

Mistrzostwa Polski Masters 2025
Gliwice, 14. - 16.11.2025

Konkurencja 28 Kobiet, 400m zmienny 20 lat i starsi
15.11.2025 - 18:25 Wyniki

Rekordy Polski Masters 75 - 79	10:19.84	Krystyna Nicpoń	Gliwice	14.11.2015
Rekordy Polski Masters 70 - 74	8:53.73	Krystyna Fecica	Toruń	21.05.2017
Rekordy Polski Masters 65 - 69	6:54.58	Ewa Szała	Suwałki	01.12.2024
Rekordy Polski Masters 60 - 64	6:36.93	Ewa Szała	Toruń	26.05.2019
Rekordy Polski Masters 55 - 59	6:08.19	Joanna Bartosiewicz	Toruń	26.05.2019
Rekordy Polski Masters 50 - 54	5:43.58	Beata Sulewska	Gdańsk	27.09.2025
Rekordy Polski Masters 45 - 49	5:39.97	Beata Sulewska	Gliwice	18.11.2017
Rekordy Polski Masters 40 - 44	5:35.30	Michalina Majewski	Suwałki	01.12.2024
Rekordy Polski Masters 35 - 39	5:36.98	Agnieszka Kaczmarek	Rotterdam (NED)	24.01.2020
Rekordy Polski Masters 30 - 34	5:22.50	Magdalena Kaczmarek	Łódź	11.11.2023
Rekordy Polski Masters 25 - 29	4:59.97	Magdalena Kaczmarek	Gliwice	18.11.2017

Punkty: AQUA Master 2025

Pozycja Rok ur. Czas Pkt.

20 - 24 lat

1. Natalia Panasiuk	05	Niezrzeszeni	6:20.48	420
50m: 39.61 39.61	150m: 2:15.74 47.74	250m: 3:55.53 54.11	350m: 5:36.47 45.46	
100m: 1:28.00 48.39	200m: 3:01.42 45.68	300m: 4:51.01 55.48	400m: 6:20.48 44.01	

25 - 29 lat

1. Martyna Borczyk	00	Water Squad	5:34.69	617
50m: 34.64 34.64	150m: 1:57.80 42.73	250m: 3:28.13 47.47	350m: 4:56.56 40.07	
100m: 1:15.07 40.43	200m: 2:40.66 42.86	300m: 4:16.49 48.36	400m: 5:34.69 38.13	
2. Zuzanna Rykiel-Ciupak	99	KS PRESTIGE Rzeszów	7:28.03	257
50m: 49.87 49.87	150m: 2:50.79 1:02.46	250m: 4:52.21 59.00	350m: 6:42.32 50.48	
100m: 1:48.33 58.46	200m: 3:53.21 1:02.42	300m: 5:51.84 59.63	400m: 7:28.03 45.71	

30 - 34 lat

1. Dominika Sasin	94	Water Squad	5:12.92	756
<i>Nowy Rekord Polski Masters</i>				
50m: 31.95 31.95	150m: 1:49.74 40.97	250m: 3:15.50 45.93	350m: 4:38.06 36.77	
100m: 1:08.77 36.82	200m: 2:29.57 39.83	300m: 4:01.29 45.79	400m: 5:12.92 34.86	
2. Magdalena Kaczmarek	92	Landsberg Crew Gorzów Wlkp.	5:14.00	748
50m: 33.88 33.88	150m: 1:54.31 41.76	250m: 3:19.21 43.95	350m: 4:39.87 35.82	
100m: 1:12.55 38.67	200m: 2:35.26 40.95	300m: 4:04.05 44.84	400m: 5:14.00 34.13	

35 - 39 lat

1. Katarzyna Gudaniec	88	Koszalińskie TKKF	6:18.03	464
50m: 39.66 39.66	150m: 2:13.99 48.85	250m: 3:55.67 54.06	350m: 5:35.30 44.25	
100m: 1:25.14 45.48	200m: 3:01.61 47.62	300m: 4:51.05 55.38	400m: 6:18.03 42.73	
2. Michalina Trefon	87	Water Squad	7:24.43	286
50m: 47.57 47.57	150m: 2:50.18 1:02.86	250m: 4:45.54 57.58	350m: 6:34.32 50.92	
100m: 1:47.32 59.75	200m: 3:47.96 57.78	300m: 5:43.40 57.86	400m: 7:24.43 50.11	

40 - 44 lat

1. Michalina Majewski	84	MKP Gdańsk	5:30.76	752
<i>Nowy Rekord Polski Masters</i>				
50m: 35.10 35.10	150m: 1:59.23 42.80	250m: 3:27.76 45.80	350m: 4:53.36 38.76	
100m: 1:16.43 41.33	200m: 2:41.96 42.73	300m: 4:14.60 46.84	400m: 5:30.76 37.40	
2. Małgorzata Bołtuć	83	Niezrzeszeni	6:59.40	369
50m: 49.56 49.56	150m: 2:42.00 56.67	250m: 4:33.64 57.38	350m: 6:16.98 44.95	
100m: 1:45.33 55.77	200m: 3:36.26 54.26	300m: 5:32.03 58.39	400m: 6:59.40 42.42	

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Konkurencja 28, Kobiet, 400m zmienny, 40 - 44 lat

Pozycja				Rok ur.					Czas	Pkt.
3.	Agnieszka Dusza			83	RAPID Wrocław				7:16.88	326
	50m:	49.49	49.49	150m:	2:45.67	58.14	250m:	4:42.00	1:00.50	350m: 6:32.08 48.11
	100m:	1:47.53	58.04	200m:	3:41.50	55.83	300m:	5:43.97	1:01.97	400m: 7:16.88 44.80
NW	Anna Duda			81	Rybnicki Młodzieżowy Klub Sportowy Rybnik					
NW	Anna Lara			85	Koszalińskie TKKF					

45 - 49 lat

1.	Katarzyna Szwagiel			76	Norder Turnverein von 1861				6:12.17	525
	50m:	40.75	40.75	150m:	2:17.94	49.77	250m:	3:54.71	49.29	350m: 5:30.48 45.34
	100m:	1:28.17	47.42	200m:	3:05.42	47.48	300m:	4:45.14	50.43	400m: 6:12.17 41.69
2.	Agnieszka Lorenc			80	UKS Zespołu Szkół Mistrzostwa Sportow				6:23.85	478
	50m:	39.37	39.37	150m:	2:17.23	50.16	250m:	4:02.11	55.08	350m: 5:41.97 42.94
	100m:	1:27.07	47.70	200m:	3:07.03	49.80	300m:	4:59.03	56.92	400m: 6:23.85 41.88
3.	Angelika Rozmus			78	UKS Delfin Tarnobrzeg				6:57.82	371
	50m:	45.13	45.13	150m:	2:31.72	54.64	250m:	4:24.05	59.46	350m: 6:12.56 48.58
	100m:	1:37.08	51.95	200m:	3:24.59	52.87	300m:	5:23.98	59.93	400m: 6:57.82 45.26
4.	Jolanta Morawska			79	RAPID Wrocław				7:11.06	338
	50m:	43.34	43.34	150m:	2:33.15	55.54	250m:	4:28.35	58.43	350m: 6:19.72 50.93
	100m:	1:37.61	54.27	200m:	3:29.92	56.77	300m:	5:28.79	1:00.44	400m: 7:11.06 51.34
5.	Monika Klarecka			77	MUKS Zgierz				7:58.84	246
	50m:	56.44	56.44	150m:	3:03.63	1:04.26	250m:	5:09.82	1:03.60	350m: 7:08.26 54.72
	100m:	1:59.37	1:02.93	200m:	4:06.22	1:02.59	300m:	6:13.54	1:03.72	400m: 7:58.84 50.58

50 - 54 lat

1.	Beata Sulewska			72	Weteran Zabrze				5:45.10	731
	50m:	37.24	37.24	150m:	2:05.90	47.46	250m:	3:37.81	46.91	350m: 5:06.50 41.61
	100m:	1:18.44	41.20	200m:	2:50.90	45.00	300m:	4:24.89	47.08	400m: 5:45.10 38.60
2.	Agnieszka Rybak-Starczak			75	UKS Cityzen				6:42.39	461
	50m:	41.74	41.74	150m:	2:27.94	57.54	250m:	4:17.85	54.43	350m: 5:59.19 45.67
	100m:	1:30.40	48.66	200m:	3:23.42	55.48	300m:	5:13.52	55.67	400m: 6:42.39 43.20

55 - 59 lat

1.	Izabela Wypych-Staszewska			70	MUKS Zgierz				6:57.21	433
	50m:	44.25	44.25	150m:	2:28.55	52.63	250m:	4:20.38	1:01.02	350m: 6:10.02 49.01
	100m:	1:35.92	51.67	200m:	3:19.36	50.81	300m:	5:21.01	1:00.63	400m: 6:57.21 47.19

65 - 69 lat

1.	Ewa Szała			59	KS Warta Poznań				6:56.97	617
	50m:	47.63	47.63	150m:	2:34.15	52.69	250m:	4:25.21	59.33	350m: 6:12.58 47.82
	100m:	1:41.46	53.83	200m:	3:25.88	51.73	300m:	5:24.76	59.55	400m: 6:56.97 44.39
2.	Dorota Gudaniec			60	Koszalińskie TKKF				7:29.99	490
	50m:	50.83	50.83	150m:	2:48.20	58.09	250m:	4:48.61	1:03.46	350m: 6:42.28 49.56
	100m:	1:50.11	59.28	200m:	3:45.15	56.95	300m:	5:52.72	1:04.11	400m: 7:29.99 47.71
3.	Małgorzata Orlewicz- Musiał			60	KS Korona 1919 Kraków				10:19.97	187
	50m:	1:08.25	1:08.25	150m:	3:54.36	1:23.08	250m:	6:45.33	1:25.27	350m: 9:15.79 1:03.57
	100m:	2:31.28	1:23.03	200m:	5:20.06	1:25.70	300m:	8:12.22	1:26.89	400m: 10:19.97 1:04.18