

Ogólnopolskie Zawody Pływackie 14 Urodziny Term Maltańskich
Poznań, 11.10.2025

Konkurencja 13
2025.10.11 - 13:46

Kobiet, 400m dowolny

Open
Wyniki

Punkty: Rudolph Table 2025

Pozycja	Rok ur.								Czas		Pkt.	
15 lat i starsi												
1.	KWIATKOWSKA Rozalia			09	MUKS "Piętnastka"					4:25.09	14,7	
	50m:	30.36	30.36	150m:	1:38.07	34.08	250m:	2:46.27	33.84	350m:	3:52.57	32.82
	100m:	1:03.99	33.63	200m:	2:12.43	34.36	300m:	3:19.75	33.48	400m:	4:25.09	32.52
2.	FARTUSZYŃSKA Weronika			08	MKS Juwenia Wrocław					4:36.72	11,4	
	50m:	31.74	31.74	150m:	1:40.62	34.95	250m:	2:51.86	35.68	350m:	4:02.87	35.62
	100m:	1:05.67	33.93	200m:	2:16.18	35.56	300m:	3:27.25	35.39	400m:	4:36.72	33.85
3.	WOLNA Aleksandra			09	MKP Astromal-Leszno					4:37.03	11,6	
	50m:	32.57	32.57	150m:	1:43.29	35.37	250m:	2:54.04	35.17	350m:	4:03.80	34.64
	100m:	1:07.92	35.35	200m:	2:18.87	35.58	300m:	3:29.16	35.12	400m:	4:37.03	33.23
4.	NOSAL Nela			10	MKS Juwenia Wrocław					4:42.91	10,7	
	50m:	30.84	30.84	150m:	1:41.84	36.34	250m:	2:55.23	36.85	350m:	4:07.46	35.94
	100m:	1:05.50	34.66	200m:	2:18.38	36.54	300m:	3:31.52	36.29	400m:	4:42.91	35.45
5.	BELZYT Maja			08	MKS Juwenia Wrocław					4:52.63	7,2	
	50m:	32.53	32.53	150m:	1:46.64	37.63	250m:	3:02.57	37.89	350m:	4:16.64	36.79
	100m:	1:09.01	36.48	200m:	2:24.68	38.04	300m:	3:39.85	37.28	400m:	4:52.63	35.99
6.	BARTOSZEWSKA Marta			10	KS Poznań					4:52.82	8,2	
	50m:	32.15	32.15	150m:	1:45.91	37.41	250m:	3:01.56	37.93	350m:	4:17.16	37.54
	100m:	1:08.50	36.35	200m:	2:23.63	37.72	300m:	3:39.62	38.06	400m:	4:52.82	35.66
7.	MAY Matylda			08	MKP Astromal-Leszno					4:53.52	7,0	
	50m:	32.41	32.41	150m:	1:45.46	36.85	250m:	3:01.31	38.25	350m:	4:17.35	38.24
	100m:	1:08.61	36.20	200m:	2:23.06	37.60	300m:	3:39.11	37.80	400m:	4:53.52	36.17
8.	HARTWIG Michalina			10	WKS Śląsk					4:54.87	7,6	
	50m:	32.35	32.35	150m:	1:46.81	37.86	250m:	3:02.31	37.80	350m:	4:18.04	37.32
	100m:	1:08.95	36.60	200m:	2:24.51	37.70	300m:	3:40.72	38.41	400m:	4:54.87	36.83
9.	BALICKA Ada			09	OŚ AZS w Poznaniu					4:55.04	6,8	
	50m:	34.10	34.10	150m:	1:47.80	37.17	250m:	3:02.38	37.15	350m:	4:17.83	37.90
	100m:	1:10.63	36.53	200m:	2:25.23	37.43	300m:	3:39.93	37.55	400m:	4:55.04	37.21
10.	ŻUK Hanna			10	KS Warta Poznań					4:59.36	6,4	
	50m:	33.30	33.30	150m:	1:47.65	37.57	250m:	3:03.41	37.99	350m:	4:21.21	39.25
	100m:	1:10.08	36.78	200m:	2:25.42	37.77	300m:	3:41.96	38.55	400m:	4:59.36	38.15
11.	NOGALSKA Iga			09	KU AZS UAM Poznań					5:04.19	4,4	
	50m:	32.44	32.44	150m:	1:48.22	38.53	250m:	3:07.35	39.77	350m:	4:26.11	39.41
	100m:	1:09.69	37.25	200m:	2:27.58	39.36	300m:	3:46.70	39.35	400m:	5:04.19	38.08
12.	ŻURAKOWSKA Zuzanna			10	MKS Juwenia Wrocław					5:11.47	3,3	
	50m:	34.37	34.37	150m:	1:52.06	39.21	250m:	3:11.31	39.97	350m:	4:31.90	40.29
	100m:	1:12.85	38.48	200m:	2:31.34	39.28	300m:	3:51.61	40.30	400m:	5:11.47	39.57
13.	CIECHANOWICZ Julia			10	KP Totis Viribus Świebodzin					5:13.92	2,6	
	50m:	34.27	34.27	150m:	1:53.85	40.46	250m:	3:13.98	39.94	350m:	4:35.14	40.66
	100m:	1:13.39	39.12	200m:	2:34.04	40.19	300m:	3:54.48	40.50	400m:	5:13.92	38.78
14.	LYSAK Sofii			09	KP Totis Viribus Świebodzin					5:41.35		
	50m:	36.60	36.60	150m:	2:02.20	43.51	250m:	3:30.57	44.36	350m:	4:58.85	43.72
	100m:	1:18.69	42.09	200m:	2:46.21	44.01	300m:	4:15.13	44.56	400m:	5:41.35	42.50

12 - 14 lat

1.	MICHALAK Maria				11	KS Warta Poznań				4:39.29	12,8
	50m: 31.94	31.94	150m: 1:41.03	34.88	250m: 2:52.22	35.83	350m: 4:04.30	36.08			
	100m: 1:06.15	34.21	200m: 2:16.39	35.36	300m: 3:28.22	36.00	400m: 4:39.29	34.99			
2.	SZYMAŃSKA Julia				11	KS Warta Poznań				4:57.80	8,1
	50m: 33.89	33.89	150m: 1:48.12	37.64	250m: 3:03.91	38.02	350m: 4:20.97	38.57			
	100m: 1:10.48	36.59	200m: 2:25.89	37.77	300m: 3:42.40	38.49	400m: 4:57.80	36.83			

Ogólnopolskie Zawody Pływackie 14 Urodziny Term Maltańskich
Poznań, 11.10.2025

Konkurencja 13, Dziewcząt, 400m dowolny, 12 - 14 lat

Pozycja	Rok ur.										Czas	Pkt.
3.	SELL Magdalena	11	MUKP Korona-Swim Kielce								5:02.22	7,0
	50m: 33.71 33.71	150m: 1:51.62	39.21	250m: 3:08.88	38.39	350m: 4:24.87	37.94					
	100m: 1:12.41 38.70	200m: 2:30.49	38.87	300m: 3:46.93	38.05	400m: 5:02.22	37.35					
4.	HANUSZKO Natalia	11	MKS Juvenia Wrocław								5:07.58	5,6
	50m: 33.47 33.47	150m: 1:49.95	38.34	250m: 3:08.89	39.50	350m: 4:29.58	40.61					
	100m: 1:11.61 38.14	200m: 2:29.39	39.44	300m: 3:48.97	40.08	400m: 5:07.58	38.00					
5.	MAJZA - WAWRZYŃSKA Barbara	11	UKS 3-Wodnik Wolsztyn								5:09.77	5,0
	50m: 34.83 34.83	150m: 1:51.69	39.01	250m: 3:12.50	40.26	350m: 4:32.58	38.87					
	100m: 1:12.68 37.85	200m: 2:32.24	40.55	300m: 3:53.71	41.21	400m: 5:09.77	37.19					
6.	TRACZYK Maja	12	MKS Juvenia Wrocław								5:11.01	6,7
	50m: 34.74 34.74	150m: 1:52.16	39.22	250m: 3:10.70	39.28	350m: 4:31.50	40.90					
	100m: 1:12.94 38.20	200m: 2:31.42	39.26	300m: 3:50.60	39.90	400m: 5:11.01	39.51					
7.	CIESIELSKA Amelia	12	MKS Jedyńka Łódź								5:11.39	6,6
	50m: 36.01 36.01	150m: 1:55.18	39.86	250m: 3:14.97	39.79	350m: 4:33.53	39.38					
	100m: 1:15.32 39.31	200m: 2:35.18	40.00	300m: 3:54.15	39.18	400m: 5:11.39	37.86					
8.	KORDOWSKA Rozalia	12	Toruński MKS CHAMPIONS								5:16.02	5,4
	50m: 35.30 35.30	150m: 1:55.15	40.41	250m: 3:16.81	41.24	350m: 4:37.43	40.72					
	100m: 1:14.74 39.44	200m: 2:35.57	40.42	300m: 3:56.71	39.90	400m: 5:16.02	38.59					
9.	JĘDRO Zuzanna	11	MKS Juvenia Wrocław								5:17.98	2,9
	50m: 35.06 35.06	150m: 1:54.86	40.48	250m: 3:16.73	40.99	350m: 4:38.53	40.74					
	100m: 1:14.38 39.32	200m: 2:35.74	40.88	300m: 3:57.79	41.06	400m: 5:17.98	39.45					
10.	YEVSA Yevanhelina	13	KS Posenania Poznań								5:35.58	3,8
	50m: 38.03 38.03	150m: 2:01.21	42.16	250m: 3:28.52	43.45	350m: 4:55.30	43.26					
	100m: 1:19.05 41.02	200m: 2:45.07	43.86	300m: 4:12.04	43.52	400m: 5:35.58	40.28					
11.	GORZELAŃCZYK Magdalena	13	Ktp "Posejdon" Konin								5:39.64	2,8
	50m: 36.91 36.91	150m: 2:02.67	43.01	250m: 3:29.74	43.08	350m: 4:58.24	43.99					
	100m: 1:19.66 42.75	200m: 2:46.66	43.99	300m: 4:14.25	44.51	400m: 5:39.64	41.40					
12.	GRZESIK Maria	13	KP Totis Viribus Świebodzin								5:45.14	1,5
	50m: 36.86 36.86	150m: 2:03.57	43.99	250m: 3:32.85	44.36	350m: 5:03.22	44.60					
	100m: 1:19.58 42.72	200m: 2:48.49	44.92	300m: 4:18.62	45.77	400m: 5:45.14	41.92					
13.	ŚWITAŁA Alicja	11	KP Totis Viribus Świebodzin								5:50.28	
	50m: 37.71 37.71	150m: 2:06.07	45.50	250m: 3:37.25	46.17	350m: 5:08.67	46.09					
	100m: 1:20.57 42.86	200m: 2:51.08	45.01	300m: 4:22.58	45.33	400m: 5:50.28	41.61					
14.	KOTLIŃSKA Hanna	13	KS Posenania Poznań								5:54.70	
	50m: 38.01 38.01	150m: 2:05.64	44.45	250m: 4:24.67	1:32.93	350m: 5:54.70	41.94					
	100m: 1:21.19 43.18	200m: 2:51.74	46.10	300m: 5:12.76	48.09	400m: 5:54.70						
15.	OBARA Alicja	12	KP Totis Viribus Świebodzin								5:56.42	
	50m: 37.67 37.67	150m: 2:06.06	44.76	250m: 3:37.86	45.85	350m: 5:13.64	49.45					
	100m: 1:21.30 43.63	200m: 2:52.01	45.95	300m: 4:24.19	46.33	400m: 5:56.42	42.78					
16.	SUSZKA Helena	12	Sp "Żagańskie Boberki"								6:07.02	
	50m: 39.20 39.20	150m: 2:12.78	47.86	250m: 3:48.39	47.19	350m: 5:23.32	47.93					
	100m: 1:24.92 45.72	200m: 3:01.20	48.42	300m: 4:35.39	47.00	400m: 6:07.02	43.70					
17.	SZCZEPAŃSKA Laura	12	Aquapark Strzelin								6:12.32	
	50m: 41.35 41.35	150m: 2:15.75	48.49	250m: 3:53.34	48.05	350m: 5:28.42	47.86					
	100m: 1:27.26 45.91	200m: 3:05.29	49.54	300m: 4:40.56	47.22	400m: 6:12.32	43.90					
18.	WIATROWSKA Julia	11	Aquapark Strzelin								6:20.02	
	50m: 39.60 39.60	150m: 2:14.46	48.33	250m: 3:52.06	48.83	350m: 5:32.69	49.48					
	100m: 1:26.13 46.53	200m: 3:03.23	48.77	300m: 4:43.21	51.15	400m: 6:20.02	47.33					
19.	BEKISZ Michalina	12	KP Totis Viribus Świebodzin								6:20.17	
	50m: 38.57 38.57	150m: 2:14.36	48.66	250m: 3:53.66	49.89	350m: 5:35.00	50.70					
	100m: 1:25.70 47.13	200m: 3:03.77	49.41	300m: 4:44.30	50.64	400m: 6:20.17	45.17					
20.	SZMYGIN Kinga	13	KP Totis Viribus Świebodzin								6:38.78	
	50m: 39.50 39.50	150m: 3:07.64	1:41.09	250m: 4:50.85	51.37	350m: 6:38.78	55.28					
	100m: 1:26.55 47.05	200m: 3:59.48	51.84	300m: 5:43.50	52.65	400m: 6:38.78						

Ogólnopolskie Zawody Pływackie 14 Urodziny Term Maltańskich
Poznań, 11.10.2025

Konkurencja 13, Kobiet, 400m dowolny

11 lat i młodsi

1.	SOLTYS Olena			14	IUKS Jedynka Poznań				5:34.61	8,1		
	50m:	36.99	36.99	150m:	2:02.48	43.90	250m:	3:29.22	43.28	350m:	4:56.80	43.91
	100m:	1:18.58	41.59	200m:	2:45.94	43.46	300m:	4:12.89	43.67	400m:	5:34.61	37.81
2.	KEMPNY Zofia			14	Uks "Salmo Żory"				5:54.25	3,6		
	50m:	38.95	38.95	150m:	2:13.18	47.94	250m:	3:44.91	46.22	350m:	5:15.81	44.87
	100m:	1:25.24	46.29	200m:	2:58.69	45.51	300m:	4:30.94	46.03	400m:	5:54.25	38.44