Konkurencja 5 — Kobiet, 400m zmienny — 13 lat i starsi
21.11.2026 - 11:16 — Wyniki

Rekord POZP Open wg Swimrankings 4:54.72 CZERNIAK Monika 00308 Szczecin 04.12.2010

Punkty: AQUA 2026

Pozycja		Rok ur.		Czas	Pkt.
13 lat					
1.	WĘGRZYN Gaja	13	KP SOKÓŁ Rzeszów	**6:02.28**	350
	50m: 37.10 37.10 150m: 2:12.91 51.64 250m: 3:49.93 48.45 350m: 5:22.66 43.17				
	100m: 1:21.27 44.17 200m: 3:01.48 48.57 300m: 4:39.49 49.56 400m: 6:02.28 39.62				
14 lat					
1.	CZUDEC Florentyna	12	KP SOKÓŁ Rzeszów	**5:34.83**	444
	50m: 34.82 34.82 150m: 2:00.04 42.83 250m: 3:29.85 46.76 350m: 4:57.49 39.55				
	100m: 1:17.21 42.39 200m: 2:43.09 43.05 300m: 4:17.94 48.09 400m: 5:34.83 37.34				
2.	MENET Maria	12	UKS SP AQUARIUS Lesko	**6:20.77**	302
	50m: 39.20 39.20 150m: 2:20.52 54.19 250m: 4:04.94 52.14 350m: 5:40.50 42.44				
	100m: 1:26.33 47.13 200m: 3:12.80 52.28 300m: 4:58.06 53.12 400m: 6:20.77 40.27				
3.	JASEK Anita	12	MUKP FALA Ropczyce	**6:27.28**	287
	50m: 38.26 38.26 150m: 2:16.90 48.91 250m: 4:01.18 56.87 350m: 5:44.02 46.03				
	100m: 1:27.99 49.73 200m: 3:04.31 47.41 300m: 4:57.99 56.81 400m: 6:27.28 43.26				
15 - 16 lat					
1.	SZULBORSKA Emilia	10	UKS FENIKS Dębica	**5:42.45**	415
	50m: 34.26 34.26 150m: 2:02.06 45.40 250m: 3:31.95 45.79 350m: 5:02.96 43.35				
	100m: 1:16.66 42.40 200m: 2:46.16 44.10 300m: 4:19.61 47.66 400m: 5:42.45 39.49				
2.	SMOLAK Nikola	11	Proswim	**6:17.87**	309
	50m: 40.44 40.44 150m: 2:15.66 48.28 250m: 3:56.56 53.74 350m: 5:34.88 44.61				
	100m: 1:27.38 46.94 200m: 3:02.82 47.16 300m: 4:50.27 53.71 400m: 6:17.87 42.99				
17 lat i starsi					
1.	DOMAGAŁA Katarzyna	09	UKS FENIKS Dębica	**5:45.80**	403
	50m: 35.41 35.41 150m: 2:03.41 44.59 250m: 3:31.99 44.96 350m: 5:02.50 42.59				
	100m: 1:18.82 43.41 200m: 2:47.03 43.62 300m: 4:19.91 47.92 400m: 5:45.80 43.30				
2.	SZMYD Karolina	09	UKS FENIKS Dębica	**6:00.35**	356
	50m: 41.65 41.65 150m: 2:15.10 45.93 250m: 3:48.63 48.45 350m: 5:19.61 41.94				
	100m: 1:29.17 47.52 200m: 3:00.18 45.08 300m: 4:37.67 49.04 400m: 6:00.35 40.74				