

Konkurencja 18
22.11.2025 - 16:45

Kobiet, 400m dowolny

Open
Wyniki

Rekordy Św. 19 +	4:08.04	KILIJAŃSKA Donata	KSOST	Poznań	17.12.2011
Rekordy Św. 18	4:08.04	KILIJAŃSKA Donata	KSOST	Poznań	17.12.2011
Rekordy Św. 17	4:08.04	KILIJAŃSKA Donata	KSOST	Poznań	17.12.2011
Rekordy Św. 16	4:08.04	KILIJAŃSKA Donata	00612	Poznan	17.12.2011
Rekordy Św. 15	4:11.12	KILIJAŃSKA Donata	00612	Lodz	21.11.2010
Rekordy Św. 14	4:16.92	KILIJAŃSKA Donata	00612	Gorzow Wielkopolski	28.11.2009
Rekordy Św. 13	4:35.47	WOŁOSZYN Sonia	00612	Saint Dizier (FRA)	15.11.2008
Rekordy Św. 12	4:43.86	WOŁOSZYN Sonia		Ostrowiec Sw.	09.12.2007
Rekordy Św. - 11	5:13.66	PRASAŁ Aleksandra	00912	Poznan	12.11.2020

Punkty: AQUA 2024

Pozycja	Rok ur.								Czas	Pkt.
12 - 13 lat										
1.	BEDNARSKA Antonina			12	KS KSZO Ostrowiec Św.				4:40.01	563
	50m:	32.72	32.72	150m:	1:43.46	35.48	250m:	2:54.73	35.53	350m: 4:05.36 35.09
	100m:	1:07.98	35.26	200m:	2:19.20	35.74	300m:	3:30.27	35.54	400m: 4:40.01 34.65
2.	GRZEGORCZYK Amelia			12	MUKP Korona-Swim Kielce				5:01.98	449
	50m:	34.39	34.39	150m:	1:51.04	38.69	250m:	3:08.30	38.37	350m: 4:25.49 38.95
	100m:	1:12.35	37.96	200m:	2:29.93	38.89	300m:	3:46.54	38.24	400m: 5:01.98 36.49
3.	GRZEGORCZYK Helena			12	MUKP Korona-Swim Kielce				5:05.52	433
	50m:	35.92	35.92	150m:	1:52.61	38.67	250m:	3:09.96	38.62	350m: 4:28.12 39.15
	100m:	1:13.94	38.02	200m:	2:31.34	38.73	300m:	3:48.97	39.01	400m: 5:05.52 37.40
4.	ERNESTOWICZ Julia			12	MUKP Korona-Swim Kielce				5:09.73	416
	50m:	34.72	34.72	150m:	1:52.75	39.30	250m:	3:11.80	39.72	350m: 4:31.68 39.54
	100m:	1:13.45	38.73	200m:	2:32.08	39.33	300m:	3:52.14	40.34	400m: 5:09.73 38.05
5.	LIS Wiktoria			13	MUKP MOSiR Orka Kielce				5:11.83	408
	50m:	35.60	35.60	150m:	1:54.15	40.06	250m:	3:15.18	39.77	350m: 4:34.34 39.49
	100m:	1:14.09	38.49	200m:	2:35.41	41.26	300m:	3:54.85	39.67	400m: 5:11.83 37.49
6.	ZYCHOWICZ Julia			12	TS Akwedukt Kielce				5:12.55	405
	50m:	35.50	35.50	150m:	1:53.70	40.12	250m:	3:14.28	40.24	350m: 4:34.51 39.59
	100m:	1:13.58	38.08	200m:	2:34.04	40.34	300m:	3:54.92	40.64	400m: 5:12.55 38.04
7.	RÓŻYCKA Antonia			12	TS Akwedukt Kielce				5:21.58	372
	50m:	36.07	36.07	150m:	1:56.01	40.55	250m:	3:18.88	41.65	350m: 4:41.78 41.40
	100m:	1:15.46	39.39	200m:	2:37.23	41.22	300m:	4:00.38	41.50	400m: 5:21.58 39.80
8.	BĄK Zofia			12	St. Lok. SALOS Cortile Kielce				5:25.86	357
	50m:	37.59	37.59	150m:	2:01.05	41.53	250m:	3:25.45	42.32	350m: 4:47.24 40.23
	100m:	1:19.52	41.93	200m:	2:43.13	42.08	300m:	4:07.01	41.56	400m: 5:25.86 38.62
9.	ŁACH Natasza			13	MUKP MOSiR Orka Kielce				5:27.61	351
	50m:	37.67	37.67	150m:	2:00.35	42.05	250m:	3:24.75	42.30	350m: 4:48.69 41.63
	100m:	1:18.30	40.63	200m:	2:42.45	42.10	300m:	4:07.06	42.31	400m: 5:27.61 38.92
10.	GOŁYŃSKA Gabriela			12	St. Lok. SALOS Cortile Kielce				5:39.41	316
	50m:	37.34	37.34	150m:	2:02.77	43.25	250m:	3:31.46	44.15	350m: 4:59.73 43.90
	100m:	1:19.52	42.18	200m:	2:47.31	44.54	300m:	4:15.83	44.37	400m: 5:39.41 39.68
11.	ŁUSZCZ Nicola			13	Kajman Połaniec				5:39.70	315
	50m:	37.62	37.62	150m:	2:03.58	43.89	250m:	3:31.45	44.27	350m: 4:58.66 43.03
	100m:	1:19.69	42.07	200m:	2:47.18	43.60	300m:	4:15.63	44.18	400m: 5:39.70 41.04
12.	SYNOWIEC Julia			12	TS Akwedukt Kielce				5:42.32	308
	50m:	37.83	37.83	150m:	2:05.61	44.03	250m:	3:33.77	44.10	350m: 5:00.95 43.19
	100m:	1:21.58	43.75	200m:	2:49.67	44.06	300m:	4:17.76	43.99	400m: 5:42.32 41.37
13.	STRZĄBAŁA Oliwia			12	MUKP MOSiR Orka Kielce				5:54.29	278
	50m:	38.96	38.96	150m:	2:10.40	46.00	250m:	3:42.24	45.76	350m: 5:13.04 45.26
	100m:	1:24.40	45.44	200m:	2:56.48	46.08	300m:	4:27.78	45.54	400m: 5:54.29 41.25
14.	JÓZEFIAK Amelia			13	KS KSZO Ostrowiec Św.				5:57.66	270
	50m:	38.04	38.04	150m:	2:06.20	44.89	250m:	3:37.79	45.76	350m: 5:09.43 46.83
	100m:	1:21.31	43.27	200m:	2:52.03	45.83	300m:	4:22.60	44.81	400m: 5:57.66 48.23

Konkurencja 18, Dziewcząt, 400m dowolny, 12 - 13 lat

Pozycja			Rok ur.					Czas	Pkt.
15.	WOJNAROWSKA Róża		13	MUKS Unia Busko Zdrój				6:00.64	263
	50m: 40.77 40.77	150m: 2:11.68		45.88 250m: 3:43.64	46.77	350m: 5:17.92		47.19	
	100m: 1:25.80 45.03	200m: 2:56.87		45.19 300m: 4:30.73	47.09	400m: 6:00.64		42.72	
16.	PIERZAK Hanna		13	St. Lok. SALOS Cortile Kielce				6:03.83	256
	50m: 39.84 39.84	150m: 2:11.21		46.47 250m: 3:45.49	47.04	350m: 5:19.49		47.05	
	100m: 1:24.74 44.90	200m: 2:58.45		47.24 300m: 4:32.44	46.95	400m: 6:03.83		44.34	

14 - 16 lat

1.	OLSZEWSKA Natalia		10	St. Lok. SALOS Cortile Kielce				4:48.04	517
	50m: 33.17 33.17	150m: 1:45.65		36.47 250m: 2:59.70	36.75	350m: 4:13.04		36.33	
	100m: 1:09.18 36.01	200m: 2:22.95		37.30 300m: 3:36.71	37.01	400m: 4:48.04		35.00	
2.	MAJ Zuzanna		11	KS KSZO Ostrowiec Św.				4:49.34	510
	50m: 34.12 34.12	150m: 1:46.99		36.59 250m: 3:00.36	36.67	350m: 4:13.74		36.78	
	100m: 1:10.40 36.28	200m: 2:23.69		36.70 300m: 3:36.96	36.60	400m: 4:49.34		35.60	
3.	SOKÓŁ Sara		10	KS KSZO Ostrowiec Św.				4:52.62	493
	50m: 33.48 33.48	150m: 1:47.79		37.38 250m: 3:01.26	36.74	350m: 4:16.72		37.62	
	100m: 1:10.41 36.93	200m: 2:24.52		36.73 300m: 3:39.10	37.84	400m: 4:52.62		35.90	
4.	WÓJTOWICZ Sandra		11	KS KSZO Ostrowiec Św.				4:55.25	480
	50m: 34.04 34.04	150m: 1:47.62		36.99 250m: 3:03.00	37.86	350m: 4:18.69		37.74	
	100m: 1:10.63 36.59	200m: 2:25.14		37.52 300m: 3:40.95	37.95	400m: 4:55.25		36.56	
5.	SELL Magdalena		11	MUKP Korona-Swim Kielce				4:57.10	471
	50m: 34.63 34.63	150m: 1:50.87		38.15 250m: 3:06.66	37.62	350m: 4:21.36		37.13	
	100m: 1:12.72 38.09	200m: 2:29.04		38.17 300m: 3:44.23	37.57	400m: 4:57.10		35.74	
6.	WÓJTOWICZ Aleksandra		10	Kajman Połaniec				5:04.49	438
	50m: 33.61 33.61	150m: 1:49.04		38.74 250m: 3:07.33	39.54	350m: 4:26.67		39.64	
	100m: 1:10.30 36.69	200m: 2:27.79		38.75 300m: 3:47.03	39.70	400m: 5:04.49		37.82	
7.	KOŻUCHOWSKA Hanna		11	TS Akwedukt Kielce				5:30.61	342
	50m: 37.98 37.98	150m: 2:02.10		42.64 250m: 3:26.90	42.39	350m: 4:50.71		41.38	
	100m: 1:19.46 41.48	200m: 2:44.51		42.41 300m: 4:09.33	42.43	400m: 5:30.61		39.90	

Open

1.	BEDNARSKA Antonina		12	KS KSZO Ostrowiec Św.				4:40.01	563
	50m: 32.72 32.72	150m: 1:43.46		35.48 250m: 2:54.73	35.53	350m: 4:05.36		35.09	
	100m: 1:07.98 35.26	200m: 2:19.20		35.74 300m: 3:30.27	35.54	400m: 4:40.01		34.65	
2.	OLSZEWSKA Natalia		10	St. Lok. SALOS Cortile Kielce				4:48.04	517
	50m: 33.17 33.17	150m: 1:45.65		36.47 250m: 2:59.70	36.75	350m: 4:13.04		36.33	
	100m: 1:09.18 36.01	200m: 2:22.95		37.30 300m: 3:36.71	37.01	400m: 4:48.04		35.00	
3.	MAJ Zuzanna		11	KS KSZO Ostrowiec Św.				4:49.34	510
	50m: 34.12 34.12	150m: 1:46.99		36.59 250m: 3:00.36	36.67	350m: 4:13.74		36.78	
	100m: 1:10.40 36.28	200m: 2:23.69		36.70 300m: 3:36.96	36.60	400m: 4:49.34		35.60	
4.	SOKÓŁ Sara		10	KS KSZO Ostrowiec Św.				4:52.62	493
	50m: 33.48 33.48	150m: 1:47.79		37.38 250m: 3:01.26	36.74	350m: 4:16.72		37.62	
	100m: 1:10.41 36.93	200m: 2:24.52		36.73 300m: 3:39.10	37.84	400m: 4:52.62		35.90	
5.	WÓJTOWICZ Sandra		11	KS KSZO Ostrowiec Św.				4:55.25	480
	50m: 34.04 34.04	150m: 1:47.62		36.99 250m: 3:03.00	37.86	350m: 4:18.69		37.74	
	100m: 1:10.63 36.59	200m: 2:25.14		37.52 300m: 3:40.95	37.95	400m: 4:55.25		36.56	
6.	SELL Magdalena		11	MUKP Korona-Swim Kielce				4:57.10	471
	50m: 34.63 34.63	150m: 1:50.87		38.15 250m: 3:06.66	37.62	350m: 4:21.36		37.13	
	100m: 1:12.72 38.09	200m: 2:29.04		38.17 300m: 3:44.23	37.57	400m: 4:57.10		35.74	
7.	GRZEGORCZYK Amelia		12	MUKP Korona-Swim Kielce				5:01.98	449
	50m: 34.39 34.39	150m: 1:51.04		38.69 250m: 3:08.30	38.37	350m: 4:25.49		38.95	
	100m: 1:12.35 37.96	200m: 2:29.93		38.89 300m: 3:46.54	38.24	400m: 5:01.98		36.49	

Konkurencja 18, Kobiety, 400m dowolny, Open

Pozycja			Rok ur.						Czas	Pkt.
8.	WÓJTOWICZ Aleksandra		10	Kajman Połaniec					5:04.49	438
	50m: 33.61 33.61	150m: 1:49.04		38.74 250m: 3:07.33	39.54	350m: 4:26.67			39.64	
	100m: 1:10.30 36.69	200m: 2:27.79		38.75 300m: 3:47.03	39.70	400m: 5:04.49			37.82	
9.	GRZEGORCZYK Helena		12	MUKP Korona-Swim Kielce					5:05.52	433
	50m: 35.92 35.92	150m: 1:52.61		38.67 250m: 3:09.96	38.62	350m: 4:28.12			39.15	
	100m: 1:13.94 38.02	200m: 2:31.34		38.73 300m: 3:48.97	39.01	400m: 5:05.52			37.40	
10.	ERNESTOWICZ Julia		12	MUKP Korona-Swim Kielce					5:09.73	416
	50m: 34.72 34.72	150m: 1:52.75		39.30 250m: 3:11.80	39.72	350m: 4:31.68			39.54	
	100m: 1:13.45 38.73	200m: 2:32.08		39.33 300m: 3:52.14	40.34	400m: 5:09.73			38.05	
11.	LIS Wiktoria		13	MUKP MOSiR Orka Kielce					5:11.83	408
	50m: 35.60 35.60	150m: 1:54.15		40.06 250m: 3:15.18	39.77	350m: 4:34.34			39.49	
	100m: 1:14.09 38.49	200m: 2:35.41		41.26 300m: 3:54.85	39.67	400m: 5:11.83			37.49	
12.	ZYCHOWICZ Julia		12	TS Akwedukt Kielce					5:12.55	405
	50m: 35.50 35.50	150m: 1:53.70		40.12 250m: 3:14.28	40.24	350m: 4:34.51			39.59	
	100m: 1:13.58 38.08	200m: 2:34.04		40.34 300m: 3:54.92	40.64	400m: 5:12.55			38.04	
13.	RÓŻYCKA Antonia		12	TS Akwedukt Kielce					5:21.58	372
	50m: 36.07 36.07	150m: 1:56.01		40.55 250m: 3:18.88	41.65	350m: 4:41.78			41.40	
	100m: 1:15.46 39.39	200m: 2:37.23		41.22 300m: 4:00.38	41.50	400m: 5:21.58			39.80	
14.	BAK Zofia		12	St. Lok. SALOS Cortile Kielce					5:25.86	357
	50m: 37.59 37.59	150m: 2:01.05		41.53 250m: 3:25.45	42.32	350m: 4:47.24			40.23	
	100m: 1:19.52 41.93	200m: 2:43.13		42.08 300m: 4:07.01	41.56	400m: 5:25.86			38.62	
15.	ŁACH Natasza		13	MUKP MOSiR Orka Kielce					5:27.61	351
	50m: 37.67 37.67	150m: 2:00.35		42.05 250m: 3:24.75	42.30	350m: 4:48.69			41.63	
	100m: 1:18.30 40.63	200m: 2:42.45		42.10 300m: 4:07.06	42.31	400m: 5:27.61			38.92	
16.	KOŻUCHOWSKA Hanna		11	TS Akwedukt Kielce					5:30.61	342
	50m: 37.98 37.98	150m: 2:02.10		42.64 250m: 3:26.90	42.39	350m: 4:50.71			41.38	
	100m: 1:19.46 41.48	200m: 2:44.51		42.41 300m: 4:09.33	42.43	400m: 5:30.61			39.90	
17.	KAMIŃSKA Agata		14	Kajman Połaniec					5:37.67	321
	50m: 36.46 36.46	150m: 2:03.82		43.74 250m: 3:31.17	43.68	350m: 4:58.08			42.37	
	100m: 1:20.08 43.62	200m: 2:47.49		43.67 300m: 4:15.71	44.54	400m: 5:37.67			39.59	
18.	GOŁYŃSKA Gabriela		12	St. Lok. SALOS Cortile Kielce					5:39.41	316
	50m: 37.34 37.34	150m: 2:02.77		43.25 250m: 3:31.46	44.15	350m: 4:59.73			43.90	
	100m: 1:19.52 42.18	200m: 2:47.31		44.54 300m: 4:15.83	44.37	400m: 5:39.41			39.68	
19.	ŁUSZCZ Nicola		13	Kajman Połaniec					5:39.70	315
	50m: 37.62 37.62	150m: 2:03.58		43.89 250m: 3:31.45	44.27	350m: 4:58.66			43.03	
	100m: 1:19.69 42.07	200m: 2:47.18		43.60 300m: 4:15.63	44.18	400m: 5:39.70			41.04	
20.	SYNOWIEC Julia		12	TS Akwedukt Kielce					5:42.32	308
	50m: 37.83 37.83	150m: 2:05.61		44.03 250m: 3:33.77	44.10	350m: 5:00.95			43.19	
	100m: 1:21.58 43.75	200m: 2:49.67		44.06 300m: 4:17.76	43.99	400m: 5:42.32			41.37	
21.	STRZAŁA Oliwia		12	MUKP MOSiR Orka Kielce					5:54.29	278
	50m: 38.96 38.96	150m: 2:10.40		46.00 250m: 3:42.24	45.76	350m: 5:13.04			45.26	
	100m: 1:24.40 45.44	200m: 2:56.48		46.08 300m: 4:27.78	45.54	400m: 5:54.29			41.25	
22.	JÓZEFIAK Amelia		13	KS KSZO Ostrowiec Św.					5:57.66	270
	50m: 38.04 38.04	150m: 2:06.20		44.89 250m: 3:37.79	45.76	350m: 5:09.43			46.83	
	100m: 1:21.31 43.27	200m: 2:52.03		45.83 300m: 4:22.60	44.81	400m: 5:57.66			48.23	
23.	WOJNAROWSKA Róża		13	MUKS Unia Busko Zdrój					6:00.64	263
	50m: 40.77 40.77	150m: 2:11.68		45.88 250m: 3:43.64	46.77	350m: 5:17.92			47.19	
	100m: 1:25.80 45.03	200m: 2:56.87		45.19 300m: 4:30.73	47.09	400m: 6:00.64			42.72	
24.	PIERZAK Hanna		13	St. Lok. SALOS Cortile Kielce					6:03.83	256
	50m: 39.84 39.84	150m: 2:11.21		46.47 250m: 3:45.49	47.04	350m: 5:19.49			47.05	
	100m: 1:24.74 44.90	200m: 2:58.45		47.24 300m: 4:32.44	46.95	400m: 6:03.83			44.34	