

Letnie Mistrzostwa Polski w Pływaniu Masters  
Gliwice, 10. - 12.6.2016

Event 37 Women, 400m Freestyle 20 years and older  
12.06.2016 - 11:00 Results

Rekord Polski Masters 25 - 29	4:56.55	PIETRZAK Sandra	Olsztyn	29.06.2014
Rekord Polski Masters 30 - 34	5:04.51	Michalik Dominika	Eindhoven	01.09.2013
Rekord Polski Masters 35 - 39	5:01.62	MICHALIK Dominika	Montreal	09.08.2014
Rekord Polski Masters 40 - 44	4:53.06	Serbin Małgorzata	San Francisco	10.08.2006
Rekord Polski Masters 45 - 49	5:07.09	Serbin Małgorzata	Riccione	16.06.2012
Rekord Polski Masters 50 - 54	5:29.49	Niespodziana Aleksandra	Poznań	14.06.2008
Rekord Polski Masters 55 - 59	5:46.62	Szała Ewa	Olsztyn	28.08.2014
Rekord Polski Masters 60 - 64	6:39.50	Gawlik Ewa	Cadiz	18.09.2009
Rekord Polski Masters 65 - 69	7:12.35	Łutowicz Maria	OLPOZ Szczecin	27.06.2015
Rekord Polski Masters 70 - 74	7:56.44	FECICA Krystyna	Olsztyn	29.06.2014
Rekord Polski Masters 75 - 79	8:46.41	Nicpo Krystyna	WODKAT Szczecin	27.06.2015
Rekord Polski Masters 80 - 84	11:11.29	Walkowicz Urszula	Warszawa	27.05.2012
Rekord Polski Masters 85 - 89	20:00.00			

Points: FINA 2016

Rank YB Time Pts  
20 - 24 years

1. Kabut Weronika	94	Zawodnicy Niezrzeszeni	<b>5:36.93</b>	354
50m: 36.11 36.11	150m: 2:00.50 43.17	250m: 3:28.26 43.91	350m: 4:56.30 43.49	
100m: 1:17.33 41.22	200m: 2:44.35 43.85	300m: 4:12.81 44.55	400m: 5:36.93 40.63	
2. Olejniczak Agata	92	KPiRS PLYWAK	<b>6:13.40</b>	260
50m: 38.19 38.19	150m: 2:09.09 46.35	250m: 3:46.15 48.78	350m: 5:24.63 49.54	
100m: 1:22.74 44.55	200m: 2:57.37 48.28	300m: 4:35.09 48.94	400m: 6:13.40 48.77	
3. Podstawka Agnieszka	96	Zawodnicy Niezrzeszeni	<b>7:06.30</b>	174
50m: 47.07 47.07	150m:	250m: 4:22.02 56.38	350m: 6:14.93 56.81	
100m: 1:37.03 49.96	200m: 3:25.64	300m: 5:18.12 56.10	400m: 7:06.30 51.37	

25 - 29 years

1. Kostencka Joanna	87	Start Poznan	<b>5:27.67</b>	384
50m: 36.98 36.98	150m: 1:59.98 42.64	250m: 3:24.75 42.47	350m: 4:48.76 41.60	
100m: 1:17.34 40.36	200m: 2:42.28 42.30	300m: 4:07.16 42.41	400m: 5:27.67 38.91	
2. Bartnikowska Agnieszka	90	ORS Opole	<b>5:30.33</b>	375
50m: 36.41 36.41	150m: 2:00.42 42.05	250m: 3:26.81 43.05	350m: 4:52.14 41.69	
100m: 1:18.37 41.96	200m: 2:43.76 43.34	300m: 4:10.45 43.64	400m: 5:30.33 38.19	
3. Burdelak Agnieszka	91	Mks Swim Academy Termy Jakuba	<b>5:30.65</b>	374
50m: 36.70 36.70	150m: 1:59.69 41.78	250m: 3:23.31 41.44	350m: 4:49.77 43.38	
100m: 1:17.91 41.21	200m: 2:41.87 42.18	300m: 4:06.39 43.08	400m: 5:30.65 40.88	
4. Murawska Kinga	90	Wks Slask Wroclaw	<b>6:56.11</b>	187
50m: 47.12 47.12	150m: 2:31.92 52.29	250m: 4:17.88 53.18	350m: 6:04.75 52.98	
100m: 1:39.63 52.51	200m: 3:24.70 52.78	300m: 5:11.77 53.89	400m: 6:56.11 51.36	
5. Karas Karolina	87	Victory Masters Elbag	<b>7:27.01</b>	151
50m: 52.39 52.39	150m: 2:50.21 58.58	250m: 4:46.03 57.24	350m: 6:35.42 52.65	
100m: 1:51.63 59.24	200m: 3:48.79 58.58	300m: 5:42.77 56.74	400m: 7:27.01 51.59	

30 - 34 years

1. Kaczmarek Agnieszka	85	Legia Warszawa	<b>5:28.19</b>	383
50m: 34.83 34.83	150m:	250m:	350m: 4:47.13 43.56	
100m: 1:13.47 38.64	200m: 2:36.64	300m: 4:03.57	400m: 5:28.19 41.06	
2. Palmowska Paulina	85	Masters Wisla Krakow	<b>5:29.44</b>	378
50m: 36.51 36.51	150m: 2:00.06 42.01	250m: 3:25.57 42.10	350m: 4:50.03 41.96	
100m: 1:18.05 41.54	200m: 2:43.47 43.41	300m: 4:08.07 42.50	400m: 5:29.44 39.41	
3. Jahnz Karolina	84	KS REKIN Swiebodzice	<b>6:06.02</b>	276
50m: 40.17 40.17	150m: 2:12.43 46.52	250m: 3:47.22 47.23	350m: 5:21.62 46.73	
100m: 1:25.91 45.74	200m: 2:59.99 47.56	300m: 4:34.89 47.67	400m: 6:06.02 44.40	

Letnie Mistrzostwa Polski w Pływaniu Masters  
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Event 37, Women, 400m Freestyle, 30 - 34 years

Rank			YB							Time	Pts	
4.	Maduzia Aneta		84	Start Poznan						<b>6:08.19</b>	271	
	50m:	42.96	42.96	150m:	2:16.75	47.85	250m:	3:50.18	46.12	350m:	5:23.95	46.35
	100m:	1:28.90	45.94	200m:	3:04.06	47.31	300m:	4:37.60	47.42	400m:	6:08.19	44.24
5.	Mazurkiewicz Agnieszka		82	Warsaw Masters team						<b>6:19.49</b>	247	
	50m:	43.32	43.32	150m:	2:18.59	48.52	250m:	3:57.13	49.56	350m:	5:34.56	48.52
	100m:	1:30.07	46.75	200m:	3:07.57	48.98	300m:	4:46.04	48.91	400m:	6:19.49	44.93
6.	Gorostiza Magda		86	MASTERS Zdzeszowice						<b>6:40.60</b>	210	
	50m:	42.32	42.32	150m:	2:20.01	50.04	250m:	4:03.16	52.03	350m:	5:48.91	52.71
	100m:	1:29.97	47.65	200m:	3:11.13	51.12	300m:	4:56.20	53.04	400m:	6:40.60	51.69

35 - 39 years

1.	Michalik Dominika		79	Masters Bialystok						<b>5:12.52</b>	443	
	50m:	34.32	34.32	150m:	1:51.07	38.92	250m:	3:11.31	40.13	350m:	4:33.21	41.05
	100m:	1:12.15	37.83	200m:	2:31.18	40.11	300m:	3:52.16	40.85	400m:	5:12.52	39.31
2.	Osmala Renata		77	Uks Delfin Masters Tarnobrzeg						<b>5:40.04</b>	344	
	50m:	38.50	38.50	150m:	2:05.70	43.87	250m:	3:32.89	43.65	350m:	4:59.85	43.61
	100m:	1:21.83	43.33	200m:	2:49.24	43.54	300m:	4:16.24	43.35	400m:	5:40.04	40.19
3.	Olszanowska Iga		81	Masters Team Biala Podlaska						<b>5:41.22</b>	340	
	50m:	36.44	36.44	150m:	2:01.30	43.36	250m:	3:29.89	44.55	350m:	4:58.84	44.35
	100m:	1:17.94	41.50	200m:	2:45.34	44.04	300m:	4:14.49	44.60	400m:	5:41.22	42.38

40 - 44 years

1.	Sulewska Beata		72	Weteran Zabrze						<b>5:12.75</b>	442	
	50m:	35.38	35.38	150m:	1:52.78	39.26	250m:	3:13.42	40.22	350m:	4:34.80	40.52
	100m:	1:13.52	38.14	200m:	2:33.20	40.42	300m:	3:54.28	40.86	400m:	5:12.75	37.95
2.	Checinska Kalina		76	WOPR Wojewodztwa Lubuskiego						<b>6:06.98</b>	274	
	50m:	40.92	40.92	150m:	2:12.94	45.97	250m:	3:48.51	47.78	350m:	5:22.98	47.14
	100m:	1:26.97	46.05	200m:	3:00.73	47.79	300m:	4:35.84	47.33	400m:	6:06.98	44.00
3.	Jaruga Kinga		74	UKS CITYZEN Poznan						<b>6:16.49</b>	253	
	50m:	41.84	41.84	150m:	2:16.53	48.33	250m:	3:53.70	48.33	350m:	5:30.51	48.21
	100m:	1:28.20	46.36	200m:	3:05.37	48.84	300m:	4:42.30	48.60	400m:	6:16.49	45.98
4.	Jaskiewicz Anna		76	Redeco Wroclaw						<b>6:34.70</b>	220	
	50m:	42.04	42.04	150m:	2:20.64	50.19	250m:	4:02.92	51.86	350m:	5:46.32	51.57
	100m:	1:30.45	48.41	200m:	3:11.06	50.42	300m:	4:54.75	51.83	400m:	6:34.70	48.38

45 - 49 years

1.	Krakowiak Elzbieta		69	Ks Warta Poznan						<b>5:09.52</b>	456	
	50m:	35.05	35.05	150m:	1:50.61	38.35	250m:	3:09.34	39.60	350m:	4:29.91	40.36
	100m:	1:12.26	37.21	200m:	2:29.74	39.13	300m:	3:49.55	40.21	400m:	5:09.52	39.61
2.	Szydlo Agata		69	Redeco Wroclaw						<b>7:09.95</b>	170	
	50m:	48.70	48.70	150m:	2:36.12	54.12	250m:	4:26.66	55.22	350m:		
	100m:	1:42.00	53.30	200m:	3:31.44	55.32	300m:	5:22.07	55.41	400m:	7:09.95	

50 - 54 years

1.	Olszewska Edyta		64	Warsaw Masters team						<b>6:02.36</b>	284	
	50m:	41.96	41.96	150m:	2:15.88	47.35	250m:	3:47.27	44.24	350m:	5:19.93	47.06
	100m:	1:28.53	46.57	200m:	3:03.03	47.15	300m:	4:32.87	45.60	400m:	6:02.36	42.43
2.	Kotecka Anna		65	Ks Warta Poznan						<b>6:38.17</b>	214	
	50m:	45.30	45.30	150m:	2:22.34	49.47	250m:	4:04.94	51.82	350m:	5:48.77	51.78
	100m:	1:32.87	47.57	200m:	3:13.12	50.78	300m:	4:56.99	52.05	400m:	6:38.17	49.40

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Event 37, Women, 400m Freestyle, 50 - 54 years

Rank			YB					Time	Pts		
3.	Karas Beata		62	Victory Masters Elbag				<b>7:11.96</b>	168		
	50m:	49.97 49.97	150m:	2:39.14	54.97	250m:	4:29.77	55.54	350m:	6:19.60	54.71
	100m:	1:44.17 54.20	200m:	3:34.23	55.09	300m:	5:24.89	55.12	400m:	7:11.96	52.36

55 - 59 years

1.	Macierzewska Agnieszka		60	Korona Krakow Masters				<b>6:02.92</b>	283		
	50m:	40.50 40.50	150m:	2:11.35	46.07	250m:	3:45.41	47.09	350m:	5:19.42	47.52
	100m:	1:25.28 44.78	200m:	2:58.32	46.97	300m:	4:31.90	46.49	400m:	6:02.92	43.50
2.	Szala Ewa		59	Steef				<b>6:08.91</b>	269		
	50m:	40.27 40.27	150m:	2:12.29	47.04	250m:	3:47.24	47.29	350m:	5:21.10	47.09
	100m:	1:25.25 44.98	200m:	2:59.95	47.66	300m:	4:34.01	46.77	400m:	6:08.91	47.81
3.	Bednarczyk Iwona		57	Masters Wisla Krakow				<b>8:54.81</b>	88		
	50m:	53.34 53.34	150m:	3:05.18	1:07.83	250m:	5:24.07	1:09.77	350m:	7:47.60	1:12.47
	100m:	1:57.35 1:04.01	200m:	4:14.30	1:09.12	300m:	6:35.13	1:11.06	400m:	8:54.81	1:07.21

60 - 64 years

DNF	Kerner-Mateusiak Ewa		54	Victory Masters Elbag						
	50m:	1:04.19 1:04.19	150m:	3:37.49	1:18.72	250m:	6:16.93	1:19.89	350m:	
	100m:	2:18.77 1:14.58	200m:	4:57.04	1:19.55	300m:	7:37.00	1:20.07	400m:	

65 - 69 years

1.	Szemberg Anna		49	Warsaw Masters team				<b>8:41.55</b>	95		
	50m:	56.11 56.11	150m:	3:12.61	1:09.23	250m:	5:27.40	1:06.73	350m:	7:40.42	1:05.84
	100m:	2:03.38 1:07.27	200m:	4:20.67	1:08.06	300m:	6:34.58	1:07.18	400m:	8:41.55	1:01.13

70 - 74 years

1.	Mleczek Maria		46	Korona Krakow Masters				<b>10:27.85</b>	54		
	50m:	1:06.16 1:06.16	150m:			250m:	6:35.37	1:19.47	350m:	9:16.77	1:19.48
	100m:	2:28.37 1:22.21	200m:	5:15.90		300m:	7:57.29	1:21.92	400m:	10:27.85	1:11.08