

Otwarte Mistrzostwa Okręgu Łódzkiego 2026  
 Łódź, 24. - 25.6.2026

Konkurencja 1  
 24.06.2026 - 9:00

Kobiet, 400m zmienny

13 lat i starsi  
 Wyniki

Punkty: AQUA 2026

Pozycja			Rok ur.					Czas	Pkt.
<b>16 lat i starsi</b>									
1.	POLSAKOVA, Nina		10	IUKS „Muszelka” Warszawa				<b>5:34.14</b>	491
	50m:	32.87 32.87	150m:	1:56.73 44.74	250m:	3:30.02 48.88	350m:	4:57.35 38.05	
	100m:	1:11.99 39.12	200m:	2:41.14 44.41	300m:	4:19.30 49.28	400m:	5:34.14 36.79	
2.	STEFANIW, Martyna		10	Sekcja Pływacka Meduza Paj czno				<b>5:34.44</b>	489
	50m:	36.91 36.91	150m:	2:04.67 45.09	250m:	3:35.01 46.83	350m:	4:59.83 37.72	
	100m:	1:19.58 42.67	200m:	2:48.18 43.51	300m:	4:22.11 47.10	400m:	5:34.44 34.61	
3.	KALISZEWSKA, Amelia		10	Ks Nelasport				<b>6:25.36</b>	320
	50m:	38.99 38.99	150m:	2:18.61 49.95	250m:	4:02.76 56.16	350m:	5:42.72 43.50	
	100m:	1:28.66 49.67	200m:	3:06.60 47.99	300m:	4:59.22 56.46	400m:	6:25.36 42.64	
4.	BRYSIK, Nikola		10	Champion Tomaszów Maz.				<b>6:30.43</b>	307
	50m:	37.03 37.03	150m:	2:16.21 49.55	250m:	4:01.34 56.88	350m:	5:47.71 47.98	
	100m:	1:26.66 49.63	200m:	3:04.46 48.25	300m:	4:59.73 58.39	400m:	6:30.43 42.72	
<b>14 - 15 lat</b>									
1.	JAGODZI SKA, Lena		12	UKS SP-149 Łódź				<b>5:33.86</b>	492
	50m:	35.65 35.65	150m:	2:02.68 44.23	250m:	3:30.15 42.28	350m:	4:55.69 39.68	
	100m:	1:18.45 42.80	200m:	2:47.87 45.19	300m:	4:16.01 45.86	400m:	5:33.86 38.17	
2.	LAMECKA, Kornelia		11	Champion Tomaszów Maz.				<b>5:44.44</b>	448
	50m:	35.22 35.22	150m:	2:01.12 43.21	250m:	3:33.98 51.19	350m:	5:05.47 39.24	
	100m:	1:17.91 42.69	200m:	2:42.79 41.67	300m:	4:26.23 52.25	400m:	5:44.44 38.97	
3.	OŁ DEK, Julia		11	MKS Jedynka Łódź				<b>5:54.03</b>	413
	50m:	38.27 38.27	150m:	2:10.07 47.88	250m:	3:45.24 47.57	350m:	5:14.20 41.27	
	100m:	1:22.19 43.92	200m:	2:57.67 47.60	300m:	4:32.93 47.69	400m:	5:54.03 39.83	
<b>13 lat</b>									
1.	MAHRBURG, Izabela		13	Sekcja Pływacka Meduza Paj czno				<b>6:30.78</b>	307
	50m:	39.90 39.90	150m:	2:19.16 50.12	250m:	4:05.14 56.61	350m:	5:47.88 44.94	
	100m:	1:29.04 49.14	200m:	3:08.53 49.37	300m:	5:02.94 57.80	400m:	6:30.78 42.90	
2.	MORDAKA, Natalia		13	Champion Tomaszów Maz.				<b>6:57.83</b>	251
	50m:	43.81 43.81	150m:	2:37.37 51.45	250m:	4:25.43 57.69	350m:	6:13.06 48.01	
	100m:	1:45.92 1:02.11	200m:	3:27.74 50.37	300m:	5:25.05 59.62	400m:	6:57.83 44.77	