



Event 11

Women, 400m Medley

13 years and older

12.04.2025 - 11:55

Results

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

Points: AQUA 2025

Rank	YB								Time	Pts		
13 years												
1.	Blukacz Pola				12	UKS ORKA Czestochowa				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 Dabrowie Gorniczej				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 years

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

15 years and older

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