

Otwarte Mistrzostwa Polski w Pływaniu Masters  
Szczecin, 26- - 28-6-2015

Konkurencja 25	Kobiet, 400m dowolny			20 - 94 lat
2015-06-27 - 17:22				Wyniki
Rekord Polski Masters 25 - 29	4:56.55	PIETRZAK Sandra	Olsztyn	2014-06-29
Rekord Polski Masters 30 - 34	5:04.51	MICHALIK Dominika	Eindhoven	2013-09-01
Rekord Polski Masters 35 - 39	5:01.62	MICHALIK Dominika	Montreal	2014-08-09
Rekord Polski Masters 40 - 44	4:53.06	SERBIN Małgorzata	San Francisco	2006-08-10
Rekord Polski Masters 45 - 49	5:07.09	SERBIN Małgorzata	Riccione	2012-06-16
Rekord Polski Masters 50 - 54	5:29.49	NIESPODZIANA Aleksandra	Poznań	2008-06-14
Rekord Polski Masters 55 - 59	5:46.62	SZAŁA Ewa	Olsztyn	2014-08-28
Rekord Polski Masters 60 - 64	6:39.50	GAWLIK Ewa	Cadiz	2009-09-18
Rekord Polski Masters 65 - 69	8:42.12	ZARZECZA SKA-RÓ A SKA Teresa	Gliwice	2011-06-19
Rekord Polski Masters 70 - 74	7:56.44	FECICA Krystyna	Olsztyn	2014-06-29
Rekord Polski Masters 75 - 79	8:58.31	NICPO Krystyna	WODKAT Szczecin	2015-06-26
Rekord Polski Masters 80 - 84	11:11.29	WALKOWICZ Urszula	Warszawa	2012-05-27
Rekord Polski Masters 85 - 89	20:00.00			

Pozycja			Rok ur.					Czas	
<b>Kat. 0</b>									
1.	KRZY OSTANIAK Agnieszka		93	SMT Szczecin				<b>4:55.56</b>	
	50m:	34.00 34.00	150m:	1:48.91 37.20	250m:	3:03.64 37.20	350m:	4:19.04 37.96	
	100m:	1:11.71 37.71	200m:	2:26.44 37.53	300m:	3:41.08 37.44	400m:	4:55.56 36.52	
2.	KRYSIAK Olga		91	Warsaw Masters Team				<b>5:26.31</b>	
	50m:	35.90 35.90	150m:	1:58.64 42.12	250m:	3:23.45 42.19	350m:	4:47.95 41.82	
	100m:	1:16.52 40.62	200m:	2:41.26 42.62	300m:	4:06.13 42.68	400m:	5:26.31 38.36	
<b>Kat. A</b>									
1.	PIETRZAK Sandra		89	Warsaw Masters Team				<b>5:01.75</b>	
	50m:	33.50 33.50	150m:	1:48.19 37.99	250m:	3:04.43 38.33	350m:	4:23.13 39.68	
	100m:	1:10.20 36.70	200m:	2:26.10 37.91	300m:	3:43.45 39.02	400m:	5:01.75 38.62	
2.	KOSTYRA Agnieszka		90	Toru Multisport Team				<b>6:09.25</b>	
	50m:	40.74 40.74	150m:	2:13.25 46.88	250m:	3:49.88 48.28	350m:	5:26.22 48.05	
	100m:	1:26.37 45.63	200m:	3:01.60 48.35	300m:	4:38.17 48.29	400m:	6:09.25 43.03	
3.	SOBCZAK Agata		87	Aquapark Wrocław				<b>7:06.49</b>	
	50m:	47.10 47.10	150m:	2:34.22 54.18	250m:	4:24.63 55.26	350m:	6:13.59 54.58	
	100m:	1:40.04 52.94	200m:	3:29.37 55.15	300m:	5:19.01 54.38	400m:	7:06.49 52.90	
4.	KARA Karolina		87	Victory Masters Elbl g				<b>7:08.66</b>	
	50m:	46.93 46.93	150m:	2:32.69 53.67	250m:	4:25.05 56.79	350m:	6:15.56 54.75	
	100m:	1:39.02 52.09	200m:	3:28.26 55.57	300m:	5:20.81 55.76	400m:	7:08.66 53.10	
<b>Kat. B</b>									
1.	POLITO Małgorzata		83	Aquasfera Masters Olsztyn				<b>5:46.92</b>	
	50m:	39.65 39.65	150m:	2:07.25 44.24	250m:	3:35.34 43.65	350m:	5:04.20 44.27	
	100m:	1:23.01 43.36	200m:	2:51.69 44.44	300m:	4:19.93 44.59	400m:	5:46.92 42.72	
2.	MADUZIA Aneta		84	Start Poznań				<b>6:05.43</b>	
	50m:	42.44 42.44	150m:	2:13.10 46.08	250m:	3:47.17 47.17	350m:	5:20.69 46.49	
	100m:	1:27.02 44.58	200m:	3:00.00 46.90	300m:	4:34.20 47.03	400m:	6:05.43 44.74	
3.	PRZYBYSZ Aleksandra		82	Aquasfera Masters Olsztyn				<b>6:10.18</b>	
	50m:	41.41 41.41	150m:	2:14.04 47.17	250m:	3:49.39 47.83	350m:	5:24.34 47.70	
	100m:	1:26.87 45.46	200m:	3:01.56 47.52	300m:	4:36.64 47.25	400m:	6:10.18 45.84	
4.	NAPORA Katarzyna		85	Swimmerst Stowarzyszenie Pływa				<b>6:12.89</b>	
	50m:	37.20 37.20	150m:	2:08.05 47.12	250m:	3:46.81 49.17	350m:	5:25.92 49.12	
	100m:	1:20.93 43.73	200m:	2:57.64 49.59	300m:	4:36.80 49.99	400m:	6:12.89 46.97	
<b>Kat. C</b>									
1.	MICHALIK Dominika		79	Masters Białystok				<b>5:04.54</b>	
	50m:	34.12 34.12	150m:	1:50.09 38.59	250m:	3:08.29 39.17	350m:	4:26.78 39.24	
	100m:	1:11.50 37.38	200m:	2:29.12 39.03	300m:	3:47.54 39.25	400m:	5:04.54 37.76	

Otwarte Mistrzostwa Polski w Pływaniu Masters  
Szczecin, 26- - 28-6-2015

Konkurencja 25, Kobiet, 400m dowolny, Kat. C

Pozycja			Rok ur.					Czas	
2.	OSMALA Renata		77	Uks Delfin Masters Tarnobrzeg				<b>5:20.79</b>	
	50m:	35.79 35.79	150m:	1:56.80 40.93	250m:	3:18.93 41.00	350m:	4:41.38 40.98	
	100m:	1:15.87 40.08	200m:	2:37.93 41.13	300m:	4:00.40 41.47	400m:	5:20.79 39.41	

Kat. D

1.	SULEWSKA Beata		72	Weteran Zabrze				<b>5:15.50</b>	
	50m:	36.10 36.10	150m:	1:55.59 40.03	250m:	3:16.15 40.47	350m:	4:36.62 39.89	
	100m:	1:15.56 39.46	200m:	2:35.68 40.09	300m:	3:56.73 40.58	400m:	5:15.50 38.88	
2.	VERYUKINA Olga		73	Zvezdy Rossii				<b>5:26.16</b>	
	50m:	36.98 36.98	150m:	1:59.34 41.61	250m:	3:23.65 41.99	350m:	4:46.74 41.08	
	100m:	1:17.73 40.75	200m:	2:41.66 42.32	300m:	4:05.66 42.01	400m:	5:26.16 39.42	
3.	PŁATEK Jolanta		71	Masters Unia O wi cim				<b>5:53.95</b>	
	50m:	40.42 40.42	150m:	2:08.90 44.53	250m:	3:39.22 45.02	350m:	5:10.43 45.37	
	100m:	1:24.37 43.95	200m:	2:54.20 45.30	300m:	4:25.06 45.84	400m:	5:53.95 43.52	
4.	WACH Małgorzata		73	Masters Wisła Kraków				<b>6:24.47</b>	
	50m:	42.72 42.72	150m:	2:20.91 49.46	250m:	3:59.96 49.63	350m:	5:38.53 48.97	
	100m:	1:31.45 48.73	200m:	3:10.33 49.42	300m:	4:49.56 49.60	400m:	6:24.47 45.94	
5.	ROMA SKA Alicja		75	Masters Korona Kraków				<b>7:24.16</b>	
	50m:	49.82 49.82	150m:	2:44.15 57.81	250m:	4:38.32 56.86	350m:	6:30.40 55.06	
	100m:	1:46.34 56.52	200m:	3:41.46 57.31	300m:	5:35.34 57.02	400m:	7:24.16 53.76	
6.	PIECHURA Małgorzata		73	K.S. niezrzeszeni.pl				<b>7:39.49</b>	
	50m:	48.07 48.07	150m:	2:41.05 58.04	250m:	4:39.50 59.92	350m:	6:41.07 59.68	
	100m:	1:43.01 54.94	200m:	3:39.58 58.53	300m:	5:41.39 1:01.89	400m:	7:39.49 58.42	

Kat. E

1.	KRAKOWIAK El bieta		69	KS Warta Pozna				<b>5:09.00</b>	
	50m:	34.65 34.65	150m:	1:51.00 38.43	250m:	3:09.54 39.32	350m:	4:29.70 39.99	
	100m:	1:12.57 37.92	200m:	2:30.22 39.22	300m:	3:49.71 40.17	400m:	5:09.00 39.30	
2.	SERBIN Małgorzata		66	MKP Szczecin				<b>5:28.70</b>	
	50m:	36.60 36.60	150m:	1:59.46 41.98	250m:	3:24.83 42.67	350m:	4:49.81 42.10	
	100m:	1:17.48 40.88	200m:	2:42.16 42.70	300m:	4:07.71 42.88	400m:	5:28.70 38.89	
3.	ZUBEL Beata		68	T.P Skalar Słupsk				<b>5:46.15</b>	
	50m:	39.74 39.74	150m:	2:06.89 43.96	250m:	3:34.63 43.77	350m:	5:03.53 44.17	
	100m:	1:22.93 43.19	200m:	2:50.86 43.97	300m:	4:19.36 44.73	400m:	5:46.15 42.62	
4.	GO DZIEJEWSKA Anna		67	Aquasfera Masters Olsztyn				<b>5:54.65</b>	
	50m:	39.94 39.94	150m:	2:09.97 45.36	250m:	3:40.03 44.84	350m:	5:10.69 45.33	
	100m:	1:24.61 44.67	200m:	2:55.19 45.22	300m:	4:25.36 45.33	400m:	5:54.65 43.96	

Kat. F

1.	DAMLJANOVI -WACŁAWIK Iwona		65	niezrzeszony				<b>6:32.90</b>	
	50m:	42.24 42.24	150m:	2:19.68 49.82	250m:	4:01.38 50.91	350m:	5:43.59 51.36	
	100m:	1:29.86 47.62	200m:	3:10.47 50.79	300m:	4:52.23 50.85	400m:	6:32.90 49.31	
2.	KOTECKA Anna		65	KS Warta Pozna				<b>6:32.92</b>	
	50m:	43.27 43.27	150m:	2:20.86 49.20	250m:	4:02.99 50.80	350m:	5:44.75 50.59	
	100m:	1:31.66 48.39	200m:	3:12.19 51.33	300m:	4:54.16 51.17	400m:	6:32.92 48.17	
3.	MYSIAK Katarzyna		61	Gdynia masters				<b>7:07.33</b>	
	50m:	45.19 45.19	150m:	2:32.11 54.55	250m:	4:23.02 55.59	350m:	6:15.04 55.43	
	100m:	1:37.56 52.37	200m:	3:27.43 55.32	300m:	5:19.61 56.59	400m:	7:07.33 52.29	
4.	KARA Beata		62	Victory Masters Elbl g				<b>7:19.98</b>	
	50m:	52.52 52.52	150m:	2:43.51 56.44	250m:	4:36.49 55.54	350m:	6:27.76 54.79	
	100m:	1:47.07 54.55	200m:	3:40.95 57.44	300m:	5:32.97 56.48	400m:	7:19.98 52.22	

Otwarte Mistrzostwa Polski w Pływaniu Masters  
Szczecin, 26- - 28-6-2015

Konkurencja 25, Kobiet, 400m dowolny

Kat. G

1.	MACIEJOWSKA Anna	60	Sopot Masters	<b>6:28.85</b>
	50m: 41.88 41.88	150m: 2:19.44 49.42	250m: 3:59.80 49.80	350m: 5:40.21 50.02
	100m: 1:30.02 48.14	200m: 3:10.00 50.56	300m: 4:50.19 50.39	400m: 6:28.85 48.64
2.	KROWICKA Joanna	60	Aquapark Wrocław	<b>7:13.75</b>
	50m: 45.29 45.29	150m: 2:34.42 56.45	250m: 4:28.51 57.64	350m: 6:23.35 57.14
	100m: 1:37.97 52.68	200m: 3:30.87 56.45	300m: 5:26.21 57.70	400m: 7:13.75 50.40

Kat. H

1.	GRZEGORZEWSKA Gra yna	52	KS Masters Polkowice	<b>7:35.45</b>
	50m: 48.08 48.08	150m: 2:42.14 58.17	250m: 4:39.87 58.61	350m: 6:39.48 59.53
	100m: 1:43.97 55.89	200m: 3:41.26 59.12	300m: 5:39.95 1:00.08	400m: 7:35.45 55.97
2.	KERNER-MATEUSIAK Ewa	54	Victory Masters Elbl g	<b>9:01.55</b>
	50m: 56.73 56.73	150m: 3:15.52 1:10.84	250m: 5:35.87 1:10.04	350m: 7:54.96 1:09.17
	100m: 2:04.68 1:07.95	200m: 4:25.83 1:10.31	300m: 6:45.79 1:09.92	400m: 9:01.55 1:06.59

Kat. I

1.	ŁUTOWICZ Maria	50	TS Olimpia Pozna	<b>7:12.35</b>
	<i>Rekord Polski Masters</i>			
	50m: 47.08 47.08	150m: 2:40.60 57.98	250m: 4:30.62 54.22	350m: 6:20.17 54.89
	100m: 1:42.62 55.54	200m: 3:36.40 55.80	300m: 5:25.28 54.66	400m: 7:12.35 52.18
2.	SZEMBERG Anna	49	Warsaw Masters Team	<b>8:38.37</b>
	50m: 55.04 55.04	150m: 3:07.30 1:07.41	250m: 5:22.67 1:07.18	350m: 7:34.70 1:05.51
	100m: 1:59.89 1:04.85	200m: 4:15.49 1:08.19	300m: 6:29.19 1:06.52	400m: 8:38.37 1:03.67

Kat. K

1.	NICPO Krystyna	40	UKS Wodnik 29 Katowice	<b>8:46.41</b>
	<i>Rekord Polski Masters</i>			
	50m: 54.76 54.76	150m: 3:08.68 1:07.88	250m: 5:25.75 1:08.38	350m: 7:41.19 1:07.99
	100m: 2:00.80 1:06.04	200m: 4:17.37 1:08.69	300m: 6:33.20 1:07.45	400m: 8:46.41 1:05.22