

Ogólnopolskie Zawody Pływackie Poprawiamy Rekordy na Termach  
Pozna , 15.3.2025

Konkurencja 9  
2025.03.15 - 13:54

Kobiet, 400m dowolny

Open  
Wyniki

Punkty: AQUA 2025

Pozycja			Rok ur.					Czas	Pkt.
<b>Grupa A</b>									
1.	BUDZE	Monika	07	MKP Astromal-Leszno				<b>4:56.44</b>	500
	50m:	32.82	32.82	150m:	1:46.03	37.29	250m:	3:02.04	37.98
	100m:	1:08.74	35.92	200m:	2:24.06	38.03	300m:	3:40.27	38.23
							350m:	4:18.37	38.10
							400m:	4:56.44	38.07
<b>Grupa B</b>									
1.	SUJKA	Ewa	09	MKS Juvenia Wrocław				<b>4:38.16</b>	605
	50m:	30.55	30.55	150m:	1:42.65	36.57	250m:	2:54.62	36.03
	100m:	1:06.08	35.53	200m:	2:18.59	35.94	300m:	3:30.30	35.68
							350m:	4:04.30	34.00
							400m:	4:38.16	33.86
2.	BELZYT	Maja	08	MKS Juvenia Wrocław				<b>4:46.29</b>	555
	50m:	32.24	32.24	150m:	1:43.83	36.10	250m:	2:56.81	36.18
	100m:	1:07.73	35.49	200m:	2:20.63	36.80	300m:	3:33.50	36.69
							350m:	4:10.01	36.51
							400m:	4:46.29	36.28
3.	FARTUSZY	SKA Weronika	08	MKS Juvenia Wrocław				<b>4:50.07</b>	534
	50m:	33.72	33.72	150m:	1:46.83	36.78	250m:	3:00.70	37.08
	100m:	1:10.05	36.33	200m:	2:23.62	36.79	300m:	3:37.82	37.12
							350m:	4:14.10	36.28
							400m:	4:50.07	35.97
4.	WOLNA	Aleksandra	09	MKP Astromal-Leszno				<b>4:51.75</b>	525
	50m:	32.80	32.80	150m:	1:46.73	36.60	250m:	3:01.76	37.16
	100m:	1:10.13	37.33	200m:	2:24.60	37.87	300m:	3:39.18	37.42
							350m:	4:15.81	36.63
							400m:	4:51.75	35.94
5.	BOGIELCZYK	Natalia	09	KS Neptun widnica				<b>4:58.00</b>	492
	50m:	33.38	33.38	150m:	1:47.65	37.18	250m:	3:03.71	37.85
	100m:	1:10.47	37.09	200m:	2:25.86	38.21	300m:	3:42.15	38.44
							350m:	4:20.45	38.30
							400m:	4:58.00	37.55
6.	JARZEWICZ	Laura	09	UKP „Polonia Warszawa”				<b>4:59.61</b>	484
	50m:	33.50	33.50	150m:	1:49.08	38.19	250m:	3:06.83	39.09
	100m:	1:10.89	37.39	200m:	2:27.74	38.66	300m:	3:45.47	38.64
							350m:	4:23.35	37.88
							400m:	4:59.61	36.26
7.	GRAMALA	Zofia	09	KS Warta Pozna				<b>5:05.17</b>	458
	50m:	33.20	33.20	150m:	1:49.48	37.77	250m:	3:07.41	38.67
	100m:	1:11.71	38.51	200m:	2:28.74	39.26	300m:	3:48.29	40.88
							350m:	4:28.68	40.39
							400m:	5:05.17	36.49
8.	MAY	Matylda	08	MKP Astromal-Leszno				<b>5:08.72</b>	443
	50m:	34.22	34.22	150m:	1:52.63	39.64	250m:	3:12.67	39.93
	100m:	1:12.99	38.77	200m:	2:32.74	40.11	300m:	3:52.17	39.50
							350m:	4:31.41	39.24
							400m:	5:08.72	37.31
9.	NOGALSKA	Iga	09	KU AZS UAM Pozna				<b>5:27.05</b>	372
	50m:	33.68	33.68	150m:	1:55.58	41.11	250m:	3:20.80	42.74
	100m:	1:14.47	40.79	200m:	2:38.06	42.48	300m:	4:04.03	43.23
							350m:	4:47.03	43.00
							400m:	5:27.05	40.02
<b>Grupa C</b>									
1.	CZECHMA	SKA Antonina	10	UKP „Polonia Warszawa”				<b>4:56.28</b>	501
	50m:	33.24	33.24	150m:	1:49.11	38.21	250m:	3:04.89	38.05
	100m:	1:10.90	37.66	200m:	2:26.84	37.73	300m:	3:43.10	38.21
							350m:	4:21.24	38.14
							400m:	4:56.28	35.04
2.	HARTWIG	Michalina	10	WKS I sk				<b>4:57.98</b>	492
	50m:	34.08	34.08	150m:	1:50.76	38.56	250m:	3:07.30	38.20
	100m:	1:12.20	38.12	200m:	2:29.10	38.34	300m:	3:45.55	38.25
							350m:	4:22.89	37.34
							400m:	4:57.98	35.09
3.	URAKOWSKA	Zuzanna	10	MKS Juvenia Wrocław				<b>5:00.64</b>	479
	50m:	34.08	34.08	150m:	1:50.57	38.82	250m:	3:07.66	38.46
	100m:	1:11.75	37.67	200m:	2:29.20	38.63	300m:	3:45.87	38.21
							350m:	4:24.26	38.39
							400m:	5:00.64	36.38
4.	SAVCHUK	Polina	10	Sekcja Pływacka Meduza Paj czno				<b>5:01.04</b>	478
	50m:	33.64	33.64	150m:	1:49.99	38.95	250m:	3:07.63	38.81
	100m:	1:11.04	37.40	200m:	2:28.82	38.83	300m:	3:46.59	38.96
							350m:	4:24.56	37.97
							400m:	5:01.04	36.48
5.	UK	Hanna	10	KS Warta Pozna				<b>5:03.89</b>	464
	50m:	34.57	34.57	150m:	1:50.94	38.60	250m:	3:08.38	38.40
	100m:	1:12.34	37.77	200m:	2:29.98	39.04	300m:	3:46.93	38.55
							350m:	4:25.51	38.58
							400m:	5:03.89	38.38

Ogólnopolskie Zawody Pływackie Poprawiamy Rekordy na Termach  
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Konkurencja 9, Dziewcz t, 400m dowolny, Grupa C

Pozycja			Rok ur.					Czas	Pkt.		
6.	PABIEROWSKA Lena		10	MKP Astromal-Leszno				<b>5:12.41</b>	427		
	50m:	33.79 33.79	150m:	1:53.46	40.57	250m:	3:14.71	40.99	350m:	4:35.87	40.38
	100m:	1:12.89 39.10	200m:	2:33.72	40.26	300m:	3:55.49	40.78	400m:	5:12.41	36.54
7.	JANAS Oliwia		10	UKS Junior Kluczbork				<b>5:12.53</b>	427		
	50m:	34.81 34.81	150m:	1:53.64	40.04	250m:	3:13.99	40.70	350m:	4:34.34	40.13
	100m:	1:13.60 38.79	200m:	2:33.29	39.65	300m:	3:54.21	40.22	400m:	5:12.53	38.19
8.	SUŁKOWSKA Oliwia		10	UKS Junior Kluczbork				<b>5:14.78</b>	418		
	50m:	36.18 36.18	150m:	1:55.99	40.06	250m:	3:16.64	40.62	350m:	4:36.95	40.42
	100m:	1:15.93 39.75	200m:	2:36.02	40.03	300m:	3:56.53	39.89	400m:	5:14.78	37.83
9.	GRUDZIE Julia		10	Pływamy i Ratujemy Ustronie Morskie				<b>5:22.78</b>	387		
	50m:	37.30 37.30	150m:	1:59.07	41.72	250m:	3:22.41	41.79	350m:	4:45.42	40.87
	100m:	1:17.35 40.05	200m:	2:40.62	41.55	300m:	4:04.55	42.14	400m:	5:22.78	37.36
10.	KOSTECKA Emilia		10	KP NEPTUN Stargard				<b>5:24.98</b>	379		
	50m:	34.90 34.90	150m:	1:56.57	41.06	250m:	3:20.43	42.20	350m:	4:45.71	42.70
	100m:	1:15.51 40.61	200m:	2:38.23	41.66	300m:	4:03.01	42.58	400m:	5:24.98	39.27
11.	SUKIENNIK Anna		10	MUKS Wodnik Łask				<b>5:26.01</b>	376		
	50m:	35.00 35.00	150m:	1:56.50	41.85	250m:	3:21.09	41.99	350m:	4:45.96	41.46
	100m:	1:14.65 39.65	200m:	2:39.10	42.60	300m:	4:04.50	43.41	400m:	5:26.01	40.05
12.	PIANKA Emilia		10	UKS Junior Kluczbork				<b>5:27.03</b>	372		
	50m:	36.01 36.01	150m:	1:56.55	40.47	250m:	3:20.18	41.94	350m:	4:45.35	42.20
	100m:	1:16.08 40.07	200m:	2:38.24	41.69	300m:	4:03.15	42.97	400m:	5:27.03	41.68
13.	STEFA CZYK Zofia		10	UKS GOS Raszyn				<b>5:29.77</b>	363		
	50m:	36.08 36.08	150m:	2:00.51	42.59	250m:	3:25.46	42.33	350m:	4:49.86	41.65
	100m:	1:17.92 41.84	200m:	2:43.13	42.62	300m:	4:08.21	42.75	400m:	5:29.77	39.91

Grupa D

1.	PALICKA Patrycja		11	TP Skalar, Słupsk				<b>4:48.26</b>	544		
	50m:	33.33 33.33	150m:	1:45.28	36.71	250m:	2:59.77	37.08	350m:	4:13.43	36.69
	100m:	1:08.57 35.24	200m:	2:22.69	37.41	300m:	3:36.74	36.97	400m:	4:48.26	34.83
2.	MICHALAK Maria		11	KS Warta Pozna				<b>4:56.42</b>	500		
	50m:	33.84 33.84	150m:	1:47.96	37.51	250m:	3:03.50	38.05	350m:	4:19.79	38.15
	100m:	1:10.45 36.61	200m:	2:25.45	37.49	300m:	3:41.64	38.14	400m:	4:56.42	36.63
3.	RÓ NICKA Aleksandra		11	KS „HARPUN" Osiecznica				<b>5:04.22</b>	463		
	50m:	32.80 32.80	150m:	1:48.50	38.12	250m:	3:08.71	40.10	350m:	4:27.54	38.79
	100m:	1:10.38 37.58	200m:	2:28.61	40.11	300m:	3:48.75	40.04	400m:	5:04.22	36.68
4.	PACYK Alexandra		11	IUKS „Muszelka" Warszawa				<b>5:12.14</b>	428		
	50m:	34.53 34.53	150m:	1:53.85	40.08	250m:	3:14.17	40.18	350m:	4:33.86	39.63
	100m:	1:13.77 39.24	200m:	2:33.99	40.14	300m:	3:54.23	40.06	400m:	5:12.14	38.28
5.	SZYMA SKA Julia		11	KS Warta Pozna				<b>5:12.93</b>	425		
	50m:	34.90 34.90	150m:	1:52.61	39.64	250m:	3:13.32	40.31	350m:	4:34.11	40.30
	100m:	1:12.97 38.07	200m:	2:33.01	40.40	300m:	3:53.81	40.49	400m:	5:12.93	38.82
6.	MAZUR Maria		11	Sekcja Pływacka Meduza Paj czno				<b>5:34.58</b>	348		
	50m:	35.24 35.24	150m:	2:00.19	43.33	250m:	3:28.24	43.89	350m:	4:55.16	42.31
	100m:	1:16.86 41.62	200m:	2:44.35	44.16	300m:	4:12.85	44.61	400m:	5:34.58	39.42

Grupa E

1.	JASI SKA Aleksandra		12	Mokotowski UKP Warszawianka- Wodny				<b>6:09.10</b>	259		
	50m:	40.47 40.47	150m:	2:13.33	47.12	250m:	3:48.79	47.85	350m:	5:24.54	47.67
	100m:	1:26.21 45.74	200m:	3:00.94	47.61	300m:	4:36.87	48.08	400m:	6:09.10	44.56
2.	RZEWNIAK Marianna		12	UKP „Marlin"				<b>6:09.65</b>	258		
	50m:	37.69 37.69	150m:	2:11.81	47.71	250m:	3:48.30	48.01	350m:	5:24.79	47.79
	100m:	1:24.10 46.41	200m:	3:00.29	48.48	300m:	4:37.00	48.70	400m:	6:09.65	44.86

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Konkurencja 9, Kobiet, 400m dowolny

Grupa F

1.	GRABOWSKA Julia		13	UKP „Marlin”				<b>5:12.25</b>	428			
	50m:	34.81	34.81	150m:	1:51.89	38.89	250m:	3:12.35	40.28			
	100m:	1:13.00	38.19	200m:	2:31.66	39.77	300m:	3:52.98	40.63			
								400m:	5:12.25	38.99		
2.	MARCINKIEWICZ Maria		13	TP Skalar, Słupsk				<b>5:51.22</b>	301			
	50m:	39.47	39.47	150m:	2:07.82	44.83	250m:	3:38.26	45.27	350m:	5:07.93	44.46
	100m:	1:22.99	43.52	200m:	2:52.99	45.17	300m:	4:23.47	45.21	400m:	5:51.22	43.29
3.	OCALEWSKA Hanna		13	KP NEPTUN Stargard				<b>5:55.90</b>	289			
	50m:	37.95	37.95	150m:	2:07.00	45.38	250m:	3:38.89	46.32	350m:	5:11.28	45.91
	100m:	1:21.62	43.67	200m:	2:52.57	45.57	300m:	4:25.37	46.48	400m:	5:55.90	44.62

Grupa G

1.	ENO Milena		14	Aquarius MOSIW Mi dzyrzecz				<b>5:37.09</b>	340			
	50m:	37.22	37.22	150m:	2:03.21	43.23	250m:	3:29.85	43.83	350m:	4:55.94	43.45
	100m:	1:19.98	42.76	200m:	2:46.02	42.81	300m:	4:12.49	42.64	400m:	5:37.09	41.15