

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

Konkurencja 3

2025-12-12 - 17:08

Dziewcząt, 400m zmienny

16 lat

Wyniki Finał

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.
Finał A												
1. MILANCEJ Elżbieta	09	UKP Polonia Warszawa					4:53.73	+0,66		107%	657	
50m: 31.89	31.89	150m: 1:47.48	38.91	250m: 3:06.74	41.19	350m: 4:21.14	33.43					
100m: 1:08.57	36.68	200m: 2:25.55	38.07	300m: 3:47.71	40.97	400m: 4:53.73	32.59					
2. POLAK Iga	09	UKP Unia Oświęcim					4:57.06	+0,74	+ 3.33	104%	636	
50m: 32.02	32.02	150m: 1:47.29	37.33	250m: 3:08.87	43.93	350m: 4:25.42	32.44					
100m: 1:09.96	37.94	200m: 2:24.94	37.65	300m: 3:52.98	44.11	400m: 4:57.06	31.64					
3. KUCZMAR Aleksandra	09	UKP Polonia Warszawa					4:58.93	+0,64	+ 5.20	101%	624	
50m: 31.72	31.72	150m: 1:48.10	38.01	250m: 3:09.61	43.27	350m: 4:26.05	33.70					
100m: 1:10.09	38.37	200m: 2:26.34	38.24	300m: 3:52.35	42.74	400m: 4:58.93	32.88					
4. KAPKA Antonina	09	CSiR MOS w Dąbrowie Górniczej					4:59.12	+0,70	+ 5.39	100%	623	
50m: 32.29	32.29	150m: 1:48.06	38.88	250m: 3:08.58	41.89	350m: 4:25.05	34.12					
100m: 1:09.18	36.89	200m: 2:26.69	38.63	300m: 3:50.93	42.35	400m: 4:59.12	34.07					
5. SOBOLAK Gabriela	09	KU AZS UMCS Lublin					5:02.44	+0,79	+ 8.71	104%	602	
50m: 33.36	33.36	150m: 1:50.99	39.64	250m: 3:11.13	40.98	350m: 4:28.65	35.08					
100m: 1:11.35	37.99	200m: 2:30.15	39.16	300m: 3:53.57	42.44	400m: 5:02.44	33.79					
6. CHAŁUPKA Amelia	09	MKS Piaseczno					5:04.88	+0,74	+ 11.15	103%	588	
50m: 32.42	32.42	150m: 1:48.86	39.20	250m: 3:11.78	44.05	350m: 4:31.02	35.40					
100m: 1:09.66	37.24	200m: 2:27.73	38.87	300m: 3:55.62	43.84	400m: 5:04.88	33.86					
7. DUDEK Lena	09	CSiR MOS w Dąbrowie Górniczej					5:05.15	+0,74	+ 11.42	95%	586	
50m: 31.72	31.72	150m: 1:47.53	39.12	250m: 3:09.49	42.24	350m: 4:29.53	36.16					
100m: 1:08.41	36.69	200m: 2:27.25	39.72	300m: 3:53.37	43.88	400m: 5:05.15	35.62					
8. ROZWADOWSKA Karolina	09	MKS Trójka Łódź					5:13.41	+0,79	+ 19.68	103%	541	
50m: 33.01	33.01	150m: 1:54.36	42.49	250m: 3:16.94	41.65	350m: 4:37.69	37.41					
100m: 1:11.87	38.86	200m: 2:35.29	40.93	300m: 4:00.28	43.34	400m: 5:13.41	35.72					
Finał B												
9. MALARZ Milena	09	UKS Victoria Kozy					5:11.76	+0,70	+ 18.03	102%	550	
50m: 33.95	33.95	150m: 1:50.95	38.60	250m: 3:15.17	44.95	350m: 4:37.09	35.79					
100m: 1:12.35	38.40	200m: 2:30.22	39.27	300m: 4:01.30	46.13	400m: 5:11.76	34.67					
10. ŁAZAR Milena	09	MKP Szczecin					5:16.72	+0,75	+ 22.99	103%	524	
50m: 37.06	37.06	150m: 1:58.16	39.36	250m: 3:21.26	43.79	350m: 4:41.73	36.93					
100m: 1:18.80	41.74	200m: 2:37.47	39.31	300m: 4:04.80	43.54	400m: 5:16.72	34.99					
11. ŁUCZAK Anika	09	UKS SP-149 Łódź					5:18.78	+0,70	+ 25.05	103%	514	
50m: 34.15	34.15	150m: 1:56.41	41.75	250m: 3:22.99	45.65	350m: 4:44.71	35.49					
100m: 1:14.66	40.51	200m: 2:37.34	40.93	300m: 4:09.22	46.23	400m: 5:18.78	34.07					
12. GUBAŁA Justyna	09	Stowarzyszenie Solne Miasto Wieliczka					5:20.12	+0,75	+ 26.39	102%	508	
50m: 33.77	33.77	150m: 1:54.02	38.47	250m: 3:20.23	47.14	350m: 4:43.85	36.92					
100m: 1:15.55	41.78	200m: 2:33.09	39.07	300m: 4:06.93	46.70	400m: 5:20.12	36.27					
13. BANIAK Pola	09	BOSiR Brzesko					5:31.04	+0,78	+ 37.31	95%	459	
50m: 34.20	34.20	150m: 1:58.57	41.71	250m: 3:26.11	45.98	350m: 4:52.25	40.26					
100m: 1:16.86	42.66	200m: 2:40.13	41.56	300m: 4:11.99	45.88	400m: 5:31.04	38.79					
14. STAMBUŁA Joanna	09	Akademia SMS Racibórz					5:34.37	+0,90	+ 40.64	96%	446	
50m: 36.63	36.63	150m: 2:02.78	42.25	250m: 3:33.05	47.79	350m: 4:58.25	36.72					
100m: 1:20.53	43.90	200m: 2:45.26	42.48	300m: 4:21.53	48.48	400m: 5:34.37	36.12					
15. NOGALSKA Iga	09	KU AZS UAM Poznań					5:39.77	+0,69	+ 46.04	104%	425	
50m: 34.59	34.59	150m: 2:00.76	44.52	250m: 3:33.01	49.29	350m: 5:02.29	39.27					
100m: 1:16.24	41.65	200m: 2:43.72	42.96	300m: 4:23.02	50.01	400m: 5:39.77	37.48					
16. DOMAGAŁA Katarzyna	09	UKS Feniks Dębica					5:40.45	+0,69	+ 46.72	97%	422	
50m: 34.90	34.90	150m: 2:06.24	46.36	250m: 3:35.07	45.12	350m: 5:01.28	40.37					
100m: 1:19.88	44.98	200m: 2:49.95	43.71	300m: 4:20.91	45.84	400m: 5:40.45	39.17					