

Letnie Mistrzostwa Polski Masters LC
Lublin, 19. - 21.6.2026

Konkurencja 39, Kobiet, 400m dowolny, 30 - 34 lat

pozycja			wiek	klub						czas	pkt.	CR
7.	SŁOWIK Magdalena		34	5Styl						6:55.79	240	+0,71
	50m:	44.13	44.13	150m:	2:29.02	53.29	250m:	4:19.85	55.43	350m:	6:09.11	53.03
	100m:	1:35.73	51.60	200m:	3:24.42	55.40	300m:	5:16.08	56.23	400m:	6:55.79	46.68
8.	ŁAPAJ Anna		32	5Styl						7:00.85	232	+0,88
	50m:	45.70	45.70	150m:	2:29.20	53.66	250m:	4:19.66	55.99	350m:	6:10.99	55.17
	100m:	1:35.54	49.84	200m:	3:23.67	54.47	300m:	5:15.82	56.16	400m:	7:00.85	49.86

35 - 39 lat

1.	KOSIOROWSKA Aleksandra		39	UKP Wodnik Włocławek						5:26.95	539	+0,82
	50m:	36.05	36.05	150m:	1:58.14	41.85	250m:	3:22.20	42.17	350m:	4:47.09	41.92
	100m:	1:16.29	40.24	200m:	2:40.03	41.89	300m:	4:05.17	42.97	400m:	5:26.95	39.86
2.	KORNIAM Dominika		36	Niechrzeszony - Wrocław						6:34.25	307	+0,93
	50m:	39.67	39.67	150m:	2:14.93	49.59	250m:	3:57.21	51.81	350m:	5:42.16	52.63
	100m:	1:25.34	45.67	200m:	3:05.40	50.47	300m:	4:49.53	52.32	400m:	6:34.25	52.09

40 - 44 lat

1.	MAJEWSKI Michalina		42	MKP Gdańsk						5:05.40	637	+0,84
	50m:	34.39	34.39	150m:	1:50.78	39.07	250m:	3:09.12	39.03	350m:	4:27.83	39.28
	100m:	1:11.71	37.32	200m:	2:30.09	39.31	300m:	3:48.55	39.43	400m:	5:05.40	37.57
2.	OŻAROWSKA Monika		43	Stowarzyszenie SHARKS 3CITY						5:57.00	399	+0,85
	50m:	39.74	39.74	150m:	2:08.54	45.06	250m:	3:41.08	46.29	350m:	5:13.42	45.95
	100m:	1:23.48	43.74	200m:	2:54.79	46.25	300m:	4:27.47	46.39	400m:	5:57.00	43.58
3.	GRYCZ Urszula		41	Ursynów Masters						6:16.55	340	
	50m:	39.38	39.38	150m:	2:10.46	46.86	250m:	3:49.87	50.11	350m:	5:30.74	49.73
	100m:	1:23.60	44.22	200m:	2:59.76	49.30	300m:	4:41.01	51.14	400m:	6:16.55	45.81

45 - 49 lat

1.	MICHALIK Dominika		47	MASTERS Białystok						5:22.33	591	+0,79
	50m:	36.12	36.12	150m:	1:56.60	40.58	250m:	3:18.75	41.17	350m:	4:41.90	41.46
	100m:	1:16.02	39.90	200m:	2:37.58	40.98	300m:	4:00.44	41.69	400m:	5:22.33	40.43
2.	KAPITANOVÁ Michaela		49	KPS Ostrava						6:36.80	317	+0,78
	50m:	42.34	42.34	150m:	2:21.58	51.32	250m:	4:06.16	52.34	350m:	5:50.36	51.79
	100m:	1:30.26	47.92	200m:	3:13.82	52.24	300m:	4:58.57	52.41	400m:	6:36.80	46.44
3.	KLARECKA Monika		49	MUKS Zgierz						7:00.15	267	
	50m:	43.90	43.90	150m:	2:28.73	53.59	250m:	4:19.86	55.78	350m:	6:09.84	54.39
	100m:	1:35.14	51.24	200m:	3:24.08	55.35	300m:	5:15.45	55.59	400m:	7:00.15	50.31
4.	GRAF Magdalena		47	Warsaw Masters Team						7:07.64	253	+0,89
	50m:	46.68	46.68	150m:	2:35.08	55.22	250m:	4:25.59	55.14	350m:	6:19.01	56.96
	100m:	1:39.86	53.18	200m:	3:30.45	55.37	300m:	5:22.05	56.46	400m:	7:07.64	48.63
5.	CYGAŃSKA Monika		47	Fundacja Palestra Pływania						7:11.66	246	+0,86
	50m:	45.02	45.02	150m:	2:30.02	54.65	250m:	4:23.39	56.49	350m:	6:15.12	55.59
	100m:	1:35.37	50.35	200m:	3:26.90	56.88	300m:	5:19.53	56.14	400m:	7:11.66	56.54
6.	KUCHARSKA Karolina		46	Ursynów Masters						7:45.23	196	
	50m:	45.58	45.58	150m:	2:43.28	59.44	250m:	4:45.11	1:00.18	350m:	6:47.61	1:01.48
	100m:	1:43.84	58.26	200m:	3:44.93	1:01.65	300m:	5:46.13	1:01.02	400m:	7:45.23	57.62
7.	CZARNECKA Justyna		47	Gminny KP 7 Źródł Trzebnica						8:13.21	165	
	50m:	51.35	51.35	150m:	2:54.69	1:03.07	250m:	5:06.05	1:05.64	350m:	7:15.20	1:04.39
	100m:	1:51.62	1:00.27	200m:	4:00.41	1:05.72	300m:	6:10.81	1:04.76	400m:	8:13.21	58.01

50 - 54 lat

1.	JAROSZ Izabela		50	MUKS Gilus Gilowice						6:18.01	409	
	50m:	42.18	42.18	150m:	2:17.01	47.75	250m:	3:53.94	48.05	350m:	5:31.11	48.27
	100m:	1:29.26	47.08	200m:	3:05.89	48.88	300m:	4:42.84	48.90	400m:	6:18.01	46.90

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Konkurencja 39, Kobiety, 400m dowolny, 50 - 54 lat

pozycja				wiek				klub				czas		pkt.	CR
2. GAWĘDZKA Aneta				50				Gminny KP 7 Zdrój Trzebnica				8:06.66		191	+0,96
50m:		53.31	53.31	150m:		2:53.78	1:02.12	250m:		5:00.27	1:03.95	350m:		7:07.06	1:03.55
100m:		1:51.66	58.35	200m:		3:56.32	1:02.54	300m:		6:03.51	1:03.24	400m:		8:06.66	59.60

55 - 59 lat

1.	BALAJCZA Timea			55	Water Squad					6:18.67		419	
	50m:	41.93	41.93	150m:	2:17.16	48.54	250m:	3:55.27	48.29	350m:	5:32.01	48.30	
	100m:	1:28.62	46.69	200m:	3:06.98	49.82	300m:	4:43.71	48.44	400m:	6:18.67	46.66	
2.	ŁUBIŃSKA Anna			58	Masters Avia Świdnik					8:09.74		193	+0,83
	50m:	47.32	47.32	150m:	2:50.29	1:03.95	250m:	5:00.78	1:05.48	350m:	7:12.33	1:05.88	
	100m:	1:46.34	59.02	200m:	3:55.30	1:05.01	300m:	6:06.45	1:05.67	400m:	8:09.74	57.41	
3.	SEKUŁA Joanna			57	Masters Avia Świdnik					11:37.47		67	
	50m:	1:04.90	1:04.90	150m:	3:51.76	1:27.08	250m:	6:57.85	1:34.01	350m:	10:12.83	1:41.63	
	100m:	2:24.68	1:19.78	200m:	5:23.84	1:32.08	300m:	8:31.20	1:33.35	400m:	11:37.47	1:24.64	

60 - 64 lat

1.	SERBIN Małgorzata			60	MKP Szczecin					5:23.12	712	
	Rekord Polski Masters											
	50m:	36.21	36.21	150m:	1:57.87	41.34	250m:	3:20.67	41.39	350m:	4:43.78	41.33
	100m:	1:16.53	40.32	200m:	2:39.28	41.41	300m:	4:02.45	41.78	400m:	5:23.12	39.34
2.	ŁATKOWSKA Ewa			61	5Styl					7:32.52	259	
	50m:	49.23	49.23	150m:	2:44.78	59.67	250m:	4:41.13	58.67	350m:	6:39.88	59.77
	100m:	1:45.11	55.88	200m:	3:42.46	57.68	300m:	5:40.11	58.98	400m:	7:32.52	52.64

65 - 69 lat

1.	ZAGAŁA Joanna			67	WETERAN Zabrze					7:16.09	369	+0,88
	50m:	48.71	48.71	150m:	2:39.56	55.70	250m:	4:32.26	56.12	350m:	6:23.92	56.19
	100m:	1:43.86	55.15	200m:	3:36.14	56.58	300m:	5:27.73	55.47	400m:	7:16.09	52.17
2.	MYSIAK Katarzyna			65	Gdynia Masters					7:55.05	285	
	50m:	46.98	46.98	150m:	2:47.06	1:02.09	250m:	4:52.15	1:02.37	350m:	6:56.61	1:02.23
	100m:	1:44.97	57.99	200m:	3:49.78	1:02.72	300m:	5:54.38	1:02.23	400m:	7:55.05	58.44

70 - 74 lat

1.	ŁABUZ Ewa			71	Uks Rapid				8:31.75	247		
	50m:	54.33	54.33	150m:	3:04.30	1:04.58	250m:	5:16.19	1:05.80	350m:	7:28.69	1:05.14
	100m:	1:59.72	1:05.39	200m:	4:10.39	1:06.09	300m:	6:23.55	1:07.36	400m:	8:31.75	1:03.06

75 - 79 lat

1.	SZEMBERG Anna			77	Warsaw Masters Team				10:31.29	205		
	50m:	1:09.26	1:09.26	150m:	3:52.05	1:22.09	250m:	6:33.17	1:21.03	350m:	9:13.53	1:20.52
	100m:	2:29.96	1:20.70	200m:	5:12.14	1:20.09	300m:	7:53.01	1:19.84	400m:	10:31.29	1:17.76