



Puchar Polski w Pływaniu w Kategorii Masters
Łódź, 13- - 14-9-2025

Konkurencja 16
2025-09-13 - 16:12

Kobiet, 400m dowolny

Open
Wyniki

Punkty: AQUA Master 2025

Pozycja	Rok ur.										Czas	Pkt.
Kat: 0 (20-24)												
1.	HAŁADYN Kamila			04	Masters Łódź					5:08.49	556	
	50m:	33.96	33.96	150m:	1:50.83	38.83	250m:	3:10.78	40.23	350m:	4:30.24	39.72
	100m:	1:12.00	38.04	200m:	2:30.55	39.72	300m:	3:50.52	39.74	400m:	5:08.49	38.25
Kat: B (30-34)												
1.	WOJNICKA Joanna			94	MUKS Huragan Koło					6:12.22	319	
	50m:	42.93	42.93	150m:	2:17.75	47.69	250m:	3:54.48	48.13	350m:	5:29.01	46.26
	100m:	1:30.06	47.13	200m:	3:06.35	48.60	300m:	4:42.75	48.27	400m:	6:12.22	43.21
Kat: C (35-39)												
1.	KOSIOROWSKA Aleksandra			87	Wodnik Włocławek					5:19.20	540	
	50m:	33.66	33.66	150m:	1:51.93	40.09	250m:	3:14.43	41.67	350m:	4:38.74	41.88
	100m:	1:11.84	38.18	200m:	2:32.76	40.83	300m:	3:56.86	42.43	400m:	5:19.20	40.46
2.	MACIĄG Magda			87	Masters Łódź					5:43.65	432	
	50m:	37.19	37.19	150m:	2:01.27	43.04	250m:	3:29.68	44.16	350m:	4:59.99	45.53
	100m:	1:18.23	41.04	200m:	2:45.52	44.25	300m:	4:14.46	44.78	400m:	5:43.65	43.66
3.	WIELECHOWSKA Anna			90	UKS Cityzen Poznań					5:43.83	432	
	50m:	37.43	37.43	150m:	2:00.91	42.76	250m:	3:30.54	45.26	350m:	5:01.43	45.62
	100m:	1:18.15	40.72	200m:	2:45.28	44.37	300m:	4:15.81	45.27	400m:	5:43.83	42.40
Kat: D (40-44)												
1.	MICHAŁKIEWICZ Małgorzata			85	MUKS Zgierz					6:02.66	375	
	50m:	40.95	40.95	150m:	2:12.73	46.55	250m:	3:46.34	46.69	350m:	5:18.13	45.72
	100m:	1:26.18	45.23	200m:	2:59.65	46.92	300m:	4:32.41	46.07	400m:	6:02.66	44.53
2.	DZIKOWSKA Ewa			84	Masters Łódź					6:11.24	350	
	50m:	40.89	40.89	150m:	2:14.40	47.37	250m:	3:49.55	47.55	350m:	5:26.52	48.21
	100m:	1:27.03	46.14	200m:	3:02.00	47.60	300m:	4:38.31	48.76	400m:	6:11.24	44.72
3.	JASIK Agata			84	Fundacja JK TEAM					6:16.04	337	
	50m:	37.93	37.93	150m:	2:06.34	45.81	250m:	3:43.53	49.28	350m:	5:25.68	51.51
	100m:	1:20.53	42.60	200m:	2:54.25	47.91	300m:	4:34.17	50.64	400m:	6:16.04	50.36
4.	JASIAKIEWICZ Natalia			85	Koszalińskie TKKF					6:54.54	251	
	50m:	44.25	44.25	150m:	2:27.83	52.46	250m:	4:16.70	55.21	350m:	6:03.64	53.17
	100m:	1:35.37	51.12	200m:	3:21.49	53.66	300m:	5:10.47	53.77	400m:	6:54.54	50.90
5.	STEC Anna			82	KS Rekin Świebodzice					8:09.86	152	
	50m:	50.73	50.73	150m:	2:50.50	1:01.28	250m:	4:56.40	1:03.49	350m:	7:08.08	1:06.02
	100m:	1:49.22	58.49	200m:	3:52.91	1:02.41	300m:	6:02.06	1:05.66	400m:	8:09.86	1:01.78
Kat: E (45-49)												
1.	MICHALIK Dominika			79	Masters Białystok					5:07.26	640	
	50m:	35.28	35.28	150m:	1:52.16	38.63	250m:	3:11.58	39.70	350m:	4:30.35	38.99
	100m:	1:13.53	38.25	200m:	2:31.88	39.72	300m:	3:51.36	39.78	400m:	5:07.26	36.91
2.	LORENC Agnieszka			80	UKS ZSMS					5:36.24	488	
	50m:	37.71	37.71	150m:	2:00.15	42.03	250m:	3:26.74	43.18	350m:	4:54.36	43.77
	100m:	1:18.12	40.41	200m:	2:43.56	43.41	300m:	4:10.59	43.85	400m:	5:36.24	41.88
3.	JAROSZ Izabela			76	MUKS Gilus Gilowice					6:12.02	360	
	50m:	42.46	42.46	150m:	2:16.48	47.77	250m:	3:53.01	47.93	350m:	5:27.64	47.07
	100m:	1:28.71	46.25	200m:	3:05.08	48.60	300m:	4:40.57	47.56	400m:	6:12.02	44.38



Puchar Polski w Pływaniu w Kategorii Masters
Łódź, 13- 14-9-2025

Konkurencja 16, Kobiety, 400m dowolny, Kat: E (45-49)

Pozycja	Rok ur.										Czas	Pkt.
4.	KAPITANOVOVÁ Michaela				77	KPS Ostrava					6:41.25	287
	50m:	40.07	40.07	150m:	2:15.71	48.66	250m:	3:56.69	51.29	350m:	5:48.74	57.12
	100m:	1:27.05	46.98	200m:	3:05.40	49.69	300m:	4:51.62	54.93	400m:	6:41.25	52.51
5.	KLARECKA Monika				77	MUKS Zgierz					6:56.13	257
	50m:	43.97	43.97	150m:	2:29.82	54.12	250m:	4:18.06	54.26	350m:	6:06.02	54.29
	100m:	1:35.70	51.73	200m:	3:23.80	53.98	300m:	5:11.73	53.67	400m:	6:56.13	50.11

Kat: F (50-54)

1.	ŠTROSOVÁ Iva			73	KPS Ostrava					6:43.34	313	
	50m:	42.01	42.01	150m:	2:19.20	50.23	250m:	4:03.70	52.59	350m:	5:50.53	53.48
	100m:	1:28.97	46.96	200m:	3:11.11	51.91	300m:	4:57.05	53.35	400m:	6:43.34	52.81

Kat: H (60-64)

1.	KOTECKA Anna			65	KS Warta Poznań					6:27.02	389	
	50m:	45.37	45.37	150m:	2:21.81	49.03	250m:	4:00.31	49.29	350m:	5:39.26	49.32
	100m:	1:32.78	47.41	200m:	3:11.02	49.21	300m:	4:49.94	49.63	400m:	6:27.02	47.76
2.	ŁATKOWSKA Ewa			65	5Styl Warszawa					7:07.11	289	
	50m:	45.94	45.94	150m:	2:32.25	54.88	250m:	4:24.09	56.01	350m:	6:15.53	56.00
	100m:	1:37.37	51.43	200m:	3:28.08	55.83	300m:	5:19.53	55.44	400m:	7:07.11	51.58

Kat: I (65-69)

1.	SZALA Ewa			59	KS Warta Poznań				6:17.91	510		
	50m:	42.27	42.27	150m:	2:17.58	48.00	250m:	3:54.73	48.77	350m:	5:31.92	48.33
	100m:	1:29.58	47.31	200m:	3:05.96	48.38	300m:	4:43.59	48.86	400m:	6:17.91	45.99

Kat: K (75-79)

1.	SZEMBERG Anna			49	Warsaw Masters Team				10:05.07	226		
	50m:	1:07.60	1:07.60	150m:	3:45.31	1:17.97	250m:	6:17.01	1:15.07	350m:	8:43.55	1:12.61
	100m:	2:27.34	1:19.74	200m:	5:01.94	1:16.63	300m:	7:30.94	1:13.93	400m:	10:05.07	1:21.52

OPEN

1.	MICHALIK Dominika			79	Masters Białystok					5:07.26	640	
	50m:	35.28	35.28	150m:	1:52.16	38.63	250m:	3:11.58	39.70	350m:	4:30.35	38.99
	100m:	1:13.53	38.25	200m:	2:31.88	39.72	300m:	3:51.36	39.78	400m:	5:07.26	36.91
2.	HAŁADYN Kamila			04	Masters Łódź					5:08.49	556	
	50m:	33.96	33.96	150m:	1:50.83	38.83	250m:	3:10.78	40.23	350m:	4:30.24	39.72
	100m:	1:12.00	38.04	200m:	2:30.55	39.72	300m:	3:50.52	39.74	400m:	5:08.49	38.25
3.	KOSIOROWSKA Aleksandra			87	Wodnik Włocławek					5:19.20	540	
	50m:	33.66	33.66	150m:	1:51.93	40.09	250m:	3:14.43	41.67	350m:	4:38.74	41.88
	100m:	1:11.84	38.18	200m:	2:32.76	40.83	300m:	3:56.86	42.43	400m:	5:19.20	40.46
4.	SZALA Ewa			59	KS Warta Poznań					6:17.91	510	
	50m:	42.27	42.27	150m:	2:17.58	48.00	250m:	3:54.73	48.77	350m:	5:31.92	48.33
	100m:	1:29.58	47.31	200m:	3:05.96	48.38	300m:	4:43.59	48.86	400m:	6:17.91	45.99
5.	LORENC Agnieszka			80	UKS ZSMS					5:36.24	488	
	50m:	37.71	37.71	150m:	2:00.15	42.03	250m:	3:26.74	43.18	350m:	4:54.36	43.77
	100m:	1:18.12	40.41	200m:	2:43.56	43.41	300m:	4:10.59	43.85	400m:	5:36.24	41.88
6.	MACIĄG Magda			87	Masters Łódź					5:43.65	432	
	50m:	37.19	37.19	150m:	2:01.27	43.04	250m:	3:29.68	44.16	350m:	4:59.99	45.53
	100m:	1:18.23	41.04	200m:	2:45.52	44.25	300m:	4:14.46	44.78	400m:	5:43.65	43.66
	WIELECHOWSKA Anna			90	UKS Cityzen Poznań					5:43.83	432	
	50m:	37.43	37.43	150m:	2:00.91	42.76	250m:	3:30.54	45.26	350m:	5:01.43	45.62
	100m:	1:18.15	40.72	200m:	2:45.28	44.37	300m:	4:15.81	45.27	400m:	5:43.83	42.40



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Konkurencja 16, Kobiety, 400m dowolny, OPEN

Pozycja	Rok ur.								Czas	Pkt.
8.	KOTECKA Anna	65	KS Warta Poznań						6:27.02	389
	50m: 45.37	45.37	150m: 2:21.81	49.03	250m: 4:00.31	49.29	350m: 5:39.26	49.32		
	100m: 1:32.78	47.41	200m: 3:11.02	49.21	300m: 4:49.94	49.63	400m: 6:27.02	47.76		
9.	MICHAŁKIEWICZ Małgorzata	85	MUKS Zgierz						6:02.66	375
	50m: 40.95	40.95	150m: 2:12.73	46.55	250m: 3:46.34	46.69	350m: 5:18.13	45.72		
	100m: 1:26.18	45.23	200m: 2:59.65	46.92	300m: 4:32.41	46.07	400m: 6:02.66	44.53		
10.	JAROSZ Izabela	76	MUKS Gilus Gilowice						6:12.02	360
	50m: 42.46	42.46	150m: 2:16.48	47.77	250m: 3:53.01	47.93	350m: 5:27.64	47.07		
	100m: 1:28.71	46.25	200m: 3:05.08	48.60	300m: 4:40.57	47.56	400m: 6:12.02	44.38		
11.	DZIKOWSKA Ewa	84	Masters Łódź						6:11.24	350
	50m: 40.89	40.89	150m: 2:14.40	47.37	250m: 3:49.55	47.55	350m: 5:26.52	48.21		
	100m: 1:27.03	46.14	200m: 3:02.00	47.60	300m: 4:38.31	48.76	400m: 6:11.24	44.72		
12.	JASIK Agata	84	Fundacja JK TEAM						6:16.04	337
	50m: 37.93	37.93	150m: 2:06.34	45.81	250m: 3:43.53	49.28	350m: 5:25.68	51.51		
	100m: 1:20.53	42.60	200m: 2:54.25	47.91	300m: 4:34.17	50.64	400m: 6:16.04	50.36		
13.	WOJNICKA Joanna	94	MUKS Huragan Koło						6:12.22	319
	50m: 42.93	42.93	150m: 2:17.75	47.69	250m: 3:54.48	48.13	350m: 5:29.01	46.26		
	100m: 1:30.06	47.13	200m: 3:06.35	48.60	300m: 4:42.75	48.27	400m: 6:12.22	43.21		
14.	ŠTROSOVÁ Iva	73	KPS Ostrava						6:43.34	313
	50m: 42.01	42.01	150m: 2:19.20	50.23	250m: 4:03.70	52.59	350m: 5:50.53	53.48		
	100m: 1:28.97	46.96	200m: 3:11.11	51.91	300m: 4:57.05	53.35	400m: 6:43.34	52.81		
15.	ŁATKOWSKA Ewa	65	5Styl Warszawa						7:07.11	289
	50m: 45.94	45.94	150m: 2:32.25	54.88	250m: 4:24.09	56.01	350m: 6:15.53	56.00		
	100m: 1:37.37	51.43	200m: 3:28.08	55.83	300m: 5:19.53	55.44	400m: 7:07.11	51.58		
16.	KAPITANOVÁ Michaela	77	KPS Ostrava						6:41.25	287
	50m: 40.07	40.07	150m: 2:15.71	48.66	250m: 3:56.69	51.29	350m: 5:48.74	57.12		
	100m: 1:27.05	46.98	200m: 3:05.40	49.69	300m: 4:51.62	54.93	400m: 6:41.25	52.51		
17.	KLARECKA Monika	77	MUKS Zgierz						6:56.13	257
	50m: 43.97	43.97	150m: 2:29.82	54.12	250m: 4:18.06	54.26	350m: 6:06.02	54.29		
	100m: 1:35.70	51.73	200m: 3:23.80	53.98	300m: 5:11.73	53.67	400m: 6:56.13	50.11		
18.	JASIAKIEWICZ Natalia	85	Koszalińskie TKKF						6:54.54	251
	50m: 44.25	44.25	150m: 2:27.83	52.46	250m: 4:16.70	55.21	350m: 6:03.64	53.17		
	100m: 1:35.37	51.12	200m: 3:21.49	53.66	300m: 5:10.47	53.77	400m: 6:54.54	50.90		
19.	SZEMBERG Anna	49	Warsaw Masters Team						10:05.07	226
	50m: 1:07.60	1:07.60	150m: 3:45.31	1:17.97	250m: 6:17.01	1:15.07	350m: 8:43.55	1:12.61		
	100m: 2:27.34	1:19.74	200m: 5:01.94	1:16.63	300m: 7:30.94	1:13.93	400m: 10:05.07	1:21.52		
20.	STEC Anna	82	KS Rekin Świebodzice						8:09.86	152
	50m: 50.73	50.73	150m: 2:50.50	1:01.28	250m: 4:56.40	1:03.49	350m: 7:08.08	1:06.02		
	100m: 1:49.22	58.49	200m: 3:52.91	1:02.41	300m: 6:02.06	1:05.66	400m: 8:09.86	1:01.78		