

Letnie Mistrzostwa Okręgu Wielkopolskiego
Poznań, 20. - 21.6.2025

Konkurencja 5
2025.06.20 - 12:12

Kobiet, 400m dowolny

Open
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.										Czas	Pkt.
16 - 18 lat												
1.	GULCZYŃSKA Natalia			07	KS AZS AWF Poznań					4:34.72	628	
	50m:	31.52	31.52	150m:	1:40.63	34.67	250m:	2:51.15	34.76	350m:	4:00.72	33.97
	100m:	1:05.96	34.44	200m:	2:16.39	35.76	300m:	3:26.75	35.60	400m:	4:34.72	34.00
2.	BUDZEŃ Monika			07	MKP Astromal-Leszno					4:36.60	616	
	50m:	32.15	32.15	150m:	1:40.94	34.62	250m:	2:51.59	35.15	350m:	4:01.61	34.69
	100m:	1:06.32	34.17	200m:	2:16.44	35.50	300m:	3:26.92	35.33	400m:	4:36.60	34.99
3.	WOLNA Aleksandra			09	MKP Astromal-Leszno					4:52.12	523	
	50m:	33.51	33.51	150m:	1:47.50	36.53	250m:	3:01.69	37.08	350m:	4:16.30	37.09
	100m:	1:10.97	37.46	200m:	2:24.61	37.11	300m:	3:39.21	37.52	400m:	4:52.12	35.82
4.	MAY Matylda			08	MKP Astromal-Leszno					5:02.29	472	
	50m:	33.56	33.56	150m:	1:49.05	38.46	250m:	3:07.12	39.14	350m:	4:25.62	38.91
	100m:	1:10.59	37.03	200m:	2:27.98	38.93	300m:	3:46.71	39.59	400m:	5:02.29	36.67
5.	CHMIELEWSKA Maria			09	UKS Maratończyk Ostrów Wlkp.					5:03.68	465	
	50m:	33.90	33.90	150m:	1:52.73	39.44	250m:	3:11.40	39.10	350m:	4:28.08	37.55
	100m:	1:13.29	39.39	200m:	2:32.30	39.57	300m:	3:50.53	39.13	400m:	5:03.68	35.60
6.	GRAMALA Zofia			09	KS Warta Poznań					5:06.61	452	
	50m:	33.19	33.19	150m:	1:48.37	38.26	250m:	3:07.95	40.85	350m:	4:28.53	40.81
	100m:	1:10.11	36.92	200m:	2:27.10	38.73	300m:	3:47.72	39.77	400m:	5:06.61	38.08
7.	NOGALSKA Iga			09	KU AZS UAM Poznań					5:09.91	438	
	50m:	33.56	33.56	150m:	1:52.47	40.43	250m:	3:12.99	39.82	350m:	4:31.70	38.11
	100m:	1:12.04	38.48	200m:	2:33.17	40.70	300m:	3:53.59	40.60	400m:	5:09.91	38.21
8.	MONGIAŁŁO Zuzanna			09	UKS Shark Rudna					5:12.06	429	
	50m:	36.21	36.21	150m:	1:57.03	40.95	250m:	3:18.08	40.35	350m:	4:36.92	39.13
	100m:	1:16.08	39.87	200m:	2:37.73	40.70	300m:	3:57.79	39.71	400m:	5:12.06	35.14
9.	BALICKA Ada			09	OŚ AZS w Poznaniu					5:15.27	416	
	50m:	36.29	36.29	150m:	1:55.46	39.95	250m:	3:15.15	39.78	350m:	4:35.59	40.39
	100m:	1:15.51	39.22	200m:	2:35.37	39.91	300m:	3:55.20	40.05	400m:	5:15.27	39.68
10.	SZEWCZYK Amelia			09	UKS Maratończyk Ostrów Wlkp.					5:35.54	345	
	50m:	37.44	37.44	150m:	2:01.10	42.43	250m:	3:27.10	43.09	350m:	4:54.02	43.51
	100m:	1:18.67	41.23	200m:	2:44.01	42.91	300m:	4:10.51	43.41	400m:	5:35.54	41.52
14 - 15 lat												
1.	MICHALAK Maria			11	KS Warta Poznań					4:49.57	537	
	50m:	33.15	33.15	150m:	1:44.82	36.15	250m:	2:58.59	37.06	350m:	4:12.96	37.36
	100m:	1:08.67	35.52	200m:	2:21.53	36.71	300m:	3:35.60	37.01	400m:	4:49.57	36.61
2.	BARTOSZEWSKA Marta			10	KS Posenania Poznań					5:03.25	467	
	50m:	33.96	33.96	150m:	1:52.16	39.20	250m:	3:10.66	39.16	350m:	4:28.33	38.49
	100m:	1:12.96	39.00	200m:	2:31.50	39.34	300m:	3:49.84	39.18	400m:	5:03.25	34.92
3.	ŻUK Hanna			10	KS Warta Poznań					5:05.93	455	
	50m:	33.73	33.73	150m:	1:49.28	38.18	250m:	3:07.45	39.08	350m:	4:26.57	39.52
	100m:	1:11.10	37.37	200m:	2:28.37	39.09	300m:	3:47.05	39.60	400m:	5:05.93	39.36
4.	SZYMAŃSKA Julia			11	KS Warta Poznań					5:06.54	452	
	50m:	34.16	34.16	150m:	1:50.58	38.89	250m:	3:09.49	39.82	350m:	4:28.74	39.80
	100m:	1:11.69	37.53	200m:	2:29.67	39.09	300m:	3:48.94	39.45	400m:	5:06.54	37.80
5.	MAJZA - WAWRZYŃSKA Barbara			11	UKS 3-Wodnik Wolsztyn					5:08.54	443	
	50m:	34.73	34.73	150m:	1:52.42	39.33	250m:	3:11.63	39.33	350m:	4:30.88	38.91
	100m:	1:13.09	38.36	200m:	2:32.30	39.88	300m:	3:51.97	40.34	400m:	5:08.54	37.66
6.	PABIEROWSKA Lena			10	MKP Astromal-Leszno					5:12.16	428	
	50m:	34.11	34.11	150m:	1:53.03	39.64	250m:	3:14.79	40.78	350m:	4:36.03	40.52
	100m:	1:13.39	39.28	200m:	2:34.01	40.98	300m:	3:55.51	40.72	400m:	5:12.16	36.13

Letnie Mistrzostwa Okręgu Wielkopolskiego
Poznań, 20. - 21.6.2025

Konkurencja 5, Dziewcząt, 400m dowolny, 14 - 15 lat

Pozycja	Rok ur.								Czas	Pkt.		
7.	ŁACZEK Wiktoria			11	KS Waterpolo Poznań				5:17.20	408		
	50m:	34.83	34.83	150m:	1:53.68	39.64	250m:	3:14.20	40.28	350m:	4:36.48	40.92
	100m:	1:14.04	39.21	200m:	2:33.92	40.24	300m:	3:55.56	41.36	400m:	5:17.20	40.72
8.	GIERS Anna			10	MKP Gdańsk				5:17.21	408		
	50m:	34.21	34.21	150m:	1:53.10	40.30	250m:	3:16.24	41.78	350m:	4:39.34	40.93
	100m:	1:12.80	38.59	200m:	2:34.46	41.36	300m:	3:58.41	42.17	400m:	5:17.21	37.87

12 - 13 lat

1.	RAJCZYK Lena			12	KTP Iskra Konin					5:45.00	317	
	50m:	37.08	37.08	150m:	2:06.43	45.31	250m:	3:36.74	45.10	350m:	5:04.62	43.76
	100m:	1:21.12	44.04	200m:	2:51.64	45.21	300m:	4:20.86	44.12	400m:	5:45.00	40.38
2.	YEVSA Yevanhelina			13	KS Posnania Poznań					5:52.17	298	
	50m:	40.61	40.61	150m:	2:10.42	44.62	250m:	3:41.67	45.26	350m:	5:10.73	43.32
	100m:	1:25.80	45.19	200m:	2:56.41	45.99	300m:	4:27.41	45.74	400m:	5:52.17	41.44
3.	CIEŚLA Kaja			13	Niagara Jedyńka Wolsztyn					5:55.39	290	
	50m:	38.24	38.24	150m:	2:06.08	44.88	250m:	3:37.60	46.23	350m:	5:10.96	47.13
	100m:	1:21.20	42.96	200m:	2:51.37	45.29	300m:	4:23.83	46.23	400m:	5:55.39	44.43
4.	KŁOSOWSKA Maria			13	KS Posnania Poznań					6:26.92	225	
	50m:	43.27	43.27	150m:	2:22.31	50.14	250m:	4:01.95	50.37	350m:	5:41.13	48.99
	100m:	1:32.17	48.90	200m:	3:11.58	49.27	300m:	4:52.14	50.19	400m:	6:26.92	45.79

11 lat i młodszy

1.	FAFEREK Julia			15	MUKS "TUREKin pływa"					5:09.19	441	
	50m:	35.09	35.09	150m:	1:53.45	39.23	250m:	3:13.17	39.71	350m:	4:32.10	38.63
	100m:	1:14.22	39.13	200m:	2:33.46	40.01	300m:	3:53.47	40.30	400m:	5:09.19	37.09
2.	KUBIAK Amelia			14	KTP Iskra Konin					5:51.38	300	
	50m:	39.14	39.14	150m:	2:10.02	46.22	250m:	3:41.40	45.95	350m:	5:10.29	44.09
	100m:	1:23.80	44.66	200m:	2:55.45	45.43	300m:	4:26.20	44.80	400m:	5:51.38	41.09
3.	FAGASIŃSKA Natalia			14	KTP Iskra Konin					6:21.64	234	
	50m:	41.95	41.95	150m:	2:18.83	49.24	250m:	3:58.05	49.17	350m:	5:37.01	49.23
	100m:	1:29.59	47.64	200m:	3:08.88	50.05	300m:	4:47.78	49.73	400m:	6:21.64	44.63