Konkurencja 5 — Dziewcząt, 400m dowolny — 11 lat
20.11.2026 - 11:56 — Wyniki

Punkty: AQUA 2026

Pozycja		Rok ur.		Czas	Pkt.
1.	PRZYBYŁA Karolina	15	TP Zielona Góra	**5:11.83**	402
	50m: 34.54 34.54 150m: 1:53.04 39.81 250m: 3:13.89 40.21 350m: 4:34.00 40.15				
	100m: 1:13.23 38.69 200m: 2:33.68 40.64 300m: 3:53.85 39.96 400m: 5:11.83 37.83				
2.	WIENIAWA-DŁUGOSZOWSKA Gabrie	15	TP Zielona Góra	**5:25.66**	353
	50m: 37.25 37.25 150m: 2:00.73 42.00 250m: 3:24.96 42.01 350m: 4:46.99 41.08				
	100m: 1:18.73 41.48 200m: 2:42.95 42.22 300m: 4:05.91 40.95 400m: 5:25.66 38.67				
3.	PARACIEJ Lila	15	KS "BALTI" Bielawa	**5:29.08**	342
	50m: 34.95 34.95 150m: 1:58.95 42.73 250m: 3:25.10 43.82 350m: 4:51.27 43.65				
	100m: 1:16.22 41.27 200m: 2:41.28 42.33 300m: 4:07.62 42.52 400m: 5:29.08 37.81				
4.	ZIĘBA Laura	15	KS "Swimmers Ślęza"	**5:33.80**	328
	50m: 36.18 36.18 150m: 2:00.00 42.94 250m: 3:25.32 43.28 350m: 4:53.96 44.29				
	100m: 1:17.06 40.88 200m: 2:42.04 42.04 300m: 4:09.67 44.35 400m: 5:33.80 39.84				
5.	FENKO Sofiia	15	UKS Delfinek Legnica	**5:35.59**	322
	50m: 38.74 38.74 150m: 2:05.35 43.52 250m: 3:32.38 43.18 350m: 4:58.38 42.28				
	100m: 1:21.83 43.09 200m: 2:49.20 43.85 300m: 4:16.10 43.72 400m: 5:35.59 37.21				
6.	KRAWCZYK Nina	15	TP Zielona Góra	**5:36.66**	319
	50m: 38.86 38.86 150m: 2:05.68 43.99 250m: 3:32.98 43.31 350m: 4:58.95 42.59				
	100m: 1:21.69 42.83 200m: 2:49.67 43.99 300m: 4:16.36 43.38 400m: 5:36.66 37.71				
7.	KMITO Kamila	15	TP Zielona Góra	**5:37.06**	318
	50m: 39.59 39.59 150m: 2:07.52 44.50 250m: 3:31.55 41.40 350m: 4:59.98 46.14				
	100m: 1:23.02 43.43 200m: 2:50.15 42.63 300m: 4:13.84 42.29 400m: 5:37.06 37.08				
8.	KOCHAŃSKA Maja	15	WKS Śląsk	**5:37.15**	318
	50m: 37.50 37.50 150m: 2:03.92 43.49 250m: 3:31.70 44.44 350m: 4:59.80 45.37				
	100m: 1:20.43 42.93 200m: 2:47.26 43.34 300m: 4:14.43 42.73 400m: 5:37.15 37.35				
9.	GÓRKA Antonina	15	UKS KORAL Wrocław	**5:40.80**	308
	50m: 39.94 39.94 150m: 2:07.28 43.47 250m: 3:34.77 43.16 350m: 5:01.91 42.55				
	100m: 1:23.81 43.87 200m: 2:51.61 44.33 300m: 4:19.36 44.59 400m: 5:40.80 38.89				
10.	MILIK Martyna	15	Gminny Klub Pływacki 7 Zdrój Trzebnica	**5:50.26**	284
	50m: 41.26 41.26 150m: 2:11.92 45.97 250m: 3:42.86 45.53 350m: 5:09.54 42.04				
	100m: 1:25.95 44.69 200m: 2:57.33 45.41 300m: 4:27.50 44.64 400m: 5:50.26 40.72				
11.	KUBIAK Marta	15	MKS Juvenia Wrocław	**5:54.91**	273
	50m: 37.95 37.95 150m: 2:07.91 46.29 250m: 3:40.33 46.62 350m: 5:13.09 45.75				
	100m: 1:21.62 43.67 200m: 2:53.71 45.80 300m: 4:27.34 47.01 400m: 5:54.91 41.82				
12.	KAROLCZAK Maria	15	WKS Śląsk	**5:55.60**	271
	50m: 39.88 39.88 150m: 2:12.42 47.20 250m: 3:45.64 46.82 350m: 5:14.87 42.57				
	100m: 1:25.22 45.34 200m: 2:58.82 46.40 300m: 4:32.30 46.66 400m: 5:55.60 40.73				
13.	ŻURAK Zuzanna	15	TP Zielona Góra	**5:58.52**	264
	50m: 41.58 41.58 150m: 2:12.71 45.75 250m: 3:45.39 46.85 350m: 5:18.10 46.02				
	100m: 1:26.96 45.38 200m: 2:58.54 45.83 300m: 4:32.08 46.69 400m: 5:58.52 40.42				
14.	GARASZCZUK Milena	15	WKS Śląsk	**6:00.92**	259
	50m: 40.41 40.41 150m: 2:13.18 47.21 250m: 3:47.98 47.05 350m: 5:19.92 45.69				
	100m: 1:25.97 45.56 200m: 3:00.93 47.75 300m: 4:34.23 46.25 400m: 6:00.92 41.00				
15.	ZIEMSKA Anżelika	15	Uks Rapid	**6:01.80**	257
	50m: 41.06 41.06 150m: 2:14.16 47.51 250m: 3:49.42 48.16 350m: 5:21.32 44.83				
	100m: 1:26.65 45.59 200m: 3:01.26 47.10 300m: 4:36.49 47.07 400m: 6:01.80 40.48				
16.	RAFA Paulina	15	WKS Śląsk	**6:02.29**	256
	50m: 39.65 39.65 150m: 2:11.27 46.63 250m: 3:43.89 45.88 350m: 5:17.82 46.88				
	100m: 1:24.64 44.99 200m: 2:58.01 46.74 300m: 4:30.94 47.05 400m: 6:02.29 44.47				

Konkurencja 5, Dziewcząt, 400m dowolny, 11 lat

Pozycja		Rok ur.		Czas	Pkt.
17.	WAYGART Gabriela	15	WKS Śląsk	**6:06.34**	248
	50m: 41.31 41.31 150m: 2:15.96 46.75 250m: 3:50.60 47.11 350m: 5:25.73 46.85				
	100m: 1:29.21 47.90 200m: 3:03.49 47.53 300m: 4:38.88 48.28 400m: 6:06.34 40.61				
18.	MANDECKA Adrianna	15	UKS Energetyk Zgorzelec	**6:09.36**	242
	50m: 37.48 37.48 150m: 2:15.08 49.73 250m: 3:49.45 46.37 350m: 5:26.27 48.26				
	100m: 1:25.35 47.87 200m: 3:03.08 48.00 300m: 4:38.01 48.56 400m: 6:09.36 43.09				
19.	HARASCHENKO Mariia	15	UKS KORAL Wrocław	**6:13.30**	234
	50m: 41.28 41.28 150m: 2:14.22 47.41 250m: 3:52.06 50.04 350m: 5:29.15 48.50				
	100m: 1:26.81 45.53 200m: 3:02.02 47.80 300m: 4:40.65 48.59 400m: 6:13.30 44.15				
20.	SAMOL Maja	15	WKS Śląsk	**6:14.23**	232
	50m: 40.25 40.25 150m: 2:15.93 48.95 250m: 3:53.49 48.42 350m: 5:30.11 48.29				
	100m: 1:26.98 46.73 200m: 3:05.07 49.14 300m: 4:41.82 48.33 400m: 6:14.23 44.12				
21.	BANACH Marta	15	WKS Śląsk	**6:16.31**	229
	50m: 40.73 40.73 150m: 2:17.22 49.19 250m: 3:55.43 49.12 350m: 5:32.87 48.26				
	100m: 1:28.03 47.30 200m: 3:06.31 49.09 300m: 4:44.61 49.18 400m: 6:16.31 43.44				
22.	SITARZ Milena	15	MKS Juvenia Wrocław	**6:18.81**	224
	50m: 41.09 41.09 150m: 2:15.10 47.97 250m: 3:55.34 50.36 350m: 5:34.03 49.42				
	100m: 1:27.13 46.04 200m: 3:04.98 49.88 300m: 4:44.61 49.27 400m: 6:18.81 44.78				
23.	TELEGO Pola	15	UKS KORAL Wrocław	**6:19.45**	223
	50m: 41.07 41.07 150m: 2:16.86 48.53 250m: 3:55.24 49.13 350m: 5:35.23 49.04				
	100m: 1:28.33 47.26 200m: 3:06.11 49.25 300m: 4:46.19 50.95 400m: 6:19.45 44.22				
24.	KULIŃSKA-KIECA Antonina	15	MKS Juvenia Wrocław	**6:21.32**	220
	50m: 41.94 41.94 150m: 2:18.99 48.94 250m: 3:59.16 49.40 350m: 5:40.00 50.41				
	100m: 1:30.05 48.11 200m: 3:09.76 50.77 300m: 4:49.59 50.43 400m: 6:21.32 41.32				
25.	KHRAMIANKOVA Kseniya	15	WKS Śląsk	**6:26.80**	210
	50m: 44.67 44.67 150m: 2:25.21 51.52 250m: 4:06.35 49.78 350m: 5:43.88 48.04				
	100m: 1:33.69 49.02 200m: 3:16.57 51.36 300m: 4:55.84 49.49 400m: 6:26.80 42.92				
26.	CHŁĄDZYŃSKA Aleksandra	15	WKS Śląsk	**6:27.09**	210
	50m: 43.04 43.04 150m: 2:22.38 50.20 250m: 4:01.14 49.07 350m: 5:42.27 49.71				
	100m: 1:32.18 49.14 200m: 3:12.07 49.69 300m: 4:52.56 51.42 400m: 6:27.09 44.82				
27.	JURAK Antonina	15	UKS ,,HS" Team Kryty Basen Kłodzko	**6:29.02**	207
	50m: 45.44 45.44 150m: 2:24.97 50.16 250m: 4:05.47 50.49 350m: 5:45.05 49.39				
	100m: 1:34.81 49.37 200m: 3:14.98 50.01 300m: 4:55.66 50.19 400m: 6:29.02 43.97				
28.	PUKAS Zofia	15	UKS KORAL Wrocław	**6:29.39**	206
	50m: 43.54 43.54 150m: 2:24.18 50.30 250m: 4:04.87 50.39 350m: 5:43.34 49.20				
	100m: 1:33.88 50.34 200m: 3:14.48 50.30 300m: 4:54.14 49.27 400m: 6:29.39 46.05				
29.	KHLOPETSKA Elina	15	MKS Juvenia Wrocław	**6:32.59**	201
	50m: 41.92 41.92 150m: 2:22.40 51.29 250m: 4:05.14 51.71 350m: 5:47.81 51.26				
	100m: 1:31.11 49.19 200m: 3:13.43 51.03 300m: 4:56.55 51.41 400m: 6:32.59 44.78				
30.	KUDRZYCKA Zuzanna	15	WKS Śląsk	**6:33.33**	200
	50m: 43.98 43.98 150m: 2:24.33 50.13 250m: 4:08.67 52.95 350m: 5:47.31 48.04				
	100m: 1:34.20 50.22 200m: 3:15.72 51.39 300m: 4:59.27 50.60 400m: 6:33.33 46.02				
31.	GAŁA Marika	15	UKS KORAL Wrocław	**6:34.79**	198
	50m: 46.55 46.55 150m: 2:29.02 51.30 250m: 4:07.82 50.08 350m: 5:48.34 49.71				
	100m: 1:37.72 51.17 200m: 3:17.74 48.72 300m: 4:58.63 50.81 400m: 6:34.79 46.45				
32.	KMIECIAK Zofia	15	UKS KORAL Wrocław	**6:37.81**	193
	50m: 44.86 44.86 150m: 2:27.70 51.50 250m: 4:09.84 50.57 350m: 5:50.95 49.60				
	100m: 1:36.20 51.34 200m: 3:19.27 51.57 300m: 5:01.35 51.51 400m: 6:37.81 46.86				
33.	KARPIŃSKA Aleksandra	15	UKS KORAL Wrocław	**6:41.44**	188
	50m: 45.71 45.71 150m: 2:28.29 51.86 250m: 4:12.16 51.85 350m: 5:55.20 50.93				
	100m: 1:36.43 50.72 200m: 3:20.31 52.02 300m: 5:04.27 52.11 400m: 6:41.44 46.24				

Konkurencja 5, Dziewcząt, 400m dowolny, 11 lat

Pozycja		Rok ur.		Czas	Pkt.
34.	ZALESKA Nela	15	UKS KORAL Wrocław	**6:42.52**	187
	50m: 43.25 43.25 150m: 2:26.20 52.05 250m: 4:11.87 53.33 350m: 5:56.42 51.50				
	100m: 1:34.15 50.90 200m: 3:18.54 52.34 300m: 5:04.92 53.05 400m: 6:42.52 46.10				
35.	OLKOWSKA Amelia	15	MKS Juvenia Wrocław	**6:43.13**	186
	50m: 44.32 44.32 150m: 2:28.41 52.45 250m: 4:13.84 52.52 350m: 5:57.68 51.11				
	100m: 1:35.96 51.64 200m: 3:21.32 52.91 300m: 5:06.57 52.73 400m: 6:43.13 45.45				
36.	SPISAK Aleksandra	15	UKS KORAL Wrocław	**6:44.52**	184
	50m: 44.28 44.28 150m: 2:28.44 53.13 250m: 4:15.47 54.14 350m: 5:58.62 50.35				
	100m: 1:35.31 51.03 200m: 3:21.33 52.89 300m: 5:08.27 52.80 400m: 6:44.52 45.90				
37.	SKIERSKA Hanna	15	MKS Juvenia Wrocław	**6:44.57**	184
	50m: 42.69 42.69 150m: 2:29.92 54.36 250m: 4:16.73 53.15 350m: 6:02.48 52.59				
	100m: 1:35.56 52.87 200m: 3:23.58 53.66 300m: 5:09.89 53.16 400m: 6:44.57 42.09				
38.	KUPCZYŃSKA Amelia	15	MKS Juvenia Wrocław	**6:45.56**	182
	50m: 43.03 43.03 150m: 2:30.57 55.12 250m: 4:16.94 51.98 350m: 5:59.00 50.39				
	100m: 1:35.45 52.42 200m: 3:24.96 54.39 300m: 5:08.61 51.67 400m: 6:45.56 46.56				
39.	FILIPIAK Pola	15	MKS Juvenia Wrocław	**6:46.60**	181
	50m: 42.68 42.68 150m: 2:27.68 52.89 250m: 4:16.30 54.56 350m: 6:01.19 53.08				
	100m: 1:34.79 52.11 200m: 3:21.74 54.06 300m: 5:08.11 51.81 400m: 6:46.60 45.41				
40.	PLOTNIKOVA Oleksandra	15	WKS Śląsk	**6:55.59**	170
	50m: 49.15 49.15 150m: 2:36.08 52.81 250m: 4:25.42 54.53 350m: 6:09.51 51.28				
	100m: 1:43.27 54.12 200m: 3:30.89 54.81 300m: 5:18.23 52.81 400m: 6:55.59 46.08				
41.	CYFKA Milena	15	UKS KORAL Wrocław	**6:56.79**	168
	50m: 43.98 43.98 150m: 2:31.55 55.03 250m: 4:21.04 54.68 350m: 6:08.54 53.88				
	100m: 1:36.52 52.54 200m: 3:26.36 54.81 300m: 5:14.66 53.62 400m: 6:56.79 48.25				
42.	KONOPNICKA Helena	15	Uks Rapid	**6:57.30**	167
	50m: 45.79 45.79 150m: 2:34.36 56.03 250m: 4:24.51 54.59 350m: 6:11.52 52.48				
	100m: 1:38.33 52.54 200m: 3:29.92 55.56 300m: 5:19.04 54.53 400m: 6:57.30 45.78				
43.	BAZYLEWICZ Natalia	15	WKS Śląsk	**6:57.38**	167
	50m: 46.87 46.87 150m: 2:32.59 53.58 250m: 4:21.99 55.15 350m: 6:09.68 54.09				
	100m: 1:39.01 52.14 200m: 3:26.84 54.25 300m: 5:15.59 53.60 400m: 6:57.38 47.70				
44.	ANDRZEJEWSKA Jagna	15	UKS KORAL Wrocław	**7:00.42**	164
	50m: 48.00 48.00 150m: 2:37.49 54.76 250m: 4:28.62 55.74 350m: 6:13.06 50.07				
	100m: 1:42.73 54.73 200m: 3:32.88 55.39 300m: 5:22.99 54.37 400m: 7:00.42 47.36				
45.	BOIKO Yeva	15	MKS Juvenia Wrocław	**7:01.39**	163
	50m: 46.40 46.40 150m: 2:34.88 54.90 250m: 4:24.25 55.76 350m: 6:15.18 54.16				
	100m: 1:39.98 53.58 200m: 3:28.49 53.61 300m: 5:21.02 56.77 400m: 7:01.39 46.21				
46.	SAJNA Marcelina	15	Ks Total Swimm	**7:01.76**	162
	50m: 47.20 47.20 150m: 2:37.35 55.16 250m: 4:27.48 55.28 350m: 6:14.74 52.60				
	100m: 1:42.19 54.99 200m: 3:32.20 54.85 300m: 5:22.14 54.66 400m: 7:01.76 47.02				
47.	GŁĄB Zofia	15	MKS Juvenia Wrocław	**7:09.75**	153
	50m: 42.52 42.52 150m: 2:27.76 53.93 250m: 4:19.69 56.06 350m: 6:13.88 56.97				
	100m: 1:33.83 51.31 200m: 3:23.63 55.87 300m: 5:16.91 57.22 400m: 7:09.75 55.87				
48.	SOKOŁOWSKA Zofia	15	MKS Juvenia Wrocław	**7:10.81**	152
	50m: 47.31 47.31 150m: 2:37.55 56.76 250m: 4:32.37 58.19 350m: 6:23.14 55.16				
	100m: 1:40.79 53.48 200m: 3:34.18 56.63 300m: 5:27.98 55.61 400m: 7:10.81 47.67				
49.	GIŻA Antonina	15	UKS KORAL Wrocław	**7:11.50**	151
	50m: 47.42 47.42 150m: 2:36.54 55.59 250m: 4:27.79 56.11 350m: 6:18.99 56.21				
	100m: 1:40.95 53.53 200m: 3:31.68 55.14 300m: 5:22.78 54.99 400m: 7:11.50 52.51				
50.	WALCZAK Elżbieta	15	WKS Śląsk	**7:17.16**	146
	50m: 49.49 49.49 150m: 2:38.88 55.31 250m: 4:33.31 57.90 350m: 6:23.16 52.96				
	100m: 1:43.57 54.08 200m: 3:35.41 56.53 300m: 5:30.20 56.89 400m: 7:17.16 54.00				

Konkurencja 5, Dziewcząt, 400m dowolny, 11 lat

Pozycja		Rok ur.		Czas	Pkt.
51.	BERLIN Matylda	15	Uks Rapid	**7:20.66**	142
	50m: 49.03 49.03	150m: 2:40.39 55.63	250m: 4:34.65 57.69	350m: 6:29.62	57.09
	100m: 1:44.76 55.73	200m: 3:36.96 56.57	300m: 5:32.53 57.88	400m: 7:20.66	51.04
52.	TUREK Jagoda	15	Ks Total Swimm	**7:24.85**	138
	50m: 48.60 48.60	150m: 2:40.33 56.34	250m: 4:36.75 56.68	350m: 6:29.35	56.48
	100m: 1:43.99 55.39	200m: 3:40.07 59.74	300m: 5:32.87 56.12	400m: 7:24.85	55.50
53.	WOŹNIAK Martyna	15	MKS Juvenia Wrocław	**7:40.79**	124
	50m: 52.98 52.98	150m: 2:50.36 58.54	250m: 4:48.17 58.27	350m: 6:46.03	58.22
	100m: 1:51.82 58.84	200m: 3:49.90 59.54	300m: 5:47.81 59.64	400m: 7:40.79	54.76
54.	SZULC Marta	15	UKS KORAL Wrocław	**7:44.09**	122
	50m: 49.71 49.71	150m: 2:54.73 1:03.42	250m: 4:58.46 1:01.14	350m: 6:53.00	56.48
	100m: 1:51.31 1:01.60	200m: 3:57.32 1:02.59	300m: 5:56.52 58.06	400m: 7:44.09	51.09
55.	POPRUHA Sofiia	15	MKS Juvenia Wrocław	**7:57.54**	112
	50m: 53.13 53.13	150m: 2:54.30 1:01.05	250m: 4:58.48 1:02.00	350m: 7:02.57	1:02.29
	100m: 1:53.25 1:00.12	200m: 3:56.48 1:02.18	300m: 6:00.28 1:01.80	400m: 7:57.54	54.97
NIE UK.	KOMINKO Amelia	15	MKS Juvenia Wrocław		