

Zimowe Mistrzostwa Okręgu Łódzkiego 2025
Łódź, 20. - 21.11.2025

Konkurencja 19
21.11.2025 - 8:05

Kobiet, 400m dowolny

Open
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.										Czas	Pkt.
13 lat												
1.	JAGODZIŃSKA Lena	12	UKS SP-149 Łódź					4:53.64	482			
	50m: 33.15 33.15	150m: 1:47.64	37.92	250m: 3:03.15	37.83	350m: 4:18.52	37.93					
	100m: 1:09.72 36.57	200m: 2:25.32	37.68	300m: 3:40.59	37.44	400m: 4:53.64	35.12					
2.	CIESIELSKA Amelia	12	MKS Jedynka Łódź					5:04.56	432			
	50m: 34.83 34.83	150m: 1:51.47	38.64	250m: 3:09.15	38.89	350m: 4:27.26	39.07					
	100m: 1:12.83 38.00	200m: 2:30.26	38.79	300m: 3:48.19	39.04	400m: 5:04.56	37.30					
3.	TYC Zuzanna	12	MUKS Wodnik Łask					5:25.51	353			
	50m: 35.48 35.48	150m: 1:57.69	42.10	250m: 3:23.20	42.53	350m: 4:48.73	42.51					
	100m: 1:15.59 40.11	200m: 2:40.67	42.98	300m: 4:06.22	43.02	400m: 5:25.51	36.78					
4.	MARCINKOWSKA Oliwia	12	UKS SP-149 Łódź					5:25.69	353			
	50m: 37.33 37.33	150m: 2:01.37	42.91	250m: 3:26.90	43.09	350m: 4:48.86	39.91					
	100m: 1:18.46 41.13	200m: 2:43.81	42.44	300m: 4:08.95	42.05	400m: 5:25.69	36.83					
14 lat												
1.	LAMECKA Kornelia	11	Champion Tomaszów Maz.					4:59.70	453			
	50m: 35.01 35.01	150m: 1:50.78	38.01	250m: 3:07.58	38.79	350m: 4:23.12	37.27					
	100m: 1:12.77 37.76	200m: 2:28.79	38.01	300m: 3:45.85	38.27	400m: 4:59.70	36.58					
2.	SOŁTYSIAK Pola	11	MKS Trójka Łódź					5:15.25	389			
	50m: 34.99 34.99	150m: 1:54.24	40.04	250m: 3:15.22	40.33	350m: 4:36.35	40.47					
	100m: 1:14.20 39.21	200m: 2:34.89	40.65	300m: 3:55.88	40.66	400m: 5:15.25	38.90					
3.	PIERZYŃSKA Antonina	11	St. S. Nautilus Brzeziny					5:37.46	317			
	50m: 37.50 37.50	150m: 2:02.52	43.54	250m: 3:29.33	43.28	350m: 4:55.77	43.23					
	100m: 1:18.98 41.48	200m: 2:46.05	43.53	300m: 4:12.54	43.21	400m: 5:37.46	41.69					
4.	SIERADZAN Aniela	11	UKS SP-149 Łódź					5:45.39	296			
	50m: 38.39 38.39	150m: 2:05.27	44.58	250m: 3:35.43	45.13	350m: 5:04.65	44.29					
	100m: 1:20.69 42.30	200m: 2:50.30	45.03	300m: 4:20.36	44.93	400m: 5:45.39	40.74					
15 lat												
1.	STEFANIW Martyna	10	Sekcja Pływacka Meduza Pajęczno					4:47.08	515			
	50m: 32.61 32.61	150m: 1:45.12	36.84	250m: 2:59.78	37.53	350m: 4:13.15	36.13					
	100m: 1:08.28 35.67	200m: 2:22.25	37.13	300m: 3:37.02	37.24	400m: 4:47.08	33.93					
2.	WIELGUS Nela	10	Champion Tomaszów Maz.					4:47.16	515			
	50m: 33.06 33.06	150m: 1:45.21	36.30	250m: 2:59.54	37.36	350m: 4:12.98	36.50					
	100m: 1:08.91 35.85	200m: 2:22.18	36.97	300m: 3:36.48	36.94	400m: 4:47.16	34.18					
3.	MYDŁOWSKA Roxana	10	UKS Nawa Skierniewice					4:57.56	463			
	50m: 32.91 32.91	150m: 1:46.81	37.62	250m: 3:04.31	39.02	350m: 4:21.89	38.40					
	100m: 1:09.19 36.28	200m: 2:25.29	38.48	300m: 3:43.49	39.18	400m: 4:57.56	35.67					
4.	SUKIENNIK Anna	10	MKS Trójka Łódź					4:58.66	458			
	50m: 34.01 34.01	150m: 1:49.16	37.74	250m: 3:05.56	37.95	350m: 4:21.68	38.15					
	100m: 1:11.42 37.41	200m: 2:27.61	38.45	300m: 3:43.53	37.97	400m: 4:58.66	36.98					
5.	WESOŁOWSKA Wiktoria	10	MUKS Wodnik Łask					5:03.82	435			
	50m: 32.91 32.91	150m: 1:48.33	38.14	250m: 3:06.22	39.11	350m: 4:25.13	40.06					
	100m: 1:10.19 37.28	200m: 2:27.11	38.78	300m: 3:45.07	38.85	400m: 5:03.82	38.69					
6.	BRYSIAK Nikola	10	Champion Tomaszów Maz.					5:31.40	335			
	50m: 36.09 36.09	150m: 1:59.52	42.73	250m: 3:24.59	42.42	350m: 4:49.96	42.75					
	100m: 1:16.79 40.70	200m: 2:42.17	42.65	300m: 4:07.21	42.62	400m: 5:31.40	41.44					

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Łódź, 20. - 21.11.2025

Konkurencja 19, Kobiet, 400m dowolny

16 lat

1.	RUTKOWSKA Maja	09	MKS Trójka Łódź	4:37.81	569
	50m: 32.35 32.35	150m: 1:42.23 35.04	250m: 2:52.15 35.08	350m: 4:03.11 35.30	
	100m: 1:07.19 34.84	200m: 2:17.07 34.84	300m: 3:27.81 35.66	400m: 4:37.81 34.70	
2.	BERNACIK Gabriela	09	Ks Nelasport	5:28.99	342
	50m: 36.01 36.01	150m: 1:59.33 42.24	250m: 3:24.15 42.44	350m: 4:48.11 41.81	
	100m: 1:17.09 41.08	200m: 2:41.71 42.38	300m: 4:06.30 42.15	400m: 5:28.99 40.88	

17 lat i starsi

1.	TRAFALSKA Zuzanna	07	UKS 190 Łódź	4:32.61	602
	50m: 31.76 31.76	150m: 1:40.69 34.84	250m: 2:49.87 34.21	350m: 3:58.90 34.64	
	100m: 1:05.85 34.09	200m: 2:15.66 34.97	300m: 3:24.26 34.39	400m: 4:32.61 33.71	

Open

1.	TRAFALSKA Zuzanna	07	UKS 190 Łódź	4:32.61	602
	50m: 31.76 31.76	150m: 1:40.69 34.84	250m: 2:49.87 34.21	350m: 3:58.90 34.64	
	100m: 1:05.85 34.09	200m: 2:15.66 34.97	300m: 3:24.26 34.39	400m: 4:32.61 33.71	
2.	EKIERT Gabriela	09	UKP „Polonia Warszawa”	4:34.76	588
	50m: 31.46 31.46	150m: 1:40.62 34.73	250m: 2:50.11 34.60	350m: 3:57.43 33.07	
	100m: 1:05.89 34.43	200m: 2:15.51 34.89	300m: 3:24.36 34.25	400m: 4:34.76 37.33	
3.	RUTKOWSKA Maja	09	MKS Trójka Łódź	4:37.81	569
	50m: 32.35 32.35	150m: 1:42.23 35.04	250m: 2:52.15 35.08	350m: 4:03.11 35.30	
	100m: 1:07.19 34.84	200m: 2:17.07 34.84	300m: 3:27.81 35.66	400m: 4:37.81 34.70	
4.	STEFANIW Martyna	10	Sekcja Pływacka Meduza Pajęczno	4:47.08	515
	50m: 32.61 32.61	150m: 1:45.12 36.84	250m: 2:59.78 37.53	350m: 4:13.15 36.13	
	100m: 1:08.28 35.67	200m: 2:22.25 37.13	300m: 3:37.02 37.24	400m: 4:47.08 33.93	
5.	WIELGUS Nela	10	Champion Tomaszów Maz.	4:47.16	515
	50m: 33.06 33.06	150m: 1:45.21 36.30	250m: 2:59.54 37.36	350m: 4:12.98 36.50	
	100m: 1:08.91 35.85	200m: 2:22.18 36.97	300m: 3:36.48 36.94	400m: 4:47.16 34.18	
6.	JAGODZIŃSKA Lena	12	UKS SP-149 Łódź	4:53.64	482
	50m: 33.15 33.15	150m: 1:47.64 37.92	250m: 3:03.15 37.83	350m: 4:18.52 37.93	
	100m: 1:09.72 36.57	200m: 2:25.32 37.68	300m: 3:40.59 37.44	400m: 4:53.64 35.12	
7.	PIETRASZEWICZ Roksana	10	UKP „Polonia Warszawa”	4:55.10	474
	50m: 33.98 33.98	150m: 1:47.48 37.00	250m: 3:02.26 37.50	350m: 4:18.01 37.72	
	100m: 1:10.48 36.50	200m: 2:24.76 37.28	300m: 3:40.29 38.03	400m: 4:55.10 37.09	
8.	MYDŁOWSKA Roxana	10	UKS Nawa Skierniewice	4:57.56	463
	50m: 32.91 32.91	150m: 1:46.81 37.62	250m: 3:04.31 39.02	350m: 4:21.89 38.40	
	100m: 1:09.19 36.28	200m: 2:25.29 38.48	300m: 3:43.49 39.18	400m: 4:57.56 35.67	
9.	SUKIENNIK Anna	10	MKS Trójka Łódź	4:58.66	458
	50m: 34.01 34.01	150m: 1:49.16 37.74	250m: 3:05.56 37.95	350m: 4:21.68 38.15	
	100m: 1:11.42 37.41	200m: 2:27.61 38.45	300m: 3:43.53 37.97	400m: 4:58.66 36.98	
10.	LAMECKA Kornelia	11	Champion Tomaszów Maz.	4:59.70	453
	50m: 35.01 35.01	150m: 1:50.78 38.01	250m: 3:07.58 38.79	350m: 4:23.12 37.27	
	100m: 1:12.77 37.76	200m: 2:28.79 38.01	300m: 3:45.85 38.27	400m: 4:59.70 36.58	
11.	WESOŁOWSKA Wiktoria	10	MUKS Wodnik Łask	5:03.82	435
	50m: 32.91 32.91	150m: 1:48.33 38.14	250m: 3:06.22 39.11	350m: 4:25.13 40.06	
	100m: 1:10.19 37.28	200m: 2:27.11 38.78	300m: 3:45.07 38.85	400m: 5:03.82 38.69	
12.	CIESIELSKA Amelia	12	MKS Jedyńka Łódź	5:04.56	432
	50m: 34.83 34.83	150m: 1:51.47 38.64	250m: 3:09.15 38.89	350m: 4:27.26 39.07	
	100m: 1:12.83 38.00	200m: 2:30.26 38.79	300m: 3:48.19 39.04	400m: 5:04.56 37.30	
13.	SOŁTYSIK Pola	11	MKS Trójka Łódź	5:15.25	389
	50m: 34.99 34.99	150m: 1:54.24 40.04	250m: 3:15.22 40.33	350m: 4:36.35 40.47	
	100m: 1:14.20 39.21	200m: 2:34.89 40.65	300m: 3:55.88 40.66	400m: 5:15.25 38.90	

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Konkurencja 19, Kobiet, 400m dowolny, Open

Pozycja	Rok ur.								Czas		Pkt.	
14.	TYC Zuzanna			12	MUKS Wodnik Łask					5:25.51	353	
	50m:	35.48	35.48	150m:	1:57.69	42.10	250m:	3:23.20	42.53	350m:	4:48.73	42.51
	100m:	1:15.59	40.11	200m:	2:40.67	42.98	300m:	4:06.22	43.02	400m:	5:25.51	36.78
15.	MARCINKOWSKA Oliwia			12	UKS SP-149 Łódź					5:25.69	353	
	50m:	37.33	37.33	150m:	2:01.37	42.91	250m:	3:26.90	43.09	350m:	4:48.86	39.91
	100m:	1:18.46	41.13	200m:	2:43.81	42.44	300m:	4:08.95	42.05	400m:	5:25.69	36.83
16.	BERNACIK Gabriela			09	Ks Nelasport					5:28.99	342	
	50m:	36.01	36.01	150m:	1:59.33	42.24	250m:	3:24.15	42.44	350m:	4:48.11	41.81
	100m:	1:17.09	41.08	200m:	2:41.71	42.38	300m:	4:06.30	42.15	400m:	5:28.99	40.88
17.	BRYSIK Nikola			10	Champion Tomaszów Maz.					5:31.40	335	
	50m:	36.09	36.09	150m:	1:59.52	42.73	250m:	3:24.59	42.42	350m:	4:49.96	42.75
	100m:	1:16.79	40.70	200m:	2:42.17	42.65	300m:	4:07.21	42.62	400m:	5:31.40	41.44
18.	PIERZYŃSKA Antonina			11	St. S. Nautilus Brzeziny					5:37.46	317	
	50m:	37.50	37.50	150m:	2:02.52	43.54	250m:	3:29.33	43.28	350m:	4:55.77	43.23
	100m:	1:18.98	41.48	200m:	2:46.05	43.53	300m:	4:12.54	43.21	400m:	5:37.46	41.69
19.	SIERADZAN Aniela			11	UKS SP-149 Łódź					5:45.39	296	
	50m:	38.39	38.39	150m:	2:05.27	44.58	250m:	3:35.43	45.13	350m:	5:04.65	44.29
	100m:	1:20.69	42.30	200m:	2:50.30	45.03	300m:	4:20.36	44.93	400m:	5:45.39	40.74