



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

Event 37 Women, 400m Freestyle 20 - 94 years
2014-06-29 - 11:13 Results

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				

Points: FINA 2014

miejsce	klub	rok	ur.	Time	Pts
KAT.0, 20-24 lat					
1.	DRAB Magdalena	92	UJCM KRAKOW	4:48.45	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	4:48.99	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.	KRZYZOSTANIAK Agnieszka	93	Swimming Masters Team Szczecin	4:55.48	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.	MICHALOWSKA Katarzyna	91	Zawodnik niezrzeszony	6:13.12	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	4:56.55	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 Poznan	5:07.11	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 Krakow	5:40.02	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	5:56.53	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	Ursynow Masters	6:09.07	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.	STANISLAWSKA Anna	87	Warsaw Masters Team	6:44.69	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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Event 37, Women, 400m Freestyle, KAT.A, 25-29 lat

miejsce	klub	rok	ur.	Time	Pts
7.	DEBEVEC Sara	87	Warsaw Masters Team	6:47.00	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	6:51.31	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.	KARAS Karolina	87	Victory Masters Elblag	7:34.01	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 Malgorzata	83	AZS UWM Masters Olsztyn	5:54.45	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	6:03.00	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	6:20.42	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 <i>Rekord Polski Masters</i>	79	Masters Bialystok	5:06.55	474
	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.	MEKSULA Agata	77	UKS Delfin Masters Tarnobrzeg	5:50.33	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	6:14.67	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 Malgorzata	77	TS Masters Wisla Krakow	7:07.30	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	5:13.93	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	5:34.37	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.	MACIAG Monika	72	UKS Delfin Masters Tarnobrzeg	6:07.06	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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Event 37, Women, 400m Freestyle

KAT.E, 45-49 lat

1. SERBIN Malgorzata	66	Masters MKP Szczecin	5:30.50	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. GOZDZIEJEWSKA Anna	67	AZS UWM Masters Olsztyn	5:52.25	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	6:08.67	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. MYSIK Katarzyna	61	Gdynia Masters	7:02.78	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. KARAS Beata	62	Victory Masters Elblag	7:13.84	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	6:05.73	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. SZALA Ewa	59	KP Koziegłowy	6:13.48	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	7:02.16	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	7:53.31	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 Elblag	9:23.17	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	8:46.12	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 Krakow	10:44.56	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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Event 37, Women, 400m Freestyle

KAT.J, 70-74 lat

1. FECICA Krystyna	43	Weteran Zabrze	7:56.44	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	7:42.83	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