



Konkurencja 11

Kobiet, 400m zmienny

13 lat i starsi

12.04.2025 - 11:55

Wyniki

Rekord Opolszczyzny Open	4:50.40	Zukowska Paula	00107	Ostrowiec Sw.	22.05.2009
Rekord Opolszczyzny 19 +	4:51.69	Zukowska Paula	00107	Sabadell (ESP)	04.03.2012
Rekord Opolszczyzny 18	5:02.19	Zukowska Paula	00107	Warsaw	22.07.2011
Rekord Opolszczyzny 17	4:51.48	Zukowska Paula	00107	Gliwice	04.06.2010
Rekord Opolszczyzny 16	4:50.40	Zukowska Paula	00107	Ostrowiec Sw.	22.05.2009
Rekord Opolszczyzny 15	5:00.83	Zukowska Paula	00107	Gorzow Wlkp.	11.07.2008
Rekord Opolszczyzny 14	5:07.08	Zukowska Paula	00207	Debica	13.04.2007
Rekord Opolszczyzny 13	5:18.56	Rakowska Marta	00407	Opole	07.06.2019

Punkty: AQUA 2025

Pozycja

Rok ur.

Czas

Pkt.

13 lat

1. Blukacz Pola	12	UKS ORKA Częstochowa	5:49.39	433
50m: 37.10 37.10	150m: 2:08.77 48.75	250m: 3:42.77 47.40	350m: 5:11.03 40.70	
100m: 1:20.02 42.92	200m: 2:55.37 46.60	300m: 4:30.33 47.56	400m: 5:49.39 38.36	
2. Cielniaszek Natasza	12	CSiR MOS w Dąbrowie Górniczej	6:19.97	336
50m: 38.33 38.33	150m: 2:17.79 51.76	250m: 3:58.80 52.96	350m: 5:37.52 44.16	
100m: 1:26.03 47.70	200m: 3:05.84 48.05	300m: 4:53.36 54.56	400m: 6:19.97 42.45	

14 lat

1. Wyleżyk Natalia	11	UKS „Manta Kochłowice Ruda Śląska”	5:42.95	458
50m: 34.90 34.90	150m: 2:04.19 44.98	250m: 3:37.39 49.40	350m: 5:05.34 38.16	
100m: 1:19.21 44.31	200m: 2:47.99 43.80	300m: 4:27.18 49.79	400m: 5:42.95 37.61	
2. Sado Jagoda	11	Swim Team MOSiR Kędzierzyn-Koźle	5:51.33	426
50m: 36.76 36.76	150m: 2:05.67 42.76	250m: 3:38.44 50.86	350m: 5:11.07 40.10	
100m: 1:22.91 46.15	200m: 2:47.58 41.91	300m: 4:30.97 52.53	400m: 5:51.33 40.26	
3. Bysiec Jagoda	11	CSiR MOS w Dąbrowie Górniczej	5:59.31	398
50m: 35.15 35.15	150m: 2:04.98 48.19	250m: 3:41.99 50.79	350m: 5:18.52 43.04	
100m: 1:16.79 41.64	200m: 2:51.20 46.22	300m: 4:35.48 53.49	400m: 5:59.31 40.79	

15 lat i starsi

1. Ciupa Ewelina	09	UKS „Manta Kochłowice Ruda Śląska”	5:35.93	487
50m: 35.08 35.08	150m: 2:00.72 44.06	250m: 3:32.85 49.89	350m: 4:59.59 37.09	
100m: 1:16.66 41.58	200m: 2:42.96 42.24	300m: 4:22.50 49.65	400m: 5:35.93 36.34	
2. Artwik Zuzanna	10	Akademia Sms Racibórz	5:50.62	428
50m: 39.69 39.69	150m: 2:14.86 45.69	250m: 3:44.47 44.79	350m: 5:12.27 41.66	
100m: 1:29.17 49.48	200m: 2:59.68 44.82	300m: 4:30.61 46.14	400m: 5:50.62 38.35	
3. Maik Maja	10	UKS „Manta Kochłowice Ruda Śląska”	5:50.71	428
50m: 35.70 35.70	150m: 2:02.71 44.73	250m: 3:40.05 53.55	350m: 5:12.87 37.96	
100m: 1:17.98 42.28	200m: 2:46.50 43.79	300m: 4:34.91 54.86	400m: 5:50.71 37.84	
4. Artwik Hanna	10	Akademia Sms Racibórz	6:09.11	367
50m: 37.80 37.80	150m: 2:13.36 47.13	250m: 3:52.52 52.84	350m: 5:28.24 42.22	
100m: 1:26.23 48.43	200m: 2:59.68 46.32	300m: 4:46.02 53.50	400m: 6:09.11 40.87	