



Zimowe Mistrzostwa DOZP w kategorii 14 lat i starsi w pływaniu
Wrocław, 15. - 16.11.2025

Konkurencja 4
15.11.2025 - 8:58

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Rekordy DOZP Open	4:36.52	Tchórz Alicja	00101	Poznan	21.11.2015
Rekordy DOZP Open	4:36.52	Tchórz Alicja	00101	Poznan	21.11.2015
Rekordy DOZP 16	4:45.75	Halicka Lidia	00601	Gliwice	10.03.2017
Rekordy DOZP 15	4:50.95	Halicka Lidia	00601	Poznan	20.11.2016
Rekordy DOZP 14	4:55.03	Halicka Lidia	00601	Lublin	20.12.2015

Punkty: AQUA 2025

Pozycja Rok ur. Czas Pkt.

14 lat

1. Burandt Hanna	11	KS Swimmers Ślęza	5:28.29	471
50m: 36.28 36.28	150m: 2:00.71 41.81	250m: 3:30.01 48.50	350m: 4:55.23 36.51	
100m: 1:18.90 42.62	200m: 2:41.51 40.80	300m: 4:18.72 48.71	400m: 5:28.29 33.06	
2. Białek Emilia	11	MKS JUVENIA Wrocław	5:28.86	468
50m: 32.79 32.79	150m: 1:56.97 44.83	250m: 3:25.46 46.69	350m: 4:50.66 38.37	
100m: 1:12.14 39.35	200m: 2:38.77 41.80	300m: 4:12.29 46.83	400m: 5:28.86 38.20	
3. Mańczyk Emilia	11	KS Swimmers Ślęza	5:50.46	387
50m: 36.04 36.04	150m: 2:04.90 46.23	250m: 3:39.84 50.19	350m: 5:10.89 40.31	
100m: 1:18.67 42.63	200m: 2:49.65 44.75	300m: 4:30.58 50.74	400m: 5:50.46 39.57	
4. Truszkowska Ada	11	AQUAPARK Strzelin	6:14.36	317
50m: 37.71 37.71	150m: 2:12.53 48.91	250m: 3:53.04 53.67	350m: 5:33.91 43.72	
100m: 1:23.62 45.91	200m: 2:59.37 46.84	300m: 4:50.19 57.15	400m: 6:14.36 40.45	

15 lat

1. Koźlak Hanna	10	MKS JUVENIA Wrocław	5:11.64	550
50m: 32.28 32.28	150m: 1:50.29 39.99	250m: 3:13.81 43.85	350m: 4:35.08 36.70	
100m: 1:10.30 38.02	200m: 2:29.96 39.67	300m: 3:58.38 44.57	400m: 5:11.64 36.56	
2. Kozłowska Milena	10	Just Swim Beavers	5:48.43	394
50m: 36.07 36.07	150m: 2:07.51 46.09	250m: 3:38.87 46.84	350m: 5:07.99 41.66	
100m: 1:21.42 45.35	200m: 2:52.03 44.52	300m: 4:26.33 47.46	400m: 5:48.43 40.44	

16 lat i starsi

1. Żukowska Paula	93	MKS JUVENIA Wrocław	4:56.02	642
50m: 30.67 30.67	150m: 1:44.05 38.19	250m: 3:04.68 43.30	350m: 4:23.18 34.32	
100m: 1:05.86 35.19	200m: 2:21.38 37.33	300m: 3:48.86 44.18	400m: 4:56.02 32.84	
2. Wnuk Jessika	08	MKS JUVENIA Wrocław	5:10.14	558
50m: 31.06 31.06	150m: 1:47.85 39.93	250m: 3:12.83 45.23	350m: 4:34.46 35.79	
100m: 1:07.92 36.86	200m: 2:27.60 39.75	300m: 3:58.67 45.84	400m: 5:10.14 35.68	
3. Varyvonchik Julia	09	MKS JUVENIA Wrocław	5:19.47	511
50m: 32.95 32.95	150m: 1:50.93 39.57	250m: 3:18.58 47.90	350m: 4:43.18 37.17	
100m: 1:11.36 38.41	200m: 2:30.68 39.75	300m: 4:06.01 47.43	400m: 5:19.47 36.29	