

Mistrzostwa Polski w Pływaniu Masters
Gliwice, 13. - 15.11.2015

Konkurencja 39
15.11.2015 - 11:35

Kobiet, 400m dowolny

20 lat i starsi
Wyniki

Rekord Polski Masters 25 - 29	4:46.62	Pietrzak Sandra	Warszawa	29.11.2014
Rekord Polski Masters 30 - 34	4:56.90	Krakowiak El bieta	roda Wlkp.	27.04.2003
Rekord Polski Masters 35 - 39	4:57.46	Michalik Dominika	Katowice	16.11.2014
Rekord Polski Masters 40 - 44	5:01.56	Sulewska Beata	Katowice	16.11.2014
Rekord Polski Masters 45 - 49	5:02.25	Serbin Małgorzata	Pozna	19.11.2011
Rekord Polski Masters 50 - 54	5:26.28	Puchalska Joanna	Rumii	08.02.2014
Rekord Polski Masters 55 - 59	5:43.84	Szała Ewa	Katowice	16.11.2014
Rekord Polski Masters 60 - 64	6:34.14	Łutowicz Maria	Warszawa	05.06.2010
Rekord Polski Masters 65 - 69	6:33.42	Bastek Renata	Chodzie	24.01.2009
Rekord Polski Masters 70 - 74	7:43.60	Fecica Krystyna	Kraków	15.11.2013
Rekord Polski Masters 75 - 79	8:50.31	Nicpo Krystyna	Pozna	14.02.2015
Rekord Polski Masters 80 - 84	11:00.11	Wilczy ska Waclawa	Szczecinek	06.07.2008
Rekord Polski Masters 85 - 89	30:00.00			
Rekord Polski Masters 90 - 94	30:00.00			

Punkty: FINA 2015

Pozycja Rok ur. Czas Pkt.

20 - 24 lat

1. Krzy ostaniak Agnieszka	93	SMT Szczecin	4:45.25	555
50m: 31.26 31.26	150m: 1:42.77 36.15	250m: 2:56.27 36.65	350m: 4:10.46 36.61	
100m: 1:06.62 35.36	200m: 2:19.62 36.85	300m: 3:33.85 37.58	400m: 4:45.25 34.79	
2. Wn k Katarzyna	92	Niezzreszeni	5:43.55	318
50m: 39.24 39.24	150m: 2:04.83 43.13	250m: 3:33.39 44.55	350m: 5:03.68 45.70	
100m: 1:21.70 42.46	200m: 2:48.84 44.01	300m: 4:17.98 44.59	400m: 5:43.55 39.87	

25 - 29 lat

1. Radczuk Daria	86	Niezzreszeni	5:02.44	466
50m: 34.39 34.39	150m: 1:50.94 38.40	250m: 3:08.83 39.02	350m: 4:26.18 38.25	
100m: 1:12.54 38.15	200m: 2:29.81 38.87	300m: 3:47.93 39.10	400m: 5:02.44 36.26	
2. Widzik Katarzyna	90	MTP Delfin Cieszyn	5:09.17	436
50m: 34.60 34.60	150m: 1:51.89 38.96	250m: 3:11.27 39.69	350m: 4:30.69 39.48	
100m: 1:12.93 38.33	200m: 2:31.58 39.69	300m: 3:51.21 39.94	400m: 5:09.17 38.48	
3. Vachanová Lucia	86	Športový plavecký klub Kúpele	5:12.63	422
50m: 35.76 35.76	150m: 1:53.40 39.50	250m: 3:13.28 39.99	350m: 4:34.33 40.33	
100m: 1:13.90 38.14	200m: 2:33.29 39.89	300m: 3:54.00 40.72	400m: 5:12.63 38.30	
4. Kostencka Joanna	87	Start Pozna	5:25.18	375
50m: 38.25 38.25	150m: 1:59.45 40.68	250m: 3:21.75 41.13	350m: 4:44.64 41.18	
100m: 1:18.77 40.52	200m: 2:40.62 41.17	300m: 4:03.46 41.71	400m: 5:25.18 40.54	
5. Kostyra Agnieszka	90	Toru Multisport Team	5:54.52	289
50m: 38.91 38.91	150m: 2:06.97 44.40	250m: 3:37.33 45.56	350m: 5:09.95 46.56	
100m: 1:22.57 43.66	200m: 2:51.77 44.80	300m: 4:23.39 46.06	400m: 5:54.52 44.57	
6. Sobczak Agata	87	WKS I SK	6:48.94	188
50m: 47.10 47.10	150m: 2:29.87 51.71	250m: 4:14.59 52.48	350m: 5:59.89 52.59	
100m: 1:38.16 51.06	200m: 3:22.11 52.24	300m: 5:07.30 52.71	400m: 6:48.94 49.05	
7. Kara Karolina	87	Victory Masters Elbl g	6:57.35	177
50m: 49.56 49.56	150m: 2:36.32 53.21	250m: 4:22.16 53.20	350m: 6:07.73 52.64	
100m: 1:43.11 53.55	200m: 3:28.96 52.64	300m: 5:15.09 52.93	400m: 6:57.35 49.62	
8. Murawska Kinga	90	WKS I SK	6:57.42	177
50m: 48.12 48.12	150m: 2:33.00 52.66	250m: 4:20.24 54.27	350m: 6:07.42 53.38	
100m: 1:40.34 52.22	200m: 3:25.97 52.97	300m: 5:14.04 53.80	400m: 6:57.42 50.00	

Mistrzostwa Polski w Pływaniu Masters
Gliwice, 13. - 15.11.2015

Konkurencja 39, Kobiet, 400m dowolny

30 - 34 lat

1. Palmowska Paulina	85	Masters Wisła Kraków	5:13.17	419
50m: 34.83 34.83	150m: 1:54.04 40.08	250m: 3:14.23 40.08	350m: 4:35.52 40.51	
100m: 1:13.96 39.13	200m: 2:34.15 40.11	300m: 3:55.01 40.78	400m: 5:13.17 37.65	
2. Polito Małgorzata	83	Aquasfera Masters Olsztyn	5:34.50	344
50m: 38.11 38.11	150m: 2:02.01 42.51	250m: 3:27.13 41.86	350m: 4:53.30 43.15	
100m: 1:19.50 41.39	200m: 2:45.27 43.26	300m: 4:10.15 43.02	400m: 5:34.50 41.20	
3. Przybysz Aleksandra	82	Aquasfera Masters Olsztyn	5:43.83	317
50m: 39.58 39.58	150m: 2:06.71 44.13	250m: 3:34.65 43.88	350m: 5:02.55 43.83	
100m: 1:22.58 43.00	200m: 2:50.77 44.06	300m: 4:18.72 44.07	400m: 5:43.83 41.28	
4. Maduzia Aneta	84	Start Pozna	5:44.10	316
50m: 40.17 40.17	150m: 2:08.42 44.16	250m: 3:35.54 43.30	350m: 5:03.22 43.43	
100m: 1:24.26 44.09	200m: 2:52.24 43.82	300m: 4:19.79 44.25	400m: 5:44.10 40.88	
5. Bołtu Małgorzata	83	Redeco Wrocław	6:55.37	179
50m: 46.23 46.23	150m: 2:29.91 52.30	250m: 4:16.06 52.96	350m: 6:04.82 53.99	
100m: 1:37.61 51.38	200m: 3:23.10 53.19	300m: 5:10.83 54.77	400m: 6:55.37 50.55	

35 - 39 lat

1. Michalik Dominika	79	Masters Białystok	5:01.66	469
50m: 34.76 34.76	150m: 1:50.23 38.14	250m: 3:07.49 38.95	350m: 4:24.80 38.25	
100m: 1:12.09 37.33	200m: 2:28.54 38.31	300m: 3:46.55 39.06	400m: 5:01.66 36.86	
2. Osmala Renata	77	Uks Delfin Masters Tarnobrzeg	5:19.56	395
50m: 36.04 36.04	150m: 1:56.99 40.82	250m: 3:19.16 41.15	350m: 4:40.82 40.62	
100m: 1:16.17 40.13	200m: 2:38.01 41.02	300m: 4:00.20 41.04	400m: 5:19.56 38.74	
3. Ja kiewicz Anna	76	Redeco Wrocław	6:24.81	226
50m:	150m:	250m: 4:00.02 50.68	350m:	
100m: 1:28.62	200m: 3:09.34	300m: 4:50.47 50.45	400m: 6:24.81	
4. Góralska Aleksandra	77	Aquasfera Masters Olsztyn	6:28.78	219
50m: 43.78 43.78	150m: 2:19.25 48.63	250m: 3:59.70 50.53	350m: 5:40.18 49.49	
100m: 1:30.62 46.84	200m: 3:09.17 49.92	300m: 4:50.69 50.99	400m: 6:28.78 48.60	
5. Rostkowska-Kaczmarek Anna	80	Start Pozna	7:04.09	169
50m: 48.48 48.48	150m: 2:33.86	250m:	350m:	
100m:	200m: 3:28.79	54.93 300m: 5:17.93	400m: 7:04.09	

40 - 44 lat

1. Sulewska Beata	72	Weteran Zabrze	5:05.03	454
50m: 34.84 34.84	150m: 1:50.76 38.47	250m: 3:08.87 39.11	350m: 4:26.99 38.85	
100m: 1:12.29 37.45	200m: 2:29.76 39.00	300m: 3:48.14 39.27	400m: 5:05.03 38.04	
2. Płatek Jolanta	71	Niezrzeszeni	6:00.94	274
50m: 41.21 41.21	150m: 2:09.37 44.66	250m: 3:41.50 46.43	350m: 5:14.93 46.87	
100m: 1:24.71 43.50	200m: 2:55.07 45.70	300m: 4:28.06 46.56	400m: 6:00.94 46.01	
3. Jaruga Kinga	74	UKS CITYZEN Pozna	6:09.83	254
50m: 40.45 40.45	150m: 2:13.02 47.26	250m: 3:47.47 46.95	350m: 5:23.43 48.02	
100m: 1:25.76 45.31	200m: 3:00.52 47.50	300m: 4:35.41 47.94	400m: 6:09.83 46.40	
4. Piechura Małgorzata	73	K.S.niezrzeszeni.pl	7:50.72	123
50m: 50.74 50.74	150m: 2:46.92 59.88	250m: 4:50.70 1:00.84	350m: 6:54.21 1:00.59	
100m: 1:47.04 56.30	200m: 3:49.86 1:02.94	300m: 5:53.62 1:02.92	400m: 7:50.72 56.51	

45 - 49 lat

1. Zubel Beata	68	T.P. Skalar Słupsk	5:31.99	352
50m: 37.94 37.94	150m: 2:00.76 41.73	250m: 3:24.88 42.20	350m: 4:50.63 42.88	
100m: 1:19.03 41.09	200m: 2:42.68 41.92	300m: 4:07.75 42.87	400m: 5:31.99 41.36	

Mistrzostwa Polski w Pływaniu Masters
Gliwice, 13. - 15.11.2015

Konkurencja 39, Kobiet, 400m dowolny, 45 - 49 lat

Pozycja			Rok ur.					Czas	Pkt.			
2.	Go	dziejewska Anna	67	Aquasfera Masters Olsztyn				5:43.23	318			
	50m:	39.85	39.85	150m:	2:07.35	44.04	250m:	3:35.41	43.88	350m:	5:01.86	42.33
	100m:	1:23.31	43.46	200m:	2:51.53	44.18	300m:	4:19.53	44.12	400m:	5:43.23	41.37
3.	Jaskulska Dorota		69	T.P "U.B.O.T" Masters K dzierz				6:27.73	221			
	50m:	39.75	39.75	150m:	2:14.71	48.59	250m:			350m:	5:37.04	51.45
	100m:	1:26.12	46.37	200m:			300m:	4:45.59		400m:	6:27.73	50.69
4.	Szydło Agata		69	Redeco Wrocław				6:49.23	188			
	50m:	46.31	46.31	150m:	2:28.47	51.80	250m:	4:13.66	52.80	350m:	5:58.70	52.55
	100m:	1:36.67	50.36	200m:	3:20.86	52.39	300m:	5:06.15	52.49	400m:	6:49.23	50.53

50 - 54 lat

1.	Olszewska Edyta		64	Warsaw Masters team				5:50.10	300			
	50m:	40.21	40.21	150m:	2:10.69	45.26	250m:	3:38.40	42.82	350m:	5:07.27	44.69
	100m:	1:25.43	45.22	200m:	2:55.58	44.89	300m:	4:22.58	44.18	400m:	5:50.10	42.83
2.	Kotecka Anna		65	Klub Sportowy Warta Pozna				6:20.70	233			
	50m:	42.07	42.07	150m:	2:12.65	46.33	250m:	3:50.48	49.93	350m:	5:32.44	50.91
	100m:	1:26.32	44.25	200m:	3:00.55	47.90	300m:	4:41.53	51.05	400m:	6:20.70	48.26
3.	Karas Beata		62	Victory Masters Elbl g				7:08.16	164			
	50m:	50.15	50.15	150m:	2:37.74	54.04	250m:	4:27.62	54.81	350m:	6:16.61	54.38
	100m:	1:43.70	53.55	200m:	3:32.81	55.07	300m:	5:22.23	54.61	400m:	7:08.16	51.55

55 - 59 lat

1.	Szała Ewa		59	KS Czerwonak				5:48.07	305			
	50m:	38.52	38.52	150m:	2:05.10	43.63	250m:	3:33.48	44.19	350m:	5:02.64	44.71
	100m:	1:21.47	42.95	200m:	2:49.29	44.19	300m:	4:17.93	44.45	400m:	5:48.07	45.43
2.	Macierzewska Agnieszka		60	Masters Korona Kraków				5:55.43	287			
	50m:	39.10	39.10	150m:	2:07.71	45.17	250m:	3:38.55	45.97	350m:	5:11.51	46.40
	100m:	1:22.54	43.44	200m:	2:52.58	44.87	300m:	4:25.11	46.56	400m:	5:55.43	43.92
3.	Gudaniec Dorota		60	Tkkf Koszalin Masters				6:23.27	229			
	50m:	42.25	42.25	150m:	2:17.80	48.27	250m:	3:57.00	49.61	350m:	5:35.85	49.16
	100m:	1:29.53	47.28	200m:	3:07.39	49.59	300m:	4:46.69	49.69	400m:	6:23.27	47.42
4.	Zagała Joanna		59	SIKRET Gliwice				6:56.26	178			
	50m:	45.61	45.61	150m:			250m:			350m:	6:08.30	
	100m:	1:37.28	51.67	200m:			300m:			400m:	6:56.26	47.96
5.	Benova Dana		56	SK Spolchemie Usti nad Labem				8:46.62	88			
	50m:	56.26	56.26	150m:	3:12.04	1:08.93	250m:	5:27.04	1:07.71	350m:	7:41.84	1:07.85
	100m:	2:03.11	1:06.85	200m:	4:19.33	1:07.29	300m:	6:33.99	1:06.95	400m:	8:46.62	1:04.78
6.	Wepa Hanna		59	Masters Chelm				9:57.76	60			
	50m:	1:06.43	1:06.43	150m:	3:36.37	1:15.81	250m:	6:08.04	1:16.43	350m:	8:41.80	1:16.71
	100m:	2:20.56	1:14.13	200m:	4:51.61	1:15.24	300m:	7:25.09	1:17.05	400m:	9:57.76	1:15.96

60 - 64 lat

1.	Kerner Mateusiak Ewa		54	Victory Masters Elbl g				9:30.74	69			
	50m:	59.31	59.31	150m:	3:26.01	1:14.71	250m:	5:53.40	1:13.77	350m:	8:21.02	1:13.81
	100m:	2:11.30	1:11.99	200m:	4:39.63	1:13.62	300m:	7:07.21	1:13.81	400m:	9:30.74	1:09.72
2.	Lipi ska Jolanta		51	Niezrzeszeni				11:43.81	36			
	50m:	1:20.15	1:20.15	150m:	4:18.92	1:29.75	250m:	7:17.57	1:29.46	350m:	10:18.37	1:30.17
	100m:	2:49.17	1:29.02	200m:	5:48.11	1:29.19	300m:	8:48.20	1:30.63	400m:	11:43.81	1:25.44

Mistrzostwa Polski w Pływaniu Masters
Gliwice, 13. - 15.11.2015

Konkurencja 39, Kobiet, 400m dowolny

65 - 69 lat

1.	Łutowicz Maria		50	TS Olimpia Pozna		7:11.88	160	
	50m: 46.69	46.69	150m: 2:39.72	58.74	250m: 4:29.96	55.16	350m: 6:20.67	53.51
	100m: 1:40.98	54.29	200m: 3:34.80	55.08	300m: 5:27.16	57.20	400m: 7:11.88	51.21
2.	Szemberg Anna		49	Warsaw Masters team		8:27.74	98	
	50m: 55.76	55.76	150m: 3:05.17		250m: 5:15.56	1:04.67	350m: 7:26.10	1:03.72
	100m:		200m: 4:10.89	1:05.72	300m: 6:22.38	1:06.82	400m: 8:27.74	1:01.64
3.	Lippa Maria		46	Rydułtowska Akademia Aktywnego		10:49.30	47	
	50m: 1:10.25	1:10.25	150m: 3:52.08	1:21.46	250m: 6:38.25	1:21.85	350m: 9:24.05	1:23.44
	100m: 2:30.62	1:20.37	200m: 5:16.40	1:24.32	300m: 8:00.61	1:22.36	400m: 10:49.30	1:25.25