

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

Event 30  
01.06.2019 - 18:40

Women, 400m Medley

20 years and older  
Results

Points: FINA 2019

Rank	YB								Time	Pts		
<b>20 - 24 years</b>												
1.	Wisniewska Natalia								<b>5:34.38</b>	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
<b>30 - 34 years</b>												
1.	Zaleska Anna								<b>6:19.77</b>	345		
	50m:			150m:			250m:			350m:		
	100m:			200m:	3:02.98		300m:	4:51.36		400m:	6:19.77	
2.	Dziedzic Katarzyna								<b>6:30.35</b>	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								<b>6:35.86</b>	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	
<b>35 - 39 years</b>												
1.	Markowska Ewa								<b>8:20.74</b>	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
<b>40 - 44 years</b>												
1.	Szwagiel Katarzyna								<b>6:35.70</b>	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								<b>8:39.59</b>	134		
	50m:			150m:			250m:			350m:		
	100m:	1:58.37		200m:	4:32.90		300m:			400m:	8:39.59	
3.	Castoral Kamila Dagmara								<b>9:40.60</b>	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
<b>45 - 49 years</b>												
1.	Wozniak Dorota								<b>6:48.22</b>	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								<b>7:18.03</b>	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
<b>55 - 59 years</b>												
1.	Gudaniec Dorota								<b>7:31.30</b>	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-Musial Malgorzata								<b>10:17.06</b>	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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Event 30, Women, 400m Medley

60 - 64 years

1. Szala Ewa			59	Steef				<b>6:41.47</b>	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 Krakow Masters				<b>8:00.94</b>	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