

Letnie Mistrzostwa Polski w Pływaniu w Kategoriach Masters
Lublin, 30.5. - 1.6.2025

Konkurencja 39
01.06.2025 - 10:58

Kobiet, 400m dowolny

20 - 94 lat
Wyniki

RP Masters 80 - 84	8:49.69	FECICA Krystyna	Lublin	30.05.2025
RP Masters 75 - 79	7:32.11	GAWLIK-BUCAR Ewa	Rome	29.08.2022
RP Masters 70 - 74	7:12.91	BASTEK Renata	Warszawa	18.06.2017
RP Masters 65 - 69	6:28.11	SZAŁA Ewa	Lublin	16.06.2024
RP Masters 60 - 64	6:10.50	SZAŁA Ewa	Gliwice	02.06.2019
RP Masters 55 - 59	5:17.95	SERBIN Małgorzata	Poznań	26.06.2021
RP Masters 50 - 54	5:10.21	SERBIN Małgorzata	Kranj (SLO)	05.09.2018
RP Masters 45 - 49	5:07.02	SULEWSKA Beata	Poznań	24.06.2018
RP Masters 40 - 44	4:53.06	SERBIN Małgorzata	San Francisco (USA)	10.08.2006
RP Masters 35 - 39	5:01.62	MICHALIK Dominika	Montreal (CAN)	09.08.2014
RP Masters 30 - 34	5:04.51	MICHALIK Dominika	Eindhoven (NED)	01.09.2013
RP Masters 25 - 29	4:33.90	KACZMAREK Magdalena	Budapeszt (HUN)	20.08.2017

Punkty: AQUA Master 2025

Pozycja Wiek Czas Pkt. CR

KATEGORIA MŁ

1. WIECKOWSKA Alicja	22	UKS Delfin Garwolin	5:06.26	588	+0,82
50m: 33.78 33.78	150m: 1:50.37	39.25 250m: 3:09.16	39.39	350m: 4:28.83	40.04
100m: 1:11.12 37.34	200m: 2:29.77	39.40 300m: 3:48.79	39.63	400m: 5:06.26	37.43
2. ZIELIŃSKA Oliwia	24	KS Warta Poznań	5:08.44	575	+0,67
50m: 34.26 34.26	150m: 1:52.11	40.09 250m: 3:12.31	40.31	350m: 4:32.36	40.26
100m: 1:12.02 37.76	200m: 2:32.00	39.89 300m: 3:52.10	39.79	400m: 5:08.44	36.08
3. MARKUNAS Julia	24	MKP Szczecin	5:36.20	444	+0,82
50m: 36.15 36.15	150m: 2:00.90	42.91 250m: 3:28.05	43.61	350m: 4:55.97	43.80
100m: 1:17.99 41.84	200m: 2:44.44	43.54 300m: 4:12.17	44.12	400m: 5:36.20	40.23
4. DECHNIK Anna	24	Niezrzeszony	5:54.38	379	+0,85
50m: 37.69 37.69	150m: 2:04.97	44.60 250m: 3:36.13	46.30	350m: 5:09.47	46.72
100m: 1:20.37 42.68	200m: 2:49.83	44.86 300m: 4:22.75	46.62	400m: 5:54.38	44.91

KATEGORIA A

1. CHOJECKA Karolina	25	Warsaw Masters Team	5:15.22	539	+0,74
50m: 33.89 33.89	150m: 1:51.95	39.78 250m: 3:14.11	41.33	350m: 4:37.97	41.74
100m: 1:12.17 38.28	200m: 2:32.78	40.83 300m: 3:56.23	42.12	400m: 5:15.22	37.25
2. WIŚNIEWSKA Natalia	28	KS Warta Poznań	5:21.15	510	+0,80
50m: 35.30 35.30	150m: 1:55.07	40.49 250m: 3:18.48	41.74	350m: 4:41.76	41.58
100m: 1:14.58 39.28	200m: 2:36.74	41.67 300m: 4:00.18	41.70	400m: 5:21.15	39.39
3. GWIŹDŹ Martyna	29	Fundacja Palestra Pływania	6:37.85	268	+0,89
50m: 44.37 44.37	150m: 2:22.37	49.79 250m: 4:06.13	52.67	350m: 5:49.53	51.57
100m: 1:32.58 48.21	200m: 3:13.46	51.09 300m: 4:57.96	51.83	400m: 6:37.85	48.32

KATEGORIA B

1. GAJDOWSKA Agnieszka	30	Water Squad	4:54.62	676	+0,71
<i>Rekord Polski Masters</i>					
50m: 31.92 31.92	150m: 1:46.13	38.95 250m: 3:04.41	39.19	350m: 4:22.06	38.69
100m: 1:07.18 35.26	200m: 2:25.22	39.09 300m: 3:43.37	38.96	400m: 4:54.62	32.56
2. KOZAK Dominika	32	Water Squad	5:42.09	432	+0,72
50m: 37.06 37.06	150m: 2:02.39	42.99 250m: 3:31.07	44.59	350m: 5:00.55	43.99
100m: 1:19.40 42.34	200m: 2:46.48	44.09 300m: 4:16.56	45.49	400m: 5:42.09	41.54
3. WEJNEROWSKA Klaudia	32	Koszalińskie TTKF	6:11.41	337	+0,84
50m: 40.40 40.40	150m: 2:13.06	47.67 250m: 3:49.60	48.51	350m: 5:26.40	48.43
100m: 1:25.39 44.99	200m: 3:01.09	48.03 300m: 4:37.97	48.37	400m: 6:11.41	45.01



Splash Meet Manager, 11.81803

Registered to Piotr Bujak

01.06.2025 12:57 - Strona 1

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Konkurencja 39, Kobiet, 400m dowolny, KATEGORIA B

Pozycja	Wiek				Czas				Pkt.	CR
4. WOJNICKA Joanna	31				MUKS HURAGAN Koło				6:17.08	322 +0,82
50m:	41.18	41.18	150m:	2:18.07	49.42	250m:	3:55.88	49.21	350m:	5:33.27 48.69
100m:	1:28.65	47.47	200m:	3:06.67	48.60	300m:	4:44.58	48.70	400m:	6:17.08 43.81

KATEGORIA C

1. ZALESKA Anna	37				Stow. Pływ. Masters Olsztyn				5:41.77	472 +0,78
50m:	38.71	38.71	150m:	2:05.65	44.12	250m:	3:33.78	44.20	350m:	5:01.38 43.60
100m:	1:21.53	42.82	200m:	2:49.58	43.93	300m:	4:17.78	44.00	400m:	5:41.77 40.39
2. WIELECHOWSKA Anna	35				UKS Cityzen Poznań				5:54.63	422 +0,88
50m:	38.65	38.65	150m:	2:06.97	45.67	250m:	3:38.35	46.02	350m:	5:11.05 46.22
100m:	1:21.30	42.65	200m:	2:52.33	45.36	300m:	4:24.83	46.48	400m:	5:54.63 43.58
3. JANAS Karolina	35				Koszalińskie TKKF				6:14.83	358 +0,99
50m:	40.13	40.13	150m:	2:12.32	47.40	250m:	3:49.68	49.21	350m:	5:28.14 49.31
100m:	1:24.92	44.79	200m:	3:00.47	48.15	300m:	4:38.83	49.15	400m:	6:14.83 46.69
4. SOBCZAK- PORADA Joanna	38				Warsaw Masters Team				6:51.21	271 +0,83
50m:	44.64	44.64	150m:	2:27.69	52.31	250m:	4:14.45	53.34	350m:	6:00.99 53.58
100m:	1:35.38	50.74	200m:	3:21.11	53.42	300m:	5:07.41	52.96	400m:	6:51.21 50.22

KATEGORIA D

1. MAJEWSKI Michalina	41				MKP Gdańsk				5:09.34	613 +0,84
50m:	34.15	34.15	150m:	1:51.08	39.36	250m:	3:11.47	40.47	350m:	4:31.79 39.96
100m:	1:11.72	37.57	200m:	2:31.00	39.92	300m:	3:51.83	40.36	400m:	5:09.34 37.55
2. SIKORA Sabina	41				UKS Jasień Sucha Beskidzka				5:54.03	409 +0,82
50m:	38.19	38.19	150m:	2:07.08	45.05	250m:	3:38.90	46.39	350m:	5:11.84 46.40
100m:	1:22.03	43.84	200m:	2:52.51	45.43	300m:	4:25.44	46.54	400m:	5:54.03 42.19
3. LARA Anna	40				Niezrzeszony Jelenia Góra				6:06.59	368 +0,87
50m:	40.78	40.78	150m:	2:11.97	46.55	250m:	3:46.34	47.31	350m:	5:21.13 47.38
100m:	1:25.42	44.64	200m:	2:59.03	47.06	300m:	4:33.75	47.41	400m:	6:06.59 45.46
4. JASIK Agata	41				Fundacja JK TEAM				6:09.64	359 +0,87
50m:	38.51	38.51	150m:	2:09.76	46.98	250m:	3:45.61	48.35	350m:	5:23.28 48.89
100m:	1:22.78	44.27	200m:	2:57.26	47.50	300m:	4:34.39	48.78	400m:	6:09.64 46.36
5. GRYCZ Urszula	40				Ursynów Masters				6:31.81	301 +0,88
50m:	42.36	42.36	150m:	2:16.96	48.31	250m:	3:58.14	51.60	350m:	5:42.35 52.17
100m:	1:28.65	46.29	200m:	3:06.54	49.58	300m:	4:50.18	52.04	400m:	6:31.81 49.46

KATEGORIA E

1. KÜTTEL Dorota	48				Svommeklubben Sonderborg				5:07.13	684 +0,68
50m:	34.30	34.30	150m:	1:51.44	39.20	250m:	3:10.86	39.80	350m:	4:29.70 39.18
100m:	1:12.24	37.94	200m:	2:31.06	39.62	300m:	3:50.52	39.66	400m:	5:07.13 37.43
2. MICHALIK Dominika	46				Masters Białystok				5:11.10	658 +0,71
50m:	34.33	34.33	150m:	1:51.14	38.89	250m:	3:10.94	40.27	350m:	4:32.11 41.00
100m:	1:12.25	37.92	200m:	2:30.67	39.53	300m:	3:51.11	40.17	400m:	5:11.10 38.99
3. BABICA Izabela	46				KS Warta Poznań				5:47.99	470 +0,87
50m:	38.51	38.51	150m:	2:06.75	45.01	250m:	3:37.92	45.96	350m:	5:07.86 44.43
100m:	1:21.74	43.23	200m:	2:51.96	45.21	300m:	4:23.43	45.51	400m:	5:47.99 40.13
4. MRÓZ Edyta	46				UKS Wodnik 29 Katowice				5:49.41	464 +0,90
50m:	39.47	39.47	150m:	2:08.33	45.03	250m:	3:38.36	45.43	350m:	5:08.19 45.23
100m:	1:23.30	43.83	200m:	2:52.93	44.60	300m:	4:22.96	44.60	400m:	5:49.41 41.22



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Konkurencja 39, Kobiety, 400m dowolny, KATEGORIA E

Pozycja	Wiek								Czas		Pkt.	CR
5. KLARECKA Monika	48 MUKS Zgierz								7:36.42		208	+0,83
50m:	48.13	48.13	150m:	2:44.06	57.82	250m:	4:42.62	59.45	350m:	6:40.63	58.92	
100m:	1:46.24	58.11	200m:	3:43.17	59.11	300m:	5:41.71	59.09	400m:	7:36.42	55.79	

KATEGORIA F

1.	SULEWSKA Beata				53	Weteran Zabrze				5:32.59	600	+0,92
	50m:	37.91	37.91	150m:	2:02.08	42.40	250m:	3:27.54	42.61	350m:	4:52.69	42.49
	100m:	1:19.68	41.77	200m:	2:44.93	42.85	300m:	4:10.20	42.66	400m:	5:32.59	39.90
2.	BALAJCZA Timea				54	Water Squad				6:09.73	437	+0,87
	50m:	41.24	41.24	150m:	2:14.93	47.61	250m:	3:50.45	47.63	350m:	5:25.18	47.02
	100m:	1:27.32	46.08	200m:	3:02.82	47.89	300m:	4:38.16	47.71	400m:	6:09.73	44.55
3.	KABAT-KOPERSKA Joanna				52	SMT Szczecin				7:57.26	203	+0,84
	50m:	54.30	54.30	150m:	2:55.23	1:00.58	250m:	4:57.06	1:01.53	350m:	6:58.90	1:01.24
	100m:	1:54.65	1:00.35	200m:	3:55.53	1:00.30	300m:	5:57.66	1:00.60	400m:	7:57.26	58.36

KATEGORIA G

1.	SERBIN Małgorzata	59	MKP Szczecin						5:46.37	547	+0,81
	50m: 38.33 38.33	150m: 2:06.22	44.43	250m: 3:35.11	44.40	350m: 5:03.77	44.07				
	100m: 1:21.79 43.46	200m: 2:50.71	44.49	300m: 4:19.70	44.59	400m: 5:46.37	42.60				
2.	GOŹDZIEJEWSKA Anna	58	Stow. Pływ. Masters Olsztyn						6:19.40	416	+0,85
	50m: 42.76 42.76	150m: 2:19.63	49.07	250m: 3:56.63	48.33	350m: 5:32.88	47.91				
	100m: 1:30.56 47.80	200m: 3:08.30	48.67	300m: 4:44.97	48.34	400m: 6:19.40	46.52				
3.	ŁUBIŃSKA Anna	57	Masters Avia Świdnik						8:13.27	189	
	50m: 48.75 48.75	150m: 2:54.53	1:03.92	250m: 5:04.09	1:04.49	350m: 7:14.49	1:04.83				
	100m: 1:50.61 1:01.86	200m: 3:59.60	1:05.07	300m: 6:09.66	1:05.57	400m: 8:13.27	58.78				
4.	SEKUŁA Joanna	56	Masters Avia Świdnik						10:07.13	101	+0,96
	50m: 57.60 57.60	150m: 3:26.90	1:17.29	250m: 6:08.53	1:20.73	350m: 8:51.84	1:22.59				
	100m: 2:09.61 1:12.01	200m: 4:47.80	1:20.90	300m: 7:29.25	1:20.72	400m: 10:07.13	1:15.29				

KATEGORIA H

1.	VILIMIENE Ada				63	Plaukimo Veteranu SK Nendre				5:44.36		588	+0,78
	50m:	37.07	37.07	150m:	2:02.84	43.79	250m:	3:31.70	44.60	350m:	5:01.40	44.65	
	100m:	1:19.05	41.98	200m:	2:47.10	44.26	300m:	4:16.75	45.05	400m:	5:44.36	42.96	
2.	DAMLJANOVIC-WACŁAWIK Iwona				60	SMT Szczecin				6:38.36		380	+0,89
	50m:	41.88	41.88	150m:	2:20.91	50.42	250m:	4:03.74	51.47	350m:	5:48.74	52.70	
	100m:	1:30.49	48.61	200m:	3:12.27	51.36	300m:	4:56.04	52.30	400m:	6:38.36	49.62	
3.	ŁATKOWSKA Ewa				60	5Styl Warszawa				7:18.33		285	+0,87
	50m:	48.02	48.02	150m:	2:38.87	56.90	250m:	4:32.72	57.12	350m:	6:27.21	57.13	
	100m:	1:41.97	53.95	200m:	3:35.60	56.73	300m:	5:30.08	57.36	400m:	7:18.33	51.12	

KATEGORIA I

1.	SZAŁA Ewa				66	KS Warta Poznań				6:25.04	536	
	Rekord Polski Masters											
	50m:	43.21	43.21	150m:	2:21.90	50.08	250m:	4:01.14	49.30	350m:	5:39.12	48.92
	100m:	1:31.82	48.61	200m:	3:11.84	49.94	300m:	4:50.20	49.06	400m:	6:25.04	45.92
2.	DĄBROWSKA Zofia				67	Weteran Zabrze				9:07.03	186	+0,71
	50m:	1:00.63	1:00.63	150m:	3:22.69	1:11.22	250m:	5:44.70	1:10.97	350m:	8:05.50	1:09.77
	100m:	2:11.47	1:10.84	200m:	4:33.73	1:11.04	300m:	6:55.73	1:11.03	400m:	9:07.03	1:01.53



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Konkurencja 39, Kobiet, 400m dowolny

KATEGORIA J

1.	ŁABUZ Ewa	70	Swim Club Masters Ślęza	8:50.33	222	+0,91
	50m: 57.11 57.11	150m: 3:14.06 1:07.16	250m: 5:30.68 1:08.76	350m: 7:46.87 1:07.44		
	100m: 2:06.90 1:09.79	200m: 4:21.92 1:07.86	300m: 6:39.43 1:08.75	400m: 8:50.33 1:03.46		

KATEGORIA K

1.	SZEMBERG Anna	76	Warsaw Masters Team	10:02.85	235	
	50m: 1:07.32 1:07.32	150m: 3:43.50 1:18.49	250m: 6:16.84 1:15.31	350m: 8:49.61 1:16.61		
	100m: 2:25.01 1:17.69	200m: 5:01.53 1:18.03	300m: 7:33.00 1:16.16	400m: 10:02.85 1:13.24		

