

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

Konkurencja 3
2025-12-12 - 9:28

Dziewcząt, 400m zmienny

16 lat
Wyniki Eliminacje

Rekord Polski Open	4:28.56	KOZAN Justina A	POL	Lublin	2025-12-07
Rekord Polski 16	4:35.65	KNOP Aleksandra	01605	Ostrowiec Sw	2019-12-18

Punkty: AQUA 2025

Pozycja	Rok ur.			Czas			CR	Strata	%	Pkt.
1. MILANCEJ Elżbieta	09	UKP Polonia Warszawa		5:08.34	+0,71				97%	568
50m: 32.04	32.04	150m: 1:50.98	40.74	250m: 3:12.95	41.83	350m: 4:32.62	36.55			
100m: 1:10.24	38.20	200m: 2:31.12	40.14	300m: 3:56.07	43.12	400m: 5:08.34	35.72			
2. POLAK Iga	09	UKP Unia Oświęcim		5:08.76	+0,76	+ 0.42			96%	566
50m: 33.18	33.18	150m: 1:49.91	39.21	250m: 3:13.95	45.47	350m: 4:33.93	34.06			
100m: 1:10.70	37.52	200m: 2:28.48	38.57	300m: 3:59.87	45.92	400m: 5:08.76	34.83			
3. KUCZMAR Aleksandra	09	UKP Polonia Warszawa		5:09.35	+0,66	+ 1.01			94%	563
50m: 32.44	32.44	150m: 1:50.03	40.38	250m: 3:13.29	43.43	350m: 4:34.43	36.16			
100m: 1:09.65	37.21	200m: 2:29.86	39.83	300m: 3:58.27	44.98	400m: 5:09.35	34.92			
4. KAPKA Antonina	09	CSiR MOS w Dąbrowie Górniczej		5:09.42	+0,71	+ 1.08			93%	562
50m: 32.72	32.72	150m: 1:50.94	40.64	250m: 3:14.24	42.93	350m: 4:35.32	37.26			
100m: 1:10.30	37.58	200m: 2:31.31	40.37	300m: 3:58.06	43.82	400m: 5:09.42	34.10			
5. SOBOLAK Gabriela	09	KU AZS UMCS Lublin		5:09.80	+0,76	+ 1.46			99%	560
50m: 33.97	33.97	150m: 1:52.26	40.60	250m: 3:14.50	42.11	350m: 4:34.34	37.10			
100m: 1:11.66	37.69	200m: 2:32.39	40.13	300m: 3:57.24	42.74	400m: 5:09.80	35.46			
6. CHAŁUPKA Amelia	09	MKS Piaseczno		5:10.69	+0,78	+ 2.35			99%	556
50m: 34.07	34.07	150m: 1:52.17	39.50	250m: 3:15.29	43.60	350m: 4:35.83	35.85			
100m: 1:12.67	38.60	200m: 2:31.69	39.52	300m: 3:59.98	44.69	400m: 5:10.69	34.86			
7. DUDEK Lena	09	CSiR MOS w Dąbrowie Górniczej		5:10.84	+0,78	+ 2.50			91%	555
50m: 31.76	31.76	150m: 1:49.50	40.74	250m: 3:13.51	43.81	350m: 4:35.52	37.11			
100m: 1:08.76	37.00	200m: 2:29.70	40.20	300m: 3:58.41	44.90	400m: 5:10.84	35.32			
8. ROZWADOWSKA Karolina	09	MKS Trójka Łódź		5:13.50	+0,77	+ 5.16			103%	541
50m: 33.09	33.09	150m: 1:53.52	41.93	250m: 3:16.35	42.49	350m: 4:37.81	37.82			
100m: 1:11.59	38.50	200m: 2:33.86	40.34	300m: 3:59.99	43.64	400m: 5:13.50	35.69			
9. MALARZ Milena	09	UKS Victoria Kozy		5:17.68	+0,71	+ 9.34			98%	520
50m: 34.05	34.05	150m: 1:51.74	39.92	250m: 3:18.42	46.20	350m: 4:41.80	35.72			
100m: 1:11.82	37.77	200m: 2:32.22	40.48	300m: 4:06.08	47.66	400m: 5:17.68	35.88			
10. ŁUCZAK Anika	09	UKS SP-149 Łódź		5:19.68		+ 11.34			103%	510
50m: 33.84	33.84	150m: 1:54.88	41.90	250m: 3:21.66	45.90	350m: 4:44.09	36.13			
100m: 1:12.98	39.14	200m: 2:35.76	40.88	300m: 4:07.96	46.30	400m: 5:19.68	35.59			
11. ŁAZAR Milena	09	MKP Szczecin		5:22.65	+0,79	+ 14.31			99%	496
50m: 35.80	35.80	150m: 1:58.03	40.41	250m: 3:22.42	44.64	350m: 4:45.95	38.08			
100m: 1:17.62	41.82	200m: 2:37.78	39.75	300m: 4:07.87	45.45	400m: 5:22.65	36.70			
12. GUBAŁA Justyna	09	Stowarzyszenie Solne Miasto Wieliczka		5:26.08	+0,83	+ 17.74			98%	480
50m: 34.62	34.62	150m: 1:55.97	40.29	250m: 3:25.05	49.38	350m: 4:48.83	37.37			
100m: 1:15.68	41.06	200m: 2:35.67	39.70	300m: 4:11.46	46.41	400m: 5:26.08	37.25			
13. STAMBUŁA Joanna	09	Akademia SMS Racibórz		5:30.30		+ 21.96			98%	462
50m: 35.20	35.20	150m: 1:59.92	41.13	250m: 3:28.82	47.52	350m: 4:53.76	36.78			
100m: 1:18.79	43.59	200m: 2:41.30	41.38	300m: 4:16.98	48.16	400m: 5:30.30	36.54			
14. BANIAK Pola	09	BOSiR Brzesko		5:30.32	+0,82	+ 21.98			96%	462
50m: 34.12	34.12	150m: 1:57.71	41.22	250m: 3:26.01	45.68	350m: 4:52.15	39.52			
100m: 1:16.49	42.37	200m: 2:40.33	42.62	300m: 4:12.63	46.62	400m: 5:30.32	38.17			
15. DOMAGAŁA Katarzyna	09	UKS Feniks Dębica		5:40.86	+0,77	+ 32.52			97%	421
50m: 34.33	34.33	150m: 2:03.89	45.47	250m: 3:32.45	45.72	350m: 5:00.59	41.17			
100m: 1:18.42	44.09	200m: 2:46.73	42.84	300m: 4:19.42	46.97	400m: 5:40.86	40.27			
16. NOGALSKA Iga	09	KU AZS UAM Poznań		5:47.12	+0,67	+ 38.78			99%	398
50m: 33.33	33.33	150m: 1:59.35	45.93	250m: 3:34.50	50.19	350m: 5:07.43	41.09			
100m: 1:13.42	40.09	200m: 2:44.31	44.96	300m: 4:26.34	51.84	400m: 5:47.12	39.69			
17. ŚWIDURSKA Aurelia	09	KS Rekin Świebodzice		5:55.48	+0,77	+ 47.14			102%	371
50m: 39.30	39.30	150m: 2:08.24	42.47	250m: 3:41.67	50.53	350m: 5:14.90	42.28			
100m: 1:25.77	46.47	200m: 2:51.14	42.90	300m: 4:32.62	50.95	400m: 5:55.48	40.58			
18. SOSNOWSKA Urszula	09	KS Delfin Gdynia		5:56.58	+0,91	+ 48.24			103%	367
50m: 38.02	38.02	150m: 2:09.13	45.26	250m: 3:42.59	48.42	350m: 5:16.03	42.50			
100m: 1:23.87	45.85	200m: 2:54.17	45.04	300m: 4:33.53	50.94	400m: 5:56.58	40.55			

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Gorzów, 12- - 14-12-2025

Konkurencja 3, Dziewcząt, 400m zmienny, Eliminacje, 16 lat

Pozycja	Rok ur.							Czas	CR	Strata	%	Pkt.
19. SZMYD Karolina	09 UKS Feniks Dębica							5:59.66	+0,78	+ 51.32	101%	358
50m:	42.32	42.32	150m:	2:15.77	45.38	250m:	3:48.67	48.02	350m:	5:18.12	41.84	
100m:	1:30.39	48.07	200m:	3:00.65	44.88	300m:	4:36.28	47.61	400m:	5:59.66	41.54	