



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



Konkurencja 20
2025.07.12 - 17:12

Dziewcząt, 400m dowolny

16 lat
Wyniki Finał

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

Punkty: AQUA 2025

Pozycja				Rok ur.					Czas	Pkt.
---------	--	--	--	---------	--	--	--	--	------	------

Finał A

1.	POLAK Iga	09	UKP Unia Oświęcim		4:22.74	719
	50m: 30.62 30.62	150m: 1:37.09 33.37	250m: 2:44.08 33.36	350m: 3:50.45 32.93		
	100m: 1:03.72 33.10	200m: 2:10.72 33.63	300m: 3:17.52 33.44	400m: 4:22.74 32.29		
2.	RESZKO Lena	09	UKP „Polonia Warszawa”		4:26.08	692
	50m: 30.43 30.43	150m: 1:37.59 33.75	250m: 2:45.56 33.97	350m: 3:52.68 33.32		
	100m: 1:03.84 33.41	200m: 2:11.59 34.00	300m: 3:19.36 33.80	400m: 4:26.08 33.40		
3.	KOCHAŃSKA Urszula	09	UKS "Olimp" Gorzów Wlkp.		4:33.42	637
	50m: 30.87 30.87	150m: 1:39.64 34.78	250m: 2:49.94 35.46	350m: 4:00.60 35.29		
	100m: 1:04.86 33.99	200m: 2:14.48 34.84	300m: 3:25.31 35.37	400m: 4:33.42 32.82		
4.	KUCZMAR Aleksandra	09	UKP „Polonia Warszawa”		4:33.47	637
	50m: 31.07 31.07	150m: 1:39.59 34.77	250m: 2:49.31 35.18	350m: 3:59.60 35.59		
	100m: 1:04.82 33.75	200m: 2:14.13 34.54	300m: 3:24.01 34.70	400m: 4:33.47 33.87		
5.	WEGNER Julia	09	UKS "Olimp" Gorzów Wlkp.		4:33.63	636
	50m: 31.26 31.26	150m: 1:40.39 34.76	250m: 2:49.98 34.55	350m: 3:59.93 35.02		
	100m: 1:05.63 34.37	200m: 2:15.43 35.04	300m: 3:24.91 34.93	400m: 4:33.63 33.70		
6.	WIECZOREK Michalina	09	UKP Unia Oświęcim		4:34.06	633
	50m: 31.04 31.04	150m: 1:39.02 34.76	250m: 2:48.94 35.15	350m: 4:00.02 35.48		
	100m: 1:04.26 33.22	200m: 2:13.79 34.77	300m: 3:24.54 35.60	400m: 4:34.06 34.04		
7.	OKOŃ Anna	09	LKS Jedność 32 Przyszowice		4:39.88	594
	50m: 31.59 31.59	150m: 1:41.25 35.38	250m: 2:53.32 36.08	350m: 4:05.56 35.93		
	100m: 1:05.87 34.28	200m: 2:17.24 35.99	300m: 3:29.63 36.31	400m: 4:39.88 34.32		
8.	KARKOCHA Gabriela	09	UKP Unia Oświęcim		4:40.27	592
	50m: 31.37 31.37	150m: 1:40.00 34.85	250m: 2:51.54 36.10	350m: 4:04.76 36.76		
	100m: 1:05.15 33.78	200m: 2:15.44 35.44	300m: 3:28.00 36.46	400m: 4:40.27 35.51		
9.	ŁUCZAK Anika	09	UKS SP-149 Łódź		4:41.39	585
	50m: 31.58 31.58	150m: 1:41.66 35.71	250m: 2:54.06 36.28	350m: 4:06.80 36.39		
	100m: 1:05.95 34.37	200m: 2:17.78 36.12	300m: 3:30.41 36.35	400m: 4:41.39 34.59		
10.	KISZCZAK Olga	09	UKP Unia Oświęcim		4:41.56	584
	50m: 30.68 30.68	150m: 1:41.00 35.82	250m: 2:54.03 36.59	350m: 4:07.35 36.64		
	100m: 1:05.18 34.50	200m: 2:17.44 36.44	300m: 3:30.71 36.68	400m: 4:41.56 34.21		

Finał B

11.	CHYCZEWSKA Pola	09	UKS "Olimp" Gorzów Wlkp.		4:43.40	572
	50m: 32.07 32.07	150m: 1:42.66 36.48	250m: 2:55.09 36.44	350m: 4:08.38 36.75		
	100m: 1:06.18 34.11	200m: 2:18.65 35.99	300m: 3:31.63 36.54	400m: 4:43.40 35.02		
12.	MAIK Victoria	09	UKS „Manta Kochłowice Ruda Śląska”		4:43.42	572
	50m: 32.43 32.43	150m: 1:44.08 36.44	250m: 2:56.82 36.29	350m: 4:09.33 35.87		
	100m: 1:07.64 35.21	200m: 2:20.53 36.45	300m: 3:33.46 36.64	400m: 4:43.42 34.09		
13.	GNAS Nadia	09	UKS Tri-Team Rumia		4:45.36	561
	50m: 32.86 32.86	150m: 1:44.80 36.26	250m: 2:57.82 36.44	350m: 4:10.82 36.14		
	100m: 1:08.54 35.68	200m: 2:21.38 36.58	300m: 3:34.68 36.86	400m: 4:45.36 34.54		
14.	WOLNA Aleksandra	09	MKP Astromal-Leszno		4:45.57	559
	50m: 32.52 32.52	150m: 1:46.70 37.32	250m: 3:00.41 36.25	350m: 4:12.06 35.27		
	100m: 1:09.38 36.86	200m: 2:24.16 37.46	300m: 3:36.79 36.38	400m: 4:45.57 33.51		





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



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

Pozycja	Rok ur.								Czas		Pkt.	
15.	SZTREKER-WÓJCIK Iga			09	UKS G-8 Bielany Warszawa				4:46.66		553	
	50m:	32.68	32.68	150m:	1:45.08	36.56	250m:	2:58.60	36.76	350m:	4:12.13	36.14
	100m:	1:08.52	35.84	200m:	2:21.84	36.76	300m:	3:35.99	37.39	400m:	4:46.66	34.53
16.	BEDNAREK Lena			09	CSiR MOS w Dąbrowie Górniczej				4:48.10		545	
	50m:	30.82	30.82	150m:	1:42.31	36.36	250m:	2:56.28	36.93	350m:	4:11.05	37.48
	100m:	1:05.95	35.13	200m:	2:19.35	37.04	300m:	3:33.57	37.29	400m:	4:48.10	37.05
17.	EKIERT Gabriela			09	UKP „Polonia Warszawa"				4:50.15		533	
	50m:	32.84	32.84	150m:	1:46.68	37.46	250m:	3:01.02	37.14	350m:	4:15.00	36.87
	100m:	1:09.22	36.38	200m:	2:23.88	37.20	300m:	3:38.13	37.11	400m:	4:50.15	35.15
18.	CIUPA Ewelina			09	UKS „Manta Kochłowice Ruda Śląska"				4:51.76		525	
	50m:	32.23	32.23	150m:	1:46.09	37.34	250m:	3:00.96	37.31	350m:	4:15.74	37.01
	100m:	1:08.75	36.52	200m:	2:23.65	37.56	300m:	3:38.73	37.77	400m:	4:51.76	36.02
19.	STACHEWICZ Magdalena			09	AZS AWF Warszawa				4:52.13		523	
	50m:	32.46	32.46	150m:	1:45.95	36.97	250m:	3:01.00	37.48	350m:	4:16.12	37.50
	100m:	1:08.98	36.52	200m:	2:23.52	37.57	300m:	3:38.62	37.62	400m:	4:52.13	36.01
20.	BILIŃSKA Iga			09	UKS „Manta Kochłowice Ruda Śląska"				4:55.70		504	
	50m:	31.92	31.92	150m:	1:44.91	37.23	250m:	3:01.09	38.71	350m:	4:18.47	39.00
	100m:	1:07.68	35.76	200m:	2:22.38	37.47	300m:	3:39.47	38.38	400m:	4:55.70	37.23

