

Główne Mistrzostwa Województwa Lubelskiego
Lublin, 30. - 31.5.2026

Konkurencja 3
30.05.2026 - 10:29

Kobiet, 400m zmienny

12 lat i starsi
Wyniki

Rekord LOZP Open	4:48.63	ZUKOWSKA Paula	03103	Olsztyn	15.05.2019
Rekord LOZP 19 +	4:48.63	ZUKOWSKA Paula	03103	Olsztyn	15.05.2019
Rekord LOZP 18	4:54.13	ADAMCZYK Julia		Szczecin	26.05.2017
Rekord LOZP 17	4:52.72	ADAMCZYK Julia	03103	Opole	19.07.2016
Rekord LOZP 16	4:57.00	SIE CZYK Jowita	00903	Olsztyn	14.06.2013
Rekord LOZP 15	4:57.88	WILCZEWSKA Aleksandra	01403	Lublin	14.07.2017
Rekord LOZP 14	5:06.20	RADLI SKA Marcelina	00203	Drzonkow	06.07.2007
Rekord LOZP 13	5:18.42	AMILKIEWICZ Aleksandra	01403	Lublin	17.02.2018
Rekord LOZP 12	5:31.41	AMILKIEWICZ Aleksandra	01403	Lublin	10.06.2017

Punkty: AQUA 2026

Pozycja Wiek Czas Pkt. CR

MŁODZIK

1. PUCHACZ Zuzanna	13	KS OLIMPIA Lublin	5:25.40	531	+0,87
50m: 33.82 33.82	150m: 1:54.23 41.77	250m: 3:23.49 46.71	350m: 4:50.31 38.41		
100m: 1:12.46 38.64	200m: 2:36.78 42.55	300m: 4:11.90 48.41	400m: 5:25.40 35.09		
2. GRUM Hanna	13	RWKS Sparta Biłgoraj	5:57.21	402	+0,90
50m: 35.05 35.05	150m: 2:03.50 45.81	250m: 3:43.27 54.28	350m: 5:19.68 39.87		
100m: 1:17.69 42.64	200m: 2:48.99 45.49	300m: 4:39.81 56.54	400m: 5:57.21 37.53		
3. ŁADA Amelia	13	UKS Szkoła Pływania 23 Lublin	6:02.17	385	+0,75
50m: 37.94 37.94	150m: 2:09.78 45.70	250m: 3:48.76 55.08	350m: 5:24.14 42.81		
100m: 1:24.08 46.14	200m: 2:53.68 43.90	300m: 4:41.33 52.57	400m: 6:02.17 38.03		
4. ZADURA Alicja	12	UKP Fala Kra nik	6:37.07	292	+0,82
50m: 43.06 43.06	150m: 2:31.64 53.87	250m: 4:17.84 54.18	350m: 5:54.84 42.91		
100m: 1:37.77 54.71	200m: 3:23.66 52.02	300m: 5:11.93 54.09	400m: 6:37.07 42.23		

JUNIOR MŁODSZY

1. TATARA Patrycja	15	MKS AVIA widnik	5:31.43	503	+0,99
50m: 35.76 35.76	150m: 1:59.10 43.19	250m: 3:28.90 48.83	350m: 4:54.67 38.85		
100m: 1:15.91 40.15	200m: 2:40.07 40.97	300m: 4:15.82 46.92	400m: 5:31.43 36.76		
2. KIERO SKA Maryla	15	KU AZS UMCS Lublin	5:35.53	485	+0,80
50m: 33.65 33.65	150m: 1:56.10 42.79	250m: 3:27.50 47.94	350m: 4:57.18 38.20		
100m: 1:13.31 39.66	200m: 2:39.56 43.46	300m: 4:18.98 51.48	400m: 5:35.53 38.35		
3. TKACZUK Zuzanna	14	UKS Szkoła Pływania 23 Lublin	6:08.63	365	
50m: 37.11 37.11	150m: 2:14.42 46.76	250m: 3:50.44 50.07	350m: 5:26.22 43.58		
100m: 1:27.66 50.55	200m: 3:00.37 45.95	300m: 4:42.64 52.20	400m: 6:08.63 42.41		
4. JARECKA Agnieszka	14	MTP Lublinianka	6:27.47	315	+0,76
50m: 47.81 47.81	150m: 2:33.04 51.15	250m: 4:19.40 55.10	350m: 6:01.26 46.80		
100m: 1:41.89 54.08	200m: 3:24.30 51.26	300m: 5:14.46 55.06	400m: 6:27.47 26.21		

OPEN

1. PRZYBYLSKA Oliwia	19	KU AZS UMCS Lublin	4:59.33	683	+0,88
50m: 31.63 31.63	150m: 1:47.13 39.38	250m: 3:07.06 41.98	350m: 4:24.76 35.80		
100m: 1:07.75 36.12	200m: 2:25.08 37.95	300m: 3:48.96 41.90	400m: 4:59.33 34.57		
2. WO AKOWSKA Zofia	19	KU AZS UMCS Lublin	5:15.74	582	
50m: 33.95 33.95	150m: 1:57.61 43.03	250m: 3:22.79 43.93	350m: 4:41.98 35.45		
100m: 1:14.58 40.63	200m: 2:38.86 41.25	300m: 4:06.53 43.74	400m: 5:15.74 33.76		
3. KOWALSKA Klara	21	KU AZS UMCS Lublin	5:15.85	581	+0,68
50m: 31.68 31.68	150m: 1:50.37 41.83	250m: 3:20.28 49.51	350m: 4:43.61 34.48		
100m: 1:08.54 36.86	200m: 2:30.77 40.40	300m: 4:09.13 48.85	400m: 5:15.85 32.24		
4. SOBOLAK Gabriela	17	KU AZS UMCS Lublin	5:25.06	533	+0,80
50m: 34.66 34.66	150m: 1:58.21 44.12	250m: 3:25.19 45.91	350m: 4:48.95 38.40		
100m: 1:14.09 39.43	200m: 2:39.28 41.07	300m: 4:10.55 45.36	400m: 5:25.06 36.11		
5. PUCHACZ Zuzanna	13	KS OLIMPIA Lublin	5:25.40	531	+0,87
50m: 33.82 33.82	150m: 1:54.23 41.77	250m: 3:23.49 46.71	350m: 4:50.31 38.41		
100m: 1:12.46 38.64	200m: 2:36.78 42.55	300m: 4:11.90 48.41	400m: 5:25.40 35.09		

Główne Mistrzostwa Województwa Lubelskiego
Lublin, 30. - 31.5.2026

Konkurencja 3, Kobiet, 400m zmienny, OPEN

Pozycja			Wiek					Czas	Pkt.	CR		
6.	TATARA	Patrycja	15	MKS AVIA	widnik			5:31.43	503	+0,99		
	50m:	35.76	35.76	150m:	1:59.10	43.19	250m:	3:28.90	48.83	350m:	4:54.67	38.85
	100m:	1:15.91	40.15	200m:	2:40.07	40.97	300m:	4:15.82	46.92	400m:	5:31.43	36.76
7.	KIERO	SKA Maryla	15	KU AZS UMCS	Lublin			5:35.53	485	+0,80		
	50m:	33.65	33.65	150m:	1:56.10	42.79	250m:	3:27.50	47.94	350m:	4:57.18	38.20
	100m:	1:13.31	39.66	200m:	2:39.56	43.46	300m:	4:18.98	51.48	400m:	5:35.53	38.35
8.	GRUM	Hanna	13	RWKS Sparta	Biłgoraj			5:57.21	402	+0,90		
	50m:	35.05	35.05	150m:	2:03.50	45.81	250m:	3:43.27	54.28	350m:	5:19.68	39.87
	100m:	1:17.69	42.64	200m:	2:48.99	45.49	300m:	4:39.81	56.54	400m:	5:57.21	37.53
9.	GUZDEK	Anna	19	UKP Fala Kra	nik			5:58.55	397	+0,81		
	50m:	36.73	36.73	150m:	2:09.68	49.43	250m:	3:49.70	51.46	350m:	5:20.40	39.42
	100m:	1:20.25	43.52	200m:	2:58.24	48.56	300m:	4:40.98	51.28	400m:	5:58.55	38.15
10.	ŁADA	Amelia	13	UKS Szkoła Pływania	23 Lublin			6:02.17	385	+0,75		
	50m:	37.94	37.94	150m:	2:09.78	45.70	250m:	3:48.76	55.08	350m:	5:24.14	42.81
	100m:	1:24.08	46.14	200m:	2:53.68	43.90	300m:	4:41.33	52.57	400m:	6:02.17	38.03
11.	TKACZUK	Zuzanna	14	UKS Szkoła Pływania	23 Lublin			6:08.63	365			
	50m:	37.11	37.11	150m:	2:14.42	46.76	250m:	3:50.44	50.07	350m:	5:26.22	43.58
	100m:	1:27.66	50.55	200m:	3:00.37	45.95	300m:	4:42.64	52.20	400m:	6:08.63	42.41
12.	JARECKA	Agnieszka	14	MTP Lublinianka				6:27.47	315	+0,76		
	50m:	47.81	47.81	150m:	2:33.04	51.15	250m:	4:19.40	55.10	350m:	6:01.26	46.80
	100m:	1:41.89	54.08	200m:	3:24.30	51.26	300m:	5:14.46	55.06	400m:	6:27.47	26.21
13.	ZADURA	Alicja	12	UKP Fala Kra	nik			6:37.07	292	+0,82		
	50m:	43.06	43.06	150m:	2:31.64	53.87	250m:	4:17.84	54.18	350m:	5:54.84	42.91
	100m:	1:37.77	54.71	200m:	3:23.66	52.02	300m:	5:11.93	54.09	400m:	6:37.07	42.23
PK	WIELGUS	Nela	16	Champion Tomaszów	Maz.			5:50.87	424	+0,85		
	50m:	37.43	37.43	150m:	2:13.99	43.34	250m:	3:46.80	49.55	350m:	5:14.00	37.87
	100m:	1:30.65	53.22	200m:	2:57.25	43.26	300m:	4:36.13	49.33	400m:	5:50.87	36.87
PK	GRZEGORCZYK	Helena	14	MUKP Korona-Swim	Kielce			5:56.22	405	+0,63		
	50m:	36.67	36.67	150m:	2:09.16	45.98	250m:	3:44.41	50.67	350m:	5:16.02	39.59
	100m:	1:23.18	46.51	200m:	2:53.74	44.58	300m:	4:36.43	52.02	400m:	5:56.22	40.20
PK	KOBYLSKA	EI bieta	14	MUKP Korona-Swim	Kielce			6:11.66	356			
	50m:	41.41	41.41	150m:	2:16.50	46.32	250m:	3:54.22	52.90	350m:	5:30.11	43.00
	100m:	1:30.18	48.77	200m:	3:01.32	44.82	300m:	4:47.11	52.89	400m:	6:11.66	41.55