



Konkurencja 31  
26.04.2026 - 12:50

Kobiet, 400m dowolny

20 lat i starsi  
Wyniki

Pozycja			Wiek					Czas	Pkt
Kategoria "0" 20-24									
1.	ADAMEK Barbara		24	KS „OLIMPIA” Lublin			<b>4:55.29</b>	634	
	50m: 33.39	33.39	150m: 1:48.03	37.86	250m: 3:03.32	37.58	350m: 4:18.91	37.82	
	100m: 1:10.17	36.78	200m: 2:25.74	37.71	300m: 3:41.09	37.77	400m: 4:55.29	36.38	
2.	LITNER Jagoda		22	WSSiRN START Katowice			<b>6:20.78</b>	295	
	50m: 43.13	43.13	150m: 2:20.84	49.54	250m: 3:59.22	48.41	350m: 5:35.37	47.57	
	100m: 1:31.30	48.17	200m: 3:10.81	49.97	300m: 4:47.80	48.58	400m: 6:20.78	45.41	
Kategoria "C" 35-39									
1.	WIELECHOWSKA Anna		36	UKS Cityzen			<b>5:38.67</b>	452	
	50m: 37.47	37.47	150m: 2:00.72	42.51	250m: 3:28.82	44.53	350m: 4:57.09	43.56	
	100m: 1:18.21	40.74	200m: 2:44.29	43.57	300m: 4:13.53	44.71	400m: 5:38.67	41.58	
Kategoria "D" 40-44									
1.	JASIK Agata		42	JK TEAM Kraków			<b>6:04.44</b>	370	
	50m: 38.66	38.66	150m: 2:07.21	45.04	250m: 3:41.25	47.47	350m: 5:17.37	48.25	
	100m: 1:22.17	43.51	200m: 2:53.78	46.57	300m: 4:29.12	47.87	400m: 6:04.44	47.07	
2.	STEC Anna		44	KS Rekin wiebodzice			<b>7:42.39</b>	181	
	50m: 52.57	52.57	150m: 2:49.67	58.98	250m: 4:49.11	59.64	350m: 6:47.86	58.80	
	100m: 1:50.69	58.12	200m: 3:49.47	59.80	300m: 5:49.06	59.95	400m: 7:42.39	54.53	
Kategoria "E" 45-49									
1.	MICHALIK Dominika		47	Masters Białystok			<b>5:16.71</b>	584	
	50m: 36.63	36.63	150m: 1:56.78	40.50	250m: 3:18.49	41.16	350m: 4:38.56	39.74	
	100m: 1:16.28	39.65	200m: 2:37.33	40.55	300m: 3:58.82	40.33	400m: 5:16.71	38.15	
2.	KLARECKA Monika		49	MUKS Zgierz			<b>6:46.48</b>	276	
	50m: 42.85	42.85	150m: 2:24.52	51.52	250m: 4:08.80	52.37	350m: 5:54.92	53.28	
	100m: 1:33.00	50.15	200m: 3:16.43	51.91	300m: 5:01.64	52.84	400m: 6:46.48	51.56	
3.	CZARNECKA Justyna		47	GKP 7 Zdrój Trzebnica			<b>8:00.56</b>	167	
	50m: 52.48	52.48	150m: 2:50.89	1:00.06	250m: 4:56.16	1:02.50	350m: 7:00.79	1:02.78	
	100m: 1:50.83	58.35	200m: 3:53.66	1:02.77	300m: 5:58.01	1:01.85	400m: 8:00.56	59.77	
Kategoria "F" 50-54									
1.	CISZEK Agnieszka		51	WKS I sk			<b>5:52.01</b>	470	
	50m: 38.39	38.39	150m: 2:07.51	45.02	250m: 3:38.88	45.90	350m: 5:10.38	45.83	
	100m: 1:22.49	44.10	200m: 2:52.98	45.47	300m: 4:24.55	45.67	400m: 5:52.01	41.63	
2.	JAROSZ Izabela		50	MUKS GILUS Gilowice			<b>6:13.07</b>	395	
	50m: 42.10	42.10	150m: 2:14.95	47.30	250m: 3:50.86	47.97	350m: 5:26.72	47.97	
	100m: 1:27.65	45.55	200m: 3:02.89	47.94	300m: 4:38.75	47.89	400m: 6:13.07	46.35	
3.	GAW DZKA Aneta		50	GKP 7 Zdrój Trzebnica			<b>7:53.25</b>	193	
	50m: 54.18	54.18	150m: 2:50.82	58.76	250m: 4:51.25	1:00.50	350m: 6:54.04	1:01.65	
	100m: 1:52.06	57.88	200m: 3:50.75	59.93	300m: 5:52.39	1:01.14	400m: 7:53.25	59.21	
Kategoria "G" 55-59									
1.	ŁUBI SKA Anna		58	Masters Avia widnik			<b>7:39.97</b>	219	
	50m: 47.44	47.44	150m: 2:42.80	59.82	250m: 4:42.59	59.43	350m: 6:44.82	1:01.23	
	100m: 1:42.98	55.54	200m: 3:43.16	1:00.36	300m: 5:43.59	1:01.00	400m: 7:39.97	55.15	



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Kategoria "H" 60-64

1. KOTECKA Anna			61	KS Warta Pozna			<b>6:39.54</b>	353
50m:	45.40	45.40	150m:	2:25.53	50.69	250m:	4:08.13	51.35
100m:	1:34.84	49.44	200m:	3:16.78	51.25	300m:	4:59.67	51.54
						350m:	5:50.59	50.92
						400m:	6:39.54	48.95

Kategoria "I" 65-69

1. SZALA Ewa			67	KS Warta Pozna			<b>6:30.08</b>	464
50m:	43.76	43.76	150m:	2:22.50	49.61	250m:	4:02.62	49.69
100m:	1:32.89	49.13	200m:	3:12.93	50.43	300m:	4:52.49	49.87
						350m:	5:42.01	49.52
						400m:	6:30.08	48.07
2. ORLEWICZ-MUSIAŁ Małgorzata			66	KS Korona 1919 Kraków			<b>8:21.80</b>	218
50m:	56.44	56.44	150m:	3:01.76	1:02.84	250m:	5:09.27	1:03.97
100m:	1:58.92	1:02.48	200m:	4:05.30	1:03.54	300m:	6:13.33	1:04.06
						350m:	7:18.82	1:05.49
						400m:	8:21.80	1:02.98

Kategoria "K" 75-80

1. LIPI SKA Jolanta			75	Zawodnik niezrzeszony Kozy			<b>16:37.08</b>	50
50m:	1:50.21	1:50.21	150m:	6:04.28	2:09.66	250m:	10:17.78	2:07.15
100m:	3:54.62	2:04.41	200m:	8:10.63	2:06.35	300m:	12:25.35	2:07.57
						350m:	14:31.40	2:06.05
						400m:	16:37.08	2:05.68