

Konkurencja 41
17/11/2019 - 11:44

Kobiet, 400m dowolny

J
Wyniki

Pozycja			Rok ur.					Czas	
1.	Gawlik Ewa		47	Gdynia Masters				7:22.28	
	50m:	48.33 48.33	150m:	2:38.66 55.78	250m:	4:31.23 56.70	350m:	6:25.96 57.77	
	100m:	1:42.88 54.55	200m:	3:34.53 55.87	300m:	5:28.19 56.96	400m:	7:22.28 56.32	
2.	Szemberg Anna		49	Warsaw Masters Team				8:53.52	
	50m:	1:00.54 1:00.54	150m:	3:15.87 1:08.11	250m:	5:30.66 1:06.89	350m:	7:49.56 1:11.29	
	100m:	2:07.76 1:07.22	200m:	4:23.77 1:07.90	300m:	6:38.27 1:07.61	400m:	8:53.52 1:03.96	

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I
Wyniki

Pozycja			Rok ur.					Czas	
1.	Łutowicz Maria		50	Olimpia Pozna				7:25.15	
	50m:	46.84 46.84	150m:	2:42.84 58.76	250m:	4:37.89 57.48	350m:	6:31.94 56.33	
	100m:	1:44.08 57.24	200m:	3:40.41 57.57	300m:	5:35.61 57.72	400m:	7:25.15 53.21	
2.	Zimna-Walendzik Ewa		51	Masters Zgierz				7:43.13	
	50m:	48.72 48.72	150m:	2:43.20 58.98	250m:	4:43.68 1:00.24	350m:	6:43.98 1:00.23	
	100m:	1:44.22 55.50	200m:	3:43.44 1:00.24	300m:	5:43.75 1:00.07	400m:	7:43.13 59.15	

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H
Wyniki

Pozycja			Rok ur.					Czas	
1.	Szała Ewa		59	Steeff Wrocław				6:04.86	
	50m:	41.05 41.05	150m:	2:13.52 45.90	250m:	3:47.48 47.03	350m:	5:20.15 46.35	
	100m:	1:27.62 46.57	200m:	3:00.45 46.93	300m:	4:33.80 46.32	400m:	6:04.86 44.71	
2.	Rupp Ewa		56	Masters Wisła Kraków				8:44.15	
	50m:	56.18 56.18	150m:	3:06.86 1:06.66	250m:	5:20.61 1:08.03	350m:	7:35.78 1:08.39	
	100m:	2:00.20 1:04.02	200m:	4:12.58 1:05.72	300m:	6:27.39 1:06.78	400m:	8:44.15 1:08.37	
3.	Beová Dana		56	Masters Ústí nad Labem				8:47.97	
	50m:	59.69 59.69	150m:	3:13.91 1:07.69	250m:	5:28.36 1:06.64	350m:	7:42.45 1:07.27	
	100m:	2:06.22 1:06.53	200m:	4:21.72 1:07.81	300m:	6:35.18 1:06.82	400m:	8:47.97 1:05.52	
4.	Sero y ska Lucyna		55	Multisport Team Toru				8:57.37	
	50m:	58.10 58.10	150m:	3:08.78 1:06.67	250m:	5:27.14 1:10.25	350m:	7:49.61 1:12.36	
	100m:	2:02.11 1:04.01	200m:	4:16.89 1:08.11	300m:	6:37.25 1:10.11	400m:	8:57.37 1:07.76	
5.	Bednarczyk Iwona		57	Masters Wisła Kraków				9:11.10	
	50m:	55.45 55.45	150m:	3:08.80 1:08.81	250m:	5:29.30 1:11.24	350m:	7:52.96 1:10.37	
	100m:	1:59.99 1:04.54	200m:	4:18.06 1:09.26	300m:	6:42.59 1:13.29	400m:	9:11.10 1:18.14	

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G
 Wyniki

Pozycja			Rok ur.					Czas				
1.	Bartosiewicz Joanna		64	Olimpia Pozna				5:29.96				
	<i>Rekord Polski Masters kategoria G</i>											
	50m:	38.43	38.43	150m:	2:02.79	42.84	250m:	3:26.48	41.82	350m:	4:49.91	40.76
	100m:	1:19.95	41.52	200m:	2:44.66	41.87	300m:	4:09.15	42.67	400m:	5:29.96	40.05
2.	Titova Irina		61	Pregel Kaliningrad				5:46.33				
	50m:	38.82	38.82	150m:	2:06.48	44.28	250m:	3:35.78	44.60	350m:	5:04.36	44.14
	100m:	1:22.20	43.38	200m:	2:51.18	44.70	300m:	4:20.22	44.44	400m:	5:46.33	41.97
3.	Macierzewska Agnieszka		60	Korona Masters Kraków				5:54.87				
	50m:	39.71	39.71	150m:	2:07.04	44.38	250m:	3:38.91	46.09	350m:	5:11.85	46.33
	100m:	1:22.66	42.95	200m:	2:52.82	45.78	300m:	4:25.52	46.61	400m:	5:54.87	43.02
4.	Orlewicz-Musiał Małgorzata		60	Korona Masters Kraków				8:24.85				
	50m:	51.81	51.81	150m:	2:59.47	1:04.83	250m:	5:09.58	1:04.88	350m:	7:21.45	1:05.85
	100m:	1:54.64	1:02.83	200m:	4:04.70	1:05.23	300m:	6:15.60	1:06.02	400m:	8:24.85	1:03.40

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F
 Wyniki

Pozycja			Rok ur.					Czas				
1.	Serbin Małgorzata		66	MKP Szczecin				5:11.65				
	50m:	35.50	35.50	150m:	1:53.34	39.17	250m:	3:12.26	39.67	350m:	4:32.38	40.05
	100m:	1:14.17	38.67	200m:	2:32.59	39.25	300m:	3:52.33	40.07	400m:	5:11.65	39.27
2.	Go dziejewska Anna		67	Aquasfera Masters Olsztyn				5:55.45				
	50m:	40.22	40.22	150m:	2:10.59	45.51	250m:	3:41.59	45.23	350m:	5:12.13	45.41
	100m:	1:25.08	44.86	200m:	2:56.36	45.77	300m:	4:26.72	45.13	400m:	5:55.45	43.32
3.	Pereyaslova Olena		68	Euro Lviv				6:14.62				
	50m:	40.29	40.29	150m:	2:15.52	48.13	250m:	3:52.59	48.45	350m:	5:29.17	47.75
	100m:	1:27.39	47.10	200m:	3:04.14	48.62	300m:	4:41.42	48.83	400m:	6:14.62	45.45
4.	Kotecka Anna		65	Warta Masters Pozna				6:23.67				
	50m:	43.38	43.38	150m:	2:15.98	47.06	250m:	3:55.77	50.19	350m:	5:35.65	49.88
	100m:	1:28.92	45.54	200m:	3:05.58	49.60	300m:	4:45.77	50.00	400m:	6:23.67	48.02
5.	Łatkowska Ewa		65	Sparta Masters Grodzisk Maz.				7:23.01				
	50m:	47.84	47.84	150m:	2:37.86	56.54	250m:	4:33.64	57.95	350m:	6:29.52	57.86
	100m:	1:41.32	53.48	200m:	3:35.69	57.83	300m:	5:31.66	58.02	400m:	7:23.01	53.49
6.	Wegen Danuta		69	Aquasfera Masters Olsztyn				8:53.42				
	50m:	56.27	56.27	150m:	3:11.24	1:09.35	250m:	5:29.89	1:09.59	350m:	7:49.49	1:08.92
	100m:	2:01.89	1:05.62	200m:	4:20.30	1:09.06	300m:	6:40.57	1:10.68	400m:	8:53.42	1:03.93

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E
 Wyniki

Pozycja			Rok ur.					Czas	
1.	Sulewska Beata		72	Weteran Zabrze				5:06.46	
	50m:	35.91 35.91	150m:	1:52.77 38.66	250m:	3:10.85 39.01	350m:	4:28.87 38.93	
	100m:	1:14.11 38.20	200m:	2:31.84 39.07	300m:	3:49.94 39.09	400m:	5:06.46 37.59	
2.	Balajcza Timea		71	Mako Warszawa				5:49.60	
	50m:	40.31 40.31	150m:	2:08.14 44.11	250m:	3:36.47 44.06	350m:	5:05.69 44.71	
	100m:	1:24.03 43.72	200m:	2:52.41 44.27	300m:	4:20.98 44.51	400m:	5:49.60 43.91	
3.	Paziewska Agnieszka		74	TKKF Masters Koszalin				5:54.53	
	50m:	36.98 36.98	150m:	2:06.42 46.14	250m:	3:39.11 46.18	350m:	5:12.25 46.44	
	100m:	1:20.28 43.30	200m:	2:52.93 46.51	300m:	4:25.81 46.70	400m:	5:54.53 42.28	
4.	Jaruga Kinga		74	Cityzen Pozna				6:01.37	
	50m:	39.52 39.52	150m:	2:09.06 45.78	250m:	3:42.72 46.85	350m:	5:17.15 47.43	
	100m:	1:23.28 43.76	200m:	2:55.87 46.81	300m:	4:29.72 47.00	400m:	6:01.37 44.22	
5.	liwa Anita		72	Multisport Team Toru				6:40.52	
	50m:	42.85 42.85	150m:	2:24.13 51.90	250m:	4:08.94 52.44	350m:	5:52.43 51.60	
	100m:	1:32.23 49.38	200m:	3:16.50 52.37	300m:	5:00.83 51.89	400m:	6:40.52 48.09	
6.	Jakubów Marlena		74	Masters Wrocław				6:40.61	
	50m:	44.17 44.17	150m:	2:23.79 50.80	250m:	4:08.10 51.88	350m:	5:52.90 52.84	
	100m:	1:32.99 48.82	200m:	3:16.22 52.43	300m:	5:00.06 51.96	400m:	6:40.61 47.71	

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D
 Wyniki

Pozycja			Rok ur.					Czas	
1.	Michalik Dominika		79	Masters Białystok				4:58.56	
	50m:	34.02 34.02	150m:	1:49.12 37.87	250m:	3:05.77 38.47	350m:	4:22.19 37.87	
	100m:	1:11.25 37.23	200m:	2:27.30 38.18	300m:	3:44.32 38.55	400m:	4:58.56 36.37	
2.	Mróz Edyta		79	Wodnik 29 Katowice				5:45.57	
	50m:	38.49 38.49	150m:	2:04.72 43.56	250m:	3:34.60 44.98	350m:	5:03.74 44.33	
	100m:	1:21.16 42.67	200m:	2:49.62 44.90	300m:	4:19.41 44.81	400m:	5:45.57 41.83	
3.	Drzewicka Joanna		76	Aquasfera Masters Olsztyn				6:30.06	
	50m:	44.13 44.13	150m:	2:19.92 48.55	250m:	4:00.86 350m:	5:41.28 49.75		
	100m:	1:31.37 47.24	200m:		300m:	4:51.53 50.67	400m:	6:30.06 48.78	
4.	Klarecka Monika		77	Masters Łódź				7:07.23	
	50m:	49.12 49.12	150m:	2:37.59 54.77	250m:	4:26.59 53.71	350m:	6:16.97 54.69	
	100m:	1:42.82 53.70	200m:	3:32.88 55.29	300m:	5:22.28 55.69	400m:	7:07.23 50.26	
5.	Głuszyk Joanna		76	Swimming Masters Team Szczecin				8:49.64	
	50m:	53.54 53.54	150m:	3:02.70 1:06.43	250m:	5:21.17 1:09.26	350m:	7:42.99 1:10.98	
	100m:	1:56.27 1:02.73	200m:	4:11.91 1:09.21	300m:	6:32.01 1:10.84	400m:	8:49.64 1:06.65	

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C
 Wyniki

Pozycja			Rok ur.					Czas		
1.	Jahnz Karolina		84	Rekin	wiebodzice			5:21.29		
	50m:	36.12 36.12	150m:	1:58.55 41.50	250m:	3:20.40 41.06	350m:	4:42.61 40.48		
	100m:	1:17.05 40.93	200m:	2:39.34 40.79	300m:	4:02.13 41.73	400m:	5:21.29 38.68		
2.	Matlak Ewa		84	Warsaw Masters Team			5:23.13			
	50m:	35.28 35.28	150m:	1:56.15 41.39	250m:	3:20.24 42.28	350m:	4:43.81 41.57		
	100m:	1:14.76 39.48	200m:	2:37.96 41.81	300m:	4:02.24 42.00	400m:	5:23.13 39.32		
3.	Zieli ska Dominika		80	Swimming Masters Team Szczecin			5:23.55			
	50m:	36.32 36.32	150m:	1:57.17 40.94	250m:	3:20.95 42.00	350m:	4:44.89 41.76		
	100m:	1:16.23 39.91	200m:	2:38.95 41.78	300m:	4:03.13 42.18	400m:	5:23.55 38.66		
4.	Bołtu Małgorzata		83	Masters Wrocław			6:05.80			
	50m:	42.78 42.78	150m:	2:14.64 46.41	250m:	3:47.85 46.63	350m:	5:21.53 46.62		
	100m:	1:28.23 45.45	200m:	3:01.22 46.58	300m:	4:34.91 47.06	400m:	6:05.80 44.27		

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B
 Wyniki

Pozycja			Rok ur.					Czas		
1.	Kvita Valentyna		88	K3 Swim Lviv			5:01.35			
	50m:	32.35 32.35	150m:	1:46.66 38.01	250m:	3:04.18 39.15	350m:	4:22.90 39.48		
	100m:	1:08.65 36.30	200m:	2:25.03 38.37	300m:	3:43.42 39.24	400m:	5:01.35 38.45		
2.	Ivicová Lucia		87	ŠPK Kúpele Pieš any			5:14.71			
	50m:	35.49 35.49	150m:	1:52.45 39.23	250m:	3:12.43 40.43	350m:	4:34.63 41.07		
	100m:	1:13.22 37.73	200m:	2:32.00 39.55	300m:	3:53.56 41.13	400m:	5:14.71 40.08		
3.	Gudaniec Katarzyna		88	TKKF Masters Koszalin			5:17.55			
	50m:	34.44 34.44	150m:	1:52.97 39.71	250m:	3:14.52 41.10	350m:	4:36.71 41.08		
	100m:	1:13.26 38.82	200m:	2:33.42 40.45	300m:	3:55.63 41.11	400m:	5:17.55 40.84		
4.	Kostencka Joanna		87	Start Pozna			5:21.17			
	50m:	35.80 35.80	150m:	1:55.42 40.15	250m:	3:18.12 41.40	350m:	4:40.88 41.47		
	100m:	1:15.27 39.47	200m:	2:36.72 41.30	300m:	3:59.41 41.29	400m:	5:21.17 40.29		
5.	Zaleska Anna		88	Aquasfera Masters Olsztyn			5:22.92			
	50m:	36.39 36.39	150m:	1:56.78 40.86	250m:	3:18.34 40.56	350m:	4:36.70 37.89		
	100m:	1:15.92 39.53	200m:	2:37.78 41.00	300m:	3:58.81 40.47	400m:	5:22.92 46.22		
6.	Galica Ewa		85	Warsaw Masters Team			5:23.18			
	50m:	35.72 35.72	150m:	1:57.13 41.55	250m:	3:21.13 42.04	350m:	4:44.26 41.50		
	100m:	1:15.58 39.86	200m:	2:39.09 41.96	300m:	4:02.76 41.63	400m:	5:23.18 38.92		
7.	Lara Anna		85	Niezreszony Jelenia Góra			6:01.95			
	50m:	41.68 41.68	150m:	2:12.58 45.88	250m:	3:44.76 45.93	350m:	5:16.71 45.88		
	100m:	1:26.70 45.02	200m:	2:58.83 46.25	300m:	4:30.83 46.07	400m:	6:01.95 45.24		
8.	Adamiak Edyta		87	Swimming Masters Team Szczecin			7:07.89			
	50m:	47.35 47.35	150m:	2:35.03 54.92	250m:	4:25.41 55.19	350m:	6:16.35 55.41		
	100m:	1:40.11 52.76	200m:	3:30.22 55.19	300m:	5:20.94 55.53	400m:	7:07.89 51.54		

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A
Wyniki

Pozycja			Rok ur.					Czas	
1.	ołnowska Katarzyna		90	Legia Warszawa				4:31.78	
	50m:	31.09 31.09	150m:	1:39.13 34.42	250m:	2:48.66 34.72	350m:	3:58.37 34.76	
	100m:	1:04.71 33.62	200m:	2:13.94 34.81	300m:	3:23.61 34.95	400m:	4:31.78 33.41	
2.	Lewandowska Oriana		93	Aquadfera Masters Olsztyn				4:43.20	
	50m:	33.09 33.09	150m:	1:45.48 36.32	250m:	2:57.89 36.24	350m:	4:09.43 35.55	
	100m:	1:09.16 36.07	200m:	2:21.65 36.17	300m:	3:33.88 35.99	400m:	4:43.20 33.77	
3.	Kaczmarek Magdalena		92	LC Gorzów Wlkp.				4:49.11	
	50m:	32.58 32.58	150m:	1:45.31 37.14	250m:	3:00.18 37.49	350m:	4:13.61 36.44	
	100m:	1:08.17 35.59	200m:	2:22.69 37.38	300m:	3:37.17 36.99	400m:	4:49.11 35.50	
4.	Litwin- urad Agata		92	Litwin Triathlon Team Wrocław				4:54.68	
	50m:	32.63 32.63	150m:	1:45.16 36.61	250m:	3:01.08 38.14	350m:	4:17.26 38.15	
	100m:	1:08.55 35.92	200m:	2:22.94 37.78	300m:	3:39.11 38.03	400m:	4:54.68 37.42	
5.	Florczak Marika		90	AZS UW Warszawa				4:57.79	
	50m:	33.42 33.42	150m:	1:48.28 38.07	250m:	3:04.23 37.72	350m:	4:21.54 38.58	
	100m:	1:10.21 36.79	200m:	2:26.51 38.23	300m:	3:42.96 38.73	400m:	4:57.79 36.25	
6.	Bábiková Martina		94	Aquatics Nitra				7:09.67	
	50m:	48.67 48.67	150m:	2:38.04 55.36	250m:	4:27.65 54.64	350m:	6:17.52 55.05	
	100m:	1:42.68 54.01	200m:	3:33.01 54.97	300m:	5:22.47 54.82	400m:	7:09.67 52.15	

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Pozycja			Rok ur.					Czas	
1.	Wi niewska Natalia		97	Warta Masters Pozna				4:56.94	
	50m:	32.35 32.35	150m:	1:47.01 38.10	250m:	3:04.15 38.39	350m:	4:19.90 37.52	
	100m:	1:08.91 36.56	200m:	2:25.76 38.75	300m:	3:42.38 38.23	400m:	4:56.94 37.04	
2.	Szlachcic Wiktoria		99	CSiR MOS D browa Grn.				5:38.53	
	50m:	36.93 36.93	150m:	2:00.38 42.33	250m:	3:26.66 43.29	350m:	4:55.22 44.43	
	100m:	1:18.05 41.12	200m:	2:43.37 42.99	300m:	4:10.79 44.13	400m:	5:38.53 43.31	
3.	Troblová Pavlína		96	Plavecký klub Záb eh				5:43.55	
	50m:	37.40 37.40	150m:	2:01.85 42.96	250m:	3:30.71 44.85	350m:	5:00.86 44.69	
	100m:	1:18.89 41.49	200m:	2:45.86 44.01	300m:	4:16.17 45.46	400m:	5:43.55 42.69	