



Konkurencja 10
2024-05-25 - 18:54

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Rekord Polski Open 4:04.23 JEDRZEJCZAK Otylia 00114 Melbourne (AUS) 2007-03-25

Punkty: FINA 2024

Pozycja	Rok ur.	Czas	Pkt.
14 lat i starsi			
1. GU Wiktoria	04 MKP Szczecin	4:21.02	733
50m: 29.73 29.73	150m: 1:34.86 32.87	250m: 2:41.73 33.33	350m: 3:48.22 33.21
100m: 1:01.99 32.26	200m: 2:08.40 33.54	300m: 3:15.01 33.28	400m: 4:21.02 32.80
2. FAMUŁOK Zuzanna	03 AZS AWF Katowice	4:23.77	710
50m: 29.95 29.95	150m: 1:35.27 33.01	250m: 2:42.59 33.57	350m: 3:50.70 34.17
100m: 1:02.26 32.31	200m: 2:09.02 33.75	300m: 3:16.53 33.94	400m: 4:23.77 33.07
3. W GRZYNOWSKA Aleksandra	01 WKS L SK Wrocław	4:29.27	667
50m: 29.98 29.98	150m: 1:37.10 1:06.97	250m: 2:46.00 1:42.73	350m: 3:55.50 34.71
100m: 30.13 0.15	200m: 1:03.27	300m: 3:20.79 34.79	400m: 4:29.27 33.77
4. GO CI SKA Gabriela	09 UKS SMS Galicja Kraków	4:32.53	644
50m: 31.33 31.33	150m: 1:40.85 35.02	250m: 2:50.87 34.87	350m: 4:00.12 34.30
100m: 1:05.83 34.50	200m: 2:16.00 35.15	300m: 3:25.82 34.95	400m: 4:32.53 32.41
5. KUCZMAR Zuzanna	07 UKP POLONIA Warszawa	4:33.06	640
50m: 31.64 31.64	150m: 1:41.14 35.16	250m: 2:49.74 34.01	350m: 3:58.64 34.73
100m: 1:05.98 34.34	200m: 2:15.73 34.59	300m: 3:23.91 34.17	400m: 4:33.06 34.42
6. R CZKOWSKA Maja	07 LKS Jedno 32 Przyszowice	4:34.81	628
50m: 31.44 31.44	150m: 1:40.36 34.65	250m: 2:50.76 35.23	350m: 4:00.87 34.74
100m: 1:05.71 34.27	200m: 2:15.53 35.17	300m: 3:26.13 35.37	400m: 4:34.81 33.94
7. KUCZMAR Aleksandra	09 UKP POLONIA Warszawa	4:34.93	627
50m: 31.34 31.34	150m: 1:40.64 34.78	250m: 2:51.28 35.44	350m: 4:01.42 35.11
100m: 1:05.86 34.52	200m: 2:15.84 35.20	300m: 3:26.31 35.03	400m: 4:34.93 33.51
8. MAŁOLEPSZA Weronika	07 MKP Szczecin	4:37.60	609
50m: 31.97 31.97	150m: 1:41.18 35.01	250m: 2:51.30 35.05	350m: 4:02.84 35.76
100m: 1:06.17 34.20	200m: 2:16.25 35.07	300m: 3:27.08 35.78	400m: 4:37.60 34.76
9. HLUSHCHENKO Varvara	08 UKS G-8 Bielany Warszawa	4:40.03	593
50m: 31.54 31.54	150m: 1:41.76 35.29	250m: 2:53.15 35.85	350m: 4:05.23 35.99
100m: 1:06.47 34.93	200m: 2:17.30 35.54	300m: 3:29.24 36.09	400m: 4:40.03 34.80
10. BONECKA Anna	07 Mokotowski UKP Warszawianka-Wodny	4:40.68	589
50m: 30.29 30.29	150m: 1:39.85 35.23	250m: 2:52.01 36.18	350m: 4:05.42 36.91
100m: 1:04.62 34.33	200m: 2:15.83 35.98	300m: 3:28.51 36.50	400m: 4:40.68 35.26
WRONA Maria	08 UKP UNIA O wi cim	4:40.68	589
50m: 32.53 32.53	150m: 1:42.63 35.29	250m: 2:53.67 35.70	350m: 4:05.62 35.91
100m: 1:07.34 34.81	200m: 2:17.97 35.34	300m: 3:29.71 36.04	400m: 4:40.68 35.06
12. WI TEK Amelia	08 WKS L SK Wrocław	4:42.06	581
50m: 32.51 32.51	150m: 1:43.24 35.58	250m: 2:54.87 35.87	350m: 4:07.03 35.99
100m: 1:07.66 35.15	200m: 2:19.00 35.76	300m: 3:31.04 36.17	400m: 4:42.06 35.03
13. WNUK Jessika	08 MKS JUVENIA Wrocław	4:42.85	576
50m: 31.98 31.98	150m: 1:43.12 36.10	250m: 2:55.80 36.36	350m: 4:08.63 36.18
100m: 1:07.02 35.04	200m: 2:19.44 36.32	300m: 3:32.45 36.65	400m: 4:42.85 34.22
14. GRZECH Maja	08 UKS ABIANKA Gda sk	4:42.94	575
50m: 32.44 32.44	150m: 1:44.16 36.24	250m: 2:56.55 36.25	350m: 4:09.34 36.26
100m: 1:07.92 35.48	200m: 2:20.30 36.14	300m: 3:33.08 36.53	400m: 4:42.94 33.60
15. RAJCA Matylda	10 LKS Jedno 32 Przyszowice	4:43.51	572
50m: 31.61 31.61	150m: 1:43.41 36.17	250m: 2:57.16	350m: 4:09.13 35.70
100m: 1:07.24 35.63	200m:	300m: 3:33.43 36.27	400m: 4:43.51 34.38
16. OKO Anna	09 LKS Jedno 32 Przyszowice	4:44.06	568
50m: 31.94 31.94	150m: 1:43.76 36.28	250m: 2:56.78 36.62	350m: 4:09.57 36.30
100m: 1:07.48 35.54	200m: 2:20.16 36.40	300m: 3:33.27 36.49	400m: 4:44.06 34.49



Konkurencja 10, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
17.	ZIELI SKA Małgorzata		08	UKS ABIANKA Gda sk				4:44.51	566
	50m: 32.67 32.67	150m: 1:44.08		36.07	250m: 2:56.43	36.15	350m: 4:09.13	36.28	
	100m: 1:08.01 35.34	200m: 2:20.28		36.20	300m: 3:32.85	36.42	400m: 4:44.51	35.38	
18.	BAKUN Maja		07	UKS G-8 Bielany Warszawa				4:45.53	560
	50m: 31.85 31.85	150m: 1:43.92		36.37	250m: 2:57.73	37.12	350m:		
	100m: 1:07.55 35.70	200m: 2:20.61		36.69	300m:		400m: 4:45.53		
19.	BELZYT Maja		08	UKS ABIANKA Gda sk				4:52.40	521
	50m: 33.00 33.00	150m: 1:46.55		37.31	250m: 3:02.00	37.26	350m: 4:16.41	37.08	
	100m: 1:09.24 36.24	200m: 2:24.74		38.19	300m: 3:39.33	37.33	400m: 4:52.40	35.99	
20.	JURCZUK Weronika		08	UKS G-8 Bielany Warszawa				4:52.52	521
	50m: 32.33 32.33	150m: 1:46.13		37.61	250m: 3:01.70	37.75	350m: 4:17.06	37.17	
	100m: 1:08.52 36.19	200m: 2:23.95		37.82	300m: 3:39.89	38.19	400m: 4:52.52	35.46	
21.	ŁUCZAK Agata		09	Stow. Solne Miasto Wieliczka				4:54.88	508
	50m: 33.23 33.23	150m: 1:47.67		37.63	250m: 3:02.85	36.89	350m: 4:17.59	37.14	
	100m: 1:10.04 36.81	200m: 2:25.96		38.29	300m: 3:40.45	37.60	400m: 4:54.88	37.29	
22.	KUNA Alina		10	Stow. Solne Miasto Wieliczka				4:57.52	495
	50m: 32.63 32.63	150m: 1:47.81		38.15	250m: 3:04.08	37.95	350m: 4:19.92	37.81	
	100m: 1:09.66 37.03	200m: 2:26.13		38.32	300m: 3:42.11	38.03	400m: 4:57.52	37.60	
23.	ZABRANIAK Karina		08	MKP Szczecin				5:01.52	475
	50m: 33.00 33.00	150m: 1:48.33		37.74	250m: 3:05.17	38.19	350m: 4:23.34	39.10	
	100m: 1:10.59 37.59	200m: 2:26.98		38.65	300m: 3:44.24	39.07	400m: 5:01.52	38.18	
24.	SAVCHUK Polina		10	SP MEDUZA Paj czno				5:04.78	460
	50m: 34.71 34.71	150m: 1:52.78		39.39	250m: 3:12.05	40.29	350m: 4:29.74	37.65	
	100m: 1:13.39 38.68	200m: 2:31.76		38.98	300m: 3:52.09	40.04	400m: 5:04.78	35.04	
25.	PAWLAK Lena		08	TP OLIMPIJCZYK Aleksandrów Łódzki				5:04.93	459
	50m: 33.48 33.48	150m: 1:49.31		38.47	250m: 3:07.65	38.67	350m: 4:26.62	39.42	
	100m: 1:10.84 37.36	200m: 2:28.98		39.67	300m: 3:47.20	39.55	400m: 5:04.93	38.31	
26.	FIGURSKA Paula		07	UKS G-8 Bielany Warszawa				5:05.36	458
	50m: 34.77 34.77	150m: 1:52.36		38.83	250m: 3:10.71	39.31	350m: 4:28.30	38.51	
	100m: 1:13.53 38.76	200m: 2:31.40		39.04	300m: 3:49.79	39.08	400m: 5:05.36	37.06	
27.	GUBAŁA Justyna		09	Stow. Solne Miasto Wieliczka				5:05.57	457
	50m: 33.59 33.59	150m: 1:49.57		38.65	250m: 3:07.55	39.06	350m: 4:26.89	39.65	
	100m: 1:10.92 37.33	200m: 2:28.49		38.92	300m: 3:47.24	39.69	400m: 5:05.57	38.68	
28.	POŁE Hanna		07	MKS TRÓJKA Łódź				5:05.94	455
	50m: 32.98 32.98	150m: 1:49.77		39.32	250m: 3:09.81	39.92	350m: 4:29.13	38.83	
	100m: 1:10.45 37.47	200m: 2:29.89		40.12	300m: 3:50.30	40.49	400m: 5:05.94	36.81	
29.	STEFANIW Martyna		10	SP MEDUZA Paj czno				5:08.92	442
	50m: 34.88 34.88	150m: 1:53.82		40.02	250m: 3:14.24	40.50	350m: 4:32.79	38.70	
	100m: 1:13.80 38.92	200m: 2:33.74		39.92	300m: 3:54.09	39.85	400m: 5:08.92	36.13	
30.	NAWROCKA Natalia		08	MUKS WODNIK Łask				5:11.56	431
	50m: 33.08 33.08	150m: 1:51.61		40.25	250m: 3:13.00	40.67	350m: 4:33.12	39.76	
	100m: 1:11.36 38.28	200m: 2:32.33		40.72	300m: 3:53.36	40.36	400m: 5:11.56	38.44	
31.	MYDŁOWSKA Roxana		10	UKS NAWA Skierniewice				5:11.80	430
	50m: 34.35 34.35	150m: 1:53.98		40.58	250m: 3:14.95	40.77	350m: 4:34.70	39.09	
	100m: 1:13.40 39.05	200m: 2:34.18		40.20	300m: 3:55.61	40.66	400m: 5:11.80	37.10	
32.	FRANASZCZAK Zofia		10	UKS V Łomianki				5:15.03	417
	50m: 35.31 35.31	150m: 1:55.07		40.28	250m: 3:16.28	40.60	350m: 4:36.90	40.11	
	100m: 1:14.79 39.48	200m: 2:35.68		40.61	300m: 3:56.79	40.51	400m: 5:15.03	38.13	
33.	FEDOSIEIENKO Maiia		03	Mokotowski UKP Warszawianka-Wodny				5:16.48	411
	50m: 33.39 33.39	150m: 1:50.16		39.39	250m: 3:12.28	41.23	350m: 4:36.46	42.22	
	100m: 1:10.77 37.38	200m: 2:31.05		40.89	300m: 3:54.24	41.96	400m: 5:16.48	40.02	
34.	JANKOWSKA Łucja		09	KS BARRAKUDA Gda sk				5:19.97	398
	50m: 35.79 35.79	150m: 1:57.26		41.40	250m: 3:18.99	40.52	350m: 4:40.70	40.63	
	100m: 1:15.86 40.07	200m: 2:38.47		41.21	300m: 4:00.07	41.08	400m: 5:19.97	39.27	



Konkurencja 10, Kobiet, 400m dowolny

17 - 18 lat

1. KUCZMAR Zuzanna	07	UKP POLONIA Warszawa	4:33.06	640
50m: 31.64 31.64	150m: 1:41.14 35.16	250m: 2:49.74 34.01	350m: 3:58.64 34.73	
100m: 1:05.98 34.34	200m: 2:15.73 34.59	300m: 3:23.91 34.17	400m: 4:33.06 34.42	
2. R CZKOWSKA Maja	07	LKS Jedno 32 Przystowice	4:34.81	628
50m: 31.44 31.44	150m: 1:40.36 34.65	250m: 2:50.76 35.23	350m: 4:00.87 34.74	
100m: 1:05.71 34.27	200m: 2:15.53 35.17	300m: 3:26.13 35.37	400m: 4:34.81 33.94	
3. MAŁOLEPSZA Weronika	07	MKP Szczecin	4:37.60	609
50m: 31.97 31.97	150m: 1:41.18 35.01	250m: 2:51.30 35.05	350m: 4:02.84 35.76	
100m: 1:06.17 34.20	200m: 2:16.25 35.07	300m: 3:27.08 35.78	400m: 4:37.60 34.76	
4. BONECKA Anna	07	Mokotowski UKP Warszawianka-Wodny	4:40.68	589
50m: 30.29 30.29	150m: 1:39.85 35.23	250m: 2:52.01 36.18	350m: 4:05.42 36.91	
100m: 1:04.62 34.33	200m: 2:15.83 35.98	300m: 3:28.51 36.50	400m: 4:40.68 35.26	
5. BAKUN Maja	07	UKS G-8 Bielany Warszawa	4:45.53	560
50m: 31.85 31.85	150m: 1:43.92 36.37	250m: 2:57.73 37.12	350m:	
100m: 1:07.55 35.70	200m: 2:20.61 36.69	300m:	400m: 4:45.53	
6. FIGURSKA Paula	07	UKS G-8 Bielany Warszawa	5:05.36	458
50m: 34.77 34.77	150m: 1:52.36 38.83	250m: 3:10.71 39.31	350m: 4:28.30 38.51	
100m: 1:13.53 38.76	200m: 2:31.40 39.04	300m: 3:49.79 39.08	400m: 5:05.36 37.06	
7. POŁE Hanna	07	MKS TRÓJKA Łódź	5:05.94	455
50m: 32.98 32.98	150m: 1:49.77 39.32	250m: 3:09.81 39.92	350m: 4:29.13 38.83	
100m: 1:10.45 37.47	200m: 2:29.89 40.12	300m: 3:50.30 40.49	400m: 5:05.94 36.81	

16 lat

1. HLUSHCHENKO Varvara	08	UKS G-8 Bielany Warszawa	4:40.03	593
50m: 31.54 31.54	150m: 1:41.76 35.29	250m: 2:53.15 35.85	350m: 4:05.23 35.99	
100m: 1:06.47 34.93	200m: 2:17.30 35.54	300m: 3:29.24 36.09	400m: 4:40.03 34.80	
2. WRONA Maria	08	UKP UNIA O wi cim	4:40.68	589
50m: 32.53 32.53	150m: 1:42.63 35.29	250m: 2:53.67 35.70	350m: 4:05.62 35.91	
100m: 1:07.34 34.81	200m: 2:17.97 35.34	300m: 3:29.71 36.04	400m: 4:40.68 35.06	
3. WI TEK Amelia	08	WKS L SK Wrocław	4:42.06	581
50m: 32.51 32.51	150m: 1:43.24 35.58	250m: 2:54.87 35.87	350m: 4:07.03 35.99	
100m: 1:07.66 35.15	200m: 2:19.00 35.76	300m: 3:31.04 36.17	400m: 4:42.06 35.03	
4. WNUK Jessika	08	MKS JUVENIA Wrocław	4:42.85	576
50m: 31.98 31.98	150m: 1:43.12 36.10	250m: 2:55.80 36.36	350m: 4:08.63 36.18	
100m: 1:07.02 35.04	200m: 2:19.44 36.32	300m: 3:32.45 36.65	400m: 4:42.85 34.22	
5. GRZECH Maja	08	UKS ABIANKA Gda sk	4:42.94	575
50m: 32.44 32.44	150m: 1:44.16 36.24	250m: 2:56.55 36.25	350m: 4:09.34 36.26	
100m: 1:07.92 35.48	200m: 2:20.30 36.14	300m: 3:33.08 36.53	400m: 4:42.94 33.60	
6. ZIELI SKA Małgorzata	08	UKS ABIANKA Gda sk	4:44.51	566
50m: 32.67 32.67	150m: 1:44.08 36.07	250m: 2:56.43 36.15	350m: 4:09.13 36.28	
100m: 1:08.01 35.34	200m: 2:20.28 36.20	300m: 3:32.85 36.42	400m: 4:44.51 35.38	
7. BELZYT Maja	08	UKS ABIANKA Gda sk	4:52.40	521
50m: 33.00 33.00	150m: 1:46.55 37.31	250m: 3:02.00 37.26	350m: 4:16.41 37.08	
100m: 1:09.24 36.24	200m: 2:24.74 38.19	300m: 3:39.33 37.33	400m: 4:52.40 35.99	
8. JURCZUK Weronika	08	UKS G-8 Bielany Warszawa	4:52.52	521
50m: 32.33 32.33	150m: 1:46.13 37.61	250m: 3:01.70 37.75	350m: 4:17.06 37.17	
100m: 1:08.52 36.19	200m: 2:23.95 37.82	300m: 3:39.89 38.19	400m: 4:52.52 35.46	
9. ZABRANIAK Karina	08	MKP Szczecin	5:01.52	475
50m: 33.00 33.00	150m: 1:48.33 37.74	250m: 3:05.17 38.19	350m: 4:23.34 39.10	
100m: 1:10.59 37.59	200m: 2:26.98 38.65	300m: 3:44.24 39.07	400m: 5:01.52 38.18	
10. PAWLAK Lena	08	TP OLIMPIJCZYK Aleksandrów Łódzki	5:04.93	459
50m: 33.48 33.48	150m: 1:49.31 38.47	250m: 3:07.65 38.67	350m: 4:26.62 39.42	
100m: 1:10.84 37.36	200m: 2:28.98 39.67	300m: 3:47.20 39.55	400m: 5:04.93 38.31	



Konkurencja 10, Dziewcz t, 400m dowolny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.			
11.	NAWROCKA Natalia		08	MUKS WODNIK Łask				5:11.56	431			
	50m:	33.08	33.08	150m:	1:51.61	40.25	250m:	3:13.00	40.67	350m:	4:33.12	39.76
	100m:	1:11.36	38.28	200m:	2:32.33	40.72	300m:	3:53.36	40.36	400m:	5:11.56	38.44

15 lat

1.	GO CI SKA Gabriela		09	UKS SMS Galicja Kraków				4:32.53	644			
	50m:	31.33	31.33	150m:	1:40.85	35.02	250m:	2:50.87	34.87	350m:	4:00.12	34.30
	100m:	1:05.83	34.50	200m:	2:16.00	35.15	300m:	3:25.82	34.95	400m:	4:32.53	32.41
2.	KUCZMAR Aleksandra		09	UKP POLONIA Warszawa				4:34.93	627			
	50m:	31.34	31.34	150m:	1:40.64	34.78	250m:	2:51.28	35.44	350m:	4:01.42	35.11
	100m:	1:05.86	34.52	200m:	2:15.84	35.20	300m:	3:26.31	35.03	400m:	4:34.93	33.51
3.	OKO Anna		09	LKS Jedno 32 Przyszowice				4:44.06	568			
	50m:	31.94	31.94	150m:	1:43.76	36.28	250m:	2:56.78	36.62	350m:	4:09.57	36.30
	100m:	1:07.48	35.54	200m:	2:20.16	36.40	300m:	3:33.27	36.49	400m:	4:44.06	34.49
4.	ŁUCZAK Agata		09	Stow. Solne Miasto Wieliczka				4:54.88	508			
	50m:	33.23	33.23	150m:	1:47.67	37.63	250m:	3:02.85	36.89	350m:	4:17.59	37.14
	100m:	1:10.04	36.81	200m:	2:25.96	38.29	300m:	3:40.45	37.60	400m:	4:54.88	37.29
5.	GUBAŁA Justyna		09	Stow. Solne Miasto Wieliczka				5:05.57	457			
	50m:	33.59	33.59	150m:	1:49.57	38.65	250m:	3:07.55	39.06	350m:	4:26.89	39.65
	100m:	1:10.92	37.33	200m:	2:28.49	38.92	300m:	3:47.24	39.69	400m:	5:05.57	38.68
6.	JANKOWSKA Łucja		09	KS BARRAKUDA Gdańsk				5:19.97	398			
	50m:	35.79	35.79	150m:	1:57.26	41.40	250m:	3:18.99	40.52	350m:	4:40.70	40.63
	100m:	1:15.86	40.07	200m:	2:38.47	41.21	300m:	4:00.07	41.08	400m:	5:19.97	39.27

14 lat

1.	RAJCA Matylda		10	LKS Jedno 32 Przyszowice				4:43.51	572			
	50m:	31.61	31.61	150m:	1:43.41	36.17	250m:	2:57.16		350m:	4:09.13	35.70
	100m:	1:07.24	35.63	200m:			300m:	3:33.43	36.27	400m:	4:43.51	34.38
2.	KUNA Alina		10	Stow. Solne Miasto Wieliczka				4:57.52	495			
	50m:	32.63	32.63	150m:	1:47.81	38.15	250m:	3:04.08	37.95	350m:	4:19.92	37.81
	100m:	1:09.66	37.03	200m:	2:26.13	38.32	300m:	3:42.11	38.03	400m:	4:57.52	37.60
3.	SAVCHUK Polina		10	SP MEDUZA Pajęczno				5:04.78	460			
	50m:	34.71	34.71	150m:	1:52.78	39.39	250m:	3:12.05	40.29	350m:	4:29.74	37.65
	100m:	1:13.39	38.68	200m:	2:31.76	38.98	300m:	3:52.09	40.04	400m:	5:04.78	35.04
4.	STEFANIW Martyna		10	SP MEDUZA Pajęczno				5:08.92	442			
	50m:	34.88	34.88	150m:	1:53.82	40.02	250m:	3:14.24	40.50	350m:	4:32.79	38.70
	100m:	1:13.80	38.92	200m:	2:33.74	39.92	300m:	3:54.09	39.85	400m:	5:08.92	36.13
5.	MYDŁOWSKA Roxana		10	UKS NAWA Skierniewice				5:11.80	430			
	50m:	34.35	34.35	150m:	1:53.98	40.58	250m:	3:14.95	40.77	350m:	4:34.70	39.09
	100m:	1:13.40	39.05	200m:	2:34.18	40.20	300m:	3:55.61	40.66	400m:	5:11.80	37.10
6.	FRANASZCZAK Zofia		10	UKS V Łomianki				5:15.03	417			
	50m:	35.31	35.31	150m:	1:55.07	40.28	250m:	3:16.28	40.60	350m:	4:36.90	40.11
	100m:	1:14.79	39.48	200m:	2:35.68	40.61	300m:	3:56.79	40.51	400m:	5:15.03	38.13