

Liga SMS I runda
Szczecin, 24- - 25-10-2025

Konkurencja 16
2025-10-25 - 9:17

Kobiet, 400m dowolny

Open
Wyniki

Rekord Polski Open	4:02.68	POLANSKA Aleksandra	07614	Olsztyn	2020-12-18
Rekord Polski 19 +	4:02.68	POLANSKA Aleksandra	07614	Olsztyn	2020-12-18
Rekord Polski 18	4:04.30	GUŚC Wiktoria	00116	Bydgoszcz	2022-12-02
Rekord Polski 17	4:08.05	GUŚC Wiktoria	01705	Bydgoszcz	2021-12-03
Rekord Polski 16	4:08.04	KILIJAŃSKA Donata	00612	Poznan	2011-12-17
Rekord Polski 15	4:08.60	GUŚC Wiktoria	01705	Poznan	2019-11-23
Rekord Polski 14	4:09.54	GUŚC Wiktoria	01705	Olsztyn	2018-12-15

Punkty: AQUA 2025

Pozycja	Rok ur.				Czas				Pkt.	druz
1. RESZKO Lena	09	SMS Warszawa Konwiktorska			4:19.00	702	29,00			
50m: 29.28 29.28	150m: 1:34.39 32.86	250m: 2:40.54 33.03	350m: 3:46.58 32.76							
100m: 1:01.53 32.25	200m: 2:07.51 33.12	300m: 3:13.82 33.28	400m: 4:19.00 32.42							
2. MAŁOLEPSZA Weronika	07	SMS Szczecin			4:20.26	692	27,00			
50m: 30.04 30.04	150m: 1:34.95 32.88	250m: 2:41.44 32.82	350m: 3:48.43 33.33							
100m: 1:02.07 32.03	200m: 2:08.62 33.67	300m: 3:15.10 33.66	400m: 4:20.26 31.83							
3. ŁAKOMA Maria	08	SMS Kraków			4:20.79	688	26,00			
50m: 30.63 30.63	150m: 1:36.98 33.25	250m: 2:43.54 33.31	350m: 3:49.47 32.62							
100m: 1:03.73 33.10	200m: 2:10.23 33.25	300m: 3:16.85 33.31	400m: 4:20.79 31.32							
4. POLAK Iga	09	SMS Oświęcim			4:25.19	654	25,00			
50m: 30.30 30.30	150m: 1:36.07 33.04	250m: 2:43.11 33.78	350m: 3:51.15 34.20							
100m: 1:03.03 32.73	200m: 2:09.33 33.26	300m: 3:16.95 33.84	400m: 4:25.19 34.04							
5. POPPE Marta	07	SMS Lublin			4:25.52	652	24,00			
50m: 30.93 30.93	150m: 1:37.41 33.35	250m: 2:44.48 33.61	350m: 3:52.18 34.09							
100m: 1:04.06 33.13	200m: 2:10.87 33.46	300m: 3:18.09 33.61	400m: 4:25.52 33.34							
6. DUDA Natalia	10	SMS Szczecin			4:25.86	649	23,00			
50m: 30.88 30.88	150m: 1:37.78 33.85	250m: 2:44.93 33.61	350m: 3:52.61 33.94							
100m: 1:03.93 33.05	200m: 2:11.32 33.54	300m: 3:18.67 33.74	400m: 4:25.86 33.25							
7. GOŚCIŃSKA Gabriela	09	SMS Kraków			4:26.47	645	22,00			
50m: 31.37 31.37	150m: 1:39.99 34.25	250m: 2:48.32 34.05	350m: 3:55.12 32.76							
100m: 1:05.74 34.37	200m: 2:14.27 34.28	300m: 3:22.36 34.04	400m: 4:26.47 31.35							
8. KWIATKOWSKA Rozalia	09	SMS Bydgoszcz			4:26.89	642	21,00			
50m: 30.16 30.16	150m: 1:36.41 33.68	250m: 2:43.91 33.66	350m: 3:52.02 34.27							
100m: 1:02.73 32.57	200m: 2:10.25 33.84	300m: 3:17.75 33.84	400m: 4:26.89 34.87							
9. KUCZMAR Zuzanna	07	SMS Warszawa Konwiktorska			4:28.55	630	20,00			
50m: 30.43 30.43	150m: 1:38.67 34.36	250m: 2:47.00 33.94	350m: 3:55.40 34.54							
100m: 1:04.31 33.88	200m: 2:13.06 34.39	300m: 3:20.86 33.86	400m: 4:28.55 33.15							
10. PIETUCH Antonina	10	SMS Warszawa Bielany			4:29.04	626	19,00			
50m: 31.30 31.30	150m: 1:39.54 33.96	250m: 2:46.47 32.21	350m: 3:55.76 34.67							
100m: 1:05.58 34.28	200m: 2:14.26 34.72	300m: 3:21.09 34.62	400m: 4:29.04 33.28							
11. KAZANOWSKA Klaudia	08	SMS Lublin			4:30.43	617	18,00			
50m: 31.38 31.38	150m: 1:39.27 34.26	250m: 2:48.18 34.45	350m: 3:56.98 34.37							
100m: 1:05.01 33.63	200m: 2:13.73 34.46	300m: 3:22.61 34.43	400m: 4:30.43 33.45							
12. WŁADYCZKA Amelia	07	SMS Wrocław			4:31.00	613	17,00			
50m: 30.66 30.66	150m: 1:38.56 34.47	250m: 2:47.42 34.36	350m: 3:57.15 34.58							
100m: 1:04.09 33.43	200m: 2:13.06 34.50	300m: 3:22.57 35.15	400m: 4:31.00 33.85							
13. MARKIEWICZ Weronika	07	SMS Warszawa Bielany			4:31.71	608	16,00			
50m: 30.63 30.63	150m: 1:39.12 34.39	250m: 2:49.07 35.12	350m: 3:58.33 34.59							
100m: 1:04.73 34.10	200m: 2:13.95 34.83	300m: 3:23.74 34.67	400m: 4:31.71 33.38							
14. WIERNICKA Julia	07	SMS Lublin			4:32.64	602	-			
50m: 30.74 30.74	150m: 1:38.37 34.20	250m: 2:47.77 34.92	350m: 3:57.81 35.13							
100m: 1:04.17 33.43	200m: 2:12.85 34.48	300m: 3:22.68 34.91	400m: 4:32.64 34.83							

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Pozycja	Rok ur.										Czas	Pkt.	druz
15.	PASTUSZUK Zuzanna			10	SMS Lublin						4:33.81	594	-
	50m:	30.60	30.60	150m:	1:38.62	34.40	250m:	2:48.20	35.05	350m:	3:58.68	35.32	
	100m:	1:04.22	33.62	200m:	2:13.15	34.53	300m:	3:23.36	35.16	400m:	4:33.81	35.13	
16.	BAKUN Maja			07	SMS Warszawa Bielany						4:37.90	568	-
	50m:	31.48	31.48	150m:	1:42.15	35.52	250m:	2:53.17	35.24	350m:	4:04.56	35.32	
	100m:	1:06.63	35.15	200m:	2:17.93	35.78	300m:	3:29.24	36.07	400m:	4:37.90	33.34	
17.	ŚWIĄTEK Amelia			08	SMS Wrocław						4:38.38	565	15,00
	50m:	31.93	31.93	150m:	1:40.52	34.66	250m:	2:51.08	35.63	350m:	4:02.58	35.75	
	100m:	1:05.86	33.93	200m:	2:15.45	34.93	300m:	3:26.83	35.75	400m:	4:38.38	35.80	
18.	KISZCZAK Olga			09	SMS Oświęcim						4:38.45	565	14,00
	50m:	30.85	30.85	150m:	1:39.31	34.82	250m:	2:49.47	35.37	350m:	4:01.69	36.31	
	100m:	1:04.49	33.64	200m:	2:14.10	34.79	300m:	3:25.38	35.91	400m:	4:38.45	36.76	
19.	SOWA Barbara			07	SMS Oświęcim						4:40.78	551	-
	50m:	31.67	31.67	150m:	1:40.96	34.93	250m:	2:52.73	36.01	350m:	4:04.87	36.12	
	100m:	1:06.03	34.36	200m:	2:16.72	35.76	300m:	3:28.75	36.02	400m:	4:40.78	35.91	
20.	GRZECH Maja			08	SMS Gdańsk						4:43.10	537	13,00
	50m:	32.13	32.13	150m:	1:41.85	35.63	250m:	2:54.11	36.14	350m:	4:07.31	36.86	
	100m:	1:06.22	34.09	200m:	2:17.97	36.12	300m:	3:30.45	36.34	400m:	4:43.10	35.79	
21.	DUŃKO Julia			07	SMS Ostrowiec						4:43.23	537	12,00
	50m:	33.10	33.10	150m:	1:45.43	36.52	250m:	2:56.44	34.76	350m:	4:07.33	36.00	
	100m:	1:08.91	35.81	200m:	2:21.68	36.25	300m:	3:31.33	34.89	400m:	4:43.23	35.90	
22.	JABŁOŃSKA Natalia			08	SMS Olsztyn						4:45.08	526	11,00
	50m:	32.97	32.97	150m:	1:44.67	36.20	250m:	2:57.30	36.11	350m:	4:09.63	36.15	
	100m:	1:08.47	35.50	200m:	2:21.19	36.52	300m:	3:33.48	36.18	400m:	4:45.08	35.45	
23.	STAMBUŁA Joanna			09	SMS Racibórz						4:48.76	506	10,00
	50m:	32.85	32.85	150m:	1:43.52	35.75	250m:	2:56.18	36.55	350m:	4:10.41	37.33	
	100m:	1:07.77	34.92	200m:	2:19.63	36.11	300m:	3:33.08	36.90	400m:	4:48.76	38.35	
24.	KULIŃSKA Weronika			08	SMS Bydgoszcz						4:49.66	502	9,00
	50m:	32.18	32.18	150m:	1:43.90	36.42	250m:	2:58.61	37.44	350m:	4:13.31	36.99	
	100m:	1:07.48	35.30	200m:	2:21.17	37.27	300m:	3:36.32	37.71	400m:	4:49.66	36.35	
25.	KORDEK Zuzanna			08	SMS Racibórz						4:52.58	487	8,00
	50m:	32.70	32.70	150m:	1:44.60	36.74	250m:	2:58.46	37.32	350m:	4:15.72	38.55	
	100m:	1:07.86	35.16	200m:	2:21.14	36.54	300m:	3:37.17	38.71	400m:	4:52.58	36.86	
26.	SOSNÓWKA Milena			07	SMS Ostrowiec						4:55.01	475	7,00
	50m:	32.78	32.78	150m:	1:44.34	35.74	250m:	2:58.95	37.61	350m:	4:16.54	38.90	
	100m:	1:08.60	35.82	200m:	2:21.34	37.00	300m:	3:37.64	38.69	400m:	4:55.01	38.47	
27.	GRAMAŁA Zofia			09	SMS Poznań						4:57.39	464	6,00
	50m:	33.28	33.28	150m:	1:46.76	36.99	250m:	3:03.46	38.66	350m:	4:20.89	38.88	
	100m:	1:09.77	36.49	200m:	2:24.80	38.04	300m:	3:42.01	38.55	400m:	4:57.39	36.50	
28.	ŻUK Hanna			10	SMS Poznań						4:57.61	463	5,00
	50m:	34.04	34.04	150m:	1:48.78	37.88	250m:	3:05.13	38.10	350m:	4:21.90	38.15	
	100m:	1:10.90	36.86	200m:	2:27.03	38.25	300m:	3:43.75	38.62	400m:	4:57.61	35.71	
29.	DUBIEL Liliana			10	SMS Gdańsk						4:58.59	458	4,00
	50m:	32.93	32.93	150m:	1:47.05	37.62	250m:	3:04.99	38.80	350m:	4:20.43	37.73	
	100m:	1:09.43	36.50	200m:	2:26.19	39.14	300m:	3:42.70	37.71	400m:	4:58.59	38.16	