

Puchar Polski w Pływaniu w Kategorii Masters
Gdańsk, 10. - 11.10.2026

Konkurencja 28
11.10.2026 - 11:22

Kobiet, 400m dowolny

20 - 94 lat
Wyniki

Punkty: AQUA Master 2025

Pozycja	Rok ur.										Czas	Pkt.
Kat. 0 20-24 lat												
1.	Filipiak Zuzanna		03	Baltic Sharks						6:08.82	325	
	50m:	42.33	42.33	150m:	2:13.64	46.61	250m:	3:49.03	48.09	350m:	5:24.23	47.55
	100m:	1:27.03	44.70	200m:	3:00.94	47.30	300m:	4:36.68	47.65	400m:	6:08.82	44.59
Kat. B 30-34 lat												
1.	Gajdowska Agnieszka		95	Water Squad						4:42.37	732	
	50m:	31.35	31.35	150m:	1:42.85	37.05	250m:	2:57.12	37.33	350m:	4:10.40	36.00
	100m:	1:05.80	34.45	200m:	2:19.79	36.94	300m:	3:34.40	37.28	400m:	4:42.37	31.97
2.	Wejnerowska Klaudia		93	Koszalińskie TKKF						5:51.77	378	
	50m:	38.73	38.73	150m:	2:08.07	45.76	250m:	3:39.57	45.88	350m:	5:10.18	45.15
	100m:	1:22.31	43.58	200m:	2:53.69	45.62	300m:	4:25.03	45.46	400m:	5:51.77	41.59
Kat. D 40-44 lat												
1.	Soja Agnieszka		83	UKS Rapid Wrocław						6:06.65	363	
	50m:	40.94	40.94	150m:	2:14.41	46.93	250m:	3:48.97	47.65	350m:	5:22.76	47.03
	100m:	1:27.48	46.54	200m:	3:01.32	46.91	300m:	4:35.73	46.76	400m:	6:06.65	43.89
Kat. E 45-49 lat												
1.	Michalik Dominika		79	Masters Białystok						5:11.15	616	
	50m:	35.27	35.27	150m:	1:51.71	38.52	250m:	3:11.21	39.99	350m:	4:32.13	40.16
	100m:	1:13.19	37.92	200m:	2:31.22	39.51	300m:	3:51.97	40.76	400m:	5:11.15	39.02
2.	Klarecka Monika		77	MUKS Zgierz						6:50.88	267	
	50m:	43.59	43.59	150m:	2:26.58	53.09	250m:	4:13.54	53.52	350m:	6:01.59	54.65
	100m:	1:33.49	49.90	200m:	3:20.02	53.44	300m:	5:06.94	53.40	400m:	6:50.88	49.29
Kat. G 55-59 lat												
1.	Balajcza Timea		71	Water Squad						6:03.22	445	
	50m:	41.43	41.43	150m:	2:12.79	46.46	250m:	3:45.56	45.74	350m:	5:17.77	46.24
	100m:	1:26.33	44.90	200m:	2:59.82	47.03	300m:	4:31.53	45.97	400m:	6:03.22	45.45
Kat. K 75-79 lat												
1.	Szemberg Anna		49	Warsaw Masters Team						10:55.31	178	
	50m:	1:10.26	1:10.26	150m:	4:02.61	1:28.11	250m:	6:49.84	1:25.20	350m:	9:36.19	1:22.78
	100m:	2:34.50	1:24.24	200m:	5:24.64	1:22.03	300m:	8:13.41	1:23.57	400m:	10:55.31	1:19.12