

Wielkopolskie Rozgrywki Pływackie 2025
Poznań, 14.2. - 28.11.2025

Konkurencja 311
2025.11.28 - 13:22

Dziewcząt, 400m dowolny

11 - 13 lat
Wyniki

Punkty: AQUA 2024

Pozycja	Rok ur.										Czas	Pkt.
13 lat												
1.	MIKOŁAJCZAK Helena			12	KS Posnania Poznań					4:46.62	525	
	50m:	31.54	31.54	150m:	1:44.50	37.19	250m:	2:58.90	36.90	350m:	4:12.61	36.78
	100m:	1:07.31	35.77	200m:	2:22.00	37.50	300m:	3:35.83	36.93	400m:	4:46.62	34.01
2.	BIELOVODSKA Milana			12	KS Warta Poznań					5:02.75	445	
	50m:	34.18	34.18	150m:	1:51.24	39.27	250m:	3:09.21	38.99	350m:	4:27.17	38.61
	100m:	1:11.97	37.79	200m:	2:30.22	38.98	300m:	3:48.56	39.35	400m:	5:02.75	35.58
3.	LEOPOLD Maja			12	UKS CITYZEN Poznań					5:13.48	401	
	50m:	35.72	35.72	150m:	1:55.44	39.46	250m:	3:15.40	39.70	350m:	4:34.60	38.94
	100m:	1:15.98	40.26	200m:	2:35.70	40.26	300m:	3:55.66	40.26	400m:	5:13.48	38.88
4.	MATYSIK Alicja			12	Niagara Jedyńka Wolsztyn					5:29.75	345	
	50m:	35.74	35.74	150m:	1:57.68	41.78	250m:	3:22.89	42.48	350m:	4:47.85	42.42
	100m:	1:15.90	40.16	200m:	2:40.41	42.73	300m:	4:05.43	42.54	400m:	5:29.75	41.90
12 lat												
1.	ANDRZEJEWSKA Alicja			13	"UKS - Jedyńka Kórnik"					5:17.31	387	
	50m:	36.35	36.35	150m:	1:55.83	40.50	250m:	3:17.19	40.53	350m:	4:39.61	41.21
	100m:	1:15.33	38.98	200m:	2:36.66	40.83	300m:	3:58.40	41.21	400m:	5:17.31	37.70
2.	YEVSA Yevanhelina			13	KS Posnania Poznań					5:22.19	369	
	50m:	37.47	37.47	150m:	1:59.00	41.15	250m:	3:21.17	41.20	350m:	4:43.98	41.32
	100m:	1:17.85	40.38	200m:	2:39.97	40.97	300m:	4:02.66	41.49	400m:	5:22.19	38.21
3.	PAWLAK Maja			13	KU AZS UAM Poznań					5:33.60	333	
	50m:	36.59	36.59	150m:	2:01.16	43.45	250m:	3:28.16	43.58	350m:	4:54.17	42.89
	100m:	1:17.71	41.12	200m:	2:44.58	43.42	300m:	4:11.28	43.12	400m:	5:33.60	39.43
4.	CIEŚLA Kaja			13	Niagara Jedyńka Wolsztyn					5:34.79	329	
	50m:	37.25	37.25	150m:	2:01.34	42.35	250m:	3:27.10	42.91	350m:	4:54.04	43.62
	100m:	1:18.99	41.74	200m:	2:44.19	42.85	300m:	4:10.42	43.32	400m:	5:34.79	40.75
5.	DEJKO Nadia			13	UKS „HS” Team Kryty Basen Kłodzko					5:37.98	320	
	50m:	37.23	37.23	150m:	2:03.29	43.52	250m:	3:30.52	43.15	350m:	4:57.24	43.10
	100m:	1:19.77	42.54	200m:	2:47.37	44.08	300m:	4:14.14	43.62	400m:	5:37.98	40.74
6.	DOŁGOPOŁ Alicja			13	KS Warta Poznań					5:38.95	317	
	50m:	37.71	37.71	150m:	2:03.60	44.00	250m:	3:31.46	43.88	350m:	4:58.83	43.28
	100m:	1:19.60	41.89	200m:	2:47.58	43.98	300m:	4:15.55	44.09	400m:	5:38.95	40.12
7.	KRAWCZYK Zuzanna			13	KS Posnania Poznań					5:40.98	312	
	50m:	38.39	38.39	150m:	2:06.68	44.33	250m:	3:35.85	44.30	350m:	5:03.00	43.79
	100m:	1:22.35	43.96	200m:	2:51.55	44.87	300m:	4:19.21	43.36	400m:	5:40.98	37.98
8.	KOTLIŃSKA Hanna			13	KS Posnania Poznań					5:46.55	297	
	50m:	36.44	36.44	150m:	1:59.62	42.33	250m:	3:29.26	45.08	350m:	5:01.83	46.23
	100m:	1:17.29	40.85	200m:	2:44.18	44.56	300m:	4:15.60	46.34	400m:	5:46.55	44.72
9.	PRUSZYŃSKA Weronika			13	KS Warta Poznań					5:49.03	291	
	50m:	39.22	39.22	150m:	2:09.88	45.46	250m:	3:40.34	44.85	350m:	5:08.57	43.43
	100m:	1:24.42	45.20	200m:	2:55.49	45.61	300m:	4:25.14	44.80	400m:	5:49.03	40.46
10.	KŁOSOWSKA Maria			13	KS Posnania Poznań					6:02.63	259	
	50m:	42.33	42.33	150m:	2:14.79	46.59	250m:	3:47.65	46.99	350m:	5:20.65	45.82
	100m:	1:28.20	45.87	200m:	3:00.66	45.87	300m:	4:34.83	47.18	400m:	6:02.63	41.98
11.	FRĄCKOWIAK Maria			13	KU AZS UAM Poznań					6:36.31	198	
	50m:	41.49	41.49	150m:	2:21.07	51.03	250m:	4:03.94	51.80	350m:	5:45.81	51.18
	100m:	1:30.04	48.55	200m:	3:12.14	51.07	300m:	4:54.63	50.69	400m:	6:36.31	50.50

Wielkopolskie Rozgrywki Pływackie 2025
Poznań, 14.2. - 28.11.2025

Konkurencja 311, Dziewcząt, 400m dowolny

11 lat

1.	SOLTYS Olena	14	IUKS Jedyńka Poznań	5:19.85	378
	50m: 35.56 35.56	150m: 1:56.72 40.92	250m: 3:19.65 41.41	350m: 4:41.70 40.87	
	100m: 1:15.80 40.24	200m: 2:38.24 41.52	300m: 4:00.83 41.18	400m: 5:19.85 38.15	
2.	KUBIAK Aleksandra	14	"UKS - Jedyńka Kórnik"	5:26.21	356
	50m: 35.44 35.44	150m: 1:58.08 41.88	250m: 3:22.10 41.92	350m: 4:46.46 42.30	
	100m: 1:16.20 40.76	200m: 2:40.18 42.10	300m: 4:04.16 42.06	400m: 5:26.21 39.75	
3.	KONIECZNA Lena	14	"UKS - Jedyńka Kórnik"	5:44.45	302
	50m: 38.68 38.68	150m: 2:06.60 44.28	250m: 3:35.92 44.09	350m: 5:04.43 43.80	
	100m: 1:22.32 43.64	200m: 2:51.83 45.23	300m: 4:20.63 44.71	400m: 5:44.45 40.02	
4.	STEFANIAK Alicja	14	KS Warta Poznań	5:57.14	271
	50m: 39.34 39.34	150m: 2:11.06 46.31	250m: 3:44.28 46.98	350m: 5:14.87 44.59	
	100m: 1:24.75 45.41	200m: 2:57.30 46.24	300m: 4:30.28 46.00	400m: 5:57.14 42.27	
5.	PIECZYŃSKA Barbara	14	KU AZS UAM Poznań	6:05.15	254
	50m: 41.06 41.06	150m: 2:13.58 47.25	250m: 3:46.14 45.51	350m: 5:19.11 46.39	
	100m: 1:26.33 45.27	200m: 3:00.63 47.05	300m: 4:32.72 46.58	400m: 6:05.15 46.04	
6.	BAJONCZAK Magdalena	14	Niagara Jedyńka Wolsztyn	6:36.02	199
	50m: 43.14 43.14	150m: 2:22.35 50.84	250m: 4:03.11 50.47	350m: 5:47.26 51.67	
	100m: 1:31.51 48.37	200m: 3:12.64 50.29	300m: 4:55.59 52.48	400m: 6:36.02 48.76	
7.	YARISH Yuliia	14	KU AZS UAM Poznań	6:49.02	180
	50m: 45.74 45.74	150m: 2:30.19 52.70	250m: 4:18.44 54.11	350m: 6:04.18 51.44	
	100m: 1:37.49 51.75	200m: 3:24.33 54.14	300m: 5:12.74 54.30	400m: 6:49.02 44.84	