

Konkurencja 6

15.07.2026 - 9:25

Dziewcząt, 400m zmienny

16 lat

Wyniki Eliminacje

Rekord Polski Juniorów 16 lat 4:45.38 KNOP Aleksandra 01605 Łódź 25.05.2018

Punkty: AQUA 2026

Pozycja						Woj.	Czas	Pkt	SSM	CR
1.	PASTUSZUK Zuzanna	KU AZS UMCS Lublin	03	5:14.31	590	-A				
	50m: 32.24 32.24	150m: 1:51.94 41.58	250m: 3:15.98 44.68	350m: 4:37.94 36.52						
	100m: 1:10.36 38.12	200m: 2:31.30 39.36	300m: 4:01.42 45.44	400m: 5:14.31 36.37						
2.	DUDA Natalia	MKP Szczecin	16	5:16.72	576	-A				
	50m: 32.03 32.03	150m: 1:50.79 42.18	250m: 3:17.63 45.96	350m: 4:40.37 37.10						
	100m: 1:08.61 36.58	200m: 2:31.67 40.88	300m: 4:03.27 45.64	400m: 5:16.72 36.35						
3.	MATYJASEK Olga	Akademia Sms Racibórz	11	5:19.87	559	-A				+0,58
	50m: 31.18 31.18	150m: 1:49.99 41.93	250m: 3:16.98 45.29	350m: 4:42.76 38.66						
	100m: 1:08.06 36.88	200m: 2:31.69 41.70	300m: 4:04.10 47.12	400m: 5:19.87 37.11						
4.	KOŹLAK Hanna	MKS Juvenia Wrocław	01	5:26.90	524	-A				
	50m: 34.87 34.87	150m: 1:57.59 42.27	250m: 3:24.49 45.26	350m: 4:48.13 38.23						
	100m: 1:15.32 40.45	200m: 2:39.23 41.64	300m: 4:09.90 45.41	400m: 5:26.90 38.77						
5.	NOWACKA Emilia	UKS SMS Galicja Kraków	06	5:27.67	520	-A				+0,76
	50m: 33.46 33.46	150m: 1:55.27 42.97	250m: 3:23.38 45.68	350m: 4:49.62 39.13						
	100m: 1:12.30 38.84	200m: 2:37.70 42.43	300m: 4:10.49 47.11	400m: 5:27.67 38.05						
6.	PASZEK Lidia	UKS „Dwójka” Tczew	10	5:27.91	519	-A				
	50m: 31.83 31.83	150m: 1:52.80 43.25	250m: 3:23.27 49.28	350m: 4:49.97 39.28						
	100m: 1:09.55 37.72	200m: 2:33.99 41.19	300m: 4:10.69 47.42	400m: 5:27.91 37.94						
7.	JACIOW Magdalena	UKS SMS Galicja Kraków	06	5:30.24	508	-A				
	50m: 34.45 34.45	150m: 1:57.58 43.14	250m: 3:27.02 45.66	350m: 4:52.12 38.02						
	100m: 1:14.44 39.99	200m: 2:41.36 43.78	300m: 4:14.10 47.08	400m: 5:30.24 38.12						
8.	LIPIŃSKA Natalia	MTKP Delfin Toruń	02	5:33.39	494	-A				
	50m: 33.86 33.86	150m: 1:56.01 42.25	250m: 3:25.95 47.64	350m: 4:54.68 39.61						
	100m: 1:13.76 39.90	200m: 2:38.31 42.30	300m: 4:15.07 49.12	400m: 5:33.39 38.71						
9.	STEFANIW Martyna	Sekcja Pływacka Meduza Pajęczno	05	5:34.86	488	-A				
	50m: 35.98 35.98	150m: 2:01.96 43.66	250m: 3:33.95 48.71	350m: 4:58.05 37.24						
	100m: 1:18.30 42.32	200m: 2:45.24 43.28	300m: 4:20.81 46.86	400m: 5:34.86 36.81						
10.	WROTNIK Wiktoria	CSiR MOS w Dąbrowie Górniczej	11	5:36.28	481	-A				+0,82
	50m: 35.79 35.79	150m: 1:58.05 40.74	250m: 3:30.22 49.73	350m: 4:58.23 38.24						
	100m: 1:17.31 41.52	200m: 2:40.49 42.44	300m: 4:19.99 49.77	400m: 5:36.28 38.05						
11.	POLSAKOVA Nina	IUKS „Muszelka” Warszawa	14	5:37.69	475	-B				+0,78
	50m: 31.97 31.97	150m: 1:54.86 44.08	250m: 3:28.73 50.82	350m: 4:59.16 39.10						
	100m: 1:10.78 38.81	200m: 2:37.91 43.05	300m: 4:20.06 51.33	400m: 5:37.69 38.53						
12.	KRAWIEC Selenia	UKS Żabianka Gdańsk	10	5:38.00	474	-B				
	50m: 36.91 36.91	150m: 2:03.22 45.38	250m: 3:35.58 48.51	350m: 5:00.42 38.92						
	100m: 1:17.84 40.93	200m: 2:47.07 43.85	300m: 4:21.50 45.92	400m: 5:38.00 37.58						
13.	JENDRYSIK Paulina	KP „Sukces” Chorzów	11	5:39.48	468	-B				+0,81
	50m: 35.25 35.25	150m: 1:58.78 43.31	250m: 3:32.24 49.17	350m: 5:00.32 39.88						
	100m: 1:15.47 40.22	200m: 2:43.07 44.29	300m: 4:20.44 48.20	400m: 5:39.48 39.16						
14.	ROGIŃSKA Małgorzata	MKP Kołobrzeg	16	5:40.49	464	-B				
	50m: 35.03 35.03	150m: 2:00.42 44.77	250m: 3:31.89 48.32	350m: 5:02.81 40.51						
	100m: 1:15.65 40.62	200m: 2:43.57 43.15	300m: 4:22.30 50.41	400m: 5:40.49 37.68						
15.	ZIENKOWSKA Maja	Klub Sportowy H2O Bochnia	06	5:43.11	453	-B				
	50m: 34.99 34.99	150m: 2:02.54 45.41	250m: 3:34.81 48.38	350m: 5:03.42 39.83						
	100m: 1:17.13 42.14	200m: 2:46.43 43.89	300m: 4:23.59 48.78	400m: 5:43.11 39.69						
16.	ŻUK Hanna	KS Warta Poznań	15	5:51.03	423	-B				+0,59
	50m: 35.59 35.59	150m: 2:05.72 46.10	250m: 3:40.37 49.15	350m: 5:10.99 40.74						
	100m: 1:19.62 44.03	200m: 2:51.22 45.50	300m: 4:30.25 49.88	400m: 5:51.03 40.04						

Konkurencja 6, Dziewcząt, 400m zmienny, Eliminacje, 16 lat

Pozycja						Woj.	Czas	Pkt	SSM	CR
17.	SZŁAPKA Antonina			Uks Cityzen		15	5:52.88	417	-B	+0,76
	50m: 35.40	35.40	150m: 2:06.21	48.15	250m: 3:40.85	50.09	350m: 5:12.91	41.29		
	100m: 1:18.06	42.66	200m: 2:50.76	44.55	300m: 4:31.62	50.77	400m: 5:52.88	39.97		
18.	DZIEWANOWSKA Nikola			UKS Delfin Garwolin		14	5:59.20	395	-B	
	50m: 35.82	35.82	150m: 2:06.17	49.03	250m: 3:46.38	53.31	350m: 5:20.21	40.50		
	100m: 1:17.14	41.32	200m: 2:53.07	46.90	300m: 4:39.71	53.33	400m: 5:59.20	38.99		
19.	LISZKA Aniela			LKS Jedność 32 Przyszowice		11	6:15.62	345	-B	+0,76
	50m: 38.65	38.65	150m: 2:17.60	51.63	250m: 3:55.28	50.13	350m: 5:33.19	45.94		
	100m: 1:25.97	47.32	200m: 3:05.15	47.55	300m: 4:47.25	51.97	400m: 6:15.62	42.43		
20.	WÓJTOWICZ Aleksandra			Kajman Połaniec		12	6:18.83	337	-B	+0,80
	50m: 39.37	39.37	150m: 2:19.19	51.30	250m: 4:02.63	54.18	350m: 5:39.07	40.57		
	100m: 1:27.89	48.52	200m: 3:08.45	49.26	300m: 4:58.50	55.87	400m: 6:18.83	39.76		
21.	KALISZEWSKA Amelia			Ks Nelasport		05	6:30.55	307	-R	
	50m: 39.50	39.50	150m: 2:21.27	52.03	250m: 4:09.34	56.87	350m: 5:49.24	43.49		
	100m: 1:29.24	49.74	200m: 3:12.47	51.20	300m: 5:05.75	56.41	400m: 6:30.55	41.31		
22.	GRABOWSKA Maja			UKS Piątka Konstantynów Łódzki		05	6:49.01	267	-R	+0,84
	50m: 42.84	42.84	150m: 2:30.73	52.58	250m: 4:14.59	53.76	350m: 6:00.12	48.43		
	100m: 1:38.15	55.31	200m: 3:20.83	50.10	300m: 5:11.69	57.10	400m: 6:49.01	48.89		