

GENERATION CUP-ZAWODY DLA DZIECI I DOROSŁYCH											
Warszawa, 5. - 6.12.2025											
Konkurencja 38			Dziewcząt, 400m dowolny								11 - 16 lat
6.12.2025 - 13:31			Wyniki								
Punkty: AQUA 2025											
Rok ur.			Czas		Pkt.	Pkt.Masters	100m	200m	300m	400m	
11 lat											
1.	TURSKA Hanna	14	MKS Ochota Warszawa		5:44.92	317	411	1:22.06	1:30.77	1:28.74	1:23.35
	50m:	38.21	38.21	150m:	2:07.62	45.56	250m:	3:37.12	44.29	350m:	5:04.38
	100m:	1:22.06	43.85	200m:	2:52.83	45.21	300m:	4:21.57	44.45	400m:	5:44.92
										40.54	
2.	KOWALCZYK Maria	14	MKS Ochota Warszawa		5:45.87	315	408	1:26.93	1:30.43	1:27.24	1:21.27
	50m:	40.66	40.66	150m:	2:11.32	44.39	250m:	3:40.82	43.46	350m:	5:06.31
	100m:	1:26.93	46.27	200m:	2:57.36	46.04	300m:	4:24.60	43.78	400m:	5:45.87
										39.56	
3.	GLIŃSKA Michalina	14	MKS Ochota Warszawa		5:52.66	297	385	1:25.46	1:31.59	1:29.94	1:25.67
	50m:	40.81	40.81	150m:	2:11.49	46.03	250m:	3:41.54	44.49	350m:	5:10.52
	100m:	1:25.46	44.65	200m:	2:57.05	45.56	300m:	4:26.99	45.45	400m:	5:52.66
										42.14	
4.	CZERNIGA Natalia	14	UKP „Polonia Warszawa"		6:15.24	246	319	1:28.26	1:37.57	1:37.99	1:31.42
	50m:	40.50	40.50	150m:	2:16.65	48.39	250m:	3:54.98	49.15	350m:	5:31.33
	100m:	1:28.26	47.76	200m:	3:05.83	49.18	300m:	4:43.82	48.84	400m:	6:15.24
										43.91	
12 lat											
1.	BALCERCZAK Gabriela	13	MKS Ochota Warszawa		4:58.90	488	632	1:11.43	1:16.42	1:16.85	1:14.20
	50m:	34.03	34.03	150m:	1:49.61	38.18	250m:	3:06.34	38.49	350m:	4:22.97
	100m:	1:11.43	37.40	200m:	2:27.85	38.24	300m:	3:44.70	38.36	400m:	4:58.90
										35.93	
2.	MALIK Ewa	13	UKS Swim Team Wilanów		5:00.31	481	623	1:11.39	1:17.02	1:16.88	1:15.02
	50m:	33.86	33.86	150m:	1:49.98	38.59	250m:	3:06.74	38.33	350m:	4:23.50
	100m:	1:11.39	37.53	200m:	2:28.41	38.43	300m:	3:45.29	38.55	400m:	5:00.31
										36.81	
3.	ŁAPIENIECKA Wiktoria	13	MKS „Jagiellonka" Warszawa		5:54.04	293	380	1:23.13	1:32.58	1:33.08	1:25.25
	50m:	38.58	38.58	150m:	2:09.34	46.21	250m:	3:42.55	46.84	350m:	5:13.39
	100m:	1:23.13	44.55	200m:	2:55.71	46.37	300m:	4:28.79	46.24	400m:	5:54.04
										40.65	
4.	STOLARCZYK Zofia	13	UKS „Victoria Józefów"		6:35.50	210	273	1:31.24	1:41.86	1:42.79	1:39.61
	50m:	42.33	42.33	150m:	2:22.43	51.19	250m:			350m:	
	100m:	1:31.24	48.91	200m:	3:13.10	50.67	300m:	4:55.89		400m:	6:35.50
13 lat											
1.	GRZEGORCZYK Amelia	12	MUKP Korona-Swim Kielce		5:16.96	409	530	1:14.52	1:21.54	1:21.59	1:19.31
	50m:	35.35	35.35	150m:	1:54.82	40.30	250m:	3:16.99	40.93	350m:	4:37.77
	100m:	1:14.52	39.17	200m:	2:36.06	41.24	300m:	3:57.65	40.66	400m:	5:16.96
										39.19	
2.	GRZEGORCZYK Helena	12	MUKP Korona-Swim Kielce		5:23.46	385	499	1:16.44	1:21.56	1:23.23	1:22.23
	50m:	36.08	36.08	150m:	1:56.77	40.33	250m:	3:19.44	41.44	350m:	4:43.36
	100m:	1:16.44	40.36	200m:	2:38.00	41.23	300m:	4:01.23	41.79	400m:	5:23.46
										40.10	
3.	ŚLEFARSKA Maja	12	MUKP Korona-Swim Kielce		5:41.44	327	424	1:19.54	1:28.45	1:27.81	1:25.64
	50m:	37.05	37.05	150m:	2:03.48	43.94	250m:	3:32.43	44.44	350m:	4:59.80
	100m:	1:19.54	42.49	200m:	2:47.99	44.51	300m:	4:15.80	43.37	400m:	5:41.44
										41.64	
4.	JASIŃSKA Aleksandra	12	MUKP Warszawianka		6:01.71	275	357	1:22.15	1:33.90	1:34.56	1:31.10
	50m:	37.73	37.73	150m:	2:08.80	46.65	250m:	3:42.99	46.94	350m:	5:17.79
	100m:	1:22.15	44.42	200m:	2:56.05	47.25	300m:	4:30.61	47.62	400m:	6:01.71
										43.92	
5.	DEJNEKA Kalina	12	UKS Swim Team Wilanów		6:02.56	273	354	1:22.88	1:35.38	1:35.44	1:28.86
	50m:	38.51	38.51	150m:	2:10.35	47.47	250m:	3:47.09	48.83	350m:	5:21.31
	100m:	1:22.88	44.37	200m:	2:58.26	47.91	300m:	4:33.70	46.61	400m:	6:02.56
										41.25	
15 - 16 lat											
1.	WINDERICKX Franciszka	09	KS Barakuda Mińsk Mazowiec		5:26.90	373	483	1:14.24	1:25.42	1:25.62	1:21.62
	50m:	34.19	34.19	150m:	1:57.32	43.08	250m:	3:21.95	42.29	350m:	4:47.20
	100m:	1:14.24	40.05	200m:	2:39.66	42.34	300m:	4:05.28	43.33	400m:	5:26.90
										39.70	

Konkurencja 38, Dziewcząt, 400m dowolny

PK	SKORYKOW	Lena	08	MUKP	Warszawianka	4:56.72	499	646	1:10.66	1:16.67	1:15.99	1:13.40
	50m:	33.52	33.52	150m:	1:48.93	38.27	250m:	3:05.77	38.44	350m:	4:20.69	37.37
	100m:	1:10.66	37.14	200m:	2:27.33	38.40	300m:	3:43.32	37.55	400m:	4:56.72	36.03