

Zimowe Mistrzostwa Okręgu Podkarpackiego 2025 w pływaniu
Mielec, 22-23.11.2025

Konkurencja 18
22.11.2025 - 15:34

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Punkty: AQUA 2025

Pozycja		Rok ur.						Czas	Pkt.
12 lat									
1.	KRASOWSKA Blanka	13	UKS DELFIN Tarnobrzeg					4:53.89	480
	50m: 32.61 32.61	150m: 1:47.06	37.60	250m: 3:03.26	37.96	350m: 4:18.45	37.41		
	100m: 1:09.46 36.85	200m: 2:25.30	38.24	300m: 3:41.04	37.78	400m: 4:53.89	35.44		
2.	WĘGRZYN Gaja	13	KP SOKÓŁ Rzeszów					5:13.24	397
	50m: 34.93 34.93	150m: 1:54.41	40.41	250m: 3:16.09	40.92	350m: 4:35.29	38.68		
	100m: 1:14.00 39.07	200m: 2:35.17	40.76	300m: 3:56.61	40.52	400m: 5:13.24	37.95		
3.	KAMECZURA Róża	13	UKS SP AQUARIUS Lesko					5:14.42	392
	50m: 35.21 35.21	150m: 1:55.02	40.75	250m: 3:15.35	39.99	350m: 4:36.24	40.38		
	100m: 1:14.27 39.06	200m: 2:35.36	40.34	300m: 3:55.86	40.51	400m: 5:14.42	38.18		
4.	CHMURA Klaudia	13	KP SOKÓŁ Rzeszów					5:22.69	363
	50m: 35.04 35.04	150m: 1:56.07	41.43	250m: 3:19.01	41.98	350m: 4:42.24	41.47		
	100m: 1:14.64 39.60	200m: 2:37.03	40.96	300m: 4:00.77	41.76	400m: 5:22.69	40.45		
5.	PIETRAS Zuzanna	13	MKS IKAR Stal Mielec					5:25.16	355
	50m: 36.30 36.30	150m: 1:58.97	41.43	250m: 3:22.69	41.99	350m: 4:43.67	39.81		
	100m: 1:17.54 41.24	200m: 2:40.70	41.73	300m: 4:03.86	41.17	400m: 5:25.16	41.49		
6.	HAJDUK Maja	13	UKP GRYF Dębica					5:31.66	334
	50m: 36.39 36.39	150m: 1:59.94	42.70	250m: 3:25.12	42.52	350m: 4:51.01	42.49		
	100m: 1:17.24 40.85	200m: 2:42.60	42.66	300m: 4:08.52	43.40	400m: 5:31.66	40.65		
7.	BIEŃ Laura	13	UKS FENIKS Dębica					5:43.14	302
	50m: 37.10 37.10	150m: 2:03.69	44.29	250m: 3:33.95	44.84	350m: 5:02.30	42.17		
	100m: 1:19.40 42.30	200m: 2:49.11	45.42	300m: 4:20.13	46.18	400m: 5:43.14	40.84		
8.	GUBERNAT Matylda	13	KSW STAL Rzeszów					5:55.68	271
	50m: 39.41 39.41	150m: 2:10.31	46.21	250m: 3:41.58	45.67	350m: 5:10.79	43.88		
	100m: 1:24.10 44.69	200m: 2:55.91	45.60	300m: 4:26.91	45.33	400m: 5:55.68	44.89		
9.	OSYPKA Amelia	13	KP SOKÓŁ Rzeszów					6:00.72	260
	50m: 40.55 40.55	150m: 2:13.56	47.38	250m: 3:46.95	47.00	350m: 5:18.73	45.43		
	100m: 1:26.18 45.63	200m: 2:59.95	46.39	300m: 4:33.30	46.35	400m: 6:00.72	41.99		
10.	SŁAPCZYŃSKA Kinga	13	SP MOTYL Stalowa Wola					6:01.27	258
	50m: 40.48 40.48	150m: 2:12.30	46.61	250m: 3:44.96	45.99	350m: 5:17.81	46.44		
	100m: 1:25.69 45.21	200m: 2:58.97	46.67	300m: 4:31.37	46.41	400m: 6:01.27	43.46		
11.	BOBECKA Aleksandra	13	KSW STAL Rzeszów					6:04.10	252
	50m: 39.63 39.63	150m: 2:12.11	47.89	250m: 3:46.72	47.01	350m: 5:21.94	48.13		
	100m: 1:24.22 44.59	200m: 2:59.71	47.60	300m: 4:33.81	47.09	400m: 6:04.10	42.16		
12.	ZIELIŃSKA Maja	13	KSW STAL Rzeszów					6:23.24	216
	50m: 41.97 41.97	150m: 2:16.84	47.21	250m: 3:56.12	49.89	350m: 5:34.65	48.69		
	100m: 1:29.63 47.66	200m: 3:06.23	49.39	300m: 4:45.96	49.84	400m: 6:23.24	48.59		

13 lat

1.	CZUDEK Florentyna	12	KP SOKÓŁ Rzeszów					4:51.08	494
	50m: 32.74 32.74	150m: 1:46.67	37.40	250m: 3:01.66	37.53	350m: 4:15.93	36.31		
	100m: 1:09.27 36.53	200m: 2:24.13	37.46	300m: 3:39.62	37.96	400m: 4:51.08	35.15		
2.	MENET Maria	12	UKS SP AQUARIUS Lesko					5:17.54	381
	50m: 35.11 35.11	150m: 1:55.65	40.98	250m: 3:17.30	41.03	350m: 4:37.99	40.13		
	100m: 1:14.67 39.56	200m: 2:36.27	40.62	300m: 3:57.86	40.56	400m: 5:17.54	39.55		

Zimowe Mistrzostwa Okręgu Podkarpackiego 2025 w pływaniu
Mielec, 22-23.11.2025

Konkurencja 18, Dziewcząt, 400m dowolny, 13 lat

Pozycja	Rok ur.								Czas		Pkt.	
3.	WARCHOŁ Amelia			12	SP MOTYL Stalowa Wola				5:28.54		344	
	50m:	34.91	34.91	150m:	1:56.86	41.92	250m:	3:23.01	43.62	350m:	4:48.63	43.12
	100m:	1:14.94	40.03	200m:	2:39.39	42.53	300m:	4:05.51	42.50	400m:	5:28.54	39.91
4.	GŁASEK Anna			12	SP MOTYL Stalowa Wola				5:29.15		342	
	50m:	35.39	35.39	150m:	1:57.67	42.38	250m:	3:23.67	43.11	350m:	4:49.72	42.99
	100m:	1:15.29	39.90	200m:	2:40.56	42.89	300m:	4:06.73	43.06	400m:	5:29.15	39.43
5.	BARNIAK Milena			12	UKS DELFINEK Ustrzyki Dolne				5:29.66		340	
	50m:	36.84	36.84	150m:	2:02.25	42.97	250m:	3:27.03	42.21	350m:	4:51.82	42.00
	100m:	1:19.28	42.44	200m:	2:44.82	42.57	300m:	4:09.82	42.79	400m:	5:29.66	37.84
6.	GIERLA Sara			12	UKS SP AQUARIUS Lesko				5:44.47		298	
	50m:	38.91	38.91	150m:	2:07.77	44.53	250m:	3:35.96	43.30	350m:	5:04.23	44.16
	100m:	1:23.24	44.33	200m:	2:52.66	44.89	300m:	4:20.07	44.11	400m:	5:44.47	40.24
7.	SMOLAK Iga			12	Stow. Sportowe PROSWIM				5:55.68		271	
	50m:	40.17	40.17	150m:	2:09.30	45.16	250m:	3:41.39	46.06	350m:	5:12.98	45.67
	100m:	1:24.14	43.97	200m:	2:55.33	46.03	300m:	4:27.31	45.92	400m:	5:55.68	42.70
8.	HNATYK Aleksandra			12	KP SOKÓŁ Rzeszów				6:02.80		255	
	50m:	39.96	39.96	150m:	2:11.43	46.94	250m:	3:44.27	47.07	350m:	5:18.55	47.29
	100m:	1:24.49	44.53	200m:	2:57.20	45.77	300m:	4:31.26	46.99	400m:	6:02.80	44.25

14 lat

1.	KRASOWSKA Maja		11	UKS DELFIN Tarnobrzeg					5:13.62	395		
	50m:	34.85	34.85	150m:	1:55.75	41.38	250m:	3:16.66	40.54	350m:	4:36.68	39.66
	100m:	1:14.37	39.52	200m:	2:36.12	40.37	300m:	3:57.02	40.36	400m:	5:13.62	36.94
2.	SZYBISTY Karolina		11	KP SOKÓŁ Rzeszów					5:16.93	383		
	50m:	35.04	35.04	150m:	1:54.90	40.58	250m:	3:16.81	41.16	350m:	4:37.95	40.48
	100m:	1:14.32	39.28	200m:	2:35.65	40.75	300m:	3:57.47	40.66	400m:	5:16.93	38.98
3.	KOZŁOWSKA Alicja		11	Stow. Sportowe PROSWIM					5:18.81	376		
	50m:	35.20	35.20	150m:	1:55.54	40.88	250m:	3:18.49	41.20	350m:	4:40.43	40.37
	100m:	1:14.66	39.46	200m:	2:37.29	41.75	300m:	4:00.06	41.57	400m:	5:18.81	38.38
4.	FUTRYK Natalia		11	UKS SP AQUARIUS Lesko					5:20.87	369		
	50m:	35.06	35.06	150m:	1:55.64	41.27	250m:	3:18.61	41.50	350m:	4:41.63	41.36
	100m:	1:14.37	39.31	200m:	2:37.11	41.47	300m:	4:00.27	41.66	400m:	5:20.87	39.24
5.	SMOLAK Nikola		11	Stow. Sportowe PROSWIM					5:25.76	353		
	50m:	36.60	36.60	150m:	1:58.48	41.74	250m:	3:23.04	42.21	350m:	4:46.94	41.72
	100m:	1:16.74	40.14	200m:	2:40.83	42.35	300m:	4:05.22	42.18	400m:	5:25.76	38.82
6.	SROCZYŃSKA Blanka		11	SP MOTYL Stalowa Wola					5:32.60	331		
	50m:	36.09	36.09	150m:	1:58.77	42.49	250m:	3:25.64	43.66	350m:	4:52.28	43.18
	100m:	1:16.28	40.19	200m:	2:41.98	43.21	300m:	4:09.10	43.46	400m:	5:32.60	40.32
7.	DWORZAŃSKA Aleksandra		11	UKS SP AQUARIUS Lesko					5:40.90	308		
	50m:	38.40	38.40	150m:	2:03.73	43.25	250m:	3:30.85	43.89	350m:	4:58.70	43.39
	100m:	1:20.48	42.08	200m:	2:46.96	43.23	300m:	4:15.31	44.46	400m:	5:40.90	42.20
8.	FILA Marika		11	KS PRESTIGE Rzeszów					5:52.00	279		
	50m:	39.15	39.15	150m:	2:07.31	44.54	250m:	3:37.40	45.00	350m:	5:08.22	45.03
	100m:	1:22.77	43.62	200m:	2:52.40	45.09	300m:	4:23.19	45.79	400m:	5:52.00	43.78

Zimowe Mistrzostwa Okręgu Podkarpackiego 2025 w pływaniu
Mielec, 22-23.11.2025

Konkurencja 18, Kobiet, 400m dowolny

15 - 16 lat

1.	CYRAN Weronika	10	KP SOKÓŁ Rzeszów	4:52.38	488
	50m: 33.82 33.82	150m: 1:47.15 37.10	250m: 3:02.75 38.15	350m: 4:17.14 36.12	
	100m: 1:10.05 36.23	200m: 2:24.60 37.45	300m: 3:41.02 38.27	400m: 4:52.38 35.24	
2.	WĘGRZYN Emilia	10	KP SOKÓŁ Rzeszów	5:12.93	398
	50m: 34.87 34.87	150m: 1:54.58 40.47	250m: 3:15.87 40.55	350m: 4:35.22 39.19	
	100m: 1:14.11 39.24	200m: 2:35.32 40.74	300m: 3:56.03 40.16	400m: 5:12.93 37.71	
3.	NAZARKO Antonina	10	KS Swim2Win Krosno	5:16.21	386
	50m: 35.63 35.63	150m: 1:54.39 40.79	250m: 3:17.03 41.07	350m: 4:39.11 40.82	
	100m: 1:13.60 37.97	200m: 2:35.96 41.57	300m: 3:58.29 41.26	400m: 5:16.21 37.10	
4.	FURDAK Liliana	10	KS PRESTIGE Rzeszów	5:50.64	283
	50m: 36.90 36.90	150m: 2:02.52 43.86	250m: 3:35.70 46.22	350m: 5:07.47 46.27	
	100m: 1:18.66 41.76	200m: 2:49.48 46.96	300m: 4:21.20 45.50	400m: 5:50.64 43.17	

17 lat i starsi

1.	SZOPA Natalia	07	UKP GRYF Dębica	4:32.67	602
	50m: 30.69 30.69	150m: 1:39.71 35.12	250m: 2:49.97 35.21	350m: 4:01.17 35.16	
	100m: 1:04.59 33.90	200m: 2:14.76 35.05	300m: 3:26.01 36.04	400m: 4:32.67 31.50	
2.	HAJDON Izabela	08	UKS FENIKS Dębica	5:45.37	296
	50m: 34.88 34.88	150m: 1:58.80 43.57	250m: 3:30.12 46.09	350m: 5:02.16 46.23	
	100m: 1:15.23 40.35	200m: 2:44.03 45.23	300m: 4:15.93 45.81	400m: 5:45.37 43.21	
PK	GRABOWSKA Iga	13	UKS Olimpijczyk 23	5:13.89	394
	50m: 35.87 35.87	150m: 1:55.63 39.90	250m: 3:16.90 40.41	350m: 4:36.57 39.65	
	100m: 1:15.73 39.86	200m: 2:36.49 40.86	300m: 3:56.92 40.02	400m: 5:13.89 37.32	
PK	ŻAK Julia	13	UKS Olimpijczyk 23	5:20.61	370
	50m: 36.12 36.12	150m: 1:57.71 40.99	250m: 3:20.56 41.59	350m: 4:42.82 40.81	
	100m: 1:16.72 40.60	200m: 2:38.97 41.26	300m: 4:02.01 41.45	400m: 5:20.61 37.79	
PK	MAZUR Emilia	13	UKS Olimpijczyk 23	6:05.02	250
	50m: 41.58 41.58	150m: 2:14.84 47.02	250m: 3:50.06 47.68	350m: 5:22.48 45.85	
	100m: 1:27.82 46.24	200m: 3:02.38 47.54	300m: 4:36.63 46.57	400m: 6:05.02 42.54	