Konkurencja 18 — Kobiet, 400m dowolny — 12 lat i starsi
21.11.2026 - 15:58 — Wyniki

Rekord POZP Open wg Swimrankings 4:24.49 CERLICH Oliwia 00508 Gorzow Wielkopolski 15.12.2018

Punkty: AQUA 2026

Pozycja		Rok ur.		Czas	Pkt.
12 lat					
1.	MIŁOŚ Izabela	14	MKS IKAR Stal Mielec	**4:58.38**	459
	50m: 32.41 32.41 150m: 1:47.62 37.88 250m: 3:04.86 38.83 350m: 4:21.75 38.44				
	100m: 1:09.74 37.33 200m: 2:26.03 38.41 300m: 3:43.31 38.45 400m: 4:58.38 36.63				
2.	GŁOWA Lidia	14	KP SOKÓŁ Rzeszów	**5:26.65**	350
	50m: 36.64 36.64 150m: 2:00.11 41.89 250m: 3:24.16 42.29 350m: 4:47.01 40.87				
	100m: 1:18.22 41.58 200m: 2:41.87 41.76 300m: 4:06.14 41.98 400m: 5:26.65 39.64				
3.	KRUCZEK Aleksandra	14	UKS SP AQUARIUS Lesko	**5:30.29**	338
	50m: 35.13 35.13 150m: 1:58.25 43.43 250m: 3:25.68 43.56 350m: 4:50.25 42.29				
	100m: 1:14.82 39.69 200m: 2:42.12 43.87 300m: 4:07.96 42.28 400m: 5:30.29 40.04				
4.	ŚCIPIEŃ Hanna	14	KSW Stal Rzeszów	**5:31.14**	336
	50m: 38.59 38.59 150m: 2:03.88 42.63 250m: 3:27.45 41.48 350m: 4:51.69 42.47				
	100m: 1:21.25 42.66 200m: 2:45.97 42.09 300m: 4:09.22 41.77 400m: 5:31.14 39.45				
5.	STACHURSKA Emilia	14	KP REKIN Lubaczów	**5:55.36**	272
	50m: 40.25 40.25 150m: 2:11.04 45.55 250m: 3:44.86 46.87 350m: 5:14.20 44.90				
	100m: 1:25.49 45.24 200m: 2:57.99 46.95 300m: 4:29.30 44.44 400m: 5:55.36 41.16				
6.	CENCORA Zofia	14	KP REKIN Lubaczów	**6:17.83**	226
	50m: 42.42 42.42 150m: 2:18.65 48.65 250m: 350m: 5:32.84 48.41				
	100m: 1:30.00 47.58 200m: 3:07.92 49.27 300m: 4:44.43 400m: 6:17.83 44.99				
7.	WOJDYŁO Julia	14	Stow. Sportowe SWIM TRI Rzeszów	**6:37.41**	194
	50m: 40.48 40.48 150m: 2:20.10 50.02 250m: 4:04.50 53.04 350m: 5:48.92 52.23				
	100m: 1:30.08 49.60 200m: 3:11.46 51.36 300m: 4:56.69 52.19 400m: 6:37.41 48.49				
8.	GARDYNIK Ewa	14	Proswim	**6:37.54**	194
	50m: 42.87 42.87 150m: 2:25.30 52.18 250m: 4:09.79 51.37 350m: 5:52.69 51.13				
	100m: 1:33.12 50.25 200m: 3:18.42 53.12 300m: 5:01.56 51.77 400m: 6:37.54 44.85				
13 lat					
1.	KRASOWSKA Blanka	13	UKS DELFIN Tarnobrzeg	**4:45.22**	526
	50m: 33.24 33.24 150m: 1:45.44 36.23 250m: 2:57.64 35.78 350m: 4:09.62 35.97				
	100m: 1:09.21 35.97 200m: 2:21.86 36.42 300m: 3:33.65 36.01 400m: 4:45.22 35.60				
2.	ŻYGUŁA Amelia	13	UKP GRYF Dębica	**4:50.25**	499
	50m: 32.36 32.36 150m: 1:46.35 37.53 250m: 3:01.22 37.18 350m: 4:16.28 37.36				
	100m: 1:08.82 36.46 200m: 2:24.04 37.69 300m: 3:38.92 37.70 400m: 4:50.25 33.97				
3.	STĘPIEŃ Eliza	13	UKP GRYF Dębica	**5:00.53**	449
	50m: 33.60 33.60 150m: 1:49.57 38.57 250m: 3:07.58 39.01 350m: 4:23.89 37.95				
	100m: 1:11.00 37.40 200m: 2:28.57 39.00 300m: 3:45.94 38.36 400m: 5:00.53 36.64				
4.	KAMECZURA Róża	13	UKS SP AQUARIUS Lesko	**5:06.83**	422
	50m: 33.85 33.85 150m: 1:51.41 39.54 250m: 3:10.72 39.63 350m: 4:29.69 39.35				
	100m: 1:11.87 38.02 200m: 2:31.09 39.68 300m: 3:50.34 39.62 400m: 5:06.83 37.14				
5.	PIETRAS Zuzanna	13	MKS IKAR Stal Mielec	**5:09.56**	411
	50m: 36.09 36.09 150m: 1:57.56 41.09 250m: 3:17.87 39.93 350m: 4:34.27 37.69				
	100m: 1:16.47 40.38 200m: 2:37.94 40.38 300m: 3:56.58 38.71 400m: 5:09.56 35.29				
6.	BIEŃ Laura	13	UKS FENIKS Dębica	**5:16.18**	386
	50m: 34.12 34.12 150m: 1:54.38 40.71 250m: 3:17.10 41.37 350m: 4:38.81 40.17				
	100m: 1:13.67 39.55 200m: 2:35.73 41.35 300m: 3:58.64 41.54 400m: 5:16.18 37.37				

Konkurencja 18, Dziewcząt, 400m dowolny, 13 lat

Pozycja		Rok ur.		Czas	Pkt.
7.	CHMURA Klaudia	13	KP SOKÓŁ Rzeszów	**5:17.56**	381
	50m: 34.33 34.33 150m: 1:54.58 40.84 250m: 3:17.30 41.30 350m: 4:39.02 40.86				
	100m: 1:13.74 39.41 200m: 2:36.00 41.42 300m: 3:58.16 40.86 400m: 5:17.56 38.54				
8.	SZCZEPANIK Nikola	13	UKS FENIKS Dębica	**5:40.64**	308
	50m: 39.69 39.69 150m: 2:07.77 44.22 250m: 3:36.01 43.13 350m: 5:00.97 42.01				
	100m: 1:23.55 43.86 200m: 2:52.88 45.11 300m: 4:18.96 42.95 400m: 5:40.64 39.67				
9.	ZIELIŃSKA Maja	13	KSW Stal Rzeszów	**5:44.44**	298
	50m: 38.62 38.62 150m: 2:07.62 44.85 250m: 3:35.96 44.63 350m: 5:03.62 43.18				
	100m: 1:22.77 44.15 200m: 2:51.33 43.71 300m: 4:20.44 44.48 400m: 5:44.44 40.82				
10.	GUBERNAT Matylda	13	KSW Stal Rzeszów	**5:46.22**	294
	50m: 37.34 37.34 150m: 2:04.49 43.71 250m: 3:33.35 44.08 350m: 5:02.75 44.29				
	100m: 1:20.78 43.44 200m: 2:49.27 44.78 300m: 4:18.46 45.11 400m: 5:46.22 43.47				
	DUSAK Aleksandra	13	UKS DELFIN Tarnobrzeg	**5:46.22**	294
	50m: 35.69 35.69 150m: 2:03.10 43.99 250m: 3:33.58 44.88 350m: 5:04.11 45.09				
	100m: 1:19.11 43.42 200m: 2:48.70 45.60 300m: 4:19.02 45.44 400m: 5:46.22 42.11				
12.	OSYPKA Amelia	13	KP SOKÓŁ Rzeszów	**5:48.91**	287
	50m: 37.41 37.41 150m: 2:06.81 45.65 250m: 3:37.07 44.85 350m: 5:07.42 45.54				
	100m: 1:21.16 43.75 200m: 2:52.22 45.41 300m: 4:21.88 44.81 400m: 5:48.91 41.49				
13.	HASS Zuzanna	13	KP REKIN Lubaczów	**5:49.96**	284
	50m: 38.08 38.08 150m: 2:04.99 44.08 250m: 3:34.67 45.01 350m: 5:05.26 45.17				
	100m: 1:20.91 42.83 200m: 2:49.66 44.67 300m: 4:20.09 45.42 400m: 5:49.96 44.70				
14.	KUDYBA Kaja	13	KP REKIN Lubaczów	**6:03.16**	254
	50m: 39.82 39.82 150m: 2:10.14 46.03 250m: 3:44.41 46.61 350m: 5:18.24 46.54				
	100m: 1:24.11 44.29 200m: 2:57.80 47.66 300m: 4:31.70 47.29 400m: 6:03.16 44.92				

14 lat

1.	CZUDEC Florentyna	12	KP SOKÓŁ Rzeszów	**4:48.94**	506
	50m: 32.99 32.99 150m: 1:46.21 36.85 250m: 2:59.32 36.34 350m: 4:13.15 36.93				
	100m: 1:09.36 36.37 200m: 2:22.98 36.77 300m: 3:36.22 36.90 400m: 4:48.94 35.79				
2.	NYLEC Aleksandra	12	UKP GRYF Dębica	**5:02.04**	443
	50m: 32.84 32.84 150m: 1:49.08 39.10 250m: 3:07.08 38.99 350m: 4:25.11 39.15				
	100m: 1:09.98 37.14 200m: 2:28.09 39.01 300m: 3:45.96 38.88 400m: 5:02.04 36.93				
3.	BARNIAK Milena	12	UKS DELFINEK Ustrzyki Dolne	**5:10.79**	406
	50m: 34.91 34.91 150m: 1:54.02 39.82 250m: 3:14.26 40.16 350m: 4:34.35 39.65				
	100m: 1:14.20 39.29 200m: 2:34.10 40.08 300m: 3:54.70 40.44 400m: 5:10.79 36.44				
4.	MENET Maria	12	UKS SP AQUARIUS Lesko	**5:16.45**	385
	50m: 35.93 35.93 150m: 1:56.21 40.57 250m: 3:17.65 40.57 350m: 4:38.14 40.07				
	100m: 1:15.64 39.71 200m: 2:37.08 40.87 300m: 3:58.07 40.42 400m: 5:16.45 38.31				
5.	GŁASEK Anna	12	SP Motyl Stalowa Wola	**5:25.06**	355
	50m: 35.27 35.27 150m: 1:54.94 40.77 250m: 3:19.50 42.83 350m: 4:45.21 43.25				
	100m: 1:14.17 38.90 200m: 2:36.67 41.73 300m: 4:01.96 42.46 400m: 5:25.06 39.85				

15 - 16 lat

1.	KRASOWSKA Maja	11	UKS DELFIN Tarnobrzeg	**5:00.20**	451
	50m: 34.07 34.07 150m: 1:50.37 38.45 250m: 3:07.58 38.71 350m: 4:24.66 38.62				
	100m: 1:11.92 37.85 200m: 2:28.87 38.50 300m: 3:46.04 38.46 400m: 5:00.20 35.54				
2.	NAZARKO Antonina	10	UKS SP AQUARIUS Lesko	**5:06.91**	422
	50m: 34.66 34.66 150m: 1:50.79 38.59 250m: 3:09.48 39.52 350m: 4:28.77 39.73				
	100m: 1:12.20 37.54 200m: 2:29.96 39.17 300m: 3:49.04 39.56 400m: 5:06.91 38.14				

Konkurencja 18, Dziewcząt, 400m dowolny, 15 - 16 lat

Pozycja		Rok ur.		Czas	Pkt.
3.	WĘGRZYN Emilia	10	KP SOKÓŁ Rzeszów	**5:11.01**	405
	50m: 34.28 34.28 150m: 1:53.62 40.09 250m: 3:14.20 40.24 350m: 4:33.10 39.27				
	100m: 1:13.53 39.25 200m: 2:33.96 40.34 300m: 3:53.83 39.63 400m: 5:11.01 37.91				
4.	SOCHA Zuzanna	10	KP SOKÓŁ Rzeszów	**5:12.26**	400
	50m: 34.70 34.70 150m: 1:53.61 40.00 250m: 3:14.34 40.58 350m: 4:34.26 39.51				
	100m: 1:13.61 38.91 200m: 2:33.76 40.15 300m: 3:54.75 40.41 400m: 5:12.26 38.00				
5.	SERWIŃSKA Róża	11	Stow. Sportowe SWIM TRI Rzeszów	**5:43.43**	301
	50m: 38.98 38.98 150m: 2:06.05 43.90 250m: 3:34.06 44.02 350m: 5:01.73 43.59				
	100m: 1:22.15 43.17 200m: 2:50.04 43.99 300m: 4:18.14 44.08 400m: 5:43.43 41.70				
6.	FURDAK Liliana	10	KS PRESTIGE Rzeszów	**6:01.81**	257
	50m: 37.59 37.59 150m: 2:05.41 45.16 250m: 3:39.41 47.31 350m: 5:16.63 48.56				
	100m: 1:20.25 42.66 200m: 2:52.10 46.69 300m: 4:28.07 48.66 400m: 6:01.81 45.18				

17 lat i starsi

1.	GAJDA Martyna	08	Stow. Sportowe SWIM TRI Rzeszów	**4:33.98**	593
	50m: 30.68 30.68 150m: 1:39.32 34.62 250m: 2:49.75 35.11 350m: 4:00.13 34.95				
	100m: 1:04.70 34.02 200m: 2:14.64 35.32 300m: 3:25.18 35.43 400m: 4:33.98 33.85				
2.	GRAJDURA Nina	09	Stow. Sportowe SWIM TRI Rzeszów	**4:56.75**	467
	50m: 32.68 32.68 150m: 1:46.69 37.30 250m: 3:03.77 38.77 350m: 4:20.75 38.50				
	100m: 1:09.39 36.71 200m: 2:25.00 38.31 300m: 3:42.25 38.48 400m: 4:56.75 36.00				
3.	MARCHUK Marianna	08	UKS Hetman Tarnobrzeg	**5:19.45**	374
	50m: 34.53 34.53 150m: 1:53.71 40.52 250m: 3:17.29 42.21 350m: 4:41.43 41.93				
	100m: 1:13.19 38.66 200m: 2:35.08 41.37 300m: 3:59.50 42.21 400m: 5:19.45 38.02				