

VIII Aquathlon Rzeszów 2025, Grand Prix Polskiego Związku Triathlonu w Aquathlonie  
Rzeszów, 23.3.2025

Konkurencja 5  
23.03.2025 - 9:40

400m dowolny

15 - 17 lat  
Wyniki

Punkty: AQUA 2025

Pozycja			Rok ur.					Czas	Pkt.
<b>Juniorzy młodsi (K15, M15), Dziewcz t</b>									
1.	GAJDA Martyna		08	Swim Tri Rzeszów				<b>4:42.80</b>	
	50m:	31.77	31.77	150m:	1:43.24	36.15	250m:	2:55.87	36.27
	100m:	1:07.09	35.32	200m:	2:19.60	36.36	300m:	3:32.15	36.28
							350m:	4:08.02	35.87
							400m:	4:42.80	34.78
2.	SŁABIK Nadia		08	Swim Tri Rzeszów				<b>5:10.28</b>	
	50m:	34.73	34.73	150m:	1:52.54	39.22	250m:	3:11.95	39.61
	100m:	1:13.32	38.59	200m:	2:32.34	39.80	300m:	3:51.49	39.54
							350m:	4:31.30	39.81
							400m:	5:10.28	38.98
3.	MICHNA Maja		08	UKS G-8 Bielany Warszawa				<b>5:27.29</b>	
	50m:	37.40	37.40	150m:	1:58.72	40.69	250m:	3:23.15	41.97
	100m:	1:18.03	40.63	200m:	2:41.18	42.46	300m:	4:05.34	42.19
							350m:	4:47.08	41.74
							400m:	5:27.29	40.21
4.	GRAJDURA Nina		09	Swim Tri Rzeszów				<b>5:40.03</b>	
	50m:	34.24	34.24	150m:	1:56.44	42.56	250m:	3:25.57	45.14
	100m:	1:13.88	39.64	200m:	2:40.43	43.99	300m:	4:10.66	45.09
							350m:	4:55.94	45.28
							400m:	5:40.03	44.09
5.	AMBROSZKO Weronika		08	Niezrzeszony				<b>5:43.39</b>	
	50m:	36.58	36.58	150m:	2:00.25	42.79	250m:	3:28.54	44.53
	100m:	1:17.46	40.88	200m:	2:44.01	43.76	300m:	4:14.33	45.79
							350m:	4:59.27	44.94
							400m:	5:43.39	44.12
6.	NAPOROWSKA Lena		09	SportLove				<b>6:22.90</b>	
	50m:	41.84	41.84	150m:	2:17.25	48.47	250m:	3:56.61	49.92
	100m:	1:28.78	46.94	200m:	3:06.69	49.44	300m:	4:47.06	50.45
							350m:	5:38.58	51.52
							400m:	6:22.90	44.32
7.	PLUTA Julia		10	Niezrzeszony				<b>10:22.10</b>	
	50m:	1:04.20	1:04.20	150m:	3:36.79	1:17.94	250m:	6:17.43	1:21.69
	100m:	2:18.85	1:14.65	200m:	4:55.74	1:18.95	300m:	7:36.95	1:19.52
							350m:	8:59.90	1:22.95
							400m:	10:22.10	1:22.20
<b>Juniorzy młodsi (K15, M15), Chłopców</b>									
1.	ARTWIK-SIERO Alan		09	Akwedukt Kielce				<b>4:29.10</b>	
	50m:	31.35	31.35	150m:	1:38.08	33.51	250m:	2:46.38	34.59
	100m:	1:04.57	33.22	200m:	2:11.79	33.71	300m:	3:21.11	34.73
							350m:	3:56.59	35.48
							400m:	4:29.10	32.51
2.	D BROWSKI Adam		08	UKS G-8 Bielany Warszawa				<b>4:29.78</b>	
	50m:	31.28	31.28	150m:	1:38.80	33.95	250m:	2:46.66	33.89
	100m:	1:04.85	33.57	200m:	2:12.77	33.97	300m:	3:20.82	34.16
							350m:	3:55.25	34.43
							400m:	4:29.78	34.53
3.	SŁAWI SKI Bartłomiej		08	Akwedukt Kielce				<b>5:00.16</b>	
	50m:	33.55	33.55	150m:	1:48.04	37.57	250m:	3:05.47	38.61
	100m:	1:10.47	36.92	200m:	2:26.86	38.82	300m:	3:44.31	38.84
							350m:	4:23.24	38.93
							400m:	5:00.16	36.92
4.	CZUBIK Jan		10	KSW Stal Rzeszów				<b>5:08.83</b>	
	50m:	32.50	32.50	150m:	1:48.44	39.09	250m:	3:08.38	40.53
	100m:	1:09.35	36.85	200m:	2:27.85	39.41	300m:	3:49.15	40.77
							350m:	4:29.60	40.45
							400m:	5:08.83	39.23
5.	ZAJ C Michał		10	SportWise				<b>5:37.72</b>	
	50m:	36.72	36.72	150m:	2:00.84	42.54	250m:	3:27.73	43.92
	100m:	1:18.30	41.58	200m:	2:43.81	42.97	300m:	4:11.87	44.14
							350m:	4:55.99	44.12
							400m:	5:37.72	41.73
6.	SERWA Adam		10	Lubelska Grupa Triathlonu				<b>6:22.08</b>	
	50m:	38.14	38.14	150m:	2:12.30	49.05	250m:	3:53.37	51.07
	100m:	1:23.25	45.11	200m:	3:02.30	50.00	300m:	4:45.03	51.66
							350m:	5:35.89	50.86
							400m:	6:22.08	46.19
7.	PONIEWA Igor		10	Lubelska Grupa Triathlonu				<b>6:24.27</b>	
	50m:	38.89	38.89	150m:	2:14.71	49.60	250m:	3:55.65	50.32
	100m:	1:25.11	46.22	200m:	3:05.33	50.62	300m:	4:46.86	51.21
							350m:	5:37.25	50.39
							400m:	6:24.27	47.02
8.	MAZUR Maciej		09	Lubelska Grupa Triathlonu				<b>6:30.07</b>	
	50m:	36.76	36.76	150m:	2:11.20	48.75	250m:	3:52.75	50.98
	100m:	1:22.45	45.69	200m:	3:01.77	50.57	300m:	4:44.86	52.11
							350m:	5:37.71	52.85
							400m:	6:30.07	52.36

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9.	PRZYWARA Sebastian		10 Niezrzeszony				<b>6:47.57</b>	
	50m:	37.89 37.89	150m:	2:11.09 47.79	250m:	4:00.10 55.45	350m:	5:54.26 57.41
	100m:	1:23.30 45.41	200m:	3:04.65 53.56	300m:	4:56.85 56.75	400m:	6:47.57 53.31
10.	SOBIECH Franciszek		09 Lubelska Grupa Triathlonu				<b>7:28.44</b>	
	50m:	42.92 42.92	150m:	2:32.11 56.03	250m:	4:28.63 58.24	350m:	6:27.73 59.11
	100m:	1:36.08 53.16	200m:	3:30.39 58.28	300m:	5:28.62 59.99	400m:	7:28.44 1:00.71