

Mistrzostwa Województwa Warmińsko-Mazurskiego  
Elbląg, 29. - 30.11.2025

Konkurencja 33  
2025.11.30 - 12:22

Kobiet, 400m dowolny

11 lat i starsi  
Wyniki

Punkty: AQUA 2025

| Pozycja | Rok ur.               |         |       |       |         |                      |       |         |       |       | Czas           | Pkt.  |
|---------|-----------------------|---------|-------|-------|---------|----------------------|-------|---------|-------|-------|----------------|-------|
| 11 lat  |                       |         |       |       |         |                      |       |         |       |       |                |       |
| 1.      | TOPA Gabriela         |         |       |       | 14      | MTP Kormoran Olsztyn |       |         |       |       | <b>5:25.79</b> | 353   |
|         | 50m:                  | 35.65   | 35.65 | 150m: | 1:56.81 | 40.96                | 250m: | 3:17.76 | 40.60 | 350m: | 4:35.41        | 37.22 |
|         | 100m:                 | 1:15.85 | 40.20 | 200m: | 2:37.16 | 40.35                | 300m: | 3:58.19 | 40.43 | 400m: | 5:25.79        | 50.38 |
| 2.      | STAŚKIEWICZ Pola      |         |       |       | 14      | MTP Kormoran Olsztyn |       |         |       |       | <b>5:37.36</b> | 317   |
|         | 50m:                  | 37.73   | 37.73 | 150m: | 2:03.69 | 43.04                | 250m: | 3:30.15 | 43.25 | 350m: | 4:56.17        | 42.37 |
|         | 100m:                 | 1:20.65 | 42.92 | 200m: | 2:46.90 | 43.21                | 300m: | 4:13.80 | 43.65 | 400m: | 5:37.36        | 41.19 |
| 3.      | NASZKIEWICZ Liza      |         |       |       | 14      | MUKS Piorun Gołdap   |       |         |       |       | <b>5:42.00</b> | 305   |
|         | 50m:                  | 37.67   | 37.67 | 150m: | 2:03.98 | 43.51                | 250m: | 3:32.38 | 44.34 | 350m: | 5:00.72        | 43.50 |
|         | 100m:                 | 1:20.47 | 42.80 | 200m: | 2:48.04 | 44.06                | 300m: | 4:17.22 | 44.84 | 400m: | 5:42.00        | 41.28 |
| 4.      | MARKOWSKA Weronika    |         |       |       | 14      | SSP „Orka" Iława     |       |         |       |       | <b>5:50.22</b> | 284   |
|         | 50m:                  | 38.14   | 38.14 | 150m: | 2:07.62 | 45.22                | 250m: | 3:38.79 | 45.53 | 350m: | 5:09.55        | 44.83 |
|         | 100m:                 | 1:22.40 | 44.26 | 200m: | 2:53.26 | 45.64                | 300m: | 4:24.72 | 45.93 | 400m: | 5:50.22        | 40.67 |
| 5.      | GIECZEWSKA Urszula    |         |       |       | 14      | UKS „Frog" Giżycko   |       |         |       |       | <b>6:00.19</b> | 261   |
|         | 50m:                  | 37.63   | 37.63 | 150m: | 2:05.34 | 44.63                | 250m: | 3:36.09 | 45.11 | 350m: | 5:12.28        | 50.03 |
|         | 100m:                 | 1:20.71 | 43.08 | 200m: | 2:50.98 | 45.64                | 300m: | 4:22.25 | 46.16 | 400m: | 6:00.19        | 47.91 |
| 6.      | SIENIC Natalia        |         |       |       | 14      | MKS Medyk Giżycko    |       |         |       |       | <b>6:34.57</b> | 198   |
|         | 50m:                  | 40.52   | 40.52 | 150m: | 2:15.75 | 49.84                | 250m: | 3:58.92 | 52.25 | 350m: | 5:44.02        | 51.78 |
|         | 100m:                 | 1:25.91 | 45.39 | 200m: | 3:06.67 | 50.92                | 300m: | 4:52.24 | 53.32 | 400m: | 6:34.57        | 50.55 |
| 12 lat  |                       |         |       |       |         |                      |       |         |       |       |                |       |
| 1.      | ŻUKOWSKA Lena         |         |       |       | 13      | SWIMLAND Olsztyn     |       |         |       |       | <b>5:30.88</b> | 336   |
|         | 50m:                  | 35.02   | 35.02 | 150m: | 1:58.28 | 42.76                | 250m: | 3:24.79 | 43.34 | 350m: | 4:52.37        | 43.40 |
|         | 100m:                 | 1:15.52 | 40.50 | 200m: | 2:41.45 | 43.17                | 300m: | 4:08.97 | 44.18 | 400m: | 5:30.88        | 38.51 |
| 2.      | BAKOWSKA Gabriela     |         |       |       | 13      | MTP Kormoran Olsztyn |       |         |       |       | <b>5:32.71</b> | 331   |
|         | 50m:                  | 38.40   | 38.40 | 150m: | 2:02.15 | 42.55                | 250m: | 3:27.20 | 42.66 | 350m: | 4:51.66        | 42.23 |
|         | 100m:                 | 1:19.60 | 41.20 | 200m: | 2:44.54 | 42.39                | 300m: | 4:09.43 | 42.23 | 400m: | 5:32.71        | 41.05 |
| 3.      | POLAK Aleksandra      |         |       |       | 13      | UKS „Frog" Giżycko   |       |         |       |       | <b>5:39.11</b> | 313   |
|         | 50m:                  | 38.70   | 38.70 | 150m: | 2:05.75 | 43.76                | 250m: | 3:33.32 | 43.75 | 350m: | 4:57.80        | 43.12 |
|         | 100m:                 | 1:21.99 | 43.29 | 200m: | 2:49.57 | 43.82                | 300m: | 4:14.68 | 41.36 | 400m: | 5:39.11        | 41.31 |
| 4.      | KUBACKA Lena          |         |       |       | 13      | MTP Kormoran Olsztyn |       |         |       |       | <b>5:42.31</b> | 304   |
|         | 50m:                  | 37.94   | 37.94 | 150m: | 2:03.94 | 43.81                | 250m: | 3:31.53 | 42.79 | 350m: | 4:59.59        | 44.11 |
|         | 100m:                 | 1:20.13 | 42.19 | 200m: | 2:48.74 | 44.80                | 300m: | 4:15.48 | 43.95 | 400m: | 5:42.31        | 42.72 |
| 13 lat  |                       |         |       |       |         |                      |       |         |       |       |                |       |
| 1.      | KRYSZTOF Alicja       |         |       |       | 12      | MTP Kormoran Olsztyn |       |         |       |       | <b>4:39.79</b> | 557   |
|         | 50m:                  | 32.09   | 32.09 | 150m: | 1:43.38 | 35.77                | 250m: | 2:54.46 | 35.37 | 350m: | 4:06.46        | 36.01 |
|         | 100m:                 | 1:07.61 | 35.52 | 200m: | 2:19.09 | 35.71                | 300m: | 3:30.45 | 35.99 | 400m: | 4:39.79        | 33.33 |
| 2.      | GALEWSKA Isabella     |         |       |       | 12      | MTP Kormoran Olsztyn |       |         |       |       | <b>5:16.78</b> | 383   |
|         | 50m:                  | 34.55   | 34.55 | 150m: | 1:54.10 | 40.27                | 250m: | 3:15.79 | 40.80 | 350m: | 4:37.69        | 40.50 |
|         | 100m:                 | 1:13.83 | 39.28 | 200m: | 2:34.99 | 40.89                | 300m: | 3:57.19 | 41.40 | 400m: | 5:16.78        | 39.09 |
| 3.      | PIĄTKOWSKA Maja       |         |       |       | 12      | UKS „Frog" Giżycko   |       |         |       |       | <b>5:20.80</b> | 369   |
|         | 50m:                  | 34.59   | 34.59 | 150m: | 1:54.95 | 40.95                | 250m: | 3:17.37 | 41.21 | 350m: | 4:40.73        | 41.34 |
|         | 100m:                 | 1:14.00 | 39.41 | 200m: | 2:36.16 | 41.21                | 300m: | 3:59.39 | 42.02 | 400m: | 5:20.80        | 40.07 |
| 4.      | KWIETNIEWSKA Lilianna |         |       |       | 12      | UKP Jedyńka Elbląg   |       |         |       |       | <b>5:38.77</b> | 313   |
|         | 50m:                  | 37.78   | 37.78 | 150m: | 2:04.44 | 44.18                | 250m: | 3:33.64 | 44.29 | 350m: | 4:59.69        | 42.56 |
|         | 100m:                 | 1:20.26 | 42.48 | 200m: | 2:49.35 | 44.91                | 300m: | 4:17.13 | 43.49 | 400m: | 5:38.77        | 39.08 |
| 5.      | SADOWSKA Wiktoria     |         |       |       | 12      | UKS PIRAT Elbląg     |       |         |       |       | <b>6:08.04</b> | 244   |
|         | 50m:                  | 41.03   | 41.03 | 150m: | 2:13.21 | 47.34                | 250m: | 3:48.38 | 47.20 | 350m: | 5:24.80        | 48.07 |
|         | 100m:                 | 1:25.87 | 44.84 | 200m: | 3:01.18 | 47.97                | 300m: | 4:36.73 | 48.35 | 400m: | 6:08.04        | 43.24 |

Mistrzostwa Województwa Warmińsko-Mazurskiego  
Elbląg, 29. - 30.11.2025

Konkurencja 33, Kobiet, 400m dowolny

14 lat

|    |                     |                     |                      |                     |     |
|----|---------------------|---------------------|----------------------|---------------------|-----|
| 1. | KAROLEWSKA Julia    | 11                  | SWIMLAND Olsztyn     | <b>4:34.03</b>      | 593 |
|    | 50m: 31.11 31.11    | 150m: 1:40.64 35.18 | 250m: 2:50.75 35.07  | 350m: 4:01.31 35.34 |     |
|    | 100m: 1:05.46 34.35 | 200m: 2:15.68 35.04 | 300m: 3:25.97 35.22  | 400m: 4:34.03 32.72 |     |
| 2. | BARCZAK Karolina    | 11                  | MTP Kormoran Olsztyn | <b>4:34.07</b>      | 592 |
|    | 50m: 31.75 31.75    | 150m: 1:40.66 34.98 | 250m: 2:50.70 34.83  | 350m: 4:01.01 35.03 |     |
|    | 100m: 1:05.68 33.93 | 200m: 2:15.87 35.21 | 300m: 3:25.98 35.28  | 400m: 4:34.07 33.06 |     |
| 3. | ŁOPACIŃSKA Lena     | 11                  | UKP Jedyńka Elbląg   | <b>4:56.11</b>      | 470 |
|    | 50m: 33.44 33.44    | 150m: 1:47.12 36.65 | 250m: 3:02.61 38.08  | 350m: 4:18.77 38.02 |     |
|    | 100m: 1:10.47 37.03 | 200m: 2:24.53 37.41 | 300m: 3:40.75 38.14  | 400m: 4:56.11 37.34 |     |
| 4. | PROCHOWICZ Hanna    | 11                  | MUKS Piorun Gołdap   | <b>5:16.10</b>      | 386 |
|    | 50m: 35.46 35.46    | 150m: 1:55.44 40.85 | 250m: 3:16.26 40.57  | 350m: 4:37.71 40.67 |     |
|    | 100m: 1:14.59 39.13 | 200m: 2:35.69 40.25 | 300m: 3:57.04 40.78  | 400m: 5:16.10 38.39 |     |
| 5. | GORGOSZ Julia       | 11                  | MKS Medyk Giżycko    | <b>5:35.24</b>      | 323 |
|    | 50m: 34.74 34.74    | 150m: 1:57.96 42.19 | 250m: 3:22.89 42.36  | 350m: 4:51.35 44.21 |     |
|    | 100m: 1:15.77 41.03 | 200m: 2:40.53 42.57 | 300m: 4:07.14 44.25  | 400m: 5:35.24 43.89 |     |

15 lat i starsi

|    |                     |                     |                      |                     |     |
|----|---------------------|---------------------|----------------------|---------------------|-----|
| 1. | JABŁOŃSKA Natalia   | 08                  | MTP Kormoran Olsztyn | <b>4:47.99</b>      | 511 |
|    | 50m: 33.70 33.70    | 150m: 1:45.81 36.36 | 250m: 2:58.53 36.33  | 350m: 4:11.92 36.63 |     |
|    | 100m: 1:09.45 35.75 | 200m: 2:22.20 36.39 | 300m: 3:35.29 36.76  | 400m: 4:47.99 36.07 |     |
| 2. | MYŚLIŃSKA Martyna   | 10                  | UKS „Frog” Giżycko   | <b>5:23.12</b>      | 361 |
|    | 50m: 35.38 35.38    | 150m: 1:57.09 41.25 | 250m: 3:20.51 41.60  | 350m: 4:44.01 41.53 |     |
|    | 100m: 1:15.84 40.46 | 200m: 2:38.91 41.82 | 300m: 4:02.48 41.97  | 400m: 5:23.12 39.11 |     |
| 3. | SUSKA Zuzanna       | 07                  | UKP Jedyńka Elbląg   | <b>5:29.36</b>      | 341 |
|    | 50m: 35.48 35.48    | 150m: 1:56.94 41.30 | 250m: 3:22.01 42.76  | 350m: 4:48.10 42.39 |     |
|    | 100m: 1:15.64 40.16 | 200m: 2:39.25 42.31 | 300m: 4:05.71 43.70  | 400m: 5:29.36 41.26 |     |
| 4. | BURKIEWICZ Zofia    | 09                  | SSP „Orka” Iława     | <b>5:35.16</b>      | 324 |
|    | 50m: 35.79 35.79    | 150m: 1:59.19 42.53 | 250m: 3:26.29 43.49  | 350m: 4:53.25 43.35 |     |
|    | 100m: 1:16.66 40.87 | 200m: 2:42.80 43.61 | 300m: 4:09.90 43.61  | 400m: 5:35.16 41.91 |     |
| PK | KUMKOWSKA Michalina | 14                  | WOPR Malbork         | <b>5:27.15</b>      | 348 |
|    | 50m: 39.13 39.13    | 150m: 2:04.49 42.70 | 250m: 3:28.08 41.76  | 350m: 4:48.82 40.12 |     |
|    | 100m: 1:21.79 42.66 | 200m: 2:46.32 41.83 | 300m: 4:08.70 40.62  | 400m: 5:27.15 38.33 |     |