

FAT FOX
CATERINGPatronat
Prezydenta
Miasta ZgierzaŁÓDZKA
SPECJALNA
STREFA
EKONOMICZNACHEFS CULINAR
FOODSERVICE NASZA PASJA

Puchar Polski w pływaniu MASTERS 2024

Łódź, 6. - 7.4.2024

Konkurencja 32
07.04.2024 - 10:50Kobiet, 400m dowolny
BIEG MEMORIAŁOWY20 lat i starsi
Wyniki

Punkty: FINA Master 2024

Pozycja	Rok ur.	Czas	Pkt.
Kat. 0 (20-24)			
1. HAŁADYN Kamila	04	4:40.95	736
50m: 31.52 31.52	150m: 1:41.97 35.88	250m: 2:54.83 36.66	350m: 4:07.71 36.28
100m: 1:06.09 34.57	200m: 2:18.17 36.20	300m: 3:31.43 36.60	400m: 4:40.95 33.24
Kat. A (25-29)			
1. GAJDOWSKA Agnieszka	95	4:41.30	733
50m: 30.88 30.88	150m: 1:42.71 36.41	250m: 2:56.43 37.09	350m: 4:09.85 36.57
100m: 1:06.30 35.42	200m: 2:19.34 36.63	300m: 3:33.28 36.85	400m: 4:41.30 31.45
2. KRÓL Oliwia	99	5:17.94	508
50m: 35.59 35.59	150m: 1:55.55 40.57	250m: 3:17.52 41.04	350m: 4:39.00 40.14
100m: 1:14.98 39.39	200m: 2:36.48 40.93	300m: 3:58.86 41.34	400m: 5:17.94 38.94
3. WARDZI SKA Martyna	98	5:24.69	477
50m: 36.67 36.67	150m: 2:40.06	250m: 3:21.26 41.20	350m: 4:45.42 42.12
100m: 1:17.27 40.60	200m: 2:40.06	300m: 4:03.30 42.04	400m: 5:24.69 39.27
Kat. B (30-34)			
1. ZYGA Paulina	94	5:20.09	502
50m: 36.51 36.51	150m: 1:57.45 40.98	250m: 3:18.73 40.47	350m: 4:40.83 40.84
100m: 1:16.47 39.96	200m: 2:38.26 40.81	300m: 3:59.99 41.26	400m: 5:20.09 39.26
2. KOZAK Dominika	93	5:35.56	436
50m: 36.80 36.80	150m: 1:58.99 41.46	250m: 3:25.68 43.62	350m: 4:53.30 43.67
100m: 1:17.53 40.73	200m: 2:42.06 43.07	300m: 4:09.63 43.95	400m: 5:35.56 42.26
Kat. C (35-39)			
1. MACI G Magdalena	87	5:53.91	396
50m: 39.32 39.32	150m: 2:08.23 45.26	250m: 3:40.66 46.51	350m: 5:53.91
100m: 1:22.97 43.65	200m: 2:54.15 45.92	300m: 4:26.34 45.68	400m: 5:53.91
2. SOBCZAK-PORADA Joanna	87	7:23.82	200
50m: 49.93 49.93	150m: 2:38.33 55.33	250m: 4:35.27 59.36	350m: 6:30.32 56.89
100m: 1:43.00 53.07	200m: 3:35.91 57.58	300m: 5:33.43 58.16	400m: 7:23.82 53.50
Kat. D (40-44)			
1. MAJEWSKI Michalina	84	5:02.40	648
50m: 34.05 34.05	150m: 1:49.58 38.44	250m: 3:06.67 38.81	350m: 4:24.85 38.86
100m: 1:11.14 37.09	200m: 2:27.86 38.28	300m: 3:45.99 39.32	400m: 5:02.40 37.55
2. DARGAS-MISZCZAK Monika	81	5:55.98	397
50m: 40.34 40.34	150m: 2:10.69 46.05	250m: 3:42.31 45.69	350m: 5:12.69 45.44
100m: 1:24.64 44.30	200m: 2:56.62 45.93	300m: 4:27.25 44.94	400m: 5:55.98 43.29
3. LUZNIAKOWSKA Dagmara	80	6:10.73	351
50m: 41.00 41.00	150m: 2:12.84 46.71	250m: 3:47.59 47.33	350m: 5:25.52 48.47
100m: 1:26.13 45.13	200m: 3:00.26 47.42	300m: 4:37.05 49.46	400m: 6:10.73 45.21
Kat. E (45-49)			
1. MICHALIK Dominika	79	5:05.38	652
50m: 34.51 34.51	150m: 1:49.93 38.08	250m: 3:08.46 39.29	350m: 4:27.26 39.32
100m: 1:11.85 37.34	200m: 2:29.17 39.24	300m: 3:47.94 39.48	400m: 5:05.38 38.12



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Łódź, 6. - 7.4.2024

Konkurencja 32, Kobiet, 400m dowolny, Kat. E (45-49)

Pozycja	Rok ur.	Czas	Pkt.
2. RYBAK-STARCZAK Agnieszka	75 UKS Cityzen Pozna	5:58.56	403
50m: 41.14 41.14 150m: 2:57.61 1:32.67 250m: 3:43.63 350m: 5:14.71 45.51			
100m: 1:24.94 43.80 200m: 300m: 4:29.20 45.57 400m: 5:58.56 43.85			
3. KLUSEK Maja	75 MUKS Zgierz	6:05.95	379
50m: 38.99 38.99 150m: 2:08.07 45.68 250m: 3:39.81 46.24 350m: 5:08.27 44.02			
100m: 1:22.39 43.40 200m: 2:53.57 45.50 300m: 4:24.25 44.44 400m: 6:05.95 57.68			
4. KLARECKA Monika	77 MUKS Zgierz	6:45.03	279
50m: 43.94 43.94 150m: 2:25.60 51.68 250m: 4:10.18 52.72 350m: 5:55.64 52.44			
100m: 1:33.92 49.98 200m: 3:17.46 51.86 300m: 5:03.20 53.02 400m: 6:45.03 49.39			

Kat. F (50-54)

1. SULEWSKA Beata	72 Weteran Zabrze	5:17.22	643
50m: 36.89 36.89 150m: 1:57.29 40.59 250m: 3:18.65 40.57 350m: 4:39.58 40.47			
100m: 1:16.70 39.81 200m: 2:38.08 40.79 300m: 3:59.11 40.46 400m: 5:17.22 37.64			
2. WYPYCH-STASZEWSKA Izabela	70 MUKS Zgierz	6:34.22	335
50m: 43.28 43.28 150m: 2:23.43 51.15 250m: 4:04.09 49.66 350m: 5:46.45 51.81			
100m: 1:32.28 49.00 200m: 3:14.43 51.00 300m: 4:54.64 50.55 400m: 6:34.22 47.77			

Kat. G (55-59)

1. KOTECKA Anna	65 KS Warta Pozna	6:45.96	318
50m: 45.01 45.01 150m: 2:24.84 50.82 250m: 4:08.53 52.38 350m: 5:54.62 53.31			
100m: 1:34.02 49.01 200m: 3:16.15 51.31 300m: 5:01.31 52.78 400m: 6:45.96 51.34			

Kat. H (60-64)

1. VILIMIENE Aida	62 Plaukimo Veteranu Sk Nendre	5:43.62	593
50m: 37.72 37.72 150m: 2:02.28 43.06 250m: 3:30.80 44.61 350m: 4:59.44 44.33			
100m: 1:19.22 41.50 200m: 2:46.19 43.91 300m: 4:15.11 44.31 400m: 5:43.62 44.18			
2. PUTOWSKA Małgorzata	62 UKS Cityzen Pozna	8:07.84	207
50m: 54.43 54.43 150m: 2:55.84 1:02.05 250m: 350m: 7:07.93 1:02.76			
100m: 1:53.79 59.36 200m: 3:59.02 1:03.18 300m: 6:05.17 400m: 8:07.84 59.91			

Kat. I (65-69)

1. SZAŁA Ewa	59 KS Warta Pozna	6:09.67	545
<i>Wynik Lepszy od Rekordu Polski Masters</i>			
50m: 42.24 42.24 150m: 2:15.19 46.95 250m: 3:49.82 47.08 350m: 5:23.74 46.99			
100m: 1:28.24 46.00 200m: 3:02.74 47.55 300m: 4:36.75 46.93 400m: 6:09.67 45.93			

Kat. K (75-79)

1. SZEMBERG Anna	49 Warsaw Masters Team	9:57.44	235
50m: 1:04.73 1:04.73 150m: 3:36.84 250m: 6:12.61 350m:			
100m: 200m: 300m: 7:28.70 1:16.09 400m: 9:57.44			