

28 WARSAW OPEN PUCHAR POLSKI W PŁYWANIU MASTERS
Warszawa, 2.12.2023

Konkurencja 20
02.12.2023 - 17:23

Kobiet, 400m dowolny

20 - 94 lat
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.

25 - 29 lat

1. CYNKIER, Marta	97	5Styl Warszawa	6:21.95	310
50m: 36.98 36.98	150m: 2:08.20 48.37	250m: 3:50.14 51.64	350m: 5:34.01 52.57	
100m: 1:19.83 42.85	200m: 2:58.50 50.30	300m: 4:41.44 51.30	400m: 6:21.95 47.94	

35 - 39 lat

1. JASIK, Agata	84	JK Team Kraków	6:27.68	323
50m: 39.04 39.04	150m: 2:12.09 47.91	250m: 3:53.66 51.31	350m: 5:38.18 52.55	
100m: 1:24.18 45.14	200m: 3:02.35 50.26	300m: 4:45.63 51.97	400m: 6:27.68 49.50	
2. F FERREK, Agnieszka	84	MASTERS Politechnika Gda ska	6:57.75	258
50m: 46.41 46.41	150m: 2:32.85 55.00	250m: 4:20.64 54.23	350m: 6:07.03 53.34	
100m: 1:37.85 51.44	200m: 3:26.41 53.56	300m: 5:13.69 53.05	400m: 6:57.75 50.72	
3. GOGÓL, Ewa	88	Warsaw Masters Team	7:14.41	230
50m: 45.64 45.64	150m: 2:33.10 55.90	250m: 4:26.22 57.14	350m: 6:20.63 57.28	
100m: 1:37.20 51.56	200m: 3:29.08 55.98	300m: 5:23.35 57.13	400m: 7:14.41 53.78	
4. NIKOLAYKO, Anna	87	Warsaw Masters Team	7:48.38	183
50m: 50.60 50.60	150m: 2:49.23 59.98	250m: 4:49.76 1:00.79	350m: 6:52.24 1:01.26	
100m: 1:49.25 58.65	200m: 3:48.97 59.74	300m: 5:50.98 1:01.22	400m: 7:48.38 56.14	

40 - 44 lat

1. MICHALIK, Dominika	79	MKS Juvenia Białystok	5:24.95	529
50m: 34.67 34.67	150m: 1:52.90 40.09	250m: 3:17.07 42.79	350m: 4:43.24 43.14	
100m: 1:12.81 38.14	200m: 2:34.28 41.38	300m: 4:00.10 43.03	400m: 5:24.95 41.71	
2. O AROWSKA, Monika	83	MASTERS Politechnika Gda ska	6:06.81	368
50m: 39.40 39.40	150m: 2:09.58 46.33	250m: 3:44.73 47.81	350m: 5:21.04 47.63	
100m: 1:23.25 43.85	200m: 2:56.92 47.34	300m: 4:33.41 48.68	400m: 6:06.81 45.77	
3. GRAF, Magda	79	Warsaw Masters Team	7:29.16	200
50m: 44.91 44.91	150m: 2:38.72 59.91	250m: 4:36.06 58.23	350m: 6:35.13 59.20	
100m: 1:38.81 53.90	200m: 3:37.83 59.11	300m: 5:35.93 59.87	400m: 7:29.16 54.03	

45 - 49 lat

1. BORYSHKEVYCH, Natalia	76	Warsaw Masters Team	5:36.35	528
50m: 39.13 39.13	150m: 2:07.24 43.21	250m: 3:34.09 41.92	350m: 4:56.50 40.60	
100m: 1:24.03 44.90	200m: 2:52.17 44.93	300m: 4:15.90 41.81	400m: 5:36.35 39.85	
2. KLARECKA, Monika	77	Muks Zgierz	6:51.83	287
50m: 44.60 44.60	150m: 2:29.39 53.20	250m: 4:15.70 53.15	350m: 6:02.36 53.64	
100m: 1:36.19 51.59	200m: 3:22.55 53.16	300m: 5:08.72 53.02	400m: 6:51.83 49.47	

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Konkurencja 20, Kobiet, 400m dowolny, 45 - 49 lat

Pozycja			Rok ur.					Czas	Pkt.			
3.	PAKURA, Karolina		76	MASTERS Politechnika Gda ska				8:32.16	149			
	50m:	55.23	55.23	150m:	3:00.75	1:03.57	250m:	5:12.21	1:06.09	350m:	7:27.62	1:07.82
	100m:	1:57.18	1:01.95	200m:	4:06.12	1:05.37	300m:	6:19.80	1:07.59	400m:	8:32.16	1:04.54
4.	D BROWSKA- J DRAL, Maria		75	Warsaw Masters Team				8:40.42	142			
	50m:	51.58	51.58	150m:	3:03.60	1:08.03	250m:	5:19.67	1:07.74	350m:	7:34.62	1:07.47
	100m:	1:55.57	1:03.99	200m:	4:11.93	1:08.33	300m:	6:27.15	1:07.48	400m:	8:40.42	1:05.80

50 - 54 lat

1.	STANKIEWICZ, Katarzyna		69	MASTERS Politechnika Gda ska				7:21.68	256			
	50m:	45.21	45.21	150m:	2:35.76	56.60	250m:	4:28.17	56.32	350m:	6:23.59	58.35
	100m:	1:39.16	53.95	200m:	3:31.85	56.09	300m:	5:25.24	57.07	400m:	7:21.68	58.09
2.	KONKEL, Aneta		71	MASTERS Politechnika Gda ska				9:22.79	124			
	50m:	59.09	59.09	150m:	3:17.32	1:11.30	250m:	5:43.78	1:12.86	350m:	8:12.73	1:14.90
	100m:	2:06.02	1:06.93	200m:	4:30.92	1:13.60	300m:	6:57.83	1:14.05	400m:	9:22.79	1:10.06

55 - 59 lat

1.	ŁATKOWSKA, Ewa		65	5Styl Warszawa				7:31.74	246			
	50m:	48.35	48.35	150m:	2:41.12	58.42	250m:	4:38.81	59.54	350m:	6:38.09	59.69
	100m:	1:42.70	54.35	200m:	3:39.27	58.15	300m:	5:38.40	59.59	400m:	7:31.74	53.65

70 - 74 lat

1.	SZEMBERG, Anna		49	Warsaw Masters Team				9:46.76	164			
	50m:	1:04.79	1:04.79	150m:	3:35.71	1:15.04	250m:	6:09.45	1:17.37	350m:	8:35.66	1:13.40
	100m:	2:20.67	1:15.88	200m:	4:52.08	1:16.37	300m:	7:22.26	1:12.81	400m:	9:46.76	1:11.10