

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

Konkurencja 3
2025-10-24 - 16:15

Kobiet, 400m zmienny

Open
Wyniki

Rekord Polski Open	4:31.89	BARANOWSKA Katarzyna	00116	Debrecen (HUN)	2007-12-16
Rekord Polski 19 +	4:31.89	BARANOWSKA Katarzyna	00116	Debrecen (HUN)	2007-12-16
Rekord Polski 18	4:33.70	BARANOWSKA Katarzyna	POL	Trieste (ITA)	2005-12-11
Rekord Polski 17	4:33.26	NITKA Aleksandra	01006	Zabierzow	2010-10-09
Rekord Polski 16	4:35.65	KNOP Aleksandra	01605	Ostrowiec Sw	2019-12-18
Rekord Polski 15	4:38.89	KNOP Aleksandra	01605	Lublin	2018-12-18
Rekord Polski 14	4:43.77	KNOP Aleksandra	01605	Lodz	2017-12-22

Punkty: AQUA 2025

Pozycja	Rok ur.			Czas			Pkt.	druz
1. PRZYBYLSKA Oliwia	07	SMS Lublin		4:50.34	681	29,00		
50m: 31.34 31.34	150m: 1:43.57 36.82	250m: 2:59.69 40.38	350m: 4:15.66 35.00					
100m: 1:06.75 35.41	200m: 2:19.31 35.74	300m: 3:40.66 40.97	400m: 4:50.34 34.68					
2. BRZOZOWSKA Julia	08	SMS Lublin		5:00.65	613	27,00		
50m: 31.30 31.30	150m: 1:43.00 36.31	250m: 3:03.67 43.90	350m: 4:24.52 35.89					
100m: 1:06.69 35.39	200m: 2:19.77 36.77	300m: 3:48.63 44.96	400m: 5:00.65 36.13					
3. DUDA Natalia	10	SMS Szczecin		5:02.02	605	26,00		
50m: 32.67 32.67	150m: 1:49.81 40.12	250m: 3:13.03 43.90	350m: 4:30.78 33.46					
100m: 1:09.69 37.02	200m: 2:29.13 39.32	300m: 3:57.32 44.29	400m: 5:02.02 31.24					
4. GLIŃSKA Oliwia	07	SMS Zielona Góra		5:02.93	599	25,00		
50m: 32.51 32.51	150m: 1:47.76 37.11	250m: 3:09.21 44.64	350m: 4:29.06 35.30					
100m: 1:10.65 38.14	200m: 2:24.57 36.81	300m: 3:53.76 44.55	400m: 5:02.93 33.87					
5. POLAK Iga	09	SMS Oświęcim		5:03.76	594	24,00		
50m: 32.48 32.48	150m: 1:47.41 38.29	250m: 3:10.82 45.97	350m: 4:30.70 34.06					
100m: 1:09.12 36.64	200m: 2:24.85 37.44	300m: 3:56.64 45.82	400m: 5:03.76 33.06					
6. MILANCEJ Elżbieta	09	SMS Warszawa Konwiktorska		5:04.04	593	23,00		
50m: 32.98 32.98	150m: 1:51.96 40.18	250m: 3:12.86 41.71	350m: 4:30.96 35.36					
100m: 1:11.78 38.80	200m: 2:31.15 39.19	300m: 3:55.60 42.74	400m: 5:04.04 33.08					
7. MAŁOLEPSZA Weronika	07	SMS Szczecin		5:04.06	593	22,00		
50m: 32.46 32.46	150m: 1:50.33 38.68	250m: 3:13.50 44.67	350m: 4:31.86 33.60					
100m: 1:11.65 39.19	200m: 2:28.83 38.50	300m: 3:58.26 44.76	400m: 5:04.06 32.20					
8. WOŹAKOWSKA Zofia	07	SMS Lublin		5:04.64	589	-		
50m: 33.72 33.72	150m: 1:52.04 39.36	250m: 3:12.59 41.81	350m: 4:30.11 35.11					
100m: 1:12.68 38.96	200m: 2:30.78 38.74	300m: 3:55.00 42.41	400m: 5:04.64 34.53					
9. KUCZMAR Aleksandra	09	SMS Warszawa Konwiktorska		5:07.96	570	21,00		
50m: 32.76 32.76	150m: 1:51.38 39.93	250m: 3:14.50 44.19	350m: 4:34.01 35.10					
100m: 1:11.45 38.69	200m: 2:30.31 38.93	300m: 3:58.91 44.41	400m: 5:07.96 33.95					
10. PASTUSZUK Zuzanna	10	SMS Lublin		5:08.27	569	-		
50m: 31.48 31.48	150m: 1:48.45 40.40	250m: 3:11.79 43.35	350m: 4:32.79 35.64					
100m: 1:08.05 36.57	200m: 2:28.44 39.99	300m: 3:57.15 45.36	400m: 5:08.27 35.48					
11. PIETUCH Antonina	10	SMS Warszawa Bielany		5:08.44	568	20,00		
50m: 31.23 31.23	150m: 1:46.30 38.13	250m: 3:09.59 46.42	350m: 4:33.48 36.76					
100m: 1:08.17 36.94	200m: 2:23.17 36.87	300m: 3:56.72 47.13	400m: 5:08.44 34.96					
12. NOWACKA Emilia	10	SMS Kraków		5:09.52	562	19,00		
50m: 33.36 33.36	150m: 1:50.26 39.10	250m: 3:11.60 42.41	350m: 4:33.74 38.63					
100m: 1:11.16 37.80	200m: 2:29.19 38.93	300m: 3:55.11 43.51	400m: 5:09.52 35.78					
13. WIECZOREK Michalina	09	SMS Oświęcim		5:11.92	549	18,00		
50m: 31.95 31.95	150m: 1:48.60 40.05	250m: 3:14.37 46.28	350m: 4:37.91 34.99					
100m: 1:08.55 36.60	200m: 2:28.09 39.49	300m: 4:02.92 48.55	400m: 5:11.92 34.01					
14. BADURA Oliwia	07	SMS Warszawa Bielany		5:12.24	547	17,00		
50m: 32.65 32.65	150m: 1:51.70 39.67	250m: 3:13.76 43.27	350m: 4:36.16 37.84					
100m: 1:12.03 39.38	200m: 2:30.49 38.79	300m: 3:58.32 44.56	400m: 5:12.24 36.08					

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Konkurencja 3, Kobiety, 400m zmienny, Open

Pozycja				Rok ur.						Czas	Pkt.	druz
15.	SKRZYPCZAK Natalia			07	SMS Racibórz					5:12.55	546	16,00
	50m:	32.27	32.27	150m:	1:50.01	40.37	250m:	3:14.53	45.13	350m:	4:36.27	37.09
	100m:	1:09.64	37.37	200m:	2:29.40	39.39	300m:	3:59.18	44.65	400m:	5:12.55	36.28
16.	JABŁOŃSKA Natalia			08	SMS Olsztyn					5:16.71	524	15,00
	50m:	34.83	34.83	150m:	1:55.10	40.40	250m:	3:18.50	44.74	350m:	4:40.62	37.43
	100m:	1:14.70	39.87	200m:	2:33.76	38.66	300m:	4:03.19	44.69	400m:	5:16.71	36.09
17.	MARCINIAK Aleksandra			07	SMS Kraków					5:17.18	522	14,00
	50m:	32.29	32.29	150m:	1:49.28	40.47	250m:	3:14.54	45.22	350m:	4:38.88	37.98
	100m:	1:08.81	36.52	200m:	2:29.32	40.04	300m:	4:00.90	46.36	400m:	5:17.18	38.30
18.	PRASAŁ Aleksandra			09	SMS Ostrowiec					5:17.40	521	13,00
	50m:	33.07	33.07	150m:	1:51.56	40.05	250m:	3:17.34	45.30	350m:	4:41.79	37.79
	100m:	1:11.51	38.44	200m:	2:32.04	40.48	300m:	4:04.00	46.66	400m:	5:17.40	35.61
19.	JANECKA Zuzanna			11	SMS Bydgoszcz					5:20.54	506	12,00
	50m:	32.62	32.62	150m:	1:49.94	38.13	250m:	3:15.45	46.57	350m:	4:43.23	38.74
	100m:	1:11.81	39.19	200m:	2:28.88	38.94	300m:	4:04.49	49.04	400m:	5:20.54	37.31
20.	ŁAZAR Milena			09	SMS Szczecin					5:21.62	501	-
	50m:	36.47	36.47	150m:	1:58.91	40.33	250m:	3:23.19	44.80	350m:	4:46.14	37.94
	100m:	1:18.58	42.11	200m:	2:38.39	39.48	300m:	4:08.20	45.01	400m:	5:21.62	35.48
21.	WALCZYK Hanna			10	SMS Bydgoszcz					5:24.76	486	11,00
	50m:	31.88	31.88	150m:	1:50.43	41.03	250m:	3:19.77	48.73	350m:	4:47.72	37.89
	100m:	1:09.40	37.52	200m:	2:31.04	40.61	300m:	4:09.83	50.06	400m:	5:24.76	37.04
22.	STAMBUŁA Joanna			09	SMS Racibórz					5:26.84	477	10,00
	50m:	34.97	34.97	150m:	1:59.10	41.66	250m:	3:26.64	46.26	350m:	4:51.15	36.57
	100m:	1:17.44	42.47	200m:	2:40.38	41.28	300m:	4:14.58	47.94	400m:	5:26.84	35.69
23.	PIĄTEK Nadia			10	SMS Wrocław					5:28.08	472	9,00
	50m:	32.47	32.47	150m:	1:57.73	45.27	250m:	3:25.24	44.33	350m:	4:50.76	39.48
	100m:	1:12.46	39.99	200m:	2:40.91	43.18	300m:	4:11.28	46.04	400m:	5:28.08	37.32
24.	ŻUK Hanna			10	SMS Poznań					5:39.93	424	8,00
	50m:	34.99	34.99	150m:	2:02.60	45.18	250m:	3:36.45	48.95	350m:	5:02.75	38.22
	100m:	1:17.42	42.43	200m:	2:47.50	44.90	300m:	4:24.53	48.08	400m:	5:39.93	37.18
25.	KRAWIEC Selenia			10	SMS Gdańsk					5:43.82	410	7,00
	50m:	35.18	35.18	150m:	2:00.33	42.94	250m:	3:29.35	46.49	350m:	5:02.26	44.26
	100m:	1:17.39	42.21	200m:	2:42.86	42.53	300m:	4:18.00	48.65	400m:	5:43.82	41.56
DYSKW.	MŁOTEK Hanna			09	SMS Wrocław					5:23.03		-
	<i>K15 - Pływak nie dotknął ściany dwiema dłońmi przy nawrocie lub na zakończeniu wyścigu</i>											
	50m:	32.45	32.45	150m:	1:49.24	40.26	250m:	3:14.66	45.73	350m:	4:43.06	41.47
	100m:	1:08.98	36.53	200m:	2:28.93	39.69	300m:	4:01.59	46.93	400m:	5:23.03	39.97
PK	BALICKA Ada			09	SMS Poznań					5:43.32	412	-
	50m:	35.03	35.03	150m:	2:01.79	43.57	250m:	3:36.44	51.45	350m:	5:06.17	38.07
	100m:	1:18.22	43.19	200m:	2:44.99	43.20	300m:	4:28.10	51.66	400m:	5:43.32	37.15