

Pływacki Łom img, Puchar Polski Masters
Łom a, 12.10.2024

Konkurencja 1
12.10.2024 - 14:45

Kobiet, 400m dowolny

20 lat i starsi
Wyniki

Punkty:

Pozycja			Rok ur.					Czas	Pkt.
30 - 34 lat									
1.	ZYGA Paulina		94	Grupa 5Styl			5:29.69		
	50m: 37.07	37.07	150m: 1:57.68	41.00	250m: 3:21.31	41.84	350m: 4:46.96	43.18	
	100m: 1:16.68	39.61	200m: 2:39.47	41.79	300m: 4:03.78	42.47	400m: 5:29.69	42.73	
2.	WIELECHOWSKA Anna		90	Uks Cityzen			5:35.87		
	50m: 35.81	35.81	150m: 1:58.44	42.14	250m: 3:24.90	43.28	350m: 4:53.98	44.31	
	100m: 1:16.30	40.49	200m: 2:41.62	43.18	300m: 4:09.67	44.77	400m: 5:35.87	41.89	
3.	TOPCZEWSKA Natalia		94	Niezrzeszony			6:07.40		
	50m: 38.83	38.83	150m: 2:08.95	45.68	250m: 3:43.78	47.96	350m: 5:20.64	48.50	
	100m: 1:23.27	44.44	200m: 2:55.82	46.87	300m: 4:32.14	48.36	400m: 6:07.40	46.76	
4.	RYDZEWSKA Julia		91	Uks Cityzen			6:14.22		
	50m: 42.87	42.87	150m: 2:16.54	47.71	250m: 3:54.51	49.76	350m: 5:31.67	47.80	
	100m: 1:28.83	45.96	200m: 3:04.75	48.21	300m: 4:43.87	49.36	400m: 6:14.22	42.55	
5.	WIK Katarzyna		92	MUKS Zgierz			6:30.96		
	50m: 40.93	40.93	150m: 2:14.40	47.56	250m: 3:54.18	50.63	350m: 5:39.07	53.17	
	100m: 1:26.84	45.91	200m: 3:03.55	49.15	300m: 4:45.90	51.72	400m: 6:30.96	51.89	
40 - 44 lat									
1.	DUSZA Agnieszka		83	Swim Club Masters			6:01.43		
	50m: 38.02	38.02	150m: 2:08.55	46.61	250m: 3:43.08	47.28	350m: 5:17.65	47.27	
	100m: 1:21.94	43.92	200m: 2:55.80	47.25	300m: 4:30.38	47.30	400m: 6:01.43	43.78	
45 - 49 lat									
1.	MICHALIK Dominika		79	Masters Białystok			5:08.38		
	50m: 36.27	36.27	150m: 1:54.19	39.19	250m: 3:12.75	39.59	350m: 4:31.49	39.53	
	100m: 1:15.00	38.73	200m: 2:33.16	38.97	300m: 3:51.96	39.21	400m: 5:08.38	36.89	
2.	SZEL GOWSKA Katarzyna		79	Niezrzeszony			5:26.18		
	50m: 36.16	36.16	150m: 1:56.90	41.40	250m: 3:19.64	41.75	350m: 4:43.93	42.07	
	100m: 1:15.50	39.34	200m: 2:37.89	40.99	300m: 4:01.86	42.22	400m: 5:26.18	42.25	
3.	KLARECKA Monika		77	MUKS Zgierz			7:03.02		
	50m: 45.93	45.93	150m: 2:31.76	54.10	250m: 4:20.86	54.57	350m: 6:11.07	55.13	
	100m: 1:37.66	51.73	200m: 3:26.29	54.53	300m: 5:15.94	55.08	400m: 7:03.02	51.95	
50 - 54 lat									
1.	WYPYCH - STASZEWSKA Izabela		70	MUKS Zgierz			6:33.57		
	50m: 41.70	41.70	150m: 2:20.21	50.31	250m: 4:01.49	50.46	350m: 5:44.23	51.84	
	100m: 1:29.90	48.20	200m: 3:11.03	50.82	300m: 4:52.39	50.90	400m: 6:33.57	49.34	
2.	JANECZKO Anna		72	KS Korona 1919 Kraków			6:59.71		
	50m: 48.42	48.42	150m: 2:34.36	53.64	250m: 4:24.21	54.64	350m: 6:09.64	52.97	
	100m: 1:40.72	52.30	200m: 3:29.57	55.21	300m: 5:16.67	52.46	400m: 6:59.71	50.07	
65 - 69 lat									
1.	SZAŁA Ewa		59	KS Warta Pozna			6:03.48		
	50m: 41.30	41.30	150m: 2:13.68	46.48	250m: 3:47.34	46.93	350m: 5:18.75	45.46	
	100m: 1:27.20	45.90	200m: 3:00.41	46.73	300m: 4:33.29	45.95	400m: 6:03.48	44.73	

Pływacki Łom imię, Puchar Polski Masters
Łom a, 12.10.2024

Konkurencja 1, Kobiet, 400m dowolny

75 - 79 lat

1. SZEMBERG Anna	49	Warsaw Masters Team	10:06.57
50m:	150m:	250m:	350m:
100m:	200m:	300m:	400m: 10:06.57