

Event 39 Women, 400m Freestyle 20 years and older
2014-11-16 - 12:30 Results

Rekord Polski Masters 25 - 29	4:48.58	PIETRZAK Sandra	WODKAT	Katowice	2014-11-14
Rekord Polski Masters 30 - 34	4:56.90	KRAKOWIAK EI bieta		roda Wlkp.	2003-04-27
Rekord Polski Masters 35 - 39	5:01.58	SULEWSKA Beata		Pozna	2011-11-19
Rekord Polski Masters 40 - 44	5:01.83	SERBIN Małgorzata		Szczecinek	2009-08-29
Rekord Polski Masters 45 - 49	5:02.25	SERBIN Małgorzata		Pozna	2011-11-19
Rekord Polski Masters 50 - 54	5:26.28	PUCHALSKA Joanna		Rumii	2014-02-08
Rekord Polski Masters 55 - 59	5:56.06	SZAŁA Ewa		Toru	2014-05-24
Rekord Polski Masters 60 - 64	6:34.14	ŁUTOWICZ Maria		Warszawa	2010-06-05
Rekord Polski Masters 65 - 69	6:33.42	BASTEK Renata		Chodzie	2009-01-24
Rekord Polski Masters 70 - 74	7:43.60	FECICA Krystyna	02611	Kraków	2013-11-15
Rekord Polski Masters 75 - 79	9:59.29	WILCZY SKA Waclawa		Warszawa	2003-05-31
Rekord Polski Masters 80 - 84	11:00.11	WILCZY SKA Waclawa		Szczecinek	2008-07-06
Rekord Polski Masters 85 - 89	30:00.00				
Rekord Polski Masters 90 - 94	30:00.00				

Rank			YB					Time	
O: 20 - 24 lat									
1.	DRAB Magdalena		92	UJ CM Krakow				4:50.27	
	50m:	32.28 32.28	150m:	1:45.45 37.10	250m:	3:00.03 37.20	350m:	4:14.90 37.75	
	100m:	1:08.35 36.07	200m:	2:22.83 37.38	300m:	3:37.15 37.12	400m:	4:50.27 35.37	

A: 25 - 29 lat									
1.	PIETRZAK Sandra		89	UKS Wodnik 29 Katowice				4:47.59	
	<i>Rekord Polski Masters</i>								
	50m:	32.21 32.21	150m:	1:43.17 35.61	250m:	2:55.91 36.50	350m:	4:10.58 37.46	
	100m:	1:07.56 35.35	200m:	2:19.41 36.24	300m:	3:33.12 37.21	400m:	4:47.59 37.01	
2.	VACHANOVA Lucia		86	Sportovy plavecky klub Kupele Piastany				5:03.03	
	50m:	34.30 34.30	150m:	1:49.64 38.25	250m:	3:07.15 38.74	350m:	4:25.27 39.39	
	100m:	1:11.39 37.09	200m:	2:28.41 38.77	300m:	3:45.88 38.73	400m:	5:03.03 37.76	
3.	DOBRASIEWICZ Marlena		88	Warsaw Masters Team				5:09.04	
	50m:	34.94 34.94	150m:	1:52.80 39.59	250m:	3:11.98 39.72	350m:	4:31.97 39.89	
	100m:	1:13.21 38.27	200m:	2:32.26 39.46	300m:	3:52.08 40.10	400m:	5:09.04 37.07	
4.	PALMOWSKA Paulina		85	Masters Korona Krakow				5:15.49	
	50m:	34.38 34.38	150m:	1:50.94 38.85	250m:	3:12.38 41.28	350m:	4:35.88 41.89	
	100m:	1:12.09 37.71	200m:	2:31.10 40.16	300m:	3:53.99 41.61	400m:	5:15.49 39.61	
5.	GUDANIEC Katarzyna		88	TKKF Koszalin Masters				5:18.42	
	50m:	34.48 34.48	150m:	1:52.45 39.21	250m:	3:14.82 41.40	350m:	4:37.59 41.04	
	100m:	1:13.24 38.76	200m:	2:33.42 40.97	300m:	3:56.55 41.73	400m:	5:18.42 40.83	
6.	GAJDUS Marianna		86	Warsaw Masters Team				5:50.20	
	50m:	38.82 38.82	150m:	2:08.28 45.43	250m:	3:39.23 45.34	350m:	5:09.17 44.36	
	100m:	1:22.85 44.03	200m:	2:53.89 45.61	300m:	4:24.81 45.58	400m:	5:50.20 41.03	
7.	DEBEVEC Sara		87	Warsaw Masters Team				6:33.94	
	50m:	44.15 44.15	150m:	2:21.88 49.40	250m:	4:03.35 50.69	350m:	5:45.81 51.40	
	100m:	1:32.48 48.33	200m:	3:12.66 50.78	300m:	4:54.41 51.06	400m:	6:33.94 48.13	
8.	KARAS Karolina		87	Victory Masters Elblag				7:16.68	
	50m:	50.54 50.54	150m:	2:40.15 55.15	250m:	4:32.62 56.77	350m:	6:24.72 55.21	
	100m:	1:45.00 54.46	200m:	3:35.85 55.70	300m:	5:29.51 56.89	400m:	7:16.68 51.96	

B: 30 - 34 lat									
1.	PONIIVINA Alla		81	Msc "Euro-Lviv"				5:28.85	
	50m:	36.29 36.29	150m:	1:58.60 41.93	250m:	3:23.89 42.65	350m:	4:49.18 42.44	
	100m:	1:16.67 40.38	200m:	2:41.24 42.64	300m:	4:06.74 42.85	400m:	5:28.85 39.67	
2.	OPITZ Agnieszka		82	MKP Bobry Debica				5:28.91	
	50m:	36.57 36.57	150m:	1:59.48 42.41	250m:	3:24.86 42.67	350m:	4:49.54 41.96	
	100m:	1:17.07 40.50	200m:	2:42.19 42.71	300m:	4:07.58 42.72	400m:	5:28.91 39.37	

Event 39, Women, 400m Freestyle, B: 30 - 34 lat

Rank			YB					Time				
3.	POLITO Malgorzata		83	Aquasfera Masters Olsztyn				5:41.63				
	50m:	38.94	38.94	150m:	2:07.01	44.70	250m:	3:35.73	44.20	350m:	5:02.23	42.95
	100m:	1:22.31	43.37	200m:	2:51.53	44.52	300m:	4:19.28	43.55	400m:	5:41.63	39.40
4.	STANIEWSKA Sabrina		83	Niezrzeszeni				5:43.84				
	50m:	36.91	36.91	150m:	2:01.93	43.73	250m:	3:30.67	44.41	350m:	5:00.88	45.26
	100m:	1:18.20	41.29	200m:	2:46.26	44.33	300m:	4:15.62	44.95	400m:	5:43.84	42.96
5.	PRZYBYSZ Aleksandra		82	Aquasfera Masters Olsztyn				5:50.89				
	50m:	41.68	41.68	150m:	2:10.30	44.88	250m:	3:39.65	44.54	350m:	5:08.46	44.32
	100m:	1:25.42	43.74	200m:	2:55.11	44.81	300m:	4:24.14	44.49	400m:	5:50.89	42.43

C: 35 - 39 lat

1.	MICHALIK Dominika		79	Masters Bialystok				4:57.46				
	<i>Rekord Polski Masters</i>											
	50m:	34.44	34.44	150m:	1:48.88	37.63	250m:	3:05.42	38.34	350m:	4:21.37	37.46
	100m:	1:11.25	36.81	200m:	2:27.08	38.20	300m:	3:43.91	38.49	400m:	4:57.46	36.09
2.	MEKSULA Agata		77	Uks Delfin Masters Tarnobrzeg				5:41.31				
	50m:	38.91	38.91	150m:	2:06.69	44.28	250m:	3:35.41	44.17	350m:	5:01.81	42.66
	100m:	1:22.41	43.50	200m:	2:51.24	44.55	300m:	4:19.15	43.74	400m:	5:41.31	39.50
3.	GORALSKA Aleksandra		77	Aquasfera Masters Olsztyn				6:11.40				
	50m:	42.07	42.07	150m:	2:13.68	47.06	250m:	3:49.35	48.07	350m:	5:24.84	47.79
	100m:	1:26.62	44.55	200m:	3:01.28	47.60	300m:	4:37.05	47.70	400m:	6:11.40	46.56
4.	KACZMARCZYK Beata		75	Uks Delfin Masters Tarnobrzeg				6:14.29				
	50m:	40.58	40.58	150m:	2:14.42	47.66	250m:	3:50.27	48.11	350m:	5:26.96	48.38
	100m:	1:26.76	46.18	200m:	3:02.16	47.74	300m:	4:38.58	48.31	400m:	6:14.29	47.33
5.	JASKIEWICZ Anna		76	Redeco Wroclaw				6:29.71				
	50m:	39.97	39.97	150m:	2:16.74	50.37	250m:	3:58.29	51.12	350m:	5:40.64	51.34
	100m:	1:26.37	46.40	200m:	3:07.17	50.43	300m:	4:49.30	51.01	400m:	6:29.71	49.07
6.	SKALSKA Malgorzata		77	Masters Wisla Krakow				6:56.31				
	50m:	47.56	47.56	150m:	2:33.27	53.37	250m:	4:20.31	53.41	350m:	6:07.52	53.08
	100m:	1:39.90	52.34	200m:	3:26.90	53.63	300m:	5:14.44	54.13	400m:	6:56.31	48.79
7.	ROMANSKA Alicja		75	Masters Korona Krakow				7:21.24				
	50m:	51.96	51.96	150m:	2:44.26	55.88	250m:	4:35.31	54.94	350m:	6:25.93	55.44
	100m:	1:48.38	56.42	200m:	3:40.37	56.11	300m:	5:30.49	55.18	400m:	7:21.24	55.31

D: 40 - 44 lat

1.	SULEWSKA Beata		72	Weteran Zabrze				5:01.56				
	<i>Rekord Polski Masters</i>											
	50m:	34.75	34.75	150m:	1:49.65	37.87	250m:	3:06.66	38.67	350m:	4:24.12	38.55
	100m:	1:11.78	37.03	200m:	2:27.99	38.34	300m:	3:45.57	38.91	400m:	5:01.56	37.44
2.	PLATEK Jolanta		71	Masters Unia Oswiecim				5:53.30				
	50m:	39.06	39.06	150m:	2:06.01	44.30	250m:	3:36.02	45.25	350m:	5:07.50	46.00
	100m:	1:21.71	42.65	200m:	2:50.77	44.76	300m:	4:21.50	45.48	400m:	5:53.30	45.80
3.	MACIAG Monika		72	Uks Delfin Masters Tarnobrzeg				6:06.96				
	50m:	40.39	40.39	150m:	3:46.26	2:20.56	250m:	5:20.98	47.32	350m:		
	100m:	1:25.70	45.31	200m:	4:33.66	47.40	300m:			400m:	6:06.96	
4.	JAKUBOW Marlena		74	Redeco Wroclaw				6:52.18				
	50m:	44.04	44.04	150m:	2:26.34	53.25	250m:	4:17.61	56.66	350m:	6:04.43	52.76
	100m:	1:33.09	49.05	200m:	3:20.95	54.61	300m:	5:11.67	54.06	400m:	6:52.18	47.75
5.	PIECHURA Malgorzata		73	KS niezrzeszeni.pl				7:42.79				
	50m:	51.42	51.42	150m:	2:46.54	59.38	250m:	4:47.87	59.24	350m:	6:50.08	1:01.72
	100m:	1:47.16	55.74	200m:	3:48.63	1:02.09	300m:	5:48.36	1:00.49	400m:	7:42.79	52.71

Event 39, Women, 400m Freestyle

E: 45 - 49 lat

1. SERBIN Malgorzata	66	MKP Szczecin	5:21.94
50m: 35.74 35.74	150m: 1:55.83 40.60	250m: 3:18.82 41.59	350m: 4:41.91 41.56
100m: 1:15.23 39.49	200m: 2:37.23 41.40	300m: 4:00.35 41.53	400m: 5:21.94 40.03
2. GOZDZIEJEWSKA Anna	67	Aquasfera Masters Olsztyn	5:41.71
50m: 39.96 39.96	150m: 2:07.26 44.31	250m: 3:35.13 43.67	350m: 5:01.44 42.78
100m: 1:22.95 42.99	200m: 2:51.46 44.20	300m: 4:18.66 43.53	400m: 5:41.71 40.27
3. PIWOWARCZYK Elzbieta	66	Masters Bialystok	6:04.50
50m: 40.07 40.07	150m: 2:10.26 46.10	250m: 3:43.84 46.77	350m: 5:18.61 47.72
100m: 1:24.16 44.09	200m: 2:57.07 46.81	300m: 4:30.89 47.05	400m: 6:04.50 45.89

F: 50 - 54 lat

1. MACIERZEWSKA Agnieszka	60	Masters Korona Krakow	6:17.41
50m: 40.55 40.55	150m: 2:14.24 48.65	250m: 3:51.47 48.60	350m: 5:29.69 49.20
100m: 1:25.59 45.04	200m: 3:02.87 48.63	300m: 4:40.49 49.02	400m: 6:17.41 47.72
2. GUDANIEC Dorota	60	TKKF Koszalin Masters	6:32.90
50m: 42.46 42.46	150m: 2:20.19 49.87	250m: 4:01.67 50.73	350m: 5:43.71 50.79
100m: 1:30.32 47.86	200m: 3:10.94 50.75	300m: 4:52.92 51.25	400m: 6:32.90 49.19
3. KARAS Beata	62	Victory Masters Elblag	7:16.15
50m: 51.23 51.23	150m: 2:41.41 55.88	250m: 4:33.36 55.66	350m: 6:24.16 56.01
100m: 1:45.53 54.30	200m: 3:37.70 56.29	300m: 5:28.15 54.79	400m: 7:16.15 51.99

G: 55 - 59 lat

1. SZALA Ewa	59	Steef Wroclaw	5:43.84
<i>Rekord Polski Masters</i>			
50m: 38.44 38.44	150m: 2:05.36 44.10	250m: 3:32.97 43.87	350m: 5:01.46 44.07
100m: 1:21.26 42.82	200m: 2:49.10 43.74	300m: 4:17.39 44.42	400m: 5:43.84 42.38
2. LEGUTKO Mirosława	57	Masters Korona Krakow	6:55.26
50m: 44.79 44.79	150m: 2:30.25 52.99	250m: 4:16.48 52.31	350m: 6:05.02 54.63
100m: 1:37.26 52.47	200m: 3:24.17 53.92	300m: 5:10.39 53.91	400m: 6:55.26 50.24
3. BENOVA Dana	56	SK Spolchemie Usti nad Labem	8:58.13
50m: 1:01.92 1:01.92	150m: 3:19.66 1:09.23	250m: 5:37.47 1:08.84	350m: 7:52.80 1:07.48
100m: 2:10.43 1:08.51	200m: 4:28.63 1:08.97	300m: 6:45.32 1:07.85	400m: 8:58.13 1:05.33

H: 60 - 64 lat

1. GRZEGORZEWSKA Grazyna	52	KS Masters Polkowice	7:23.42
50m: 48.10 48.10	150m: 2:40.00 57.09	250m: 4:34.49 57.24	350m: 6:29.72 57.75
100m: 1:42.91 54.81	200m: 3:37.25 57.25	300m: 5:31.97 57.48	400m: 7:23.42 53.70
2. ZIMNA-WALENDZIK Ewa	51	UTW "Masters" Zgierz	7:35.08
50m: 44.32 44.32	150m: 2:34.13 56.38	250m: 4:33.95 1:00.53	350m: 6:36.76 1:01.26
100m: 1:37.75 53.43	200m: 3:33.42 59.29	300m: 5:35.50 1:01.55	400m: 7:35.08 58.32
3. LIPINSKA Jolanta	51	Niezrzeszeni	11:36.80
50m: 1:21.23 1:21.23	150m: 4:19.41 1:27.49	250m: 7:16.64 1:28.40	350m: 10:11.85 1:28.37
100m: 2:51.92 1:30.69	200m: 5:48.24 1:28.83	300m: 8:43.48 1:26.84	400m: 11:36.80 1:24.95

I: 65 - 69 lat

1. SZEMBERG Anna	49	Warsaw Masters Team	8:24.91
50m: 55.36 55.36	150m: 3:06.73 1:05.44	250m: 5:15.29 1:04.46	350m: 7:23.22 1:03.43
100m: 2:01.29 1:05.93	200m: 4:10.83 1:04.10	300m: 6:19.79 1:04.50	400m: 8:24.91 1:01.69
2. MLECZKO Maria	46	Masters Korona Krakow	10:03.07
50m: 1:04.37 1:04.37	150m: 4:47.34 2:31.57	250m: 7:24.62 1:17.35	350m:
100m: 2:15.77 1:11.40	200m: 6:07.27 1:19.93	300m: 8:48.85 1:24.23	400m: 10:03.07

Event 39, Women, 400m Freestyle, I: 65 - 69 lat

Rank			YB						Time			
3.	LIPPA Maria		46	Rydultowska Akademia Aktywnego					11:39.57			
	50m:	1:13.10	1:13.10	150m:	4:12.13	1:30.53	250m:	7:10.58	1:31.24	350m:	10:10.36	1:30.17
	100m:	2:41.60	1:28.50	200m:	5:39.34	1:27.21	300m:	8:40.19	1:29.61	400m:	11:39.57	1:29.21