

Letnie Mistrzostwa Polski w Pływaniu w Kategoriach Masters
Lublin, 14. - 16.6.2024

Konkurencja 39
16.06.2024 - 10:36

Kobiet, 400m dowolny

20 - 94 lat
Wyniki

Rekord Polski Masters 80 - 84	11:11.29	WALKOWICZ Urszula	Warszawa	27.05.2012
Rekord Polski Masters 75 - 79	7:32.11	GAWLIK-BUCAR Ewa	Rome	29.08.2022
Rekord Polski Masters 70 - 74	7:12.91	BASTEK Renata	Warszawa	18.06.2017
Rekord Polski Masters 65 - 69	7:12.35	ŁUTOWICZ Maria	Szczecin	27.06.2015
Rekord Polski Masters 60 - 64	6:10.50	SZAŁA Ewa	Gliwice	02.06.2019
Rekord Polski Masters 55 - 59	5:17.95	SERBIN Małgorzata	Pozna	26.06.2021
Rekord Polski Masters 50 - 54	5:10.21	SERBIN Małgorzata	Kranj (SLO)	05.09.2018
Rekord Polski Masters 45 - 49	5:07.02	SULEWSKA Beata	Pozna	24.06.2018
Rekord Polski Masters 40 - 44	4:53.06	SERBIN Małgorzata	San Francisco (USA)	10.08.2006
Rekord Polski Masters 35 - 39	5:01.62	MICHALIK Dominika	Montreal (CAN)	09.08.2014
Rekord Polski Masters 30 - 34	5:04.51	MICHALIK Dominika	Eindhoven (NED)	01.09.2013
Rekord Polski Masters 25 - 29	4:33.90	KACZMAREK Magdalena	Budapeszt (HUN)	20.08.2017

Punkty: FINA Master 2024

Pozycja Wiek Czas Pkt.

KATEGORIA MŁ

1. MOSKALENKO Mariia	24	SMT Szczecin	6:36.41	277
50m: 41.87 41.87	150m: 2:19.28 49.60	250m: 4:02.38 52.13	350m: 5:47.51 52.72	
100m: 1:29.68 47.81	200m: 3:10.25 50.97	300m: 4:54.79 52.41	400m: 6:36.41 48.90	

KATEGORIA A

1. GAJDOWSKA Agnieszka	29	Water Squad	5:05.80	604
50m: 34.13 34.13	150m: 1:53.86 40.69	250m: 3:15.09 40.56	350m: 4:34.31 39.03	
100m: 1:13.17 39.04	200m: 2:34.53 40.67	300m: 3:55.28 40.19	400m: 5:05.80 31.49	
2. WI NIEWSKA Natalia	27	KS Warta Pozna	5:17.40	540
50m: 35.40 35.40	150m: 1:56.35 41.38	250m: 3:16.68 40.27	350m: 4:38.02 40.66	
100m: 1:14.97 39.57	200m: 2:36.41 40.06	300m: 3:57.36 40.68	400m: 5:17.40 39.38	

KATEGORIA B

1. KOWALI SKA Oriana	31	SP Masters Olsztyn	5:09.81	581
50m: 36.21 36.21	150m: 1:55.83 39.95	250m: 3:15.20 39.60	350m: 4:33.51 38.86	
100m: 1:15.88 39.67	200m: 2:35.60 39.77	300m: 3:54.65 39.45	400m: 5:09.81 36.30	
2. KOLASA Magdalena	33	Fundacja Power Swimming	5:30.49	479
50m: 36.19 36.19	150m: 1:57.88 41.54	250m: 3:23.72 43.65	350m: 4:50.54 42.83	
100m: 1:16.34 40.15	200m: 2:40.07 42.19	300m: 4:07.71 43.99	400m: 5:30.49 39.95	
3. ZYGA Paulina	30	5Styl Warszawa	5:31.28	475
50m: 37.45 37.45	150m: 2:00.02 41.94	250m: 3:24.09 41.85	350m: 4:50.22 42.97	
100m: 1:18.08 40.63	200m: 2:42.24 42.22	300m: 4:07.25 43.16	400m: 5:31.28 41.06	
4. KOZAK Dominika	31	Water Squad	5:54.83	387
50m: 38.43 38.43	150m: 2:06.73 45.31	250m: 3:41.00 47.38	350m: 5:12.45 44.96	
100m: 1:21.42 42.99	200m: 2:53.62 46.89	300m: 4:27.49 46.49	400m: 5:54.83 42.38	
5. WOJNICKA Joanna	30	MUKS Huragan Koło	6:29.87	291
50m: 45.08 45.08	150m: 2:26.17 50.64	250m: 4:07.26 50.54	350m: 5:45.59 48.55	
100m: 1:35.53 50.45	200m: 3:16.72 50.55	300m: 4:57.04 49.78	400m: 6:29.87 44.28	

KATEGORIA C

1. LARA Anna	39	Zawodnicy niezrzeszeni	6:05.33	386
50m: 40.06 40.06	150m: 2:10.51 45.98	250m: 3:44.21 47.10	350m: 5:18.88 47.24	
100m: 1:24.53 44.47	200m: 2:57.11 46.60	300m: 4:31.64 47.43	400m: 6:05.33 46.45	
2. TREFON Michalina	37	Zawodnicy niezrzeszeni	7:00.97	252
50m: 45.30 45.30	150m: 2:29.50 53.04	250m: 4:18.61 54.55	350m: 6:09.82 54.92	
100m: 1:36.46 51.16	200m: 3:24.06 54.56	300m: 5:14.90 56.29	400m: 7:00.97 51.15	



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KATEGORIA D

1. SIKORA Sabina	40	UKS "Jasie " Sucha Beskidzka	5:51.55	418
50m: 37.62 37.62	150m: 2:06.34 45.25	250m: 3:38.57 46.18	350m: 5:10.59 45.57	
100m: 1:21.09 43.47	200m: 2:52.39 46.05	300m: 4:25.02 46.45	400m: 5:51.55 40.96	

KATEGORIA E

1. MICHALIK Dominika	45	MASTERS Białystok	5:24.65	579
50m: 36.41 36.41	150m: 1:57.78 40.89	250m: 3:22.02 42.59	350m: 4:45.11 41.55	
100m: 1:16.89 40.48	200m: 2:39.43 41.65	300m: 4:03.56 41.54	400m: 5:24.65 39.54	
2. SZEL GOWSKA Katarzyna	45	Zawodnicy niezrzeszeni	5:49.65	463
50m: 37.73 37.73	150m: 2:04.33 44.21	250m: 3:34.16 45.05	350m: 5:05.49 45.73	
100m: 1:20.12 42.39	200m: 2:49.11 44.78	300m: 4:19.76 45.60	400m: 5:49.65 44.16	
3. BABICA Izabela	45	KS Warta Pozna	5:51.59	456
50m: 36.22 36.22	150m: 2:02.28 45.01	250m: 3:34.52 46.40	350m: 5:08.11 46.81	
100m: 1:17.27 41.05	200m: 2:48.12 45.84	300m: 4:21.30 46.78	400m: 5:51.59 43.48	
4. KANTOR Agnieszka	48	5Styl Warszawa	6:22.20	355
50m: 42.54 42.54	150m: 2:19.91 49.36	250m: 3:58.87 49.72	350m: 5:38.61 49.44	
100m: 1:30.55 48.01	200m: 3:09.15 49.24	300m: 4:49.17 50.30	400m: 6:22.20 43.59	
5. KLARECKA Monika	47	MUKS Zgierz	7:07.95	252
50m: 44.76 44.76	150m: 2:32.87 54.26	250m: 4:25.03 55.96	350m: 6:16.60 55.49	
100m: 1:38.61 53.85	200m: 3:29.07 56.20	300m: 5:21.11 56.08	400m: 7:07.95 51.35	

KATEGORIA F

1. YELFIMOVA Inha	51	Odesa Aqua Masters	5:22.65	658
50m: 35.72 35.72	150m: 1:57.39 41.73	250m: 3:20.28 41.28	350m: 4:43.35 41.58	
100m: 1:15.66 39.94	200m: 2:39.00 41.61	300m: 4:01.77 41.49	400m: 5:22.65 39.30	
2. SULEWSKA Beata	52	Wetern Zabrze	5:25.86	638
50m: 37.19 37.19	150m: 1:59.03 41.26	250m: 3:22.65 42.00	350m: 4:47.02 42.03	
100m: 1:17.77 40.58	200m: 2:40.65 41.62	300m: 4:04.99 42.34	400m: 5:25.86 38.84	
3. BALAJCZA Timea	53	Water Squad	5:54.12	497
50m: 40.10 40.10	150m: 2:10.20 45.02	250m: 3:39.76 44.13	350m: 5:10.20 44.97	
100m: 1:25.18 45.08	200m: 2:55.63 45.43	300m: 4:25.23 45.47	400m: 5:54.12 43.92	
4. WYPYCH-STASZEWSKA Izabela	54	MUKS Zgierz	6:39.50	346
50m: 45.81 45.81	150m: 2:30.65 52.55	250m: 4:12.11 49.90	350m: 5:54.06 50.74	
100m: 1:38.10 52.29	200m: 3:22.21 51.56	300m: 5:03.32 51.21	400m: 6:39.50 45.44	

KATEGORIA G

1. AKTSYZNA Tetiana	55	Odesa Aqua Masters	6:01.14	483
50m: 40.52 40.52	150m: 2:12.84 47.21	250m: 3:45.96 46.87	350m: 5:18.67 46.51	
100m: 1:25.63 45.11	200m: 2:59.09 46.25	300m: 4:32.16 46.20	400m: 6:01.14 42.47	
2. DAMLJANOWI -WACŁAWIK Iwona	59	SMT Szczecin	6:38.86	358
50m: 44.15 44.15	150m: 2:24.05 50.84	250m: 4:06.27 51.43	350m: 5:49.82 51.97	
100m: 1:33.21 49.06	200m: 3:14.84 50.79	300m: 4:57.85 51.58	400m: 6:38.86 49.04	
3. ŁATKOWSKA Ewa	59	5Styl Warszawa	7:23.40	261
50m: 49.56 49.56	150m: 2:42.57 57.79	250m: 4:38.69 59.54	350m: 6:31.59 56.38	
100m: 1:44.78 55.22	200m: 3:39.15 56.58	300m: 5:35.21 56.52	400m: 7:23.40 51.81	
4. SEKUŁA Joanna	55	Masters Avia widnik	10:17.98	96
50m: 1:00.62 1:00.62	150m: 3:37.18 1:18.96	250m: 6:24.74 1:22.06	350m: 9:03.42 1:19.07	
100m: 2:18.22 1:17.60	200m: 5:02.68 1:25.50	300m: 7:44.35 1:19.61	400m: 10:17.98 1:14.56	



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KATEGORIA I

1. SZAŁA Ewa	65	KS Warta Pozna	6:28.11	523							
<i>Rekord Polski Masters</i>											
50m:	42.72	42.72	150m:	2:22.19	50.38	250m:	4:02.21	49.98	350m:	5:42.13	49.80
100m:	1:31.81	49.09	200m:	3:12.23	50.04	300m:	4:52.33	50.12	400m:	6:28.11	45.98
2. ZAGAŁA Joanna	65	Wetern Zabrze	7:17.31	365							
50m:	51.14	51.14	150m:	2:45.68	57.63	250m:	4:39.60	56.03	350m:	6:27.64	52.34
100m:	1:48.05	56.91	200m:	3:43.57	57.89	300m:	5:35.30	55.70	400m:	7:17.31	49.67

KATEGORIA K

1. SZEMBERG Anna	75	Warsaw Masters Team	9:58.85	240							
50m:	1:11.03	1:11.03	150m:	3:45.19	1:18.36	250m:	6:15.40	1:14.76	350m:	8:45.91	1:15.06
100m:	2:26.83	1:15.80	200m:	5:00.64	1:15.45	300m:	7:30.85	1:15.45	400m:	9:58.85	1:12.94

