

Konkurencja 23
22.11.2024 - 16:50

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Rekord I śka Open	4:07.67	UKOWSKA PAULINA - 2017	POL	AZS AWF Katowice
Rekord I śka 18	4:10.96	GAWELCZYK DOMINIKA -2009	POL	AZS AWF Katowice
Rekord I śka 17	4:13.84	KOSSAKOWSKA DOMINIKA – 2011	POL	AZS AWF Katowice
Rekord I śka 16	4:16.01	KOSSAKOWSKA DOMINIKA - 2016	POL	Sikret Gliwice
Rekord I śka 15	4:16.01	KOSSAKOWSKA DOMINIKA - 2016	POL	Sikret Gliwice
Rekord I śka 14	4:24.32	BOCIEK WIKTORIA – 2018	POL	KS Górnik Sosnowiec

Punkt: AQUA 2024

Pozycja	Rok ur.	Czas	do 1m % popr.	FINA
14 lat				
1. RYCHTER Zofia	10 MKS Park Wodny Tarnowskie Góry	4:48.21	102%	516
50m: 33.92	33.92 150m: 1:46.42 36.26 250m: 2:59.15	36.34 350m: 4:12.73		36.88
100m: 1:10.16	36.24 200m: 2:22.81 36.39 300m: 3:35.85	36.70 400m: 4:48.21		35.48
2. RAJCA Matylda	10 LKS Jedno 32 Przyszowice	4:48.40	+ 0.19 94%	515
50m: 31.80	31.80 150m: 1:43.27 36.65 250m: 2:57.13	37.05 350m: 4:12.22		37.51
100m: 1:06.62	34.82 200m: 2:20.08 36.81 300m: 3:34.71	37.58 400m: 4:48.40		36.18
3. FITAŁ Karolina	10 UKP „Ruda I śka”	4:50.82	+ 2.61 102%	503
50m: 33.08	33.08 150m: 1:45.97 36.89 250m: 3:00.81	37.42 350m: 4:14.75		36.67
100m: 1:09.08	36.00 200m: 2:23.39 37.42 300m: 3:38.08	37.27 400m: 4:50.82		36.07
4. JENDRYSIK Paulina	10 KP „Sukces” Chorzów	4:51.39	+ 3.18 109%	500
50m:	150m: 2:22.61 250m: 3:00.08	350m: 4:15.10		37.79
100m:	200m: 300m: 3:37.31	37.23 400m: 4:51.39		36.29
5. KOZUBOWSKA Paulina	10 UKS „Manta Kochłowice Ruda I śka”	4:56.31	+ 8.10 92%	475
50m: 35.53	35.53 150m: 1:50.07 37.64 250m: 3:04.84	36.79 350m: 4:19.84		37.20
100m: 1:12.43	36.90 200m: 2:28.05 37.98 300m: 3:42.64	37.80 400m: 4:56.31		36.47
6. MAIK Maja	10 UKS „Manta Kochłowice Ruda I śka”	4:58.08	+ 9.87 100%	467
50m: 33.86	33.86 150m: 1:47.17 37.06 250m: 3:03.29	38.46 350m: 4:21.23		39.31
100m: 1:10.11	36.25 200m: 2:24.83 37.66 300m: 3:41.92	38.63 400m: 4:58.08		36.85
7. PI TEK Maja	10 KS „Górniki” Sosnowiec	4:59.32	+ 11.11 112%	461
50m: 34.31	34.31 150m: 1:51.27 38.88 250m: 3:08.33	38.37 350m: 4:23.30		37.54
100m: 1:12.39	38.08 200m: 2:29.96 38.69 300m: 3:45.76	37.43 400m: 4:59.32		36.02
8. LIWAKOWSKA Magdalena	10 "Sikret" Gliwice	5:11.84	+ 23.63 98%	408
50m: 35.49	35.49 150m: 1:54.93 40.06 250m: 3:15.54	40.12 350m: 4:36.22		39.71
100m: 1:14.87	39.38 200m: 2:35.42 40.49 300m: 3:56.51	40.97 400m: 5:11.84		35.62
9. WROTEK Zofia	10 UKS „ Na Fali Bytom”	5:12.53	+ 24.32 112%	405
50m: 35.06	35.06 150m: 1:52.55 38.88 250m: 3:12.45	40.41 350m: 4:33.42		40.54
100m: 1:13.67	38.61 200m: 2:32.04 39.49 300m: 3:52.88	40.43 400m: 5:12.53		39.11
10. ARTWIK Hanna	10 Akademia Sms Racibórz	5:18.09	+ 29.88 99%	384
50m: 35.69	35.69 150m: 1:56.30 40.75 250m: 3:18.39	40.82 350m: 4:39.12		40.34
100m: 1:15.55	39.86 200m: 2:37.57 41.27 300m: 3:58.78	40.39 400m: 5:18.09		38.97
11. BRO EK Milena	10 MOSM Tychy	5:18.29	+ 30.08 -	383
50m: 35.75	35.75 150m: 1:56.38 40.87 250m: 3:19.68	42.02 350m: 4:42.33		40.96
100m: 1:15.51	39.76 200m: 2:37.66 41.28 300m: 4:01.37	41.69 400m: 5:18.29		35.96
12. KILARSKA Martyna	10 UKS „ Na Fali Bytom”	5:19.28	+ 31.07 108%	380
50m: 34.05	34.05 150m: 1:53.85 40.82 250m: 3:16.53	41.03 350m: 4:39.30		41.01
100m: 1:13.03	38.98 200m: 2:35.50 41.65 300m: 3:58.29	41.76 400m: 5:19.28		39.98
13. OGI ŚKA Laura	10 UKS „Manta Kochłowice Ruda I śka”	5:21.98	+ 33.77 93%	370
50m: 35.65	35.65 150m: 1:56.59 40.88 250m: 3:18.84	41.18 350m: 4:41.83		41.02
100m: 1:15.71	40.06 200m: 2:37.66 41.07 300m: 4:00.81	41.97 400m: 5:21.98		40.15
14. BOROWSKA Agata	10 UKS „ONDRASZEK” w Bielsku-Białej	5:29.30	+ 41.09 -	346
50m: 35.42	35.42 150m: 1:59.56 42.84 250m: 4:10.00	43.17 350m:		
100m: 1:16.72	41.30 200m: 3:26.83 1:27.27 300m: 5:29.23	1:19.23 400m: 5:29.30		
15. MORGA ŚKA Marta	10 UKS „Manta Kochłowice Ruda I śka”	5:34.50	+ 46.29 84%	330
50m: 37.47	37.47 150m: 2:00.84 43.24 250m: 3:26.95	42.94 350m: 4:53.03		43.32
100m: 1:17.60	40.13 200m: 2:44.01 43.17 300m: 4:09.71	42.76 400m: 5:34.50		41.47
16. SIEMIANOWSKA Pola	10 Uks "Salmo ory"	5:42.59	+ 54.38 -	307
50m: 36.81	36.81 150m: 2:03.61 44.32 250m: 3:33.31	44.97 350m: 5:01.97		43.81
100m: 1:19.29	42.48 200m: 2:48.34 44.73 300m: 4:18.16	44.85 400m: 5:42.59		40.62
17. PRZYBYŁA Roksana	10 UKS „Nowy Klub Pływacki”	7:13.72	+ 2:25.51 -	151
50m: 41.21	41.21 150m: 2:29.61 56.40 250m: 4:24.05	56.96 350m: 6:19.19		57.35
100m: 1:33.21	52.00 200m: 3:27.09 57.48 300m: 5:21.84	57.79 400m: 7:13.72		54.53



Konkurencja 23, Kobiet, 400m dowolny

15 lat

1.	KAPKA Antonina	09 CSiR MOS w D browie Górnicej	4:33.45	101%	605
	50m: 31.59	31.59 150m: 1:41.28 35.09 250m: 2:51.20	34.79	350m: 4:00.89	34.79
	100m: 1:06.19	34.60 200m: 2:16.41 35.13 300m: 3:26.10	34.90	400m: 4:33.45	32.56
2.	OKO Anna	09 LKS Jedno 32 Przyszowice	4:33.96	+ 0.51 103%	601
	50m: 31.30	31.30 150m: 1:40.62 35.16 250m: 2:51.60	35.42	350m: 4:01.86	34.98
	100m: 1:05.46	34.16 200m: 2:16.18 35.56 300m: 3:26.88	35.28	400m: 4:33.96	32.10
3.	BEDNAREK Lena	09 CSiR MOS w D browie Górnicej	4:34.19	+ 0.74 103%	600
	50m: 30.99	30.99 150m: 1:40.42 35.32 250m: 2:51.27	35.35	350m: 4:01.39	35.06
	100m: 1:05.10	34.11 200m: 2:15.92 35.50 300m: 3:26.33	35.06	400m: 4:34.19	32.80
4.	BILI SKA Iga	09 UKS „Manta Kochłowice Ruda I ska”	4:43.98	+ 10.53 105%	540
	50m: 31.16	31.16 150m: 1:42.49 35.65 250m: 2:55.08	36.12	350m: 4:07.84	35.97
	100m: 1:06.84	35.68 200m: 2:18.96 36.47 300m: 3:31.87	36.79	400m: 4:43.98	36.14
5.	MAIK Victoria	09 UKS „Manta Kochłowice Ruda I ska”	4:45.97	+ 12.52 100%	529
	50m: 32.57	32.57 150m: 1:45.05 36.45 250m: 2:58.18	36.51	350m: 4:11.36	36.47
	100m: 1:08.60	36.03 200m: 2:21.67 36.62 300m: 3:34.89	36.71	400m: 4:45.97	34.61
6.	MALARZ Milena	09 UKS Victoria Kozy	4:46.62	+ 13.17 104%	525
	50m: 31.48	31.48 150m: 1:42.37 35.94 250m: 2:55.08	36.16	350m: 4:09.65	37.49
	100m: 1:06.43	34.95 200m: 2:18.92 36.55 300m: 3:32.16	37.08	400m: 4:46.62	36.97
7.	STAMBUŁA Joanna	09 Akademia Sms Racibórz	4:57.72	+ 24.27 97%	468
	50m: 34.17	34.17 150m: 1:48.39 37.50 250m: 3:04.11	37.91	350m: 4:20.01	38.04
	100m: 1:10.89	36.72 200m: 2:26.20 37.81 300m: 3:41.97	37.86	400m: 4:57.72	37.71
8.	GOŁ BEK Wiktoria	09 UKS Wodnik Siemianowice I skie	5:05.71	+ 32.26 94%	433
	50m: 35.04	35.04 150m: 1:50.88 38.19 250m: 3:09.03	38.98	350m: 4:27.33	38.86
	100m: 1:12.69	37.65 200m: 2:30.05 39.17 300m: 3:48.47	39.44	400m: 5:05.71	38.38
9.	DUDA Katarzyna	09 UKS Victoria Kozy	5:06.42	+ 32.97 95%	430
	50m: 34.31	34.31 150m: 1:51.96 39.25 250m: 3:10.29	39.15	350m: 4:28.23	38.80
	100m: 1:12.71	38.40 200m: 2:31.14 39.18 300m: 3:49.43	39.14	400m: 5:06.42	38.19
10.	GIERACH Maja	09 UKS Wodnik Siemianowice I skie	5:08.40	+ 34.95 93%	421
	50m: 34.94	34.94 150m: 1:52.36 39.01 250m: 3:12.31	39.85	350m: 4:32.28	39.96
	100m: 1:13.35	38.41 200m: 2:32.46 40.10 300m: 3:52.32	40.01	400m: 5:08.40	36.12
11.	KOSMATY Julita	09 UKS Victoria Kozy	5:25.46	+ 52.01 -	358
	50m: 36.75	36.75 150m: 1:59.97 42.38 250m: 3:24.06	42.23	350m: 4:48.24	41.33
	100m: 1:17.59	40.84 200m: 2:41.83 41.86 300m: 4:06.91	42.85	400m: 5:25.46	37.22
12.	CIUPA Ewelina	09 UKS „Manta Kochłowice Ruda I ska”	5:25.74	+ 52.29 72%	358
	50m: 34.89	34.89 150m: 1:57.48 41.76 250m: 3:21.12	41.91	350m: 4:45.56	42.10
	100m: 1:15.72	40.83 200m: 2:39.21 41.73 300m: 4:03.46	42.34	400m: 5:25.74	40.18
13.	BOCHENEK Zofia	09 UKS Wodnik Siemianowice I skie	5:28.57	+ 55.12 -	348
	50m: 35.37	35.37 150m: 1:56.21 40.65 250m: 3:21.55	43.16	350m: 4:46.10	41.64
	100m: 1:15.56	40.19 200m: 2:38.39 42.18 300m: 4:04.46	42.91	400m: 5:28.57	42.47
14.	GADUCEWICZ Anna	09 UKS Victoria Kozy	5:58.45	+ 1:25.00 -	268
	50m: 38.29	38.29 150m: 2:08.58 45.92 250m: 3:40.77	46.31	350m: 5:14.55	46.85
	100m: 1:22.66	44.37 200m: 2:54.46 45.88 300m: 4:27.70	46.93	400m: 5:58.45	43.90

16 lat

1.	JAKUBCZYK Natalia	08 CSiR MOS w D browie Górnicej	4:26.86	100%	651
	50m: 30.76	30.76 150m: 1:38.85 33.95 250m: 2:47.04	34.03	350m: 3:55.16	33.97
	100m: 1:04.90	34.14 200m: 2:13.01 34.16 300m: 3:21.19	34.15	400m: 4:26.86	31.70
2.	ŁUKASIK Zuzanna	08 CSiR MOS w D browie Górnicej	4:40.41	+ 13.55 95%	561
	50m: 32.84	32.84 150m: 1:43.52 35.57 250m: 2:54.77	35.67	350m: 4:05.83	35.47
	100m: 1:07.95	35.11 200m: 2:19.10 35.58 300m: 3:30.36	35.59	400m: 4:40.41	34.58
3.	KORDEK Zuzanna	08 Akademia Sms Racibórz	4:41.03	+ 14.17 99%	557
	50m: 32.60	32.60 150m: 1:43.98 35.81 250m: 2:54.85	34.16	350m: 4:07.61	36.87
	100m: 1:08.17	35.57 200m: 2:20.69 36.71 300m: 3:30.74	35.89	400m: 4:41.03	33.42
4.	FERSZT Kornelia	08 KS „Górnik” Sosnowiec	4:42.44	+ 15.58 95%	549
	50m: 32.74	32.74 150m: 1:44.01 35.82 250m: 2:55.63	35.78	350m: 4:07.91	35.93
	100m: 1:08.19	35.45 200m: 2:19.85 35.84 300m: 3:31.98	36.35	400m: 4:42.44	34.53
5.	SZPERNALOWSKA Miła	08 CSiR MOS w D browie Górnicej	4:45.30	+ 18.44 96%	532
	50m: 33.62	33.62 150m: 1:46.92 36.96 250m: 2:59.51	35.93	350m: 4:11.64	35.73
	100m: 1:09.96	36.34 200m: 2:23.58 36.66 300m: 3:35.91	36.40	400m: 4:45.30	33.66



Konkurencja 23, Dziewcz t, 400m dowolny, 16 lat

Pozycja	Rok ur.		Czas		do 1m	% popr.	FINA
6. ŁUCZKA Natalia	08 CSiR MOS w D browie Górnicej		4:52.25		+ 25.39	96%	495
50m: 33.31	33.31	150m: 1:44.95	36.01	250m: 3:00.75	38.31	350m: 4:17.68	38.60
100m: 1:08.94	35.63	200m: 2:22.44	37.49	300m: 3:39.08	38.33	400m: 4:52.25	34.57
7. KUBICZEK Sara	08 UKS Wodnik Siemianowice I skie		5:04.91		+ 38.05	89%	436
50m: 32.82	32.82	150m: 1:45.10	36.50	250m: 3:04.11	39.97	350m: 4:24.75	40.36
100m: 1:08.60	35.78	200m: 2:24.14	39.04	300m: 3:44.39	40.28	400m: 5:04.91	40.16
17 lat i starsi							
1. NIKIEL Natalia	06 MKS Park Wodny Tarnowskie Góry		4:28.01			103%	642
50m: 31.12	31.12	150m: 1:39.11	34.04	250m: 2:47.02	33.85	350m: 3:55.41	34.09
100m: 1:05.07	33.95	200m: 2:13.17	34.06	300m: 3:21.32	34.30	400m: 4:28.01	32.60
2. R CZKOWSKA Maja	07 LKS Jedno 32 Przyszowice		4:38.79		+ 10.78	95%	571
50m: 31.76	31.76	150m: 1:41.88	35.25	250m: 2:53.89	36.19	350m: 4:05.39	35.51
100m: 1:06.63	34.87	200m: 2:17.70	35.82	300m: 3:29.88	35.99	400m: 4:38.79	33.40
3. ŁAZARZ Milena	06 "Sikret" Głiwice		4:40.17		+ 12.16	93%	562
50m: 31.90	31.90	150m: 1:42.12	35.49	250m: 2:53.24	35.37	350m: 4:05.35	35.86
100m: 1:06.63	34.73	200m: 2:17.87	35.75	300m: 3:29.49	36.25	400m: 4:40.17	34.82
4. SITKIEWICZ Jagoda	07 UKS Wodnik Siemianowice I skie		4:41.66		+ 13.65	97%	553
50m: 32.43	32.43	150m: 1:43.86	36.21	250m: 2:55.59	35.60	350m: 4:07.04	35.78
100m: 1:07.65	35.22	200m: 2:19.99	36.13	300m: 3:31.26	35.67	400m: 4:41.66	34.62
5. GAWLIK Jagoda	06 UKS „Huragan” przy SP nr 45 w Sosnowcu		4:46.44		+ 18.43	97%	526
50m: 33.76	33.76	150m: 1:46.60	36.73	250m: 2:59.41	36.25	350m: 4:11.57	35.88
100m: 1:09.87	36.11	200m: 2:23.16	36.56	300m: 3:35.69	36.28	400m: 4:46.44	34.87
6. DRABIK Aneta	04 KP „Sukces” Chorzów		4:50.99		+ 22.98	95%	502
50m: 33.12	33.12	150m: 1:45.66	36.40	250m: 2:59.84	37.12	350m: 4:14.61	37.56
100m: 1:09.26	36.14	200m: 2:22.72	37.06	300m: 3:37.05	37.21	400m: 4:50.99	36.38
7. GUZDEK Anna	07 Akademia Sms Racibórz		4:53.61		+ 25.60	96%	488
50m: 33.48	33.48	150m: 1:47.88	37.47	250m: 3:02.97	37.35	350m: 4:18.17	37.27
100m: 1:10.41	36.93	200m: 2:25.62	37.74	300m: 3:40.90	37.93	400m: 4:53.61	35.44
8. BADURA Natalia	06 UKS „Manta Kochłowice Ruda I ska”		4:56.70		+ 28.69	-	473
50m: 33.49	33.49	150m: 1:48.56	37.95	250m: 3:04.82	38.01	350m: 4:20.46	37.83
100m: 1:10.61	37.12	200m: 2:26.81	38.25	300m: 3:42.63	37.81	400m: 4:56.70	36.24
9. BUKOWSKA Michalina	07 UKP „Ruda I ska”		4:57.33		+ 29.32	100%	470
50m: 34.18	34.18	150m: 1:49.37	38.07	250m: 3:05.65	38.30	350m: 4:20.96	37.48
100m: 1:11.30	37.12	200m: 2:27.35	37.98	300m: 3:43.48	37.83	400m: 4:57.33	36.37
10. GONDZIK Oliwia	06 MKS MOS Katowice		5:08.56		+ 40.55	-	421
50m: 34.93	34.93	150m: 1:52.89	39.69	250m: 3:12.01	39.40	350m: 4:31.27	39.42
100m: 1:13.20	38.27	200m: 2:32.61	39.72	300m: 3:51.85	39.84	400m: 5:08.56	37.29