

Ogólnopolskie Zawody Pływackie - Sprawdzamy Formę na Termach
Poznań, 12.4.2025

Konkurencja 9
2025.04.12 - 13:30

Kobiet, 400m dowolny

Open
Wyniki

Punkty: Rudolph Table 2025

Pozycja	Rok ur.										Czas	Pkt.
Grupa A												
1.	RAP Apolonia		06	MKS Juvenia Wrocław						4:29.32	11,8	
	50m:	31.53	31.53	150m:	1:38.94	33.65	250m:	2:46.90	33.99	350m:	3:55.91	34.31
	100m:	1:05.29	33.76	200m:	2:12.91	33.97	300m:	3:21.60	34.70	400m:	4:29.32	33.41
2.	GULCZYŃSKA Natalia		07	KS AZS AWF Poznań						4:35.92	11,2	
	50m:	32.00	32.00	150m:	1:41.90	34.96	250m:	2:51.75	34.00	350m:	4:01.73	34.15
	100m:	1:06.94	34.94	200m:	2:17.75	35.85	300m:	3:27.58	35.83	400m:	4:35.92	34.19
3.	BELZYT Maja		08	MKS Juvenia Wrocław						4:46.15	8,9	
	50m:	32.40	32.40	150m:	1:44.10	36.26	250m:	2:57.27	36.59	350m:	4:10.94	36.74
	100m:	1:07.84	35.44	200m:	2:20.68	36.58	300m:	3:34.20	36.93	400m:	4:46.15	35.21
4.	DOLATA Olga		08	KS Poznania Poznań						4:48.80	8,2	
	50m:	32.85	32.85	150m:	1:45.76	36.86	250m:	3:00.08	37.01	350m:	4:14.35	37.37
	100m:	1:08.90	36.05	200m:	2:23.07	37.31	300m:	3:36.98	36.90	400m:	4:48.80	34.45
5.	SKORYKOW Lena		08	Mokotowski UKP Warszawianka- Wodny						4:48.90	8,2	
	50m:	32.95	32.95	150m:	1:45.84	36.75	250m:	3:01.25	37.98	350m:	4:14.78	36.03
	100m:	1:09.09	36.14	200m:	2:23.27	37.43	300m:	3:38.75	37.50	400m:	4:48.90	34.12
Grupa B												
1.	KOCHAŃSKA Urszula		09	UKS Olimp						4:45.99	9,2	
	50m:	32.27	32.27	150m:	1:44.74	36.74	250m:	2:59.55	37.22	350m:	4:12.44	36.10
	100m:	1:08.00	35.73	200m:	2:22.33	37.59	300m:	3:36.34	36.79	400m:	4:45.99	33.55
2.	WEGNER Julia		09	UKS Olimp						4:46.34	9,1	
	50m:	32.68	32.68	150m:	1:45.29	36.69	250m:	2:58.57	36.92	350m:	4:11.44	36.44
	100m:	1:08.60	35.92	200m:	2:21.65	36.36	300m:	3:35.00	36.43	400m:	4:46.34	34.90
3.	JESSA Zuzanna		10	UKS Olimp						4:47.54	9,5	
	50m:	31.89	31.89	150m:	1:44.23	36.62	250m:	2:59.12	37.50	350m:	4:13.00	36.29
	100m:	1:07.61	35.72	200m:	2:21.62	37.39	300m:	3:36.71	37.59	400m:	4:47.54	34.54
4.	POŁEĆ Oliwia		09	MKS CKS-SMS Szczecin						4:54.71	6,9	
	50m:	33.33	33.33	150m:	1:48.42		250m:	3:04.63	38.04	350m:	4:18.86	37.46
	100m:			200m:	2:26.59	38.17	300m:	3:41.40	36.77	400m:	4:54.71	35.85
5.	NOSAL Nela		10	MKS Juvenia Wrocław						4:56.22	7,3	
	50m:	32.44	32.44	150m:	1:48.43	38.87	250m:	3:04.73	38.55	350m:	4:19.74	37.09
	100m:	1:09.56	37.12	200m:	2:26.18	37.75	300m:	3:42.65	37.92	400m:	4:56.22	36.48
6.	WIELGUS Nela		10	Champion Tomaszów Maz.						4:57.97	6,8	
	50m:	34.18	34.18	150m:	1:50.36	38.29	250m:	3:07.10	37.77	350m:	4:22.58	37.29
	100m:	1:12.07	37.89	200m:	2:29.33	38.97	300m:	3:45.29	38.19	400m:	4:57.97	35.39
7.	BALICKA Ada		09	OŚ AZS w Poznaniu						4:58.04	6,1	
	50m:	34.56	34.56	150m:	1:48.82	37.54	250m:	3:04.94	38.17	350m:	4:21.47	38.22
	100m:	1:11.28	36.72	200m:	2:26.77	37.95	300m:	3:43.25	38.31	400m:	4:58.04	36.57
	ŻUK Hanna		10	KS Warta Poznań						4:58.04	6,8	
	50m:	33.50	33.50	150m:	1:48.80	37.99	250m:	3:05.25	38.39	350m:	4:21.86	38.15
	100m:	1:10.81	37.31	200m:	2:26.86	38.06	300m:	3:43.71	38.46	400m:	4:58.04	36.18
9.	ŻURAKOWSKA Zuzanna		10	MKS Juvenia Wrocław						5:01.63	5,9	
	50m:	35.54	35.54	150m:	1:52.27	38.88	250m:	3:08.41	38.14	350m:	4:24.82	37.82
	100m:	1:13.39	37.85	200m:	2:30.27	38.00	300m:	3:47.00	38.59	400m:	5:01.63	36.81
10.	HARTWIG Michalina		10	WKS Śląsk						5:04.32	5,2	
	50m:	34.49	34.49	150m:	1:50.65	38.23	250m:	3:08.92	39.15	350m:	4:26.76	38.91
	100m:	1:12.42	37.93	200m:	2:29.77	39.12	300m:	3:47.85	38.93	400m:	5:04.32	37.56
11.	MĘCH Olga		10	Pływamy i Ratujemy Ustronie Morskie						5:06.64	4,5	
	50m:	33.63	33.63	150m:	1:49.95	39.02	250m:	3:10.53	40.70	350m:	4:30.46	39.88
	100m:	1:10.93	37.30	200m:	2:29.83	39.88	300m:	3:50.58	40.05	400m:	5:06.64	36.18

Ogólnopolskie Zawody Pływackie - Sprawdzamy Formę na Termach
Poznań, 12.4.2025

Konkurencja 9, Dziewcząt, 400m dowolny, Grupa B

Pozycja			Rok ur.						Czas	Pkt.
12.	WOJCIECHOWSKA Zofia		09	MKS CKS-SMS Szczecin					5:07.49	3,6
	50m: 34.07 34.07	150m: 1:51.50	39.27	250m: 3:10.82	40.06	350m: 4:30.00	39.20			
	100m: 1:12.23 38.16	200m: 2:30.76	39.26	300m: 3:50.80	39.98	400m: 5:07.49	37.49			
13.	KACZOROWSKA Emilia		10	WKS Śląsk					5:15.96	2,1
	50m: 33.03 33.03	150m: 1:53.26	41.11	250m: 3:16.45	40.99	350m: 4:38.47	40.73			
	100m: 1:12.15 39.12	200m: 2:35.46	42.20	300m: 3:57.74	41.29	400m: 5:15.96	37.49			
14.	HEJMAN Magdalena		10	MKS CKS-SMS Szczecin					5:16.75	1,9
	50m: 35.50 35.50	150m: 1:55.18	41.28	250m: 3:16.67	41.15	350m: 4:38.86	41.06			
	100m: 1:13.90 38.40	200m: 2:35.52	40.34	300m: 3:57.80	41.13	400m: 5:16.75	37.89			
15.	GRUDZIEŃ Julia		10	Pływamy i Ratujemy Ustronie Morskie					5:25.71	
	50m: 37.10 37.10	150m: 1:59.86	42.18	250m: 3:24.72	42.87	350m: 4:48.13	41.66			
	100m: 1:17.68 40.58	200m: 2:41.85	41.99	300m: 4:06.47	41.75	400m: 5:25.71	37.58			
16.	SZEWczyk Amelia		09	UKS Maratończyk Ostrów Wlkp.					5:37.05	
	50m: 37.38 37.38	150m: 2:01.62	42.86	250m: 3:28.71	43.64	350m: 4:55.43	42.94			
	100m: 1:18.76 41.38	200m: 2:45.07	43.45	300m: 4:12.49	43.78	400m: 5:37.05	41.62			
17.	JANKOWSKA Martyna		10	UKS Maratończyk Ostrów Wlkp.					5:54.32	
	50m: 38.27 38.27	150m: 2:06.45	44.99	250m: 3:39.52	46.65	350m: 5:11.95	45.69			
	100m: 1:21.46 43.19	200m: 2:52.87	46.42	300m: 4:26.26	46.74	400m: 5:54.32	42.37			

Grupa C

1.	BURANDT Hanna		11	KS "Swimmers Ślęza"					4:48.99	10,4
	50m: 32.27 32.27	150m: 1:44.58	36.42	250m: 2:59.59	37.68	350m: 4:14.44	36.77			
	100m: 1:08.16 35.89	200m: 2:21.91	37.33	300m: 3:37.67	38.08	400m: 4:48.99	34.55			
2.	MICHALAK Maria		11	KS Warta Poznań					4:49.14	10,3
	50m: 33.89 33.89	150m: 1:46.69	36.52	250m: 3:00.11	36.88	350m: 4:13.79	36.73			
	100m: 1:10.17 36.28	200m: 2:23.23	36.54	300m: 3:37.06	36.95	400m: 4:49.14	35.35			
3.	DOMERADZKA Łucja		11	UKS Żabianka Gdańsk					5:01.95	7,0
	50m: 33.84 33.84	150m: 1:50.04	38.57	250m: 3:06.90	38.32	350m: 4:24.88	39.26			
	100m: 1:11.47 37.63	200m: 2:28.58	38.54	300m: 3:45.62	38.72	400m: 5:01.95	37.07			
4.	MIKOŁAJCZAK Helena		12	KS Posenania Poznań					5:05.34	8,1
	50m: 33.58 33.58	150m: 1:50.83	38.91	250m: 3:10.23	39.62	350m: 4:28.98	39.00			
	100m: 1:11.92 38.34	200m: 2:30.61	39.78	300m: 3:49.98	39.75	400m: 5:05.34	36.36			
5.	LACH Maria		11	MKS Ochota Warszawa					5:05.94	6,0
	50m: 34.10 34.10	150m: 1:50.32	38.49	250m: 3:09.37	39.50	350m: 4:28.31	38.80			
	100m: 1:11.83 37.73	200m: 2:29.87	39.55	300m: 3:49.51	40.14	400m: 5:05.94	37.63			
6.	SZYMAŃSKA Julia		11	KS Warta Poznań					5:06.84	5,8
	50m: 34.59 34.59	150m: 1:52.30	38.65	250m: 3:11.18	39.21	350m: 4:30.05	39.21			
	100m: 1:13.65 39.06	200m: 2:31.97	39.67	300m: 3:50.84	39.66	400m: 5:06.84	36.79			
7.	ZYSK Natalia		11	UKS Siódemka Gdynia					5:09.60	5,1
	50m: 34.04 34.04	150m: 1:52.00	38.97	250m: 3:11.11	39.44	350m: 4:30.95	39.58			
	100m: 1:13.03 38.99	200m: 2:31.67	39.67	300m: 3:51.37	40.26	400m: 5:09.60	38.65			
8.	DANISZEWSKA Aleksandra		11	UKS „GIM 92 Ursynów"					5:10.46	4,8
	50m: 34.42 34.42	150m: 1:53.96	40.19	250m: 3:12.97	39.37	350m: 4:32.25	39.31			
	100m: 1:13.77 39.35	200m: 2:33.60	39.64	300m: 3:52.94	39.97	400m: 5:10.46	38.21			
9.	GOŁĘBIEWSKA Helena		12	WKS Śląsk					5:15.29	5,6
	50m: 34.22 34.22	150m: 1:54.12	41.01	250m: 3:16.03	41.15	350m: 4:38.07	40.33			
	100m: 1:13.11 38.89	200m: 2:34.88	40.76	300m: 3:57.74	41.71	400m: 5:15.29	37.22			
10.	MOROZOWICZ Nadia		11	MKS Ochota Warszawa					5:15.78	3,5
	50m: 33.99 33.99	150m: 1:52.80	40.03	250m: 3:14.96	40.99	350m: 4:37.39	41.11			
	100m: 1:12.77 38.78	200m: 2:33.97	41.17	300m: 3:56.28	41.32	400m: 5:15.78	38.39			
11.	ŁACZEK Wiktoria		11	KS Waterpolo Poznań					5:16.63	3,2
	50m: 34.46 34.46	150m: 1:54.90	40.52	250m: 3:16.28	40.53	350m: 4:37.93	40.55			
	100m: 1:14.38 39.92	200m: 2:35.75	40.85	300m: 3:57.38	41.10	400m: 5:16.63	38.70			

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Konkurencja 9, Dziewcząt, 400m dowolny, Grupa C

Pozycja	Rok ur.								Czas	Pkt.	
12. WOJEWÓDZKA Zofia	12	WKS Śląsk								5:30.20	1,9
50m: 36.87 36.87	150m: 2:00.85	42.50	250m: 3:26.64	42.70	350m: 4:51.21	42.30	100m: 1:18.35 41.48	200m: 2:43.94	43.09	300m: 4:08.91 42.27	400m: 5:30.20 38.99
13. KLIMEK Antonina	11	KP Totis Viribus Świebodzin								5:30.54	
50m: 36.42 36.42	150m: 2:00.30	42.59	250m: 3:26.77	43.57	350m: 4:53.60	42.70	100m: 1:17.71 41.29	200m: 2:43.20	42.90	300m: 4:10.90 44.13	400m: 5:30.54 36.94
14. RĄCZKA Maja	12	UKS „GIM 92 Ursynów"								5:32.53	1,3
50m: 36.85 36.85	150m: 1:59.46	41.50	250m: 3:25.52	43.14	350m: 4:51.19	42.30	100m: 1:17.96 41.11	200m: 2:42.38	42.92	300m: 4:08.89 43.37	400m: 5:32.53 41.34
15. WALCZAK Dorota	11	UKS Olimp								5:36.20	
50m: 38.08 38.08	150m: 2:04.30	43.61	250m: 3:31.44	43.47	350m: 4:58.50	43.43	100m: 1:20.69 42.61	200m: 2:47.97	43.67	300m: 4:15.07 43.63	400m: 5:36.20 37.70
16. RAJCZYK Lena	12	KTP Iskra Konin								5:47.80	
50m: 37.50 37.50	150m: 2:07.15	45.21	250m: 3:36.36	44.78	350m: 5:06.19	44.93	100m: 1:21.94 44.44	200m: 2:51.58	44.43	300m: 4:21.26 44.90	400m: 5:47.80 41.61
17. MAŁDZY Milena	12	UKS Maratończyk Ostrów Wlkp.								6:34.01	
50m: 41.03 41.03	150m: 2:20.92	50.99	250m: 4:02.88	51.80	350m: 5:45.21	51.23	100m: 1:29.93 48.90	200m: 3:11.08	50.16	300m: 4:53.98 51.10	400m: 6:34.01 48.80

Grupa D

1. BALCERCZAK Gabriela	13	MKS Ochota Warszawa								5:06.78	10,8
50m: 34.03 34.03	150m: 1:51.98	39.83	250m: 3:11.39	39.38	350m: 4:29.77	39.06	100m: 1:12.15 38.12	200m: 2:32.01	40.03	300m: 3:50.71 39.32	400m: 5:06.78 37.01
2. STASZEWSKA Natasza	13	UKS „GIM 92 Ursynów"								5:29.67	5,2
50m: 36.81 36.81	150m: 2:00.52	42.82	250m: 3:26.09	43.21	350m: 4:50.35	42.19	100m: 1:17.70 40.89	200m: 2:42.88	42.36	300m: 4:08.16 42.07	400m: 5:29.67 39.32
3. JURZYK Maja	13	UKS „GIM 92 Ursynów"								5:54.30	
50m: 37.13 37.13	150m: 2:08.22	47.35	250m: 3:40.74	46.54	350m: 5:14.78	47.12	100m: 1:20.87 43.74	200m: 2:54.20	45.98	300m: 4:27.66 46.92	400m: 5:54.30 39.52
4. BŁASZCZYK Matylda	14	UKS „GIM 92 Ursynów"								5:55.14	3,4
50m: 37.86 37.86	150m: 2:05.37	44.77	250m: 3:36.84	45.89	350m: 5:10.27	46.96	100m: 1:20.60 42.74	200m: 2:50.95	45.58	300m: 4:23.31 46.47	400m: 5:55.14 44.87