

Mistrzostwa Polski Juniorów Młodszych 15 lat
Lublin, 10. - 13.7.2025

Konkurencja 6
11.07.2025 - 9:40

Dziewcząt, 400m zmienny

15 lat
Wyniki Eliminacje

Rekord Polski Juniorów Mł. 4:45.38 KNOP Aleksandra 01605 Łódź 25.05.2018

Punkty: AQUA 2025

Pozycja				Wiek					Czas	Pkt.	CR	
1.	DUDA Natalia			15	MKP Szczecin				5:19.57	566A	+0,81	
	50m:	33.60	33.60	150m:	1:54.82	42.96	250m:	3:21.48	45.39	350m:	4:44.24	36.83
	100m:	1:11.86	38.26	200m:	2:36.09	41.27	300m:	4:07.41	45.93	400m:	5:19.57	35.33
2.	GOŁUB Karolina			15	UKS GIM 92 Ursynów				5:19.72	565A	+0,69	
	50m:	33.10	33.10	150m:	1:50.90	39.88	250m:	3:17.80	47.23	350m:	4:43.68	38.94
	100m:	1:11.02	37.92	200m:	2:30.57	39.67	300m:	4:04.74	46.94	400m:	5:19.72	36.04
3.	PASTUSZUK Zuzanna			15	KU AZS UMCS Lublin				5:20.87	559A	+0,71	
	50m:	32.66	32.66	150m:	1:54.68	43.29	250m:	3:21.62	45.88	350m:	4:44.76	37.16
	100m:	1:11.39	38.73	200m:	2:35.74	41.06	300m:	4:07.60	45.98	400m:	5:20.87	36.11
4.	KLAJMON Karolina			15	UKS „Nowy Klub Pływacki"				5:26.13	532A	+0,73	
	50m:	33.03	33.03	150m:	1:53.18	42.56	250m:	3:22.39	47.63	350m:	4:49.53	39.36
	100m:	1:10.62	37.59	200m:	2:34.76	41.58	300m:	4:10.17	47.78	400m:	5:26.13	36.60
5.	OLSZEWSKA Natalia			15	St. Lok. SALOS Cortile Kielce				5:26.50	530A	+0,76	
	50m:	33.35	33.35	150m:	1:56.97	43.23	250m:	3:24.40	46.04	350m:	4:49.42	38.61
	100m:	1:13.74	40.39	200m:	2:38.36	41.39	300m:	4:10.81	46.41	400m:	5:26.50	37.08
6.	NOWACKA Emilia			15	UKS SMS Galicja Kraków				5:27.54	525A	+0,64	
	50m:	34.47	34.47	150m:	1:58.42	43.76	250m:	3:25.08	44.36	350m:	4:51.22	40.93
	100m:	1:14.66	40.19	200m:	2:40.72	42.30	300m:	4:10.29	45.21	400m:	5:27.54	36.32
7.	MATYJASEK Olga			15	Swim Team MOSiR Kędzierzyn-Koźle				5:29.21	517A	+0,76	
	50m:	33.34	33.34	150m:	1:56.69	42.95	250m:	3:26.15	48.00	350m:	4:52.42	38.03
	100m:	1:13.74	40.40	200m:	2:38.15	41.46	300m:	4:14.39	48.24	400m:	5:29.21	36.79
8.	KOŻŁAK Hanna			15	UKS HS Team Kryty Basen Kłodzko				5:33.01	500A	+0,74	
	50m:	34.62	34.62	150m:	2:01.95	45.52	250m:	3:30.98	44.54	350m:	4:55.13	38.80
	100m:	1:16.43	41.81	200m:	2:46.44	44.49	300m:	4:16.33	45.35	400m:	5:33.01	37.88
9.	JACIOW Magdalena			15	UKS Aqua Team Mikołów				5:34.02	495A	+0,72	
	50m:	32.86	32.86	150m:	1:58.90	45.36	250m:	3:29.31	45.92	350m:	4:55.72	39.39
	100m:	1:13.54	40.68	200m:	2:43.39	44.49	300m:	4:16.33	47.02	400m:	5:34.02	38.30
10.	WALCZYK Hanna			15	Grudziądzki KP „Orka"				5:36.10	486A	+0,79	
	50m:	32.91	32.91	150m:	1:57.68	43.54	250m:	3:29.33	48.13	350m:	4:58.68	39.23
	100m:	1:14.14	41.23	200m:	2:41.20	43.52	300m:	4:19.45	50.12	400m:	5:36.10	37.42
11.	POLSAKOVA Nina			15	IUKS „Muszelka" Warszawa				5:39.40	472B	+0,74	
	50m:	32.89	32.89	150m:	1:55.81	44.17	250m:	3:29.37	50.23	350m:	4:59.99	39.55
	100m:	1:11.64	38.75	200m:	2:39.14	43.33	300m:	4:20.44	51.07	400m:	5:39.40	39.41
12.	SAVCHUK Polina			15	Sekcja Pływacka Meduza Pajęczno				5:39.88	470B	+0,72	
	50m:	33.86	33.86	150m:	2:00.11	46.14	250m:	3:31.79	47.02	350m:	5:01.38	41.09
	100m:	1:13.97	40.11	200m:	2:44.77	44.66	300m:	4:20.29	48.50	400m:	5:39.88	38.50
13.	JENDRYSIK Paulina			15	KP Sukces Chorzów				5:43.08	457B	+0,77	
	50m:	34.05	34.05	150m:	1:57.34	43.68	250m:	3:31.44	50.86	350m:	5:03.74	40.48
	100m:	1:13.66	39.61	200m:	2:40.58	43.24	300m:	4:23.26	51.82	400m:	5:43.08	39.34
14.	STEFANIW Martyna			15	Sekcja Pływacka Meduza Pajęczno				5:44.44	452B	+0,76	
	50m:	36.74	36.74	150m:	2:05.40	46.34	250m:	3:38.68	48.33	350m:	5:07.59	40.59
	100m:	1:19.06	42.32	200m:	2:50.35	44.95	300m:	4:27.00	48.32	400m:	5:44.44	36.85
15.	FITAŁ Karolina			15	UKP Ruda Śląska				5:46.80	443B	+0,99	
	50m:	36.38	36.38	150m:	2:06.03	45.33	250m:	3:42.87	50.78	350m:	5:10.54	38.25
	100m:	1:20.70	44.32	200m:	2:52.09	46.06	300m:	4:32.29	49.42	400m:	5:46.80	36.26



SPONSOR



Polska Grupa Energetyczna



Ministerstwo
Sportu i Turystyki

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Konkurencja 6, Dziewcząt, 400m zmienny, Eliminacje, 15 lat

Pozycja				Wiek				Czas	Pkt.	CR		
16.	ARTWIK Zuzanna			15	Akademia SMS Racibórz			5:47.78	439B	+0,81		
	50m:	40.49	40.49	150m:	2:12.24	45.74	250m:	3:40.76	44.22	350m:	5:08.00	42.13
	100m:	1:26.50	46.01	200m:	2:56.54	44.30	300m:	4:25.87	45.11	400m:	5:47.78	39.78
17.	ZIENKOWSKA Maja			15	Klub Sportowy "H2O Bochnia"			5:48.23	437B	+0,73		
	50m:	35.95	35.95	150m:	2:05.31	46.58	250m:	3:38.42	48.82	350m:	5:08.51	41.30
	100m:	1:18.73	42.78	200m:	2:49.60	44.29	300m:	4:27.21	48.79	400m:	5:48.23	39.72
18.	SZUSTAK Lena			15	KS Barakuda Mińsk Mazowiecki			5:51.66	424B	+0,81		
	50m:	36.43	36.43	150m:	2:05.21	45.68	250m:	3:41.65	51.27	350m:	5:13.68	39.76
	100m:	1:19.53	43.10	200m:	2:50.38	45.17	300m:	4:33.92	52.27	400m:	5:51.66	37.98
19.	ROGIŃSKA Małgorzata			15	MKP Kołobrzeg			5:54.83	413B	+0,68		
	50m:	34.62	34.62	150m:	2:04.44	46.01	250m:	3:40.03	50.50	350m:	5:15.28	42.73
	100m:	1:18.43	43.81	200m:	2:49.53	45.09	300m:	4:32.55	52.52	400m:	5:54.83	39.55
20.	DZIEWANOWSKA Nikola			15	UKS Delfin Garwolin			6:01.94	389B	+0,80		
	50m:	35.61	35.61	150m:	2:08.86	50.72	250m:	3:50.03	53.44	350m:	5:23.49	40.26
	100m:	1:18.14	42.53	200m:	2:56.59	47.73	300m:	4:43.23	53.20	400m:	6:01.94	38.45
21.	LISZKA Anieli			15	LKS Jedność 32 Przyszowice			6:03.47	384R	+0,77		
	50m:	38.12	38.12	150m:	2:10.99	46.50	250m:	3:46.33	48.23	350m:	5:20.51	43.78
	100m:	1:24.49	46.37	200m:	2:58.10	47.11	300m:	4:36.73	50.40	400m:	6:03.47	42.96
22.	NIEDZIELA Amelia			15	Akademia SMS Racibórz			6:04.44	381R	+0,88		
	50m:	35.48	35.48	150m:	2:05.42	47.36	250m:	3:43.94	51.40	350m:	5:21.51	44.40
	100m:	1:18.06	42.58	200m:	2:52.54	47.12	300m:	4:37.11	53.17	400m:	6:04.44	42.93
23.	BROŻEK Milena			15	MOSM Tychy			6:04.74	380	+0,75		
	50m:	38.72	38.72	150m:	2:13.02	46.97	250m:	3:51.43	52.25	350m:	5:25.34	41.55
	100m:	1:26.05	47.33	200m:	2:59.18	46.16	300m:	4:43.79	52.36	400m:	6:04.74	39.40
24.	GRABOWSKA Maja			15	UKS Piątka Konstantynów Łódzki			6:45.20	277	+0,81		
	50m:	42.60	42.60	150m:	2:30.82	53.88	250m:	4:12.44	53.36	350m:	5:58.20	50.76
	100m:	1:36.94	54.34	200m:	3:19.08	48.26	300m:	5:07.44	55.00	400m:	6:45.20	47.00

