



Mistrzostwa Polski Juniorów Młodszych 16 lat - Ogólnopolska Olimpiada Młodzieży
Poznań, 10. - 13.7.2025

Konkurencja 20
2025.07.12 - 9:16

Dziewcząt, 400m dowolny

16 lat
Wyniki Eliminacje

Rekord Polski 16 lat 4:12.62 ZUKOWSKA Paula POL Doha (QAT) 2009.12.09

Punkty: AQUA 2025

Pozycja	Rok ur.										Czas	Pkt.
1.	POLAK Iga			09	UKP Unia Oświęcim					4:34.16	632	A
	50m:	31.79	31.79	150m:	1:40.82	34.74	250m:	2:50.19	34.75	350m:	3:59.87	34.94
	100m:	1:06.08	34.29	200m:	2:15.44	34.62	300m:	3:24.93	34.74	400m:	4:34.16	34.29
2.	RESZKO Lena			09	UKP „Polonia Warszawa"					4:38.14	606	A
	50m:	30.45	30.45	150m:	1:41.45	35.70	250m:	2:52.40	35.34	350m:	4:03.42	35.66
	100m:	1:05.75	35.30	200m:	2:17.06	35.61	300m:	3:27.76	35.36	400m:	4:38.14	34.72
3.	KARKOCHA Gabriela			09	UKP Unia Oświęcim					4:39.14	599	A
	50m:	32.03	32.03	150m:	1:41.66	35.31	250m:	2:53.09	35.92	350m:	4:04.24	35.70
	100m:	1:06.35	34.32	200m:	2:17.17	35.51	300m:	3:28.54	35.45	400m:	4:39.14	34.90
4.	KOCHAŃSKA Urszula			09	UKS "Olimp" Gorzów Wlkp.					4:39.69	596	A
	50m:	31.48	31.48	150m:	1:42.77	35.96	250m:	2:55.08	35.93	350m:	4:05.92	34.79
	100m:	1:06.81	35.33	200m:	2:19.15	36.38	300m:	3:31.13	36.05	400m:	4:39.69	33.77
5.	WIECZOREK Michalina			09	UKP Unia Oświęcim					4:40.48	591	A
	50m:	32.07	32.07	150m:	1:42.15	35.14	250m:	2:53.68	35.73	350m:	4:05.55	35.77
	100m:	1:07.01	34.94	200m:	2:17.95	35.80	300m:	3:29.78	36.10	400m:	4:40.48	34.93
6.	OKOŃ Anna			09	LKS Jedność 32 Przyszowice					4:40.75	589	A
	50m:	32.44	32.44	150m:	1:42.99	35.64	250m:	2:54.56	35.98	350m:	4:06.82	36.14
	100m:	1:07.35	34.91	200m:	2:18.58	35.59	300m:	3:30.68	36.12	400m:	4:40.75	33.93
7.	KISZCZAK Olga			09	UKP Unia Oświęcim					4:40.99	587	A
	50m:	31.90	31.90	150m:	1:42.43	35.63	250m:	2:54.93	36.04	350m:	4:06.50	35.55
	100m:	1:06.80	34.90	200m:	2:18.89	36.46	300m:	3:30.95	36.02	400m:	4:40.99	34.49
8.	WEGNER Julia			09	UKS "Olimp" Gorzów Wlkp.					4:43.21	574	A
	50m:	32.30	32.30	150m:	1:43.96	36.05	250m:	2:56.00	35.89	350m:	4:08.10	36.13
	100m:	1:07.91	35.61	200m:	2:20.11	36.15	300m:	3:31.97	35.97	400m:	4:43.21	35.11
9.	ŁUCZAK Anika			09	UKS SP-149 Łódź					4:43.64	571	A
	50m:	32.21	32.21	150m:	1:44.13	36.14	250m:	2:56.34	36.15	350m:	4:08.97	36.33
	100m:	1:07.99	35.78	200m:	2:20.19	36.06	300m:	3:32.64	36.30	400m:	4:43.64	34.67
10.	KUCZMAR Aleksandra			09	UKP „Polonia Warszawa"					4:43.71	571	A
	50m:	32.10	32.10	150m:	1:42.71	35.59	250m:	2:54.82	35.95	350m:	4:08.19	36.94
	100m:	1:07.12	35.02	200m:	2:18.87	36.16	300m:	3:31.25	36.43	400m:	4:43.71	35.52
11.	MAIK Victoria			09	UKS „Manta Kochłowice Ruda Śląska"					4:47.06	551	B
	50m:	32.88	32.88	150m:	1:45.57	36.81	250m:	2:59.34	36.89	350m:	4:12.50	36.31
	100m:	1:08.76	35.88	200m:	2:22.45	36.88	300m:	3:36.19	36.85	400m:	4:47.06	34.56
12.	GNAŚ Nadia			09	UKS Tri-Team Rumia					4:48.08	545	B
	50m:	32.87	32.87	150m:	1:45.48	36.92	250m:	2:59.54	36.99	350m:	4:13.35	36.54
	100m:	1:08.56	35.69	200m:	2:22.55	37.07	300m:	3:36.81	37.27	400m:	4:48.08	34.73
13.	WOLNA Aleksandra			09	MKP Astromal-Leszno					4:48.20	544	B
	50m:	33.04	33.04	150m:	1:45.63	36.60	250m:	2:59.54	37.04	350m:	4:13.13	36.51
	100m:	1:09.03	35.99	200m:	2:22.50	36.87	300m:	3:36.62	37.08	400m:	4:48.20	35.07
14.	BEDNAREK Lena			09	CSiR MOS w Dąbrowie Górniczej					4:50.27	533	B
	50m:	31.92	31.92	150m:	1:45.10	37.14	250m:	2:59.37	37.09	350m:	4:13.96	37.02
	100m:	1:07.96	36.04	200m:	2:22.28	37.18	300m:	3:36.94	37.57	400m:	4:50.27	36.31
15.	EKIERT Gabriela			09	UKP „Polonia Warszawa"					4:50.99	529	B
	50m:	33.09	33.09	150m:	1:47.54	37.86	250m:	3:02.04	37.24	350m:	4:16.36	36.91
	100m:	1:09.68	36.59	200m:	2:24.80	37.26	300m:	3:39.45	37.41	400m:	4:50.99	34.63





Mistrzostwa Polski Juniorów Młodszych 16 lat - Ogólnopolska Olimpiada Młodzieży
Poznań, 10. - 13.7.2025

Konkurencja 20, Dziewcząt, 400m dowolny, Eliminacje, 16 lat

Pozycja			Rok ur.					Czas	Pkt.
16.	CHYCZEWSKA Pola		09	UKS "Olimp" Gorzów Wlkp.				4:51.77	525 B
	50m: 32.55 32.55	150m: 1:46.43	37.56	250m: 3:01.39	37.74	350m: 4:16.31	37.73		
	100m: 1:08.87 36.32	200m: 2:23.65	37.22	300m: 3:38.58	37.19	400m: 4:51.77	35.46		
17.	SZTREKER-WÓJCIK Iga		09	UKS G-8 Bielany Warszawa				4:52.83	519 B
	50m: 33.53 33.53	150m: 1:46.06	36.56	250m: 3:01.42	37.90	350m: 4:16.18	36.73		
	100m: 1:09.50 35.97	200m: 2:23.52	37.46	300m: 3:39.45	38.03	400m: 4:52.83	36.65		
18.	STACHEWICZ Magdalena		09	AZS AWF Warszawa				4:53.62	515 B
	50m: 33.16 33.16	150m: 1:46.61	37.24	250m: 3:01.95	38.15	350m: 4:17.27	37.90		
	100m: 1:09.37 36.21	200m: 2:23.80	37.19	300m: 3:39.37	37.42	400m: 4:53.62	36.35		
19.	BILIŃSKA Iga		09	UKS „Manta Kochłowice Ruda Śląska”				4:54.13	512 B
	50m: 31.25 31.25	150m: 1:44.62	37.31	250m: 3:00.68	38.01	350m: 4:17.14	38.21		
	100m: 1:07.31 36.06	200m: 2:22.67	38.05	300m: 3:38.93	38.25	400m: 4:54.13	36.99		
20.	CIUPA Ewelina		09	UKS „Manta Kochłowice Ruda Śląska”				4:56.47	500 B
	50m: 32.21 32.21	150m: 1:45.84	37.60	250m: 3:02.29	38.19	350m: 4:18.92	37.77		
	100m: 1:08.24 36.03	200m: 2:24.10	38.26	300m: 3:41.15	38.86	400m: 4:56.47	37.55		
21.	STAMBUŁA Joanna		09	Akademia Sms Racibórz				4:57.67	494 R
	50m: 33.66 33.66	150m: 1:47.28	37.16	250m: 3:03.25	38.36	350m: 4:20.34	38.53		
	100m: 1:10.12 36.46	200m: 2:24.89	37.61	300m: 3:41.81	38.56	400m: 4:57.67	37.33		
22.	GRAMALA Zofia		09	KS Warta Poznań				5:03.58	466 R
	50m: 31.89 31.89	150m: 1:47.17	38.39	250m: 3:06.40	39.84	350m: 4:26.08	40.01		
	100m: 1:08.78 36.89	200m: 2:26.56	39.39	300m: 3:46.07	39.67	400m: 5:03.58	37.50		
23.	BALICKA Ada		09	OŚ AZS w Poznaniu				5:05.05	459
	50m: 34.60 34.60	150m: 1:50.36	38.43	250m: 3:08.69	39.25	350m: 4:27.19	39.55		
	100m: 1:11.93 37.33	200m: 2:29.44	39.08	300m: 3:47.64	38.95	400m: 5:05.05	37.86		
24.	ŻMUDZIŃSKA Milena		09	Neptun Gdańsk				5:05.12	459
	50m: 32.27 32.27	150m: 1:48.44	38.45	250m: 3:08.22	39.63	350m: 4:27.43	38.86		
	100m: 1:09.99 37.72	200m: 2:28.59	40.15	300m: 3:48.57	40.35	400m: 5:05.12	37.69		
25.	NOGALSKA Iga		09	KU AZS UAM Poznań				5:06.48	453
	50m: 32.72 32.72	150m: 1:49.26	38.55	250m: 3:07.82	39.11	350m: 4:28.14	39.93		
	100m: 1:10.71 37.99	200m: 2:28.71	39.45	300m: 3:48.21	40.39	400m: 5:06.48	38.34		
26.	POŁEĆ Oliwia		09	MKS CKS-SMS Szczecin				5:06.60	452
	50m: 35.02 35.02	150m: 1:54.26	40.11	250m: 3:12.53	38.60	350m: 4:30.22	37.98		
	100m: 1:14.15 39.13	200m: 2:33.93	39.67	300m: 3:52.24	39.71	400m: 5:06.60	36.38		
27.	PIKOŃ Julia		09	UKP „Polonia Warszawa”				5:13.45	423
	50m: 34.09 34.09	150m: 1:52.01	39.39	250m: 3:13.18	40.80	350m: 4:34.54	40.63		
	100m: 1:12.62 38.53	200m: 2:32.38	40.37	300m: 3:53.91	40.73	400m: 5:13.45	38.91		
28.	KOSMATY Julita		09	UKS Victoria Kozy				5:15.80	414
	50m: 35.19 35.19	150m: 1:54.25	40.50	250m: 3:16.29	41.19	350m: 4:37.28	40.14		
	100m: 1:13.75 38.56	200m: 2:35.10	40.85	300m: 3:57.14	40.85	400m: 5:15.80	38.52		
29.	CZARNECKA Oliwia		09	KS Delfin Gdynia				5:30.69	360
	50m: 37.49 37.49	150m: 2:00.11	42.01	250m: 3:24.98	42.33	350m: 4:49.74	42.50		
	100m: 1:18.10 40.61	200m: 2:42.65	42.54	300m: 4:07.24	42.26	400m: 5:30.69	40.95		
30.	SZEWczyk Amelia		09	UKS Maratończyk Ostrów Wlkp.				5:33.10	352
	50m: 36.57 36.57	150m: 2:00.26	42.45	250m: 3:25.79	42.82	350m: 4:51.88	42.64		
	100m: 1:17.81 41.24	200m: 2:42.97	42.71	300m: 4:09.24	43.45	400m: 5:33.10	41.22		
31.	BERNACIK Gabriela		09	Ks Nelasport				5:36.30	342
	50m: 36.01 36.01	150m: 1:59.67	42.92	250m: 3:25.30	42.85	350m: 4:53.17	44.25		
	100m: 1:16.75 40.74	200m: 2:42.45	42.78	300m: 4:08.92	43.62	400m: 5:36.30	43.13		

