

OTWARTE LETNIE MISTRZOSTWA WARSZAWY
Warszawa, 6. - 7.6.2025

Konkurencja 30
07.06.2025 - 12:08

Dziewcząt, 400m zmienny

11 - 16 lat
Wyniki

Punkty: AQUA 2025

Pozycja			Rok ur.						Czas	Pkt.
11 lat										
1.	GRANOSZEWSKA Maja		14	MPKS "Orka" Ciechanów					6:16.67	345
	50m: 40.29	40.29	150m: 2:13.71	45.50	250m: 3:55.06	56.38	350m: 5:35.61		43.82	
	100m: 1:28.21	47.92	200m: 2:58.68	44.97	300m: 4:51.79	56.73	400m: 6:16.67		41.06	
12 lat										
1.	KACAŁA Hanna		13	MKS Ochota Warszawa					6:16.45	346
	50m: 37.78	37.78	150m: 2:11.47	47.27	250m: 3:55.12	57.29	350m: 5:36.65		43.23	
	100m: 1:24.20	46.42	200m: 2:57.83	46.36	300m: 4:53.42	58.30	400m: 6:16.45		39.80	
2.	MALEC Kinga		13	UKS „Victoria Józefów”					7:08.67	234
	50m: 47.94	47.94	150m: 2:42.65	55.55	250m: 4:34.24	59.94	350m: 6:23.42		48.05	
	100m: 1:47.10	59.16	200m: 3:34.30	51.65	300m: 5:35.37	1:01.13	400m: 7:08.67		45.25	
3.	RYTEL Iga		13	PUKS Orka Ostrów Mazowiecka					7:11.89	229
	50m: 42.72	42.72	150m: 2:40.82	1:02.78	250m: 4:33.96	54.89	350m: 6:22.11		52.34	
	100m: 1:38.04	55.32	200m: 3:39.07	58.25	300m: 5:29.77	55.81	400m: 7:11.89		49.78	
13 lat										
1.	GODLEWSKA Agata		12	UKP „Polonia Warszawa”					5:49.84	431
	50m: 35.57	35.57	150m: 2:07.27	46.55	250m: 3:39.49	46.77	350m: 5:10.18		42.33	
	100m: 1:20.72	45.15	200m: 2:52.72	45.45	300m: 4:27.85	48.36	400m: 5:49.84		39.66	
2.	KRYSZKIEWICZ Lidia		12	MKS „Jagiellonka” Warszawa					5:54.67	414
	50m: 36.88	36.88	150m: 2:09.04	45.98	250m: 3:45.94	52.38	350m: 5:17.21		39.65	
	100m: 1:23.06	46.18	200m: 2:53.56	44.52	300m: 4:37.56	51.62	400m: 5:54.67		37.46	
3.	SAWICKA Laura		12	UKP „Polonia Warszawa”					6:14.89	350
	50m: 38.41	38.41	150m: 2:16.44	50.39	250m: 3:56.94	54.04	350m: 5:34.76		42.55	
	100m: 1:26.05	47.64	200m: 3:02.90	46.46	300m: 4:52.21	55.27	400m: 6:14.89		40.13	
4.	LECH Daria		12	UKS Delfin Legionowo					6:26.75	319
	50m: 41.38	41.38	150m: 2:25.76	50.49	250m: 4:09.69	54.76	350m: 5:47.56		43.83	
	100m: 1:35.27	53.89	200m: 3:14.93	49.17	300m: 5:03.73	54.04	400m: 6:26.75		39.19	
14 lat										
1.	KOKOSZKA Paulina		11	UKS „GIM 92 Ursynów”					5:27.02	528
	50m: 32.85	32.85	150m: 1:56.19	43.92	250m: 3:26.31	48.05	350m: 4:50.77		37.00	
	100m: 1:12.27	39.42	200m: 2:38.26	42.07	300m: 4:13.77	47.46	400m: 5:27.02		36.25	
2.	ŁYSIUK Karina		11	UKS „GIM 92 Ursynów”					5:36.34	485
	50m: 35.55	35.55	150m: 1:59.13	41.87	250m: 3:27.28	46.75	350m: 4:56.78		40.95	
	100m: 1:17.26	41.71	200m: 2:40.53	41.40	300m: 4:15.83	48.55	400m: 5:36.34		39.56	
3.	ZYSK Natalia		11	UKS Siódemka Gdynia					5:43.14	457
	50m: 35.52	35.52	150m: 2:00.86	43.54	250m: 3:33.40	50.12	350m: 5:04.54		41.08	
	100m: 1:17.32	41.80	200m: 2:43.28	42.42	300m: 4:23.46	50.06	400m: 5:43.14		38.60	

OTWARTE LETNIE MISTRZOSTWA WARSZAWY
Warszawa, 6. - 7.6.2025

Konkurencja 30, Dziewcząt, 400m zmienny, 14 lat

Pozycja	Rok ur.								Czas	Pkt.		
4.	SULKOWSKA Hanna			11	UKS Juvenia iSwim Białystok				5:51.14	426		
	50m:	35.64	35.64	150m:	2:04.00	46.63	250m:	3:41.20	51.13	350m:	5:13.03	39.49
	100m:	1:17.37	41.73	200m:	2:50.07	46.07	300m:	4:33.54	52.34	400m:	5:51.14	38.11
5.	PACYK Alexandra			11	IUKS „Muszelka” Warszawa				5:56.82	406		
	50m:	36.69	36.69	150m:	2:06.67	45.71	250m:	3:43.67	53.15	350m:	5:17.57	40.94
	100m:	1:20.96	44.27	200m:	2:50.52	43.85	300m:	4:36.63	52.96	400m:	5:56.82	39.25
6.	KURPIEL Maja			11	Buks				6:12.19	358		
	50m:	40.36	40.36	150m:	2:22.32	50.70	250m:	3:58.07	47.72	350m:	5:30.54	43.13
	100m:	1:31.62	51.26	200m:	3:10.35	48.03	300m:	4:47.41	49.34	400m:	6:12.19	41.65
7.	KAMIŃSKA Oliwia			11	MKS „Jagiellonka” Warszawa				6:15.74	348		
	50m:	37.68	37.68	150m:	2:18.71	53.66	250m:	3:59.14	51.25	350m:	5:34.99	44.44
	100m:	1:25.05	47.37	200m:	3:07.89	49.18	300m:	4:50.55	51.41	400m:	6:15.74	40.75

15 - 16 lat

1. LEŚNIEWSKA Barbara	10	UKS „GIM 92 Ursynów”				4:57.20		703
50m: 32.62 32.62	150m: 1:47.14 36.76	250m: 3:06.32 42.91	350m: 4:24.33 34.28					
100m: 1:10.38 37.76	200m: 2:23.41 36.27	300m: 3:50.05 43.73	400m: 4:57.20 32.87					
2. KOWALSKA-FRĄCZYK Zofia	10	UKS „GIM 92 Ursynów”				5:18.09		574
50m: 33.03 33.03	150m: 1:54.11 40.71	250m: 3:20.57 46.58	350m: 4:43.10 36.66					
100m: 1:13.40 40.37	200m: 2:33.99 39.88	300m: 4:06.44 45.87	400m: 5:18.09 34.99					
3. SZUSTAK Lena	10	KS Barakuda Mińsk Mazowiecki				5:51.95		423
50m: 36.48 36.48	150m: 2:04.84 44.54	250m: 3:42.05 52.63	350m: 5:14.70 39.50					
100m: 1:20.30 43.82	200m: 2:49.42 44.58	300m: 4:35.20 53.15	400m: 5:51.95 37.25					
4. WINDERICKX Franciszka	09	KS Barakuda Mińsk Mazowiecki				6:17.83		342
50m: 40.62 40.62	150m: 2:20.09 48.14	250m: 3:57.38 49.54	350m: 5:35.42 43.86					
100m: 1:31.95 51.33	200m: 3:07.84 47.75	300m: 4:51.56 54.18	400m: 6:17.83 42.41					
5. STANISŁAWSKA Aleksandra	10	PUKS Orka Ostrów Mazowiecka				6:41.48		285
50m: 40.61 40.61	150m: 2:23.64 51.94	250m: 4:11.80 57.40	350m: 5:57.86 48.24					
100m: 1:31.70 51.09	200m: 3:14.40 50.76	300m: 5:09.62 57.82	400m: 6:41.48 43.62					