



Miasto
Szczecin



ZOZP.PL
ZACHODNIOPOMORSKI
OKRĘGOWY ZWIĄZEK PŁYWACKI

III Zawody Pływackie: Szczecin Swimming Cup, Otwarte Zimowe Mistrzostwa Województwa Zachodniopomorskiego 10-12 lat.
Szczecin, 13-12-2025

Konkurencja 11

2025-12-13 - 13:07

Punkty: AQUA 2025

Dziewcząt, 400m dowolny

11 - 12 lat

Wyniki

Pozycja		Rok ur.					Czas	CR	Strata	%	Pkt.
12 lat											
1.	GRABOWSKA Julia	13	UKP Marlin Gryfino				4:57.51	+0,64		98%	463
	50m: 32.82	32.82	150m: 1:46.61	37.52	250m: 3:03.30	38.62	350m: 4:20.38	38.74			
	100m: 1:09.09	36.27	200m: 2:24.68	38.07	300m: 3:41.64	38.34	400m: 4:57.51	37.13			
2.	FILIPCZAK Oliwia	13	UKS Olimp Gorzów Wlkp.				5:02.90	+0,76	+ 5.39	105%	439
	50m: 32.97	32.97	150m: 1:47.98	38.39	250m: 3:06.66	39.32	350m: 4:25.48	39.60			
	100m: 1:09.59	36.62	200m: 2:27.34	39.36	300m: 3:45.88	39.22	400m: 5:02.90	37.42			
3.	GÓRNIAK Maria	13	KS Warta Poznań				5:07.10	+0,68	+ 9.59	105%	421
	50m: 33.90	33.90	150m: 1:50.62	38.99	250m: 3:10.18	39.91	350m: 4:28.63	39.18			
	100m: 1:11.63	37.73	200m: 2:30.27	39.65	300m: 3:49.45	39.27	400m: 5:07.10	38.47			
4.	WORONA Natalia	13	MKS Znicz Koszalin				5:16.28	+0,70	+ 18.77	102%	385
	50m: 34.99	34.99	150m: 1:55.09	40.78	250m: 3:16.29	40.13	350m: 4:39.40	41.42			
	100m: 1:14.31	39.32	200m: 2:36.16	41.07	300m: 3:57.98	41.69	400m: 5:16.28	36.88			
5.	SAMOILOVA Varvara	13	KP Neptun Stargard				5:24.13	+0,62	+ 26.62	109%	358
	50m: 35.32	35.32	150m: 1:58.60	41.77	250m: 3:22.01	41.66	350m: 4:45.13	41.21			
	100m: 1:16.83	41.51	200m: 2:40.35	41.75	300m: 4:03.92	41.91	400m: 5:24.13	39.00			
6.	SZPYTEK Kornelia	13	UKS Olimp Gorzów Wlkp.				5:24.41	+0,84	+ 26.90	112%	357
	50m: 35.12	35.12	150m: 1:58.03	41.07	250m: 3:23.24	41.47	350m: 4:45.67	41.16			
	100m: 1:16.96	41.84	200m: 2:41.77	43.74	300m: 4:04.51	41.27	400m: 5:24.41	38.74			
7.	MAĆZKA Amelia	13	MKS CKS-SMS Szczecin				5:34.77	+0,87	+ 37.26	103%	325
	50m: 36.33	36.33	150m: 2:02.36	43.76	250m: 3:30.69	43.92	350m: 4:57.16	42.90			
	100m: 1:18.60	42.27	200m: 2:46.77	44.41	300m: 4:14.26	43.57	400m: 5:34.77	37.61			
8.	KHRYPKO Złata	13	MKP Szczecin				5:35.37	+0,86	+ 37.86	100%	323
	50m: 34.80	34.80	150m: 1:58.28	42.73	250m: 3:24.84	43.28	350m: 4:53.24	43.48			
	100m: 1:15.55	40.75	200m: 2:41.56	43.28	300m: 4:09.76	44.92	400m: 5:35.37	42.13			
9.	JANIKOWSKA Alicja	13	KS Warta Poznań				5:35.43	+0,76	+ 37.92	103%	323
	50m: 37.04	37.04	150m: 2:01.60	42.94	250m: 3:27.77	42.93	350m: 4:54.96	43.70			
	100m: 1:18.66	41.62	200m: 2:44.84	43.24	300m: 4:11.26	43.49	400m: 5:35.43	40.47			
10.	MAŃK Marcelina	13	MKS Znicz Koszalin				5:36.42	+0,87	+ 38.91	115%	320
	50m: 39.41	39.41	150m: 2:04.55	43.29	250m: 3:32.42	44.16	350m: 4:59.06	43.15			
	100m: 1:21.26	41.85	200m: 2:48.26	43.71	300m: 4:15.91	43.49	400m: 5:36.42	37.36			
11.	DOLGOPOŁ Alicja	13	KS Warta Poznań				5:40.53	+0,69	+ 43.02	99%	309
	50m: 36.93	36.93	150m: 2:03.01	44.07	250m: 3:31.49	44.12	350m: 4:59.83	44.32			
	100m: 1:18.94	42.01	200m: 2:47.37	44.36	300m: 4:15.51	44.02	400m: 5:40.53	40.70			
12.	MAJEWSKA Gabriela	13	MKP Szczecin				5:55.66	+0,79	+ 58.15	102%	271
	50m: 38.74	38.74	150m: 2:06.22	44.57	250m: 3:38.30	46.73	350m: 5:09.94	45.94			
	100m: 1:21.65	42.91	200m: 2:51.57	45.35	300m: 4:24.00	45.70	400m: 5:55.66	45.72			
13.	KUFEL Anastazja	13	MKP Kołobrzeg				6:12.52		+ 1:15.01	102%	236
	50m: 39.95	39.95	150m: 2:13.39	47.95	250m: 3:51.20	49.24	350m: 5:29.14	49.67			
	100m: 1:25.44	45.49	200m: 3:01.96	48.57	300m: 4:39.47	48.27	400m: 6:12.52	43.38			
14.	KRAMARZ Julia	13	KP Bałtyk Kołobrzeg				6:12.66	+0,8+	1:15.15	98%	235
	50m: 42.95	42.95	150m: 2:17.62	48.05	250m: 3:52.48	47.47	350m: 5:28.81	47.92			
	100m: 1:29.57	46.62	200m: 3:05.01	47.39	300m: 4:40.89	48.41	400m: 6:12.66	43.85			



Ministerstwo
Sportu i Turystyki





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11 lat

1. PROKOP Barbara	14	MKP Szczecin	5:47.33	+0,95	112%	291
50m: 40.57 40.57	150m: 2:09.86 45.21	250m: 3:41.22 45.45	350m: 5:05.45 42.27			
100m: 1:24.65 44.08	200m: 2:55.77 45.91	300m: 4:23.18 41.96	400m: 5:47.33 41.88			
2. MARCHEWKA Zuzanna	14	MKP Szczecin	6:09.18	+0,79 + 21.85	99%	242
50m: 40.32 40.32	150m: 2:11.95 46.34	250m: 3:47.58 48.23	350m: 5:23.03 47.81			
100m: 1:25.61 45.29	200m: 2:59.35 47.40	300m: 4:35.22 47.64	400m: 6:09.18 46.15			
3. STASZEWSKA Ivi	14	MKS Znicz Koszalin	6:11.49	+0,98 + 24.16	107%	238
50m: 41.70 41.70	150m: 2:15.85 47.18	250m: 3:51.55 47.08	350m: 5:27.61 48.12			
100m: 1:28.67 46.97	200m: 3:04.47 48.62	300m: 4:39.49 47.94	400m: 6:11.49 43.88			
4. SZALAŃSKA Maria	14	MKP Szczecin	6:18.35	+0,88 + 31.02	100%	225
50m: 41.92 41.92	150m: 2:17.63 48.22	250m: 3:54.57 48.51	350m: 5:31.83 48.38			
100m: 1:29.41 47.49	200m: 3:06.06 48.43	300m: 4:43.45 48.88	400m: 6:18.35 46.52			
5. MACIEJEWSKA Liliana	14	MKP Szczecin	6:40.56	+0,85 + 53.23	110%	189
50m: 41.79 41.79	150m: 2:19.87 49.84	250m: 4:04.64 52.63	350m: 5:50.70 52.36			
100m: 1:30.03 48.24	200m: 3:12.01 52.14	300m: 4:58.34 53.70	400m: 6:40.56 49.86			
6. SMALII Mariia	14	MKP Szczecin	7:23.28	+0,9+ 1:35.95	101%	140
50m: 44.84 44.84	150m: 2:39.30 1:00.24	250m: 4:36.54 57.23	350m: 6:32.72 55.67			
100m: 1:39.06 54.22	200m: 3:39.31 1:00.01	300m: 5:37.05 1:00.51	400m: 7:23.28 50.56			

