



Konkurencja 29

Kobiet, 400m zmienny

20 lat i starsi

2022.12.17 - 18:22

Wyniki

| | | | | |
|--------------------------------|----------|---------------------|-----------------|------------|
| Rekordy Polski Masters 75 - 79 | 10:19.84 | NICPO Krystyna | Gliwice | 2015.11.14 |
| Rekordy Polski Masters 70 - 74 | 8:53.73 | FECICA Krystyna | Toru | 2017.05.21 |
| Rekordy Polski Masters 65 - 69 | 7:52.11 | BASTEK Renata | Lublin | 2008.11.15 |
| Rekordy Polski Masters 60 - 64 | 6:36.93 | SZAŁA Ewa | Toru | 2019.05.26 |
| Rekordy Polski Masters 55 - 59 | 6:08.19 | BARTOSIEWICZ Joanna | Toru | 2019.05.26 |
| Rekordy Polski Masters 50 - 54 | 5:56.61 | PUCHALSKA Joanna | Katowice | 2014.11.15 |
| Rekordy Polski Masters 45 - 49 | 5:39.97 | SULEWSKA Beata | Gliwice | 2017.11.18 |
| Rekordy Polski Masters 40 - 44 | 5:38.63 | FAJKOWSKA Daria | Gliwice | 2015.11.14 |
| Rekordy Polski Masters 35 - 39 | 5:36.98 | KACZMAREK Agnieszka | Rotterdam (NED) | 2020.01.24 |
| Rekordy Polski Masters 30 - 34 | 5:32.74 | KACZMAREK Agnieszka | Toru | 2019.05.26 |
| Rekordy Polski Masters 25 - 29 | 4:59.97 | KACZMAREK Magdalena | Gliwice | 2017.11.18 |

Punkty: DSV Masters 22

| Pozycja | Rok ur. | Czas | Pkt. |
|---|---------------------|---------------------------------------|---------------------|
| Kat. 0 | | | |
| 1. SAC Aleksandra | 99 | niezrzeszona | 6:39.21 431 |
| 50m: 44.05 44.05 | 150m: 2:26.32 50.74 | 250m: 4:13.84 57.07 | 350m: 5:56.30 45.95 |
| 100m: 1:35.58 51.53 | 200m: 3:16.77 50.45 | 300m: 5:10.35 56.51 | 400m: 6:39.21 42.91 |
| 2. OPAŁKO Dominika | 99 | niezrzeszona | 6:40.24 428 |
| 50m: 39.27 39.27 | 150m: 2:21.72 51.67 | 250m: 4:07.32 53.87 | 350m: 5:52.32 48.43 |
| 100m: 1:30.05 50.78 | 200m: 3:13.45 51.73 | 300m: 5:03.89 56.57 | 400m: 6:40.24 47.92 |
| Kat. A | | | |
| 1. WI NIEWSKA Natalia | 97 | KS Warta Pozna | 5:22.81 804 |
| 50m: 33.46 33.46 | 150m: 1:56.37 42.35 | 250m: 3:21.16 44.26 | 350m: 4:45.74 40.08 |
| 100m: 1:14.02 40.56 | 200m: 2:36.90 40.53 | 300m: 4:05.66 44.50 | 400m: 5:22.81 37.07 |
| 2. KOWALI SKA Oriana | 93 | Stowarzyszenie Pływackie Masters Olsz | 5:24.60 791 |
| 50m: 32.94 32.94 | 150m: 1:53.94 43.08 | 250m: 3:23.07 47.08 | 350m: 4:48.54 37.71 |
| 100m: 1:10.86 37.92 | 200m: 2:35.99 42.05 | 300m: 4:10.83 47.76 | 400m: 5:24.60 36.06 |
| 3. WEJNEROWSKA Klaudia | 93 | Koszali skie TKKF | 6:43.61 411 |
| 50m: 46.82 46.82 | 150m: 2:34.63 53.16 | 250m: 4:21.50 55.22 | 350m: 6:01.24 45.64 |
| 100m: 1:41.47 54.65 | 200m: 3:26.28 51.65 | 300m: 5:15.60 54.10 | 400m: 6:43.61 42.37 |
| Kat. B | | | |
| 1. KACZMAREK Magdalena | 92 | Landsberg Crew Gorzów Wlkp. | 5:26.76 763 |
| <i>Czas lepszy od Rekordu Polski danej kat. wiek.</i> | | | |
| 50m: 35.70 35.70 | 150m: 1:57.14 42.49 | 250m: 3:24.73 45.41 | 350m: 4:49.53 37.46 |
| 100m: 1:14.65 38.95 | 200m: 2:39.32 42.18 | 300m: 4:12.07 47.34 | 400m: 5:26.76 37.23 |
| 2. PIASECKA Marta | 91 | Fundacja HASTEN | 5:40.63 674 |
| 50m: 34.29 34.29 | 150m: 1:59.21 42.51 | 250m: 3:29.36 48.65 | 350m: 5:00.81 41.29 |
| 100m: 1:16.70 42.41 | 200m: 2:40.71 41.50 | 300m: 4:19.52 50.16 | 400m: 5:40.63 39.82 |
| 3. GUDANIEC Katarzyna | 88 | Koszali skie TKKF | 6:06.76 539 |
| 50m: 38.59 38.59 | 150m: 2:09.98 46.80 | 250m: 3:49.00 52.55 | 350m: 5:25.61 42.40 |
| 100m: 1:23.18 44.59 | 200m: 2:56.45 46.47 | 300m: 4:43.21 54.21 | 400m: 6:06.76 41.15 |
| 4. ZALESKA Anna | 88 | Stowarzyszenie Pływackie Masters Olsz | 6:11.47 519 |
| 50m: 38.01 38.01 | 150m: 2:12.12 49.22 | 250m: 3:53.55 52.62 | 350m: 5:28.47 42.75 |
| 100m: 1:22.90 44.89 | 200m: 3:00.93 48.81 | 300m: 4:45.72 52.17 | 400m: 6:11.47 43.00 |



Konkurencja 29, Kobiet, 400m zmienny

Kat. C

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| 1. | BOŁTU Małgorzata | 83 | niezrzeszona Wrocław | 7:05.31 | 408 |
| | 50m: 48.17 48.17 | 150m: 2:39.39 55.92 | 250m: 4:32.52 57.92 | 350m: 6:19.18 47.71 | |
| | 100m: 1:43.47 55.30 | 200m: 3:34.60 55.21 | 300m: 5:31.47 58.95 | 400m: 7:05.31 46.13 | |
| 2. | DUSZA Agnieszka | 83 | Swim Club Masters I za | 7:08.65 | 399 |
| | 50m: 48.04 48.04 | 150m: 2:41.06 54.56 | 250m: 4:31.19 57.37 | 350m: 6:20.78 50.63 | |
| | 100m: 1:46.50 58.46 | 200m: 3:33.82 52.76 | 300m: 5:30.15 58.96 | 400m: 7:08.65 47.87 | |
| 3. | LARA Anna | 85 | niezrzeszona | 7:16.73 | 377 |
| | 50m: 49.83 49.83 | 150m: 2:51.04 1:04.15 | 250m: 4:49.24 54.45 | 350m: 6:29.98 45.80 | |
| | 100m: 1:46.89 57.06 | 200m: 3:54.79 1:03.75 | 300m: 5:44.18 54.94 | 400m: 7:16.73 46.75 | |
| 4. | ADAMIAK Edyta | 87 | SMT Szczecin | 7:44.89 | 312 |
| | 50m: 51.00 51.00 | 150m: 2:54.87 1:04.96 | 250m: 6:01.49 1:00.68 | 350m: | |
| | 100m: 1:49.91 58.91 | 200m: 5:00.81 2:05.94 | 300m: 6:54.90 53.41 | 400m: 7:44.89 | |

Kat. D

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|----|---------------------|---------------------|---------------------|---------------------|-----|
| 1. | KIJANKA Izabela | 82 | Koszali skie TKKF | 6:43.04 | 492 |
| | 50m: 43.13 43.13 | 150m: 2:29.96 55.36 | 250m: 4:17.06 55.17 | 350m: 5:59.81 47.78 | |
| | 100m: 1:34.60 51.47 | 200m: 3:21.89 51.93 | 300m: 5:12.03 54.97 | 400m: 6:43.04 43.23 | |

Kat. E

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|----|-----------------------|-----------------------|-----------------------|---------------------|-----|
| 1. | WO NIAK Dorota | 73 | "Masters Zdieszowice" | 6:40.87 | 525 |
| | 50m: 44.06 44.06 | 150m: 2:24.94 50.74 | 250m: 4:12.23 57.94 | 350m: 5:57.06 46.88 | |
| | 100m: 1:34.20 50.14 | 200m: 3:14.29 49.35 | 300m: 5:10.18 57.95 | 400m: 6:40.87 43.81 | |
| 2. | JARUGA Kinga | 74 | UKS Cityzen | 7:16.26 | 407 |
| | 50m: 51.89 51.89 | 150m: 2:50.25 58.34 | 250m: 4:44.66 58.11 | 350m: 6:32.25 48.06 | |
| | 100m: 1:51.91 1:00.02 | 200m: 3:46.55 56.30 | 300m: 5:44.19 59.53 | 400m: 7:16.26 44.01 | |
| 3. | KLARECKA Monika | 77 | MUKS Zgierz | 7:48.60 | 328 |
| | 50m: 51.49 51.49 | 150m: 2:56.49 1:06.17 | 250m: 5:03.62 1:02.09 | 350m: 6:58.50 53.56 | |
| | 100m: 1:50.32 58.83 | 200m: 4:01.53 1:05.04 | 300m: 6:04.94 1:01.32 | 400m: 7:48.60 50.10 | |

Kat. H

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| 1. | GUDANIEC Dorota | 60 | Koszali skie TKKF | 7:28.22 | 615 |
| | 50m: 50.84 50.84 | 150m: 2:45.67 56.90 | 250m: 4:44.98 1:02.82 | 350m: 6:39.27 50.60 | |
| | 100m: 1:48.77 57.93 | 200m: 3:42.16 56.49 | 300m: 5:48.67 1:03.69 | 400m: 7:28.22 48.95 | |
| 2. | ORLEWICZ-MUSIAŁ Małgorzata | 60 | Korona 1919 Kraków | 9:56.65 | 261 |
| | 50m: 1:03.37 1:03.37 | 150m: 3:44.36 1:17.24 | 250m: 6:24.24 1:23.75 | 350m: 8:52.56 1:04.35 | |
| | 100m: 2:27.12 1:23.75 | 200m: 5:00.49 1:16.13 | 300m: 7:48.21 1:23.97 | 400m: 9:56.65 1:04.09 | |