

OGÓLNOPOLSKIE ZAWODY PŁYWACKIE

Mława dla pływania

Pod patronatem Burmistrza Miasta Mława

Ogólnopolskie Zawody Pływackie „Mława dla pływania” pod patronatem Burmistrza Miasta Mława
Warszawa, 28. - 29.3.2026

Konkurencja 31
29.03.2026 - 14:52

Kobiet, 400m dowolny

Open
Wyniki

Punkty: AQUA 2025

Pozycja			Rok ur.					Czas	Pkt.			
1.	WITTBRODT Alicja		11	UKP „Polonia Warszawa”				4:58.33	459			
	50m:	33.55 33.55	150m:	1:48.79	38.13	250m:	3:06.38	38.86	350m:	4:22.61	37.78	
	100m:	1:10.66	37.11	200m:	2:27.52	38.73	300m:	3:44.83	38.45	400m:	4:58.33	35.72
2.	KLAUS Helena		12	MKS Piaseczno				5:01.50	445			
	50m:	33.84 33.84	150m:	1:49.24	38.07	250m:	3:06.73	38.66	350m:	4:24.29	38.77	
	100m:	1:11.17	37.33	200m:	2:28.07	38.83	300m:	3:45.52	38.79	400m:	5:01.50	37.21
3.	TOMCZYK Hanna		09	SSP „Orka” Iława				5:04.48	432			
	50m:	33.75 33.75	150m:	1:48.63	37.78	250m:	3:06.52	39.25	350m:	4:24.97	39.21	
	100m:	1:10.85	37.10	200m:	2:27.27	38.64	300m:	3:45.76	39.24	400m:	5:04.48	39.51
4.	GRANOSZEWSKA Maja		14	MPKS "Orka" w Ciechanowie				5:14.26	393			
	50m:	34.12 34.12	150m:	1:55.05	40.91	250m:	3:16.58	40.72	350m:	4:37.44	39.44	
	100m:	1:14.14	40.02	200m:	2:35.86	40.81	300m:	3:58.00	41.42	400m:	5:14.26	36.82
5.	BIELAWSKA Karolina		08	MKP Wodnik Bielsk Podlaski				5:20.98	369			
	50m:	35.89 35.89	150m:	1:55.31	40.25	250m:	3:17.69	41.45	350m:	4:41.61	42.52	
	100m:	1:15.06	39.17	200m:	2:36.24	40.93	300m:	3:59.09	41.40	400m:	5:20.98	39.37
6.	SZULC Alicja		10	KP Płetwal Mława				5:23.72	359			
	50m:	36.10 36.10	150m:	1:57.51	40.92	250m:	4:03.00	41.77	350m:	5:23.72	39.47	
	100m:	1:16.59	40.49	200m:	3:21.23	1:23.72	300m:	4:44.25	41.25	400m:	5:23.72	
7.	GNIADA Zuzanna		11	KP Płetwal Mława				5:26.83	349			
	50m:	37.02 37.02	150m:	1:58.83	41.41	250m:	3:23.53	42.61	350m:	4:47.35	41.53	
	100m:	1:17.42	40.40	200m:	2:40.92	42.09	300m:	4:05.82	42.29	400m:	5:26.83	39.48
8.	POW_ZKA Julia		11	Ks "Marlin Mława"				5:26.99	349			
	50m:	36.48 36.48	150m:	1:58.87	41.95	250m:	3:23.53	42.71	350m:	4:47.41	42.02	
	100m:	1:16.92	40.44	200m:	2:40.82	41.95	300m:	4:05.39	41.86	400m:	5:26.99	39.58
9.	BURKIEWICZ Zofia		09	SSP „Orka” Iława				5:28.66	343			
	50m:	35.38 35.38	150m:	1:57.56	41.86	250m:	3:22.86	42.87	350m:	4:47.75	42.34	
	100m:	1:15.70	40.32	200m:	2:39.99	42.43	300m:	4:05.41	42.55	400m:	5:28.66	40.91
10.	KALINOWSKA Alina		12	UKS Delfin Legionowo				5:33.12	330			
	50m:	37.72 37.72	150m:	2:02.35	42.82	250m:	4:11.25	1:26.08	350m:	5:33.12	39.62	
	100m:	1:19.53	41.81	200m:	2:45.17	42.82	300m:	4:53.50	42.25	400m:	5:33.12	
11.	CZECH Helena		15	Uks „Pingwiny”				5:41.23	307			
	50m:	38.39 38.39	150m:	2:08.61	44.87	250m:	3:38.10	44.71	350m:	5:05.06	43.44	
	100m:	1:23.74	45.35	200m:	2:53.39	44.78	300m:	4:21.62	43.52	400m:	5:41.23	36.17
12.	CICHOCKA Marta		15	Uks „Pingwiny”				6:01.11	259			
	50m:	39.47 39.47	150m:	2:10.15	45.45	250m:	3:43.28	46.74	350m:	5:18.39	47.45	
	100m:	1:24.70	45.23	200m:	2:56.54	46.39	300m:	4:30.94	47.66	400m:	6:01.11	42.72
13.	ANDRUSZKIEWICZ Maria		14	Uks „Pingwiny”				6:18.33	225			
	50m:	41.28 41.28	150m:	2:16.45	48.78	250m:	3:54.60	48.92	350m:	5:33.25	49.40	
	100m:	1:27.67	46.39	200m:	3:05.68	49.23	300m:	4:43.85	49.25	400m:	6:18.33	45.08