

Zimowe Mistrzostwa Polski w Pływaniu Masters
Gliwice, 17. - 19.11.2017

Event 32
18.11.2017 - 19:50

Women, 400m Medley

20 years and older
Results

Points: FINA 2017

Rank			YB			Time	Pts	
20 - 24 years								
1.	Wisniewska Natlia		97	Klub Sportowy Warta Poznan		5:29.15	489	
	50m:	33.14 33.14	150m:	1:56.53 42.71	250m:	3:23.19 44.42	350m:	4:50.06 40.94
	100m:	1:13.82 40.68	200m:	2:38.77 42.24	300m:	4:09.12 45.93	400m:	5:29.15 39.09
2.	Maciupa Kinga		94	Swimminmg Masters Team Szczeci		5:34.43	466	
	50m:	33.96 33.96	150m:	1:56.89 42.93	250m:	3:25.46 46.72	350m:	4:55.04 41.29
	100m:	1:13.96 40.00	200m:	2:38.74 41.85	300m:	4:13.75 48.29	400m:	5:34.43 39.39
3.	Piwonska Monika		95	AQUASFERA Masters Olsztyn		5:58.10	380	
	50m:	36.96 36.96	150m:	2:03.65 45.98	250m:	3:39.85 49.67	350m:	5:14.79 42.84
	100m:	1:17.67 40.71	200m:	2:50.18 46.53	300m:	4:31.95 52.10	400m:	5:58.10 43.31
4.	Wolska Sandra		95	Masters Wisla Krakow		6:46.70	259	
	50m:	45.70 45.70	150m:	2:35.33 52.60	250m:	4:19.89 51.72	350m:	6:02.09 48.54
	100m:	1:42.73 57.03	200m:	3:28.17 52.84	300m:	5:13.55 53.66	400m:	6:46.70 44.61
25 - 29 years								
1.	Drab Magdalena		92	Masters Wisla Krakow		4:59.97	647	
	<i>Wynik lepszy od Rekordu Polski</i>							
	50m:	32.24 32.24	150m:	1:47.75 38.60	250m:	3:08.13 42.29	350m:	4:26.70 35.76
	100m:	1:09.15 36.91	200m:	2:25.84 38.09	300m:	3:50.94 42.81	400m:	4:59.97 33.27
30 - 34 years								
1.	Walenta Katarzyna		85	Torun Multisport Team		5:40.51	442	
	<i>Wynik lepszy od Rekordu Polski</i>							
	50m:	35.75 35.75	150m:	2:02.62 44.60	250m:	3:33.26 47.04	350m:	5:02.71 41.38
	100m:	1:18.02 42.27	200m:	2:46.22 43.60	300m:	4:21.33 48.07	400m:	5:40.51 37.80
2.	Jahnz Karolina		84	KS Rekin Swiebodzice		5:59.48	375	
	50m:	39.30 39.30	150m:	2:13.35 47.05	250m:	3:49.06 49.76	350m:	5:20.40 40.72
	100m:	1:26.30 47.00	200m:	2:59.30 45.95	300m:	4:39.68 50.62	400m:	5:59.48 39.08
3.	Mikolajczyk Lidia		87	TKKF Koszalin Masters		6:10.71	342	
	50m:	39.57 39.57	150m:	2:15.77 47.85	250m:	3:53.59 51.30	350m:	5:30.22 44.42
	100m:	1:27.92 48.35	200m:	3:02.29 46.52	300m:	4:45.80 52.21	400m:	6:10.71 40.49
4.	Szulc Helena		86	Swimminmg Masters Team Szczeci		6:27.81	299	
	50m:	42.70 42.70	150m:	2:22.96 49.35	250m:	4:05.21 53.91	350m:	5:44.82 44.84
	100m:	1:33.61 50.91	200m:	3:11.30 48.34	300m:	4:59.98 54.77	400m:	6:27.81 42.99
35 - 39 years								
1.	Duda Anna		81	RMKS Rybnik		5:48.01	414	
	<i>Wynik lepszy od Rekordu Polski</i>							
	50m:	36.31 36.31	150m:	2:05.83 46.08	250m:	3:43.22 51.31	350m:	5:12.25 38.51
	100m:		200m:	2:51.91 46.08	300m:	4:33.74 50.52	400m:	5:48.01 35.76
2.	Rozmus Angelika		78	UKS Delfin Masrers Tarnobrzeg		6:33.41	286	
	50m:	43.66 43.66	150m:	2:23.42 50.19	250m:	4:09.10 55.49	350m:	5:50.56 45.71
	100m:		200m:	3:13.61 50.19	300m:	5:04.85 55.75	400m:	6:33.41 42.85
3.	Cuch Ewelina		79	MASTERS Zdieszowice		7:05.78	226	
	50m:	38.85 38.85	150m:	2:24.64 59.62	250m:	4:24.27 1:00.51	350m:	6:16.19 50.47
	100m:	1:25.02 46.17	200m:	3:23.76 59.12	300m:	5:25.72 1:01.45	400m:	7:05.78 49.59

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45 - 49 years

1.	Sulewska Beata		72	Weteran Zabrze		5:39.97	444					
	<i>Wynik lepszy od Rekordu Polski</i>											
	50m:	36.55	36.55	150m:	2:03.00	45.94	250m:	3:35.60	47.00	350m:	5:02.54	40.21
	100m:	1:17.06	40.51	200m:	2:48.60	45.60	300m:	4:22.33	46.73	400m:	5:39.97	37.43
2.	Janeczko Anna		72	KS Korona Krakow		7:13.77	214					
	50m:	50.40	50.40	150m:	2:41.91	54.37	250m:	4:38.20	1:02.86	350m:	6:28.26	48.66
	100m:	1:47.54	57.14	200m:	3:35.34	53.43	300m:	5:39.60	1:01.40	400m:	7:13.77	45.51

50 - 54 years

1.	Wysocka Klaudia		66	KS Korona Krakow		6:39.62	273					
	50m:	40.25	40.25	150m:	2:19.92	53.21	250m:	4:09.46		350m:	5:54.46	46.50
	100m:	1:26.71	46.46	200m:			300m:	5:07.96	58.50	400m:	6:39.62	45.16
2.	Gozdziejewska Anna		67	AQUASFERA Masters Olsztyn		6:52.26	249					
	50m:	49.64	49.64	150m:	2:37.31	53.47	250m:	4:27.23	56.74	350m:	6:08.63	44.49
	100m:	1:43.84	54.20	200m:	3:30.49	53.18	300m:	5:24.14	56.91	400m:	6:52.26	43.63

55 - 59 years

1.	Szala Ewa		59	steef		6:35.69	281					
	50m:	44.52	44.52	150m:	2:26.03	48.44	250m:	4:10.19	54.02	350m:	5:51.83	45.73
	100m:	1:37.59	53.07	200m:	3:16.17	50.14	300m:	5:06.10	55.91	400m:	6:35.69	43.86
2.	Macierzewska Agnieszka		60	KS Korona Krakow		7:02.24	232					
	50m:	45.17	45.17	150m:	2:33.32		250m:	4:28.26	1:00.75	350m:	6:17.02	47.80
	100m:			200m:	3:27.51	54.19	300m:	5:29.22	1:00.96	400m:	7:02.24	45.22
3.	Gudaniec Dorota		60	TKKF Koszalin Masters		7:25.01	198					
	50m:	51.77	51.77	150m:	2:46.09	57.40	250m:	4:42.79	1:01.33	350m:	6:35.89	50.50
	100m:	1:48.69	56.92	200m:	3:41.46	55.37	300m:	5:45.39	1:02.60	400m:	7:25.01	49.12
4.	Karas Beata		62	Vctory Masters Elblag		8:59.39	111					
	50m:	57.75	57.75	150m:	3:19.59	1:13.61	250m:	5:48.54	1:19.07	350m:	8:05.59	56.87
	100m:	2:05.98	1:08.23	200m:	4:29.47	1:09.88	300m:	7:08.72	1:20.18	400m:	8:59.39	53.80
5.	Dabrowska Zofia		58	SiKReT Gliwice		9:13.28	103					
	50m:	1:07.94	1:07.94	150m:	3:42.78		250m:	6:09.55	1:12.07	350m:	8:18.17	58.44
	100m:			200m:	4:57.48	1:14.70	300m:	7:19.73	1:10.18	400m:	9:13.28	55.11

60 - 64 years

1.	Legutko Mirosława		57	KS Korona Krakow		8:14.53	144					
	50m:	54.63	54.63	150m:	3:04.18	1:03.05	250m:	5:17.83	1:08.75	350m:	7:21.33	55.53
	100m:	2:01.13	1:06.50	200m:	4:09.08	1:04.90	300m:	6:25.80	1:07.97	400m:	8:14.53	53.20
2.	Benova Dana		56	SK Spolchemie Usti nad Labem		10:13.37	75					
	50m:	1:19.23	1:19.23	150m:	2:53.60		250m:	5:24.84	1:12.23	350m:	7:56.29	1:15.19
	100m:			200m:	4:12.61	1:19.01	300m:	6:41.10	1:16.26	400m:	10:13.37	2:17.08