

Puchar Polski w Pływaniu w Kategorii Masters
Gdańsk, 27. - 28.9.2025

Konkurencja 32
28.09.2025 - 11:48

Kobiet, 400m dowolny
SWIMSPOT TROPHY

20 - 94 lat
Wyniki

Punkty: AQUA Master 2025

Pozycja	Rok ur.										Czas	Pkt.
Kat. A 25-29 lat												
1.	Chojcka Karolina			00	Warsaw Masters Team					4:58.19	615	
	50m:	32.69	32.69	150m:	1:46.97	38.39	250m:	3:04.08	38.75	350m:	4:21.49	38.59
	100m:	1:08.58	35.89	200m:	2:25.33	38.36	300m:	3:42.90	38.82	400m:	4:58.19	36.70
Kat. B 30-34 lat												
1.	Gajdowska Agnieszka			95	Water Squad					4:37.45	772	
	50m:	30.33	30.33	150m:	1:42.32	36.37	250m:	2:55.04	36.22	350m:	4:06.39	34.97
	100m:	1:05.95	35.62	200m:	2:18.82	36.50	300m:	3:31.42	36.38	400m:	4:37.45	31.06
2.	Przeździak - Stelmach Anna			93	Góral Swim					6:05.65	337	
	50m:	39.84	39.84	150m:	2:10.93	46.41	250m:	3:44.40	46.26	350m:	5:19.75	47.56
	100m:	1:24.52	44.68	200m:	2:58.14	47.21	300m:	4:32.19	47.79	400m:	6:05.65	45.90
3.	Wojnicka Joanna			94	Huragan Koło					6:16.52	309	
	50m:	43.05	43.05	150m:	2:17.49	47.87	250m:	3:54.52	48.41	350m:	5:30.92	48.04
	100m:	1:29.62	46.57	200m:	3:06.11	48.62	300m:	4:42.88	48.36	400m:	6:16.52	45.60
Kat. D 40-44 lat												
1.	Ożarowska Monika			83	EvoTriathlon Gdańsk					5:42.86	444	
	50m:	38.56	38.56	150m:	2:02.35	42.79	250m:	3:31.31	44.63	350m:	5:00.38	44.49
	100m:	1:19.56	41.00	200m:	2:46.68	44.33	300m:	4:15.89	44.58	400m:	5:42.86	42.48
Kat. E 45-49 lat												
1.	Michalik Dominika			79	Masters Białystok					5:12.47	609	
	50m:	36.20	36.20	150m:	1:54.60	39.47	250m:	3:14.41	40.00	350m:	4:34.43	39.66
	100m:	1:15.13	38.93	200m:	2:34.41	39.81	300m:	3:54.77	40.36	400m:	5:12.47	38.04
2.	Michalewicz Nataliya			78	Góral Swim					5:37.79	482	
	50m:	37.16	37.16	150m:	2:00.15	42.47	250m:	3:26.67	43.68	350m:	4:54.99	44.42
	100m:	1:17.68	40.52	200m:	2:42.99	42.84	300m:	4:10.57	43.90	400m:	5:37.79	42.80
3.	Klarecka Monika			77	MUKS Zgierz					7:01.72	247	
	50m:	47.50	47.50	150m:	2:34.53	54.24	250m:	4:23.05	53.91	350m:	6:10.88	54.08
	100m:	1:40.29	52.79	200m:	3:29.14	54.61	300m:	5:16.80	53.75	400m:	7:01.72	50.84
Kat. H 60-64 lat												
1.	Bartosiewicz Joanna			64	MKP Gdańsk					5:55.03	504	
	50m:	40.18	40.18	150m:	2:10.32	46.25	250m:	3:40.86	44.69	350m:	5:10.88	44.49
	100m:	1:24.07	43.89	200m:	2:56.17	45.85	300m:	4:26.39	45.53	400m:	5:55.03	44.15
2.	Kotecka Anna			65	Warta Poznań					6:39.62	353	
	50m:	45.44	45.44	150m:	2:25.03	50.43	250m:	4:07.42	50.95	350m:	5:49.73	51.50
	100m:	1:34.60	49.16	200m:	3:16.47	51.44	300m:	4:58.23	50.81	400m:	6:39.62	49.89