

Zimowe Mistrzostwa Okręgu Łódzkiego 2025
Łódź, 20. - 21.11.2025

Konkurencja 1
20.11.2025 - 13:30

Kobiet, 400m zmienny

Open
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.										Czas	Pkt.
13 lat												
1.	JAGODZIŃSKA Lena	12	UKS SP-149 Łódź					5:33.19	450			
	50m: 36.74 36.74	150m: 2:04.09	45.44	250m: 3:34.07	45.80	350m: 4:57.07	37.04					
	100m: 1:18.65 41.91	200m: 2:48.27	44.18	300m: 4:20.03	45.96	400m: 5:33.19	36.12					
2.	KOTUS Maria	12	UKS Piątka Konstantynów Łódzki					5:46.98	399			
	50m: 39.33 39.33	150m: 2:09.75	44.37	250m: 3:38.85	45.79	350m: 5:07.94	40.09					
	100m: 1:25.38 46.05	200m: 2:53.06	43.31	300m: 4:27.85	49.00	400m: 5:46.98	39.04					
3.	MARCINKOWSKA Oliwia	12	UKS SP-149 Łódź					6:13.75	319			
	50m: 40.25 40.25	150m: 2:20.05	50.98	250m: 3:59.59	51.22	350m: 5:32.48	42.01					
	100m: 1:29.07 48.82	200m: 3:08.37	48.32	300m: 4:50.47	50.88	400m: 6:13.75	41.27					
14 lat												
1.	LAMECKA Kornelia	11	Champion Tomaszów Maz.					5:29.47	466			
	50m: 34.03 34.03	150m: 1:56.05	41.35	250m: 3:26.70	50.18	350m: 4:54.85	38.40					
	100m: 1:14.70 40.67	200m: 2:36.52	40.47	300m: 4:16.45	49.75	400m: 5:29.47	34.62					
2.	ŻOŁĄDEK Julia	11	MKS Jedyńka Łódź					5:31.36	458			
	50m: 35.76 35.76	150m: 2:02.13	45.26	250m: 3:30.93	44.90	350m: 4:54.26	38.05					
	100m: 1:16.87 41.11	200m: 2:46.03	43.90	300m: 4:16.21	45.28	400m: 5:31.36	37.10					
15 lat												
1.	STEFANIW Martyna	10	Sekcja Pływacka Meduza Pajęczno					5:25.99	481			
	50m: 34.32 34.32	150m: 1:57.17	42.42	250m: 3:25.37	45.62	350m: 4:49.59	38.52					
	100m: 1:14.75 40.43	200m: 2:39.75	42.58	300m: 4:11.07	45.70	400m: 5:25.99	36.40					
2.	BRYSIAK Nikola	10	Champion Tomaszów Maz.					6:12.99	321			
	50m: 37.24 37.24	150m: 2:11.44	47.33	250m: 3:51.24	54.00	350m: 5:30.90	44.81					
	100m: 1:24.11 46.87	200m: 2:57.24	45.80	300m: 4:46.09	54.85	400m: 6:12.99	42.09					
3.	KALISZEWSKA Amelia	10	Ks Nelasport					6:14.86	316			
	50m: 39.27 39.27	150m: 2:15.35	48.09	250m: 3:56.34	53.23	350m: 5:34.76	41.44					
	100m: 1:27.26 47.99	200m: 3:03.11	47.76	300m: 4:53.32	56.98	400m: 6:14.86	40.10					
4.	GRABOWSKA Maja	10	UKS Piątka Konstantynów Łódzki					6:34.02	272			
	50m: 41.76 41.76	150m: 2:23.77	48.39	250m: 4:04.97	54.29	350m: 5:48.25	48.41					
	100m: 1:35.38 53.62	200m: 3:10.68	46.91	300m: 4:59.84	54.87	400m: 6:34.02	45.77					
16 lat												
1.	ROZWADOWSKA Karolina	09	MKS Trójka Łódź					5:18.67	515			
	50m: 33.90 33.90	150m: 1:57.12	42.94	250m: 3:22.54	42.65	350m: 4:43.11	37.42					
	100m: 1:14.18 40.28	200m: 2:39.89	42.77	300m: 4:05.69	43.15	400m: 5:18.67	35.56					
2.	ŁUCZAK Anika	09	UKS SP-149 Łódź					5:24.29	488			
	50m: 37.63 37.63	150m: 2:00.53	42.00	250m: 3:27.92	46.64	350m: 4:49.49	34.84					
	100m: 1:18.53 40.90	200m: 2:41.28	40.75	300m: 4:14.65	46.73	400m: 5:24.29	34.80					
17 lat i starsi												
1.	GŁOGOWSKA Natalia	08	UKS Piątka Konstantynów Łódzki					5:34.93	443			
	50m: 35.09 35.09	150m: 2:00.13	43.64	250m: 3:30.52	46.87	350m: 4:57.73	38.90					
	100m: 1:16.49 41.40	200m: 2:43.65	43.52	300m: 4:18.83	48.31	400m: 5:34.93	37.20					
2.	ZAKRZEWSKA Oliwia	07	UKS Nawa Skierniewice					5:35.48	441			
	50m: 35.19 35.19	150m: 1:58.98	41.38	250m: 3:28.92	48.90	350m: 4:57.79	39.16					
	100m: 1:17.60 42.41	200m: 2:40.02	41.04	300m: 4:18.63	49.71	400m: 5:35.48	37.69					

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Open

1.	ROZWADOWSKA Karolina	09	MKS Trójka Łódź	5:18.67	515
	50m: 33.90 33.90	150m: 1:57.12	42.94 250m: 3:22.54 42.65	350m: 4:43.11	37.42
	100m: 1:14.18 40.28	200m: 2:39.89	42.77 300m: 4:05.69 43.15	400m: 5:18.67	35.56
2.	ŁUCZAK Anika	09	UKS SP-149 Łódź	5:24.29	488
	50m: 37.63 37.63	150m: 2:00.53	42.00 250m: 3:27.92 46.64	350m: 4:49.49	34.84
	100m: 1:18.53 40.90	200m: 2:41.28	40.75 300m: 4:14.65 46.73	400m: 5:24.29	34.80
3.	STEFANIW Martyna	10	Sekcja Pływacka Meduza Pajęczno	5:25.99	481
	50m: 34.32 34.32	150m: 1:57.17	42.42 250m: 3:25.37 45.62	350m: 4:49.59	38.52
	100m: 1:14.75 40.43	200m: 2:39.75	42.58 300m: 4:11.07 45.70	400m: 5:25.99	36.40
4.	LAMECKA Kornelia	11	Champion Tomaszów Maz.	5:29.47	466
	50m: 34.03 34.03	150m: 1:56.05	41.35 250m: 3:26.70 50.18	350m: 4:54.85	38.40
	100m: 1:14.70 40.67	200m: 2:36.52	40.47 300m: 4:16.45 49.75	400m: 5:29.47	34.62
5.	ŻOŁĄDEK Julia	11	MKS Jedynka Łódź	5:31.36	458
	50m: 35.76 35.76	150m: 2:02.13	45.26 250m: 3:30.93 44.90	350m: 4:54.26	38.05
	100m: 1:16.87 41.11	200m: 2:46.03	43.90 300m: 4:16.21 45.28	400m: 5:31.36	37.10
6.	JAGODZIŃSKA Lena	12	UKS SP-149 Łódź	5:33.19	450
	50m: 36.74 36.74	150m: 2:04.09	45.44 250m: 3:34.07 45.80	350m: 4:57.07	37.04
	100m: 1:18.65 41.91	200m: 2:48.27	44.18 300m: 4:20.03 45.96	400m: 5:33.19	36.12
7.	GŁOGOWSKA Natalia	08	UKS Piątka Konstantynów Łódzki	5:34.93	443
	50m: 35.09 35.09	150m: 2:00.13	43.64 250m: 3:30.52 46.87	350m: 4:57.73	38.90
	100m: 1:16.49 41.40	200m: 2:43.65	43.52 300m: 4:18.83 48.31	400m: 5:34.93	37.20
8.	ZAKRZEWSKA Oliwia	07	UKS Nawa Skierniewice	5:35.48	441
	50m: 35.19 35.19	150m: 1:58.98	41.38 250m: 3:28.92 48.90	350m: 4:57.79	39.16
	100m: 1:17.60 42.41	200m: 2:40.02	41.04 300m: 4:18.63 49.71	400m: 5:35.48	37.69
9.	BLUKACZ Pola	12	UKS ORKA Częstochowa	5:38.68	429
	50m: 34.09 34.09	150m: 2:00.80	46.52 250m: 3:32.28 46.73	350m: 5:00.23	39.51
	100m: 1:14.28 40.19	200m: 2:45.55	44.75 300m: 4:20.72 48.44	400m: 5:38.68	38.45
10.	KOTUS Maria	12	UKS Piątka Konstantynów Łódzki	5:46.98	399
	50m: 39.33 39.33	150m: 2:09.75	44.37 250m: 3:38.85 45.79	350m: 5:07.94	40.09
	100m: 1:25.38 46.05	200m: 2:53.06	43.31 300m: 4:27.85 49.00	400m: 5:46.98	39.04
11.	BRYSIK Nikola	10	Champion Tomaszów Maz.	6:12.99	321
	50m: 37.24 37.24	150m: 2:11.44	47.33 250m: 3:51.24 54.00	350m: 5:30.90	44.81
	100m: 1:24.11 46.87	200m: 2:57.24	45.80 300m: 4:46.09 54.85	400m: 6:12.99	42.09
12.	MARCINKOWSKA Oliwia	12	UKS SP-149 Łódź	6:13.75	319
	50m: 40.25 40.25	150m: 2:20.05	50.98 250m: 3:59.59 51.22	350m: 5:32.48	42.01
	100m: 1:29.07 48.82	200m: 3:08.37	48.32 300m: 4:50.47 50.88	400m: 6:13.75	41.27
13.	KALISZEWSKA Amelia	10	Ks Nelasport	6:14.86	316
	50m: 39.27 39.27	150m: 2:15.35	48.09 250m: 3:56.34 53.23	350m: 5:34.76	41.44
	100m: 1:27.26 47.99	200m: 3:03.11	47.76 300m: 4:53.32 56.98	400m: 6:14.86	40.10
14.	GRABOWSKA Maja	10	UKS Piątka Konstantynów Łódzki	6:34.02	272
	50m: 41.76 41.76	150m: 2:23.77	48.39 250m: 4:04.97 54.29	350m: 5:48.25	48.41
	100m: 1:35.38 53.62	200m: 3:10.68	46.91 300m: 4:59.84 54.87	400m: 6:34.02	45.77