

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

Konkurencja 3

2025-12-12 - 17:08

Dziewcząt, 400m zmienny

15 lat

Wyniki Finał

Rekord Polski 15-lat

4:38.89

KNOP Aleksandra

01605

Lublin

2018-12-18

Punkty: AQUA 2025

Pozycja

Rok ur.

Czas

Pkt.

Finał A

1.	DUDA Natalia	10	MKP Szczecin	4:55.47	646
	50m: 31.75 31.75	150m: 1:46.58 38.75	250m: 3:07.89 43.02	350m: 4:24.25 33.07	
	100m: 1:07.83 36.08	200m: 2:24.87 38.29	300m: 3:51.18 43.29	400m: 4:55.47 31.22	
2.	MATYJASEK Olga	10	Akademia SMS Racibórz	4:59.62	619
	50m: 31.29 31.29	150m: 1:46.65 38.20	250m: 3:08.25 43.65	350m: 4:26.67 34.68	
	100m: 1:08.45 37.16	200m: 2:24.60 37.95	300m: 3:51.99 43.74	400m: 4:59.62 32.95	
3.	PASTUSZUK Zuzanna	10	KU AZS UMCS Lublin	5:00.83	612
	50m: 31.16 31.16	150m: 1:46.82 38.98	250m: 3:07.56 43.08	350m: 4:26.56 34.89	
	100m: 1:07.84 36.68	200m: 2:24.48 37.66	300m: 3:51.67 44.11	400m: 5:00.83 34.27	
4.	KOŹLAK Hanna	10	MKS JUVENIA Wrocław	5:07.38	574
	50m: 32.96 32.96	150m: 1:51.83 40.31	250m: 3:14.36 42.59	350m: 4:32.52 35.86	
	100m: 1:11.52 38.56	200m: 2:31.77 39.94	300m: 3:56.66 42.30	400m: 5:07.38 34.86	
5.	OLSZEWSKA Natalia	10	St. Lok. SALOS Cortile Kielce	5:08.38	568
	50m: 32.02 32.02	150m: 1:50.13 40.22	250m: 3:13.37 44.11	350m: 4:33.92 35.94	
	100m: 1:09.91 37.89	200m: 2:29.26 39.13	300m: 3:57.98 44.61	400m: 5:08.38 34.46	
6.	WALCZYK Hanna	10	Grudziądzki KP ORKA	5:14.76	534
	50m: 31.73 31.73	150m: 1:50.14 40.82	250m: 3:16.48 46.10	350m: 4:39.89 36.17	
	100m: 1:09.32 37.59	200m: 2:30.38 40.24	300m: 4:03.72 47.24	400m: 5:14.76 34.87	
7.	PASZEK Lidia	10	UKS Dwójka Tczew	5:15.70	529
	50m: 33.37 33.37	150m: 1:51.69 39.57	250m: 3:18.58 47.82	350m: 4:41.74 37.29	
	100m: 1:12.12 38.75	200m: 2:30.76 39.07	300m: 4:04.45 45.87	400m: 5:15.70 33.96	
8.	STEFANIW Martyna	10	SP Meduza Pajęczno	5:16.03	528
	50m: 33.78 33.78	150m: 1:55.48 42.25	250m: 3:22.33 45.26	350m: 4:43.82 35.67	
	100m: 1:13.23 39.45	200m: 2:37.07 41.59	300m: 4:08.15 45.82	400m: 5:16.03 32.21	
9.	JACIOW Magdalena	10	UKS SMS Galicja Kraków	5:25.13	485
	50m: 33.05 33.05	150m: 1:56.38 42.69	250m: 3:23.40 44.66	350m: 4:46.76 37.65	
	100m: 1:13.69 40.64	200m: 2:38.74 42.36	300m: 4:09.11 45.71	400m: 5:25.13 38.37	
10.	POLSAKOVA Nina	10	IUKS Muszelka Warszawa	5:26.32	479
	50m: 32.45 32.45	150m: 1:54.19 42.08	250m: 3:24.80 48.48	350m: 4:50.24 36.92	
	100m: 1:12.11 39.66	200m: 2:36.32 42.13	300m: 4:13.32 48.52	400m: 5:26.32 36.08	

Finał B

11.	ZIENKOWSKA Maja	10	KS H2O Bochnia	5:24.51	487
	50m: 35.42 35.42	150m: 1:59.67 42.40	250m: 3:25.15 44.27	350m: 4:48.34 37.52	
	100m: 1:17.27 41.85	200m: 2:40.88 41.21	300m: 4:10.82 45.67	400m: 5:24.51 36.17	
12.	JENDRYSIK Paulina	10	KP Sukces Chorzów	5:25.80	482
	50m: 34.70 34.70	150m: 1:55.85 40.45	250m: 3:24.02 46.96	350m: 4:48.92 38.28	
	100m: 1:15.40 40.70	200m: 2:37.06 41.21	300m: 4:10.64 46.62	400m: 5:25.80 36.88	
13.	ŻUK Hanna	10	KS WARTA Poznań	5:31.12	459
	50m: 34.62 34.62	150m: 1:59.25 43.69	250m: 3:28.92 46.95	350m: 4:54.30 37.99	
	100m: 1:15.56 40.94	200m: 2:41.97 42.72	300m: 4:16.31 47.39	400m: 5:31.12 36.82	
14.	DZIEWANOWSKA Nikola	10	UKS DELFIN Garwolin	5:34.13	447
	50m: 34.93 34.93	150m: 2:01.07 45.46	250m: 3:33.42 49.16	350m: 4:59.09 36.42	
	100m: 1:15.61 40.68	200m: 2:44.26 43.19	300m: 4:22.67 49.25	400m: 5:34.13 35.04	
15.	LISZKA Aniela	10	LKS Jedność 32 Przyszowice	5:34.54	445
	50m: 35.89 35.89	150m: 2:01.75 44.12	250m: 3:31.50 46.04	350m: 4:57.99 39.68	
	100m: 1:17.63 41.74	200m: 2:45.46 43.71	300m: 4:18.31 46.81	400m: 5:34.54 36.55	

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Bydgoszcz, 12-14.12.2025

Konkurencja 3, Dziewcząt, 400m zmienny, Finał, 15 lat

Pozycja	Rok ur.										Czas	Pkt.
16.	SZŁAPKA Antonina				10	UKS Cityzen					5:46.14	402
	50m:	35.89	35.89	150m:	2:03.02	45.27	250m:	3:35.95	49.54	350m:	5:07.61	40.65
	100m:	1:17.75	41.86	200m:	2:46.41	43.39	300m:	4:26.96	51.01	400m:	5:46.14	38.53
17.	WÓJTOWICZ Aleksandra				10	Kajman Połaniec					5:53.69	376
	50m:	37.18	37.18	150m:	2:08.97	45.73	250m:	3:45.80	51.52	350m:	5:15.85	37.88
	100m:	1:23.24	46.06	200m:	2:54.28	45.31	300m:	4:37.97	52.17	400m:	5:53.69	37.84
18.	MORGAŃSKA Marta				10	UKS Manta Kochłowice Ruda Śląska					6:07.72	335
	50m:	38.51	38.51	150m:	2:12.11	49.23	250m:	3:52.63	51.63	350m:	5:27.30	42.62
	100m:	1:22.88	44.37	200m:	3:01.00	48.89	300m:	4:44.68	52.05	400m:	6:07.72	40.42
19.	KALISZEWSKA Amelia				10	KS Nelasport					6:13.67	319
	50m:	38.56	38.56	150m:	2:15.37	48.55	250m:	3:56.83	53.64	350m:	5:33.19	41.55
	100m:	1:26.82	48.26	200m:	3:03.19	47.82	300m:	4:51.64	54.81	400m:	6:13.67	40.48
20.	GRABOWSKA Maja				10	UKS Piątka Konstantynów Łódzki					6:21.70	299
	50m:	41.55	41.55	150m:	2:24.50	48.92	250m:	4:02.54	51.58	350m:	5:40.32	45.20
	100m:	1:35.58	54.03	200m:	3:10.96	46.46	300m:	4:55.12	52.58	400m:	6:21.70	41.38