

Letnie Mistrzostwa Polski w Pływaniu Masters  
Gliwice, 10. - 12.6.2016

Event 28 Women, 400m Medley 20 years and older  
11.06.2016 - 18:45 Results

Rekord Polski Masters 25 - 29	5:37.73	Pietrzak Sandra	WMT	Szczecin	28.06.2015
Rekord Polski Masters 30 - 34	5:59.65	Duda Anna	RMKS RYBIS	Szczecin	28.06.2015
Rekord Polski Masters 35 - 39	5:59.49	Michalik Dominika		Kecsemet	07.06.2015
Rekord Polski Masters 40 - 44	5:51.92	Fajkowska Daria	031	Szczecin	28.06.2015
Rekord Polski Masters 45 - 49	5:54.47	Krakowiak El bieta	WIE	Szczecin	28.06.2015
Rekord Polski Masters 50 - 54	6:12.87	Niespodziana Aleksandra		Pozna	15.06.2008
Rekord Polski Masters 55 - 59	6:26.56	Szała Ewa		Olsztyn	28.08.2014
Rekord Polski Masters 60 - 64	7:37.36	KiszczaK Gra yna		D bica	15.06.2013
Rekord Polski Masters 65 - 69	8:25.45	Fecica Krystyna		Pozna	21.06.2009
Rekord Polski Masters 70 - 74	15:00.00				
Rekord Polski Masters 75 - 79	10:41.27	Nicpo Krystyna	WODKAT	Szczecin	28.06.2015
Rekord Polski Masters 80 - 84	15:00.00				
Rekord Polski Masters 85 - 89	15:00.00				
Rekord Polski Masters 90 - 94	15:00.00				

Points: FINA 2016

Rank YB Time Pts  
20 - 24 years

1. Podkowinska Wiktoria	95	Swimming Masters Team Szczecin	<b>6:05.05</b>	397
50m: 37.28 37.28	150m: 2:14.21 51.08	250m: 3:54.32 51.62	350m: 5:27.09 41.14	
100m: 1:23.13 45.85	200m: 3:02.70 48.49	300m: 4:45.95 51.63	400m: 6:05.05 37.96	
2. Wolska Sandra	95	Masters Wisla Krakow	<b>6:53.80</b>	272
50m: 42.93 42.93	150m: 2:32.98 54.17	250m: 4:20.57 54.59	350m: 6:05.65 49.46	
100m: 1:38.81 55.88	200m: 3:25.98 53.00	300m: 5:16.19 55.62	400m: 6:53.80 48.15	

25 - 29 years

1. Bartnikowska Agnieszka	90	ORS Opole	<b>6:06.59</b>	392
50m: 40.43 40.43	150m: 2:17.33 47.20	250m: 3:56.93 52.06	350m: 5:29.37 40.95	
100m: 1:30.13 49.70	200m: 3:04.87 47.54	300m: 4:48.42 51.49	400m: 6:06.59 37.22	
2. Palka Paulina	91	Masters Wisla Krakow	<b>6:30.44</b>	324
50m: 42.45 42.45	150m: 2:24.79 48.28	250m: 4:09.50 57.04	350m: 5:49.85 44.30	
100m: 1:36.51 54.06	200m: 3:12.46 47.67	300m: 5:05.55 56.05	400m: 6:30.44 40.59	
3. Murawska Kinga	90	Wks Slask Wroclaw	<b>7:54.88</b>	180
50m: 54.18 54.18	150m: 2:57.60 1:00.82	250m: 4:59.83 1:05.27	350m: 7:01.45 55.69	
100m: 1:56.78 1:02.60	200m: 3:54.56 56.96	300m: 6:05.76 1:05.93	400m: 7:54.88 53.43	

30 - 34 years

1. Walenta Katarzyna	85	Torun Multisport Team	<b>5:55.64</b>	429
<i>Rekord Polski</i>				
50m: 36.37 36.37	150m: 2:08.02 47.00	250m: 3:42.69 49.08	350m: 5:14.36 41.76	
100m: 1:21.02 44.65	200m: 2:53.61 45.59	300m: 4:32.60 49.91	400m: 5:55.64 41.28	
2. Chojcan Joanna	86	Redeco Wroclaw	<b>6:59.47</b>	262
50m: 45.27 45.27	150m: 2:33.21 49.99	250m: 4:25.10 1:00.20	350m: 6:13.79 47.97	
100m: 1:43.22 57.95	200m: 3:24.90 51.69	300m: 5:25.82 1:00.72	400m: 6:59.47 45.68	

35 - 39 years

1. Duda Anna	81	Rmks Rybnik	<b>5:58.83</b>	418
<i>Rekord Polski</i>				
50m: 34.33 34.33	150m: 2:05.56	250m: 3:48.43	350m: 5:21.10	
100m:	200m:	300m:	400m: 5:58.83 37.73	
2. Olszanowska Iga	81	Masters Team Biala Podlaska	<b>6:23.37</b>	343
50m: 36.36 36.36	150m: 2:14.97 52.86	250m: 3:57.86 52.14	350m: 5:38.71 45.80	
100m: 1:22.11 45.75	200m: 3:05.72 50.75	300m: 4:52.91 55.05	400m: 6:23.37 44.66	

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Event 28, Women, 400m Medley

45 - 49 years

1. Petecka Maria			67	MOTYL MOSiR Stalowa Wola		<b>6:59.89</b>	261			
50m:	44.46	44.46	150m:	4:24.88	2:49.72	250m:	6:12.19	2:43.25	350m:	
100m:	1:35.16	50.70	200m:	3:28.94		300m:	5:22.85		400m:	6:59.89

50 - 54 years

1. Putowska Malgorzata			62	Ks Warta Poznan		<b>8:35.53</b>	141				
50m:	54.37	54.37	150m:	3:10.59	1:06.78	250m:	5:26.01	1:07.54	350m:	7:35.17	1:01.36
100m:	2:03.81	1:09.44	200m:	4:18.47	1:07.88	300m:	6:33.81	1:07.80	400m:	8:35.53	1:00.36
2. Karas Beata			62	Victory Masters Elbag		<b>8:58.39</b>	123				
50m:	59.02	59.02	150m:	3:23.77		250m:	5:52.00		350m:	8:05.12	
100m:			200m:			300m:			400m:	8:58.39	53.27

55 - 59 years

1. Szala Ewa			59	Steef		<b>6:33.20</b>	318				
50m:	42.65	42.65	150m:	2:22.43	49.35	250m:	4:07.63	55.67	350m:	5:49.13	45.39
100m:	1:33.08	50.43	200m:	3:11.96	49.53	300m:	5:03.74	56.11	400m:	6:33.20	44.07
2. Dabrowska Zofia			58	Sikret Gliwice		<b>9:02.44</b>	121				
50m:	1:06.90	1:06.90	150m:	3:44.21		250m:	6:05.18	1:05.17	350m:	8:06.36	59.45
100m:			200m:	5:00.01	1:15.80	300m:	7:06.91	1:01.73	400m:	9:02.44	56.08
3. Orlewicz- Musial Malgorzata			60	Korona Krakow Masters		<b>9:51.21</b>	93				
50m:	1:04.62	1:04.62	150m:	3:42.08	1:19.50	250m:	6:25.53	1:25.17	350m:	8:52.51	1:03.39
100m:	2:22.58	1:17.96	200m:	5:00.36	1:18.28	300m:	7:49.12	1:23.59	400m:	9:51.21	58.70

65 - 69 years

1. Lutowicz Maria			50	TS Olimpia Poznan		<b>8:35.03</b>	141				
50m:	1:00.78	1:00.78	150m:	3:20.51	1:10.52	250m:	5:37.11	1:11.11	350m:	7:45.24	57.44
100m:	2:09.99	1:09.21	200m:	4:26.00	1:05.49	300m:	6:47.80	1:10.69	400m:	8:35.03	49.79

70 - 74 years

1. Mleczko Maria			46	Korona Krakow Masters		<b>12:50.42</b>	42				
<i>Rekord Polski</i>											
50m:	1:22.32	1:22.32	150m:	4:59.88	1:49.14	250m:	8:31.35	1:38.15	350m:	11:27.48	
100m:	3:10.74	1:48.42	200m:	6:53.20	1:53.32	300m:	12:47.52	4:16.17	400m:	12:50.42	1:22.94