Konkurencja 11 | Kobiet, 400m dowolny | Open
17.10.2026 - 15:48 | Wyniki

Punkty: WPS 2026

Pozycja | Rok ur. | Czas | Pkt.

12 lat i młodsi

1.	TYRNA Pola			15	MTP Delfin Cieszyn						**4:37.43**	
	50m:	30.40	30.40	150m:	1:40.36	35.57	250m:	2:52.56	36.25	350m:	4:03.88	35.24
	100m:	1:04.79	34.39	200m:	2:16.31	35.95	300m:	3:28.64	36.08	400m:	4:37.43	33.55
2.	BIBRO Izabela			14	BOSiR Brzesko						**5:12.73**	
	50m:	33.86	33.86	150m:	1:55.42	41.64	250m:	3:16.16	40.51	350m:	4:34.73	37.90
	100m:	1:13.78	39.92	200m:	2:35.65	40.23	300m:	3:56.83	40.67	400m:	5:12.73	38.00
3.	LACH Sara			14	LKS Jedność 32 Przyszowice						**5:20.87**	
	50m:	34.94	34.94	150m:	1:57.17	41.53	250m:	3:20.02	41.41	350m:	4:42.43	41.04
	100m:	1:15.64	40.70	200m:	2:38.61	41.44	300m:	4:01.39	41.37	400m:	5:20.87	38.44
4.	KĘDZIOR Antonina			14	UKS Aqua Team Mikołów						**5:24.25**	
	50m:	36.43	36.43	150m:	1:58.48	41.69	250m:	3:22.03	41.83	350m:	4:44.76	40.67
	100m:	1:16.79	40.36	200m:	2:40.20	41.72	300m:	4:04.09	42.06	400m:	5:24.25	39.49
5.	ŚLIWIŃSKA Liliana			14	UKS Aqua Team Mikołów						**5:46.35**	
	50m:	37.62	37.62	150m:	2:04.57	43.62	250m:	3:34.23	44.87	350m:	5:04.33	44.44
	100m:	1:20.95	43.33	200m:	2:49.36	44.79	300m:	4:19.89	45.66	400m:	5:46.35	42.02
6.	BABINSKA Lidia			14	IPSON Start Mielec						**6:06.53**	175
	50m:	40.86	40.86	150m:	2:13.60	47.64	250m:	3:47.94	47.88	350m:	5:21.57	46.49
	100m:	1:25.96	45.10	200m:	3:00.06	46.46	300m:	4:35.08	47.14	400m:	6:06.53	44.96
7.	ROŚNIAK Nina			15	Ssn "Start" Łódż						**6:13.95**	204
	50m:	41.93	41.93	150m:	2:18.98	49.06	250m:	3:55.28	48.65	350m:	5:28.71	46.45
	100m:	1:29.92	47.99	200m:	3:06.63	47.65	300m:	4:42.26	46.98	400m:	6:13.95	45.24
8.	SZCZEPEK Jolanta			15	UKS ,,Dragon" Będzin						**6:38.15**	
	50m:	42.30	42.30	150m:	2:22.72	51.24	250m:	4:05.33	51.15	350m:	5:47.24	50.70
	100m:	1:31.48	49.18	200m:	3:14.18	51.46	300m:	4:56.54	51.21	400m:	6:38.15	50.91

13 - 15 lat

1.	RĄCZKOWSKA Lena			12	LKS Jedność 32 Przyszowice						**4:33.95**	
	50m:	30.78	30.78	150m:	1:38.65	34.02	250m:	2:48.98	35.31	350m:	4:00.18	35.36
	100m:	1:04.63	33.85	200m:	2:13.67	35.02	300m:	3:24.82	35.84	400m:	4:33.95	33.77
2.	DOBRASZ Magdalena			13	LKS Jedność 32 Przyszowice						**4:47.76**	
	50m:	32.98	32.98	150m:	1:45.50	36.51	250m:	2:59.17	37.21	350m:	4:12.91	36.71
	100m:	1:08.99	36.01	200m:	2:21.96	36.46	300m:	3:36.20	37.03	400m:	4:47.76	34.85
3.	ŻYMEŁKA Antonina			12	LKS Jedność 32 Przyszowice						**4:51.30**	
	50m:	32.75	32.75	150m:	1:44.41	36.80	250m:	2:59.20	37.50	350m:	4:15.10	37.87
	100m:	1:07.61	34.86	200m:	2:21.70	37.29	300m:	3:37.23	38.03	400m:	4:51.30	36.20
4.	KOWALCZYK Helena			11	MKS Trójka Łódź						**4:54.54**	
	50m:	32.01	32.01	150m:	1:45.41	37.35	250m:	3:02.09	38.26	350m:	4:18.40	38.15
	100m:	1:08.06	36.05	200m:	2:23.83	38.42	300m:	3:40.25	38.16	400m:	4:54.54	36.14
5.	SOŁTYSIAK Pola			11	MKS Trójka Łódź						**5:02.16**	
	50m:	33.68	33.68	150m:	1:49.59	38.46	250m:	3:07.64	38.84	350m:	4:24.97	38.43
	100m:	1:11.13	37.45	200m:	2:28.80	39.21	300m:	3:46.54	38.90	400m:	5:02.16	37.19
6.	SOŁTYSIK Julia			11	WSSiRN START - Tychy						**5:14.74**	596
	50m:	35.58	35.58	150m:	1:53.79	39.85	250m:	3:14.17	40.17	350m:	4:35.29	40.14
	100m:	1:13.94	38.36	200m:	2:34.00	40.21	300m:	3:55.15	40.98	400m:	5:14.74	39.45
7.	LEWANDOWSKA Emilia			12	WSSiRN START - Tychy						**5:33.39**	647
	50m:	40.24	40.24	150m:	2:05.40	42.44	250m:	3:29.62	41.62	350m:	4:53.50	41.92
	100m:	1:22.96	42.72	200m:	2:48.00	42.60	300m:	4:11.58	41.96	400m:	5:33.39	39.89

Konkurencja 11, Kobiet, 400m dowolny

16 lat i starsi

1. SUKIENNIK Anna 10 MKS Trójka Łódź **4:56.49**

50m:	33.37	33.37	150m:	1:47.54	37.54	250m:	3:03.70	38.17	350m:	4:20.13	37.96
100m:	1:10.00	36.63	200m:	2:25.53	37.99	300m:	3:42.17	38.47	400m:	4:56.49	36.36

2. POLIŃSKA Natalia 07 MKS Trójka Łódź **5:05.88**

50m:	35.00	35.00	150m:	1:51.04	38.70	250m:	3:08.91	38.89	350m:	4:27.54	39.36
100m:	1:12.34	37.34	200m:	2:30.02	38.98	300m:	3:48.18	39.27	400m:	5:05.88	38.34

3. NOSZCZYK Marika 10 WSSiRN START - Tychy **6:18.53** 508

50m:	45.20	45.20	150m:	2:21.31	48.47	250m:	3:57.51	47.84	350m:	5:32.78	47.66
100m:	1:32.84	47.64	200m:	3:09.67	48.36	300m:	4:45.12	47.61	400m:	6:18.53	45.75

4. WASILEWSKA Magdalena 09 Ssn "Start" Łódź **8:27.07**

50m:	50.71	50.71	150m:	2:58.80	1:04.97	250m:	5:10.45	1:06.16	350m:	7:22.95	1:05.06
100m:	1:53.83	1:03.12	200m:	4:04.29	1:05.49	300m:	6:17.89	1:07.44	400m:	8:27.07	1:04.12

Grupa OPEN

1. LEWANDOWSKA Emilia 12 WSSiRN START - Tychy **5:33.39** 647

50m:	40.24	40.24	150m:	2:05.40	42.44	250m:	3:29.62	41.62	350m:	4:53.50	41.92
100m:	1:22.96	42.72	200m:	2:48.00	42.60	300m:	4:11.58	41.96	400m:	5:33.39	39.89

2. SOŁTYSIK Julia 11 WSSiRN START - Tychy **5:14.74** 596

50m:	35.58	35.58	150m:	1:53.79	39.85	250m:	3:14.17	40.17	350m:	4:35.29	40.14
100m:	1:13.94	38.36	200m:	2:34.00	40.21	300m:	3:55.15	40.98	400m:	5:14.74	39.45

3. NOSZCZYK Marika 10 WSSiRN START - Tychy **6:18.53** 508

50m:	45.20	45.20	150m:	2:21.31	48.47	250m:	3:57.51	47.84	350m:	5:32.78	47.66
100m:	1:32.84	47.64	200m:	3:09.67	48.36	300m:	4:45.12	47.61	400m:	6:18.53	45.75

4. ROŚNIAK Nina 15 Ssn "Start" Łódź **6:13.95** 204

50m:	41.93	41.93	150m:	2:18.98	49.06	250m:	3:55.28	48.65	350m:	5:28.71	46.45
100m:	1:29.92	47.99	200m:	3:06.63	47.65	300m:	4:42.26	46.98	400m:	6:13.95	45.24

5. BABINSKA Lidia 14 IPSON Start Mielec **6:06.53** 175

50m:	40.86	40.86	150m:	2:13.60	47.64	250m:	3:47.94	47.88	350m:	5:21.57	46.49
100m:	1:25.96	45.10	200m:	3:00.06	46.46	300m:	4:35.08	47.14	400m:	6:06.53	44.96

6. WASILEWSKA Magdalena 09 Ssn "Start" Łódź **8:27.07**

50m:	50.71	50.71	150m:	2:58.80	1:04.97	250m:	5:10.45	1:06.16	350m:	7:22.95	1:05.06
100m:	1:53.83	1:03.12	200m:	4:04.29	1:05.49	300m:	6:17.89	1:07.44	400m:	8:27.07	1:04.12

Grupa S6

1. NOSZCZYK Marika 10 WSSiRN START - Tychy **6:18.53** 508

50m:	45.20	45.20	150m:	2:21.31	48.47	250m:	3:57.51	47.84	350m:	5:32.78	47.66
100m:	1:32.84	47.64	200m:	3:09.67	48.36	300m:	4:45.12	47.61	400m:	6:18.53	45.75

Grupa S8

1. LEWANDOWSKA Emilia 12 WSSiRN START - Tychy **5:33.39** 647

50m:	40.24	40.24	150m:	2:05.40	42.44	250m:	3:29.62	41.62	350m:	4:53.50	41.92
100m:	1:22.96	42.72	200m:	2:48.00	42.60	300m:	4:11.58	41.96	400m:	5:33.39	39.89

Grupa S9

1. ROŚNIAK Nina 15 Ssn "Start" Łódź **6:13.95** 204

50m:	41.93	41.93	150m:	2:18.98	49.06	250m:	3:55.28	48.65	350m:	5:28.71	46.45
100m:	1:29.92	47.99	200m:	3:06.63	47.65	300m:	4:42.26	46.98	400m:	6:13.95	45.24

Konkurencja 11, Kobiet, 400m dowolny

Grupa S10

1. SOŁTYSIK Julia 11 WSSiRN START - Tychy **5:14.74** 596

50m:	35.58	35.58	150m:	1:53.79	39.85	250m:	3:14.17	40.17	350m:	4:35.29	40.14
100m:	1:13.94	38.36	200m:	2:34.00	40.21	300m:	3:55.15	40.98	400m:	5:14.74	39.45

Grupa S14

1. BABINSKA Lidia 14 IPSON Start Mielec **6:06.53** 175

50m:	40.86	40.86	150m:	2:13.60	47.64	250m:	3:47.94	47.88	350m:	5:21.57	46.49
100m:	1:25.96	45.10	200m:	3:00.06	46.46	300m:	4:35.08	47.14	400m:	6:06.53	44.96

2. WASILEWSKA Magdalena 09 Ssn "Start" Łódż **8:27.07**

50m:	50.71	50.71	150m:	2:58.80	1:04.97	250m:	5:10.45	1:06.16	350m:	7:22.95	1:05.06
100m:	1:53.83	1:03.12	200m:	4:04.29	1:05.49	300m:	6:17.89	1:07.44	400m:	8:27.07	1:04.12