

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

Event 39 Women, 400m Freestyle 20 years and older  
02.06.2019 - 10:50 Results

Points: FINA 2019

Rank			YB					Time	Pts	
20 - 24 years <span style="float:right">provisional results</span>										
	Wisniewska Natalia		97	KS Warta Poznan				<b>5:06.10</b>	460	
	50m:	34.21 34.21	150m:	1:52.08	39.26	250m:	3:11.45	39.61	350m:	4:29.93 38.62
	100m:	1:12.82 38.61	200m:	2:31.84	39.76	300m:	3:51.31	39.86	400m:	5:06.10 36.17
	Szkudlarek Karolina		96	Niezrzeszone JK TEAM				<b>5:08.60</b>	449	
	50m:	34.34 34.34	150m:	1:50.74	38.78	250m:	3:10.01	39.99	350m:	
	100m:	1:11.96 37.62	200m:	2:30.02	39.28	300m:			400m:	5:08.60
25 - 29 years <span style="float:right">provisional results</span>										
	Zolnowska Katarzyna		90	Legia Warszawa				<b>4:54.50</b>	517	
	50m:	33.08 33.08	150m:	1:47.26	37.13	250m:	3:03.54	38.20	350m:	4:18.92 37.47
	100m:	1:10.13 37.05	200m:	2:25.34	38.08	300m:	3:41.45	37.91	400m:	4:54.50 35.58
	Lewandowska Oriana		93	AQUASFERA Masters Olsztyn				<b>5:05.51</b>	463	
	50m:	35.93 35.93	150m:	3:12.48	1:57.03	250m:			350m:	
	100m:	1:15.45 39.52	200m:	2:34.18		300m:	3:50.96		400m:	5:05.51
	Brzozowska Zuzanna		93	AQUASFERA Masters Olsztyn				<b>5:18.45</b>	409	
	50m:	36.26 36.26	150m:	1:57.36	40.69	250m:	3:18.80	40.32	350m:	4:39.66 40.12
	100m:	1:16.67 40.41	200m:	2:38.48	41.12	300m:	3:59.54	40.74	400m:	5:18.45 38.79
30 - 34 years <span style="float:right">provisional results</span>										
	Campbell-Zemier Veronica		86	KS Rekin Swiebodzice				<b>5:33.59</b>	356	
	50m:	36.18 36.18	150m:	1:59.35	42.11	250m:	3:26.63	43.67	350m:	4:52.35 42.61
	100m:	1:17.24 41.06	200m:	2:42.96	43.61	300m:	4:09.74	43.11	400m:	5:33.59 41.24
	Galica Ewa		85	Warsaw Masters Team				<b>5:34.84</b>	352	
	50m:	35.99 35.99	150m:	1:59.48	42.49	250m:	3:27.19	43.58	350m:	4:54.46 43.40
	100m:	1:16.99 41.00	200m:	2:43.61	44.13	300m:	4:11.06	43.87	400m:	5:34.84 40.38
	Adamiak Edyta		87	Swimming Masters Team Szczecin				<b>7:30.09</b>	145	
	50m:	50.35 50.35	150m:	2:43.72	57.51	250m:	4:40.64	58.96	350m:	6:36.87 58.21
	100m:	1:46.21 55.86	200m:	3:41.68	57.96	300m:	5:38.66	58.02	400m:	7:30.09 53.22
35 - 39 years <span style="float:right">provisional results</span>										
	Hermanowicz Justyna		81	Iswim Bialystok				<b>6:25.68</b>	230	
	50m:	41.45 41.45	150m:	2:16.72	47.67	250m:	3:56.89	49.82	350m:	5:37.92 50.19
	100m:	1:29.05 47.60	200m:	3:07.07	50.35	300m:	4:47.73	50.84	400m:	6:25.68 47.76
	Radomska Karolina		82	Tm Barracuda Kalisz				<b>7:02.79</b>	174	
	50m:	43.44 43.44	150m:	2:29.04	53.92	250m:	4:18.48	55.40	350m:	6:11.67 57.04
	100m:	1:35.12 51.68	200m:	3:23.08	54.04	300m:	5:14.63	56.15	400m:	7:02.79 51.12
40 - 44 years <span style="float:right">provisional results</span>										
	Michalik Dominika		79	Masters Bialystok				<b>5:03.59</b>	472	
	50m:	34.77 34.77	150m:	1:50.62	38.34	250m:	3:07.90	38.64	350m:	4:25.52 39.00
	100m:	1:12.28 37.51	200m:	2:29.26	38.64	300m:	3:46.52	38.62	400m:	5:03.59 38.07
45 - 49 years <span style="float:right">provisional results</span>										
	Sulewska Beata		72	Weteran Zabrze				<b>5:14.74</b>	424	
	50m:	36.47 36.47	150m:	1:55.82	39.91	250m:	3:15.77	40.23	350m:	4:36.44 40.40
	100m:	1:15.91 39.44	200m:	2:35.54	39.72	300m:	3:56.04	40.27	400m:	5:14.74 38.30

Letnie Mistrzostwa Polski w Pływaniu Masters  
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Event 39, Women, 400m Freestyle, 45 - 49 years

Rank			YB					Time	Pts
	Szydłowska - Smetek Daria		72	MASTERS Zdzeszowice				<b>5:23.78</b>	389
	50m: 36.57	36.57	150m: 1:58.74	41.39	250m: 3:21.62	41.45	350m: 4:43.79	40.99	
	100m: 1:17.35	40.78	200m: 2:40.17	41.43	300m: 4:02.80	41.18	400m: 5:23.78	39.99	
	Uczarczyk Jolanta		72	Korona Krakow Masters				<b>7:56.94</b>	121
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m: 5:57.68		400m: 7:56.94		

50 - 54 years

provisional results

	Serbin Malgorzata		66	MKP Szczecin				<b>5:16.62</b>	416
	50m: 36.43	36.43	150m: 1:56.55	39.97	250m: 3:17.07	40.17	350m: 4:37.99	40.32	
	100m: 1:16.58	40.15	200m: 2:36.90	40.35	300m: 3:57.67	40.60	400m: 5:16.62	38.63	
	Bernat Dorota		65	Niezrzeszeni				<b>11:03.70</b>	45
	50m: 1:12.96	1:12.96	150m: 3:59.87	1:24.07	250m: 6:53.47	1:26.63	350m: 9:46.73	1:26.63	
	100m: 2:35.80	1:22.84	200m: 5:26.84	1:26.97	300m: 8:20.10	1:26.63	400m: 11:03.70	1:16.97	

55 - 59 years

provisional results

	Orlewicz-Musial Malgorzata		60	Korona Krakow Masters				<b>8:43.86</b>	91
	50m: 53.00	53.00	150m: 3:04.95	1:06.83	250m: 5:19.85	1:07.25	350m: 7:36.43	1:08.32	
	100m: 1:58.12	1:05.12	200m: 4:12.60	1:07.65	300m: 6:28.11	1:08.26	400m: 8:43.86	1:07.43	

60 - 64 years

provisional results

	Serozynska Lucyna		55	Torun Multisport Team				<b>8:51.24</b>	88
	50m: 3:12.48	3:12.48	150m:		250m: 5:31.63		350m: 7:46.59	1:06.96	
	100m:		200m:		300m: 6:39.63	1:08.00	400m: 8:51.24	1:04.65	
	Bednarczyk Iwona		57	Masters Wisla Krakow				<b>9:09.11</b>	79
	50m: 56.70	56.70	150m: 3:11.09	1:09.37	250m: 5:35.80	1:12.70	350m: 8:00.74	1:12.82	
	100m: 2:01.72	1:05.02	200m: 4:23.10	1:12.01	300m: 6:47.92	1:12.12	400m: 9:09.11	1:08.37	

65 - 69 years

provisional results

	Lipniarska-Skubis Barbara		52	Unia Oswiecim Masters				<b>8:55.03</b>	86
	50m: 57.96	57.96	150m: 3:11.71	1:07.33	250m: 5:30.95	1:10.09	350m: 7:49.14	1:08.76	
	100m: 2:04.38	1:06.42	200m: 4:20.86	1:09.15	300m: 6:40.38	1:09.43	400m: 8:55.03	1:05.89	

DNF Kerner Mateusiak Ewa 54 Sekcja Masters UKP Jedyńska Elbląg

70 - 74 years

1.	Szemberg Anna		49	Warsaw Masters Team				<b>8:50.59</b>	88
	50m: 3:17.02	3:17.02	150m:		250m: 5:33.01	1:08.64	350m: 7:47.68		
	100m: 2:08.18		200m: 4:24.37		300m:		400m: 8:50.59	1:02.91	