



Istniejemy
dla Was od 50'lat!



Zimowe Mistrzostwa Polski w Pływaniu w kategorii Masters
Olsztyn, 21- - 23-10-2016

Konkurencja 41
2016-10-23 - 11:16

Kobiet, 400m dowolny

20 - 94 lat
Wyniki

Punkty: FINA 2016

miejsce	klub	rok ur.	Czas	Pkt.
KAT.0, 20-24 lat				
1.	GAJDOWSKA Agnieszka	95 KS Rekin wiebodzice	4:50.25	527
	50m: 31.12 31.12	150m: 1:46.29 38.28	250m: 3:02.00 37.76	350m: 4:16.93 37.28
	100m: 1:08.01 36.89	200m: 2:24.24 37.95	300m: 3:39.65 37.65	400m: 4:50.25 33.32
2.	KRZY OSTANIAK Agnieszka	93 Swimming Masters Team Szczecin	4:55.36	500
	50m: 33.40 33.40	150m: 1:46.78 37.52	250m: 3:02.81 38.10	350m: 4:18.97 37.78
	100m: 1:09.26 35.86	200m: 2:24.71 37.93	300m: 3:41.19 38.38	400m: 4:55.36 36.39
3.	KABUT Weronika	94 Zawodnik Niezrzeszony	5:32.54	350
	50m: 34.37 34.37	150m: 1:55.90 42.06	250m: 3:22.65 43.66	350m: 4:50.88 43.77
	100m: 1:13.84 39.47	200m: 2:38.99 43.09	300m: 4:07.11 44.46	400m: 5:32.54 41.66
KAT.A, 25-29 lat				
1.	ZALESKA Anna	88 AQUASFERA Masters Olsztyn	5:15.05	412
	50m: 36.95 36.95	150m: 1:56.61 39.98	250m: 3:17.51 40.28	350m: 4:38.20 40.07
	100m: 1:16.63 39.68	200m: 2:37.23 40.62	300m: 3:58.13 40.62	400m: 5:15.05 36.85
2.	KOSTENCKA Joanna	87 Start Pozna	5:17.76	402
	50m: 36.69 36.69	150m: 1:56.69 40.42	250m: 3:17.92 40.83	350m: 4:39.30 40.58
	100m: 1:16.27 39.58	200m: 2:37.09 40.40	300m: 3:58.72 40.80	400m: 5:17.76 38.46
3.	BARTNIKOWSKA Agnieszka	90 ORS Opole	5:22.02	386
	50m: 35.97 35.97	150m: 1:57.35 41.26	250m: 3:20.87 41.83	350m: 4:44.38 41.21
	100m: 1:16.09 40.12	200m: 2:39.04 41.69	300m: 4:03.17 42.30	400m: 5:22.02 37.64
4.	KARA Karolina	87 Victory Masters Elbl g	7:09.10	163
	50m: 49.81 49.81	150m: 2:39.48 55.16	250m: 4:30.19 55.31	350m: 6:18.23 53.93
	100m: 1:44.32 54.51	200m: 3:34.88 55.40	300m: 5:24.30 54.11	400m: 7:09.10 50.87
KAT.B, 30-34 lat				
1.	KACZMAREK Agnieszka	85 Legia Warszawa	5:15.09	412
	50m: 34.44 34.44	150m: 1:51.69 39.36	250m: 3:13.16 40.46	350m: 4:35.44 41.29
	100m: 1:12.33 37.89	200m: 2:32.70 41.01	300m: 3:54.15 40.99	400m: 5:15.09 39.65
2.	WALENTA Katarzyna	85 Toru Multisport Team	5:16.49	406
	50m: 37.02 37.02	150m: 1:58.59 41.52	250m: 3:20.01 40.50	350m: 4:39.07 39.11
	100m: 1:17.07 40.05	200m: 2:39.51 40.92	300m: 3:59.96 39.95	400m: 5:16.49 37.42
3.	JAHNZ Karolina	84 KS Rekin wiebodzice	5:48.29	305
	50m: 38.01 38.01	150m: 2:05.41 44.47	250m: 3:34.72 44.53	350m: 5:04.44 44.64
	100m: 1:20.94 42.93	200m: 2:50.19 44.78	300m: 4:19.80 45.08	400m: 5:48.29 43.85
4.	PRZYBYSZ Aleksandra	82 AQUASFERA Masters Olsztyn	5:49.01	303
	50m: 40.13 40.13	150m: 2:07.32 43.62	250m: 3:36.76 45.17	350m: 5:06.29 44.96
	100m: 1:23.70 43.57	200m: 2:51.59 44.27	300m: 4:21.33 44.57	400m: 5:49.01 42.72
5.	POLITO Małgorzata	83 AQUASFERA Masters Olsztyn	5:49.80	301
	50m: 40.33 40.33	150m: 2:08.81 44.37	250m: 3:38.30 44.83	350m: 5:07.24 44.47
	100m: 1:24.44 44.11	200m: 2:53.47 44.66	300m: 4:22.77 44.47	400m: 5:49.80 42.56
6.	MADUZIA Aneta	84 Start Pozna	5:52.45	294
	50m: 40.30 40.30	150m: 2:09.05 45.08	250m: 3:38.85 45.20	350m: 5:08.21 44.82
	100m: 1:23.97 43.67	200m: 2:53.65 44.60	300m: 4:23.39 44.54	400m: 5:52.45 44.24



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Zimowe Mistrzostwa Polski w Pływaniu w kategorii Masters
Olsztyn, 21 - 23-10-2016

Konkurencja 41, Kobiet, 400m dowolny, KAT.B, 30-34 lat

miejsce	klub	rok ur.					Czas	Pkt.
7.	GORODULINA VALENTINA	86	105 ELEMENT DUBNA				6:16.55	241
	50m: 40.40 40.40	150m: 2:13.67	47.66	250m: 3:51.08	48.66	350m: 5:27.82	48.25	
	100m: 1:26.01 45.61	200m: 3:02.42	48.75	300m: 4:39.57	48.49	400m: 6:16.55	48.73	

KAT.C, 35-39 lat

1.	MICHALIK Dominika	79	Masters Białystok				4:56.12	496
	50m: 34.04 34.04	150m: 1:48.39	37.66	250m: 3:04.67	38.03	350m: 4:20.73	37.73	
	100m: 1:10.73 36.69	200m: 2:26.64	38.25	300m: 3:43.00	38.33	400m: 4:56.12	35.39	
2.	ROSTKOWSKA-KACZMAREK Anna	80	Start Poznań				6:36.50	206
	50m: 44.71 44.71	150m: 2:22.83	49.84	250m: 4:57.99	1:43.98	350m:		
	100m: 1:32.99 48.28	200m: 3:14.01	51.18	300m: 5:48.04	50.05	400m: 6:36.50		
3.	EMILIA Sopoli ska	80	Swimmers St. Pływackie				6:37.29	205
	50m: 43.77 43.77	150m: 2:21.37	49.70	250m: 4:04.62	52.09	350m: 5:47.36	51.24	
	100m: 1:31.67 47.90	200m: 3:12.53	51.16	300m: 4:56.12	51.50	400m: 6:37.29	49.93	

KAT.D, 40-44 lat

1.	SULEWSKA Beata	72	Weteran Zabrze				5:01.83	469
	50m: 34.27 34.27	150m: 1:48.56	37.70	250m: 3:05.72	38.72	350m: 4:23.87	39.22	
	100m: 1:10.86 36.59	200m: 2:27.00	38.44	300m: 3:44.65	38.93	400m: 5:01.83	37.96	
2.	SOŁTYK Judyta	74	Zawodnik Niezrzeszony				5:03.46	461
	50m: 33.89 33.89	150m: 1:48.80	38.15	250m: 3:06.52	38.95	350m: 4:25.35	39.41	
	100m: 1:10.65 36.76	200m: 2:27.57	38.77	300m: 3:45.94	39.42	400m: 5:03.46	38.11	

KAT.E, 45-49 lat

1.	GO DZIEJEWSKA Anna	67	AQUASFERA Masters Olsztyn				5:47.72	306
	50m: 39.82 39.82	150m: 2:07.61	44.61	250m: 3:37.38	44.75	350m: 5:05.15	43.65	
	100m: 1:23.00 43.18	200m: 2:52.63	45.02	300m: 4:21.50	44.12	400m: 5:47.72	42.57	
2.	SZYDŁO Agata	69	Redeco Wrocław				6:59.03	175
	50m: 48.04 48.04	150m: 2:32.40	52.90	250m: 4:20.34	54.09	350m: 6:09.49	53.90	
	100m: 1:39.50 51.46	200m: 3:26.25	53.85	300m: 5:15.59	55.25	400m: 6:59.03	49.54	
3.	WEGEN Danuta	69	AQUASFERA Masters Olsztyn				8:17.33	104
	50m: 52.66 52.66	150m: 3:00.37	1:05.15	250m: 5:09.56	1:05.16	350m: 7:17.24	1:03.79	
	100m: 1:55.22 1:02.56	200m: 4:04.40	1:04.03	300m: 6:13.45	1:03.89	400m: 8:17.33	1:00.09	

KAT.F, 50-54 lat

1.	SERBIN Małgorzata	66	MKP Szczecin				5:18.53	399
	50m: 35.82 35.82	150m: 1:55.21	40.14	250m: 3:16.54	40.94	350m: 4:38.48	40.91	
	100m: 1:15.07 39.25	200m: 2:35.60	40.39	300m: 3:57.57	41.03	400m: 5:18.53	40.05	
2.	AIDA VILIMIENE	62	NENDRE KLAIPEDA				5:26.49	370
	50m: 36.48 36.48	150m: 1:57.92	41.27	250m: 3:22.02	42.16	350m: 4:45.54	42.01	
	100m: 1:16.65 40.17	200m: 2:39.86	41.94	300m: 4:03.53	41.51	400m: 5:26.49	40.95	
3.	OLSZEWSKA Edyta	64	Warsaw Masters Team				5:48.16	305
	50m: 39.62 39.62	150m: 2:09.74	45.27	250m: 3:38.13	43.08	350m: 5:06.16	44.28	
	100m: 1:24.47 44.85	200m: 2:55.05	45.31	300m: 4:21.88	43.75	400m: 5:48.16	42.00	
4.	PIWOWARCZYK El bieta	66	Masters Białystok				6:00.18	276
	50m: 38.26 38.26	150m: 2:05.82	44.72	250m: 3:38.43	46.76	350m: 5:13.97	47.75	
	100m: 1:21.10 42.84	200m: 2:51.67	45.85	300m: 4:26.22	47.79	400m: 6:00.18	46.21	



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Konkurencja 41, Kobiet, 400m dowolny, KAT.F, 50-54 lat

miejsce	klub	rok ur.						Czas	Pkt.
5.	KOTECKA Anna	65	KS Warta Pozna				6:14.37	245	
	50m: 43.15 43.15	150m: 2:13.95 45.89	250m: 3:49.28 48.01	350m: 5:26.75 48.45	400m: 6:14.37 47.62				
	100m: 1:28.06 44.91	200m: 3:01.27 47.32	300m: 4:38.30 49.02						

KAT.G, 55-59 lat

1.	MACIERZEWSKA Agnieszka	60	Masters Korona Kraków				5:59.53	277
	50m: 39.80 39.80	150m: 2:09.72 45.94	250m: 3:41.69 45.63	350m: 5:14.95 46.88	400m: 5:59.53 44.58			
	100m: 1:23.78 43.98	200m: 2:56.06 46.34	300m: 4:28.07 46.38					
2.	SZAŁA Ewa	59	Steeff Wrocław				6:03.00	269
	50m: 40.22 40.22	150m: 2:09.43 45.05	250m: 3:42.26 46.92	350m: 5:17.06 47.48	400m: 6:03.00 45.94			
	100m: 1:24.38 44.16	200m: 2:55.34 45.91	300m: 4:29.58 47.32					
3.	GUDANIEC Dorota	60	TKKF Koszalin Masters				6:34.30	210
	50m: 44.10 44.10	150m: 2:22.22 50.12	250m: 4:04.15 50.90	350m: 5:45.67 50.13	400m: 6:34.30 48.63			
	100m: 1:32.10 48.00	200m: 3:13.25 51.03	300m: 4:55.54 51.39					
4.	BUCZY SKA Elbieta	60	AQUASFERA Masters Olsztyn				6:51.73	184
	50m: 43.45 43.45	150m: 2:23.90 51.71	250m: 4:11.30 53.83	350m: 6:00.05 54.40	400m: 6:51.73 51.68			
	100m: 1:32.19 48.74	200m: 3:17.47 53.57	300m: 5:05.65 54.35					
5.	MYSIAK Katarzyna	61	Gdynia Masters				6:58.46	176
	50m: 46.69 46.69	150m: 2:33.45 53.48	250m: 4:22.64 54.49	350m: 6:00.05 54.40	400m: 6:58.46 51.68			
	100m: 1:39.97 53.28	200m: 3:28.15 54.70	300m: 5:16.80 54.16					

KAT.H, 60-64 lat

1.	KERNER-MATEUSIAK Ewa	54	Victory Masters Elbl g				10:21.91	53
	50m: 1:02.62 1:02.62	150m: 3:31.81 1:15.42	250m: 6:06.03 1:16.98	350m: 8:50.49 1:25.15	400m: 10:21.91 1:31.42			
	100m: 2:16.39 1:13.77	200m: 4:49.05 1:17.24	300m: 7:25.34 1:19.31					

KAT.I, 65-69 lat

1.	ŁUTOWICZ Maria	50	TS Olimpia Pozna				7:11.42	160
	50m: 47.39 47.39	150m: 2:42.95 57.51	250m: 4:32.96 54.65	350m: 6:22.36 54.43	400m: 7:11.42 49.06			
	100m: 1:45.44 58.05	200m: 3:38.31 55.36	300m: 5:27.93 54.97					
2.	SZEMBERG Anna	49	Warsaw Masters Team				8:18.93	103
	50m: 55.83 55.83	150m: 3:03.28 1:04.86	250m: 5:12.48 1:04.63	350m: 7:18.48 1:02.11	400m: 8:18.93 1:00.45			
	100m: 1:58.42 1:02.59	200m: 4:07.85 1:04.57	300m: 6:16.37 1:03.89					

KAT.K, 75-79 lat

1.	NICPO Krystyna	40	UKS Wodnik 29 Katowice				8:34.69	94
	50m: 54.25 54.25	150m: 3:04.51 1:06.10	250m: 5:15.88 1:06.41	350m: 7:31.05 1:08.06	400m: 8:34.69 1:03.64			
	100m: 1:58.41 1:04.16	200m: 4:09.47 1:04.96	300m: 6:22.99 1:07.11					
2.	WITKOWSKA Krystyna	40	Szczecineckie Towarzystwo Pływackie				12:35.94	29
	50m: 1:23.86 1:23.86	150m: 4:37.07 1:37.83	250m: 7:50.89 1:36.90	350m: 11:02.51 1:36.14	400m: 12:35.94 1:33.43			
	100m: 2:59.24 1:35.38	200m: 6:13.99 1:36.92	300m: 9:26.37 1:35.48					