

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach  
Poznań, 22.2.2025

Konkurencja 9  
2025.02.22 - 13:20

Kobiet, 400m dowolny

Open  
Wyniki

Punkty: AQUA 2024

Pozycja			Rok ur.					Czas	Pkt.			
<b>Grupa A</b>												
1.	R	P	Apolonia	06	MKS Juvenia Wrocław				<b>4:41.11</b>	587		
	50m:	32.00	32.00	150m:	1:43.27	36.14	250m:	2:56.40	36.37	350m:	4:08.22	35.69
	100m:	1:07.13	35.13	200m:	2:20.03	36.76	300m:	3:32.53	36.13	400m:	4:41.11	32.89
<b>Grupa B</b>												
1.			RESZKO Lena	09	UKP „Polonia Warszawa”				<b>4:37.64</b>	609		
	50m:	29.94	29.94	150m:	1:39.97	35.67	250m:	2:51.60	35.75	350m:	4:02.81	35.54
	100m:	1:04.30	34.36	200m:	2:15.85	35.88	300m:	3:27.27	35.67	400m:	4:37.64	34.83
2.			PIEBIAK Nicola	08	MKS Juvenia Wrocław				<b>4:46.48</b>	554		
	50m:	32.31	32.31	150m:	1:44.57	36.11	250m:	2:57.44	36.31	350m:	4:11.19	36.76
	100m:	1:08.46	36.15	200m:	2:21.13	36.56	300m:	3:34.43	36.99	400m:	4:46.48	35.29
3.			BELZYT Maja	08	MKS Juvenia Wrocław				<b>4:48.32</b>	544		
	50m:	32.42	32.42	150m:	1:44.63	36.37	250m:	2:58.54	36.76	350m:	4:12.75	36.74
	100m:	1:08.26	35.84	200m:	2:21.78	37.15	300m:	3:36.01	37.47	400m:	4:48.32	35.57
4.			HAJDER Hanna	09	MTKP Delfin Toru				<b>4:54.05</b>	512		
	50m:	33.70	33.70	150m:	1:47.77	37.64	250m:	3:03.19	37.59	350m:	4:17.91	37.34
	100m:	1:10.13	36.43	200m:	2:25.60	37.83	300m:	3:40.57	37.38	400m:	4:54.05	36.14
5.			GRYKO Patrycja	09	KS Posenania Poznań				<b>4:58.52</b>	490		
	50m:	32.49	32.49	150m:	1:46.21	37.49	250m:	3:03.36	38.49	350m:	4:21.29	38.59
	100m:	1:08.72	36.23	200m:	2:24.87	38.66	300m:	3:42.70	39.34	400m:	4:58.52	37.23
6.			CHYCZEWSKA Pola	09	UKS "Olimp" Gorzów Wlkp.				<b>5:03.10</b>	468		
	50m:	33.68	33.68	150m:	1:50.36	38.23	250m:	3:07.63	38.89	350m:	4:25.10	38.60
	100m:	1:12.13	38.45	200m:	2:28.74	38.38	300m:	3:46.50	38.87	400m:	5:03.10	38.00
7.			DZIKOWICKA Konstancja	09	UKS "Olimp" Gorzów Wlkp.				<b>5:07.71</b>	447		
	50m:	35.63	35.63	150m:	1:53.93	39.43	250m:	3:14.29	40.00	350m:	4:33.82	39.72
	100m:	1:14.50	38.87	200m:	2:34.29	40.36	300m:	3:54.10	39.81	400m:	5:07.71	33.89
8.			KIJEWSKA Wiktoria	08	UKP „Polonia Warszawa”				<b>5:07.75</b>	447		
	50m:	33.61	33.61	150m:	1:51.67	40.02	250m:	3:11.11	40.36	350m:	4:30.39	39.88
	100m:	1:11.65	38.04	200m:	2:30.75	39.08	300m:	3:50.51	39.40	400m:	5:07.75	37.36
9.			SŁYCHAN Maja	09	MTKP Delfin Toru				<b>5:16.20</b>	412		
	50m:	36.44	36.44	150m:	1:56.58	40.30	250m:	3:17.67	40.41	350m:	4:38.37	40.27
	100m:	1:16.28	39.84	200m:	2:37.26	40.68	300m:	3:58.10	40.43	400m:	5:16.20	37.83
10.			BALICKA Ada	09	O AZS w Poznaniu				<b>5:19.64</b>	399		
	50m:	34.93	34.93	150m:	1:53.37	40.16	250m:	3:15.63	41.16	350m:	4:38.72	41.56
	100m:	1:13.21	38.28	200m:	2:34.47	41.10	300m:	3:57.16	41.53	400m:	5:19.64	40.92
11.			DORO Y SKA Zuzanna	08	MTKP Delfin Toru				<b>5:22.77</b>	387		
	50m:	34.84	34.84	150m:	1:54.99	40.46	250m:	3:18.17	41.72	350m:	4:41.58	41.71
	100m:	1:14.53	39.69	200m:	2:36.45	41.46	300m:	3:59.87	41.70	400m:	5:22.77	41.19
12.			SZYMA SKA Lena	08	UKS ALFA Wałbrzych				<b>5:33.40</b>	351		
	50m:	35.79	35.79	150m:	1:59.44	43.11	250m:	3:26.76	43.47	350m:	4:52.99	42.02
	100m:	1:16.33	40.54	200m:	2:43.29	43.85	300m:	4:10.97	44.21	400m:	5:33.40	40.41
<b>Grupa C</b>												
1.			JESSA Zuzanna	10	UKS "Olimp" Gorzów Wlkp.				<b>4:53.57</b>	515		
	50m:	32.23	32.23	150m:	1:45.72	37.62	250m:	3:01.98	38.35	350m:	4:17.31	37.38
	100m:	1:08.10	35.87	200m:	2:23.63	37.91	300m:	3:39.93	37.95	400m:	4:53.57	36.26
2.			SACHA Paulina	10	UKS NIKA Sport Team Kraków				<b>5:08.05</b>	446		
	50m:	34.40	34.40	150m:	1:51.88	39.55	250m:	3:12.25	40.56	350m:	4:31.26	39.35
	100m:	1:12.33	37.93	200m:	2:31.69	39.81	300m:	3:51.91	39.66	400m:	5:08.05	36.79

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach  
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Konkurencja 9, Dziewcząt, 400m dowolny, Grupa C

Pozycja		Rok ur.						Czas	Pkt.
3.	KR CIWILK Oliwia	10	UKS ALFA Wałbrzych					<b>6:17.60</b>	242
	50m: 40.73 40.73		150m: 2:17.18 48.66		250m: 3:54.76 48.82		350m: 5:31.43 48.01		
	100m: 1:28.52 47.79		200m: 3:05.94 48.76		300m: 4:43.42 48.66		400m: 6:17.60 46.17		

Grupa D

1.	BOMBA Julia	11	CSiR MOS w D browie Górniczej					<b>4:43.18</b>	574
	50m: 31.36 31.36		150m: 1:41.26 35.61		250m: 2:54.09 36.76		350m: 4:07.86 36.37		
	100m: 1:05.65 34.29		200m: 2:17.33 36.07		300m: 3:31.49 37.40		400m: 4:43.18 35.32		
2.	MICHALAK Maria	11	KS Warta Poznań					<b>5:04.92</b>	459
	50m: 35.18 35.18		150m: 1:52.45 39.11		250m: 3:10.95 39.39		350m: 4:28.18 38.61		
	100m: 1:05.65 34.29		200m: 2:31.56 39.11		300m: 3:49.57 38.62		400m: 5:04.92 36.74		
3.	MAJZA - WAWRZY SKA Barbara	11	UKS 3-Wodnik Wolsztyn					<b>5:07.41</b>	448
	50m: 35.03 35.03		150m: 1:51.76 38.64		250m: 3:11.28 40.30		350m: 4:29.71 39.15		
	100m: 1:13.12 38.09		200m: 2:30.98 39.22		300m: 3:50.56 39.28		400m: 5:07.41 37.70		
4.	WALCZAK Dorota	11	UKS "Olimp" Gorzów Wlkp.					<b>5:59.72</b>	280
	50m: 40.29 40.29		150m: 2:12.30 46.28		250m: 3:44.97 46.01		350m: 5:15.94 44.67		
	100m: 1:26.02 45.73		200m: 2:58.96 46.66		300m: 4:31.27 46.30		400m: 5:59.72 43.78		
5.	CHOR ZIAK Wiktoria	11	UKS "Olimp" Gorzów Wlkp.					<b>6:03.34</b>	271
	50m: 39.14 39.14		150m: 2:10.21 46.72		250m: 3:45.50 47.89		350m: 5:20.67 47.75		
	100m: 1:23.49 44.35		200m: 2:57.61 47.40		300m: 4:32.92 47.42		400m: 6:03.34 42.67		

Grupa E

1.	MOCZULSKA Marcelina	12	KS "BALTI" Bielawa					<b>5:26.77</b>	373
	50m: 34.08 34.08		150m: 1:54.96 41.43		250m: 3:19.33 42.22		350m: 4:45.82 43.22		
	100m: 1:13.53 39.45		200m: 2:37.11 42.15		300m: 4:02.60 43.27		400m: 5:26.77 40.95		
2.	BIELOVODSKA Milana	12	UKS CITYZEN Poznań					<b>5:36.44</b>	342
	50m: 35.89 35.89		150m: 2:00.91 43.33		250m: 3:29.51 44.15		350m: 4:57.93 43.94		
	100m: 1:17.58 41.69		200m: 2:45.36 44.45		300m: 4:13.99 44.48		400m: 5:36.44 38.51		
3.	LEOPOLD Maja	12	UKS CITYZEN Poznań					<b>5:50.52</b>	302
	50m: 37.60 37.60		150m: 2:00.91 43.33		250m: 3:37.78 44.15		350m: 5:06.55 43.94		
	100m: 1:17.58 41.69		200m: 2:45.36 44.45		300m: 4:13.99 44.48		400m: 5:50.52 43.97		
4.	RAJCZYK Lena	12	KTP Iskra Konin					<b>5:51.97</b>	299
	50m: 36.79 36.79		150m: 2:05.06 45.46		250m: 3:37.15 46.49		350m: 5:08.64 45.79		
	100m: 1:19.60 42.81		200m: 2:50.66 45.60		300m: 4:22.85 45.70		400m: 5:51.97 43.33		

Grupa F

1.	DOPIERAŁA Zuzanna	13	MKS SP 63 Bydgoszcz					<b>5:56.18</b>	288
	50m: 37.22 37.22		150m: 2:05.36 44.74		250m: 3:39.21 46.84		350m: 5:12.97 47.00		
	100m: 1:20.62 43.40		200m: 2:52.37 47.01		300m: 4:25.97 46.76		400m: 5:56.18 43.21		
2.	CISŁOWICZ Maria	13	MTKP Delfin Toruń					<b>6:04.58</b>	269
	50m: 40.76 40.76		150m: 2:13.31 46.89		250m: 3:46.89 46.99		350m: 5:20.06 46.66		
	100m: 1:26.42 45.66		200m: 2:59.90 46.59		300m: 4:33.40 46.51		400m: 6:04.58 44.52		
3.	RZE NIKOWSKA Oliwia	13	MKS SP 63 Bydgoszcz					<b>6:05.60</b>	266
	50m: 40.78 40.78		150m: 2:14.59 47.52		250m: 3:48.94 46.47		350m: 5:23.71 46.76		
	100m: 1:27.07 46.29		200m: 3:02.47 47.88		300m: 4:36.95 48.01		400m: 6:05.60 41.89		

Grupa F

1.	F FERREK Julia	15	MUKS "TUREKin pływa"					<b>5:11.89</b>	429
	50m: 34.22 34.22		150m: 1:53.56 40.57		250m: 3:14.27 40.49		350m: 4:34.53 40.00		
	100m: 1:12.99 38.77		200m: 2:33.78 40.22		300m: 3:54.53 40.26		400m: 5:11.89 37.36		
2.	PSZCZÓŁKOWSKA Natalia	14	UKS ALFA Wałbrzych					<b>6:35.52</b>	210
	50m: 41.64 41.64		150m: 2:24.64 53.01		250m: 4:11.41 54.39		350m: 5:52.47 48.72		
	100m: 1:31.63 49.99		200m: 3:17.02 52.38		300m: 5:03.75 52.34		400m: 6:35.52 43.05		