

Letnie Mistrzostwa Polski w Pływaniu Masters
Gliwice, 31.5. - 2.6.2019

Konkurencja 30
01.06.2019 - 18:40

Kobiet, 400m zmienny

20 lat i starsi
Wyniki

Punkty: FINA 2019

Pozycja			Rok ur.					Czas	Pkt.	
20 - 24 lat										
1.	Wi niewska Natalia		97	KS Warta Pozna				5:34.38	505	
	50m:	32.84 32.84	150m:	1:59.18	46.18	250m:	3:28.02	44.62	350m:	4:54.88 41.44
	100m:	1:13.00 40.16	200m:	2:43.40	44.22	300m:	4:13.44	45.42	400m:	5:34.38 39.50
30 - 34 lat										
1.	Zaleska Anna		88	AQUASFERA Masters Olsztyn				6:19.77	345	
	50m:		150m:			250m:			350m:	
	100m:		200m:	3:02.98		300m:	4:51.36		400m:	6:19.77
2.	Dziedzic Katarzyna		85	Warsaw Masters Team				6:30.35	317	
	50m:	41.81 41.81	150m:	2:23.27	49.45	250m:	4:04.26	51.32	350m:	5:46.47 47.20
	100m:	1:33.82 52.01	200m:	3:12.94	49.67	300m:	4:59.27	55.01	400m:	6:30.35 43.88
3.	Marczuk Fortunata		86	MASTERS Zdzieszowice				6:35.86	304	
	50m:	44.41 44.41	150m:	2:26.06	51.42	250m:	4:09.31	49.81	350m:	
	100m:	1:34.64 50.23	200m:	3:19.50	53.44	300m:	5:01.79	52.48	400m:	6:35.86
35 - 39 lat										
1.	Markowska Ewa		81	Iswim Białystok				8:20.74	150	
	50m:	58.63 58.63	150m:	3:23.25	1:08.27	250m:	5:28.28	59.07	350m:	7:26.35 57.27
	100m:	2:14.98 1:16.35	200m:	4:29.21	1:05.96	300m:	6:29.08	1:00.80	400m:	8:20.74 54.39
40 - 44 lat										
1.	Szwagiel Katarzyna		76	UKS Delfin Masters Tarnobrzeg				6:35.70	305	
	50m:	42.91 42.91	150m:	2:26.67	52.37	250m:	4:11.87	53.62	350m:	5:52.94 46.38
	100m:	1:34.30 51.39	200m:	3:18.25	51.58	300m:	5:06.56	54.69	400m:	6:35.70 42.76
2.	Klarecka Monika		77	Masters Łód				8:39.59	134	
	50m:		150m:			250m:			350m:	
	100m:	1:58.37	200m:	4:32.90		300m:			400m:	8:39.59
3.	astoral Kamila Dagmara		77	Plavecký klub Slávia VŠ Plze z.s.				9:40.60	96	
	50m:	1:26.97 1:26.97	150m:	4:11.07		250m:	6:29.61		350m:	8:37.60
	100m:		200m:	7:34.50	3:23.43	300m:			400m:	9:40.60 1:03.00
45 - 49 lat										
1.	Wo niak Dorota		73	MASTERS Zdzieszowice				6:48.22	277	
	50m:	44.47 44.47	150m:	2:27.62	53.41	250m:	4:18.01	58.23	350m:	6:03.18 47.34
	100m:	1:34.21 49.74	200m:	3:19.78	52.16	300m:	5:15.84	57.83	400m:	6:48.22 45.04
2.	Janeczko Anna		72	Korona Kraków Masters				7:18.03	224	
	50m:	48.20 48.20	150m:	2:41.99	57.22	250m:	4:41.10	1:00.84	350m:	6:31.60 50.04
	100m:	1:44.77 56.57	200m:	3:40.26	58.27	300m:	5:41.56	1:00.46	400m:	7:18.03 46.43
55 - 59 lat										
1.	Gudaniec Dorota		60	TKKF Koszalin Masters				7:31.30	205	
	50m:	49.87 49.87	150m:	4:47.95	2:58.95	250m:	6:42.39	2:57.14	350m:	
	100m:	1:49.00 59.13	200m:	3:45.25		300m:	5:51.62		400m:	7:31.30
2.	Orlewicz-Musiał Małgorzata		60	Korona Kraków Masters				10:17.06	80	
	50m:	1:03.76 1:03.76	150m:	3:45.20	1:20.44	250m:	6:34.12	1:30.42	350m:	9:11.53 1:07.78
	100m:	2:24.76 1:21.00	200m:	5:03.70	1:18.50	300m:	8:03.75	1:29.63	400m:	10:17.06 1:05.53

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60 - 64 lat

1. Szala Ewa			59	Steef				6:41.47	292		
50m:	45.80	45.80	150m:	2:28.23	50.32	250m:	4:14.88	56.73	350m:	5:58.16	45.14
100m:	1:37.91	52.11	200m:	3:18.15	49.92	300m:	5:13.02	58.14	400m:	6:41.47	43.31
2. Legutko Mirosława			57	Korona Kraków Masters				8:00.94	169		
50m:	52.68	52.68	150m:	2:58.75	1:02.19	250m:	5:09.39	1:06.71	350m:	7:09.75	52.74
100m:	1:56.56	1:03.88	200m:	4:02.68	1:03.93	300m:	6:17.01	1:07.62	400m:	8:00.94	51.19