



3. Memoriał Zbigniewa Pacelta i Jana Wiedierka Ogólnopolskie Zawody Pływackie
Ostrowiec Świętokrzyski, 31-5- - 1-6-2025

Konkurencja 17
2025-06-01 - 9:39

Kobiet, 400m dowolny

Open
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.										Czas	Pkt.
1.	POLAŃSKA Aleksandra			00	KU AZS UW						4:25.02	700
	50m:	31.22	31.22	150m:	1:39.37	34.30	250m:	2:46.55	33.01	350m:	3:52.44	33.02
	100m:	1:05.07	33.85	200m:	2:13.54	34.17	300m:	3:19.42	32.87	400m:	4:25.02	32.58
2.	KOWALSKA Klara			05	KU AZS UMCS Lublin						4:33.67	636
	50m:	32.58	32.58	150m:	1:42.54	35.05	250m:	2:52.41	34.82	350m:	4:01.52	34.52
	100m:	1:07.49	34.91	200m:	2:17.59	35.05	300m:	3:27.00	34.59	400m:	4:33.67	32.15
3.	POLAK Iga			09	UKP UNIA Oświęcim						4:33.91	634
	50m:	32.16	32.16	150m:	1:41.89	35.08	250m:	2:52.39	35.33	350m:	4:01.34	34.50
	100m:	1:06.81	34.65	200m:	2:17.06	35.17	300m:	3:26.84	34.45	400m:	4:33.91	32.57
4.	WIECZOREK Michalina			09	UKP UNIA Oświęcim						4:36.20	618
	50m:	31.68	31.68	150m:	1:41.85	35.53	250m:	2:52.05	35.27	350m:	4:02.39	35.39
	100m:	1:06.32	34.64	200m:	2:16.78	34.93	300m:	3:27.00	34.95	400m:	4:36.20	33.81
5.	KARKOCHA Gabriela			09	UKP UNIA Oświęcim						4:38.38	604
	50m:	31.98	31.98	150m:	1:41.39	35.04	250m:	2:51.86	35.24	350m:	4:03.38	35.92
	100m:	1:06.35	34.37	200m:	2:16.62	35.23	300m:	3:27.46	35.60	400m:	4:38.38	35.00
6.	MOSIAKINA Sofia			08	UKP UNIA Oświęcim						4:44.01	569
	50m:	32.58	32.58	150m:	1:43.88	36.04	250m:	2:56.45	36.44	350m:	4:09.19	36.22
	100m:	1:07.84	35.26	200m:	2:20.01	36.13	300m:	3:32.97	36.52	400m:	4:44.01	34.82
7.	SOWA Barbara			07	UKP UNIA Oświęcim						4:51.96	524
	50m:	32.54	32.54	150m:	1:44.33	36.49	250m:	2:59.15	37.83	350m:	4:14.63	38.01
	100m:	1:07.84	35.30	200m:	2:21.32	36.99	300m:	3:36.62	37.47	400m:	4:51.96	37.33
8.	CAŁA Anastazja			07	UKP UNIA Oświęcim						4:55.14	507
	50m:	34.55	34.55	150m:	1:48.57	37.28	250m:	3:03.25	37.70	350m:	4:18.90	37.71
	100m:	1:11.29	36.74	200m:	2:25.55	36.98	300m:	3:41.19	37.94	400m:	4:55.14	36.24
9.	MAJ Zuzanna			11	KS KSZO Ostrowiec Św.						4:55.95	503
	50m:	33.79	33.79	150m:	1:47.86	37.10	250m:	3:03.22	37.70	350m:	4:19.04	37.93
	100m:	1:10.76	36.97	200m:	2:25.52	37.66	300m:	3:41.11	37.89	400m:	4:55.95	36.91
10.	OLSZEWSKA Natalia			10	St. Lok. SALOS Cortile Kielce						4:56.09	502
	50m:	34.69	34.69	150m:	1:51.29	38.57	250m:	3:07.66	37.63	350m:	4:21.86	36.47
	100m:	1:12.72	38.03	200m:	2:30.03	38.74	300m:	3:45.39	37.73	400m:	4:56.09	34.23
11.	STACHEWICZ Magdalena			09	AZS AWF Warszawa						4:56.60	499
	50m:	33.50	33.50	150m:	1:47.96	37.53	250m:	3:03.81	37.76	350m:	4:20.00	37.90
	100m:	1:10.43	36.93	200m:	2:26.05	38.09	300m:	3:42.10	38.29	400m:	4:56.60	36.60
12.	WAŚ Amelia			12	Stow. Olimpijczyk Brzesko						4:57.72	494
	50m:	35.05	35.05	150m:	1:50.79	38.20	250m:	3:06.68	37.80	350m:	4:21.75	37.39
	100m:	1:12.59	37.54	200m:	2:28.88	38.09	300m:	3:44.36	37.68	400m:	4:57.72	35.97
13.	BEDNARSKA Antonina			12	KS KSZO Ostrowiec Św.						5:00.39	481
	50m:	34.19	34.19	150m:	1:51.51	38.42	250m:	3:07.34	37.61	350m:	4:23.38	37.68
	100m:	1:13.09	38.90	200m:	2:29.73	38.22	300m:	3:45.70	38.36	400m:	5:00.39	37.01
14.	DZIĘGIEL Marta			07	AZS AWF Warszawa						5:00.43	480
	50m:	34.12	34.12	150m:	1:49.34	38.10	250m:	3:06.31	38.64	350m:	4:23.13	38.03
	100m:	1:11.24	37.12	200m:	2:27.67	38.33	300m:	3:45.10	38.79	400m:	5:00.43	37.30
15.	JANUS Lena			08	St. Lok. SALOS Cortile Kielce						5:00.78	479
	50m:	34.65	34.65	150m:	1:50.04	38.11	250m:	3:06.97	38.51	350m:	4:24.04	37.82
	100m:	1:11.93	37.28	200m:	2:28.46	38.42	300m:	3:46.22	39.25	400m:	5:00.78	36.74
16.	SOKÓŁ Sara			10	KS KSZO Ostrowiec Św.						5:04.08	463
	50m:	34.17	34.17	150m:	1:50.89	38.07	250m:	3:08.04	38.28	350m:	4:25.60	38.84
	100m:	1:12.82	38.65	200m:	2:29.76	38.87	300m:	3:46.76	38.72	400m:	5:04.08	38.48





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Pozycja	Rok ur.										Czas	Pkt.
17.	JAGIEŁO Julia			10	CSiR MOS w Dąbrowie Górniczej						5:06.57	452
	50m:	34.36	34.36	150m:	1:52.73	39.33	250m:	3:10.94	38.85	350m:	4:28.81	38.94
	100m:	1:13.40	39.04	200m:	2:32.09	39.36	300m:	3:49.87	38.93	400m:	5:06.57	37.76
18.	GUZDEK Anna			07	Akademia SMS Racibórz						5:07.12	450
	50m:	35.07	35.07	150m:	1:52.46	39.01	250m:	3:11.10	39.57	350m:	4:29.00	38.63
	100m:	1:13.45	38.38	200m:	2:31.53	39.07	300m:	3:50.37	39.27	400m:	5:07.12	38.12
19.	KIEROŃSKA Maryla			11	Stow. Olimpijczyk Brzesko						5:07.80	447
	50m:	33.84	33.84	150m:	1:50.89	39.66	250m:	3:10.72	40.23	350m:	4:30.64	40.24
	100m:	1:11.23	37.39	200m:	2:30.49	39.60	300m:	3:50.40	39.68	400m:	5:07.80	37.16
20.	SZYDLIK Joanna			07	UKS DWÓJKA Sochaczew						5:08.38	444
	50m:	34.86	34.86	150m:	1:53.67	39.74	250m:	3:14.21	40.37	350m:	4:33.36	39.30
	100m:	1:13.93	39.07	200m:	2:33.84	40.17	300m:	3:54.06	39.85	400m:	5:08.38	35.02
21.	WÓJTOWICZ Sandra			11	KS KSZO Ostrowiec Św.						5:10.48	435
	50m:	34.66	34.66	150m:	1:53.27	39.73	250m:	3:13.06	39.80	350m:	4:32.74	39.61
	100m:	1:13.54	38.88	200m:	2:33.26	39.99	300m:	3:53.13	40.07	400m:	5:10.48	37.74
22.	CZUDEK Florentyna			12	KP SOKÓŁ Rzeszów						5:10.57	435
	50m:	35.04	35.04	150m:	1:53.85	40.28	250m:	3:14.15	40.20	350m:	4:33.42	39.18
	100m:	1:13.57	38.53	200m:	2:33.95	40.10	300m:	3:54.24	40.09	400m:	5:10.57	37.15
23.	WOLNIK Aleksandra			13	Stow. Olimpijczyk Brzesko						5:19.80	398
	50m:	35.74	35.74	150m:	1:55.75	40.49	250m:	3:18.41	41.29	350m:	4:41.75	41.25
	100m:	1:15.26	39.52	200m:	2:37.12	41.37	300m:	4:00.50	42.09	400m:	5:19.80	38.05
24.	KRASOWSKA Blanka			13	UKS DELFIN Tarnobrzeg						5:23.40	385
	50m:	35.06	35.06	150m:	1:56.88	41.23	250m:	3:20.26	41.88	350m:	4:45.28	42.31
	100m:	1:15.65	40.59	200m:	2:38.38	41.50	300m:	4:02.97	42.71	400m:	5:23.40	38.12
25.	MENET Maria			12	UKS SP AQUARIUS Lesko						5:28.58	367
	50m:	38.05	38.05	150m:	2:02.74	42.58	250m:	3:27.23	41.70	350m:	4:49.42	40.91
	100m:	1:20.16	42.11	200m:	2:45.53	42.79	300m:	4:08.51	41.28	400m:	5:28.58	39.16
26.	KAMECZURA Róża			13	UKS SP AQUARIUS Lesko						5:33.32	352
	50m:	37.76	37.76	150m:	2:03.18	43.15	250m:	3:28.69	43.01	350m:	4:53.34	42.49
	100m:	1:20.03	42.27	200m:	2:45.68	42.50	300m:	4:10.85	42.16	400m:	5:33.32	39.98
27.	KRASOWSKA Maja			11	UKS DELFIN Tarnobrzeg						5:47.79	309
	50m:	38.24	38.24	150m:	2:06.63	44.35	250m:	3:36.39	44.96	350m:	5:06.32	44.29
	100m:	1:22.28	44.04	200m:	2:51.43	44.80	300m:	4:22.03	45.64	400m:	5:47.79	41.47
28.	GIERLA Sara			12	UKS SP AQUARIUS Lesko						5:56.08	288
	50m:	38.57	38.57	150m:	2:08.28	46.01	250m:	3:41.45	47.05	350m:	5:13.13	46.19
	100m:	1:22.27	43.70	200m:	2:54.40	46.12	300m:	4:26.94	45.49	400m:	5:56.08	42.95