



Letnie Mistrzostwa Polski w Pływaniu w kategorii Masters  
Olsztyn, 27- - 29-6-2014

Konkurencja 37

Kobiet, 400m dowolny

20 - 94 lat

2014-06-29 - 11:13

Wyniki

Rekord Polski Masters 25 - 29	5:02.27	PIETRZAK Sandra	WODKAT	Olsztyn	2014-06-27
Rekord Polski Masters 30 - 34	5:04.51	MICHALIK Dominika		Eindhoven	2013-09-01
Rekord Polski Masters 35 - 39	5:12.82	MICHALIK Dominika		Olsztyn	2014-06-27
Rekord Polski Masters 40 - 44	4:53.06	SERBIN Małgorzata		San Francisco	2006-08-10
Rekord Polski Masters 45 - 49	5:07.09	SERBIN Małgorzata		Riccione	2012-06-16
Rekord Polski Masters 50 - 54	5:29.49	NIESPODZIANA Aleksandra		Pozna	2008-06-14
Rekord Polski Masters 55 - 59	6:02.15	SZAŁA Ewa		Olsztyn	2014-06-27
Rekord Polski Masters 60 - 64	6:39.50	GAWLIK Ewa		Cadiz	2009-09-18
Rekord Polski Masters 65 - 69	8:42.12	ZARZECZA SKA-RÓ A SKA Teresa		Gliwice	2011-06-19
Rekord Polski Masters 70 - 74	9:01.15	NICPO Krystyna		Kra nik	2011-08-20
Rekord Polski Masters 75 - 79	10:24.49	WILCZY SKA Wacława		Pozna	2004-06-20
Rekord Polski Masters 80 - 84	11:11.29	WALKOWICZ Urszula		Warszawa	2012-05-27
Rekord Polski Masters 85 - 89	20:00.00				

Punkty: FINA 2014

miejsce	klub	rok ur.	Czas	Pkt.
<b>KAT.0, 20-24 lat</b>				
1.	DRAB Magdalena	92 UJCM KRAKÓW	<b>4:48.45</b>	569
	50m: 32.10 32.10	150m: 1:45.32 37.05	250m: 3:00.36 37.83	350m: 4:14.98 36.95
	100m: 1:08.27 36.17	200m: 2:22.53 37.21	300m: 3:38.03 37.67	400m: 4:48.45 33.47
2.	CHODYNA Monika	92 AZS UWM Masters Olsztyn	<b>4:48.99</b>	566
	50m: 32.24 32.24	150m: 1:45.37 36.83	250m: 3:00.12 37.59	350m: 4:14.95 37.16
	100m: 1:08.54 36.30	200m: 2:22.53 37.16	300m: 3:37.79 37.67	400m: 4:48.99 34.04
3.	KRZY OSTANIAK Agnieszka	93 Swimming Masters Team Szczecin	<b>4:55.48</b>	530
	50m: 32.34 32.34	150m: 1:46.11 37.05	250m: 3:01.85 37.78	350m: 4:18.67 38.39
	100m: 1:09.06 36.72	200m: 2:24.07 37.96	300m: 3:40.28 38.43	400m: 4:55.48 36.81
4.	MICHAŁOWSKA Katarzyna	91 Zawodnik niezrzeszony	<b>6:13.12</b>	263
	50m: 40.70 40.70	150m: 2:13.12 47.20	250m: 3:49.74 48.38	350m: 5:27.27 48.85
	100m: 1:25.92 45.22	200m: 3:01.36 48.24	300m: 4:38.42 48.68	400m: 6:13.12 45.85

KAT.A, 25-29 lat

1.	PIETRZAK Sandra	89 UKS Wodnik 29 Katowice	<b>4:56.55</b>	524
	<i>Rekord Polski Masters</i>			
	50m: 33.49 33.49	150m: 1:46.06 36.76	250m: 3:01.35 38.06	350m: 4:18.67 39.08
	100m: 1:09.30 35.81	200m: 2:23.29 37.23	300m: 3:39.59 38.24	400m: 4:56.55 37.88
2.	STADNIK Karolina	89 KU AZS UAM Pozna	<b>5:07.11</b>	472
	50m: 32.77 32.77	150m: 1:49.39 39.03	250m: 3:08.90 39.64	350m: 4:29.50 40.19
	100m: 1:10.36 37.59	200m: 2:29.26 39.87	300m: 3:49.31 40.41	400m: 5:07.11 37.61
3.	PALMOWSKA Paulina	85 Masters Korona Kraków	<b>5:40.02</b>	347
	50m: 37.23 37.23	150m: 2:01.09 42.72	250m: 3:28.80 44.18	350m: 4:56.94 43.63
	100m: 1:18.37 41.14	200m: 2:44.62 43.53	300m: 4:13.31 44.51	400m: 5:40.02 43.08
4.	GAJDUS Marianna	86 Warsaw Masters Team	<b>5:56.53</b>	301
	50m: 40.14 40.14	150m: 2:10.41 45.95	250m: 3:42.34 45.92	350m: 5:14.09 45.91
	100m: 1:24.46 44.32	200m: 2:56.42 46.01	300m: 4:28.18 45.84	400m: 5:56.53 42.44
5.	GRYCZ Urszula	85 Ursynów Masters	<b>6:09.07</b>	272
	50m: 40.68 40.68	150m: 2:10.95 46.21	250m: 3:45.46 47.65	350m: 5:22.88 48.98
	100m: 1:24.74 44.06	200m: 2:57.81 46.86	300m: 4:33.90 48.44	400m: 6:09.07 46.19
6.	STANISŁAWSKA Anna	87 Warsaw Masters Team	<b>6:44.69</b>	206
	50m: 45.53 45.53	150m: 2:28.72 52.65	250m: 4:12.17 50.49	350m: 5:54.56 50.91
	100m: 1:36.07 50.54	200m: 3:21.68 52.96	300m: 5:03.65 51.48	400m: 6:44.69 50.13



Letnie Mistrzostwa Polski w Pływaniu w kategorii Masters  
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Konkurencja 37, Kobiety, 400m dowolny, KAT.A, 25-29 lat

miejsce	klub	rok	ur.					Czas	Pkt.
7.	DEBEVEC Sara	87		Warsaw Masters Team				<b>6:47.00</b>	202
	50m: 45.56	45.56	150m: 2:27.18	51.88	250m: 4:12.92	52.88	350m: 5:57.41	51.47	
	100m: 1:35.30	49.74	200m: 3:20.04	52.86	300m: 5:05.94	53.02	400m: 6:47.00	49.59	
8.	NYKOWSKA Agata	85		Warsaw Masters Team				<b>6:51.31</b>	196
	50m: 45.94	45.94	150m: 2:28.94	52.73	250m: 4:13.96	51.97	350m: 6:00.63	53.58	
	100m: 1:36.21	50.27	200m: 3:21.99	53.05	300m: 5:07.05	53.09	400m: 6:51.31	50.68	
9.	KARA Karolina	87		Victory Masters Elblag				<b>7:34.01</b>	146
	50m: 54.27	54.27	150m: 2:51.42	58.39	250m: 4:47.86	58.36	350m: 6:41.02	55.15	
	100m: 1:53.03	58.76	200m: 3:49.50	58.08	300m: 5:45.87	58.01	400m: 7:34.01	52.99	

KAT.B, 30-34 lat

1.	POLITO Małgorzata	83		AZS UWM Masters Olsztyn				<b>5:54.45</b>	307
	50m: 40.49	40.49	150m: 2:10.63	45.71	250m: 3:42.17	45.01	350m: 5:13.02	44.88	
	100m: 1:24.92	44.43	200m: 2:57.16	46.53	300m: 4:28.14	45.97	400m: 5:54.45	41.43	
2.	PRZYBYSZ Aleksandra	82		AZS UWM Masters Olsztyn				<b>6:03.00</b>	285
	50m: 42.43	42.43	150m: 2:15.74	46.77	250m: 3:49.45	46.97	350m: 5:21.00	45.52	
	100m: 1:28.97	46.54	200m: 3:02.48	46.74	300m: 4:35.48	46.03	400m: 6:03.00	42.00	
3.	MAZURKIEWICZ Agnieszka	82		Warsaw Masters Team				<b>6:20.42</b>	248
	50m: 43.84	43.84	150m: 2:20.05	48.61	250m: 3:57.82	48.97	350m: 5:35.65	49.05	
	100m: 1:31.44	47.60	200m: 3:08.85	48.80	300m: 4:46.60	48.78	400m: 6:20.42	44.77	

KAT.C, 35-39 lat

1.	MICHALIK Dominika	79		Masters Białystok				<b>5:06.55</b>	474
	<i>Rekord Polski Masters</i>								
	50m: 34.88	34.88	150m: 1:52.51	39.01	250m: 3:11.13	39.11	350m: 4:28.98	38.91	
	100m: 1:13.50	38.62	200m: 2:32.02	39.51	300m: 3:50.07	38.94	400m: 5:06.55	37.57	
2.	MEKSUŁA Agata	77		UKS Delfin Masters Tarnobrzeg				<b>5:50.33</b>	318
	50m: 38.14	38.14	150m: 2:08.18	45.64	250m: 3:39.57	45.63	350m: 5:09.18	44.70	
	100m: 1:22.54	44.40	200m: 2:53.94	45.76	300m: 4:24.48	44.91	400m: 5:50.33	41.15	
3.	KACZMARCZYK Beata	75		UKS Delfin Masters Tarnobrzeg				<b>6:14.67</b>	260
	50m: 42.32	42.32	150m: 2:17.90	48.24	250m: 3:54.35	47.82	350m: 5:30.76	47.69	
	100m: 1:29.66	47.34	200m: 3:06.53	48.63	300m: 4:43.07	48.72	400m: 6:14.67	43.91	
4.	SKALSKA Małgorzata	77		TS Masters Wisła Kraków				<b>7:07.30</b>	175
	50m: 48.32	48.32	150m: 2:35.77	54.92	250m: 4:26.28	55.46	350m: 6:16.12	54.26	
	100m: 1:40.85	52.53	200m: 3:30.82	55.05	300m: 5:21.86	55.58	400m: 7:07.30	51.18	

KAT.D, 40-44 lat

1.	SULEWSKA Beata	72		Weteran Zabrze				<b>5:13.93</b>	442
	50m: 35.48	35.48	150m: 1:53.96	39.61	250m: 3:14.00	40.05	350m: 4:34.98	40.49	
	100m: 1:14.35	38.87	200m: 2:33.95	39.99	300m: 3:54.49	40.49	400m: 5:13.93	38.95	
2.	VERYUKINA Olga	73		Zvezdy Rosii				<b>5:34.37</b>	365
	50m: 38.27	38.27	150m: 2:01.71	41.98	250m: 3:27.76	42.92	350m: 4:53.29	42.05	
	100m: 1:19.73	41.46	200m: 2:44.84	43.13	300m: 4:11.24	43.48	400m: 5:34.37	41.08	
3.	MACI G Monika	72		UKS Delfin Masters Tarnobrzeg				<b>6:07.06</b>	276
	50m: 39.81	39.81	150m: 2:10.50	45.82	250m: 3:43.11	46.61	350m: 5:19.31	48.18	
	100m: 1:24.68	44.87	200m: 2:56.50	46.00	300m: 4:31.13	48.02	400m: 6:07.06	47.75	



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KAT.E, 45-49 lat

1. SERBIN Małgorzata	66	Masters MKP Szczecin	<b>5:30.50</b>	378
50m: 35.58 35.58	150m: 1:57.35 41.51	250m: 3:22.61 42.80	350m: 4:49.14 43.20	
100m: 1:15.84 40.26	200m: 2:39.81 42.46	300m: 4:05.94 43.33	400m: 5:30.50 41.36	
2. GO DZIEJEWSKA Anna	67	AZS UWM Masters Olsztyn	<b>5:52.25</b>	312
50m: 40.18 40.18	150m: 2:09.42 45.18	250m: 3:39.58 44.88	350m: 5:09.11 44.74	
100m: 1:24.24 44.06	200m: 2:54.70 45.28	300m: 4:24.37 44.79	400m: 5:52.25 43.14	

KAT.F, 50-54 lat

1. IVANAUSKAITE Ramune	64	TAKAS	<b>6:08.67</b>	272
50m: 40.35 40.35	150m: 2:11.41 46.29	250m: 3:46.86 47.92	350m: 5:23.20 48.07	
100m: 1:25.12 44.77	200m: 2:58.94 47.53	300m: 4:35.13 48.27	400m: 6:08.67 45.47	
2. MYSIAK Katarzyna	61	Gdynia Masters	<b>7:02.78</b>	180
50m: 44.59 44.59	150m: 2:29.70 54.71	250m: 4:19.80 55.73	350m: 6:11.75 56.53	
100m: 1:34.99 50.40	200m: 3:24.07 54.37	300m: 5:15.22 55.42	400m: 7:02.78 51.03	
3. KARA Beata	62	Victory Masters Elbląg	<b>7:13.84</b>	167
50m: 50.73 50.73	150m: 2:40.92 55.46	250m: 4:31.92 55.19	350m: 6:22.90 55.07	
100m: 1:45.46 54.73	200m: 3:36.73 55.81	300m: 5:27.83 55.91	400m: 7:13.84 50.94	

KAT.G, 55-59 lat

1. ALESHCHENKO Natalia	57	Zvezdy Rosii	<b>6:05.73</b>	279
50m: 40.95 40.95	150m: 2:14.58 47.46	250m: 3:50.17 47.65	350m: 5:24.57 46.85	
100m: 1:27.12 46.17	200m: 3:02.52 47.94	300m: 4:37.72 47.55	400m: 6:05.73 41.16	
2. SZAŁA Ewa	59	KP Koziegłowy	<b>6:13.48</b>	262
<i>Rekord Polski Masters</i>				
50m: 42.34 42.34	150m: 2:17.01 47.64	250m: 3:53.31 48.65	350m: 5:28.89 47.34	
100m: 1:29.37 47.03	200m: 3:04.66 47.65	300m: 4:41.55 48.24	400m: 6:13.48 44.59	
3. WASILEWICZ Joanna	59	Masters Białystok	<b>7:02.16</b>	181
50m: 41.46 41.46	150m: 2:26.53 54.43	250m: 4:18.42 56.19	350m: 6:11.16 55.49	
100m: 1:32.10 50.64	200m: 3:22.23 55.70	300m: 5:15.67 57.25	400m: 7:02.16 51.00	

KAT.H, 60-64 lat

1. RAINKO Kazimiera	54	Masters Białystok	<b>7:53.31</b>	128
50m: 49.61 49.61	150m: 2:47.01 59.21	250m: 4:49.54 1:01.60	350m: 6:55.34 1:03.46	
100m: 1:47.80 58.19	200m: 3:47.94 1:00.93	300m: 5:51.88 1:02.34	400m: 7:53.31 57.97	
2. KERNER MATEUSIAK Ewa	54	Victory Masters Elbląg	<b>9:23.17</b>	76
50m: 58.74 58.74	150m: 3:21.77 1:12.36	250m: 5:48.02 1:12.72	350m: 8:13.31 1:12.65	
100m: 2:09.41 1:10.67	200m: 4:35.30 1:13.53	300m: 7:00.66 1:12.64	400m: 9:23.17 1:09.86	

KAT.I, 65-69 lat

1. SZEMBERG Anna	49	Warsaw Masters Team	<b>8:46.12</b>	93
50m: 57.69 57.69	150m: 3:13.31 1:08.02	250m: 5:28.93 1:07.60	350m: 7:42.18 1:05.86	
100m: 2:05.29 1:07.60	200m: 4:21.33 1:08.02	300m: 6:36.32 1:07.39	400m: 8:46.12 1:03.94	
2. MLECZKO Maria	46	Masters Korona Kraków	<b>10:44.56</b>	51
50m: 1:04.49 1:04.49	150m: 3:37.70 1:18.18	250m: 6:17.14 1:19.22	350m: 9:15.19 1:35.10	
100m: 2:19.52 1:15.03	200m: 4:57.92 1:20.22	300m: 7:40.09 1:22.95	400m: 10:44.56 1:29.37	



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KAT.J, 70-74 lat

1. FECICA Krystyna	43	Weteran Zabrze	<b>7:56.44</b>	126			
<i>Rekord Polski Masters</i>							
50m: 54.04	54.04	150m: 2:54.21	1:01.15	250m: 4:56.32	1:00.13	350m: 6:57.05	1:00.23
100m: 1:53.06	59.02	200m: 3:56.19	1:01.98	300m: 5:56.82	1:00.50	400m: 7:56.44	59.39

KAT.K, 75-79 lat

1. VILKIENE Aldona	38	TAKAS	<b>7:42.83</b>	137			
50m: 51.61	51.61	150m: 2:49.15	59.03	250m: 4:46.71	58.42	350m: 6:43.79	58.49
100m: 1:50.12	58.51	200m: 3:48.29	59.14	300m: 5:45.30	58.59	400m: 7:42.83	59.04