



Konkurencja 39

Kobiet, 400m dowolny

20 lat i starsi

2022.12.18 - 10:20

Wyniki

Rekordy Polski Masters 85 - 89	12:28.44	WALKOWICZ Urszula	Gliwice	2017.11.19
Rekordy Polski Masters 80 - 84	11:00.11	WILCZY SKA Wacława	Szczecinek	2008.07.06
Rekordy Polski Masters 75 - 79	8:05.89	FECICA Krystyna	Tychy	2019.03.17
Rekordy Polski Masters 70 - 74	7:22.28	GAWLIK Ewa	Łódź	2019.11.17
Rekordy Polski Masters 65 - 69	6:33.42	BASTEK Renata	Chodzie	2009.01.24
Rekordy Polski Masters 60 - 64	5:58.97	SZAŁA Ewa	Toru	2019.05.25
Rekordy Polski Masters 55 - 59	5:08.22	SERBIN Małgorzata	Pozna	2021.12.12
Rekordy Polski Masters 50 - 54	5:09.72	SERBIN Małgorzata	Pozna	2018.02.24
Rekordy Polski Masters 45 - 49	4:59.65	SULEWSKA Beata	Gliwice	2017.11.18
Rekordy Polski Masters 40 - 44	4:58.56	MICHALIK Dominika	Łódź	2019.11.17
Rekordy Polski Masters 35 - 39	4:56.12	MICHALIK Dominika	Olsztyn	2016.10.23
Rekordy Polski Masters 30 - 34	4:56.90	KRAKOWIAK EI bieta	roda Wlkp.	2003.04.27
Rekordy Polski Masters 25 - 29	4:31.02	KACZMAREK Magdalena	Tychy	2017.03.25

Punkty: DSV Masters 22

Pozycja	Rok ur.	Czas	Pkt.
Kat. 0			
1. KRAUZE Alicja	01 Mal Wopr Malbork	4:50.19	692
50m: 31.56 31.56	150m: 1:43.20 36.29	250m: 2:57.62 37.19	350m: 4:13.71 38.02
100m: 1:06.91 35.35	200m: 2:20.43 37.23	300m: 3:35.69 38.07	400m: 4:50.19 36.48
2. JANECKA Zuzanna	99 niezrzeszona	5:08.52	576
50m: 34.63 34.63	150m: 1:50.64 38.23	250m: 3:09.18 39.71	350m: 4:29.51 40.38
100m: 1:12.41 37.78	200m: 2:29.47 38.83	300m: 3:49.13 39.95	400m: 5:08.52 39.01
3. SAC Aleksandra	99 niezrzeszona	5:35.10	449
50m: 37.89 37.89	150m: 2:00.81 42.22	250m: 3:26.29 42.78	350m: 4:53.38 43.64
100m: 1:18.59 40.70	200m: 2:43.51 42.70	300m: 4:09.74 43.45	400m: 5:35.10 41.72
4. MOSKALENKO Maria	00 SMT Szczecin	6:12.90	326
50m: 41.75 41.75	150m: 3:02.37 48.30	250m: 4:39.85 48.56	350m: 6:12.90 44.66
100m: 2:14.07 1:32.32	200m: 3:51.29 48.92	300m: 5:28.24 48.39	400m: 6:12.90

Kat. A

1. GAJDOWSKA Agnieszka	95 Water Squad	4:39.08	884
50m: 30.15 30.15	150m: 1:41.40 36.12	250m: 2:53.90 36.45	350m: 4:06.96 36.31
100m: 1:05.28 35.13	200m: 2:17.45 36.05	300m: 3:30.65 36.75	400m: 4:39.08 32.12
2. SASIN Dominika	94 KS AZS AWF Wrocław	4:48.14	803
50m: 31.37 31.37	150m: 1:44.30 36.85	250m: 2:58.72 37.17	350m: 4:12.96 37.00
100m: 1:07.45 36.08	200m: 2:21.55 37.25	300m: 3:35.96 37.24	400m: 4:48.14 35.18
3. KOWALI SKA Oriana	93 Stowarzyszenie Pływackie Masters Olsz	4:53.19	762
50m: 33.80 33.80	150m: 1:48.03 37.21	250m: 3:02.57 37.25	350m: 4:17.22 37.04
100m: 1:10.82 37.02	200m: 2:25.32 37.29	300m: 3:40.18 37.61	400m: 4:53.19 35.97
4. NOWAK Sonia	96 UKS TRÓJKA Cz stochowa	4:58.06	725
50m: 34.39 34.39	150m: 1:49.31 37.91	250m: 3:05.50 38.16	350m: 4:21.44 37.68
100m: 1:11.40 37.01	200m: 2:27.34 38.03	300m: 3:43.76 38.26	400m: 4:58.06 36.62
5. WRÓBEL Angelika	97 niezrzeszona	5:05.28	675
50m: 34.31 34.31	150m: 1:52.27 39.54	250m: 3:11.56 39.52	350m: 4:28.56 37.80
100m: 1:12.73 38.42	200m: 2:32.04 39.77	300m: 3:50.76 39.20	400m: 5:05.28 36.72
6. WEJNEROWSKA Klaudia	93 Koszali skie TKKF	5:57.60	420
50m: 38.77 38.77	150m: 2:10.15 46.57	250m: 3:43.77 46.69	350m: 5:15.91 46.14
100m: 1:23.58 44.81	200m: 2:57.08 46.93	300m: 4:29.77 46.00	400m: 5:57.60 41.69
7. USEWICZ Emilia	94 SMT Szczecin	6:42.58	294
50m: 45.25 45.25	150m: 2:26.35 51.51	250m: 4:13.00 53.54	350m: 5:56.30 51.19
100m: 1:34.84 49.59	200m: 3:19.46 53.11	300m: 5:05.11 52.11	400m: 6:42.58 46.28



Konkurencja 39, Kobiet, 400m dowolny

Kat. B

1.	KACZMAREK Magdalena	92	Landsberg Crew Gorzów Wlkp.	4:54.97	762			
	<i>Czas lepszy od Rekordu Polski danej kat. wiek.</i>							
	50m: 34.00	34.00	150m: 1:49.38	37.96	250m: 3:04.60	37.66	350m: 4:19.50	37.37
	100m: 1:11.42	37.42	200m: 2:26.94	37.56	300m: 3:42.13	37.53	400m: 4:54.97	35.47
2.	KRYSIAK Olga	91	Warsaw Masters Team	5:11.48	647			
	50m: 33.04	33.04	150m: 1:51.16	39.84	250m: 3:12.77	40.87	350m: 4:33.44	40.00
	100m: 1:11.32	38.28	200m: 2:31.90	40.74	300m: 3:53.44	40.67	400m: 5:11.48	38.04
3.	GUDANIEC Katarzyna	88	Koszali skie TTKF	5:23.49	578			
	50m: 34.53	34.53	150m: 1:54.02	40.64	250m: 3:17.57	42.02	350m: 4:42.57	42.63
	100m: 1:13.38	38.85	200m: 2:35.55	41.53	300m: 3:59.94	42.37	400m: 5:23.49	40.92
4.	ZALESKA Anna	88	Stowarzyszenie Pływackie Masters Olsz	5:28.21	553			
	50m: 36.88	36.88	150m: 2:00.27	41.94	250m: 3:24.75	42.37	350m: 4:49.75	42.29
	100m: 1:18.33	41.45	200m: 2:42.38	42.11	300m: 4:07.46	42.71	400m: 5:28.21	38.46
5.	PYCZEK Joanna	91	Korona 1919 Kraków	5:51.85	449			
	50m: 37.78	37.78	150m: 2:03.49	43.31	250m: 3:33.28	45.22	350m: 5:06.19	46.66
	100m: 1:20.18	42.40	200m: 2:48.06	44.57	300m: 4:19.53	46.25	400m: 5:51.85	45.66
6.	DOLI SKA Aneta	90	Water Squad	5:52.64	446			
	50m: 37.85	37.85	150m: 2:06.76	45.42	250m: 3:39.21	46.01	350m: 5:11.20	45.69
	100m: 1:21.34	43.49	200m: 2:53.20	46.44	300m: 4:25.51	46.30	400m: 5:52.64	41.44

Kat. C

1.	PALMOWSKA- LATUSZEK Paulina	85	Stowarzyszenie SIEMACHA	5:20.88	616			
	50m: 33.67	33.67	150m: 1:52.53	40.39	250m: 3:15.23	41.93	350m: 4:39.26	42.20
	100m: 1:12.14	38.47	200m: 2:33.30	40.77	300m: 3:57.06	41.83	400m: 5:20.88	41.62
2.	BOŁTU Małgorzata	83	niezrzeszona Wrocław	5:50.61	472			
	50m: 39.99	39.99	150m: 2:08.26	44.87	250m: 3:38.16	44.95	350m: 5:08.18	44.79
	100m: 1:23.39	43.40	200m: 2:53.21	44.95	300m: 4:23.39	45.23	400m: 5:50.61	42.43
3.	HEBEL Aleksandra	87	Water Squad	5:59.20	439			
	50m: 38.55	38.55	150m: 2:07.08	45.31	250m: 3:40.06	46.72	350m: 5:13.95	46.46
	100m: 1:21.77	43.22	200m: 2:53.34	46.26	300m: 4:27.49	47.43	400m: 5:59.20	45.25
4.	MADUZIA Aneta	84	START Pozna	6:01.47	431			
	50m: 42.17	42.17	150m: 2:12.30	45.24	250m: 3:44.21	45.93	350m: 5:16.13	46.32
	100m: 1:27.06	44.89	200m: 2:58.28	45.98	300m: 4:29.81	45.60	400m: 6:01.47	45.34
5.	BARA SKA. Justyna	84	MUKS Zgierz	6:10.31	401			
	50m: 39.18	39.18	150m: 2:11.70	47.34	250m: 3:47.41	48.13	350m: 5:24.49	48.38
	100m: 1:24.36	45.18	200m: 2:59.28	47.58	300m: 4:36.11	48.70	400m: 6:10.31	45.82
6.	DUSZA Agnieszka	83	Swim Club Masters I za	6:13.36	391			
	50m: 40.06	40.06	150m: 2:13.64	47.57	250m: 3:50.38	48.20	350m: 5:26.83	48.27
	100m: 1:26.07	46.01	200m: 3:02.18	48.54	300m: 4:38.56	48.18	400m: 6:13.36	46.53
7.	D BROWSKA Anna	87	Water Squad	7:02.31	270			
	50m: 47.66	47.66	150m: 2:33.89	53.92	250m: 4:23.01	54.95	350m: 6:11.31	54.04
	100m: 1:39.97	52.31	200m: 3:28.06	54.17	300m: 5:17.27	54.26	400m: 7:02.31	51.00
8.	ADAMIAK Edyta	87	SMT Szczecin	7:09.34	257			
	50m: 46.00	46.00	150m: 2:33.83	55.46	250m: 4:24.24	55.61	350m: 6:16.01	55.56
	100m: 1:38.37	52.37	200m: 3:28.63	54.80	300m: 5:20.45	56.21	400m: 7:09.34	53.33

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Kat. D

1.	MRÓZ Edyta	79	UKS Wodnik 29 Katowice	5:30.27	589
	50m: 37.42 37.42	150m: 2:01.22	42.47 250m: 3:25.73 42.06	350m: 4:49.92 42.26	
	100m: 1:18.75 41.33	200m: 2:43.67	42.45 300m: 4:07.66 41.93	400m: 5:30.27 40.35	
2.	BABICA Izabela	79	niezrzeszona	5:35.14	564
	50m: 35.04 35.04	150m: 1:58.30	43.21 250m: 3:26.42 43.87	350m: 4:53.65 43.71	
	100m: 1:15.09 40.05	200m: 2:42.55	44.25 300m: 4:09.94 43.52	400m: 5:35.14 41.49	
3.	DARGAS-MISZCZAK Monika	81	Warsaw Masters Team	5:47.97	504
	50m: 36.61 36.61	150m: 2:04.36	45.05 250m: 3:35.15 45.31	350m: 5:05.01 44.08	
	100m: 1:19.31 42.70	200m: 2:49.84	45.48 300m: 4:20.93 45.78	400m: 5:47.97 42.96	
4.	KIJANKA Izabela	82	Koszali skie TKKF	6:02.93	444
	50m: 38.73 38.73	150m: 2:10.12	46.51 250m: 3:44.16 47.12	350m: 5:17.76 47.22	
	100m: 1:23.61 44.88	200m: 2:57.04	46.92 300m: 4:30.54 46.38	400m: 6:02.93 45.17	
5.	RADOMSKA Karolina	82	Tm Barracuda Kalisz	6:11.84	413
	50m: 39.26 39.26	150m: 2:11.15	47.02 250m: 3:48.92 49.16	350m: 5:26.25 48.91	
	100m: 1:24.13 44.87	200m: 2:59.76	48.61 300m: 4:37.34 48.42	400m: 6:11.84 45.59	
6.	LUZNIAKOWSKA Dagmara	80	MUKS Zgierz	6:16.30	398
	50m: 41.77 41.77	150m: 2:16.03	47.70 250m: 3:53.65 47.67	350m: 5:31.76 48.37	
	100m: 1:28.33 46.56	200m: 3:05.98	49.95 300m: 4:43.39 49.74	400m: 6:16.30 44.54	
7.	WI NIEWSKA Katarzyna	81	MUKS Zgierz	8:59.37	135
	50m: 1:01.53 1:01.53	150m: 3:17.12	1:08.42 250m: 5:38.05 1:10.41	350m: 7:58.39 1:09.38	
	100m: 2:08.70 1:07.17	200m: 4:27.64	1:10.52 300m: 6:49.01 1:10.96	400m: 8:59.37 1:00.98	

Kat. E

1.	KLARECKA Monika	77	MUKS Zgierz	6:48.21	336
	50m: 45.13 45.13	150m: 2:27.76	52.53 250m: 4:13.71 52.91	350m: 5:58.44 51.79	
	100m: 1:35.23 50.10	200m: 3:20.80	53.04 300m: 5:06.65 52.94	400m: 6:48.21 49.77	

Kat. F

1.	SULEWSKA Beata	72	Weteran Zabrze	5:07.78	805
	<i>Czas lepszy od Rekordu Polski danej kat. wiek.</i>				
	50m: 36.12 36.12	150m: 1:53.00	38.80 250m: 3:11.30 39.47	350m: 4:30.40 39.43	
	100m: 1:14.20 38.08	200m: 2:31.83	38.83 300m: 3:50.97 39.67	400m: 5:07.78 37.38	
2.	BALAJCZA Timea	71	Water Squad	5:38.59	604
	50m: 38.61 38.61	150m: 2:04.30	43.12 250m: 3:30.46 42.49	350m: 4:56.40 42.96	
	100m: 1:21.18 42.57	200m: 2:47.97	43.67 300m: 4:13.44 42.98	400m: 5:38.59 42.19	

Kat. G

1.	SERBIN Małgorzata	66	MKP Szczecin	5:18.17	768
	50m: 36.29 36.29	150m: 1:56.33	40.25 250m: 3:16.99 40.35	350m: 4:38.57 40.90	
	100m: 1:16.08 39.79	200m: 2:36.64	40.31 300m: 3:57.67 40.68	400m: 5:18.17 39.60	
2.	ŁATKOWSKA Ewa	65	5 Styl Warszawa	7:23.25	284
	50m: 48.48 48.48	150m: 2:38.60	55.92 250m: 4:33.66 57.91	350m: 6:29.20 58.27	
	100m: 1:42.68 54.20	200m: 3:35.75	57.15 300m: 5:30.93 57.27	400m: 7:23.25 54.05	

Kat. H

1.	MACIERZEWSKA Agnieszka	60	Korona 1919 Kraków	6:10.99	615
	50m: 41.15 41.15	150m: 2:12.75	46.64 250m: 3:48.30 47.92	350m: 5:24.90 48.39	
	100m: 1:26.11 44.96	200m: 3:00.38	47.63 300m: 4:36.51 48.21	400m: 6:10.99 46.09	



Zimowe Otwarte Mistrzostwa Polski w Pływaniu w Kategoriach MASTERS POZNA 2022
Pozna , 16. - 18.12.2022

Konkurencja 39, Kobiet, 400m dowolny, Kat. H

Pozycja		Rok ur.						Czas	Pkt.
2.	GUDANIEC Dorota	60	Koszali skie TTKF					6:33.82	514
	50m: 43.12 43.12	150m: 2:22.21	50.35	250m: 4:04.05	50.92	350m: 5:45.67	50.65		
	100m: 1:31.86 48.74	200m: 3:13.13	50.92	300m: 4:55.02	50.97	400m: 6:33.82	48.15		
3.	ST PIE -GIELO Joanna	61	SMT Szczecin					7:11.16	391
	50m: 49.14 49.14	150m: 2:39.80	55.42	250m: 4:30.04	55.22	350m: 6:20.19	54.77		
	100m: 1:44.38 55.24	200m: 3:34.82	55.02	300m: 5:25.42	55.38	400m: 7:11.16	50.97		
4.	ORLEWICZ-MUSIAŁ Małgorzata	60	Korona 1919 Kraków					8:58.97	200
	50m: 56.84 56.84	150m: 3:11.48	1:08.45	250m: 5:30.97	1:09.59	350m: 7:47.26	1:08.53		
	100m: 2:03.03 1:06.19	200m: 4:21.38	1:09.90	300m: 6:38.73	1:07.76	400m: 8:58.97	1:11.71		

Kat. I

1.	RUPP Ewa	56	Iks Dss Kraków					9:01.12	276
	50m: 59.56 59.56	150m: 3:15.40	1:08.24	250m: 5:35.47	1:10.84	350m: 7:53.66	1:08.51		
	100m: 2:07.16 1:07.60	200m: 4:24.63	1:09.23	300m: 6:45.15	1:09.68	400m: 9:01.12	1:07.46		

Kat. J

1.	SZEMBERG Anna	49	Warsaw Masters Team					8:55.58	356
	50m: 1:03.22 1:03.22	150m: 3:21.62	1:09.00	250m: 5:37.75	1:07.69	350m: 7:51.89	1:07.48		
	100m: 2:12.62 1:09.40	200m: 4:30.06	1:08.44	300m: 6:44.41	1:06.66	400m: 8:55.58	1:03.69		
2.	YLI SKA Teresa	50	Weteran Zabrze					9:23.33	306
	50m: 1:00.82 1:00.82	150m: 3:24.87	1:13.53	250m: 5:49.46	1:12.31	350m: 8:12.15	1:11.20		
	100m: 2:11.34 1:10.52	200m: 4:37.15	1:12.28	300m: 7:00.95	1:11.49	400m: 9:23.33	1:11.18		

Kat. K

1.	LIPPA Maria	46	Rydułtowska Akademia Aktywnego Se					13:07.30	140
	50m: 1:29.14 1:29.14	150m: 4:47.99	1:39.49	250m: 8:09.92	1:43.50	350m: 11:29.57	1:39.13		
	100m: 3:08.50 1:39.36	200m: 6:26.42	1:38.43	300m: 9:50.44	1:40.52	400m: 13:07.30	1:37.73		