Konkurencja 7 — Kobiet, 400m dowolny — 12 lat i starsi
14.11.2026 - 11:15 — 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

Punkty: AQUA 2026

Pozycja			Rok ur.								Czas	Pkt.

12 lat

1.	FELIKSIOWSKA Hanna			14	KS KSZO Ostrowiec Św.							**5:03.09**	438
	50m:	33.63	33.63	150m:	1:50.39	38.83	250m:	3:09.25	39.55	350m:	4:27.13		39.36
	100m:	1:11.56	37.93	200m:	2:29.70	39.31	300m:	3:47.77	38.52	400m:	5:03.09		35.96
2.	WYSOCKA Aleksandra			14	MUKP MOSiR Orka Kielce							**5:13.30**	396
	50m:	35.11	35.11	150m:	1:55.21	40.51	250m:	3:14.20	39.59	350m:	4:35.39		40.10
	100m:	1:14.70	39.59	200m:	2:34.61	39.40	300m:	3:55.29	41.09	400m:	5:13.30		37.91
3.	RUTKOWSKA Aleksandra			14	Kajman Połaniec							**5:21.70**	366
	50m:	36.09	36.09	150m:	1:58.82	41.33	250m:	3:20.54	40.67	350m:	4:41.76		40.16
	100m:	1:17.49	41.40	200m:	2:39.87	41.05	300m:	4:01.60	41.06	400m:	5:21.70		39.94
4.	SOŁTYSIAK Antonina			14	MUKS Unia Busko Zdrój							**5:30.48**	338
	50m:	37.42	37.42	150m:	2:02.73	43.27	250m:	3:28.84	43.06	350m:	4:52.50		41.19
	100m:	1:19.46	42.04	200m:	2:45.78	43.05	300m:	4:11.31	42.47	400m:	5:30.48		37.98
5.	BOROWSKA Lena			14	KS KSZO Ostrowiec Św.							**5:39.64**	311
	50m:	37.31	37.31	150m:	2:03.59	43.86	250m:	3:30.93	43.52	350m:	4:58.88		44.40
	100m:	1:19.73	42.42	200m:	2:47.41	43.82	300m:	4:14.48	43.55	400m:	5:39.64		40.76
6.	GAJ Urszula			14	MUKP MOSiR Orka Kielce							**6:03.31**	254
	50m:	39.49	39.49	150m:	2:09.80	45.61	250m:	3:44.61	47.21	350m:	5:19.66		47.40
	100m:	1:24.19	44.70	200m:	2:57.40	47.60	300m:	4:32.26	47.65	400m:	6:03.31		43.65
7.	PTAK Aleksandra			14	TS Akwedukt Kielce							**7:49.95**	117
	50m:	52.77	52.77	150m:	2:51.97	1:00.01	250m:	4:54.98	1:01.89	350m:	6:56.58		59.53
	100m:	1:51.96	59.19	200m:	3:53.09	1:01.12	300m:	5:57.05	1:02.07	400m:	7:49.95		53.37

13 lat

1.	KARPOWICZ Aurelia			13	MUKP MOSiR Orka Kielce							**4:57.82**	462
	50m:	33.31	33.31	150m:	1:47.45	37.71	250m:	3:03.92	38.40	350m:	4:21.07		38.38
	100m:	1:09.74	36.43	200m:	2:25.52	38.07	300m:	3:42.69	38.77	400m:	4:57.82		36.75
2.	LIS Wiktoria			13	MUKP MOSiR Orka Kielce							**4:59.78**	453
	50m:	33.12	33.12	150m:	1:49.18	38.98	250m:	3:07.14	38.99	350m:	4:23.79		37.58
	100m:	1:10.20	37.08	200m:	2:28.15	38.97	300m:	3:46.21	39.07	400m:	4:59.78		35.99
3.	BORÓWKA Patrycja			13	MUKP MOSiR Orka Kielce							**5:00.16**	451
	50m:	34.82	34.82	150m:	1:51.15	38.61	250m:	3:08.31	38.23	350m:	4:24.28		37.73
	100m:	1:12.54	37.72	200m:	2:30.08	38.93	300m:	3:46.55	38.24	400m:	5:00.16		35.88
4.	WORWA Alicja			13	MUKP MOSiR Orka Kielce							**5:06.56**	423
	50m:	33.25	33.25	150m:	1:49.82	38.97	250m:	3:09.06	39.57	350m:	4:28.42		39.65
	100m:	1:10.85	37.60	200m:	2:29.49	39.67	300m:	3:48.77	39.71	400m:	5:06.56		38.14
5.	KACPRZYK Nikola			13	MUKP MOSiR Orka Kielce							**5:11.65**	403
	50m:	34.53	34.53	150m:	1:54.80	40.84	250m:	3:14.80	39.79	350m:	4:34.49		39.82
	100m:	1:13.96	39.43	200m:	2:35.01	40.21	300m:	3:54.67	39.87	400m:	5:11.65		37.16
6.	WOJNAROWSKA Róża			13	MUKS Unia Busko Zdrój							**5:33.44**	329
	50m:	38.43	38.43	150m:	2:03.33	42.70	250m:	3:29.52	42.87	350m:	4:53.83		41.67
	100m:	1:20.63	42.20	200m:	2:46.65	43.32	300m:	4:12.16	42.64	400m:	5:33.44		39.61
7.	PIERZAK Hanna			13	St. Lok. SALOS Cortile Kielce							**5:34.61**	325
	50m:	37.66	37.66	150m:	2:01.83	42.76	250m:	3:28.34	43.12	350m:	4:53.51		42.39
	100m:	1:19.07	41.41	200m:	2:45.22	43.39	300m:	4:11.12	42.78	400m:	5:34.61		41.10

Konkurencja 7, Dziewcząt, 400m dowolny, 13 lat

Pozycja		Rok ur.		Czas	Pkt.
8.	ŁUSZCZ Nicola	13	Kajman Połaniec	**5:36.43**	320

50m:	37.85	37.85	150m:	2:02.37	43.15	250m:	3:29.36	43.74	350m:	4:56.05	43.09
100m:	1:19.22	41.37	200m:	2:45.62	43.25	300m:	4:12.96	43.60	400m:	5:36.43	40.38

14 - 15 lat

1.	MAJ Zuzanna	11	KS KSZO Ostrowiec Św.	**4:40.05**	555

50m:	32.74	32.74	150m:	1:43.54	35.70	250m:	2:55.01	35.60	350m:	4:06.11	35.42
100m:	1:07.84	35.10	200m:	2:19.41	35.87	300m:	3:30.69	35.68	400m:	4:40.05	33.94

2.	BEDNARSKA Antonina	12	KS KSZO Ostrowiec Św.	**4:44.46**	530

50m:	32.45	32.45	150m:	1:43.86	35.94	250m:	2:55.41	35.59	350m:	4:07.99	36.55
100m:	1:07.92	35.47	200m:	2:19.82	35.96	300m:	3:31.44	36.03	400m:	4:44.46	36.47

3.	ZYCHOWICZ Julia	12	TS Akwedukt Kielce	**5:07.08**	421

50m:	35.02	35.02	150m:	1:52.47	38.58	250m:	3:11.45	39.80	350m:	4:29.84	39.12
100m:	1:13.89	38.87	200m:	2:31.65	39.18	300m:	3:50.72	39.27	400m:	5:07.08	37.24

4.	KOŻUCHOWSKA Hanna	11	TS Akwedukt Kielce	**5:16.82**	383

50m:	36.14	36.14	150m:	1:55.89	40.27	250m:	3:16.46	40.40	350m:	4:37.75	40.89
100m:	1:15.62	39.48	200m:	2:36.06	40.17	300m:	3:56.86	40.40	400m:	5:16.82	39.07

5.	GOŁYŃSKA Gabriela	12	St. Lok. SALOS Cortile Kielce	**5:18.38**	378

50m:	35.57	35.57	150m:	1:56.77	41.22	250m:	3:19.11	41.04	350m:	4:41.54	40.58
100m:	1:15.55	39.98	200m:	2:38.07	41.30	300m:	4:00.96	41.85	400m:	5:18.38	36.84

6.	OGÓREK Rozalia	12	St. Lok. SALOS Cortile Kielce	**5:19.76**	373

50m:	37.01	37.01	150m:	1:59.21	41.29	250m:	3:21.29	40.69	350m:	4:41.69	39.93
100m:	1:17.92	40.91	200m:	2:40.60	41.39	300m:	4:01.76	40.47	400m:	5:19.76	38.07

7.	BĄK Zofia	12	St. Lok. SALOS Cortile Kielce	**5:20.57**	370

50m:	35.77	35.77	150m:	1:56.92	41.06	250m:	3:19.78	41.11	350m:	4:42.20	40.49
100m:	1:15.86	40.09	200m:	2:38.67	41.75	300m:	4:01.71	41.93	400m:	5:20.57	38.37

8.	KUNDERA Lena	12	St. Lok. SALOS Cortile Kielce	**5:29.72**	340

50m:	36.53	36.53	150m:	1:58.71	41.71	250m:	3:23.06	42.14	350m:	4:48.17	42.43
100m:	1:17.00	40.47	200m:	2:40.92	42.21	300m:	4:05.74	42.68	400m:	5:29.72	41.55

16 lat i starsi

1.	WÓJTOWICZ Aleksandra	10	Kajman Połaniec	**4:50.92**	495

50m:	33.18	33.18	150m:	1:46.03	36.69	250m:	2:59.37	36.78	350m:	4:13.91	37.19
100m:	1:09.34	36.16	200m:	2:22.59	36.56	300m:	3:36.72	37.35	400m:	4:50.92	37.01