

Zimowe Mistrzostwa Polski Juniorów Młodszych w pływaniu-16lat Gorzów, 12- - 14-12-2025

Konkurencja 17
2025-12-13 - 9:16

Dziewcząt, 400m dowolny

16 lat
Wyniki Eliminacje

Rekord Polski Open	4:02.68	POLANSKA Aleksandra	07614	Olsztyn	2020-12-18
Rekord Polski 16	4:08.04	KILIJAŃSKA Donata	00612	Poznan	2011-12-17

Punkty: AQUA 2025

Pozycja	Rok ur.						Czas	CR	Strata	%	Pkt.	
1. RESZKO Lena	09	UKP Polonia Warszawa						4:22.44	+0,79		95%	675
50m:	29.82	29.82	150m:	1:35.77	33.52	250m:	2:43.02	33.39	350m:	3:49.55	33.11	
100m:	1:02.25	32.43	200m:	2:09.63	33.86	300m:	3:16.44	33.42	400m:	4:22.44	32.89	
2. POLAK Iga	09	UKP Unia Oświęcim						4:24.00	+0,77	+ 1.56	94%	663
50m:	30.59	30.59	150m:	1:37.81	33.84	250m:	2:45.21	33.72	350m:	3:52.80	33.74	
100m:	1:03.97	33.38	200m:	2:11.49	33.68	300m:	3:19.06	33.85	400m:	4:24.00	31.20	
3. KWIATKOWSKA Rozalia	09	MUKS Piętnastka						4:24.17	+0,65	+ 1.73	101%	662
50m:	30.51	30.51	150m:	1:37.97	34.06	250m:	2:45.33	33.63	350m:	3:52.30	33.20	
100m:	1:03.91	33.40	200m:	2:11.70	33.73	300m:	3:19.10	33.77	400m:	4:24.17	31.87	
4. KOCHAŃSKA Urszula	09	UKS Olimp Gorzów Wlkp.						4:25.76	+0,67	+ 3.32	104%	650
50m:	30.26	30.26	150m:	1:37.84	34.04	250m:	2:45.87	33.95	350m:	3:53.91	33.83	
100m:	1:03.80	33.54	200m:	2:11.92	34.08	300m:	3:20.08	34.21	400m:	4:25.76	31.85	
5. KUCZMAR Aleksandra	09	UKP Polonia Warszawa						4:28.85	+0,65	+ 6.41	96%	628
50m:	30.62	30.62	150m:	1:37.66	34.11	250m:	2:45.87	34.30	350m:	3:54.63	34.38	
100m:	1:03.55	32.93	200m:	2:11.57	33.91	300m:	3:20.25	34.38	400m:	4:28.85	34.22	
6. KARKOCHA Gabriela	09	UKP Unia Oświęcim						4:28.90	+0,68	+ 6.46	98%	627
50m:	31.05	31.05	150m:	1:38.36	33.68	250m:	2:45.88	33.70	350m:	3:55.04	34.60	
100m:	1:04.68	33.63	200m:	2:12.18	33.82	300m:	3:20.44	34.56	400m:	4:28.90	33.86	
7. OKOŃ Anna	09	LKS Jedność 32 Przyszowice						4:32.11	+0,87	+ 9.67	101%	605
50m:	30.84	30.84	150m:	1:38.54	34.22	250m:	2:48.80	35.19	350m:	3:58.55	34.76	
100m:	1:04.32	33.48	200m:	2:13.61	35.07	300m:	3:23.79	34.99	400m:	4:32.11	33.56	
8. WEGNER Julia	09	UKS Olimp Gorzów Wlkp.						4:32.27	+0,71	+ 9.83	100%	604
50m:	31.04	31.04	150m:	1:39.27	34.27	250m:	2:48.30	34.37	350m:	3:58.35	35.19	
100m:	1:05.00	33.96	200m:	2:13.93	34.66	300m:	3:23.16	34.86	400m:	4:32.27	33.92	
9. WIECZOREK Michalina	09	UKP Unia Oświęcim						4:32.29	+0,70	+ 9.85	99%	604
50m:	31.32	31.32	150m:	1:39.42	34.30	250m:	2:49.19	34.62	350m:	3:58.42	34.79	
100m:	1:05.12	33.80	200m:	2:14.57	35.15	300m:	3:23.63	34.44	400m:	4:32.29	33.87	
10. EKIERT Gabriela	09	UKP Polonia Warszawa						4:33.88	+0,74	+ 11.44	101%	594
50m:	31.35	31.35	150m:	1:40.00	34.28	250m:	2:49.74	34.87	350m:	4:00.11	35.18	
100m:	1:05.72	34.37	200m:	2:14.87	34.87	300m:	3:24.93	35.19	400m:	4:33.88	33.77	
11. STARKIEWICZ Zuzanna	09	KU AZS UMCS Lublin						4:34.78	+0,71	+ 12.34	100%	588
50m:	30.76	30.76	150m:	1:38.61	34.25	250m:	2:49.75	35.77	350m:	4:00.10	35.22	
100m:	1:04.36	33.60	200m:	2:13.98	35.37	300m:	3:24.88	35.13	400m:	4:34.78	34.68	
12. MAIK Victoria	09	UKS Manta Kochłowice Ruda Śląsk						4:35.06	+0,68	+ 12.62	102%	586
50m:	30.60	30.60	150m:	1:38.78	34.45	250m:	2:49.62	35.67	350m:	4:00.68	35.39	
100m:	1:04.33	33.73	200m:	2:13.95	35.17	300m:	3:25.29	35.67	400m:	4:35.06	34.38	
13. MALARZ Milena	09	UKS Victoria Kozy						4:35.40	+0,71	+ 12.96	99%	584
50m:	31.48	31.48	150m:	1:40.50	34.76	250m:	2:50.91	35.14	350m:	4:01.49	35.32	
100m:	1:05.74	34.26	200m:	2:15.77	35.27	300m:	3:26.17	35.26	400m:	4:35.40	33.91	
14. MAZUREK Dagmara	09	KU AZS UMCS Lublin						4:35.76	+0,75	+ 13.32	99%	582
50m:	31.12	31.12	150m:	1:39.74	34.44	250m:	2:50.03	35.26	350m:	4:00.83	35.41	
100m:	1:05.30	34.18	200m:	2:14.77	35.03	300m:	3:25.42	35.39	400m:	4:35.76	34.93	
15. TOMASZEWSKA Kaja	09	UKP Polonia Warszawa						4:35.79	+0,70	+ 13.35	106%	581
50m:	30.69	30.69	150m:	1:40.71	35.34	250m:	2:51.67	35.06	350m:	4:02.10	35.30	
100m:	1:05.37	34.68	200m:	2:16.61	35.90	300m:	3:26.80	35.13	400m:	4:35.79	33.69	
16. ŁUCZAK Anika	09	UKS SP-149 Łódź						4:36.50	+0,82	+ 14.06	101%	577
50m:	31.63	31.63	150m:	1:41.18	35.08	250m:	2:52.28	35.61	350m:	4:03.17	35.22	
100m:	1:06.10	34.47	200m:	2:16.67	35.49	300m:	3:27.95	35.67	400m:	4:36.50	33.33	
17. GNAŚ Nadia	09	UKS Tri-Team Rumia						4:37.76	+0,82	+ 15.32	101%	569
50m:	31.79	31.79	150m:	1:41.72	35.51	250m:	2:52.77	35.62	350m:	4:03.90	35.46	
100m:	1:06.21	34.42	200m:	2:17.15	35.43	300m:	3:28.44	35.67	400m:	4:37.76	33.86	
18. KISZCZAK Olga	09	UKP Unia Oświęcim						4:40.84	+0,70	+ 18.40	92%	551
50m:	31.28	31.28	150m:	1:41.82	35.68	250m:	2:53.59	35.78	350m:	4:05.80	35.93	
100m:	1:06.14	34.86	200m:	2:17.81	35.99	300m:	3:29.87	36.28	400m:	4:40.84	35.04	

Zimowe Mistrzostwa Polski Juniorów Młodszych w pływaniu-16lat

 Gorzów, 12- - 14-12-2025

Konkurencja 17, Dziewcząt, 400m dowolny, Eliminacje, 16 lat

Pozycja				Rok ur.				Czas	CR	Strata	%	Pkt.
19. SZTREKER-WÓJCIK Iga				09	UKS G-8 Bielany Warszawa			4:42.05	+0,77	+ 19.61	98%	544
50m:	31.61	31.61	150m:	1:41.80	35.60	250m:	2:54.01	35.98	350m:	4:06.33	36.07	
100m:	1:06.20	34.59	200m:	2:18.03	36.23	300m:	3:30.26	36.25	400m:	4:42.05	35.72	
20. KURPIEWSKA Kaja				09	UKP Polonia Warszawa			4:42.73	+0,66	+ 20.29	103%	540
50m:	32.81	32.81	150m:	1:43.78	35.60	250m:	2:55.86	35.98	350m:	4:07.92	36.28	
100m:	1:08.18	35.37	200m:	2:19.88	36.10	300m:	3:31.64	35.78	400m:	4:42.73	34.81	
21. BEDNAREK Lena				09	CSiR MOS w Dąbrowie Górniczej			4:45.94	+0,68	+ 23.50	92%	522
50m:	31.33	31.33	150m:	1:42.25	36.12	250m:	2:55.66	36.69	350m:	4:09.62	37.03	
100m:	1:06.13	34.80	200m:	2:18.97	36.72	300m:	3:32.59	36.93	400m:	4:45.94	36.32	
22. STAMBUŁA Joanna				09	Akademia SMS Racibórz			4:45.97	+0,82	+ 23.53	98%	521
50m:	32.26	32.26	150m:	1:42.27	35.48	250m:	2:55.05	36.41	350m:	4:09.44	37.17	
100m:	1:06.79	34.53	200m:	2:18.64	36.37	300m:	3:32.27	37.22	400m:	4:45.97	36.53	
23. STACHEWICZ Magdalena				09	AZS AWF Warszawa			4:46.02	+0,76	+ 23.58	101%	521
50m:	31.38	31.38	150m:	1:42.54	35.81	250m:	2:55.64	36.98	350m:	4:09.86	36.91	
100m:	1:06.73	35.35	200m:	2:18.66	36.12	300m:	3:32.95	37.31	400m:	4:46.02	36.16	
24. WOLNA Aleksandra				09	MKP Astromal-Leszn			4:47.11	+0,80	+ 24.67	92%	515
50m:	31.39	31.39	150m:	1:42.44	36.24	250m:	2:55.40	36.55	350m:	4:09.85	37.56	
100m:	1:06.20	34.81	200m:	2:18.85	36.41	300m:	3:32.29	36.89	400m:	4:47.11	37.26	
25. DZIKOWICKA Konstancja				09	UKS Olimp Gorzów Wlkp.			4:47.18	+0,71	+ 24.74	103%	515
50m:	33.15	33.15	150m:	1:46.39	36.83	250m:	3:00.52	37.03	350m:	4:14.17	36.89	
100m:	1:09.56	36.41	200m:	2:23.49	37.10	300m:	3:37.28	36.76	400m:	4:47.18	33.01	
26. GRAMAŁA Zofia				09	KS Warta Poznań			4:48.32	+0,70	+ 25.88	106%	509
50m:	32.01	32.01	150m:	1:44.01	36.42	250m:	2:58.57	37.42	350m:	4:13.04	36.79	
100m:	1:07.59	35.58	200m:	2:21.15	37.14	300m:	3:36.25	37.68	400m:	4:48.32	35.28	
27. BALICKA Ada				09	OŚ AZS w Poznaniu			4:49.92	+0,76	+ 27.48	100%	500
50m:	33.31	33.31	150m:	1:46.09	36.73	250m:	3:00.34	37.13	350m:	4:13.68	36.50	
100m:	1:09.36	36.05	200m:	2:23.21	37.12	300m:	3:37.18	36.84	400m:	4:49.92	36.24	
28. NOGALSKA Iga				09	KU AZS UAM Poznań			4:56.00	+0,67	+ 33.56	101%	470
50m:	32.98	32.98	150m:	1:49.20	38.56	250m:	3:04.30	36.79	350m:	4:19.61	37.76	
100m:	1:10.64	37.66	200m:	2:27.51	38.31	300m:	3:41.85	37.55	400m:	4:56.00	36.39	
29. GOŁĘBIEWSKA Alicja				09	Klub Pływacki Ciechanów			4:57.03	+0,63	+ 34.59	111%	465
50m:	33.73	33.73	150m:	1:47.91	37.53	250m:	3:03.67	38.08	350m:	4:19.25	37.66	
100m:	1:10.38	36.65	200m:	2:25.59	37.68	300m:	3:41.59	37.92	400m:	4:57.03	37.78	
30. KOSMATY Julita				09	UKS Victoria Kozy			5:03.94	+0,79	+ 41.50	96%	434
50m:	32.43	32.43	150m:	1:45.70	37.43	250m:	3:02.74	39.15	350m:	4:23.03	41.04	
100m:	1:08.27	35.84	200m:	2:23.59	37.89	300m:	3:41.99	39.25	400m:	5:03.94	40.91	
31. ŻMUDZIŃSKA Milena				09	Neptun Gdańsk			5:09.44	+0,73	+ 47.00	95%	411
50m:	32.22	32.22	150m:	1:49.77	39.72	250m:	3:09.28	39.83	350m:	4:29.13	40.28	
100m:	1:10.05	37.83	200m:	2:29.45	39.68	300m:	3:48.85	39.57	400m:	5:09.44	40.31	
32. BERNACIK Gabriela				09	KS Nelasport			5:21.25	+1,02	+ 58.81	105%	368
50m:	35.13	35.13	150m:	1:53.78	40.05	250m:	3:16.10	41.48	350m:	4:40.25	42.05	
100m:	1:13.73	38.60	200m:	2:34.62	40.84	300m:	3:58.20	42.10	400m:	5:21.25	41.00	