

Ogólnopolskie Zawody Pływackie Otwarcie Sezonu na Termach
Poznań, 27.9.2025

Konkurencja 11
2025.09.27 - 14:08

Kobiet, 400m dowolny

Open
Wyniki

Punkty: AQUA 2024

Pozycja	Rok ur.										Czas	Pkt.
10 lat i młodsi												
1.	FAFEREK Julia			15	MUKS "TUREKin pływa"					5:00.93	454	
	50m:	33.48	33.48	150m:	1:50.00	38.73	250m:	3:07.88	38.89	350m:	4:25.27 38.30	
	100m:	1:11.27	37.79	200m:	2:28.99	38.99	300m:	3:46.97	39.09	400m:	5:00.93 35.66	
11 lat												
1.	GAJDA Liliana			14	TP Olimpijczyk Aleksandrów Łódzki					5:34.07	331	
	50m:	36.47	36.47	150m:	2:03.69	44.25	250m:	3:30.86	43.41	350m:	4:55.26 41.71	
	100m:	1:19.44	42.97	200m:	2:47.45	43.76	300m:	4:13.55	42.69	400m:	5:34.07 38.81	
2.	PIĄTEK Natalia			14	WKS Śląsk					5:34.39	330	
	50m:	37.71	37.71	150m:	2:04.02	43.87	250m:	3:30.62	42.98	350m:	4:55.53 42.40	
	100m:	1:20.15	42.44	200m:	2:47.64	43.62	300m:	4:13.13	42.51	400m:	5:34.39 38.86	
3.	LENARSKA Ewa			14	WKS Śląsk					5:39.05	317	
	50m:	38.02	38.02	150m:	2:04.22	43.70	250m:	3:32.47	44.16	350m:	4:58.49 42.59	
	100m:	1:20.52	42.50	200m:	2:48.31	44.09	300m:	4:15.90	43.43	400m:	5:39.05 40.56	
4.	BŁASZCZYK Matylda			14	UKS „GIM 92 Ursynów"					5:45.05	301	
	50m:	37.81	37.81	150m:	2:04.19	44.02	250m:	3:33.60	44.78	350m:	5:02.28 44.06	
	100m:	1:20.17	42.36	200m:	2:48.82	44.63	300m:	4:18.22	44.62	400m:	5:45.05 42.77	
5.	KUCHARCZYK Pola			14	WKS Śląsk					5:48.01	293	
	50m:	38.55	38.55	150m:	2:05.99	44.03	250m:	3:34.28	44.41	350m:	5:03.08 44.18	
	100m:	1:21.96	43.41	200m:	2:49.87	43.88	300m:	4:18.90	44.62	400m:	5:48.01 44.93	
6.	KOSIAREK Maja			14	WKS Śląsk					6:00.35	264	
	50m:	40.47	40.47	150m:	2:10.01	44.89	250m:	3:42.17	46.27	350m:	5:14.69 45.99	
	100m:	1:25.12	44.65	200m:	2:55.90	45.89	300m:	4:28.70	46.53	400m:	6:00.35 45.66	
7.	MACKO Karolina			14	UKS 190 Łódź					6:26.69	214	
	50m:	43.81	43.81	150m:	2:22.94	49.91	250m:	4:02.39	50.31	350m:	5:41.63 49.45	
	100m:	1:33.03	49.22	200m:	3:12.08	49.14	300m:	4:52.18	49.79	400m:	6:26.69 45.06	
12 lat												
1.	RUDOLF Amelia			13	UKS Manta Warszawa Włochy					5:14.12	399	
	50m:	35.57	35.57	150m:	1:56.20	40.71	250m:	3:16.34	40.32	350m:	4:35.79 39.38	
	100m:	1:15.49	39.92	200m:	2:36.02	39.82	300m:	3:56.41	40.07	400m:	5:14.12 38.33	
2.	GALUS Konstancja			13	WKS Śląsk					5:15.60	393	
	50m:	37.13	37.13	150m:	1:59.51	41.47	250m:	3:19.35	38.89	350m:	4:37.26 38.95	
	100m:	1:18.04	40.91	200m:	2:40.46	40.95	300m:	3:58.31	38.96	400m:	5:15.60 38.34	
3.	WROŃSKA Karolina			13	UKS Manta Warszawa Włochy					5:27.52	352	
	50m:	36.54	36.54	150m:	1:59.63	42.44	250m:	3:23.26	41.78	350m:	4:46.68 41.85	
	100m:	1:17.19	40.65	200m:	2:41.48	41.85	300m:	4:04.83	41.57	400m:	5:27.52 40.84	
4.	FISCHER Julia			13	WKS Śląsk					5:30.59	342	
	50m:	35.91	35.91	150m:	2:02.03	42.88	250m:	3:29.18	43.40	350m:	4:54.52 40.88	
	100m:	1:19.15	43.24	200m:	2:45.78	43.75	300m:	4:13.64	44.46	400m:	5:30.59 36.07	
5.	BIELIŃSKA Wiktoria			13	WKS Śląsk					5:30.94	341	
	50m:	35.18	35.18	150m:	1:58.52	42.02	250m:	3:25.66	43.88	350m:	4:54.19 43.95	
	100m:	1:16.50	41.32	200m:	2:41.78	43.26	300m:	4:10.24	44.58	400m:	5:30.94 36.75	
6.	WALCZAK Wiktoria			13	UKS 190 Łódź					5:45.74	299	
	50m:	39.39	39.39	150m:	2:07.84	45.38	250m:	3:39.55	46.01	350m:	5:07.16 42.89	
	100m:	1:22.46	43.07	200m:	2:53.54	45.70	300m:	4:24.27	44.72	400m:	5:45.74 38.58	
7.	LEWANDOWSKA Pola			13	WKS Śląsk					5:53.06	281	
	50m:	40.60	40.60	150m:	2:11.22	45.71	250m:	3:43.01	45.35	350m:	5:12.68 44.27	
	100m:	1:25.51	44.91	200m:	2:57.66	46.44	300m:	4:28.41	45.40	400m:	5:53.06 40.38	

Ogólnopolskie Zawody Pływackie Otwarcie Sezonu na Termach
Poznań, 27.9.2025

Konkurencja 11, Dziewcząt, 400m dowolny, 12 lat

Pozycja	Rok ur.								Czas		Pkt.	
8.	GRABARCZUK Barbara			13	UKS Manta Warszawa Włochy					5:54.94	276	
	50m:	38.89	38.89	150m:	2:10.15	45.26	250m:	3:43.52	46.82	350m:	5:12.90	44.20
	100m:	1:24.89	46.00	200m:	2:56.70	46.55	300m:	4:28.70	45.18	400m:	5:54.94	42.04
9.	KHRYPKO Zlata			13	MKP Szczecin					5:58.61	268	
	50m:	36.80	36.80	150m:	2:06.93	46.82	250m:	3:39.27	46.30	350m:	5:15.12	46.84
	100m:	1:20.11	43.31	200m:	2:52.97	46.04	300m:	4:28.28	49.01	400m:	5:58.61	43.49
10.	KOWALSKA Antonina			13	WKS Śląsk					5:59.03	267	
	50m:	38.07	38.07	150m:	2:06.84	45.24	250m:	3:41.31	47.42	350m:	5:15.61	47.17
	100m:	1:21.60	43.53	200m:	2:53.89	47.05	300m:	4:28.44	47.13	400m:	5:59.03	43.42
11.	KLECZ Marcelina			13	UKS Manta Warszawa Włochy					6:04.72	255	
	50m:	39.49	39.49	150m:	2:11.06	46.88	250m:	3:46.41	47.81	350m:	5:20.06	46.91
	100m:	1:24.18	44.69	200m:	2:58.60	47.54	300m:	4:33.15	46.74	400m:	6:04.72	44.66
12.	WYSTRYCHOWSKA Adela			13	WKS Śląsk					6:18.11	228	
	50m:	41.06	41.06	150m:	2:17.25	48.69	250m:	3:56.10	48.74	350m:	5:34.14	48.71
	100m:	1:28.56	47.50	200m:	3:07.36	50.11	300m:	4:45.43	49.33	400m:	6:18.11	43.97
13.	WOZIŃSKA Hanna			13	WKS Śląsk					6:18.38	228	
	50m:	41.61	41.61	150m:	2:17.21	48.33	250m:	3:54.92	48.82	350m:	5:32.27	48.28
	100m:	1:28.88	47.27	200m:	3:06.10	48.89	300m:	4:43.99	49.07	400m:	6:18.38	46.11
14.	TORBINA Anastasiia			13	WKS Śląsk					6:18.39	228	
	50m:	40.39	40.39	150m:	2:16.10	49.10	250m:	3:55.32	49.69	350m:	5:33.86	49.72
	100m:	1:27.00	46.61	200m:	3:05.63	49.53	300m:	4:44.14	48.82	400m:	6:18.39	44.53
15.	MASŁOWSKA Natalia			13	WKS Śląsk					6:18.72	227	
	50m:	44.30	44.30	150m:	2:21.87	49.92	250m:	3:59.40	48.53	350m:	5:33.55	45.83
	100m:	1:31.95	47.65	200m:	3:10.87	49.00	300m:	4:47.72	48.32	400m:	6:18.72	45.17
16.	LEWIŃSKA Inka			13	WKS Śląsk					7:02.79	163	
	50m:	46.84	46.84	150m:	2:33.71	54.48	250m:	4:26.13	56.98	350m:	6:15.93	54.46
	100m:	1:39.23	52.39	200m:	3:29.15	55.44	300m:	5:21.47	55.34	400m:	7:02.79	46.86

13 lat

1. MIKOŁAJCZAK Helena	12	KS Posenania Poznań				4:50.99		502
50m: 31.87 31.87	150m: 1:45.48	37.23	250m: 3:00.75	37.69	350m: 4:16.08	37.85		
100m: 1:08.25 36.38	200m: 2:23.06	37.58	300m: 3:38.23	37.48	400m: 4:50.99	34.91		
2. JAWORSKA Ada	12	MKP Szczecin				4:58.43		465
50m: 33.31 33.31	150m: 1:48.90	38.24	250m: 3:06.13	38.61	350m: 4:21.71	37.64		
100m: 1:10.66 37.35	200m: 2:27.52	38.62	300m: 3:44.07	37.94	400m: 4:58.43	36.72		
3. ROMANOWICZ Ewa	12	WKS Śląsk				5:01.74		450
50m: 32.14 32.14	150m: 1:47.66	38.68	250m: 3:05.16	38.78	350m: 4:23.07	39.05		
100m: 1:08.98 36.84	200m: 2:26.38	38.72	300m: 3:44.02	38.86	400m: 5:01.74	38.67		
4. GÓRSKA Emilia	12	UKS KORAL Wrocław				5:11.56		409
50m: 34.25 34.25	150m: 1:52.02	39.65	250m: 3:12.54	40.34	350m: 4:33.63	40.30		
100m: 1:12.37 38.12	200m: 2:32.20	40.18	300m: 3:53.33	40.79	400m: 5:11.56	37.93		
5. NESTERUK Maja	12	UKS „GIM 92 Ursynów"				5:14.36		398
50m: 34.93 34.93	150m: 1:54.69	40.17	250m: 3:16.35	40.57	350m: 4:37.35	39.97		
100m: 1:14.52 39.59	200m: 2:35.78	41.09	300m: 3:57.38	41.03	400m: 5:14.36	37.01		
6. RĄCZKA Maja	12	UKS „GIM 92 Ursynów"				5:25.01		360
50m: 36.28 36.28	150m: 1:57.23	40.97	250m: 3:21.11	42.24	350m: 4:44.97	41.98		
100m: 1:16.26 39.98	200m: 2:38.87	41.64	300m: 4:02.99	41.88	400m: 5:25.01	40.04		
7. RAJCZYK Lena	12	KTP Iskra Konin				5:35.87		326
50m: 36.86 36.86	150m: 2:01.91	42.76	250m: 3:29.11	43.42	350m: 4:55.23	42.98		
100m: 1:19.15 42.29	200m: 2:45.69	43.78	300m: 4:12.25	43.14	400m: 5:35.87	40.64		
8. PIWKOWSKA Iga	12	WKS Śląsk				5:37.03		323
50m: 36.57 36.57	150m: 2:02.60	43.40	250m: 3:29.99	43.78	350m: 4:56.20	43.49		
100m: 1:19.20 42.63	200m: 2:46.21	43.61	300m: 4:12.71	42.72	400m: 5:37.03	40.83		

Ogólnopolskie Zawody Pływackie Otwarcie Sezonu na Termach
Poznań, 27.9.2025

Konkurencja 11, Dziewcząt, 400m dowolny, 13 lat

Pozycja	Rok ur.								Czas	Pkt.		
9.	LATANOWICZ Natalia								12	KS Poznań Poznań	5:51.33	285
	50m:	37.70	37.70	150m:	2:08.59	45.60	250m:	3:40.20	45.53	350m:	5:10.08	44.53
	100m:	1:22.99	45.29	200m:	2:54.67	46.08	300m:	4:25.55	45.35	400m:	5:51.33	41.25

14 lat

1.	MICHALAK Maria			11	KS Warta Poznań					4:42.91	546	
	50m:	32.50	32.50	150m:	1:42.71	35.46	250m:	2:54.56	36.11	350m:	4:07.54	36.41
	100m:	1:07.25	34.75	200m:	2:18.45	35.74	300m:	3:31.13	36.57	400m:	4:42.91	35.37
2.	PALICKA Patrycja			11	TP Skalar, Słupsk					4:47.58	520	
	50m:	32.27	32.27	150m:	1:44.11	36.59	250m:	2:57.61	36.70	350m:	4:11.76	36.65
	100m:	1:07.52	35.25	200m:	2:20.91	36.80	300m:	3:35.11	37.50	400m:	4:47.58	35.82
3.	SZYMAŃSKA Julia			11	KS Warta Poznań					5:04.99	436	
	50m:	34.74	34.74	150m:	1:50.22	38.16	250m:	3:08.24	39.15	350m:	4:26.56	39.26
	100m:	1:12.06	37.32	200m:	2:29.09	38.87	300m:	3:47.30	39.06	400m:	5:04.99	38.43
4.	KWATYRA Hanna			11	MKP Szczecin					5:13.98	399	
	50m:	34.17	34.17	150m:	1:51.56	39.21	250m:	3:12.51	41.08	350m:	4:34.20	41.00
	100m:	1:12.35	38.18	200m:	2:31.43	39.87	300m:	3:53.20	40.69	400m:	5:13.98	39.78

15 - 16 lat

1.	RESZKO Lena			09	UKP „Polonia Warszawa"					4:21.09	695	
	50m:	30.28	30.28	150m:	1:36.58	33.35	250m:	2:43.13	32.95	350m:	3:49.24	32.72
	100m:	1:03.23	32.95	200m:	2:10.18	33.60	300m:	3:16.52	33.39	400m:	4:21.09	31.85
2.	DUDA Natalia			10	MKP Szczecin					4:26.38	654	
	50m:	31.01	31.01	150m:	1:38.06	33.69	250m:	2:45.72	33.86	350m:	3:53.20	33.65
	100m:	1:04.37	33.36	200m:	2:11.86	33.80	300m:	3:19.55	33.83	400m:	4:26.38	33.18
3.	ROMANOWSKA Aleksandra			09	UKS „GIM 92 Ursynów"					4:33.84	602	
	50m:	31.57	31.57	150m:	1:41.17	34.45	250m:	2:50.28	34.22	350m:	4:00.12	34.96
	100m:	1:06.72	35.15	200m:	2:16.06	34.89	300m:	3:25.16	34.88	400m:	4:33.84	33.72
4.	SOBÓTKA Oliwia			10	UKP „Polonia Warszawa"					4:43.90	540	
	50m:	32.59	32.59	150m:	1:42.58	35.41	250m:	2:54.46	35.94	350m:	4:08.47	36.88
	100m:	1:07.17	34.58	200m:	2:18.52	35.94	300m:	3:31.59	37.13	400m:	4:43.90	35.43
5.	WALCZYK Hanna			10	Grudziądzki KP „Orka"					4:46.13	528	
	50m:	32.30	32.30	150m:	1:43.04	35.82	250m:	2:55.90	36.37	350m:	4:09.94	37.22
	100m:	1:07.22	34.92	200m:	2:19.53	36.49	300m:	3:32.72	36.82	400m:	4:46.13	36.19
6.	GAPSKA Jagoda			10	MKP Szczecin					4:57.36	470	
	50m:	33.11	33.11	150m:	1:46.83	37.12	250m:	3:02.60	38.19	350m:	4:19.52	38.53
	100m:	1:09.71	36.60	200m:	2:24.41	37.58	300m:	3:40.99	38.39	400m:	4:57.36	37.84
7.	BALICKA Ada			09	OŚ AZS w Poznaniu					5:03.76	441	
	50m:	33.61	33.61	150m:	1:48.97	38.22	250m:	3:05.96	38.58	350m:	4:24.25	39.30
	100m:	1:10.75	37.14	200m:	2:27.38	38.41	300m:	3:44.95	38.99	400m:	5:03.76	39.51

17 lat i starsi

1.	GUŚĆ Wiktoria				04	MKP Szczecin				4:17.38	725	
	50m:	30.26	30.26	150m:	1:35.12	32.58	250m:	2:40.52	32.57	350m:	3:45.57	32.44
	100m:	1:02.54	32.28	200m:	2:07.95	32.83	300m:	3:13.13	32.61	400m:	4:17.38	31.81
2.	MAŁOLEPSZA Weronika				07	MKP Szczecin				4:21.91	688	
	50m:	30.48	30.48	150m:	1:35.70	32.87	250m:	2:42.10	33.06	350m:	3:49.61	33.71
	100m:	1:02.83	32.35	200m:	2:09.04	33.34	300m:	3:15.90	33.80	400m:	4:21.91	32.30
3.	KONDRASIUK Zofia				08	UKS „GIM 92 Ursynów"				4:22.11	687	
	50m:	29.82	29.82	150m:	1:35.04	32.85	250m:	2:41.72	33.40	350m:	3:49.09	33.95
	100m:	1:02.19	32.37	200m:	2:08.32	33.28	300m:	3:15.14	33.42	400m:	4:22.11	33.02

Ogólnopolskie Zawody Pływackie Otwarcie Sezonu na Termach
Poznań, 27.9.2025

Konkurencja 11, Kobiet, 400m dowolny, 17 lat i starsi

Pozycja	Rok ur.								Czas	Pkt.	
4. TRAFALSKA Zuzanna	07 UKS 190 Łódź								4:33.91	602	
50m:	32.15	32.15	150m:	1:40.85	34.58	250m:	2:50.55	34.72	350m:	4:00.17	34.78
100m:	1:06.27	34.12	200m:	2:15.83	34.98	300m:	3:25.39	34.84	400m:	4:33.91	33.74
5. DUDA Anna	07 MKP Szczecin								4:36.20	587	
50m:	31.46	31.46	150m:	1:40.68	34.58	250m:	2:51.12	35.57	350m:	4:01.68	35.06
100m:	1:06.10	34.64	200m:	2:15.55	34.87	300m:	3:26.62	35.50	400m:	4:36.20	34.52