

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

Event 41
19.11.2017 - 11:35

Women, 400m Freestyle

20 years and older
Results

Points: FINA 2017

Rank					YB					Time	Pts	
20 - 24 years												
1.	Wolska Sandra				95	Masters Wisla Krakow				5:52.19	295	
	50m:	38.52	38.52	150m:	2:06.96	45.30	250m:	3:38.58	45.98	350m:	5:10.21	45.90
	100m:	1:21.66	43.14	200m:	2:52.60	45.64	300m:	4:24.31	45.73	400m:	5:52.19	41.98
2.	Kos Agnieszka				96	Nabajji Team Decathlon				6:55.83	179	
	50m:	42.13	42.13	150m:			250m:	5:06.45	55.35	350m:		
	100m:	1:30.41	48.28	200m:	4:11.10		300m:			400m:	6:55.83	
25 - 29 years												
1.	Drab Magdalena				92	Masters Wisla Krakow				4:33.55	630	
	50m:	31.36	31.36	150m:	1:40.23	35.06	250m:	2:50.49	35.09	350m:	4:00.46	34.97
	100m:	1:05.17	33.81	200m:	2:15.40	35.17	300m:	3:25.49	35.00	400m:	4:33.55	33.09
2.	Kvita Valentyna				88	Euro-Lviv MSC				4:47.01	545	
	50m:	31.86	31.86	150m:	1:42.41	35.72	250m:	2:55.80	36.98	350m:	4:10.49	37.47
	100m:	1:06.69	34.83	200m:	2:18.82	36.41	300m:	3:33.02	37.22	400m:	4:47.01	36.52
3.	Krysiak Olga				91	Warsaw Masters Team				5:24.30	378	
	50m:	35.74	35.74	150m:	1:57.64	41.92	250m:	3:22.51	42.64	350m:	4:45.99	41.94
	100m:	1:15.72	39.98	200m:	2:39.87	42.23	300m:	4:04.05	41.54	400m:	5:24.30	38.31
30 - 34 years												
1.	Walenta Katarzyna				85	Torun Multisport Team				5:12.65	422	
	50m:	35.79	35.79	150m:	1:55.29	40.24	250m:	3:55.85	1:20.41	350m:		
	100m:	1:15.05	39.26	200m:	2:35.44	40.15	300m:	4:35.03	39.18	400m:	5:12.65	
2.	Jahnz Karolina				84	KS Rekin Swiebodzice				5:20.42	392	
	50m:	35.64	35.64	150m:	1:56.97	40.82	250m:	3:19.92	42.01	350m:	4:41.50	40.67
	100m:	1:16.15	40.51	200m:	2:37.91	40.94	300m:	4:00.83	40.91	400m:	5:20.42	38.92
3.	Matlak Ewa				84	Warsaw Masters Team				5:46.19	310	
	50m:	38.16	38.16	150m:	2:04.57	43.73	250m:	3:33.30	44.75	350m:	5:02.71	44.88
	100m:	1:20.84	42.68	200m:	2:48.55	43.98	300m:	4:17.83	44.53	400m:	5:46.19	43.48
4.	Karas Karolina				87	Vctory Masters Elblag				7:13.40	158	
	50m:	48.50	48.50	150m:	2:37.48	55.74	250m:	4:30.10	56.42	350m:	6:22.10	55.69
	100m:	1:41.74	53.24	200m:	3:33.68	56.20	300m:	5:26.41	56.31	400m:	7:13.40	51.30
35 - 39 years												
1.	Michalik Dominika				79	Masters Bialystok				4:59.10	482	
	50m:	33.38	33.38	150m:	1:47.16	37.46	250m:	3:04.03	38.74	350m:	4:21.88	38.85
	100m:	1:09.70	36.32	200m:	2:25.29	38.13	300m:	3:43.03	39.00	400m:	4:59.10	37.22
2.	Cuch Ewelina				79	MASTERS Zdieszowice				6:04.30	266	
	50m:	40.93	40.93	150m:	2:11.29	45.82	250m:	3:45.11	47.12	350m:	5:17.35	46.33
	100m:	1:25.47	44.54	200m:	2:57.99	46.70	300m:	4:31.02	45.91	400m:	6:04.30	46.95
3.	Mazurkiewicz Agnieszka				82	Warsaw Masters Team				6:19.14	236	
	50m:	42.14	42.14	150m:	2:16.51	48.72	250m:	3:53.21	48.44	350m:	5:32.38	49.98
	100m:	1:27.79	45.65	200m:	3:04.77	48.26	300m:	4:42.40	49.19	400m:	6:19.14	46.76
4.	Janovska Michaela				80	PKM Turcianski raci				6:21.22	232	
	50m:	41.78	41.78	150m:	2:14.54	47.46	250m:	3:52.27	49.11	350m:	5:32.30	50.29
	100m:	1:27.08	45.30	200m:	3:03.16	48.62	300m:	4:42.01	49.74	400m:	6:21.22	48.92

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

Event 41, Women, 400m Freestyle

40 - 44 years

1.	Osmala Renata		77	UKS Delfin Masrers Tarnobrzeg	5:31.83	353
	50m: 37.62	37.62	150m: 2:01.38	42.20	250m: 3:26.28	42.28
	100m: 1:19.18	41.56	200m: 2:44.00	42.62	300m: 4:08.96	42.68
					350m: 4:51.35	42.39
					400m: 5:31.83	40.48
2.	Wozniak Dorota		73	MASTERS Zdzeszowice	5:54.27	290
	50m: 41.28	41.28	150m: 2:10.94	45.27	250m: 3:41.70	45.14
	100m: 1:25.67	44.39	200m: 2:56.56	45.62	300m: 4:26.70	45.00
					350m: 5:11.40	44.70
					400m: 5:54.27	42.87
3.	Sowa Katarzyna		75	Park Wodny Tarnowskie Gory Mas	6:37.43	205
	50m: 42.79	42.79	150m: 2:20.65	50.19	250m: 4:02.73	51.02
	100m: 1:30.46	47.67	200m: 3:11.71	51.06	300m: 4:54.86	52.13
					350m: 5:47.08	52.22
					400m: 6:37.43	50.35

45 - 49 years

1.	Sulewska Beata		72	Weteran Zabrze	4:59.65	479
	<i>Wynik lepszy od Rekordu Polski</i>					
	50m: 34.24	34.24	150m: 1:48.00	37.34	250m: 3:04.34	38.44
	100m: 1:10.66	36.42	200m: 2:25.90	37.90	300m: 3:43.45	39.11
					350m: 4:22.31	38.86
					400m: 4:59.65	37.34
2.	Balajcza Timea		71	Warsaw Masters Team	6:14.70	245
	50m: 42.61	42.61	150m: 2:17.40	48.39	250m: 3:52.92	47.17
	100m: 1:29.01	46.40	200m: 3:05.75	48.35	300m: 4:39.59	46.67
					350m: 5:27.73	48.14
					400m: 6:14.70	46.97
3.	Oracz Marta		71	Park Wodny Tarnowskie Gory Mas	6:16.94	240
	50m: 43.04	43.04	150m: 2:21.13	49.66	250m: 3:56.51	48.20
	100m: 1:31.47	48.43	200m: 3:08.31	47.18	300m: 4:44.01	47.50
					350m: 5:31.29	47.28
					400m: 6:16.94	45.65
4.	Sliwa Anita		72	Torun Multisport Team	6:19.50	235
	50m: 41.19	41.19	150m: 2:16.97	48.93	250m: 3:54.60	48.81
	100m: 1:28.04	46.85	200m: 3:05.79	48.82	300m: 4:43.88	49.28
					350m: 5:33.20	49.32
					400m: 6:19.50	46.30
5.	Krupa Agnieszka		69	Masters Wisla Krakow	7:05.44	167
	50m: 47.20	47.20	150m: 2:32.03	53.36	250m: 4:20.77	54.69
	100m: 1:38.67	51.47	200m: 3:26.08	54.05	300m: 5:16.07	55.30
					350m: 6:11.84	55.77
					400m: 7:05.44	53.60

50 - 54 years

1.	Serbin Malgorzata		66	MKP Szczecin	5:14.36	415
	50m: 35.36	35.36	150m: 1:53.51	39.54	250m: 3:13.77	40.30
	100m: 1:13.97	38.61	200m: 2:33.47	39.96	300m: 3:54.27	40.50
					350m: 4:34.78	40.51
					400m: 5:14.36	39.58
2.	Gozdziewska Anna		67	AQUASFERA Masters Olsztyn	5:35.15	342
	50m: 39.17	39.17	150m: 2:03.83	42.67	250m: 3:29.69	42.97
	100m: 1:21.16	41.99	200m: 2:46.72	42.89	300m: 4:12.30	42.61
					350m: 4:54.63	42.33
					400m: 5:35.15	40.52
3.	Olszewska Edyta		64	Warsaw Masters Team	5:59.43	277
	50m: 40.60	40.60	150m: 2:10.48	45.69	250m: 3:40.99	44.94
	100m: 1:24.79	44.19	200m: 2:56.05	45.57	300m: 4:26.12	45.13
					350m: 5:12.98	46.86
					400m: 5:59.43	46.45

55 - 59 years

1.	Macierzewska Agnieszka		60	KS Korona Krakow	6:03.55	268
	50m: 41.03	41.03	150m: 2:11.32	46.21	250m: 3:45.09	47.36
	100m: 1:25.11	44.08	200m: 2:57.73	46.41	300m: 4:32.56	47.47
					350m: 5:19.68	47.12
					400m: 6:03.55	43.87
2.	Szala Ewa		59	steef	6:12.87	248
	50m: 41.37	41.37	150m: 3:03.93	47.47	250m: 4:37.35	46.85
	100m: 2:16.46	1:35.09	200m: 3:50.50	46.57	300m: 5:25.07	47.72
					350m:	
					400m: 6:12.87	
3.	Gudaniec Dorota		60	TKKF Koszalin Masters	6:29.22	218
	50m: 42.69	42.69	150m: 2:19.81	49.47	250m: 3:59.50	50.22
	100m: 1:30.34	47.65	200m: 3:09.28	49.47	300m: 4:49.83	50.33
					350m: 5:40.47	50.64
					400m: 6:29.22	48.75

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

Event 41, Women, 400m Freestyle, 55 - 59 years

Rank			YB					Time	Pts			
4.	Molenda Gabriela		59	Weteran Zabrze				7:20.89	150			
	50m:	47.54	47.54	150m:	2:36.96	55.81	250m:	4:29.83	56.59	350m:	6:24.06	57.40
	100m:	1:41.15	53.61	200m:	3:33.24	56.28	300m:	5:26.66	56.83	400m:	7:20.89	56.83
5.	Karas Beata		62	Vctory Masters Elblag				7:24.08	147			
	50m:	49.95	49.95	150m:	2:43.18	57.41	250m:	4:37.06	56.95	350m:	6:30.57	56.47
	100m:	1:45.77	55.82	200m:	3:40.11	56.93	300m:	5:34.10	57.04	400m:	7:24.08	53.51
6.	Orlewicz-Musial Malgorzata		60	KS Korona Krakow				8:33.66	95			
	50m:	53.74	53.74	150m:	3:02.37	1:05.29	250m:	5:15.78	1:08.09	350m:	7:28.50	1:06.04
	100m:	1:57.08	1:03.34	200m:	4:07.69	1:05.32	300m:	6:22.46	1:06.68	400m:	8:33.66	1:05.16
7.	Karczewska Danuta		58	Weteran Zabrze				8:48.38	87			
	50m:	56.43	56.43	150m:	3:09.45	1:06.66	250m:	5:26.16	1:08.45	350m:	7:43.86	1:09.17
	100m:	2:02.79	1:06.36	200m:	4:17.71	1:08.26	300m:	6:34.69	1:08.53	400m:	8:48.38	1:04.52

60 - 64 years

1.	Legutko Mirosława		57	KS Korona Krakow				7:12.35	159			
	50m:	46.29	46.29	150m:	2:38.05	56.00	250m:	4:29.79	55.94	350m:	6:22.62	55.95
	100m:	1:42.05	55.76	200m:	3:33.85	55.80	300m:	5:26.67	56.88	400m:	7:12.35	49.73
2.	Benova Dana		56	SK Spolchemie Usti nad Labem				9:04.99	79			
	50m:	57.49	57.49	150m:	3:16.24	1:11.06	250m:	5:37.21	1:11.07	350m:	7:58.26	1:10.09
	100m:	2:05.18	1:07.69	200m:	4:26.14	1:09.90	300m:	6:48.17	1:10.96	400m:	9:04.99	1:06.73
3.	Bednarczyk Iwona		57	Masters Wisla Krakow				9:11.56	76			
	50m:	56.03	56.03	150m:	3:10.96	1:08.83	250m:	5:35.99	1:11.09	350m:	8:00.96	1:12.34
	100m:	2:02.13	1:06.10	200m:	4:24.90	1:13.94	300m:	6:48.62	1:12.63	400m:	9:11.56	1:10.60
4.	Dembecka Rusłana		57	Klub Sportowy Warta Poznan				9:13.96	75			
	50m:	57.17	57.17	150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	9:13.96	
5.	Kerner-Mateusiak Ewa		54	Vctory Masters Elblag				10:12.92	56			
	50m:	1:05.79	1:05.79	150m:	3:41.02	1:18.95	250m:	6:21.33	1:19.23	350m:	8:58.25	1:18.17
	100m:	2:22.07	1:16.28	200m:	5:02.10	1:21.08	300m:	7:40.08	1:18.75	400m:	10:12.92	1:14.67
6.	Bardzicka Iwona		54	AQUASFERA Masters Olsztyn				10:41.50	48			
	50m:	1:13.44	1:13.44	150m:	3:53.03	1:22.45	250m:	6:38.65	1:25.25	350m:	9:23.42	1:25.12
	100m:	2:30.58	1:17.14	200m:	5:13.40	1:20.37	300m:	7:58.30	1:19.65	400m:	10:41.50	1:18.08

65 - 69 years

1.	Lutowicz Maria		50	TS Olimpia Poznan				7:16.10	155			
	50m:	48.67	48.67	150m:	2:41.76	57.18	250m:	4:34.30	56.24	350m:	6:24.73	54.52
	100m:	1:44.58	55.91	200m:	3:38.06	56.30	300m:	5:30.21	55.91	400m:	7:16.10	51.37
2.	Szemberg Anna		49	Warsaw Masters Team				8:19.93	103			
	50m:	56.89	56.89	150m:	3:06.35	1:05.76	250m:			350m:		
	100m:	2:00.59	1:03.70	200m:	6:17.32	3:10.97	300m:			400m:	8:19.93	

70 - 74 years

1.	Maria Lipka		46	Rydultoeska Akademia Aktywnego				11:01.83	44			
	50m:	1:11.52	1:11.52	150m:	3:57.64	1:22.60	250m:	6:47.86	1:25.27	350m:	9:37.79	1:24.86
	100m:	2:35.04	1:23.52	200m:	5:22.59	1:24.95	300m:	8:12.93	1:25.07	400m:	11:01.83	1:24.04

85 - 89 years

1.	Walkowicz Urszula		32	UKS Wodnik 29 Katowice				12:28.44	30			
	50m:	1:26.72	1:26.72	150m:	4:33.59	1:33.73	250m:	7:40.04	1:32.06	350m:	10:51.01	1:39.78
	100m:	2:59.86	1:33.14	200m:	6:07.98	1:34.39	300m:	9:11.23	1:31.19	400m:	12:28.44	1:37.43