



XX Mistrzostwa Polski Lekarzy w Pływaniu
Dębica, 24-26.04.2025

Konkurencja 21
2025-04-25

Kobiet, 400m dowolny

24 lat i starsi
Wyniki

Punkty: AQUA Master 2025

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
A: 24-34							
1. BIERNACKA Agata	97	OIL Gdańsk	5:14.04 545	1:13.46	1:19.72	1:20.86	1:20.00
50m:		150m:	250m:		350m:		
100m: 1:13.46		200m: 2:33.18	300m: 3:54.04		400m: 5:14.04		
2. NOWAK Sonia	96	OIL Częstochowa	5:24.11 496	1:17.16	1:21.16	1:22.86	1:22.93
50m:		150m:	250m:		350m:		
100m: 1:17.16		200m: 2:38.32	300m: 4:01.18		400m: 5:24.11		
3. JANECKA Zuzanna	99	OIL Śląska	5:51.86 387	1:21.34	1:30.32	1:30.94	1:29.26
50m:		150m:	250m:		350m:		
100m: 1:21.34		200m: 2:51.66	300m: 4:22.60		400m: 5:51.86		
4. WOJNICKA Joanna	94	OIL Łódzka	6:20.67 313	1:33.74	1:39.57	1:39.43	1:27.93
50m:		150m:	250m:		350m:		
100m: 1:33.74		200m: 3:13.31	300m: 4:52.74		400m: 6:20.67		
5. RAGAN Dagmara	98	OIL Dolnośląska	6:24.33 297	1:31.85	1:38.25	1:40.56	1:33.67
50m:		150m:	250m:		350m:		
100m: 1:31.85		200m: 3:10.10	300m: 4:50.66		400m: 6:24.33		
6. SIWIEC Agata	97	OIL Lublin	6:30.14 284				
50m:		150m:	250m:		350m:		
100m:		200m:	300m:		400m: 6:30.14		
7. LUKASIK Zuzanna	93	OIL Łódzka	7:03.86 227	1:33.51	1:48.77	1:51.29	1:50.29
50m:		150m:	250m:		350m:		
100m: 1:33.51		200m: 3:22.28	300m: 5:13.57		400m: 7:03.86		
B: 35-44							
1. ZIARKO Danuta	81	OIL Śląska	6:23.28 322	1:27.97	1:37.23	1:40.15	1:37.93
50m:		150m:	250m:		350m:		
100m: 1:27.97		200m: 3:05.20	300m: 4:45.35		400m: 6:23.28		
2. ŁAGODZIŃSKA Paulina	86	OIL Łódzka	7:12.31 233	1:39.19	1:49.35	1:53.96	1:49.81
50m:		150m:	250m:		350m:		
100m: 1:39.19		200m: 3:28.54	300m: 5:22.50		400m: 7:12.31		
3. GIRCZYS-POŁEDNIOK K.	86	OIL Śląska	7:34.49 200	1:51.06	1:55.66	1:56.41	1:51.36
50m:		150m:	250m:		350m:		
100m: 1:51.06		200m: 3:46.72	300m: 5:43.13		400m: 7:34.49		
4. STANIÓW Agata	87	OIL Dolnośląska	8:02.55 167	1:48.75	2:06.80	2:07.14	1:59.86
50m:		150m:	250m:		350m:		
100m: 1:48.75		200m: 3:55.55	300m: 6:02.69		400m: 8:02.55		
5. KWINTA Justyna	88	OIL Kraków	8:27.14 144	1:57.36	2:09.67	2:12.73	2:07.38
50m:		150m:	250m:		350m:		
100m: 1:57.36		200m: 4:07.03	300m: 6:19.76		400m: 8:27.14		
C: 45-54							
1. BUCHOLZ Barbara	73	OIL Łódzka	8:08.34 189	1:52.01	2:05.46	2:06.09	2:04.78
50m:		150m:	250m:		350m:		
100m: 1:52.01		200m: 3:57.47	300m: 6:03.56		400m: 8:08.34		
2. HULINKA Kamila	77	OIL Rzeszów	8:26.18 152	2:01.04	2:11.66	2:10.78	2:02.70
50m:		150m:	250m:		350m:		
100m: 2:01.04		200m: 4:12.70	300m: 6:23.48		400m: 8:26.18		
3. STOCKA Anna	77	OIL Szczecin	9:22.35 111	2:07.76	2:26.25	2:26.29	2:22.05
50m:		150m:	250m:		350m:		
100m: 2:07.76		200m: 4:34.01	300m: 7:00.30		400m: 9:22.35		



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D: 55-64

1. DAMLJANOVIĆ-WACŁAW65I.	OIL Szczecin	6:57.91 329	1:37.21	1:46.49	1:48.21	1:46.00
50m:	150m:	250m:	350m:			
100m: 1:37.21	200m: 3:23.70	300m: 5:11.91	400m: 6:57.91			
2. STĘPIEŃ-GIELO Joanna 61	OIL Szczecin	7:41.08 245	1:47.57	1:58.05	1:59.03	1:56.43
50m:	150m:	250m:	350m:			
100m: 1:47.57	200m: 3:45.62	300m: 5:44.65	400m: 7:41.08			
3. NOWAK-BEREŚ Elżbieta 67	OIL Rzeszów	8:31.12 170	1:58.94	2:12.62	2:11.08	2:08.48
50m:	150m:	250m:	350m:			
100m: 1:58.94	200m: 4:11.56	300m: 6:22.64	400m: 8:31.12			