

Zimowe Mistrzostwa Polski Juniorów Młodszych 15-lat
Bydgoszcz, 12-14.12.2025Konkurencja 17
2025-12-13 - 17:09

Dziewcząt, 400m dowolny

15 lat
Wyniki Finał

Rekord Polski 15-lat 4:08.60 GUŚĆ Wiktoria 01705 Poznań 2019-11-23

Punkty: AQUA 2025

Pozycja	Rok ur.								Czas	Pkt.		
Finał A												
1.	DUDA Natalia			10	MKP Szczecin					4:21.80	680	
	50m:	30.17	30.17	150m:	1:36.54	33.41	250m:	2:43.88	33.76	350m:	3:50.67	33.27
	100m:	1:03.13	32.96	200m:	2:10.12	33.58	300m:	3:17.40	33.52	400m:	4:21.80	31.13
2.	SOBÓTKA Oliwia			10	UKP POLONIA Warszawa					4:25.72	650	
	50m:	30.60	30.60	150m:	1:38.84	34.30	250m:	2:46.21	33.23	350m:	3:53.10	33.39
	100m:	1:04.54	33.94	200m:	2:12.98	34.14	300m:	3:19.71	33.50	400m:	4:25.72	32.62
3.	PASTUSZUK Zuzanna			10	KU AZS UMCS Lublin					4:28.55	630	
	50m:	30.28	30.28	150m:	1:37.31	33.74	250m:	2:45.43	34.20	350m:	3:54.45	34.69
	100m:	1:03.57	33.29	200m:	2:11.23	33.92	300m:	3:19.76	34.33	400m:	4:28.55	34.10
4.	KRAWCZYK Aleksandra			10	KS Barrakuda Gdańsk					4:33.87	594	
	50m:	30.53	30.53	150m:	1:38.90	34.56	250m:	2:48.71	34.81	350m:	3:59.93	35.39
	100m:	1:04.34	33.81	200m:	2:13.90	35.00	300m:	3:24.54	35.83	400m:	4:33.87	33.94
5.	EMERLING Diana			10	UKP UNIA Oświęcim					4:34.73	588	
	50m:	30.93	30.93	150m:	1:39.88	34.98	250m:	2:50.67	35.40	350m:	4:01.42	35.15
	100m:	1:04.90	33.97	200m:	2:15.27	35.39	300m:	3:26.27	35.60	400m:	4:34.73	33.31
6.	SZUSTAK Lena			10	UKS GIM 92 Ursynów					4:35.43	584	
	50m:	31.10	31.10	150m:	1:39.14	34.44	250m:	2:49.54	35.28	350m:	4:00.97	35.75
	100m:	1:04.70	33.60	200m:	2:14.26	35.12	300m:	3:25.22	35.68	400m:	4:35.43	34.46
7.	CZOPEK Lena			10	KU AZS UMCS Lublin					4:36.02	580	
	50m:	31.09	31.09	150m:	1:40.61	35.19	250m:	2:51.45	35.42	350m:	4:02.30	35.36
	100m:	1:05.42	34.33	200m:	2:16.03	35.42	300m:	3:26.94	35.49	400m:	4:36.02	33.72
8.	NOSAL Nela			10	MKS JUVENIA Wrocław					4:36.34	578	
	50m:	31.27	31.27	150m:	1:40.95	35.38	250m:	2:52.32	35.65	350m:	4:03.07	35.09
	100m:	1:05.57	34.30	200m:	2:16.67	35.72	300m:	3:27.98	35.66	400m:	4:36.34	33.27
9.	CZECHMAŃSKA Antonina			10	UKP POLONIA Warszawa					4:36.53	577	
	50m:	31.50	31.50	150m:	1:41.45	35.46	250m:	2:52.73	35.75	350m:	4:03.70	35.37
	100m:	1:05.99	34.49	200m:	2:16.98	35.53	300m:	3:28.33	35.60	400m:	4:36.53	32.83
10.	RYCHTER Zofia			10	MKS Park Wodny Tarnowskie Góry					4:38.95	562	
	50m:	31.56	31.56	150m:	1:41.29	35.11	250m:	2:52.76	35.74	350m:	4:04.34	35.65
	100m:	1:06.18	34.62	200m:	2:17.02	35.73	300m:	3:28.69	35.93	400m:	4:38.95	34.61
Finał B												
11.	WALCZYK Hanna			10	Grudziądzki KP ORKA					4:35.41	584	
	50m:	31.09	31.09	150m:	1:39.68	34.81	250m:	2:50.17	35.45	350m:	4:01.36	35.45
	100m:	1:04.87	33.78	200m:	2:14.72	35.04	300m:	3:25.91	35.74	400m:	4:35.41	34.05
12.	KUNA Alina			10	Stowarzyszenie Solne Miasto Wieliczka					4:35.95	580	
	50m:	31.34	31.34	150m:	1:40.89	35.16	250m:	2:50.82	34.48	350m:	4:01.38	35.87
	100m:	1:05.73	34.39	200m:	2:16.34	35.45	300m:	3:25.51	34.69	400m:	4:35.95	34.57
13.	BARTOSZEWSKA Marta			10	KS Poznań Poznań					4:41.45	547	
	50m:	31.90	31.90	150m:	1:42.94	35.79	250m:	2:55.06	36.37	350m:	4:07.44	36.15
	100m:	1:07.15	35.25	200m:	2:18.69	35.75	300m:	3:31.29	36.23	400m:	4:41.45	34.01
14.	STEFANIW Martyna			10	SP Meduza Pajęczno					4:41.63	546	
	50m:	32.40	32.40	150m:	1:44.35	36.51	250m:	2:56.82	35.96	350m:	4:08.44	35.43
	100m:	1:07.84	35.44	200m:	2:20.86	36.51	300m:	3:33.01	36.19	400m:	4:41.63	33.19
15.	WIELGUS Nela			10	Champion Tomaszów Maz.					4:42.44	541	
	50m:	31.51	31.51	150m:	1:42.22	35.28	250m:	2:54.61	36.47	350m:	4:08.30	36.84
	100m:	1:06.94	35.43	200m:	2:18.14	35.92	300m:	3:31.46	36.85	400m:	4:42.44	34.14



Polska Grupa
Energetyczna



Ministerstwo
Sportu i Turystyki



Zimowe Mistrzostwa Polski Juniorów Młodszych 15-lat
Bydgoszcz, 12-14.12.2025

Konkurencja 17, Dziewcząt, 400m dowolny, Finał, 15 lat

Pozycja	Rok ur.									Czas	Pkt.	
16.	LIPIŃSKA Natalia			10	MTKP DELFIN Toruń					4:46.13	521	
	50m:	31.73	31.73	150m:	1:43.78	36.48	250m:	2:57.86	37.23	350m:	4:11.26	36.18
	100m:	1:07.30	35.57	200m:	2:20.63	36.85	300m:	3:35.08	37.22	400m:	4:46.13	34.87
17.	SACHA Paulina			10	UKS NIKA Sport Team Kraków					4:46.22	520	
	50m:	31.87	31.87	150m:	1:43.48	36.14	250m:	2:57.27	36.87	350m:	4:11.76	37.10
	100m:	1:07.34	35.47	200m:	2:20.40	36.92	300m:	3:34.66	37.39	400m:	4:46.22	34.46
18.	STANISZEWSKA Maja			10	UKS G-8 Bielany Warszawa					4:48.03	510	
	50m:	32.04	32.04	150m:	1:43.68	35.87	250m:	2:56.66	36.23	350m:	4:11.95	37.75
	100m:	1:07.81	35.77	200m:	2:20.43	36.75	300m:	3:34.20	37.54	400m:	4:48.03	36.08
19.	PIĄTEK Maja			10	KS Górnik Sosnowiec					4:48.67	507	
	50m:	31.93	31.93	150m:	1:44.29	36.51	250m:	2:57.75	36.57	350m:	4:12.79	37.30
	100m:	1:07.78	35.85	200m:	2:21.18	36.89	300m:	3:35.49	37.74	400m:	4:48.67	35.88
20.	ŚLIWAKOWSKA Magdalena			10	CSiR MOS w Dąbrowie Górniczej					4:55.16	474	
	50m:	32.09	32.09	150m:	1:45.16	37.13	250m:	3:01.54	38.47	350m:	4:18.54	38.50
	100m:	1:08.03	35.94	200m:	2:23.07	37.91	300m:	3:40.04	38.50	400m:	4:55.16	36.62