

Letnie Mistrzostwa Okręgu Wielkopolskiego
Poznań, 12. - 13.6.2026

Konkurencja 18
2026.06.13 - 10:12

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Punkty: Rudolph Table 2025

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m	
16 - 18 lat									
1.	MAY Matylda	08	MKP Astromal-Leszno	4:54.02	6,4	1:09.24	1:15.95	1:16.35	1:12.48
	50m:	32.84	32.84	150m:	1:46.99	37.75	250m:	3:03.33	38.14
	100m:	1:09.24	36.40	200m:	2:25.19	38.20	300m:	3:41.54	38.21
							350m:	4:18.85	37.31
							400m:	4:54.02	35.17
2.	GRALA Maria	10	O AZS w Poznaniu	4:54.54	7,0	1:09.69	1:15.96	1:16.18	1:12.71
	50m:	32.91	32.91	150m:	1:47.30	37.61	250m:	3:03.55	37.90
	100m:	1:09.69	36.78	200m:	2:25.65	38.35	300m:	3:41.83	38.28
							350m:	4:19.23	37.40
							400m:	4:54.54	35.31
3.	DOLATA Olga	08	KS Poznań Poznań	4:57.39	5,5	1:08.57	1:16.75	1:16.55	1:15.52
	50m:	32.25	32.25	150m:	1:46.71	38.14	250m:	3:03.49	38.17
	100m:	1:08.57	36.32	200m:	2:25.32	38.61	300m:	3:41.87	38.38
							350m:	4:20.10	38.23
							400m:	4:57.39	37.29
4.	BARTOSZEWSKA Marta	10	KS Poznań Poznań	4:57.89	6,1	1:08.96	1:16.83	1:17.12	1:14.98
	50m:	32.29	32.29	150m:	1:47.28	38.32	250m:	3:04.20	38.41
	100m:	1:08.96	36.67	200m:	2:25.79	38.51	300m:	3:42.91	38.71
							350m:	4:21.22	38.31
							400m:	4:57.89	36.67
5.	KAWCZY SKA Zuzanna	10	O AZS w Poznaniu	5:00.46	5,4	1:12.44	1:16.76	1:17.34	1:13.92
	50m:	34.49	34.49	150m:	1:50.58	38.14	250m:	3:07.79	38.59
	100m:	1:12.44	37.95	200m:	2:29.20	38.62	300m:	3:46.54	38.75
							350m:	4:24.06	37.52
							400m:	5:00.46	36.40
6.	MICHALSKA Zuzanna	10	KS Poznań Poznań	5:02.38	4,9	1:10.32	1:18.55	1:18.86	1:14.65
	50m:	32.97	32.97	150m:	1:49.15	38.83	250m:	3:08.30	39.43
	100m:	1:10.32	37.35	200m:	2:28.87	39.72	300m:	3:47.73	39.43
							350m:	4:25.27	37.54
							400m:	5:02.38	37.11
7.	RAMA Elena	10	KS Poznań Poznań	5:03.71	4,6	1:08.83	1:18.41	1:20.50	1:15.97
	50m:	32.09	32.09	150m:	1:47.22	38.39	250m:	3:07.13	39.89
	100m:	1:08.83	36.74	200m:	2:27.24	40.02	300m:	3:47.74	40.61
							350m:	4:26.43	38.69
							400m:	5:03.71	37.28
8.	SZŁAPKA Antonina	10	Uks Cityzen	5:15.78	1,4	1:13.12	1:21.32	1:22.13	1:19.21
	50m:	35.07	35.07	150m:	1:53.62	40.50	250m:	3:15.50	41.06
	100m:	1:13.12	38.05	200m:	2:34.44	40.82	300m:	3:56.57	41.07
							350m:	4:37.32	40.75
							400m:	5:15.78	38.46
9.	SZEWCZYK Amelia	09	UKS Marato czyk Ostrów	W5:39.05		1:18.16	1:26.63	1:27.54	1:26.72
	50m:	36.77	36.77	150m:	2:01.19	43.03	250m:	3:28.25	43.46
	100m:	1:18.16	41.39	200m:	2:44.79	43.60	300m:	4:12.33	44.08
							350m:	4:56.54	44.21
							400m:	5:39.05	42.51
14 - 15 lat									
1.	MICHALAK Maria	11	KS Warta Poznań	4:42.52	10,8	1:07.49	1:12.41	1:12.54	1:10.08
	50m:	32.32	32.32	150m:	1:43.39	35.90	250m:	2:56.04	36.14
	100m:	1:07.49	35.17	200m:	2:19.90	36.51	300m:	3:32.44	36.40
							350m:	4:08.33	35.89
							400m:	4:42.52	34.19
2.	SADŁOCHA Marcelina	12	KTP Iskra Konin	4:44.25	11,6	1:07.19	1:13.81	1:13.76	1:09.49
	50m:	31.85	31.85	150m:	1:43.97	36.78	250m:	2:57.98	36.98
	100m:	1:07.19	35.34	200m:	2:21.00	37.03	300m:	3:34.76	36.78
							350m:	4:10.87	36.11
							400m:	4:44.25	33.38
3.	MIKOŁAJCZAK Helena	12	KS Poznań Poznań	4:49.76	10,2	1:07.38	1:14.21	1:14.93	1:13.24
	50m:	32.06	32.06	150m:	1:44.06	36.68	250m:	2:58.93	37.34
	100m:	1:07.38	35.32	200m:	2:21.59	37.53	300m:	3:36.52	37.59
							350m:	4:13.67	37.15
							400m:	4:49.76	36.09
4.	SZYMA SKA Julia	11	KS Warta Poznań	5:01.69	5,8	1:10.81	1:16.91	1:17.51	1:16.46
	50m:	33.95	33.95	150m:	1:49.24	38.43	250m:	3:06.62	38.90
	100m:	1:10.81	36.86	200m:	2:27.72	38.48	300m:	3:45.23	38.61
							350m:	4:24.42	39.19
							400m:	5:01.69	37.27
5.	KANTEK - WALIGÓRSKA M	12	Niagara Jedyńka Wolsztyn	5:08.85	5,2	1:13.24	1:20.01	1:19.72	1:15.88
	50m:	34.54	34.54	150m:	1:52.83	39.59	250m:	3:13.53	40.28
	100m:	1:13.24	38.70	200m:	2:33.25	40.42	300m:	3:52.97	39.44
							350m:	4:32.39	39.42
							400m:	5:08.85	36.46
6.	LEOPOLD Maja	12	Uks Cityzen	5:17.95	2,9	1:17.55	1:23.17	1:20.55	1:16.68
	50m:	36.80	36.80	150m:	1:58.92	41.37	250m:	3:20.84	40.12
	100m:	1:17.55	40.75	200m:	2:40.72	41.80	300m:	4:01.27	40.43
							350m:	4:39.90	38.63
							400m:	5:17.95	38.05
7.	BAGI SKA Julia	12	UPKS Wodnik Rawicz	5:37.51		1:19.80	1:27.31	1:29.43	1:20.97
	50m:	37.83	37.83	150m:	2:03.46	43.66	250m:	3:31.99	44.88
	100m:	1:19.80	41.97	200m:	2:47.11	43.65	300m:	4:16.54	44.55
							350m:	4:59.49	42.95
							400m:	5:37.51	38.02
8.	KRAUSE Barbara	11	KS Poznań Poznań	5:42.55		1:18.46	1:27.20	1:29.23	1:27.66
	50m:	37.02	37.02	150m:	2:01.22	42.76	250m:	3:30.65	44.99
	100m:	1:18.46	41.44	200m:	2:45.66	44.44	300m:	4:14.89	44.24
							350m:	4:59.11	44.22
							400m:	5:42.55	43.44
9.	FOKSOWICZ Hanna	12	KS Lusovia Lusowo	5:51.15		1:19.89	1:30.69	1:32.95	1:27.62
	50m:	36.99	36.99	150m:	2:04.58	44.69	250m:	3:37.00	46.42
	100m:	1:19.89	42.90	200m:	2:50.58	46.00	300m:	4:23.53	46.53
							350m:	5:08.99	45.46
							400m:	5:51.15	42.16

Letnie Mistrzostwa Okręgu Wielkopolskiego
Poznań, 12. - 13.6.2026

Konkurencja 18, Dziewcząt, 400m dowolny, 14 - 15 lat

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
10. KRUKOWSKA Aleksandra	12	6:13.15		1:18.53	1:36.86	1:40.50	1:37.26
50m:	36.65	36.65	150m:	2:05.50	46.97	250m:	3:45.73
100m:	1:18.53	41.88	200m:	2:55.39	49.89	300m:	4:35.89
50m:	36.65	36.65	150m:	2:05.50	46.97	250m:	3:45.73
100m:	1:18.53	41.88	200m:	2:55.39	49.89	300m:	4:35.89
11. CYFERT Maria	11	6:17.63		1:26.91	1:35.12	1:38.61	1:36.99
50m:	40.71	40.71	150m:	2:13.76	46.85	250m:	3:52.21
100m:	1:26.91	46.20	200m:	3:02.03	48.27	300m:	4:40.64
50m:	40.71	40.71	150m:	2:13.76	46.85	250m:	3:52.21
100m:	1:26.91	46.20	200m:	3:02.03	48.27	300m:	4:40.64
12 - 13 lat							
1. ANDRZEJEWSKA Alicja	13	5:09.21	7,1	1:13.53	1:18.82	1:20.20	1:16.66
50m:	35.46	35.46	150m:	1:52.66	39.13	250m:	3:12.54
100m:	1:13.53	38.07	200m:	2:32.35	39.69	300m:	3:52.55
50m:	35.46	35.46	150m:	1:52.66	39.13	250m:	3:12.54
100m:	1:13.53	38.07	200m:	2:32.35	39.69	300m:	3:52.55
2. KONIECZNA Lena	14	5:30.54	5,0	1:19.11	1:24.65	1:24.55	1:22.23
50m:	37.55	37.55	150m:	2:01.45	42.34	250m:	3:25.99
100m:	1:19.11	41.56	200m:	2:43.76	42.31	300m:	4:08.31
50m:	37.55	37.55	150m:	2:01.45	42.34	250m:	3:25.99
100m:	1:19.11	41.56	200m:	2:43.76	42.31	300m:	4:08.31
3. ZAJ C Adrianna	13	5:30.71	1,8	1:15.69	1:25.05	1:26.97	1:23.00
50m:	35.73	35.73	150m:	1:57.57	41.88	250m:	3:24.21
100m:	1:15.69	39.96	200m:	2:40.74	43.17	300m:	4:07.71
50m:	35.73	35.73	150m:	1:57.57	41.88	250m:	3:24.21
100m:	1:15.69	39.96	200m:	2:40.74	43.17	300m:	4:07.71
4. FAGASI SKA Natalia	14	5:34.57	4,1	1:16.26	1:27.39	1:26.75	1:24.17
50m:	35.32	35.32	150m:	1:59.86	43.60	250m:	3:26.50
100m:	1:16.26	40.94	200m:	2:43.65	43.79	300m:	4:10.40
50m:	35.32	35.32	150m:	1:59.86	43.60	250m:	3:26.50
100m:	1:16.26	40.94	200m:	2:43.65	43.79	300m:	4:10.40
5. FORTUNIAK Barbara	13	6:03.86		1:21.53	1:31.78	1:36.43	1:34.12
50m:	38.54	38.54	150m:	2:06.67	45.14	250m:	3:41.47
100m:	1:21.53	42.99	200m:	2:53.31	46.64	300m:	4:29.74
50m:	38.54	38.54	150m:	2:06.67	45.14	250m:	3:41.47
100m:	1:21.53	42.99	200m:	2:53.31	46.64	300m:	4:29.74
6. SAMBORSKA Helena	14	6:27.91		1:25.31	1:41.31	1:41.96	1:39.33
50m:	39.12	39.12	150m:	2:15.46	50.15	250m:	3:57.55
100m:	1:25.31	46.19	200m:	3:06.62	51.16	300m:	4:48.58
50m:	39.12	39.12	150m:	2:15.46	50.15	250m:	3:57.55
100m:	1:25.31	46.19	200m:	3:06.62	51.16	300m:	4:48.58
7. SZURKO Zofia	13	6:52.51		1:36.68	1:47.11	1:47.24	1:41.48
50m:	44.71	44.71	150m:	2:30.50	53.82	250m:	4:18.28
100m:	1:36.68	51.97	200m:	3:23.79	53.29	300m:	5:11.03
50m:	44.71	44.71	150m:	2:30.50	53.82	250m:	4:18.28
100m:	1:36.68	51.97	200m:	3:23.79	53.29	300m:	5:11.03
8. FOKSOWICZ Maria	14	7:10.45		1:39.63	1:51.51	1:51.92	1:47.39
50m:	46.18	46.18	150m:	2:34.64	55.01	250m:	4:26.38
100m:	1:39.63	53.45	200m:	3:31.14	56.50	300m:	5:23.06
50m:	46.18	46.18	150m:	2:34.64	55.01	250m:	4:26.38
100m:	1:39.63	53.45	200m:	3:31.14	56.50	300m:	5:23.06
PK FARTUSZY SKA Weronika	08	4:42.42	9,5	1:07.20	1:12.78	1:12.58	1:09.86
50m:	32.04	32.04	150m:	1:43.28	36.08	250m:	2:55.90
100m:	1:07.20	35.16	200m:	2:19.98	36.70	300m:	3:32.56
50m:	32.04	32.04	150m:	1:43.28	36.08	250m:	2:55.90
100m:	1:07.20	35.16	200m:	2:19.98	36.70	300m:	3:32.56
PK JANAS Oliwia	10	4:53.73	7,2	1:08.50	1:14.43	1:15.26	1:15.54
50m:	32.60	32.60	150m:	1:45.61	37.11	250m:	3:00.27
100m:	1:08.50	35.90	200m:	2:22.93	37.32	300m:	3:38.19
50m:	32.60	32.60	150m:	1:45.61	37.11	250m:	3:00.27
100m:	1:08.50	35.90	200m:	2:22.93	37.32	300m:	3:38.19