

Mistrzostwa Polski w Pływaniu Masters  
Gliwice, 13. - 15.11.2015

Event 39 Women, 400m Freestyle 20 years and older  
15.11.2015 - 11:35 Results

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			

Points: FINA 2015

Rank			YB					Time	Pts			
<b>20 - 24 years</b>												
1.	Krzyzostaniak Agnieszka		93	SMT Szczecin				<b>4:45.25</b>	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.	Wnek Katarzyna		92	Niezrzeszeni				<b>5:43.55</b>	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
<b>25 - 29 years</b>												
1.	Radczuk Daria		86	Niezrzeszeni				<b>5:02.44</b>	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				<b>5:09.17</b>	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.	Vachanova Lucia		86	Sportovy plavecky klub Kupele				<b>5:12.63</b>	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 Poznan				<b>5:25.18</b>	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	Torun Multisport Team				<b>5:54.52</b>	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 SIASK				<b>6:48.94</b>	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.	Karas Karolina		87	Victory Masters Elblag				<b>6:57.35</b>	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 SIASK				<b>6:57.42</b>	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

Event 39, Women, 400m Freestyle

30 - 34 years

1.	Palmowska Paulina	85	Masters Wisla Krakow	<b>5:13.17</b>	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 Malgorzata	83	Aquasfera Masters Olsztyn	<b>5:34.50</b>	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	<b>5:43.83</b>	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 Poznan	<b>5:44.10</b>	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.	Boltuc Malgorzata	83	Redeco Wroclaw	<b>6:55.37</b>	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 years

1.	Michalik Dominika	79	Masters Bialystok	<b>5:01.66</b>	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	<b>5:19.56</b>	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.	Jaskiewicz Anna	76	Redeco Wroclaw	<b>6:24.81</b>	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.	Goralska Aleksandra	77	Aquasfera Masters Olsztyn	<b>6:28.78</b>	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 Poznan	<b>7:04.09</b>	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 years

1.	Sulewska Beata	72	Weteran Zabrze	<b>5:05.03</b>	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.	Platek Jolanta	71	Niezrzeszeni	<b>6:00.94</b>	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 Poznan	<b>6:09.83</b>	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 Malgorzata	73	K.S.niezrzeszeni.pl	<b>7:50.72</b>	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 years

1.	Zubel Beata	68	T.P. Skalar Slupsk	<b>5:31.99</b>	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

Event 39, Women, 400m Freestyle, 45 - 49 years

Rank			YB					Time	Pts			
2.	Gozdziejewska Anna		67	Aquadefera Masters Olsztyn				<b>5:43.23</b>	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 Kedzierz				<b>6:27.73</b>	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.	Szydlo Agata		69	Redeco Wroclaw				<b>6:49.23</b>	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 years

1.	Olszewska Edyta		64	Warsaw Masters team				<b>5:50.10</b>	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 Poznan				<b>6:20.70</b>	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 Elblag				<b>7:08.16</b>	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 years

1.	Szala Ewa		59	KS Czerwonak				<b>5:48.07</b>	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 Krakow				<b>5:55.43</b>	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				<b>6:23.27</b>	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.	Zagala Joanna		59	SIKRET Gliwice				<b>6:56.26</b>	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				<b>8:46.62</b>	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				<b>9:57.76</b>	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 years

1.	Kerner Mateusiak Ewa		54	Victory Masters Elblag				<b>9:30.74</b>	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.	Lipinska Jolanta		51	Niezrzeszeni				<b>11:43.81</b>	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

---

Event 39, Women, 400m Freestyle

65 - 69 years

1.	Lutowicz Maria		50	TS Olimpia Poznan		<b>7:11.88</b>	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		<b>8:27.74</b>	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	Rydultowska Akademia Aktywnego		<b>10:49.30</b>	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