



Puchar Polski Masters w Pływaniu - Katowice 2026  
Katowice, 25. - 26.4.2026



Basen  
Brynów

Event 31  
26.04.2026 - 12:50

Women, 400m Freestyle

20 years and older  
Results

Rank		Age			Time	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 Krakow		<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 Swiebodzice		<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 Bialystok		<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 Zdroj 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 Slask		<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.	GAWEDZKA Aneta	50	GKP 7 Zdroj 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.	LUBINSKA Anna	58	Masters Avia Swidnik		<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		



Event 31, Women, 400m Freestyle

Kategoria "H" 60-64

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

Kategoria "I" 65-69

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

Kategoria "K" 75-80

1. LIPINSKA 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	350m:	14:31.40	2:06.05
100m:	3:54.62	2:04.41	200m:	8:10.63	2:06.35	300m:	12:25.35	2:07.57	400m:	16:37.08	2:05.68