

LETNIE OTWARTE MISTRZOSTWA POLSKI W PŁYWANIU W KATEGORIACH MASTERS  
Warszawa, 2. - 4.6.2023

Konkurencja 39 Kobiet, 400m dowolny 20 lat i starsi  
04.06.2023 - 10:40 Wyniki

Rekordy Polski Masters 80 - 84	11:11.29	Walkowicz Urszula	Warszawa	27.05.2012
Rekordy Polski Masters 75 - 79	7:32.11	Gawlik-Bucar Ewa	Rome	29.08.2022
Rekordy Polski Masters 70 - 74	7:12.91	Bastek Renata	Warszawa	18.06.2017
Rekordy Polski Masters 65 - 69	7:12.35	Łutowicz Maria	Szczecin	27.06.2015
Rekordy Polski Masters 60 - 64	6:10.50	Szała Ewa	Gliwice	02.06.2019
Rekordy Polski Masters 55 - 59	5:17.95	Serbin Małgorzata	Pozna	26.06.2021
Rekordy Polski Masters 50 - 54	5:10.21	Serbin Małgorzata	Kranj (SLO)	05.09.2018
Rekordy Polski Masters 45 - 49	5:07.02	Sulewska Beata	Pozna	24.06.2018
Rekordy Polski Masters 40 - 44	4:53.06	Serbin Małgorzata	San Francisco (USA)	10.08.2006
Rekordy Polski Masters 35 - 39	5:01.62	Michalik Dominika	Montreal (CAN)	09.08.2014
Rekordy Polski Masters 30 - 34	5:04.51	Michalik Dominika	Eindhoven (NED)	01.09.2013
Rekordy Polski Masters 25 - 29	4:33.90	Kaczmarek Magdalena	Budapeszt (HUN)	20.08.2017

Punkty: FINA Master 2023

Pozycja Rok ur. Czas Pkt.

"0" 20-24 lat

1. Borys Anna	00	St. Pływ. Sebastiana Karasia	<b>5:06.81</b>	
50m: 34.53 34.53	150m: 1:52.11 39.16	250m: 3:09.77 38.69	350m: 4:28.18 39.25	
100m: 1:12.95 38.42	200m: 2:31.08 38.97	300m: 3:48.93 39.16	400m: 5:06.81 38.63	
2. Jankowski Rachel	99	SMT Szczecin	<b>6:04.08</b>	
50m: 39.86 39.86	150m: 2:10.62 46.16	250m: 3:45.37 47.48	350m: 5:18.97 46.22	
100m: 1:24.46 44.60	200m: 2:57.89 47.27	300m: 4:32.75 47.38	400m: 6:04.08 45.11	
3. Moskalenko Maria	00	SMT Szczecin	<b>6:10.41</b>	
50m: 40.89 40.89	150m: 2:12.84 46.91	250m: 3:47.63 47.63	350m: 5:25.42 49.34	
100m: 1:25.93 45.04	200m: 3:00.00 47.16	300m: 4:36.08 48.45	400m: 6:10.41 44.99	

"A" 25-29 lat

1. Gajdowska Agnieszka	95	WATER SQUAD Warszawa	<b>4:52.43</b>	691
50m: 30.79 30.79	150m: 1:44.50 37.96	250m: 3:01.69 38.62	350m: 4:18.94 38.41	
100m: 1:06.54 35.75	200m: 2:23.07 38.57	300m: 3:40.53 38.84	400m: 4:52.43 33.49	
2. Nowak Sonia	96	TRÓJKA Cz stochowa	<b>5:12.20</b>	568
50m: 37.52 37.52	150m: 1:56.93 39.82	250m: 3:15.65 39.33	350m: 4:34.38 39.40	
100m: 1:17.11 39.59	200m: 2:36.32 39.39	300m: 3:54.98 39.33	400m: 5:12.20 37.82	
3. Wi niewska Natalia	97	WARTA Pozna	<b>5:14.01</b>	558
50m: 34.87 34.87	150m: 1:54.58 40.19	250m: 3:14.85 39.97	350m: 4:35.22 40.04	
100m: 1:14.39 39.52	200m: 2:34.88 40.30	300m: 3:55.18 40.33	400m: 5:14.01 38.79	
4. Usewicz Emilia	94	SMT Szczecin	<b>6:25.19</b>	302
50m: 41.34 41.34	150m: 2:15.02 48.05	250m: 3:55.02 50.37	350m: 5:25.42 49.34	
100m: 1:26.97 45.63	200m: 3:04.65 49.63	300m: 4:45.50 50.48	400m: 6:25.19 37.82	

"B" 30-34 lat

1. Kaczmarek Magdalena	92	LANDSBERG CREW Gorzów Wlkp.	<b>5:07.11</b>	597
50m: 34.77 34.77	150m: 1:53.56 39.44	250m: 3:11.60 38.67	350m: 4:30.06 38.99	
100m: 1:14.12 39.35	200m: 2:32.93 39.37	300m: 3:51.07 39.47	400m: 5:07.11 37.05	
2. Kowali ska Oriana	93	MASTERS Olsztyn	<b>5:10.92</b>	575
50m: 36.63 36.63	150m: 1:55.79 39.30	250m: 3:14.67 39.44	350m: 4:33.03 39.08	
100m: 1:16.49 39.86	200m: 2:35.23 39.44	300m: 3:53.95 39.28	400m: 5:10.92 37.89	
3. Krysiak Olga	91	WMT Warszawa	<b>5:12.65</b>	566
50m: 35.41 35.41	150m: 1:55.30 40.36	250m: 3:15.74 39.98	350m: 4:35.32 39.58	
100m: 1:14.94 39.53	200m: 2:35.76 40.46	300m: 3:55.74 40.00	400m: 5:12.65 37.33	

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Konkurencja 39, Kobiet, 400m dowolny

"C" 35-39 lat

1.	Palmowska-Latuszek Paulina	85	St. SIEMACHA Kraków	<b>5:38.95</b>	484
	50m: 37.06 37.06	150m: 2:02.85 44.12	250m: 3:29.88 43.71	350m: 4:58.17 43.90	
	100m: 1:18.73 41.67	200m: 2:46.17 43.32	300m: 4:14.27 44.39	400m: 5:38.95 40.78	
2.	Matlak Ewa	84	WMT Warszawa	<b>5:44.49</b>	461
	50m: 36.75 36.75	150m: 2:03.63 44.13	250m: 3:33.12 44.69	350m: 5:02.87 44.15	
	100m: 1:19.50 42.75	200m: 2:48.43 44.80	300m: 4:18.72 45.60	400m: 5:44.49 41.62	
3.	Janicka Joanna	84	St. Pływ. Sebastiana Karasia	<b>5:44.65</b>	460
	50m: 36.90 36.90	150m: 2:04.09 44.03	250m: 3:33.62 44.83	350m: 5:03.46 44.75	
	100m: 1:20.06 43.16	200m: 2:48.79 44.70	300m: 4:18.71 45.09	400m: 5:44.65 41.19	
4.	Dziedzic Katarzyna	86	WMT Warszawa	<b>5:49.25</b>	442
	50m: 38.46 38.46	150m: 2:05.84 44.45	250m: 3:34.92 44.24	350m: 5:05.70 45.09	
	100m: 1:21.39 42.93	200m: 2:50.68 44.84	300m: 4:20.61 45.69	400m: 5:49.25 43.55	
5.	Sikora Sabina	84	JASIE Sucha Beskidzka	<b>5:52.90</b>	429
	50m: 39.15 39.15	150m: 2:08.41 45.20	250m: 3:39.96 46.27	350m: 5:11.18 45.45	
	100m: 1:23.21 44.06	200m: 2:53.69 45.28	300m: 4:25.73 45.77	400m: 5:52.90 41.72	
6.	Koba-Gołaszewska Katarzyna	86	WATER SQUAD Warszawa	<b>6:15.86</b>	355
	50m: 39.88 39.88	150m: 2:12.12 47.59	250m: 3:49.64 49.16	350m: 5:29.24 49.13	
	100m: 1:24.53 44.65	200m: 3:00.48 48.36	300m: 4:40.11 50.47	400m: 6:15.86 46.62	

"D" 40-44 lat

1.	Michalik Dominika	79	JUVENIA Białystok	<b>5:16.78</b>	571
	50m: 35.18 35.18	150m: 1:54.24 40.06	250m: 3:15.17 40.76	350m: 4:37.42 41.39	
	100m: 1:14.18 39.00	200m: 2:34.41 40.17	300m: 3:56.03 40.86	400m: 5:16.78 39.36	
2.	Mróz Edyta	79	WODNIK 29 Katowice	<b>5:44.07</b>	445
	50m: 38.62 38.62	150m: 2:04.96 43.58	250m: 3:33.38 44.08	350m: 5:01.97 44.04	
	100m: 1:21.38 42.76	200m: 2:49.30 44.34	300m: 4:17.93 44.55	400m: 5:44.07 42.10	
3.	Dargas-Miszczak Monika	81	WMT Warszawa	<b>5:57.44</b>	397
	50m: 38.50 38.50	150m: 2:08.83 46.01	250m: 3:41.76 47.37	350m: 5:15.55 46.70	
	100m: 1:22.82 44.32	200m: 2:54.39 45.56	300m: 4:28.85 47.09	400m: 5:57.44 41.89	
4.	Lu niakowska Dagmara	80	MUKS Zgierz	<b>6:18.56</b>	334
	50m: 42.82 42.82	150m: 2:18.60 48.67	250m: 3:56.74 49.42	350m: 5:34.26 49.23	
	100m: 1:29.93 47.11	200m: 3:07.32 48.72	300m: 4:45.03 48.29	400m: 6:18.56 44.30	

"E" 45-49 lat

1.	Szwagiel Katarzyna	76	NORDER TURNVEREIN Von 1861	<b>5:48.50</b>	475
	50m: 39.09 39.09	150m: 2:06.59 44.09	250m: 3:35.52 44.43	350m: 5:05.71 44.96	
	100m: 1:22.50 43.41	200m: 2:51.09 44.50	300m: 4:20.75 45.23	400m: 5:48.50 42.79	
2.	Kowalczyk Izabela	76	SMT Szczecin	<b>6:00.21</b>	430
	50m: 40.71 40.71	150m: 2:13.27 47.19	250m: 3:47.22 46.79	350m: 5:19.47 45.73	
	100m: 1:26.08 45.37	200m: 3:00.43 47.16	300m: 4:33.74 46.52	400m: 6:00.21 40.74	
3.	Klusek Maja	75	MUKS Zgierz	<b>6:13.68</b>	385
	50m: 39.86 39.86	150m: 2:12.29 47.26	250m: 3:50.57 49.52	350m: 5:27.62 48.30	
	100m: 1:25.03 45.17	200m: 3:01.05 48.76	300m: 4:39.32 48.75	400m: 6:13.68 46.06	
4.	Klarecka Monika	77	MUKS Zgierz	<b>7:03.85</b>	264
	50m: 46.18 46.18	150m: 2:36.69 55.89	250m: 4:25.41 54.59	350m: 6:13.82 53.63	
	100m: 1:40.80 54.62	200m: 3:30.82 54.13	300m: 5:20.19 54.78	400m: 7:03.85 50.03	

"F" 50-54 lat

1.	Sulewska Beata	72	WETERAN Zabrze	<b>5:24.22</b>	648
	50m: 36.89 36.89	150m: 1:58.19 40.93	250m: 3:21.56 41.72	350m: 4:44.71 41.48	
	100m: 1:17.26 40.37	200m: 2:39.84 41.65	300m: 4:03.23 41.67	400m: 5:24.22 39.51	

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Konkurencja 39, Kobiet, 400m dowolny, "F" 50-54 lat

Pozycja				Rok ur.					Czas	Pkt.		
2.	Balajcza Timea			71	WATER SQUAD Warszawa				<b>6:03.87</b>	458		
	50m:	39.64	39.64	150m:	2:11.72	46.94	250m:	3:46.00	46.64	350m:	5:19.86	46.58
	100m:	1:24.78	45.14	200m:	2:59.36	47.64	300m:	4:33.28	47.28	400m:	6:03.87	44.01
3.	Bucholz Barbara			73	MASTERS Tomaszów Mazowiecki				<b>8:19.27</b>	177		
	50m:	56.17	56.17	150m:	3:01.99	1:03.55	250m:	5:12.11	1:04.97	350m:	7:20.39	1:03.98
	100m:	1:58.44	1:02.27	200m:	4:07.14	1:05.15	300m:	6:16.41	1:04.30	400m:	8:19.27	58.88

"G" 55-59 lat

1.	Łatkowska Ewa			65	5STYL Warszawa				<b>7:35.52</b>	240		
	50m:	48.83	48.83	150m:	2:42.52	56.85	250m:	4:39.95	57.92	350m:	6:40.10	58.58
	100m:	1:45.67	56.84	200m:	3:42.03	59.51	300m:	5:41.52	1:01.57	400m:	7:35.52	55.42

"I" 65-69 lat

1.	Dembecka Rusłana			57	CITYZEN Pozna				<b>9:19.70</b>	174		
	50m:	59.11	59.11	150m:	3:19.82	1:10.85	250m:	5:43.15	1:11.86	350m:	8:08.94	1:13.65
	100m:	2:08.97	1:09.86	200m:	4:31.29	1:11.47	300m:	6:55.29	1:12.14	400m:	9:19.70	1:10.76

"J" 70-74 lat

1.	Szemberg Anna			49	WMT Warszawa				<b>9:00.85</b>	209		
	50m:	1:01.72	1:01.72	150m:	3:19.72	1:10.08	250m:	5:38.36	1:08.42	350m:	7:54.45	1:07.54
	100m:	2:09.64	1:07.92	200m:	4:29.94	1:10.22	300m:	6:46.91	1:08.55	400m:	9:00.85	1:06.40