Konkurencja 3 — Kobiet, 400m zmienny — Open
2026-10-23 - 16:14 — Wyniki

Rekord Polski 4:28.56 KOZAN Justina A POL Lublin 2025-12-07

Punkty: AQUA 2026 — wyniki tymczasowe

Pozycja		Rok ur.		Czas	Pkt.	druz
1.	BRZOZOWSKA Julia	08	SMS Lublin	**4:50.21**	682	29,00
	50m: 31.01 31.01 150m: 1:41.64 35.63 250m: 2:59.08 41.75 350m: 4:16.18 34.78					
	100m: 1:06.01 35.00 200m: 2:17.33 35.69 300m: 3:41.40 42.32 400m: 4:50.21 34.03					
2.	DUDA Natalia	10	SMS Szczecin	**4:55.13**	648	27,00
	50m: 31.76 31.76 150m: 1:45.85 38.16 250m: 3:07.76 43.69 350m: 4:23.60 32.41					
	100m: 1:07.69 35.93 200m: 2:24.07 38.22 300m: 3:51.19 43.43 400m: 4:55.13 31.53					
3.	PIETUCH Antonina	10	SMS Warszawa Bielany	**4:57.66**	632	26,00
	50m: 32.14 32.14 150m: 1:44.99 36.01 250m: 3:05.11 44.18 350m: 4:24.58 35.43					
	100m: 1:08.98 36.84 200m: 2:20.93 35.94 300m: 3:49.15 44.04 400m: 4:57.66 33.08					
4.	KUCZMAR Aleksandra	09	SMS Warszawa Konwiktorska	**4:59.77**	619	25,00
	50m: 31.17 31.17 150m: 1:45.90 38.36 250m: 3:06.47 43.05 350m: 4:25.70 34.40					
	100m: 1:07.54 36.37 200m: 2:23.42 37.52 300m: 3:51.30 44.83 400m: 4:59.77 34.07					
5.	BOMBA Julia	11	SMS Dąbrowa Górnicza	**5:01.58**	607	24,00
	50m: 31.21 31.21 150m: 1:47.14 39.87 250m: 3:08.98 43.04 350m: 4:28.17 33.87					
	100m: 1:07.27 36.06 200m: 2:25.94 38.80 300m: 3:54.30 45.32 400m: 5:01.58 33.41					
6.	POLAK Iga	09	SMS Oświęcim	**5:04.98**	587	23,00
	50m: 32.00 32.00 150m: 1:47.56 38.82 250m: 3:11.17 45.51 350m: 4:31.71 34.23					
	100m: 1:08.74 36.74 200m: 2:25.66 38.10 300m: 3:57.48 46.31 400m: 5:04.98 33.27					
7.	MILANCEJ Elżbieta	09	SMS Warszawa Konwiktorska	**5:05.17**	586	22,00
	50m: 31.25 31.25 150m: 1:47.07 39.07 250m: 3:09.26 42.65 350m: 4:29.56 36.69					
	100m: 1:08.00 36.75 200m: 2:26.61 39.54 300m: 3:52.87 43.61 400m: 5:05.17 35.61					
8.	MATYJASEK Olga	10	SMS Racibórz	**5:05.51**	584	21,00
	50m: 31.84 31.84 150m: 1:46.12 37.77 250m: 3:08.14 44.50 350m: 4:30.51 37.23					
	100m: 1:08.35 36.51 200m: 2:23.64 37.52 300m: 3:53.28 45.14 400m: 5:05.51 35.00					
9.	PASTUSZUK Zuzanna	10	SMS Lublin	**5:06.34**	580	20,00
	50m: 31.73 31.73 150m: 1:48.36 39.46 250m: 3:10.68 43.54 350m: 4:31.50 35.58					
	100m: 1:08.90 37.17 200m: 2:27.14 38.78 300m: 3:55.92 45.24 400m: 5:06.34 34.84					
10.	TATARA Patrycja	11	SMS Lublin	**5:06.75**	577	-
	50m: 33.09 33.09 150m: 1:50.86 39.78 250m: 3:13.07 43.95 350m: 4:32.82 35.46					
	100m: 1:11.08 37.99 200m: 2:29.12 38.26 300m: 3:57.36 44.29 400m: 5:06.75 33.93					
11.	KARPOWICZ Olivia	09	SMS Ostrowiec	**5:08.60**	567	19,00
	50m: 31.47 31.47 150m: 1:48.95 41.25 250m: 3:11.88 42.74 350m: 4:32.48 37.36					
	100m: 1:07.70 36.23 200m: 2:29.14 40.19 300m: 3:55.12 43.24 400m: 5:08.60 36.12					
12.	NOWACKA Emilia	10	SMS Kraków	**5:10.55**	556	18,00
	50m: 33.21 33.21 150m: 1:51.15 39.48 250m: 3:12.30 42.29 350m: 4:34.43 39.01					
	100m: 1:11.67 38.46 200m: 2:30.01 38.86 300m: 3:55.42 43.12 400m: 5:10.55 36.12					
13.	CHMIELEWSKA Maria	09	SMS Warszawa Bielany	**5:11.85**	549	17,00
	50m: 32.74 32.74 150m: 1:50.66 39.53 250m: 3:12.97 43.25 350m: 4:35.19 37.21					
	100m: 1:11.13 38.39 200m: 2:29.72 39.06 300m: 3:57.98 45.01 400m: 5:11.85 36.66					
14.	MAJ Zuzanna	11	SMS Ostrowiec	**5:11.93**	549	16,00
	50m: 33.60 33.60 150m: 1:53.03 40.67 250m: 3:16.21 43.75 350m: 4:36.41 36.68					
	100m: 1:12.36 38.76 200m: 2:32.46 39.43 300m: 3:59.73 43.52 400m: 5:11.93 35.52					
15.	WÓJCIK Maja	11	SMS Oświęcim	**5:16.24**	527	15,00
	50m: 32.56 32.56 150m: 1:50.53 40.10 250m: 3:16.89 45.51 350m: 4:40.94 37.47					
	100m: 1:10.43 37.87 200m: 2:31.38 40.85 300m: 4:03.47 46.58 400m: 5:16.24 35.30					
16.	KLAJMON Karolina	10	SMS Kraków	**5:16.91**	523	14,00
	50m: 32.63 32.63 150m: 1:51.20 39.98 250m: 3:16.70 46.38 350m: 4:40.86 37.70					
	100m: 1:11.22 38.59 200m: 2:30.32 39.12 300m: 4:03.16 46.46 400m: 5:16.91 36.05					

Konkurencja 3, Kobiet, 400m zmienny, Open

Pozycja		Rok ur.		Czas	Pkt.	druz
17.	WALCZYK Hanna	10	SMS Bydgoszcz	**5:17.99**	518	13,00
	50m: 32.59 32.59 150m: 1:49.78 39.70 250m: 3:17.47 48.18 350m: 4:42.79 36.30					
	100m: 1:10.08 37.49 200m: 2:29.29 39.51 300m: 4:06.49 49.02 400m: 5:17.99 35.20					
18.	KULKA Milena	11	SMS Dąbrowa Górnicza	**5:19.50**	511	12,00
	50m: 32.67 32.67 150m: 1:52.73 41.26 250m: 3:18.57 44.97 350m: 4:42.28 38.05					
	100m: 1:11.47 38.80 200m: 2:33.60 40.87 300m: 4:04.23 45.66 400m: 5:19.50 37.22					
19.	NIEŁACNA Olga	10	SMS Wrocław	**5:19.93**	509	11,00
	50m: 33.40 33.40 150m: 1:51.84 39.92 250m: 3:18.81 46.43 350m: 4:43.02 38.27					
	100m: 1:11.92 38.52 200m: 2:32.38 40.54 300m: 4:04.75 45.94 400m: 5:19.93 36.91					
20.	BARCZAK Karolina	11	SMS Olsztyn	**5:19.99**	508	10,00
	50m: 33.71 33.71 150m: 1:53.71 41.72 250m: 3:21.26 46.43 350m: 4:44.60 35.58					
	100m: 1:11.99 38.28 200m: 2:34.83 41.12 300m: 4:09.02 47.76 400m: 5:19.99 35.39					
21.	PIĄTEK Nadia	10	SMS Wrocław	**5:24.17**	489	9,00
	50m: 32.92 32.92 150m: 1:57.91 44.80 250m: 3:24.57 44.11 350m: 4:48.10 38.62					
	100m: 1:13.11 40.19 200m: 2:40.46 42.55 300m: 4:09.48 44.91 400m: 5:24.17 36.07					
22.	KRAWIEC Selena	10	SMS Gdańsk	**5:24.60**	487	8,00
	50m: 34.24 34.24 150m: 1:55.66 41.22 250m: 3:22.82 46.58 350m: 4:48.14 38.33					
	100m: 1:14.44 40.20 200m: 2:36.24 40.58 300m: 4:09.81 46.99 400m: 5:24.60 36.46					
23.	DĄBROWSKA Maja	11	SMS Kraków	**5:26.81**	477	-
	50m: 33.04 33.04 150m: 1:52.53 39.84 250m: 3:23.09 51.17 350m: 4:50.83 37.16					
	100m: 1:12.69 39.65 200m: 2:31.92 39.39 300m: 4:13.67 50.58 400m: 5:26.81 35.98					
24.	RAPUTA Gabriela	08	SMS Kraków	**5:30.03**	463	-
	50m: 35.14 35.14 150m: 2:00.41 44.72 250m: 3:27.47 43.60 350m: 4:51.28 39.36					
	100m: 1:15.69 40.55 200m: 2:43.87 43.46 300m: 4:11.92 44.45 400m: 5:30.03 38.75					
25.	ŁAZAR Milena	09	SMS Szczecin	**5:30.49**	461	7,00
	50m: 37.69 37.69 150m: 2:02.03 41.70 250m: 3:28.75 46.24 350m: 4:54.11 38.62					
	100m: 1:20.33 42.64 200m: 2:42.51 40.48 300m: 4:15.49 46.74 400m: 5:30.49 36.38					
26.	PIĄTKIEWICZ Martyna	11	SMS Lublin	**5:31.83**	456	-
	50m: 32.61 32.61 150m: 1:52.51 40.95 250m: 3:22.79 49.53 350m: 4:52.66 40.11					
	100m: 1:11.56 38.95 200m: 2:33.26 40.75 300m: 4:12.55 49.76 400m: 5:31.83 39.17					