Konkurencja 19 | Kobiet, 400m dowolny | 11 lat i starsi
2026.10.24 - 15:18 | Wyniki

Punkty: Rudolph Table 2025

Pozycja		Rok ur.		Czas	Pkt.

15 lat i starsi

1.	BURANDT Hanna				11	MKS Juvenia Wrocław								**4:28.11**	14,6
	50m:	29.69	29.69	150m:	1:36.75	34.02	250m:	2:45.29	34.27	350m:	3:54.57	34.71			
	100m:	1:02.73	33.04	200m:	2:11.02	34.27	300m:	3:19.86	34.57	400m:	4:28.11	33.54			
2.	WĘGRZYNOWSKA Aleksandra				01	MKS Juvenia Wrocław								**4:32.10**	11,1
	50m:	30.36	30.36	150m:	1:36.27	32.93	250m:	2:44.83	34.86	350m:	3:56.73	35.88			
	100m:	1:03.34	32.98	200m:	2:09.97	33.70	300m:	3:20.85	36.02	400m:	4:32.10	35.37			
3.	NOSAL Nela				10	MKS Juvenia Wrocław								**4:37.98**	11,3
	50m:	31.05	31.05	150m:	1:40.34	35.24	250m:	2:51.51	35.86	350m:	4:03.02	35.62			
	100m:	1:05.10	34.05	200m:	2:15.65	35.31	300m:	3:27.40	35.89	400m:	4:37.98	34.96			
4.	GRALA Maria				10	OŚ AZS w Poznaniu								**4:56.57**	6,4
	50m:	35.30	35.30	150m:	1:53.56	39.10	250m:	3:09.98	37.83	350m:	4:24.58	37.22			
	100m:	1:14.46	39.16	200m:	2:32.15	38.59	300m:	3:47.36	37.38	400m:	4:56.57	31.99			
5.	KAWCZYŃSKA Zuzanna				10	OŚ AZS w Poznaniu								**4:59.04**	5,8
	50m:	33.90	33.90	150m:	1:49.35	38.29	250m:	3:05.76	38.01	350m:	4:23.16	38.77			
	100m:	1:11.06	37.16	200m:	2:27.75	38.40	300m:	3:44.39	38.63	400m:	4:59.04	35.88			
6.	BRODZIAK Zuzanna				10	OŚ AZS w Poznaniu								**5:01.74**	5,1
	50m:	36.02	36.02	150m:	1:53.67	38.70	250m:	3:10.80	38.55	350m:	4:26.64	37.81			
	100m:	1:14.97	38.95	200m:	2:32.25	38.58	300m:	3:48.83	38.03	400m:	5:01.74	35.10			
7.	SZŁAPKA Antonina				10	Uks Cityzen								**5:05.01**	4,2
	50m:	35.21	35.21	150m:	1:52.09	38.72	250m:	3:09.71	38.74	350m:	4:27.16	38.94			
	100m:	1:13.37	38.16	200m:	2:30.97	38.88	300m:	3:48.22	38.51	400m:	5:05.01	37.85			
8.	HANUSZKO Natalia				11	MKS Juvenia Wrocław								**5:07.55**	4,3
	50m:	32.88	32.88	150m:	1:49.00	38.90	250m:	3:07.74	39.60	350m:	4:28.66	40.46			
	100m:	1:10.10	37.22	200m:	2:28.14	39.14	300m:	3:48.20	40.46	400m:	5:07.55	38.89			
9.	KRAKUS Liliana				11	MKS Jedynka Łódź								**5:15.07**	2,3
	50m:	35.75	35.75	150m:	1:57.51	40.44	250m:	3:17.33	40.12	350m:	4:37.94	40.54			
	100m:	1:17.07	41.32	200m:	2:37.21	39.70	300m:	3:57.40	40.07	400m:	5:15.07	37.13			
10.	PALUCH Zuzanna				09	Sp "Żagańskie Boberki"								**5:20.00**	
	50m:	33.64	33.64	150m:	1:51.30	39.51	250m:	3:14.60	42.10	350m:	4:39.53	42.94			
	100m:	1:11.79	38.15	200m:	2:32.50	41.20	300m:	3:56.59	41.99	400m:	5:20.00	40.47			
11.	STREŃSKA Tamara				10	KS Lusovia Lusowo								**5:57.33**	
	50m:	35.97	35.97	150m:	2:03.88	46.07	250m:	3:37.97	47.36	350m:	5:13.37	47.61			
	100m:	1:17.81	41.84	200m:	2:50.61	46.73	300m:	4:25.76	47.79	400m:	5:57.33	43.96			

13 - 14 lat

1.	CZAPNIK Bianka				13	MKS Juvenia Wrocław								**4:46.19**	12,9
	50m:	32.40	32.40	150m:	1:44.52	36.56	250m:	2:57.65	36.68	350m:	4:11.13	36.48			
	100m:	1:07.96	35.56	200m:	2:20.97	36.45	300m:	3:34.65	37.00	400m:	4:46.19	35.06			
2.	MAKOWSKA Olga				12	KS Lusovia Lusowo								**5:04.69**	6,3
	50m:	33.00	33.00	150m:	1:50.75	39.84	250m:	3:11.12	39.81	350m:	4:29.93	38.85			
	100m:	1:10.91	37.91	200m:	2:31.31	40.56	300m:	3:51.08	39.96	400m:	5:04.69	34.76			
3.	YEVSA Yevanhelina				13	KS Posnania Poznań								**5:05.44**	8,1
	50m:	34.82	34.82	150m:	1:51.55	38.75	250m:	3:10.33	39.94	350m:	4:28.81	39.45			
	100m:	1:12.80	37.98	200m:	2:30.39	38.84	300m:	3:49.36	39.03	400m:	5:05.44	36.63			
4.	CIBA Barbara				12	MKS Znicz Koszalin								**5:11.84**	4,5
	50m:	35.82	35.82	150m:	1:56.50	40.18	250m:	3:16.95	40.32	350m:	4:37.62	39.94			
	100m:	1:16.32	40.50	200m:	2:36.63	40.13	300m:	3:57.68	40.73	400m:	5:11.84	34.22			
5.	SZCZYPKOWSKA Marta				13	MKS Juvenia Wrocław								**5:12.45**	6,3
	50m:	33.78	33.78	150m:	1:52.32	39.97	250m:	3:13.41	40.73	350m:	4:34.30	40.53			
	100m:	1:12.35	38.57	200m:	2:32.68	40.36	300m:	3:53.77	40.36	400m:	5:12.45	38.15			

Konkurencja 19, Dziewcząt, 400m dowolny, 13 - 14 lat

Pozycja		Rok ur.		Czas	Pkt.
6.	ŁYSKO Alicja	12	MKS Znicz Koszalin	**5:13.23**	4,1
	50m: 34.78 34.78 150m: 1:54.08 40.24 250m: 3:14.99 40.42 350m: 4:35.21 40.37				
	100m: 1:13.84 39.06 200m: 2:34.57 40.49 300m: 3:54.84 39.85 400m: 5:13.23 38.02				
7.	BIELOVODSKA Milana	12	KS Warta Poznań	**5:18.17**	2,8
	50m: 34.29 34.29 150m: 1:54.38 40.71 250m: 3:16.22 41.23 350m: 4:39.59 41.76				
	100m: 1:13.67 39.38 200m: 2:34.99 40.61 300m: 3:57.83 41.61 400m: 5:18.17 38.58				
8.	AFTYKA Małgorzata	13	UKS 307 Warszawa	**5:18.58**	4,8
	50m: 34.23 34.23 150m: 1:55.58 41.77 250m: 3:18.85 42.17 350m: 4:41.86 40.90				
	100m: 1:13.81 39.58 200m: 2:36.68 41.10 300m: 4:00.96 42.11 400m: 5:18.58 36.72				
9.	BUDZIŃSKA Amelia	13	MKS Znicz Koszalin	**5:26.62**	2,8
	50m: 34.86 34.86 150m: 1:54.97 40.69 250m: 3:20.75 43.84 350m: 4:47.51 42.49				
	100m: 1:14.28 39.42 200m: 2:36.91 41.94 300m: 4:05.02 44.27 400m: 5:26.62 39.11				
10.	DOŁGOPOŁ Alicja	13	KS Warta Poznań	**5:29.35**	2,1
	50m: 35.92 35.92 150m: 1:58.67 42.18 250m: 3:25.08 42.98 350m: 4:50.82 42.56				
	100m: 1:16.49 40.57 200m: 2:42.10 43.43 300m: 4:08.26 43.18 400m: 5:29.35 38.53				
11.	FOKSOWICZ Hanna	12	KS Lusovia Lusowo	**5:33.88**	
	50m: 36.59 36.59 150m: 2:00.41 42.53 250m: 3:27.28 43.66 350m: 4:53.82 42.91				
	100m: 1:17.88 41.29 200m: 2:43.62 43.21 300m: 4:10.91 43.63 400m: 5:33.88 40.06				
12.	BĄCZKOWSKA Sabina	13	UKS 307 Warszawa	**5:35.72**	
	50m: 37.69 37.69 150m: 2:03.59 44.08 250m: 3:31.82 43.99 350m: 4:57.68 41.97				
	100m: 1:19.51 41.82 200m: 2:47.83 44.24 300m: 4:15.71 43.89 400m: 5:35.72 38.04				
13.	ORLICKA Zofia	13	KS Lusovia Lusowo	**5:44.17**	
	50m: 36.09 36.09 150m: 2:01.00 43.91 250m: 3:31.39 45.48 350m: 5:03.03 45.98				
	100m: 1:17.09 41.00 200m: 2:45.91 44.91 300m: 4:17.05 45.66 400m: 5:44.17 41.14				
14.	ŁUCZAK Jagoda	12	KS Lusovia Lusowo	**5:56.41**	
	50m: 40.11 40.11 150m: 2:09.17 45.10 250m: 3:41.98 46.24 350m: 5:15.17 46.34				
	100m: 1:24.07 43.96 200m: 2:55.74 46.57 300m: 4:28.83 46.85 400m: 5:56.41 41.24				

11 - 12 lat

1.	FĄFEREK Julia	15	MUKS "TUREKin pływa"	**4:45.68**	19,3
	50m: 32.16 32.16 150m: 1:44.59 36.63 250m: 2:57.77 36.50 350m: 4:11.37 36.55				
	100m: 1:07.96 35.80 200m: 2:21.27 36.68 300m: 3:34.82 37.05 400m: 4:45.68 34.31				
2.	ANTKOWIAK Matylda	14	KS Warta Poznań	**4:56.38**	13,3
	50m: 32.09 32.09 150m: 1:46.42 37.78 250m: 3:02.71 38.20 350m: 4:19.80 38.45				
	100m: 1:08.64 36.55 200m: 2:24.51 38.09 300m: 3:41.35 38.64 400m: 4:56.38 36.58				
3.	KUCZENKO Oliwia	14	MKS Juvenia Wrocław	**5:01.18**	12,1
	50m: 33.62 33.62 150m: 1:51.15 38.78 250m: 3:09.56 39.34 350m: 4:27.54 39.09				
	100m: 1:12.37 38.75 200m: 2:30.22 39.07 300m: 3:48.45 38.89 400m: 5:01.18 33.64				
4.	SOLTYS Olena	14	KS Posnania Poznań	**5:07.59**	10,6
	50m: 35.13 35.13 150m: 1:53.68 39.39 250m: 3:13.27 39.60 350m: 4:32.21 38.75				
	100m: 1:14.29 39.16 200m: 2:33.67 39.99 300m: 3:53.46 40.19 400m: 5:07.59 35.38				
5.	BŁASZCZYK Matylda	14	UKS ,,GIM 92 Ursynów"	**5:08.95**	10,2
	50m: 33.92 33.92 150m: 1:52.13 39.57 250m: 3:11.38 39.90 350m: 4:31.25 39.72				
	100m: 1:12.56 38.64 200m: 2:31.48 39.35 300m: 3:51.53 40.15 400m: 5:08.95 37.70				
6.	KOWALSKA Kaja	14	Sp "Żagańskie Boberki"	**5:10.07**	10,0
	50m: 34.54 34.54 150m: 1:53.43 39.73 250m: 3:13.54 40.52 350m: 4:33.18 39.76				
	100m: 1:13.70 39.16 200m: 2:33.02 39.59 300m: 3:53.42 39.88 400m: 5:10.07 36.89				
7.	BOJANOWSKA Zofia	14	TP Zielona Góra	**5:10.96**	9,8
	50m: 36.21 36.21 150m: 1:55.76 39.94 250m: 3:15.72 39.87 350m: 4:33.86 39.01				
	100m: 1:15.82 39.61 200m: 2:35.85 40.09 300m: 3:54.85 39.13 400m: 5:10.96 37.10				
8.	PRZYBYŁA Karolina	15	TP Zielona Góra	**5:17.31**	12,0
	50m: 36.18 36.18 150m: 1:57.15 41.13 250m: 3:17.40 40.19 350m: 4:38.32 40.39				
	100m: 1:16.02 39.84 200m: 2:37.21 40.06 300m: 3:57.93 40.53 400m: 5:17.31 38.99				

Konkurencja 19, Dziewcząt, 400m dowolny, 11 - 12 lat

Pozycja		Rok ur.		Czas	Pkt.
9.	STASZEWSKA Ivi	14	MKS Znicz Koszalin	**5:26.06**	6,1
	50m: 34.73 34.73 150m: 1:56.14 41.60 250m: 3:21.55 42.68 350m: 4:47.43 43.08				
	100m: 1:14.54 39.81 200m: 2:38.87 42.73 300m: 4:04.35 42.80 400m: 5:26.06 38.63				
10.	URBAN Dagna	14	KS Warta Poznań	**5:30.61**	5,0
	50m: 37.39 37.39 150m: 2:01.80 42.28 250m: 3:27.05 42.87 350m: 4:51.96 42.50				
	100m: 1:19.52 42.13 200m: 2:44.18 42.38 300m: 4:09.46 42.41 400m: 5:30.61 38.65				
11.	EWICZ-ZDZIABEK Nina	14	KS Warta Poznań	**5:30.82**	5,0
	50m: 37.56 37.56 150m: 2:01.72 42.20 250m: 3:27.62 42.97 350m: 4:52.61 41.86				
	100m: 1:19.52 41.96 200m: 2:44.65 42.93 300m: 4:10.75 43.13 400m: 5:30.82 38.21				
12.	WIENIAWA-DŁUGOSZOWSKA Gabrie	15	TP Zielona Góra	**5:31.54**	8,8
	50m: 39.14 39.14 150m: 2:06.16 43.86 250m: 3:31.27 42.09 350m: 4:53.39 40.24				
	100m: 1:22.30 43.16 200m: 2:49.18 43.02 300m: 4:13.15 41.88 400m: 5:31.54 38.15				
13.	STEFANIAK Alicja	14	KS Warta Poznań	**5:32.58**	4,5
	50m: 36.75 36.75 150m: 2:03.35 43.29 250m: 3:29.43 43.60 350m: 4:55.75 42.16				
	100m: 1:20.06 43.31 200m: 2:45.83 42.48 300m: 4:13.59 44.16 400m: 5:32.58 36.83				
14.	KMITO Kamila	15	TP Zielona Góra	**5:39.26**	7,0
	50m: 39.95 39.95 150m: 2:08.59 44.71 250m: 3:36.38 43.63 350m: 5:01.97 41.78				
	100m: 1:23.88 43.93 200m: 2:52.75 44.16 300m: 4:20.19 43.81 400m: 5:39.26 37.29				
15.	KRAWCZYK Nina	15	TP Zielona Góra	**5:40.71**	6,7
	50m: 38.97 38.97 150m: 2:05.17 43.74 250m: 3:32.74 43.64 350m: 4:59.91 42.75				
	100m: 1:21.43 42.46 200m: 2:49.10 43.93 300m: 4:17.16 44.42 400m: 5:40.71 40.80				
16.	KLECZKOWSKA Aleksandra	14	MKS Znicz Koszalin	**5:41.87**	2,3
	50m: 36.48 36.48 150m: 2:01.79 43.78 250m: 3:31.43 45.37 350m: 4:59.82 43.59				
	100m: 1:18.01 41.53 200m: 2:46.06 44.27 300m: 4:16.23 44.80 400m: 5:41.87 42.05				
17.	LESZKOWSKA Emilia	15	KS Warta Poznań	**5:42.16**	6,4
	50m: 38.05 38.05 150m: 2:05.99 44.46 250m: 3:36.01 45.06 350m: 5:03.60 42.74				
	100m: 1:21.53 43.48 200m: 2:50.95 44.96 300m: 4:20.86 44.85 400m: 5:42.16 38.56				
18.	NIEBORAK Joanna	14	KS Warta Poznań	**5:49.40**	
	50m: 38.42 38.42 150m: 2:06.89 44.75 250m: 3:38.30 45.97 350m: 5:08.70 44.48				
	100m: 1:22.14 43.72 200m: 2:52.33 45.44 300m: 4:24.22 45.92 400m: 5:49.40 40.70				
19.	PYSZ Oliwia	15	KS Warta Poznań	**5:50.51**	4,4
	50m: 38.83 38.83 150m: 2:08.88 45.39 250m: 3:39.63 45.77 350m: 5:10.42 45.17				
	100m: 1:23.49 44.66 200m: 2:53.86 44.98 300m: 4:25.25 45.62 400m: 5:50.51 40.09				
20.	NAGÓRSKA Anastazja	15	MKS Znicz Koszalin	**5:57.43**	2,9
	50m: 41.53 41.53 150m: 2:13.86 46.69 250m: 3:47.79 46.93 350m: 5:15.70 44.03				
	100m: 1:27.17 45.64 200m: 3:00.86 47.00 300m: 4:31.67 43.88 400m: 5:57.43 41.73				
21.	KOSTERSKA Maja	15	MKS Znicz Koszalin	**6:01.85**	1,9
	50m: 39.57 39.57 150m: 2:09.30 45.47 250m: 3:42.89 47.04 350m: 5:16.68 46.34				
	100m: 1:23.83 44.26 200m: 2:55.85 46.55 300m: 4:30.34 47.45 400m: 6:01.85 45.17				
22.	MAŃKA Aniela	14	UKS Fala Swarzędz	**6:05.00**	
	50m: 37.99 37.99 150m: 2:11.22 47.32 250m: 3:47.95 48.30 350m: 5:22.59 46.18				
	100m: 1:23.90 45.91 200m: 2:59.65 48.43 300m: 4:36.41 48.46 400m: 6:05.00 42.41				
23.	WŁODARCZAK Hanna	15	KS Warta Poznań	**6:10.70**	
	50m: 40.77 40.77 150m: 2:13.21 46.77 250m: 3:48.80 48.09 350m: 5:23.97 47.41				
	100m: 1:26.44 45.67 200m: 3:00.71 47.50 300m: 4:36.56 47.76 400m: 6:10.70 46.73				
24.	ANTKOWIAK Anita	15	KS Warta Poznań	**6:11.07**	
	50m: 38.95 38.95 150m: 2:14.48 49.06 250m: 3:52.50 47.88 350m: 5:29.86 47.74				
	100m: 1:25.42 46.47 200m: 3:04.62 50.14 300m: 4:42.12 49.62 400m: 6:11.07 41.21				
25.	ŻURAK Zuzanna	15	TP Zielona Góra	**6:11.31**	
	50m: 42.11 42.11 150m: 2:16.87 48.13 250m: 3:53.25 49.15 350m: 5:29.87 48.12				
	100m: 1:28.74 46.63 200m: 3:04.10 47.23 300m: 4:41.75 48.50 400m: 6:11.31 41.44				
26.	OWCZARZAK Pola	15	KS Warta Poznań	**6:17.88**	
	50m: 40.95 40.95 150m: 2:19.51 50.19 250m: 3:59.25 49.63 350m: 5:33.87 47.02				
	100m: 1:29.32 48.37 200m: 3:09.62 50.11 300m: 4:46.85 47.60 400m: 6:17.88 44.01				

Konkurencja 19, Dziewcząt, 400m dowolny, 11 - 12 lat

Pozycja		Rok ur.		Czas	Pkt.
27.	GÓRNIAK Maja	15	KS Warta Poznań	**6:22.63**	
	50m: 41.49 41.49 150m: 2:17.38 49.04 250m: 3:56.51 49.25 350m: 5:36.11 49.49				
	100m: 1:28.34 46.85 200m: 3:07.26 49.88 300m: 4:46.62 50.11 400m: 6:22.63 46.52				
28.	BĄKOWSKA Emilia	15	KS Warta Poznań	**6:22.77**	
	50m: 42.43 42.43 150m: 2:21.86 50.26 250m: 4:01.75 49.27 350m: 5:36.71 48.83				
	100m: 1:31.60 49.17 200m: 3:12.48 50.62 300m: 4:47.88 46.13 400m: 6:22.77 46.06				
29.	SOBCZAK Bianka	15	MKS Znicz Koszalin	**6:32.21**	
	50m: 40.78 40.78 150m: 2:18.89 50.48 250m: 4:02.16 51.91 350m: 5:43.41 51.00				
	100m: 1:28.41 47.63 200m: 3:10.25 51.36 300m: 4:52.41 50.25 400m: 6:32.21 48.80				
30.	BORYSOW Iga	15	KS Warta Poznań	**6:35.58**	
	50m: 44.03 44.03 150m: 2:25.64 51.46 250m: 4:07.24 51.95 350m: 5:48.21 51.22				
	100m: 1:34.18 50.15 200m: 3:15.29 49.65 300m: 4:56.99 49.75 400m: 6:35.58 47.37				
31.	WOJKOWSKA Marta	15	KS Warta Poznań	**6:39.56**	
	50m: 42.83 42.83 150m: 2:24.66 51.57 250m: 4:10.39 52.86 350m: 5:53.96 50.63				
	100m: 1:33.09 50.26 200m: 3:17.53 52.87 300m: 5:03.33 52.94 400m: 6:39.56 45.60				
32.	WAGNER Magdalena	15	MKS Znicz Koszalin	**6:59.81**	
	50m: 45.31 45.31 150m: 2:30.08 52.96 250m: 4:17.91 54.36 350m: 6:06.72 54.41				
	100m: 1:37.12 51.81 200m: 3:23.55 53.47 300m: 5:12.31 54.40 400m: 6:59.81 53.09				
DYSKW.	SZMAJDA Nel	14	KS Warta Poznań		
	O2 - Pływak nie ukończył całego dystansu.				
	50m: 39.62 39.62 150m: 2:06.77 43.34 250m: 350m:				
	100m: 1:23.43 43.81 200m: 300m: 400m:				