



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

Konkurencja 40
16.11.2025 - 14:48

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Rekordy DOZP Open	4:08.92	Wegrzynowska Aleksandra	00601	Olsztyn	18.12.2020
Rekordy DOZP Open	4:08.92	Wegrzynowska Aleksandra	00601	Olsztyn	18.12.2020
Rekordy DOZP 16	4:16.38	Hellak Emilia	00601	Lublin	14.12.2019
Rekordy DOZP 15	4:22.36	Hellak Emilia	00601	Lodz	10.11.2018
Rekordy DOZP 14	4:27.85	Traczyk Justyna	00601	Wroclaw	20.10.2018

Punkty: AQUA 2025

Pozycja	Rok ur.	Czas	Pkt.
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14 lat

1.	Burandt Hanna	11	KS Swimmers Ślęza	4:33.88	594
	50m: 31.12 31.12	150m: 1:39.90 34.34	250m: 2:49.63 35.02	350m: 4:00.35 35.62	
	100m: 1:05.56 34.44	200m: 2:14.61 34.71	300m: 3:24.73 35.10	400m: 4:33.88 33.53	
2.	Różnicka Aleksandra	11	KS HARPUN Osiecznica	4:47.56	513
	50m: 31.71 31.71	150m: 1:43.72 36.45	250m: 2:57.30 36.74	350m: 4:11.72 37.13	
	100m: 1:07.27 35.56	200m: 2:20.56 36.84	300m: 3:34.59 37.29	400m: 4:47.56 35.84	
3.	Kraus Otylia	11	KS NEPTUN Świdnica	4:50.97	495
	50m: 33.89 33.89	150m: 1:47.29 36.81	250m: 3:01.09 36.80	350m: 4:14.73 37.11	
	100m: 1:10.48 36.59	200m: 2:24.29 37.00	300m: 3:37.62 36.53	400m: 4:50.97 36.24	
4.	Błoch Lena	11	UKS KORAL Wrocław	5:01.00	447
	50m: 32.68 32.68	150m: 1:47.57 37.81	250m: 3:04.78 38.61	350m: 4:23.12 39.43	
	100m: 1:09.76 37.08	200m: 2:26.17 38.60	300m: 3:43.69 38.91	400m: 5:01.00 37.88	
5.	Hanuszko Natalia	11	MKS JUVENIA Wrocław	5:10.18	409
	50m: 33.01 33.01	150m: 1:51.38 39.43	250m: 3:10.85 39.71	350m: 4:33.23 41.43	
	100m: 1:11.95 38.94	200m: 2:31.14 39.76	300m: 3:51.80 40.95	400m: 5:10.18 36.95	
6.	Chudy Gabriela	11	WKS ŚLĄSK Wrocław	5:12.31	400
	50m: 35.69 35.69	150m: 1:54.47 39.61	250m: 3:15.69 40.69	350m: 4:36.08 40.01	
	100m: 1:14.86 39.17	200m: 2:35.00 40.53	300m: 3:56.07 40.38	400m: 5:12.31 36.23	
7.	Jędro Zuzanna	11	MKS JUVENIA Wrocław	5:14.24	393
	50m: 34.78 34.78	150m: 1:53.38 39.67	250m: 3:14.69 40.70	350m: 4:35.20 40.22	
	100m: 1:13.71 38.93	200m: 2:33.99 40.61	300m: 3:54.98 40.29	400m: 5:14.24 39.04	

15 lat

1.	Nosal Nela	10	MKS JUVENIA Wrocław	4:43.43	536
	50m: 31.70 31.70	150m: 1:43.54 36.55	250m: 2:55.90 36.02	350m: 4:08.25 36.01	
	100m: 1:06.99 35.29	200m: 2:19.88 36.34	300m: 3:32.24 36.34	400m: 4:43.43 35.18	
2.	Kaczorowska Emilia	10	WKS ŚLĄSK Wrocław	5:03.86	435
	50m: 33.22 33.22	150m: 1:49.28 38.44	250m: 3:07.56 39.11	350m: 4:26.63 39.25	
	100m: 1:10.84 37.62	200m: 2:28.45 39.17	300m: 3:47.38 39.82	400m: 5:03.86 37.23	
3.	Kozłowska Milena	10	Just Swim Beavers	5:10.07	409
	50m: 34.13 34.13	150m: 1:51.10 39.52	250m: 3:10.61 39.37	350m: 4:31.43 40.35	
	100m: 1:11.58 37.45	200m: 2:31.24 40.14	300m: 3:51.08 40.47	400m: 5:10.07 38.64	
4.	Dobrochowska Julia	10	KS REKIN Świebodzice	5:59.28	263
	50m: 39.58 39.58	150m: 2:08.84 45.44	250m: 4:29.86 47.16	350m: 5:16.08	
	100m: 1:23.40 43.82	200m: 3:42.70 1:33.86	300m:	400m: 5:59.28 43.20	

16 lat i starsi

1.	Traczyk Anna	06	MKS JUVENIA Wrocław	4:23.95	663
	50m: 30.34 30.34	150m: 1:37.99 34.17	250m: 2:45.50 33.71	350m: 3:52.51 33.22	
	100m: 1:03.82 33.48	200m: 2:11.79 33.80	300m: 3:19.29 33.79	400m: 4:23.95 31.44	
2.	Żukowska Paula	93	MKS JUVENIA Wrocław	4:24.22	661
	50m: 30.64 30.64	150m: 1:38.33 34.09	250m: 2:45.88 33.44	350m: 3:53.02 33.39	
	100m: 1:04.24 33.60	200m: 2:12.44 34.11	300m: 3:19.63 33.75	400m: 4:24.22 31.20	



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Konkurencja 40, Kobiet, 400m dowolny, 16 lat i starsi

Pozycja	Rok ur.								Czas	Pkt.		
3.	Jabłońska Oliwia				97	KS NEPTUN Świdnica				4:41.04	549	
	50m:	33.27	33.27	150m:	1:44.28	35.34	250m:	2:55.48	35.42	350m:	4:06.54	35.45
	100m:	1:08.94	35.67	200m:	2:20.06	35.78	300m:	3:31.09	35.61	400m:	4:41.04	34.50
4.	Maślej Iga				03	MKS JUVENIA Wrocław				4:55.64	472	
	50m:			150m:			250m:	3:02.37		350m:		
	100m:			200m:			300m:			400m:	4:55.64	
5.	Wajsberg Hanna				09	KS REKIN Świebodzice				5:04.82	430	
	50m:	34.00	34.00	150m:	1:51.25	38.70	250m:	3:10.13	39.66	350m:	4:28.00	38.04
	100m:	1:12.55	38.55	200m:	2:30.47	39.22	300m:	3:49.96	39.83	400m:	5:04.82	36.82
6.	Tarasiewicz Bianka				09	UKS ORKA Lubań				5:24.63	356	
	50m:	35.78	35.78	150m:	1:58.93	42.01	250m:	3:24.08	42.57	350m:	4:47.44	41.01
	100m:	1:16.92	41.14	200m:	2:41.51	42.58	300m:	4:06.43	42.35	400m:	5:24.63	37.19
7.	Romanowska Natalia				08	KS REKIN Świebodzice				5:46.01	294	
	50m:	38.45	38.45	150m:	2:04.42	43.91	250m:	3:33.48	44.39	350m:	5:02.78	44.38
	100m:	1:20.51	42.06	200m:	2:49.09	44.67	300m:	4:18.40	44.92	400m:	5:46.01	43.23