

Otwarte Mistrzostwa Okręgu Łódzkiego 2025
 Łódź, 5. - 6.6.2025

Konkurencja 17
 06.06.2025 - 8:05

Kobiet, 400m dowolny

Open
 Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.	Czas	Pkt.
13 lat			
1. JAGODZI SKA Lena	12	5:13.25	424
50m: 35.35 35.35	150m: 1:56.75 40.66	250m: 3:18.22 40.42	350m: 4:36.92 38.61
100m: 1:16.09 40.74	200m: 2:37.80 41.05	300m: 3:58.31 40.09	400m: 5:13.25 36.33
2. FRANK Joanna	12	5:47.98	309
50m: 38.84 38.84	150m: 2:07.93 45.08	250m: 3:37.49 45.00	350m: 5:08.31 45.60
100m: 1:22.85 44.01	200m: 2:52.49 44.56	300m: 4:22.71 45.22	400m: 5:47.98 39.67
3. TYC Zuzanna	12	5:54.83	291
50m: 40.00 40.00	150m: 2:10.90 46.30	250m: 3:44.28 47.22	350m: 5:15.84 45.56
100m: 1:24.60 44.60	200m: 2:57.06 46.16	300m: 4:30.28 46.00	400m: 5:54.83 38.99
4. STARCZEWSKA Zuzanna	12	5:56.17	288
50m: 39.96 39.96	150m: 2:10.03 46.19	250m: 3:43.33 46.69	350m: 5:16.05 46.16
100m: 1:23.84 43.88	200m: 2:56.64 46.61	300m: 4:29.89 46.56	400m: 5:56.17 40.12
5. CISZYK Milena	12	6:11.73	253
50m: 41.42 41.42	150m: 2:16.46 48.05	250m:	350m: 5:28.22 48.97
100m: 1:28.41 46.99	200m: 3:03.33 46.87	300m: 4:39.25	400m: 6:11.73 43.51
14 lat			
1. SIERADZAN Aniela	11	5:58.80	282
50m: 38.14 38.14	150m: 2:08.12 45.99	250m: 3:41.96 47.45	350m: 5:16.19 46.98
100m: 1:22.13 43.99	200m: 2:54.51 46.39	300m: 4:29.21 47.25	400m: 5:58.80 42.61
15 lat			
1. WIELGUS Nela	10	4:57.25	496
50m: 34.49 34.49	150m: 1:49.11 37.51	250m: 3:05.77 38.09	350m: 4:21.98 37.78
100m: 1:11.60 37.11	200m: 2:27.68 38.57	300m: 3:44.20 38.43	400m: 4:57.25 35.27
2. KRZYWANIA Justyna	10	5:05.22	458
50m: 33.86 33.86	150m: 1:52.21 39.26	250m: 3:10.35 39.29	350m: 4:29.24 39.18
100m: 1:12.95 39.09	200m: 2:31.06 38.85	300m: 3:50.06 39.71	400m: 5:05.22 35.98
3. STEFANIW Martyna	10	5:06.85	451
50m: 34.79 34.79	150m: 1:52.27 38.72	250m: 3:10.57 38.92	350m: 4:29.11 38.99
100m: 1:13.55 38.76	200m: 2:31.65 39.38	300m: 3:50.12 39.55	400m: 5:06.85 37.74
4. SELIWIAK Hanna	10	5:09.30	440
50m: 33.37 33.37	150m: 1:49.01 38.92	250m: 3:08.92 40.26	350m: 4:30.26 40.65
100m: 1:10.09 36.72	200m: 2:28.66 39.65	300m: 3:49.61 40.69	400m: 5:09.30 39.04
5. GŁOGOWSKA Maja	10	5:10.26	436
50m: 33.85 33.85	150m: 1:50.52 39.06	250m: 3:11.13 40.60	350m: 4:31.87 40.36
100m: 1:11.46 37.61	200m: 2:30.53 40.01	300m: 3:51.51 40.38	400m: 5:10.26 38.39
6. WESOŁOWSKA Wiktoria	10	5:19.47	399
50m: 34.33 34.33	150m: 1:53.77 40.55	250m: 3:17.12 41.85	350m: 4:40.33 41.35
100m: 1:13.22 38.89	200m: 2:35.27 41.50	300m: 3:58.98 41.86	400m: 5:19.47 39.14
7. SUKIENNIK Anna	10	5:24.60	381
50m: 35.63 35.63	150m: 1:56.15 41.08	250m: 3:20.18 42.02	350m: 4:44.38 41.83
100m: 1:15.07 39.44	200m: 2:38.16 42.01	300m: 4:02.55 42.37	400m: 5:24.60 40.22
8. MYDŁOWSKA Roxana	10	5:33.14	352
50m: 35.06 35.06	150m: 1:56.96 41.84	250m: 3:23.36 43.89	350m: 4:50.85 43.64
100m: 1:15.12 40.06	200m: 2:39.47 42.51	300m: 4:07.21 43.85	400m: 5:33.14 42.29
9. BRYSIAK Nikola	10	5:41.74	326
50m: 36.52 36.52	150m: 2:01.26 43.39	250m: 3:28.11 43.62	350m: 4:58.59 45.48
100m: 1:17.87 41.35	200m: 2:44.49 43.23	300m: 4:13.11 45.00	400m: 5:41.74 43.15

Otwarte Mistrzostwa Okręgu Łódzkiego 2025
 Łódź, 5. - 6.6.2025

Konkurencja 17, Kobiet, 400m dowolny

Open

1.	TRAFALSKA Zuzanna	07	UKS 190 Łódź	4:44.48	566
	50m: 33.15 33.15	150m: 1:44.06	35.99	250m: 2:56.91	36.62
	100m: 1:08.07 34.92	200m: 2:20.29	36.23	300m: 3:33.07	36.16
				350m: 4:09.55	36.48
				400m: 4:44.48	34.93
2.	FARTUSZY SKA Weronika	08	MKS Juvenia Wrocław	4:46.31	555
	50m: 33.51 33.51	150m: 1:45.86	36.45	250m: 2:59.06	36.30
	100m: 1:09.41 35.90	200m: 2:22.76	36.90	300m: 3:35.57	36.51
				350m: 4:11.63	36.06
				400m: 4:46.31	34.68
3.	WIELGUS Nela	10	Champion Tomaszów Maz.	4:57.25	496
	50m: 34.49 34.49	150m: 1:49.11	37.51	250m: 3:05.77	38.09
	100m: 1:11.60 37.11	200m: 2:27.68	38.57	300m: 3:44.20	38.43
				350m: 4:21.98	37.78
				400m: 4:57.25	35.27
4.	DR KIEWICZ Pola	07	UKS Nawa Skierniewice	4:58.70	489
	50m: 32.33 32.33	150m: 1:46.41	37.31	250m: 3:02.83	38.64
	100m: 1:09.10 36.77	200m: 2:24.19	37.78	300m: 3:41.79	38.96
				350m: 4:21.14	39.35
				400m: 4:58.70	37.56
5.	KRZYWANIA Justyna	10	SKS 137 Delfin Łódź	5:05.22	458
	50m: 33.86 33.86	150m: 1:52.21	39.26	250m: 3:10.35	39.29
	100m: 1:12.95 39.09	200m: 2:31.06	38.85	300m: 3:50.06	39.71
				350m: 4:29.24	39.18
				400m: 5:05.22	35.98
6.	STEFANIW Martyna	10	Sekcja Pływacka Meduza Paj czno	5:06.85	451
	50m: 34.79 34.79	150m: 1:52.27	38.72	250m: 3:10.57	38.92
	100m: 1:13.55 38.76	200m: 2:31.65	39.38	300m: 3:50.12	39.55
				350m: 4:29.11	38.99
				400m: 5:06.85	37.74
7.	SELIWIAK Hanna	10	SKS 137 Delfin Łódź	5:09.30	440
	50m: 33.37 33.37	150m: 1:49.01	38.92	250m: 3:08.92	40.26
	100m: 1:10.09 36.72	200m: 2:28.66	39.65	300m: 3:49.61	40.69
				350m: 4:30.26	40.65
				400m: 5:09.30	39.04
8.	GŁOGOWSKA Maja	10	UKS Pi tka Konstantinów Łódzki	5:10.26	436
	50m: 33.85 33.85	150m: 1:50.52	39.06	250m: 3:11.13	40.60
	100m: 1:11.46 37.61	200m: 2:30.53	40.01	300m: 3:51.51	40.38
				350m: 4:31.87	40.36
				400m: 5:10.26	38.39
9.	JAGODZI SKA Lena	12	UKS SP-149 Łódź	5:13.25	424
	50m: 35.35 35.35	150m: 1:56.75	40.66	250m: 3:18.22	40.42
	100m: 1:16.09 40.74	200m: 2:37.80	41.05	300m: 3:58.31	40.09
				350m: 4:36.92	38.61
				400m: 5:13.25	36.33
10.	TRAFALSKA Antonina	08	UKS 190 Łódź	5:14.15	420
	50m: 35.57 35.57	150m: 1:53.92	39.49	250m: 3:13.41	39.74
	100m: 1:14.43 38.86	200m: 2:33.67	39.75	300m: 3:53.77	40.36
				350m: 4:34.52	40.75
				400m: 5:14.15	39.63
11.	WESOŁOWSKA Wiktoria	10	MUKS Wodnik Łask	5:19.47	399
	50m: 34.33 34.33	150m: 1:53.77	40.55	250m: 3:17.12	41.85
	100m: 1:13.22 38.89	200m: 2:35.27	41.50	300m: 3:58.98	41.86
				350m: 4:40.33	41.35
				400m: 5:19.47	39.14
12.	SUKIENNIK Anna	10	MUKS Wodnik Łask	5:24.60	381
	50m: 35.63 35.63	150m: 1:56.15	41.08	250m: 3:20.18	42.02
	100m: 1:15.07 39.44	200m: 2:38.16	42.01	300m: 4:02.55	42.37
				350m: 4:44.38	41.83
				400m: 5:24.60	40.22
13.	MYDŁOWSKA Roxana	10	UKS Nawa Skierniewice	5:33.14	352
	50m: 35.06 35.06	150m: 1:56.96	41.84	250m: 3:23.36	43.89
	100m: 1:15.12 40.06	200m: 2:39.47	42.51	300m: 4:07.21	43.85
				350m: 4:50.85	43.64
				400m: 5:33.14	42.29
14.	BRYSIK Nikola	10	Champion Tomaszów Maz.	5:41.74	326
	50m: 36.52 36.52	150m: 2:01.26	43.39	250m: 3:28.11	43.62
	100m: 1:17.87 41.35	200m: 2:44.49	43.23	300m: 4:13.11	45.00
				350m: 4:58.59	45.48
				400m: 5:41.74	43.15
15.	RAJCZYK Lena	12	KTP Iskra Konin	5:45.21	316
	50m: 36.72 36.72	150m: 2:03.52	44.13	250m: 3:33.49	45.26
	100m: 1:19.39 42.67	200m: 2:48.23	44.71	300m: 4:18.80	45.31
				350m: 5:03.44	44.64
				400m: 5:45.21	41.77
16.	KOTUS Katarzyna	14	UKS Pi tka Konstantinów Łódzki	5:46.70	312
	50m: 38.63 38.63	150m: 2:07.26	44.59	250m: 3:37.59	44.74
	100m: 1:22.67 44.04	200m: 2:52.85	45.59	300m: 4:22.44	44.85
				350m: 5:06.50	44.06
				400m: 5:46.70	40.20
17.	FRANK Joanna	12	MKS Trójka Łódź	5:47.98	309
	50m: 38.84 38.84	150m: 2:07.93	45.08	250m: 3:37.49	45.00
	100m: 1:22.85 44.01	200m: 2:52.49	44.56	300m: 4:22.71	45.22
				350m: 5:08.31	45.60
				400m: 5:47.98	39.67
18.	TYC Zuzanna	12	MUKS Wodnik Łask	5:54.83	291
	50m: 40.00 40.00	150m: 2:10.90	46.30	250m: 3:44.28	47.22
	100m: 1:24.60 44.60	200m: 2:57.06	46.16	300m: 4:30.28	46.00
				350m: 5:15.84	45.56
				400m: 5:54.83	38.99

Otwarte Mistrzostwa Okręgu Łódzkiego 2025
Łódź, 5. - 6.6.2025

Konkurencja 17, Kobiety, 400m dowolny, Open

Pozycja				Rok ur.					Czas	Pkt.		
19.	STARCZEWSKA Zuzanna			12	MKS Trójka Łódź				5:56.17	288		
	50m:	39.96	39.96	150m:	2:10.03	46.19	250m:	3:43.33	46.69	350m:	5:16.05	46.16
	100m:	1:23.84	43.88	200m:	2:56.64	46.61	300m:	4:29.89	46.56	400m:	5:56.17	40.12
20.	DZIEJA Hanna			13	MKS Jedynka Łódź				5:57.83	284		
	50m:	40.79	40.79	150m:	2:12.51	45.80	250m:	3:46.04	47.00	350m:	5:16.85	45.10
	100m:	1:26.71	45.92	200m:	2:59.04	46.53	300m:	4:31.75	45.71	400m:	5:57.83	40.98
21.	SIERADZAN Aniela			11	UKS SP-149 Łódź				5:58.80	282		
	50m:	38.14	38.14	150m:	2:08.12	45.99	250m:	3:41.96	47.45	350m:	5:16.19	46.98
	100m:	1:22.13	43.99	200m:	2:54.51	46.39	300m:	4:29.21	47.25	400m:	5:58.80	42.61
22.	CISZYK Milena			12	UKS Piłka Konstancja Łódzki				6:11.73	253		
	50m:	41.42	41.42	150m:	2:16.46	48.05	250m:			350m:	5:28.22	48.97
	100m:	1:28.41	46.99	200m:	3:03.33	46.87	300m:	4:39.25		400m:	6:11.73	43.51