



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



Konkurencja 39
17/11/2013 - 11:53

Kobiet, 400m dowolny

20 - 94 lat
Wyniki

Punkty: DSV Masters 13

Pozycja			Rok ur.						Czas	Pkt.
Kategoria 0										
1.	Drab Magdalena		92	CM UJ Masters Kraków					4:48.24	722
	50m: 30.67	30.67	150m: 1:41.38	36.14	250m: 2:56.41	37.77	350m: 4:12.30	37.76		
	100m: 1:05.24	34.57	200m: 2:18.64	37.26	300m: 3:34.54	38.13	400m: 4:48.24	35.94		
2.	Zadro na Karolina		92	Masters Korona Kraków					5:00.91	634
	50m: 34.01	34.01	150m: 1:49.93	38.46	250m: 3:07.04	38.48	350m: 4:24.49	38.75		
	100m: 1:11.47	37.46	200m: 2:28.56	38.63	300m: 3:45.74	38.70	400m: 5:00.91	36.42		
3.	Krysiak Olga		91	Zawodnik niezrzeszony					5:13.71	560
	50m: 34.50	34.50	150m: 1:52.65	39.84	250m: 3:14.34	41.20	350m: 4:34.72	39.95		
	100m: 1:12.81	38.31	200m: 2:33.14	40.49	300m: 3:54.77	40.43	400m: 5:13.71	38.99		
4.	Jamrozik Aleksandra		91	Masters Korona Kraków					5:13.89	559
	50m: 35.75	35.75	150m: 1:54.58	39.74	250m: 3:14.82	40.49	350m: 4:35.72	40.27		
	100m: 1:14.84	39.09	200m: 2:34.33	39.75	300m: 3:55.45	40.63	400m: 5:13.89	38.17		
5.	Kieszek Joanna		91	Masters Korona Kraków					5:33.06	468
	50m: 35.96	35.96	150m: 1:56.64	41.00	250m: 3:21.88	43.34	350m: 4:49.28	43.97		
	100m: 1:15.64	39.68	200m: 2:38.54	41.90	300m: 4:05.31	43.43	400m: 5:33.06	43.78		
6.	Michałowska Katarzyna		91	Zawodnik niezrzeszony					5:47.32	412
	50m: 38.33	38.33	150m: 2:03.61	43.58	250m: 3:33.56	45.03	350m: 5:04.01	45.07		
	100m: 1:20.03	41.70	200m: 2:48.53	44.92	300m: 4:18.94	45.38	400m: 5:47.32	43.31		

Kategoria A

1.	Vachanova Lucia		87	SPK Kupele Piastany					5:07.54	660
	50m: 33.35	33.35	150m: 1:47.69	37.98	250m: 3:06.40	39.60	350m: 4:27.45	40.96		
	100m: 1:09.71	36.36	200m: 2:26.80	39.11	300m: 3:46.49	40.09	400m: 5:07.54	40.09		
2.	Mongiła Magdalena		88	Redeco Wrocław					5:15.21	613
	50m: 34.29	34.29	150m: 1:51.90	39.53	250m: 3:16.03	43.28	350m: 4:36.86	39.40		
	100m: 1:12.37	38.08	200m: 2:32.75	40.85	300m: 3:57.46	41.43	400m: 5:15.21	38.35		
3.	Gudaniec Katarzyna		88	TKKF Koszalin					5:22.75	571
	50m: 34.67	34.67	150m: 1:54.17	40.81	250m: 3:17.82	42.43	350m: 4:41.74	41.75		
	100m: 1:13.36	38.69	200m: 2:35.39	41.22	300m: 3:59.99	42.17	400m: 5:22.75	41.01		
4.	Palmowska Paulina		85	Masters Korona Kraków					5:30.00	534
	50m: 36.38	36.38	150m: 2:01.00	43.07	250m: 3:26.95	42.66	350m: 4:51.31	41.60		
	100m: 1:17.93	41.55	200m: 2:44.29	43.29	300m: 4:09.71	42.76	400m: 5:30.00	38.69		
5.	Rompała Karolina		85	Tarnowskie WOPR Masters					5:30.83	530
	50m: 35.97	35.97	150m: 1:56.42	40.99	250m: 3:22.28	43.28	350m: 4:49.34	43.53		
	100m: 1:15.43	39.46	200m: 2:39.00	42.58	300m: 4:05.81	43.53	400m: 5:30.83	41.49		
6.	Gajdus Marianna		86	Warsaw Masters Team					5:45.14	467
	50m: 38.08	38.08	150m: 2:05.44	44.32	250m: 3:35.32	44.84	350m: 5:04.28	43.98		
	100m: 1:21.12	43.04	200m: 2:50.48	45.04	300m: 4:20.30	44.98	400m: 5:45.14	40.86		
7.	Chomicz Joanna		88	KP Koziegłowy					5:48.04	455
	50m: 39.36	39.36	150m: 2:05.53	43.64	250m: 3:35.25	45.03	350m: 5:06.61	45.27		
	100m: 1:21.89	42.53	200m: 2:50.22	44.69	300m: 4:21.34	46.09	400m: 5:48.04	41.43		
8.	Grycz Urszula		85	Ursynów Masters					5:48.26	455
	50m: 38.38	38.38	150m: 2:05.31	44.01	250m: 3:35.11	45.15	350m: 5:05.44	44.76		
	100m: 1:21.30	42.92	200m: 2:49.96	44.65	300m: 4:20.68	45.57	400m: 5:48.26	42.82		
9.	Maduzia Aneta		84	KP Koziegłowy					6:11.23	375
	50m: 38.40	38.40	150m: 2:09.91	47.08	250m: 3:46.71	48.77	350m: 5:23.86	48.88		
	100m: 1:22.83	44.43	200m: 2:57.94	48.03	300m: 4:34.98	48.27	400m: 6:11.23	47.37		



Mistrzostwa Polski w Pływaniu Masters
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Konkurencja 39, Kobiety, 400m dowolny, Kategoria A

Pozycja	Rok ur.	Czas	Pkt.
10. Stanisławska Anna	87	6:32.14	318
50m: 43.57 43.57	150m: 2:23.25 51.13	250m: 4:03.61 50.18	350m: 5:43.98 49.52
100m: 1:32.12 48.55	200m: 3:13.43 50.18	300m: 4:54.46 50.85	400m: 6:32.14 48.16
11. Kara Karolina	87	7:09.18	243
50m: 49.75 49.75	150m: 3:35.61	250m: 5:25.60 54.24	350m:
100m:	200m: 4:31.36 55.75	300m: 6:19.03 53.43	400m: 7:09.18

Kategoria B

1. Michalik Dominika	79	5:03.84	729
50m: 33.79 33.79	150m: 1:48.39 37.66	250m: 3:05.49 38.68	350m: 4:24.38 39.43
100m: 1:10.73 36.94	200m: 2:26.81 38.42	300m: 3:44.95 39.46	400m: 5:03.84 39.46
2. Rompała Agata	82	5:34.50	546
50m: 36.13 36.13	150m: 1:58.73 42.54	250m: 3:26.06 43.73	350m: 4:53.35 43.55
100m: 1:16.19 40.06	200m: 2:42.33 43.60	300m: 4:09.80 43.74	400m: 5:34.50 41.15
3. Malchar Jowita	82	5:40.39	518
50m: 37.03 37.03	150m: 2:01.23 43.40	250m: 4:14.84 44.63	350m:
100m: 1:17.83 40.80	200m: 3:30.21 1:28.98	300m: 4:59.98 45.14	400m: 5:40.39
4. Mróz Edyta	79	5:42.28	510
50m: 37.83 37.83	150m: 2:03.56 43.86	250m: 3:32.13 43.97	350m: 5:00.73 44.50
100m: 1:19.70 41.87	200m: 2:48.16 44.60	300m: 4:16.23 44.10	400m: 5:42.28 41.55
5. Sikacz Hanna	79	5:48.99	481
50m: 39.77 39.77	150m: 2:07.97 44.92	250m: 3:39.77 46.16	350m: 5:09.30 44.42
100m: 1:23.05 43.28	200m: 2:53.61 45.64	300m: 4:24.88 45.11	400m: 5:48.99 39.69
6. Przybysz Aleksandra	82	6:06.02	417
50m: 40.04 40.04	150m: 2:10.39 46.39	250m: 3:44.94 47.87	350m: 5:20.56 47.61
100m: 1:24.00 43.96	200m: 2:57.07 46.68	300m: 4:32.95 48.01	400m: 6:06.02 45.46
7. Mazurkiewicz Agnieszka	82	6:14.65	389
50m: 41.58 41.58	150m: 2:14.67 46.97	250m: 3:50.20 47.97	350m: 5:27.27 48.83
100m: 1:27.70 46.12	200m: 3:02.23 47.56	300m: 4:38.44 48.24	400m: 6:14.65 47.38
8. Kasprzykowska Anna	81	8:22.05	161
50m: 55.76 55.76	150m: 3:03.99 1:04.97	250m: 5:13.39 1:04.34	350m: 7:23.25 1:05.21
100m: 1:59.02 1:03.26	200m: 4:09.05 1:05.06	300m: 6:18.04 1:04.65	400m: 8:22.05 58.80

Kategoria C

1. Maryl Marta	78	5:47.68	484
50m: 38.32 38.32	150m: 2:06.20 44.95	250m: 3:36.23 44.76	350m: 5:05.52 44.45
100m: 1:21.25 42.93	200m: 2:51.47 45.27	300m: 4:21.07 44.84	400m: 5:47.68 42.16
2. Shikina Galina	74	5:51.62	468
50m: 37.84 37.84	150m: 2:05.35 44.34	250m: 3:37.62 47.01	350m: 5:09.89 46.02
100m: 1:21.01 43.17	200m: 2:50.61 45.26	300m: 4:23.87 46.25	400m: 5:51.62 41.73
3. Jakubów Marlena	74	7:03.23	268
50m: 44.45 44.45	150m: 2:30.41 55.95	250m: 4:22.97 57.51	350m: 6:14.42 56.54
100m: 1:34.46 50.01	200m: 3:25.46 55.05	300m: 5:17.88 54.91	400m: 7:03.23 48.81

Kategoria D

1. Sulewska Beata	72	5:10.84	707
50m: 35.57 35.57	150m: 1:53.27 39.47	250m: 3:12.79 39.78	350m: 4:32.60 39.85
100m: 1:13.80 38.23	200m: 2:33.01 39.74	300m: 3:52.75 39.96	400m: 5:10.84 38.24
2. Płatek Jolanta	71	5:54.48	476
50m: 38.62 38.62	150m: 2:05.94 44.60	250m: 3:37.24 45.96	350m: 5:10.06 46.55
100m: 1:21.34 42.72	200m: 2:51.28 45.34	300m: 4:23.51 46.27	400m: 5:54.48 44.42



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Konkurencja 39, Kobiety, 400m dowolny, Kategoria D

Pozycja		Rok ur.						Czas	Pkt.
3.	Wo niak Dorota	73	ORS Opole					6:04.12	439
	50m: 38.96 38.96	150m: 2:08.24	45.55	250m: 3:43.21	47.55	350m: 5:18.23	47.73		
	100m: 1:22.69 43.73	200m: 2:55.66	47.42	300m: 4:30.50	47.29	400m: 6:04.12	45.89		
4.	Krzy anowska Ewa	72	Warsaw Masters Team					6:10.25	418
	50m: 39.15 39.15	150m: 2:10.07	46.65	250m: 3:46.86	48.60	350m:			
	100m: 1:23.42 44.27	200m: 2:58.26	48.19	300m: 5:24.44	1:37.58	400m: 6:10.25			
5.	Piechura Małgorzata	73	Niezrzeszeni.pl					7:57.93	194
	50m: 51.40 51.40	150m: 2:48.68	1:00.72	250m: 5:56.47	2:07.51	350m:			
	100m: 1:47.96 56.56	200m: 3:48.96	1:00.28	300m: 6:59.32	1:02.85	400m: 7:57.93			

Kategoria E

1.	Serbin Małgorzata	66	MKP Szczecin					5:19.84	698
	50m: 35.38 35.38	150m: 1:54.84	40.30	250m: 3:17.03	41.38	350m: 4:40.05	41.42		
	100m: 1:14.54 39.16	200m: 2:35.65	40.81	300m: 3:58.63	41.60	400m: 5:19.84	39.79		
2.	Go dziejewska Anna	67	AZS UWM Masters Olsztyn					5:44.85	557
	50m: 38.47 38.47	150m: 2:04.54	43.81	250m: 3:34.34	45.05	350m: 5:03.30	44.16		
	100m: 1:20.73 42.26	200m: 2:49.29	44.75	300m: 4:19.14	44.80	400m: 5:44.85	41.55		
3.	Kotecka Anna	65	Warta Pozna					6:16.95	426
	50m: 41.51 41.51	150m: 2:11.86	46.20	250m: 3:50.50	49.64	350m: 5:29.78	49.60		
	100m: 1:25.66 44.15	200m: 3:00.86	49.00	300m: 4:40.18	49.68	400m: 6:16.95	47.17		
4.	Cicha-Mikołajczyk Alicja	64	Ursynów Masters					8:57.57	147
	50m: 58.48 58.48	150m: 3:14.82	1:08.86	250m: 5:34.06	1:09.56	350m: 7:54.61	1:10.21		
	100m: 2:05.96 1:07.48	200m: 4:24.50	1:09.68	300m: 6:44.40	1:10.34	400m: 8:57.57	1:02.96		

Kategoria F

1.	Szała Ewa	59	KP Koziegłowy					5:56.22	519
	50m: 38.46 38.46	150m: 2:08.19	45.29	250m: 3:40.32	45.38	350m: 5:12.11	45.90		
	100m: 1:22.90 44.44	200m: 2:54.94	46.75	300m: 4:26.21	45.89	400m: 5:56.22	44.11		
2.	Macierzewska Agnieszka	60	Masters Korona Kraków					6:13.50	450
	50m: 39.04 39.04	150m: 2:12.42	48.08	250m: 3:50.00	48.80	350m: 5:28.16	48.54		
	100m: 1:24.34 45.30	200m: 3:01.20	48.78	300m: 4:39.62	49.62	400m: 6:13.50	45.34		
3.	Gudaniec Dorota	60	TKKF Koszalin					6:24.74	412
	50m: 41.33 41.33	150m: 2:16.57	49.01	250m: 3:56.82	50.40	350m: 5:36.75	49.95		
	100m: 1:27.56 46.23	200m: 3:06.42	49.85	300m: 4:46.80	49.98	400m: 6:24.74	47.99		
4.	Kicinova Anna	61	SPK Kupele Piastany					6:43.20	358
	50m: 42.82 42.82	150m: 2:22.42	51.20	250m: 4:07.36	52.77	350m: 5:52.26	52.74		
	100m: 1:31.22 48.40	200m: 3:14.59	52.17	300m: 4:59.52	52.16	400m: 6:43.20	50.94		
5.	Mysiak Katarzyna	61	Gdynia Masters					6:54.92	328
	50m: 44.65 44.65	150m: 2:26.63	52.09	250m: 4:13.63	53.91	350m:			
	100m: 1:34.54 49.89	200m: 3:19.72	53.09	300m: 5:08.22	54.59	400m: 6:54.92			
6.	Kara Beata	62	Victory Masters Elbl g					7:06.82	301
	50m: 47.51 47.51	150m: 2:35.50	54.94	250m: 4:24.60	54.96	350m: 6:14.76	54.96		
	100m: 1:40.56 53.05	200m: 3:29.64	54.14	300m: 5:19.80	55.20	400m: 7:06.82	52.06		
7.	Wepa Hanna	59	Masters Chełm					10:47.14	86
	50m: 1:09.95 1:09.95	150m: 3:55.10	1:23.28	250m: 6:40.79	1:21.98	350m: 9:25.06	1:23.26		
	100m: 2:31.82 1:21.87	200m: 5:18.81	1:23.71	300m: 8:01.80	1:21.01	400m: 10:47.14	1:22.08		

Kategoria G

1.	Legutko Mirosława	57	Masters Korona Kraków					6:57.63	456
	50m: 44.14 44.14	150m: 2:29.65	54.01	250m: 4:17.83	54.16	350m: 6:06.35	54.10		
	100m: 1:35.64 51.50	200m: 3:23.67	54.02	300m: 5:12.25	54.42	400m: 6:57.63	51.28		



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Konkurencja 39, Kobiet, 400m dowolny

Kategoria H

1. Szemberg Anna	49	Warsaw Masters Team	8:23.42	339
50m: 55.49 55.49	150m: 3:07.10 1:07.13	250m: 6:20.55 2:08.55	350m:	
100m: 1:59.97 1:04.48	200m: 4:12.00 1:04.90	300m: 7:24.06 1:03.51	400m: 8:23.42	

Kategoria I

1. Mleczko Maria	46	Masters Korona Kraków	9:52.59	210
50m: 59.54 59.54	150m: 3:23.19 1:13.93	250m: 5:51.87 1:13.39	350m: 8:29.86 1:22.82	
100m: 2:09.26 1:09.72	200m: 4:38.48 1:15.29	300m: 7:07.04 1:15.17	400m: 9:52.59 1:22.73	

Kategoria L

1. Walkowicz Urszula	32	Wodnik 29 Katowice	11:57.07	320
50m: 1:16.71 1:16.71	150m: 4:19.80 1:33.53	250m: 7:26.78 1:33.89	350m: 10:32.41 1:32.50	
100m: 2:46.27 1:29.56	200m: 5:52.89 1:33.09	300m: 8:59.91 1:33.13	400m: 11:57.07 1:24.66	