



Mistrzostwa Polski w Pływaniu Masters  
Kraków, 15/ - 17/11/2013



Konkurencja 30  
16/11/2013 - 20:40

Kobiet, 400m zmienny

20 - 94 lat  
Wyniki

Punkty: DSV Masters 13

Pozycja		Rok ur.						Czas	Pkt.
<b>Kategoria 0</b>									
1.	Zadro na Karolina	92	Masters Korona Kraków					<b>6:36.66</b>	440
	50m: 42.89 42.89	150m: 2:31.88	54.41	250m: 4:21.01	55.58	350m: 5:58.17	39.53		
	100m: 1:37.47 54.58	200m: 3:25.43	53.55	300m: 5:18.64	57.63	400m: 6:36.66	38.49		
<b>Kategoria A</b>									
1.	Palmowska Paulina	85	Masters Korona Kraków					<b>6:14.03</b>	539
	50m: 37.23 37.23	150m: 2:12.55	49.95	250m: 3:52.80	51.65	350m: 5:31.80	46.47		
	100m: 1:22.60 45.37	200m: 3:01.15	48.60	300m: 4:45.33	52.53	400m: 6:14.03	42.23		
2.	Kwaterna Joanna	84	Masters Korona Kraków					<b>6:54.37</b>	397
	50m: 45.81 45.81	150m: 2:43.10	54.72	250m: 4:28.13	51.45	350m: 6:08.49	48.39		
	100m: 1:48.38 1:02.57	200m: 3:36.68	53.58	300m: 5:20.10	51.97	400m: 6:54.37	45.88		
3.	Stanisławska Anna	87	Warsaw Masters Team					<b>7:19.43</b>	332
	50m: 44.93 44.93	150m: 2:40.19	1:02.17	250m: 4:38.82	1:00.16	350m: 6:30.69	48.78		
	100m: 1:38.02 53.09	200m: 3:38.66	58.47	300m: 5:41.91	1:03.09	400m: 7:19.43	48.74		
<b>Kategoria B</b>									
1.	Malchar Jowita	82	Delfinek Legnica					<b>6:05.65</b>	577
	50m: 37.98 37.98	150m: 2:08.99	46.41	250m: 3:48.11	52.76	350m: 5:24.42	44.03		
	100m: 1:22.58 44.60	200m: 2:55.35	46.36	300m: 4:40.39	52.28	400m: 6:05.65	41.23		
2.	Sikacz Hanna	79	Redeco Wrocław					<b>6:50.05</b>	409
	50m: 46.01 46.01	150m: 2:34.02	52.12	250m: 4:22.81	55.96	350m: 6:07.09	46.26		
	100m: 1:41.90 55.89	200m: 3:26.85	52.83	300m: 5:20.83	58.02	400m: 6:50.05	42.96		
<b>Kategoria C</b>									
1.	Sołtyk Judyta	74	Zawodnik niezrzeszony					<b>6:01.10</b>	667
	50m: 36.15 36.15	150m: 2:05.72	46.74	250m: 3:44.24	52.24	350m: 5:20.39	42.46		
	100m: 1:18.98 42.83	200m: 2:52.00	46.28	300m: 4:37.93	53.69	400m: 6:01.10	40.71		
2.	Sirenko Romana	76	Masters SC Euro Lviv					<b>6:42.93</b>	480
	50m: 44.00 44.00	150m: 2:28.76	49.48	250m: 4:13.67	55.54	350m: 5:56.91	47.41		
	100m: 1:39.28 55.28	200m: 3:18.13	49.37	300m: 5:09.50	55.83	400m: 6:42.93	46.02		
<b>Kategoria E</b>									
1.	Puchalska Joanna	64	Sopot Masters					<b>5:48.31</b>	831
	50m: 37.17 37.17	150m: 2:05.53	46.88	250m: 3:39.41	48.33	350m: 5:09.33	41.42		
	100m: 1:18.65 41.48	200m: 2:51.08	45.55	300m: 4:27.91	48.50	400m: 5:48.31	38.98		
2.	Go dziejewska Anna	67	AZS UWM Masters Olsztyn					<b>6:36.88</b>	562
	50m: 47.01 47.01	150m: 2:30.37	50.32	250m: 4:12.13	53.31	350m: 5:52.13	45.46		
	100m: 1:40.05 53.04	200m: 3:18.82	48.45	300m: 5:06.67	54.54	400m: 6:36.88	44.75		
3.	Sikorska Małgorzata	66	Astoria Bydgoszcz					<b>6:42.90</b>	537
	50m: 45.23 45.23	150m: 2:27.39	49.75	250m: 4:16.01	58.53	350m: 5:59.63	44.97		
	100m: 1:37.64 52.41	200m: 3:17.48	50.09	300m: 5:14.66	58.65	400m: 6:42.90	43.27		
<b>Kategoria F</b>									
1.	Szała Ewa	59	KP Koziegłowy					<b>6:44.73</b>	571
	50m: 44.71 44.71	150m: 2:28.37	50.78	250m: 4:15.39	56.55	350m: 5:59.24	46.48		
	100m: 1:37.59 52.88	200m: 3:18.84	50.47	300m: 5:12.76	57.37	400m: 6:44.73	45.49		



Mistrzostwa Polski w Pływaniu Masters  
Kraków, 15/ - 17/11/2013



Konkurencja 30, Kobiet, 400m zmienny, Kategoria F

Pozycja			Rok ur.					Czas	Pkt.
2.	Pola czyk Renata		59	Gdynia Masters				<b>8:01.16</b>	340
	50m:	52.59 52.59	150m:	2:52.43 55.51	250m:	5:01.05 1:15.29	350m:	7:11.44 53.96	
	100m:	1:56.92 1:04.33	200m:	3:45.76 53.33	300m:	6:17.48 1:16.43	400m:	8:01.16 49.72	
3.	Kara Beata		62	Victory Masters Elbl g				<b>8:26.88</b>	291
	50m:	54.41 54.41	150m:	3:05.76 1:07.65	250m:	5:24.58 1:14.63	350m:	7:34.79 53.77	
	100m:	1:58.11 1:03.70	200m:	4:09.95 1:04.19	300m:	6:41.02 1:16.44	400m:	8:26.88 52.09	

Kategoria G

1.	Legutko Mirosława		57	Masters Korona Kraków				<b>7:47.03</b>	496
	50m:	52.57 52.57	150m:	2:53.44 58.06	250m:	4:58.23 1:05.49	350m:	6:55.47 53.11	
	100m:	1:55.38 1:02.81	200m:	3:52.74 59.30	300m:	6:02.36 1:04.13	400m:	7:47.03 51.56	
2.	Benova Dana		56	Spolchemie Usti n/L				<b>10:49.43</b>	184
	50m:	1:26.97 1:26.97	150m:	4:45.32 1:21.75	250m:	7:15.49 1:14.07	350m:	9:41.92 1:10.95	
	100m:	3:23.57 1:56.60	200m:	6:01.42 1:16.10	300m:	8:30.97 1:15.48	400m:	10:49.43 1:07.51	