

Aquathlon Rzeszów 2026, Grand Prix Polskiego Zwi zku Triathlonu w Aquathlonie
Rzeszów, 22-3-2026

Konkurencja 5
2026-03-22 - 10:12

400m dowolny

15 - 17 lat
Wyniki

Punkty: AQUA 2025

Pozycja					Rok ur.					Czas	Pkt.	
Juniorzy młodsi (K15, M15), Dziewcz t												
1.	GRAJDURA Nina				09	Swim Tri Rzeszów				5:11.35	404	
	50m:	34.43	34.43	150m:	1:50.76	38.72	250m:	3:09.90	39.78	350m:	4:31.48	40.58
	100m:	1:12.04	37.61	200m:	2:30.12	39.36	300m:	3:50.90	41.00	400m:	5:11.35	39.87
2.	KOWNACKA Katarzyna				09	Niezrzeszony				5:22.32	364	
	50m:	34.62	34.62	150m:	1:54.02	40.69	250m:	3:17.12	41.73	350m:	4:41.15	41.77
	100m:	1:13.33	38.71	200m:	2:35.39	41.37	300m:	3:59.38	42.26	400m:	5:22.32	41.17
3.	KO UCHOWSKA Hanna				11	Akwedukt Kielce				5:40.86	308	
	50m:	38.60	38.60	150m:	2:03.77	43.14	250m:	3:31.32	43.68	350m:	4:58.95	43.82
	100m:	1:20.63	42.03	200m:	2:47.64	43.87	300m:	4:15.13	43.81	400m:	5:40.86	41.91
4.	SERWI SKA Ró a				11	Swim Tri Rzeszów				5:57.92	266	
	50m:	41.78	41.78	150m:	2:11.86	44.85	250m:	3:42.99	45.35	350m:	5:13.93	45.69
	100m:	1:27.01	45.23	200m:	2:57.64	45.78	300m:	4:28.24	45.25	400m:	5:57.92	43.99

Juniorzy młodsi (K15, M15), Chłopców

1.	MILEWSKI Jan				11	Niezrzeszony				4:30.62	482	
	50m:	29.57	29.57	150m:	1:39.16	35.04	250m:	2:49.07	34.89	350m:	3:57.39	33.82
	100m:	1:04.12	34.55	200m:	2:14.18	35.02	300m:	3:23.57	34.50	400m:	4:30.62	33.23
2.	SKRABA Marcin				09	UKP Kmita Zabierzów				5:21.19	288	
	50m:	33.85	33.85	150m:	1:53.18	40.45	250m:	3:16.91	41.97	350m:	4:40.85	42.00
	100m:	1:12.73	38.88	200m:	2:34.94	41.76	300m:	3:58.85	41.94	400m:	5:21.19	40.34
3.	MAZUR Maciej				09	Lubelska Grupa Triathlonu				5:33.74	257	
	50m:	33.60	33.60	150m:	1:55.60	42.17	250m:	3:21.60	43.31	350m:	4:50.96	44.95
	100m:	1:13.43	39.83	200m:	2:38.29	42.69	300m:	4:06.01	44.41	400m:	5:33.74	42.78
4.	JONKISZ Maciej				10	Niezrzeszony				5:44.56	233	
	50m:	34.19	34.19	150m:	1:58.07	43.88	250m:	3:29.31	45.92	350m:	5:01.04	45.70
	100m:	1:14.19	40.00	200m:	2:43.39	45.32	300m:	4:15.34	46.03	400m:	5:44.56	43.52
5.	KUŁAGA Bartosz				11	Sportlove Kielce				6:00.44	204	
	50m:	42.09	42.09	150m:	2:12.38	46.26	250m:	3:45.83	47.13	350m:	5:16.56	45.35
	100m:	1:26.12	44.03	200m:	2:58.70	46.32	300m:	4:31.21	45.38	400m:	6:00.44	43.88
6.	SAMBORSKI SWEENEY Franciszek				11	Swim Tri Rzeszów				6:24.42	168	
	50m:	42.18	42.18	150m:	2:19.97	50.09	250m:	3:58.26	49.50	350m:	5:37.26	48.97
	100m:	1:29.88	47.70	200m:	3:08.76	48.79	300m:	4:48.29	50.03	400m:	6:24.42	47.16

NIE UK. STADNIK Milena 13 UKP Kmita Zabierzów