

Zimowe Otwarte Mistrzostwa Polski w Pływaniu w Kategoriach MASTERS POZNA 2021
Pozna , 11. - 12.12.2021

Konkurencja 32
2021.12.12 - 10:54

Kobiet, 400m dowolny

20 lat i starsi
Wyniki

Punkty: FINA 2021

Pozycja	Rok ur.	Czas	Pkt.
Kategoria 0			
1. ARNOWSKA Karolina	99 Fundacja HASTEN	5:21.73	384
50m: 33.55 33.55	150m: 1:50.55 39.07	250m: 3:13.72 41.88	350m: 4:40.15 43.46
100m: 1:11.48 37.93	200m: 2:31.84 41.29	300m: 3:56.69 42.97	400m: 5:21.73 41.58
Kategoria A			
1. BAKUNIAK Hanna	96 MKS „Astoria” Bydgoszcz	4:42.90	565
50m: 31.43 31.43	150m: 1:42.11 35.82	250m: 2:53.98 35.84	350m: 4:08.09 37.26
100m: 1:06.29 34.86	200m: 2:18.14 36.03	300m: 3:30.83 36.85	400m: 4:42.90 34.81
2. SASIN Dominika	94 KS AZS AWF Wrocław	4:50.36	522
50m: 30.78 30.78	150m: 1:43.30 36.70	250m: 2:58.35 37.60	350m: 4:14.12 37.60
100m: 1:06.60 35.82	200m: 2:20.75 37.45	300m: 3:36.52 38.17	400m: 4:50.36 36.24
Kategoria B			
1. GUDANIEC Katarzyna	88 Koszali skie TKKF	5:28.91	359
50m: 36.07 36.07	150m: 1:57.16 41.57	250m: 3:21.47 42.29	350m: 4:46.05 42.21
100m: 1:15.59 39.52	200m: 2:39.18 42.02	300m: 4:03.84 42.37	400m: 5:28.91 42.86
2. MIKOŁAJCZYK Lidia	87 Koszali skie TKKF	5:30.07	355
50m: 36.23 36.23	150m: 1:57.97 41.57	250m: 3:23.26 42.85	350m: 4:49.55 42.98
100m: 1:16.40 40.17	200m: 2:40.41 42.44	300m: 4:06.57 43.31	400m: 5:30.07 40.52
3. KOSTENCKA Joanna	87 START Pozna	5:31.25	352
50m: 37.64 37.64	150m: 2:00.32 42.04	250m: 3:24.84 42.55	350m: 4:49.96 42.85
100m: 1:18.28 40.64	200m: 2:42.29 41.97	300m: 4:07.11 42.27	400m: 5:31.25 41.29
4. NAWROCKA Manuela	90 Warsaw Masters Team	5:44.40	313
50m: 37.50 37.50	150m: 2:02.41 43.50	250m: 3:31.20 44.57	350m: 5:00.88 45.14
100m: 1:18.91 41.41	200m: 2:46.63 44.22	300m: 4:15.74 44.54	400m: 5:44.40 43.52
5. ADAMIAK Edyta	87 SMT Szczecin	6:49.51	186
50m: 46.04 46.04	150m: 2:29.75 52.38	250m: 4:15.10 52.45	350m: 5:59.79 52.36
100m: 1:37.37 51.33	200m: 3:22.65 52.90	300m: 5:07.43 52.33	400m: 6:49.51 49.72
Kategoria C			
1. BOŁTU Małgorzata	83 niezrzeszona	5:51.47	294
50m: 41.11 41.11	150m: 2:09.73 44.45	250m: 3:39.33 44.76	350m: 5:09.06 44.85
100m: 1:25.28 44.17	200m: 2:54.57 44.84	300m: 4:24.21 44.88	400m: 5:51.47 42.41
2. LARA Anna	85 KS JUST SWIM Jelenia Góra	6:03.89	265
50m: 38.92 38.92	150m: 2:07.78 45.59	250m: 3:41.31 46.90	350m: 5:16.86 48.00
100m: 1:22.19 43.27	200m: 2:54.41 46.63	300m: 4:28.86 47.55	400m: 6:03.89 47.03
3. BARA SKA Justyna	84 MUKS Zgierz	6:06.81	259
50m: 41.02 41.02	150m: 2:11.39 46.03	250m: 3:46.29 47.46	350m: 5:22.19 47.97
100m: 1:25.36 44.34	200m: 2:58.83 47.44	300m: 4:34.22 47.93	400m: 6:06.81 44.62
4. SZYMA SKA Katharina	85 Warsaw Masters Team	6:33.41	210
50m: 42.93 42.93	150m: 2:18.70 49.20	250m: 4:00.56 50.49	350m: 5:43.90 51.63
100m: 1:29.50 46.57	200m: 3:10.07 51.37	300m: 4:52.27 51.71	400m: 6:33.41 49.51
Kategoria D			
1. ZIELI SKA Dominika	80 SMT Szczecin	5:30.98	353
50m: 36.94 36.94	150m: 1:59.84 42.07	250m: 3:25.44 42.80	350m: 4:51.25 42.32
100m: 1:17.77 40.83	200m: 2:42.64 42.80	300m: 4:08.93 43.49	400m: 5:30.98 39.73

Zimowe Otwarte Mistrzostwa Polski w Pływaniu w Kategoriach MASTERS POZNA 2021
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Konkurencja 32, Kobiet, 400m dowolny, Kategoria D

Pozycja	Rok ur.							Czas	Pkt.
2.	MRÓZ Edyta	79	Uks Wodnik 29 Katowice					5:35.70	338
	50m: 38.54 38.54	150m: 2:03.46	43.04	250m: 3:29.66	42.99	350m: 4:54.62	42.40		
	100m: 1:20.42 41.88	200m: 2:46.67	43.21	300m: 4:12.22	42.56	400m: 5:35.70	41.08		
3.	MARKOWSKA Ewa	81	iSwim Białystok					6:46.74	190
	50m: 41.94 41.94	150m: 2:22.46	51.96	250m: 4:08.85	53.18	350m: 5:55.24	53.40		
	100m: 1:30.50 48.56	200m: 3:15.67	53.21	300m: 5:01.84	52.99	400m: 6:46.74	51.50		
4.	KLARECKA Monika	77	Masters Łód					7:00.47	172
	50m: 46.25 46.25	150m: 2:30.28	52.54	250m: 4:19.76	54.71	350m: 6:08.17	54.51		
	100m: 1:37.74 51.49	200m: 3:25.05	54.77	300m: 5:13.66	53.90	400m: 7:00.47	52.30		

Kategoria E

1.	SULEWSKA Beata	72	Weteran Zabrze					5:21.72	384
	50m: 36.48 36.48	150m: 1:56.45	40.43	250m: 3:18.85	41.25	350m: 4:41.70	41.56		
	100m: 1:16.02 39.54	200m: 2:37.60	41.15	300m: 4:00.14	41.29	400m: 5:21.72	40.02		
2.	KOWALCZYK Izabela	76	SMT Szczecin					5:49.02	301
	50m: 38.19 38.19	150m: 2:05.54	44.77	250m: 3:36.10	45.08	350m: 5:06.53	45.07		
	100m: 1:20.77 42.58	200m: 2:51.02	45.48	300m: 4:21.46	45.36	400m: 5:49.02	42.49		
3.	PAZIEWSKA Agnieszka	74	Koszali skie TKKF					6:00.40	273
	50m: 38.30 38.30	150m: 2:07.73	45.53	250m: 3:40.44	46.34	350m: 5:14.75	47.29		
	100m: 1:22.20 43.90	200m: 2:54.10	46.37	300m: 4:27.46	47.02	400m: 6:00.40	45.65		
4.	BURANDT Marta	72	Swim Club Masters I za					6:13.19	246
	50m: 38.87 38.87	150m: 2:09.17	46.05	250m: 3:44.22	47.66	350m: 5:23.61	50.02		
	100m: 1:23.12 44.25	200m: 2:56.56	47.39	300m: 4:33.59	49.37	400m: 6:13.19	49.58		
5.	JANECZKO Anna	72	Korona Kraków Masters					6:24.11	225
	50m: 43.96 43.96	150m: 2:21.09	49.64	250m: 4:00.59	49.98	350m: 5:39.15	48.02		
	100m: 1:31.45 47.49	200m: 3:10.61	49.52	300m: 4:51.13	50.54	400m: 6:24.11	44.96		

Kategoria F

1.	BALAJCZA Timea	71	Klub Sportowy Mako					5:38.29	330
	50m: 38.97 38.97	150m: 2:05.55	43.81	250m: 3:31.98	42.37	350m: 4:57.17	42.16		
	100m: 1:21.74 42.77	200m: 2:49.61	44.06	300m: 4:15.01	43.03	400m: 5:38.29	41.12		

Kategoria G

1.	SERBIN Małgorzata	66	MKP Szczecin					5:08.22	437
	<i>Czas Lepszy Od Rekordu Polski</i>								
	50m: 35.01 35.01	150m: 1:52.64	39.12	250m: 3:11.15	39.44	350m: 4:29.52	39.32		
	100m: 1:13.52 38.51	200m: 2:31.71	39.07	300m: 3:50.20	39.05	400m: 5:08.22	38.70		
2.	KOTECKA Anna	65	KS Warta Pozna					6:13.60	245
	50m: 42.20 42.20	150m: 2:16.50	47.62	250m: 3:52.25	48.08	350m: 5:27.13	47.48		
	100m: 1:28.88 46.68	200m: 3:04.17	47.67	300m: 4:39.65	47.40	400m: 6:13.60	46.47		

Kategoria H

1.	GUDANIEC Dorota	60	Koszali skie TKKF					6:37.05	204
	50m: 43.19 43.19	150m: 2:21.93	50.70	250m: 4:04.60	51.35	350m: 5:47.59	51.37		
	100m: 1:31.23 48.04	200m: 3:13.25	51.32	300m: 4:56.22	51.62	400m: 6:37.05	49.46		
2.	ZAGAŁA Joanna	59	Weteran Zabrze					6:50.00	185
	50m: 47.03 47.03	150m: 2:31.90	53.19	250m: 4:18.06	53.31	350m: 6:02.19	51.29		
	100m: 1:38.71 51.68	200m: 3:24.75	52.85	300m: 5:10.90	52.84	400m: 6:50.00	47.81		
3.	ST PIE -GIELO Joanna	61	SMT Szczecin					7:05.48	166
	50m: 47.98 47.98	150m: 2:36.32	55.05	250m: 4:25.49	54.53	350m: 6:14.32	54.41		
	100m: 1:41.27 53.29	200m: 3:30.96	54.64	300m: 5:19.91	54.42	400m: 7:05.48	51.16		

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Pozycja				Rok ur.					Czas	Pkt.		
4.	ORLEWICZ-MUSIAŁ	Małgorzata		60		Korona Kraków Masters			8:55.95	83		
	50m:	55.45	55.45	150m:	3:08.46	1:07.76	250m:	5:26.46	1:09.37	350m:	7:48.10	1:10.15
	100m:	2:00.70	1:05.25	200m:	4:17.09	1:08.63	300m:	6:37.95	1:11.49	400m:	8:55.95	1:07.85

Kategoria I

1.	SERO Y SKA	Lucyna		55		Toru Multisport Team			8:55.82	83		
	50m:	59.69	59.69	150m:	3:15.44		250m:	5:33.86	1:09.57	350m:	7:52.21	1:08.62
	100m:			200m:	4:24.29	1:08.85	300m:	6:43.59	1:09.73	400m:	8:55.82	1:03.61

Kategoria J

1.	SZEMBERG	Anna		49		Warsaw Masters Team			9:17.46	73		
	50m:	1:03.78	1:03.78	150m:	3:26.80	1:12.13	250m:	5:48.30	1:10.36	350m:	8:09.11	1:10.71
	100m:	2:14.67	1:10.89	200m:	4:37.94	1:11.14	300m:	6:58.40	1:10.10	400m:	9:17.46	1:08.35