

Zimowe Mistrzostwa Polski w pływaniu w kategoriach Masters
Suwałki, 1.12.2024

Konkurencja 39
01.12.2024 - 10:55

Kobiet, 400m dowolny

20 lat i starsi
Wyniki

Rekordy Polski Masters 85 - 89	12:28.44	WALKOWICZ Urszula	Gliwice	19.11.2017
Rekordy Polski Masters 80 - 84	8:55.70	FECICA Krystyna	Łódź	10.11.2023
Rekordy Polski Masters 75 - 79	8:05.89	FECICA Krystyna	Tychy	17.03.2019
Rekordy Polski Masters 70 - 74	7:22.28	GAWLIK Ewa	Łódź	17.11.2019
Rekordy Polski Masters 65 - 69	6:03.48	SZAŁA Ewa	Łom a	12.10.2024
Rekordy Polski Masters 60 - 64	5:44.74	VILIMIENE Aida	Suwałki	01.12.2024
Rekordy Polski Masters 55 - 59	5:08.22	SERBIN Małgorzata	Pozna	12.12.2021
Rekordy Polski Masters 50 - 54	5:07.78	SULEWSKA Beata	Pozna	18.12.2022
Rekordy Polski Masters 45 - 49	4:59.65	SULEWSKA Beata	Gliwice	18.11.2017
Rekordy Polski Masters 40 - 44	4:58.56	MICHALIK Dominika	Łódź	17.11.2019
Rekordy Polski Masters 35 - 39	4:56.12	MICHALIK Dominika	Olsztyn	23.10.2016
Rekordy Polski Masters 30 - 34	4:49.74	KOWALI SKA Oriana	Łódź	12.11.2023
Rekordy Polski Masters 25 - 29	4:31.02	KACZMAREK Magdalena	Tychy	25.03.2017

Punkty: Rudolph Table 2022

Pozycja Rok ur. Czas Pkt.

20 - 24 lat

1. WI CKOWSKA Alicja	03	UKS Delfin Garwolin	5:08.62	1,3
50m: 33.66 33.66	150m: 1:49.69 38.58	250m: 3:09.00 39.95	350m: 4:30.09 40.74	
100m: 1:11.11 37.45	200m: 2:29.05 39.36	300m: 3:49.35 40.35	400m: 5:08.62 38.53	

25 - 29 lat

1. GAJDOWSKA Agnieszka	95	Water Squad	4:46.61	7,2
50m: 30.53 30.53	150m: 1:40.25 35.94	250m: 2:56.72 38.52	350m: 4:12.64 37.70	
100m: 1:04.31 33.78	200m: 2:18.20 37.95	300m: 3:34.94 38.22	400m: 4:46.61 33.97	
2. MUSIK Wiktoria	97	UKS Trójka	4:59.26	3,8
50m: 30.89 30.89	150m: 1:45.41 38.31	250m: 3:03.77 39.37	350m: 4:21.62 38.36	
100m: 1:07.10 36.21	200m: 2:24.40 38.99	300m: 3:43.26 39.49	400m: 4:59.26 37.64	
3. WI NIEWSKA Natalia	97	K.S Warta Pozna	5:02.86	2,9
50m: 33.35 33.35	150m: 1:49.53 38.35	250m: 3:07.92 39.12	350m: 4:25.59 38.79	
100m: 1:11.18 37.83	200m: 2:28.80 39.27	300m: 3:46.80 38.88	400m: 5:02.86 37.27	
4. JANISZEWSKA Dominika	99	NIEZRZESZENI	5:06.93	1,8
50m: 34.77 34.77	150m: 1:50.30 38.37	250m: 3:08.46 39.41	350m: 4:27.39 39.71	
100m: 1:11.93 37.16	200m: 2:29.05 38.75	300m: 3:47.68 39.22	400m: 5:06.93 39.54	

30 - 34 lat

1. KOZAK Dominika	93	Water Squad	5:26.09	
50m: 35.36 35.36	150m: 1:55.56 41.02	250m: 3:20.43 42.78	350m:	
100m: 1:14.54 39.18	200m: 2:37.65 42.09	300m: 4:02.14 41.71	400m: 5:26.09	
2. WIELECHOWSKA Anna	90	Uks Cityzen	5:34.19	
50m: 36.75 36.75	150m: 1:58.66 41.83	250m: 3:25.64 43.68	350m: 4:52.70 43.40	
100m: 1:16.83 40.08	200m: 2:41.96 43.30	300m: 4:09.30 43.66	400m: 5:34.19 41.49	
3. WEJNEROWSKA Klaudia	93	Koszali skie TKKF	5:56.77	
50m: 39.57 39.57	150m: 2:09.68 46.07	250m: 3:42.65 45.77	350m: 5:14.71 46.35	
100m: 1:23.61 44.04	200m: 2:56.88 47.20	300m: 4:28.36 45.71	400m: 5:56.77 42.06	
4. WOJNICKA Joanna	94	MUKS „HURAGAN” Koło	6:18.34	
50m: 43.74 43.74	150m: 2:21.59 49.71	250m: 3:58.63 48.34	350m: 5:34.37 47.21	
100m: 1:31.88 48.14	200m: 3:10.29 48.70	300m: 4:47.16 48.53	400m: 6:18.34 43.97	

35 - 39 lat

1. LARA Anna	85	NIEZRZESZENI	5:55.85	
50m: 40.57 40.57	150m: 2:09.67 45.19	250m: 3:40.86 45.40	350m: 5:12.21 45.61	
100m: 1:24.48 43.91	200m: 2:55.46 45.79	300m: 4:26.60 45.74	400m: 5:55.85 43.64	

Zimowe Mistrzostwa Polski w pływaniu w kategoriach Masters
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Konkurencja 39, Kobiet, 400m dowolny

40 - 44 lat

1.	MAJEWSKI Michalina	84	Mkp Gda sk	5:03.32	2,7
	50m: 34.21 34.21	150m: 1:49.42	38.04 250m: 3:07.07	38.88	350m: 4:26.00 39.35
	100m: 1:11.38 37.17	200m: 2:28.19	38.77 300m: 3:46.65	39.58	400m: 5:03.32 37.32
2.	DUDA Anna	81	Rybnicki Młodzie owy Klub Sportowy	5:31.75	
	50m: 36.03 36.03	150m: 2:00.52	43.32 250m: 3:27.50	43.45	350m:
	100m: 1:17.20 41.17	200m: 2:44.05	43.53 300m: 4:10.80	43.30	400m: 5:31.75
3.	BOŁTU Małgorzata	83	NIEZRZESZENI	5:53.20	
	50m: 41.03 41.03	150m: 2:09.82	44.75 250m: 3:40.58	45.37	350m: 5:10.49 44.95
	100m: 1:25.07 44.04	200m: 2:55.21	45.39 300m: 4:25.54	44.96	400m: 5:53.20 42.71
4.	JASIK Agata	84	Jk Team Kraków	5:59.43	
	50m: 38.79 38.79	150m: 2:07.18	45.05 250m: 3:39.11	46.28	350m: 5:12.98 46.95
	100m: 1:22.13 43.34	200m: 2:52.83	45.65 300m: 4:26.03	46.92	400m: 5:59.43 46.45
5.	SIKORA Sabina	84	UKS „Jasie ” Sucha Beskidzka	6:38.97	
	<i>Rekord Polski Masters</i>				
	50m: 31.18 31.18	150m:	250m: 4:06.20 1:54.54	350m:	
	100m: 1:05.40 34.22	200m: 2:11.66	300m: 4:56.87 50.67	400m: 6:38.97	

45 - 49 lat

1.	MICHALIK Dominika	79	Masters Białystok	5:09.81	
	50m: 35.09 35.09	150m: 1:51.82	38.51 250m: 3:11.33	40.20	350m:
	100m: 1:13.31 38.22	200m: 2:31.13	39.31 300m: 3:51.38	40.05	400m: 5:09.81
2.	SZEL GOWSKA Katarzyna	79	NIEZRZESZENI	5:34.74	
	50m: 36.22 36.22	150m: 1:58.52	42.21 250m: 3:25.09	43.34	350m: 4:52.97 44.00
	100m: 1:16.31 40.09	200m: 2:41.75	43.23 300m: 4:08.97	43.88	400m: 5:34.74 41.77
3.	RYBAK-STARCZAK Agnieszka	75	Uks Cityzen	5:58.93	
	50m: 40.34 40.34	150m: 2:10.12	45.92 250m: 3:43.87	46.96	350m:
	100m: 1:24.20 43.86	200m: 2:56.91	46.79 300m: 4:29.75	45.88	400m: 5:58.93
4.	KLARECKA Monika	77	Muks Zgierz	6:56.69	
	50m: 46.41 46.41	150m: 2:32.19	53.69 250m: 4:19.18	52.99	350m: 6:07.16 53.36
	100m: 1:38.50 52.09	200m: 3:26.19	54.00 300m: 5:13.80	54.62	400m: 6:56.69 49.53

50 - 54 lat

1.	SULEWSKA Beata	72	Weteran Zabrze	5:24.51	
	50m: 37.46 37.46	150m: 1:58.72	41.14 250m: 3:21.81	41.67	350m: 4:44.94 41.50
	100m: 1:17.58 40.12	200m: 2:40.14	41.42 300m: 4:03.44	41.63	400m: 5:24.51 39.57
2.	BALAJCZA Timea	71	Water Squad	5:57.77	
	50m: 40.70 40.70	150m: 2:10.84	45.63 250m: 3:42.45	45.63	350m: 5:13.61 44.94
	100m: 1:25.21 44.51	200m: 2:56.82	45.98 300m: 4:28.67	46.22	400m: 5:57.77 44.16

55 - 59 lat

1.	ŁATKOWSKA Ewa	65	5Styl Warszawa	7:06.01	
	50m: 46.14 46.14	150m: 2:31.40	53.32 250m: 4:21.36	54.68	350m:
	100m: 1:38.08 51.94	200m: 3:26.68	55.28 300m: 5:17.55	56.19	400m: 7:06.01

60 - 64 lat

1.	VILIMIENE Aida	62	Klaipedos Plaukimo Veteranu Sk Nendre	5:38.00	
	<i>Rekord Polski Masters</i>				
	50m: 38.07 38.07	150m: 2:01.87	42.50 250m: 3:29.07	43.79	350m:
	100m: 1:19.37 41.30	200m: 2:45.28	43.41 300m: 4:12.89	43.82	400m: 5:38.00
2.	GUDANIEC Dorota	60	Koszali skie TKKF	6:40.95	
	50m: 44.35 44.35	150m: 2:24.55	50.97 250m: 4:08.03	51.86	350m: 5:51.42 51.51
	100m: 1:33.58 49.23	200m: 3:16.17	51.62 300m: 4:59.91	51.88	400m: 6:40.95 49.53

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Konkurencja 39, Kobiet, 400m dowolny

65 - 69 lat

1.	SZAŁA Ewa		59	K.S Warta Pozna		6:17.30						
	50m:	42.85	42.85	150m:	2:18.76	48.35	250m:	3:55.86	48.27	350m:		
	100m:	1:30.41	47.56	200m:	3:07.59	48.83	300m:	4:44.46	48.60	400m:	6:17.30	
2.	ZAGAŁA Joanna		59	Weteran Zabrze		7:12.73						
	50m:	50.74	50.74	150m:	2:41.06	55.54	250m:	4:33.19	55.36	350m:		
	100m:	1:45.52	54.78	200m:	3:37.83	56.77	300m:	5:28.41	55.22	400m:	7:12.73	
3.	D BROWSKA Zofia		58	Weteran Zabrze		8:32.87						
	50m:	57.23	57.23	150m:	3:11.02	1:06.77	250m:	5:22.76	1:05.71	350m:	7:32.29	1:05.03
	100m:	2:04.25	1:07.02	200m:	4:17.05	1:06.03	300m:	6:27.26	1:04.50	400m:	8:32.87	1:00.58

75 - 79 lat

1.	SZEMBERG Anna		49	Warsaw Masters Team		9:47.11					
	50m:	1:07.35	1:07.35	150m:	3:38.42	1:16.23	250m:	6:07.40	1:14.29	350m:	
	100m:	2:22.19	1:14.84	200m:	4:53.11	1:14.69	300m:	7:21.96	1:14.56	400m:	9:47.11