6:00.71 40.69

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Event 30, Women, 400m Medley, 30 - 34 years

Rank			YB					Time	Pts			
3.	Matkowska Malgorzata		81	Wojewodzki Sztab Wojskowy Pozn				7:29.92	192			
	50m:	43.39	43.39	150m:	2:39.35	1:02.35	250m:	4:42.28	1:02.72	350m:	6:39.40	53.73
	100m:	1:37.00	53.61	200m:	3:39.56	1:00.21	300m:	5:45.67	1:03.39	400m:	7:29.92	50.52
35 - 39 years												
1.	Checinska Kalina		76	WOPR Wojewodztwa Lubuskiego				6:38.09	278			
	50m:	44.95	44.95	150m:	2:27.36	52.17	250m:	4:14.18	55.61	350m:	5:55.25	45.96
	100m:	1:35.19	50.24	200m:	3:18.57	51.21	300m:	5:09.29	55.11	400m:	6:38.09	42.84
40 - 44 years												
1.	Fajkowska Daria		73	UTW "Masters" Zgierz				5:38.63	451			
	50m:	34.49	34.49	150m:	2:00.12	44.20	250m:	3:30.65	47.89	350m:	4:59.83	40.67
	100m:	1:15.92	41.43	200m:	2:42.76	42.64	300m:	4:19.16	48.51	400m:	5:38.63	38.80
2.	Joanna Stankiewicz - Majkowska		72	Tkkf Koszalin Masters				7:29.07	193			
	50m:	49.61	49.61	150m:	2:45.89	58.73	250m:	4:43.65	59.61	350m:	6:37.48	53.52
	100m:	1:47.16	57.55	200m:	3:44.04	58.15	300m:	5:43.96	1:00.31	400m:	7:29.07	51.59
45 - 49 years												
1.	Wysocka Klaudia		66	Masters Korona Krakow				6:34.67	285			
	50m:	41.89	41.89	150m:	2:21.58	52.67	250m:	4:08.88	56.29	350m:	5:50.56	46.29
	100m:	1:28.91	47.02	200m:	3:12.59	51.01	300m:	5:04.27	55.39	400m:	6:34.67	44.11
2.	Petecka Maria		67	MOTYL -SENIOR MOSiR Stalowa Wo				6:47.32	259			
	50m:	46.38	46.38	150m:	2:32.57	55.48	250m:	4:20.00	54.58	350m:	6:02.24	46.80
	100m:	1:37.09	50.71	200m:	3:25.42	52.85	300m:	5:15.44	55.44	400m:	6:47.32	45.08
3.	Gozdziejewska Anna		67	Aquasfera Masters Olsztyn				6:57.00	241			
	50m:	48.24	48.24	150m:	2:38.27	53.98	250m:	4:28.86	55.50	350m:	6:12.15	46.44
	100m:	1:44.29	56.05	200m:	3:33.36	55.09	300m:	5:25.71	56.85	400m:	6:57.00	44.85
50 - 54 years												
1.	Karas Beata		62	Victory Masters Elblag				8:40.20	124			
	50m:	55.57	55.57	150m:	3:10.69	1:12.98	250m:	5:35.42	1:17.13	350m:	7:48.47	54.32
	100m:	1:57.71	1:02.14	200m:	4:18.29	1:07.60	300m:	6:54.15	1:18.73	400m:	8:40.20	51.73
2.	Putowska Malgorzata		62	Klub Sportowy Warta Poznan				8:42.66	122			
	50m:	55.96	55.96	150m:	4:19.48		250m:	6:34.02	1:07.16	350m:	8:38.18	1:00.98
	100m:			200m:	5:26.86	1:07.38	300m:	7:37.20	1:03.18	400m:	8:42.66	4.48
55 - 59 years												
1.	Szala Ewa		59	KS Czerwonak				6:22.45	313			
	<i>Rekord Polski</i>											
	50m:	42.91	42.91	150m:	2:19.61	47.17	250m:	4:01.11	54.58	350m:	5:39.73	44.49
	100m:	1:32.44	49.53	200m:	3:06.53	46.92	300m:	4:55.24	54.13	400m:	6:22.45	42.72
2.	Gudaniec Dorota		60	Tkkf Koszalin Masters				7:19.28	207			
	50m:	48.55	48.55	150m:	2:41.49	55.68	250m:	4:36.01	59.68	350m:	6:28.28	51.46
	100m:	1:45.81	57.26	200m:	3:36.33	54.84	300m:	5:36.82	1:00.81	400m:	7:19.28	51.00
3.	Dabrowska Zofia		58	SIKRET Gliwice				8:21.05	139			
	50m:	55.81	55.81	150m:	3:16.40	1:14.29	250m:	5:28.03	1:01.04	350m:	7:27.27	58.91
	100m:	2:02.11	1:06.30	200m:	4:26.99	1:10.59	300m:	6:28.36	1:00.33	400m:	8:21.05	53.78
4.	Benova Dana		56	SK Spolchemie Usti nad Labem				9:57.37	82			
	50m:	1:18.46	1:18.46	150m:	5:17.74	1:08.76	250m:	7:44.88	1:12.56	350m:	8:53.42	
	100m:	4:08.98	2:50.52	200m:	6:32.32	1:14.58	300m:			400m:	9:57.37	1:03.95

Mistrzostwa Polski w Pływaniu Masters
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Event 30, Women, 400m Medley

75 - 79 years

1.	Nicpon Krystyna	40	UKS Wodnik 29 Katowice	10:19.84	73			
	<i>Rekord Polski</i>							
	50m: 1:28.33	1:28.33	150m: 4:12.43	1:01.55	250m: 6:41.83	1:26.63	350m: 9:10.54	1:07.96
	100m: 3:10.88	1:42.55	200m: 5:15.20	1:02.77	300m: 8:02.58	1:20.75	400m: 10:19.84	1:09.30