

Giżycko, 31.5. - 1.6.2025

Konkurencja 15
31.05.2025 - 13:50

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Punkt: AQUA 2024

Pozycja	Rok ur.										Czas	Pkt.
12 lat												
1.	BIELIŃSKA Łucja			13	MTP Kormoran Olsztyn						5:46.12	298
	50m:	37.96	37.96	150m:	2:05.14	44.13	250m:	3:34.37	44.75	350m:	5:05.12	44.13
	100m:	1:21.01	43.05	200m:	2:49.62	44.48	300m:	4:20.99	46.62	400m:	5:46.12	41.00
2.	RADZISZEWSKA Zuzanna			13	MUKS Piorun Gołdap						5:51.62	284
	50m:	38.32	38.32	150m:	2:07.92	45.15	250m:	3:39.29	45.99	350m:	5:10.64	45.24
	100m:	1:22.77	44.45	200m:	2:53.30	45.38	300m:	4:25.40	46.11	400m:	5:51.62	40.98
3.	POLAK Aleksandra			13	UKS „Frog” Giżycko						5:53.17	280
	50m:	40.52	40.52	150m:	2:11.90	46.42	250m:	3:42.44	44.64	350m:	5:10.24	43.80
	100m:	1:25.48	44.96	200m:	2:57.80	45.90	300m:	4:26.44	44.00	400m:	5:53.17	42.93
4.	KUBACKA Lena			13	MTP Kormoran Olsztyn						5:54.06	278
	50m:	39.08	39.08	150m:	2:08.37	45.40	250m:	3:39.86	46.20	350m:	5:10.48	45.65
	100m:	1:22.97	43.89	200m:	2:53.66	45.29	300m:	4:24.83	44.97	400m:	5:54.06	43.58
5.	BAKOWSKA Gabriela			13	MTP Kormoran Olsztyn						5:57.89	269
	50m:	41.57	41.57	150m:	2:12.31	45.96	250m:	3:43.84	45.65	350m:	5:15.64	45.77
	100m:	1:26.35	44.78	200m:	2:58.19	45.88	300m:	4:29.87	46.03	400m:	5:57.89	42.25
6.	LASKOWSKA Nadia			13	UKS „Frog” Giżycko						6:05.75	252
	50m:	40.55	40.55	150m:	2:15.47	48.16	250m:	3:49.97	47.21	350m:	5:23.65	47.38
	100m:	1:27.31	46.76	200m:	3:02.76	47.29	300m:	4:36.27	46.30	400m:	6:05.75	42.10
7.	MATYS Lena			13	UKS OMEGA Sokółka						6:14.04	236
	50m:	40.54	40.54	150m:	2:15.46	48.28	250m:	3:52.01	48.43	350m:	5:29.73	48.39
	100m:	1:27.18	46.64	200m:	3:03.58	48.12	300m:	4:41.34	49.33	400m:	6:14.04	44.31
13 lat												
1.	PIĄTKOWSKA Maja			12	UKS „Frog” Giżycko						5:21.80	371
	50m:	34.35	34.35	150m:	1:54.27	40.79	250m:	3:17.49	41.85	350m:	4:41.41	42.05
	100m:	1:13.48	39.13	200m:	2:35.64	41.37	300m:	3:59.36	41.87	400m:	5:21.80	40.39
2.	SZLEJTER Zuzanna			12	UKS „Frog” Giżycko						5:32.76	335
	50m:	38.60	38.60	150m:	2:03.84	42.57	250m:	3:28.76	42.38	350m:	4:51.95	41.12
	100m:	1:21.27	42.67	200m:	2:46.38	42.54	300m:	4:10.83	42.07	400m:	5:32.76	40.81
3.	DEPTUŁA Julia			12	MUKS Piorun Gołdap						5:34.39	330
	50m:	39.26	39.26	150m:	2:06.13	43.86	250m:	3:31.32	42.16	350m:	4:55.28	41.54
	100m:	1:22.27	43.01	200m:	2:49.16	43.03	300m:	4:13.74	42.42	400m:	5:34.39	39.11
14 lat i starsi												
1.	CZYŻAK Paulina			11	CSiR MOS w Dąbrowie Górniczej						5:02.20	448
	50m:	32.14	32.14	150m:	1:47.00	38.62	250m:	3:04.89	38.65	350m:	4:23.44	39.65
	100m:	1:08.38	36.24	200m:	2:26.24	39.24	300m:	3:43.79	38.90	400m:	5:02.20	38.76
2.	SKRABOWSKA Karolina			08	UKS „Frog” Giżycko						5:05.59	433
	50m:	31.61	31.61	150m:	1:47.32	40.00	250m:	3:08.15	40.08	350m:	4:28.12	39.19
	100m:	1:07.32	35.71	200m:	2:28.07	40.75	300m:	3:48.93	40.78	400m:	5:05.59	37.47
3.	BRECZKO Paulina			10	UKS OMEGA Sokółka						5:13.29	402
	50m:	35.03	35.03	150m:	1:54.08	39.82	250m:	3:14.84	40.53	350m:	4:35.06	39.86
	100m:	1:14.26	39.23	200m:	2:34.31	40.23	300m:	3:55.20	40.36	400m:	5:13.29	38.23

Giżycko, 31.5. - 1.6.2025

Konkurencja 15, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja	Rok ur.								Czas		Pkt.	
4. PROCHOWICZ Hanna			11	MUKS Piorun Gołdap						5:16.46	390	
50m:	35.88	35.88	150m:	1:55.92	40.06	250m:	3:16.73	40.58	350m:	4:36.84	39.83	
100m:	1:15.86	39.98	200m:	2:36.15	40.23	300m:	3:57.01	40.28	400m:	5:16.46	39.62	
5. GRITZNER Marianna			07	MKS Medyk Giżycko						5:18.57	382	
50m:	35.57	35.57	150m:	1:55.04	39.96	250m:	3:16.09	40.37	350m:	4:38.54	41.55	
100m:	1:15.08	39.51	200m:	2:35.72	40.68	300m:	3:56.99	40.90	400m:	5:18.57	40.03	
6. BRECZKO Zuzanna			08	UKS OMEGA Sokółka						5:21.53	372	
50m:	36.73	36.73	150m:	1:59.55	41.82	250m:	3:21.77	40.77	350m:	4:42.77	40.46	
100m:	1:17.73	41.00	200m:	2:41.00	41.45	300m:	4:02.31	40.54	400m:	5:21.53	38.76	
7. MYŚLIŃSKA Martyna			10	UKS „Frog” Giżycko						5:23.88	364	
50m:	35.91	35.91	150m:	1:56.85	41.24	250m:	3:19.86	41.17	350m:	4:43.45	41.78	
100m:	1:15.61	39.70	200m:	2:38.69	41.84	300m:	4:01.67	41.81	400m:	5:23.88	40.43	
8. ZALEWSKA Lena			10	UKS „Frog” Giżycko						5:30.34	343	
50m:	34.59	34.59	150m:	1:55.59	41.22	250m:	3:21.07	43.03	350m:	4:48.04	43.32	
100m:	1:14.37	39.78	200m:	2:38.04	42.45	300m:	4:04.72	43.65	400m:	5:30.34	42.30	
9. GORGOSZ Julia			11	MKS Medyk Giżycko						5:30.76	341	
50m:	34.38	34.38	150m:	1:53.68	40.79	250m:	3:18.20	42.98	350m:	4:46.54	44.01	
100m:	1:12.89	38.51	200m:	2:35.22	41.54	300m:	4:02.53	44.33	400m:	5:30.76	44.22	
10. SZERSZUN Kornelia			11	UKS Butterfly Łomża						5:36.98	323	
50m:	35.33	35.33	150m:	1:58.42	42.43	250m:	3:26.51	44.11	350m:	4:54.18	43.45	
100m:	1:15.99	40.66	200m:	2:42.40	43.98	300m:	4:10.73	44.22	400m:	5:36.98	42.80	
DYSKW. WISZOWATA Amelia			11	UKS Butterfly Łomża								
O2 - Pływak nie ukończył całego dystansu												
50m:	39.08	39.08	150m:	2:10.19	45.93	250m:	3:41.67	44.95	350m:	5:09.72	41.93	
100m:	1:24.26	45.18	200m:	2:56.72	46.53	300m:	4:27.79	46.12	400m:			