



OTWARTE WIOSENNE MISTRZOSTWA WMOZP I WARSZAWY



Otwarte Wiosenne Mistrzostwa Okręgu WMOZP i Warszawy
Warszawa, 17. - 18.5.2025

Konkurencja 25
17.05.2025 - 19:32

Kobiet, 400m dowolny

Open
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.	Czas	Pkt.
13 lat i młodszy			
1. BALCERCZAK Gabriela	13	MKS Ochota Warszawa	5:05.56 457
50m: 33.22 33.22	150m: 1:50.05 39.48	250m: 3:09.08 39.21	350m: 4:28.25 38.94
100m: 1:10.57 37.35	200m: 2:29.87 39.82	300m: 3:49.31 40.23	400m: 5:05.56 37.31
2. FAŁEREK Julia	15	MUKS "TUREKin pływa"	5:09.28 440
50m: 34.38 34.38	150m: 1:53.24 40.01	250m: 3:13.63 39.86	350m: 4:32.15 38.97
100m: 1:13.23 38.85	200m: 2:33.77 40.53	300m: 3:53.18 39.55	400m: 5:09.28 37.13
3. GOLON Izabela	13	IKS Konstancin	5:11.48 431
50m: 36.14 36.14	150m: 1:56.67 40.39	250m: 3:17.32 40.31	350m: 4:35.88 38.86
100m: 1:16.28 40.14	200m: 2:37.01 40.34	300m: 3:57.02 39.70	400m: 5:11.48 35.60
4. KRYSZKIEWICZ Lidia	12	MKS „Jagiellonka” Warszawa	5:12.90 425
50m: 33.57 33.57	150m: 1:51.46 39.52	250m: 3:11.98 40.79	350m: 4:33.77 40.72
100m: 1:11.94 38.37	200m: 2:31.19 39.73	300m: 3:53.05 41.07	400m: 5:12.90 39.13
5. PAWŁOWSKA Oliwia	12	IKS Konstancin	5:28.00 369
50m: 35.12 35.12	150m: 1:58.16 42.12	250m: 3:22.81 42.57	350m: 4:48.11 42.60
100m: 1:16.04 40.92	200m: 2:40.24 42.08	300m: 4:05.51 42.70	400m: 5:28.00 39.89
6. KRAWCZYŃSKA Lidia	12	MKS „Jagiellonka” Warszawa	5:33.77 350
50m: 36.51 36.51	150m: 2:01.66 43.07	250m: 3:27.88 42.75	350m: 4:53.12 42.20
100m: 1:18.59 42.08	200m: 2:45.13 43.47	300m: 4:10.92 43.04	400m: 5:33.77 40.65
7. KRASKIEWICZ Barbara	12	MKS „Jagiellonka” Warszawa	5:34.88 347
50m: 36.06 36.06	150m: 2:00.17 43.02	250m: 3:26.72 43.38	350m: 4:53.76 43.31
100m: 1:17.15 41.09	200m: 2:43.34 43.17	300m: 4:10.45 43.73	400m: 5:34.88 41.12
8. RZECZKOWSKA Alicja	13	UKS G-8 Bielany Warszawa	5:35.03 346
50m: 40.15 40.15	150m: 2:03.66 41.63	250m: 3:29.10 42.84	350m: 4:54.82 42.24
100m: 1:22.03 41.88	200m: 2:46.26 42.60	300m: 4:12.58 43.48	400m: 5:35.03 40.21
9. RUDOLF Amelia	13	UKS Manta Warszawa Włochy	5:42.84 323
50m: 38.44 38.44	150m: 2:06.09 44.08	250m: 3:33.14 44.60	350m: 5:00.30 43.74
100m: 1:22.01 43.57	200m: 2:48.54 42.45	300m: 4:16.56 43.42	400m: 5:42.84 42.54
10. WROŃSKA Karolina	13	UKS Manta Warszawa Włochy	5:43.17 322
50m: 38.38 38.38	150m: 2:05.31 44.46	250m: 3:34.52 44.66	350m: 5:02.08 43.10
100m: 1:20.85 42.47	200m: 2:49.86 44.55	300m: 4:18.98 44.46	400m: 5:43.17 41.09
11. WAWRZYŃSKA Hanna	13	UKS Piątka Ostrołęka	5:47.01 312
50m: 38.01 38.01	150m: 2:05.53 44.54	250m: 3:34.91 45.13	350m: 5:05.34 44.79
100m: 1:20.99 42.98	200m: 2:49.78 44.25	300m: 4:20.55 45.64	400m: 5:47.01 41.67
12. ZAMECZNIK Kaja	14	MKS Jedyńka Łódź	5:59.21 281
50m: 38.24 38.24	150m: 2:09.18 45.91	250m: 3:42.07 46.68	350m: 5:16.03 47.20
100m: 1:23.27 45.03	200m: 2:55.39 46.21	300m: 4:28.83 46.76	400m: 5:59.21 43.18
13. MURAWSKA Antonina	13	UKS "V" Łomianki	6:14.34 248
50m: 40.24 40.24	150m: 2:15.65 48.97	250m: 3:54.08 49.60	350m: 5:32.70 48.82
100m: 1:26.68 46.44	200m: 3:04.48 48.83	300m: 4:43.88 49.80	400m: 6:14.34 41.64



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OTWARTE WIOSENNE MISTRZOSTWA WMOZP I WARSZAWY



Otwarte Wiosenne Mistrzostwa Okręgu WMOZP i Warszawy
Warszawa, 17. - 18.5.2025

Konkurencja 25, Kobiet, 400m dowolny

14 - 15 lat

1.	PIETUCH Antonina	10	AZS AWF Warszawa	4:42.83	576
	50m: 32.51 32.51	150m: 1:43.50	34.93 250m: 2:55.39 35.23	350m: 4:08.04	36.15
	100m: 1:08.57 36.06	200m: 2:20.16	36.66 300m: 3:31.89 36.50	400m: 4:42.83	34.79
2.	MATOWICKA Maja	10	MKS „Jagiellonka” Warszawa	4:51.42	526
	50m: 32.94 32.94	150m: 1:46.39	36.94 250m: 3:00.89 37.01	350m: 4:15.14	36.58
	100m: 1:09.45 36.51	200m: 2:23.88	37.49 300m: 3:38.56 37.67	400m: 4:51.42	36.28
3.	SULKOWSKA Hanna	11	UKS Juvenia iSwim Białystok	4:51.89	524
	50m: 32.64 32.64	150m: 1:45.87	37.00 250m: 3:01.10 37.49	350m: 4:15.39	37.07
	100m: 1:08.87 36.23	200m: 2:23.61	37.74 300m: 3:38.32 37.22	400m: 4:51.89	36.50
4.	SZUSTAK Lena	10	KS Barakuda Mińsk Mazowiecki	4:57.94	493
	50m: 33.49 33.49	150m: 1:48.61	38.06 250m: 3:04.98 38.19	350m: 4:21.49	37.85
	100m: 1:10.55 37.06	200m: 2:26.79	38.18 300m: 3:43.64 38.66	400m: 4:57.94	36.45
5.	KOPP Zuzanna	10	UKP „Polonia Warszawa”	5:02.89	469
	50m: 33.31 33.31	150m: 1:48.70	38.04 250m: 3:05.84 38.83	350m: 4:24.04	39.17
	100m: 1:10.66 37.35	200m: 2:27.01	38.31 300m: 3:44.87 39.03	400m: 5:02.89	38.85
6.	IWAŃSKA Wiktoria	11	MKS „Jagiellonka” Warszawa	5:04.61	461
	50m: 33.61 33.61	150m: 1:49.79	38.92 250m: 3:08.49 39.62	350m: 4:28.03	39.74
	100m: 1:10.87 37.26	200m: 2:28.87	39.08 300m: 3:48.29 39.80	400m: 5:04.61	36.58
7.	STANISZEWSKA Maja	10	UKS G-8 Bielany Warszawa	5:05.10	459
	50m: 34.96 34.96	150m: 1:52.72	39.13 250m: 3:10.65 39.47	350m: 4:29.16	39.53
	100m: 1:13.59 38.63	200m: 2:31.18	38.46 300m: 3:49.63 38.98	400m: 5:05.10	35.94
8.	LACH Maria	11	MKS Ochota Warszawa	5:05.18	458
	50m: 33.03 33.03	150m: 1:47.61	37.98 250m: 3:07.16 40.49	350m: 4:27.68	40.01
	100m: 1:09.63 36.60	200m: 2:26.67	39.06 300m: 3:47.67 40.51	400m: 5:05.18	37.50
9.	KANIEWSKA Lena	11	Mokotowski UKP Warszawianka- Wodny	5:06.43	453
	50m: 33.81 33.81	150m: 1:51.51	38.93 250m: 3:10.84 39.45	350m: 4:29.64	39.08
	100m: 1:12.58 38.77	200m: 2:31.39	39.88 300m: 3:50.56 39.72	400m: 5:06.43	36.79
10.	ROKICKA Alicja	11	MKS „Jagiellonka” Warszawa	5:09.14	441
	50m: 35.33 35.33	150m: 1:54.66	40.09 250m: 3:14.27 39.68	350m: 4:33.24	38.54
	100m: 1:14.57 39.24	200m: 2:34.59	39.93 300m: 3:54.70 40.43	400m: 5:09.14	35.90
11.	SADOWSKA Zofia	10	UKS „GIM 92 Ursynów”	5:09.39	440
	50m: 35.07 35.07	150m: 1:52.31	39.13 250m: 3:11.30 39.45	350m: 4:30.90	39.51
	100m: 1:13.18 38.11	200m: 2:31.85	39.54 300m: 3:51.39 40.09	400m: 5:09.39	38.49
12.	DZIEWANOWSKA Nikola	10	UKS Delfin Garwolin	5:10.61	435
	50m: 34.91 34.91	150m: 1:53.75	39.97 250m: 3:13.85 40.31	350m: 4:33.49	39.27
	100m: 1:13.78 38.87	200m: 2:33.54	39.79 300m: 3:54.22 40.37	400m: 5:10.61	37.12
13.	WITTBRODT Alicja	11	UKP „Polonia Warszawa”	5:12.48	427
	50m: 35.61 35.61	150m: 1:56.00	40.78 250m: 3:16.98 40.50	350m: 4:35.37	38.80
	100m: 1:15.22 39.61	200m: 2:36.48	40.48 300m: 3:56.57 39.59	400m: 5:12.48	37.11
14.	DANISZEWSKA Aleksandra	11	UKS „GIM 92 Ursynów”	5:13.44	423
	50m: 35.42 35.42	150m: 1:54.78	40.07 250m: 3:16.00 40.50	350m: 4:35.90	39.73
	100m: 1:14.71 39.29	200m: 2:35.50	40.72 300m: 3:56.17 40.17	400m: 5:13.44	37.54
15.	PACYK Alexandra	11	IUKS „Muszelka” Warszawa	5:14.08	420
	50m: 34.53 34.53	150m: 1:53.15	39.64 250m: 3:13.91 40.53	350m: 4:34.78	40.17
	100m: 1:13.51 38.98	200m: 2:33.38	40.23 300m: 3:54.61 40.70	400m: 5:14.08	39.30



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Otwarte Wiosenne Mistrzostwa Okręgu WMOZP i Warszawy
Warszawa, 17. - 18.5.2025

Konkurencja 25, Dziewcząt, 400m dowolny, 14 - 15 lat

Pozycja			Rok ur.					Czas	Pkt.
16.	HORBATY Antonina		10	Mokotowski UKP Warszawianka- Wodny				5:15.87	413
	50m:	34.51	34.51	150m:	1:53.53	40.00	250m:	3:15.27	41.34
	100m:	1:13.53	39.02	200m:	2:33.93	40.40	300m:	3:57.00	41.73
							400m:	5:15.87	38.32
17.	SIENKIEWICZ Marianna		10	IKS Konstancin				5:16.68	410
	50m:	35.41	35.41	150m:	1:54.99	40.46	250m:	3:16.70	40.90
	100m:	1:14.53	39.12	200m:	2:35.80	40.81	300m:	3:57.32	40.62
							400m:	5:16.68	39.03
18.	STEFAŃCZYK Zofia		10	UKS GOS Raszyn				5:23.32	385
	50m:	35.22	35.22	150m:	1:57.90	41.56	250m:	3:22.14	42.11
	100m:	1:16.34	41.12	200m:	2:40.03	42.13	300m:	4:04.75	42.61
							400m:	5:23.32	37.70
19.	ŁOPACIŃSKA Karina		10	IKS Konstancin				5:26.75	373
	50m:	35.78	35.78	150m:	1:59.42	42.13	250m:	3:24.32	43.03
	100m:	1:17.29	41.51	200m:	2:41.29	41.87	300m:	4:06.46	42.14
							400m:	5:26.75	39.04
20.	POLSAKOVA Nina		10	IUKS „Muszelka” Warszawa				5:28.01	369
	50m:	33.93	33.93	150m:	1:54.90	41.46	250m:	3:20.78	43.10
	100m:	1:13.44	39.51	200m:	2:37.68	42.78	300m:	4:04.06	43.28
							400m:	5:28.01	41.44
21.	DUCHNA Katarzyna		11	UKS Delfin Garwolin				5:30.47	361
	50m:	36.23	36.23	150m:	2:00.54	43.05	250m:	3:27.29	43.90
	100m:	1:17.49	41.26	200m:	2:43.39	42.85	300m:	4:10.54	43.25
							400m:	5:30.47	37.93
22.	MICHNIEWICZ Laura		10	MPKS "Orka" Ciechanów				5:56.54	287
	50m:	40.38	40.38	150m:	2:11.82	47.13	250m:	3:44.53	46.43
	100m:	1:24.69	44.31	200m:	2:58.10	46.28	300m:	4:29.76	45.23
							400m:	5:56.54	41.96
23.	ANDRUSZKIEWICZ Zuzanna		10	Uks „Pingwiny”				6:01.16	276
	50m:	41.22	41.22	150m:	2:13.79	46.28	250m:	3:45.80	45.24
	100m:	1:27.51	46.29	200m:	3:00.56	46.77	300m:	4:31.30	45.50
							400m:	6:01.16	45.12
24.	MAJCHER Natalia		11	Uks „Pingwiny”				6:03.03	272
	50m:	38.33	38.33	150m:	2:11.64	47.76	250m:	3:47.18	47.34
	100m:	1:23.88	45.55	200m:	2:59.84	48.20	300m:	4:35.18	48.00
							400m:	6:03.03	42.84

16 lat i starsi

1.	LYAKH Kira		07	UKP „Polonia Warszawa”				4:55.40	505
	50m:	33.07	33.07	150m:	1:47.19	37.31	250m:	3:02.57	37.77
	100m:	1:09.88	36.81	200m:	2:24.80	37.61	300m:	3:40.64	38.07
							400m:	4:55.40	37.20
2.	DZIEGIEL Marta		07	AZS AWF Warszawa				5:07.73	447
	50m:	33.83	33.83	150m:	1:50.86	39.09	250m:	3:10.34	39.99
	100m:	1:11.77	37.94	200m:	2:30.35	39.49	300m:	3:50.38	40.04
							400m:	5:07.73	37.72
3.	MACIAK Julia		06	IUKS „Muszelka” Warszawa				5:15.95	413
	50m:	35.04	35.04	150m:	1:54.43	39.69	250m:	3:14.64	40.26
	100m:	1:14.74	39.70	200m:	2:34.38	39.95	300m:	3:55.20	40.56
							400m:	5:15.95	39.89
4.	PIKOŃ Julia		09	UKP „Polonia Warszawa”				5:25.12	379
	50m:	35.15	35.15	150m:	1:53.98	40.25	250m:	3:17.89	42.16
	100m:	1:13.73	38.58	200m:	2:35.73	41.75	300m:	4:00.54	42.65
							400m:	5:25.12	41.77
5.	KIEŁKIEWICZ Małgorzata		08	UKS "V" Łomianki				5:44.80	318
	50m:	36.30	36.30	150m:	2:03.34	44.51	250m:	3:34.74	45.47
	100m:	1:18.83	42.53	200m:	2:49.27	45.93	300m:	4:19.88	45.14
							400m:	5:44.80	39.49



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