



Letnie Mistrzostwa Dolnego Śląska Wrocław 2025  
Wrocław, 18.5.2025

**H2O SHOP.PL**  
DOMAGAMY WYGRYWAĆ

Konkurencja 32  
18.05.2025 - 16:30

Kobiet, 400m zmienny

13 lat i starsi  
Wyniki

|                                                  |                            |       |                         |            |
|--------------------------------------------------|----------------------------|-------|-------------------------|------------|
| Top Times "Dolnośląski Okręgowy Związek" 4:45.88 | ackZukowska Paula          | 00101 | London (GBR)            | 16.05.2016 |
| Top Times "Dolnośląski Okręgowy Związek" 4:45.88 | ackZukowska Paula          | 00101 | London (GBR)            | 16.05.2016 |
| Top Times "Dolnośląski Okręgowy Związek" 4:58.37 | ackWęgrzynowska Aleksandra | 00601 | Zielona Góra - Drzonków | 19.07.2019 |
| Top Times "Dolnośląski Okręgowy Związek" 5:00.48 | ackStaszkievicz Katarzyna  | 00601 | Szczecin                | 25.07.2007 |
| Top Times "Dolnośląski Okręgowy Związek" 4:54.20 | ackHalicka Lidia           | 00601 | Lublin                  | 19.05.2017 |
| Top Times "Dolnośląski Okręgowy Związek" 4:54.57 | ackHalicka Lidia           | 00601 | Lublin                  | 15.07.2016 |
| Top Times "Dolnośląski Okręgowy Związek" 5:05.28 | ackHalicka Lidia           | 00601 | Hódmezővásárhely (HUN)  | 11.12.2015 |
| Top Times "Dolnośląski Okręgowy Związek" 5:30.34 | ackPaluszek Weronika       | 00601 | Oświęcim                | 07.07.2006 |

Punkty: AQUA 2025

Pozycja Rok ur. Czas Pkt.

13 lat

|                       |                       |                     |                     |     |
|-----------------------|-----------------------|---------------------|---------------------|-----|
| 1. Nosal Lena         | 12                    | MKS Juvenia Wrocław | <b>5:37.77</b>      | 479 |
| 50m: 34.18 34.18      | 150m: 2:02.41 46.63   | 250m: 3:32.73 47.38 | 350m: 5:00.60 40.03 |     |
| 100m: 1:15.78 41.60   | 200m: 2:45.35 42.94   | 300m: 4:20.57 47.84 | 400m: 5:37.77 37.17 |     |
| 2. Leśniowska Marketa | 12                    | WKS Śląsk Wrocław   | <b>5:49.99</b>      | 431 |
| 50m: 35.88 35.88      | 150m: 2:10.25 49.87   | 250m: 3:42.61 46.22 | 350m: 5:11.96 41.61 |     |
| 100m: 1:20.38 44.50   | 200m: 2:56.39 46.14   | 300m: 4:30.35 47.74 | 400m: 5:49.99 38.03 |     |
| 3. Górská Emilia      | 12                    | UKS KORAL Wrocław   | <b>6:24.21</b>      | 325 |
| 50m: 40.97 40.97      | 150m: 2:22.14 50.85   | 250m: 4:03.52 50.60 | 350m: 5:39.92 44.51 |     |
| 100m: 1:31.29 50.32   | 200m: 3:12.92 50.78   | 300m: 4:55.41 51.89 | 400m: 6:24.21 44.29 |     |
| 4. Zmarzła Lena       | 12                    | UKS KORAL Wrocław   | <b>6:38.58</b>      | 291 |
| 50m: 40.70 40.70      | 150m: 4:12.38 2:34.70 | 250m: 5:07.12       | 350m: 5:53.74 46.62 |     |
| 100m: 1:37.68 56.98   | 200m: 3:19.73         | 300m: 5:07.12       | 400m: 6:38.58 44.84 |     |

15 lat

|                          |                       |                                 |                     |     |
|--------------------------|-----------------------|---------------------------------|---------------------|-----|
| 1. Koźlak Hanna          | 10                    | UKS HS Team Kryty Basen Kłodzko | <b>5:30.38</b>      | 512 |
| 50m: 34.38 34.38         | 150m: 2:00.57 44.23   | 250m: 3:28.20 43.77             | 350m: 4:51.85 39.22 |     |
| 100m: 1:16.34 41.96      | 200m: 2:44.43 43.86   | 300m: 4:12.63 44.43             | 400m: 5:30.38 38.53 |     |
| 2. Kozłowska Milena      | 10                    | Just Swim Beavers Jelenia Góra  | <b>5:59.93</b>      | 396 |
| 50m: 39.71 39.71         | 150m: 2:14.48 46.60   | 250m: 3:46.85 47.60             | 350m: 5:18.11 43.66 |     |
| 100m: 1:27.88 48.17      | 200m: 2:59.25 44.77   | 300m: 4:34.45 47.60             | 400m: 5:59.93 41.82 |     |
| 3. Wiśniewska Aleksandra | 10                    | KS Rekin Świebodzice            | <b>6:30.62</b>      | 310 |
| 50m: 39.66 39.66         | 150m: 2:21.18 49.90   | 250m: 4:09.39 58.02             | 350m: 5:49.40 42.28 |     |
| 100m: 1:31.28 51.62      | 200m: 3:11.37 50.19   | 300m: 5:07.12 57.73             | 400m: 6:30.62 41.22 |     |
| 4. Chmielewska Lena      | 10                    | Hobby Sport Kietrz              | <b>6:33.03</b>      | 304 |
| 50m: 41.46 41.46         | 150m: 2:26.34 52.05   | 250m: 4:11.78 54.90             | 350m: 5:51.70 45.03 |     |
| 100m: 1:34.29 52.83      | 200m: 3:16.88 50.54   | 300m: 5:06.67 54.89             | 400m: 6:33.03 41.33 |     |
| 5. Pastuszka Maja        | 10                    | UKS KORAL Wrocław               | <b>7:25.25</b>      | 209 |
| 50m: 45.09 45.09         | 150m: 2:41.63 1:00.65 | 250m: 4:40.28 1:00.58           | 350m: 6:34.92 53.40 |     |
| 100m: 1:40.98 55.89      | 200m: 3:39.70 58.07   | 300m: 5:41.52 1:01.24           | 400m: 7:25.25 50.33 |     |

16 lat i starsi

|                      |                     |                     |                     |     |
|----------------------|---------------------|---------------------|---------------------|-----|
| 1. Sujka Ewa         | 09                  | MKS Juvenia Wrocław | <b>5:17.69</b>      | 576 |
| 50m: 33.02 33.02     | 150m: 1:53.71 41.67 | 250m: 3:19.03 44.59 | 350m: 4:41.91 37.11 |     |
| 100m: 1:12.04 39.02  | 200m: 2:34.44 40.73 | 300m: 4:04.80 45.77 | 400m: 5:17.69 35.78 |     |
| 2. Rutkowska Maja    | 09                  | MKS Trójka Łódź     | <b>5:19.87</b>      | 564 |
| 50m: 31.05 31.05     | 150m: 1:51.88 43.51 | 250m: 3:21.26 46.91 | 350m: 4:45.17 35.26 |     |
| 100m: 1:08.37 37.32  | 200m: 2:34.35 42.47 | 300m: 4:09.91 48.65 | 400m: 5:19.87 34.70 |     |
| 3. Varyvonchik Julia | 09                  | MKS Juvenia Wrocław | <b>5:27.38</b>      | 526 |
| 50m: 34.08 34.08     | 150m: 1:57.32 41.64 | 250m: 3:26.28 48.53 | 350m: 4:52.73 36.92 |     |
| 100m: 1:15.68 41.60  | 200m: 2:37.75 40.43 | 300m: 4:15.81 49.53 | 400m: 5:27.38 34.65 |     |