

Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej Olsztyn Olsztyn, 11.10.2025

Konkurencja 3
11.10.2025 - 11:45

Dziewcząt, 400m dowolny

11 lat
Wyniki

Punkty: AQUA 2024

Pozycja					Wiek					Czas	Pkt.	
1.	TOPA Gabriela				11	MTP Kormoran Olsztyn				5:29.14	347	
	50m:	38.47	38.47	150m:	2:01.18	41.77	250m:	3:26.24	42.48	350m:	4:49.98	41.60
	100m:	1:19.41	40.94	200m:	2:43.76	42.58	300m:	4:08.38	42.14	400m:	5:29.14	39.16
2.	RAC Maria				11	MTP Kormoran Olsztyn				5:48.52	292	
	50m:	39.14	39.14	150m:	2:06.74	44.31	250m:	3:36.51	45.29	350m:	5:05.23	44.65
	100m:	1:22.43	43.29	200m:	2:51.22	44.48	300m:	4:20.58	44.07	400m:	5:48.52	43.29
3.	NASZKIEWICZ Liza				11	MUKS Piorun Gołdap				5:48.72	291	
	50m:	38.54	38.54	150m:	2:08.12	45.41	250m:	3:39.00	45.46	350m:	5:06.78	43.27
	100m:	1:22.71	44.17	200m:	2:53.54	45.42	300m:	4:23.51	44.51	400m:	5:48.72	41.94
4.	STAŚKIEWICZ Pola				11	MTP Kormoran Olsztyn				5:51.04	286	
	50m:	39.99	39.99	150m:	2:08.91	44.66	250m:	3:38.16	44.65	350m:	5:08.20	44.84
	100m:	1:24.25	44.26	200m:	2:53.51	44.60	300m:	4:23.36	45.20	400m:	5:51.04	42.84
5.	ŻMUDZIŃSKA Katarzyna				11	KS Trójmiejska Akademia Triathlonu				5:52.79	281	
	50m:	41.03	41.03	150m:	2:11.71	45.21	250m:	3:42.69	45.25	350m:	5:12.75	45.24
	100m:	1:26.50	45.47	200m:	2:57.44	45.73	300m:	4:27.51	44.82	400m:	5:52.79	40.04
6.	SOBIERAJSKA Erika				11	IUKS „Muszelka” Warszawa				5:59.43	266	
	50m:	40.61	40.61	150m:	2:10.83	45.62	250m:	3:44.28	47.04	350m:	5:15.97	45.16
	100m:	1:25.21	44.60	200m:	2:57.24	46.41	300m:	4:30.81	46.53	400m:	5:59.43	43.46
7.	ŚLIWA Lena				11	UKP Jedyńka Elbląg				5:59.67	265	
	50m:	40.22	40.22	150m:	2:09.20	44.59	250m:	3:40.57	46.20	350m:	5:14.31	47.19
	100m:	1:24.61	44.39	200m:	2:54.37	45.17	300m:	4:27.12	46.55	400m:	5:59.67	45.36
8.	SHELEH Ulyana				11	IUKS „Muszelka” Warszawa				6:14.19	236	
	50m:	41.13	41.13	150m:	2:16.31	48.46	250m:	3:52.93	48.56	350m:	5:28.39	47.21
	100m:	1:27.85	46.72	200m:	3:04.37	48.06	300m:	4:41.18	48.25	400m:	6:14.19	45.80
9.	GIECZEWSKA Urszula				11	UKS „Frog” Giżycko				6:15.38	233	
	50m:	41.64	41.64	150m:	3:55.76	2:27.05	250m:	5:30.99	46.55	350m:		
	100m:	1:28.71	47.07	200m:	4:44.44	48.68	300m:			400m:	6:15.38	
10.	GRABOWSKA Zofia				11	MTP Kormoran Olsztyn				6:16.75	231	
	50m:	43.89	43.89	150m:	2:19.08	47.84	250m:	3:56.76	48.85	350m:	5:31.18	46.55
	100m:	1:31.24	47.35	200m:	3:07.91	48.83	300m:	4:44.63	47.87	400m:	6:16.75	45.57
11.	ULATOWSKA Natalia				11	MTP Kormoran Olsztyn				6:20.07	225	
	50m:	41.26	41.26	150m:	2:15.64	47.82	250m:	3:52.96	48.60	350m:	5:31.49	49.39
	100m:	1:27.82	46.56	200m:	3:04.36	48.72	300m:	4:42.10	49.14	400m:	6:20.07	48.58
12.	MIARA Alicja				11	UKS „Frog” Giżycko				6:20.78	224	
	50m:	43.20	43.20	150m:	2:21.89	49.88	250m:	4:00.13	48.33	350m:	5:35.98	48.11
	100m:	1:32.01	48.81	200m:	3:11.80	49.91	300m:	4:47.87	47.74	400m:	6:20.78	44.80
13.	WŁODKOWSKA Zofia				11	UKS „Frog” Giżycko				6:27.99	211	
	50m:	42.52	42.52	150m:	2:20.37	49.56	250m:	4:00.99	50.28	350m:	5:42.25	50.49
	100m:	1:30.81	48.29	200m:	3:10.71	50.34	300m:	4:51.76	50.77	400m:	6:27.99	45.74
14.	CZARNECKA Pola				11	UKS „Frog” Giżycko				6:30.06	208	
	50m:	45.23	45.23	150m:	2:25.56	50.71	250m:	4:05.87	50.50	350m:	5:44.02	48.08
	100m:	1:34.85	49.62	200m:	3:15.37	49.81	300m:	4:55.94	50.07	400m:	6:30.06	46.04
15.	KOROL Hanna				11	UKP Jedyńka Elbląg				6:30.20	208	
	50m:	42.96	42.96	150m:	2:21.22	49.98	250m:	4:03.39	51.34	350m:	5:45.53	51.09
	100m:	1:31.24	48.28	200m:	3:12.05	50.83	300m:	4:54.44	51.05	400m:	6:30.20	44.67
16.	DUDEK Lena				11	UKP Jedyńka Elbląg				6:32.41	204	
	50m:	42.64	42.64	150m:	2:22.72	51.05	250m:	4:03.54	49.56	350m:	5:45.33	50.57
	100m:	1:31.67	49.03	200m:	3:13.98	51.26	300m:	4:54.76	51.22	400m:	6:32.41	47.08

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Pozycja				Wiek						Czas		Pkt.	
17.	MATUSZAK Blanka			11		MTP Kormoran Olsztyn						6:40.38	192
	50m:	43.67	43.67	150m:	2:25.05	51.23	250m:	4:07.87	51.69	350m:	5:50.82	51.39	
	100m:	1:33.82	50.15	200m:	3:16.18	51.13	300m:	4:59.43	51.56	400m:	6:40.38	49.56	
18.	GRYCKO Lena			11		UKP Jedyńka Elbląg						6:46.69	183
	50m:	43.00	43.00	150m:	2:24.42	52.17	250m:	4:11.50	53.75	350m:	5:55.76	52.05	
	100m:	1:32.25	49.25	200m:	3:17.75	53.33	300m:	5:03.71	52.21	400m:	6:46.69	50.93	
19.	SAJNÓG Anna			11		UKP Jedyńka Elbląg						7:05.12	161
	50m:	46.19	46.19	150m:	2:33.49	54.49	250m:	4:24.16	54.94	350m:	6:13.11	53.83	
	100m:	1:39.00	52.81	200m:	3:29.22	55.73	300m:	5:19.28	55.12	400m:	7:05.12	52.01	
20.	SZEWCZYK Apolonia			11		SWIMLAND Olsztyn						7:26.72	138
	50m:	47.64	47.64	150m:	2:42.79	57.39	250m:	4:39.28	58.20	350m:	6:34.58	57.10	
	100m:	1:45.40	57.76	200m:	3:41.08	58.29	300m:	5:37.48	58.20	400m:	7:26.72	52.14	
21.	BAL Karolina			11		UKP Jedyńka Elbląg						8:26.40	95
	50m:	51.43	51.43	150m:	2:58.09	1:04.60	250m:	5:13.90	1:08.70	350m:			
	100m:	1:53.49	1:02.06	200m:	4:05.20	1:07.11	300m:	6:23.52	1:09.62	400m:	8:26.40		
PK	SKRABOWSKA Karolina			17		UKS „Frog" Giżycko						5:01.14	453
	50m:	31.25	31.25	150m:	1:47.20	39.32	250m:	3:06.57	39.64	350m:	4:24.39	38.54	
	100m:	1:07.88	36.63	200m:	2:26.93	39.73	300m:	3:45.85	39.28	400m:	5:01.14	36.75	