

Poznań, 21. - 22.11.2025

Konkurencja 11
2025.11.21 - 15:56

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.										Czas	Pkt.
16 - 18 lat												
1.	WOLNA Aleksandra			09	MKP Astromal-Leszno					4:37.32	572	
	50m:	31.07	31.07	150m:	1:40.96	35.32	250m:	2:51.84	35.36	350m:	4:03.16	35.56
	100m:	1:05.64	34.57	200m:	2:16.48	35.52	300m:	3:27.60	35.76	400m:	4:37.32	34.16
2.	MAY Matylda			08	MKP Astromal-Leszno					4:45.13	526	
	50m:	31.93	31.93	150m:	1:43.95	36.34	250m:	2:56.78	36.46	350m:	4:09.77	36.40
	100m:	1:07.61	35.68	200m:	2:20.32	36.37	300m:	3:33.37	36.59	400m:	4:45.13	35.36
3.	NOGALSKA Iga			09	KU AZS UAM Poznań					4:58.20	460	
	50m:	32.57	32.57	150m:	1:45.24	36.84	250m:	3:00.21	37.29	350m:	4:18.68	39.51
	100m:	1:08.40	35.83	200m:	2:22.92	37.68	300m:	3:39.17	38.96	400m:	4:58.20	39.52
4.	BALICKA Ada			09	OŚ AZS w Poznaniu					5:05.32	428	
	50m:	34.29	34.29	150m:	1:50.18	38.41	250m:	3:08.96	39.58	350m:	4:26.95	38.96
	100m:	1:11.77	37.48	200m:	2:29.38	39.20	300m:	3:47.99	39.03	400m:	5:05.32	38.37
5.	SZEWCZYK Amelia			09	UKS Maratończyk Ostrów Wlkp.					5:21.86	366	
	50m:	34.48	34.48	150m:	1:53.50	40.32	250m:	3:17.07	42.09	350m:	4:41.05	42.07
	100m:	1:13.18	38.70	200m:	2:34.98	41.48	300m:	3:58.98	41.91	400m:	5:21.86	40.81
6.	CICHA Zuzanna			08	KS Poznań Poznań					5:45.86	295	
	50m:	35.04	35.04	150m:	1:59.33	43.04	250m:	3:30.50	46.21	350m:	5:03.01	46.08
	100m:	1:16.29	41.25	200m:	2:44.29	44.96	300m:	4:16.93	46.43	400m:	5:45.86	42.85
14 - 15 lat												
1.	MICHALAK Maria			11	KS Warta Poznań					4:39.05	561	
	50m:	31.48	31.48	150m:	1:40.76	35.22	250m:	2:52.13	35.82	350m:	4:04.07	36.08
	100m:	1:05.54	34.06	200m:	2:16.31	35.55	300m:	3:27.99	35.86	400m:	4:39.05	34.98
2.	BARTOSZEWSKA Marta			10	KS Poznań Poznań					4:46.23	520	
	50m:	32.20	32.20	150m:	1:43.70	36.24	250m:	2:57.03	36.57	350m:	4:10.60	36.76
	100m:	1:07.46	35.26	200m:	2:20.46	36.76	300m:	3:33.84	36.81	400m:	4:46.23	35.63
3.	ŻUK Hanna			10	KS Warta Poznań					4:52.03	490	
	50m:	33.21	33.21	150m:	1:45.64	36.81	250m:	3:00.14	37.49	350m:	4:15.04	37.68
	100m:	1:08.83	35.62	200m:	2:22.65	37.01	300m:	3:37.36	37.22	400m:	4:52.03	36.99
4.	SZYMAŃSKA Julia			11	KS Warta Poznań					4:57.20	464	
	50m:	33.77	33.77	150m:	1:47.75	37.56	250m:	3:03.48	38.11	350m:	4:20.21	38.24
	100m:	1:10.19	36.42	200m:	2:25.37	37.62	300m:	3:41.97	38.49	400m:	4:57.20	36.99
5.	ŁACZEK Wiktoria			11	KS Waterpolo Poznań					5:03.41	437	
	50m:	33.22	33.22	150m:	1:48.19	38.22	250m:	3:06.28	39.23	350m:	4:26.80	40.52
	100m:	1:09.97	36.75	200m:	2:27.05	38.86	300m:	3:46.28	40.00	400m:	5:03.41	36.61
6.	ŚRAMA Elena			10	KS Poznań Poznań					5:04.50	432	
	50m:	32.40	32.40	150m:	1:49.48	39.00	250m:	3:08.23	39.56	350m:	4:26.71	39.32
	100m:	1:10.48	38.08	200m:	2:28.67	39.19	300m:	3:47.39	39.16	400m:	5:04.50	37.79
7.	NOWAK Liliana			10	Niagara Jedyńka Wolsztyn					5:16.27	385	
	50m:	34.93	34.93	150m:	1:54.36	40.32	250m:	3:17.21	41.55	350m:	4:38.15	39.95
	100m:	1:14.04	39.11	200m:	2:35.66	41.30	300m:	3:58.20	40.99	400m:	5:16.27	38.12
12 - 13 lat												
1.	SADŁOCHA Marcelina			12	KTP Iskra Konin					4:44.99	527	
	50m:	31.05	31.05	150m:	1:41.92	36.22	250m:	2:56.08	37.21	350m:	4:09.64	36.74
	100m:	1:05.70	34.65	200m:	2:18.87	36.95	300m:	3:32.90	36.82	400m:	4:44.99	35.35
2.	BIELOVODSKA Milana			12	KS Warta Poznań					5:03.80	435	
	50m:	34.08	34.08	150m:	1:48.67	38.04	250m:	3:07.48	40.20	350m:	4:26.64	39.73
	100m:	1:10.63	36.55	200m:	2:27.28	38.61	300m:	3:46.91	39.43	400m:	5:03.80	37.16

Poznań, 21. - 22.11.2025

Konkurencja 11, Dziewcząt, 400m dowolny, 12 - 13 lat

Pozycja				Rok ur.							Czas	Pkt.
3.	MAKOWSKA Olga			12	KS Lusovia Lusowo						5:18.36	378
	50m:	36.02	36.02	150m:	1:57.59	41.43	250m:	3:20.71	41.56	350m:	4:42.14	40.29
	100m:	1:16.16	40.14	200m:	2:39.15	41.56	300m:	4:01.85	41.14	400m:	5:18.36	36.22
4.	SMYKAJ Katarzyna			12	KS Posnania Poznań						5:19.83	373
	50m:	36.25	36.25	150m:	1:57.16	41.58	250m:	3:20.84	41.95	350m:	4:44.01	41.48
	100m:	1:15.58	39.33	200m:	2:38.89	41.73	300m:	4:02.53	41.69	400m:	5:19.83	35.82
5.	ANDRZEJEWSKA Alicja			13	"UKS - Jedynka Kórnik"						5:20.83	369
	50m:	35.47	35.47	150m:	1:55.18	41.28	250m:	3:19.49	42.47	350m:	4:42.48	41.77
	100m:	1:13.90	38.43	200m:	2:37.02	41.84	300m:	4:00.71	41.22	400m:	5:20.83	38.35
6.	YEVSA Yevanhelina			13	KS Posnania Poznań						5:27.37	347
	50m:	37.31	37.31	150m:	1:59.10	40.78	250m:	3:23.60	42.21	350m:	4:47.73	41.96
	100m:	1:18.32	41.01	200m:	2:41.39	42.29	300m:	4:05.77	42.17	400m:	5:27.37	39.64
7.	KOTLIŃSKA Hanna			13	KS Posnania Poznań						5:29.70	340
	50m:	36.89	36.89	150m:	2:00.01	42.28	250m:	3:24.39	41.82	350m:	4:49.47	42.31
	100m:	1:17.73	40.84	200m:	2:42.57	42.56	300m:	4:07.16	42.77	400m:	5:29.70	40.23
8.	RAJCZYK Lena			12	KTP Iskra Konin						5:33.49	329
	50m:	36.03	36.03	150m:	1:59.65	42.67	250m:	3:26.62	43.67	350m:	4:52.68	42.67
	100m:	1:16.98	40.95	200m:	2:42.95	43.30	300m:	4:10.01	43.39	400m:	5:33.49	40.81
9.	KŁOSOWSKA Maria			13	KS Posnania Poznań						5:59.64	262
	50m:	39.96	39.96	150m:	2:11.28	46.82	250m:	3:44.51	46.50	350m:	5:17.56	46.52
	100m:	1:24.46	44.50	200m:	2:58.01	46.73	300m:	4:31.04	46.53	400m:	5:59.64	42.08
10.	FOKSOWICZ Hanna			12	KS Lusovia Lusowo						6:00.10	261
	50m:	38.37	38.37	150m:	2:09.51	46.31	250m:	3:43.52	47.30	350m:	5:17.34	47.00
	100m:	1:23.20	44.83	200m:	2:56.22	46.71	300m:	4:30.34	46.82	400m:	6:00.10	42.76
11.	ORLICKA Zofia			13	KS Lusovia Lusowo						6:00.53	260
	50m:	39.35	39.35	150m:	2:09.88	46.55	250m:	3:43.89	46.56	350m:	5:18.52	46.61
	100m:	1:23.33	43.98	200m:	2:57.33	47.45	300m:	4:31.91	48.02	400m:	6:00.53	42.01
12.	AMBROZIK Zuzanna			12	MKP Astromal-Leszno						6:04.47	252
	50m:	39.14	39.14	150m:	2:12.81	48.27	250m:	3:45.12	46.26	350m:	5:21.84	50.11
	100m:	1:24.54	45.40	200m:	2:58.86	46.05	300m:	4:31.73	46.61	400m:	6:04.47	42.63
13.	KRUKOWSKA Aleksandra			12	KS Lusovia Lusowo						6:12.37	236
	50m:	41.92	41.92	150m:	2:16.06	47.99	250m:	3:54.11	48.71	350m:	5:27.84	46.11
	100m:	1:28.07	46.15	200m:	3:05.40	49.34	300m:	4:41.73	47.62	400m:	6:12.37	44.53