

Ogólnopolskie Zawody Pływackie Poprawiamy Rekordy na Termach
Pozna , 16.5.2026

Konkurencja 17
2026.05.16 - 14:36

Kobiet, 400m dowolny

13 lat i starsi
Wyniki

Punkty: Rudolph Table 2025

Pozycja	Rok ur.	Czas	Pkt.
16 lat i starsi			
1. MAY Matylda	08 MKP Astromal-Leszno	4:54.99	6,1
50m: 32.54 32.54	150m: 1:46.44 37.45	250m: 3:03.17 38.78	350m: 4:19.39 37.75
100m: 1:08.99 36.45	200m: 2:24.39 37.95	300m: 3:41.64 38.47	400m: 4:54.99 35.60
2. WOLNA Aleksandra	09 MKP Astromal-Leszno	5:01.88	4,8
50m: 33.30 33.30	150m: 1:50.20 38.89	250m: 3:09.12 39.65	350m: 4:26.22 36.55
100m: 1:11.31 38.01	200m: 2:29.47 39.27	300m: 3:49.67 40.55	400m: 5:01.88 35.66
3. GRALA Maria	10 O AZS w Poznaniu	5:02.40	4,9
50m: 36.17 36.17	150m: 1:55.97 39.55	250m: 3:14.49 39.04	350m: 4:29.17 36.94
100m: 1:16.42 40.25	200m: 2:35.45 39.48	300m: 3:52.23 37.74	400m: 5:02.40 33.23
4. KAWCZY SKA Zuzanna	10 O AZS w Poznaniu	5:03.85	4,5
50m: 33.41 33.41	150m: 1:48.39 37.75	250m: 3:07.81 39.82	350m: 4:26.20 39.20
100m: 1:10.64 37.23	200m: 2:27.99 39.60	300m: 3:47.00 39.19	400m: 5:03.85 37.65
5. NOWAK Liliana	10 Niagara Jedyńka Wolsztyn	5:31.30	
50m: 36.34 36.34	150m: 2:00.04 42.17	250m: 3:26.15 43.36	350m: 4:53.50 43.09
100m: 1:17.87 41.53	200m: 2:42.79 42.75	300m: 4:10.41 44.26	400m: 5:31.30 37.80
13 - 15 lat			
1. MIKOŁAJCZAK Helena	12 KS Posenania Pozna	4:43.76	11,7
50m: 30.63 30.63	150m: 1:41.99 36.46	250m: 2:55.57 36.69	350m: 4:08.60 36.23
100m: 1:05.53 34.90	200m: 2:18.88 36.89	300m: 3:32.37 36.80	400m: 4:43.76 35.16
2. MICHALAK Maria	11 KS Warta Pozna	4:45.89	10,0
50m: 32.38 32.38	150m: 1:43.75 36.21	250m: 2:57.06 36.61	350m: 4:10.66 36.69
100m: 1:07.54 35.16	200m: 2:20.45 36.70	300m: 3:33.97 36.91	400m: 4:45.89 35.23
3. SADŁOCHA Marcelina	12 KTP Iskra Konin	4:45.92	11,1
50m: 32.89 32.89	150m: 1:44.76 36.72	250m: 2:59.77 37.19	350m: 4:11.70 35.53
100m: 1:08.04 35.15	200m: 2:22.58 37.82	300m: 3:36.17 36.40	400m: 4:45.92 34.22
4. KWATYRA Hanna	11 MKP Szczecin	4:56.88	7,1
50m: 32.57 32.57	150m: 1:46.70 37.67	250m: 3:03.45 38.45	350m: 4:20.38 37.78
100m: 1:09.03 36.46	200m: 2:25.00 38.30	300m: 3:42.60 39.15	400m: 4:56.88 36.50
5. SZYMA SKA Julia	11 KS Warta Pozna	5:03.64	5,3
50m: 33.82 33.82	150m: 1:49.23 38.04	250m: 3:07.47 39.26	350m: 4:26.01 39.25
100m: 1:11.19 37.37	200m: 2:28.21 38.98	300m: 3:46.76 39.29	400m: 5:03.64 37.63
6. MAJZA - WAWRZY SKA Barbara	11 UKS 3-Wodnik Wolsztyn	5:06.71	4,5
50m: 35.11 35.11	150m: 1:51.33 39.06	250m: 3:10.32 40.26	350m: 4:29.21 39.83
100m: 1:12.27 37.16	200m: 2:30.06 38.73	300m: 3:49.38 39.06	400m: 5:06.71 37.50
7. SIEWIERSKA Paulina	11 MKS Znicz Koszalin	5:32.80	
50m: 33.96 33.96	150m: 1:55.40 42.82	250m: 3:23.23 44.81	350m: 4:50.83 44.21
100m: 1:12.58 38.62	200m: 2:38.42 43.02	300m: 4:06.62 43.39	400m: 5:32.80 41.97
8. FOKSOWICZ Hanna	12 KS Lusovia Lusowo	5:53.62	
50m: 38.05 38.05	150m: 2:07.36 45.46	250m: 3:39.19 45.66	350m: 5:10.65 45.33
100m: 1:21.90 43.85	200m: 2:53.53 46.17	300m: 4:25.32 46.13	400m: 5:53.62 42.97
9. ZIELI SKA Nadia	12 UKS Fala Swarż dz	5:53.74	
50m: 37.32 37.32	150m: 2:05.10 45.15	250m: 3:37.87 46.62	350m: 5:10.48 45.86
100m: 1:19.95 42.63	200m: 2:51.25 46.15	300m: 4:24.62 46.75	400m: 5:53.74 43.26