



Konkurencja 49
12.05.2025 - 12:38

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Punkty: AQUA 2024

Pozycja	Rok ur.	Czas	%popr.	FINAP.Klub	100m	200m	300m	400m
14 lat								
1. BOMBA Julia	11 CSiR MOS w Dąbrowie G	5:15.12	99%	600	1:10.35	1:21.02	1:33.58	1:10.17
50m: 32.82	32.82	150m: 1:51.38	41.03	250m: 3:18.00	46.63	350m: 4:40.92	35.97	
100m: 1:10.35	37.53	200m: 2:31.37	39.99	300m: 4:04.95	46.95	400m: 5:15.12	34.20	
2. DANČÍKOVÁ Laura	11 UKS „Nowy Klub Pływacki	5:32.53	-	511	1:19.58	1:24.20	1:29.14	1:19.61
50m: 36.02	36.02	150m: 2:02.12	42.54	250m: 3:27.98	44.20	350m: 4:53.08	40.16	
100m: 1:19.58	43.56	200m: 2:43.78	41.66	300m: 4:12.92	44.94	400m: 5:32.53	39.45	
3. KULKA Milena	11 CSiR MOS w Dąbrowie G	5:37.27	96%	489	1:18.13	1:28.76	1:34.09	1:16.29
50m: 36.63	36.63	150m: 2:03.25	45.12	250m: 3:34.96	48.07	350m: 5:00.90	39.92	
100m: 1:18.13	41.50	200m: 2:46.89	43.64	300m: 4:20.98	46.02	400m: 5:37.27	36.37	
4. WYLEŻYK Natalia	11 UKS „Manta Kochłowiec	5:45.78	98%	454	1:15.98	1:29.16	1:42.97	1:17.67
50m: 33.96	33.96	150m: 2:00.61	44.63	250m: 3:36.09	50.95	350m: 5:08.40	40.29	
100m: 1:15.98	42.02	200m: 2:45.14	44.53	300m: 4:28.11	52.02	400m: 5:45.78	37.38	
5. SZAREK Nika	11 MTP Delfin Cieszyn	5:54.99	-	420	1:24.59	1:28.50	1:41.16	1:20.74
50m: 40.02	40.02	150m: 2:09.42	44.83	250m: 3:42.96	49.87	350m: 5:15.75	41.50	
100m: 1:24.59	44.57	200m: 2:53.09	43.67	300m: 4:34.25	51.29	400m: 5:54.99	39.24	
6. WÓJCIK Maja	11 UKS „Huragan" przy SP	5:57.79	110%	410	1:23.41	1:31.72	1:41.64	1:21.02
50m: 36.63	36.63	150m: 2:10.70	47.29	250m: 3:46.10	50.97	350m: 5:18.13	41.36	
100m: 1:23.41	46.78	200m: 2:55.13	44.43	300m: 4:36.77	50.67	400m: 5:57.79	39.66	
7. WAWRZYNEK Zuzanna	11 UKS Wodnik Siemianowic	6:15.16	-	355	1:36.64	1:34.64	1:43.06	1:20.82
50m: 43.16	43.16	150m: 2:24.46	47.82	250m: 4:03.05	51.77	350m: 5:36.45	42.11	
100m: 1:36.64	53.48	200m: 3:11.28	46.82	300m: 4:54.34	51.29	400m: 6:15.16	38.71	
8. PISZCZEK Wiktoria	11 Uks "Salmo Żory"	6:30.71	-	315	1:30.80	1:35.59	1:56.80	1:27.52
50m: 42.57	42.57	150m: 2:18.84	48.04	250m: 4:04.89	58.50	350m: 5:48.06	44.87	
100m: 1:30.80	48.23	200m: 3:06.39	47.55	300m: 5:03.19	58.30	400m: 6:30.71	42.65	
9. TERMIN Wiktoria	11 UKS Wodnik Siemianowic	6:53.33	-	266	1:42.12	1:40.99	2:00.18	1:30.04
50m: 45.57	45.57	150m: 2:33.79	51.67	250m: 4:22.97	59.86	350m: 6:10.35	47.06	
100m: 1:42.12	56.55	200m: 3:23.11	49.32	300m: 5:23.29	1:00.32	400m: 6:53.33	42.98	
10. BĄK Magda	11 Uks "Salmo Żory"	6:56.88	-	259	1:40.02	1:53.09	1:54.50	1:29.27
50m: 45.17	45.17	150m: 4:30.47	2:50.45	250m: 6:11.91	2:38.80	350m:		
100m: 1:40.02	54.85	200m: 3:33.11		300m: 5:27.61		400m: 6:56.88		
11. JURASIŃSKA Julia	11 Uks "Salmo Żory"	7:11.67	-	233	1:42.82	1:52.05	1:53.62	1:43.18
50m: 46.29	46.29	150m: 2:39.55	56.73	250m: 4:30.32	55.45	350m: 6:20.66	52.17	
100m: 1:42.82	56.53	200m: 3:34.87	55.32	300m: 5:28.49	58.17	400m: 7:11.67	51.01	
12. GAŁKA Hanna	11 Uks "Salmo Żory"	7:16.16	-	226	1:46.73	1:53.53	1:54.05	1:41.85
50m: 46.91	46.91	150m: 2:45.01	58.28	250m: 4:36.59	56.33	350m: 6:25.84	51.53	
100m: 1:46.73	59.82	200m: 3:40.26	55.25	300m: 5:34.31	57.72	400m: 7:16.16	50.32	
13. OKUNIEWICZ Nadia	11 Uks "Salmo Żory"	7:27.34	-	209	1:57.19	1:48.14	1:59.20	1:42.81
50m: 48.68	48.68	150m: 2:51.30	54.11	250m: 4:43.88	58.55	350m: 6:36.68	52.15	
100m: 1:57.19	1:08.51	200m: 3:45.33	54.03	300m: 5:44.53	1:00.65	400m: 7:27.34	50.66	
15 lat								
1. KLAJMON Karolina	10 UKS „Nowy Klub Pływacki	5:28.55	106%	529	1:12.76	1:22.65	1:35.91	1:17.23
50m: 33.15	33.15	150m: 1:54.96	42.20	250m: 3:23.65	48.24	350m: 4:50.74	39.42	
100m: 1:12.76	39.61	200m: 2:35.41	40.45	300m: 4:11.32	47.67	400m: 5:28.55	37.81	
2. JENDRYSIK Paulina	10 KP „Sukces" Chorzów	5:34.94	109%	500	1:15.70	1:26.45	1:37.12	1:15.67
50m: 34.66	34.66	150m: 1:59.30	43.60	250m: 3:30.55	48.40	350m: 4:57.82	38.55	
100m: 1:15.70	41.04	200m: 2:42.15	42.85	300m: 4:19.27	48.72	400m: 5:34.94	37.12	
3. JACIOW Magdalena	10 UKS Aqua Team Mikołów	5:36.97	98%	491	1:15.26	1:31.12	1:32.52	1:18.07
50m: 33.64	33.64	150m: 2:00.64	45.38	250m: 3:31.96	45.58	350m: 4:58.87	39.97	
100m: 1:15.26	41.62	200m: 2:46.38	45.74	300m: 4:18.90	46.94	400m: 5:36.97	38.10	

Nabór do klas pływackich – Oddziały Mistrzostwa Sportowego III Liceum
Ogólnokształcące w Gliwicach ogłasza nabór do klas pływackich – Oddziałów
Mistrzostwa Sportowego. Klasy są organizowane we współpracy z Klubem Pływackim
SIKRET Gliwice. Zainteresowanych prosimy o kontakt z sekretariatem szkoły: 32 234 41



Konkurencja 49, Dziewcząt, 400m zmienny, 15 lat

Pozycja			Rok ur.				Czas	%popr.	FINAP.Klub	100m	200m	300m	400m
4.	FITAŁ Karolina		10 UKP „Ruda Śląska"				5:53.34	91%	426	1:23.26	1:31.41	1:41.42	1:17.25
	50m:	37.70	37.70	150m:	2:09.77	46.51	250m:	3:45.86	51.19	350m:	5:15.47	39.38	
	100m:	1:23.26	45.56	200m:	2:54.67	44.90	300m:	4:36.09	50.23	400m:	5:53.34	37.87	
5.	ARTWIK Zuzanna		10 Akademia Sms Racibórz				6:00.97	94%	399	1:36.10	1:33.00	1:29.77	1:22.10
	50m:	44.69	44.69	150m:	2:23.27	47.17	250m:	3:53.80	44.70	350m:	5:21.60	42.73	
	100m:	1:36.10	51.41	200m:	3:09.10	45.83	300m:	4:38.87	45.07	400m:	6:00.97	39.37	
6.	BROŻEK Milena		10 MOSM Tychy				6:16.02	97%	353	1:29.65	1:37.43	1:45.15	1:23.79
	50m:	40.67	40.67	150m:	2:18.42	48.77	250m:	3:58.59	51.51	350m:	5:35.02	42.79	
	100m:	1:29.65	48.98	200m:	3:07.08	48.66	300m:	4:52.23	53.64	400m:	6:16.02	41.00	
7.	PIĄTEK Maja		10 KS „Górnik" Sosnowiec				6:19.61	-	343	1:33.25	1:33.83	1:54.45	1:18.08
	50m:	41.82	41.82	150m:	2:21.19	47.94	250m:	4:04.66	57.58	350m:	5:41.10	39.57	
	100m:	1:33.25	51.43	200m:	3:07.08	45.89	300m:	5:01.53	56.87	400m:	6:19.61	38.51	
8.	KUBIEŃ Pola		10 Akademia Sms Racibórz				6:24.32	87%	331	1:25.01	1:38.22	1:40.68	1:40.41
	50m:	37.89	37.89	150m:	2:14.25	49.24	250m:	3:53.17	49.94	350m:			
	100m:	1:25.01	47.12	200m:	3:03.23	48.98	300m:	4:43.91	50.74	400m:	6:24.32		
9.	MORGANŃSKA Marta		10 UKS „Manta Kochłowice				F6:28.24	84%	321	1:28.09	1:45.21	1:47.39	1:27.55
	50m:	41.39	41.39	150m:	2:22.56	54.47	250m:	4:07.61	54.31	350m:	5:44.72	44.03	
	100m:	1:28.09	46.70	200m:	3:13.30	50.74	300m:	5:00.69	53.08	400m:	6:28.24	43.52	
NW SIEMIANOWSKA Pola		10 Uks "Salmo Żory"						-					

16 lat i starsi

1. STEFAŃCZYK M.	08 CSiR MOS w Dąbrowie G	5:17.08	100%	589	1:11.74	1:23.08	1:30.30	1:11.96
50m: 33.36	33.36	150m: 1:54.11	42.37	250m: 3:19.83	45.01	350m: 4:41.88	36.76	
100m: 1:11.74	38.38	200m: 2:34.82	40.71	300m: 4:05.12	45.29	400m: 5:17.08	35.20	
2. DUDEK Lena	09 CSiR MOS w Dąbrowie G	5:19.65	96%	575	1:11.29	1:27.06	1:29.68	1:11.62
50m: 33.15	33.15	150m: 1:55.81	44.52	250m: 3:23.40	45.05	350m: 4:43.73	35.70	
100m: 1:11.29	38.14	200m: 2:38.35	42.54	300m: 4:08.03	44.63	400m: 5:19.65	35.92	
3. KAPKA Antonina	09 CSiR MOS w Dąbrowie G	5:21.09	98%	567	1:12.89	1:27.34	1:29.51	1:11.35
50m: 33.72	33.72	150m: 1:57.53	44.64	250m: 3:24.39	44.16	350m: 4:47.23	37.49	
100m: 1:12.89	39.17	200m: 2:40.23	42.70	300m: 4:09.74	45.35	400m: 5:21.09	33.86	
4. SKRZYPCZAK Natalia	07 Akademia Sms Racibórz	5:22.38	96%	560	1:13.58	1:23.17	1:31.81	1:13.82
50m: 34.07	34.07	150m: 1:55.70	42.12	250m: 3:22.91	46.16	350m: 4:46.27	37.71	
100m: 1:13.58	39.51	200m: 2:36.75	41.05	300m: 4:08.56	45.65	400m: 5:22.38	36.11	
5. DRABIK Aneta	04 KP „Sukces” Chorzów	5:33.47	95%	506	1:15.51	1:28.03	1:34.30	1:15.63
50m: 34.39	34.39	150m: 2:00.20	44.69	250m: 3:30.19	46.65	350m: 4:56.55	38.71	
100m: 1:15.51	41.12	200m: 2:43.54	43.34	300m: 4:17.84	47.65	400m: 5:33.47	36.92	
6. MALARZ Milena	09 UKS Victoria Kozy	5:38.27	-	485	1:16.70	1:25.11	1:42.14	1:14.32
50m: 34.48	34.48	150m: 1:59.33	42.63	250m: 3:31.67	49.86	350m: 5:01.13	37.18	
100m: 1:16.70	42.22	200m: 2:41.81	42.48	300m: 4:23.95	52.28	400m: 5:38.27	37.14	
7. WINKLER Sarah	07 UKS „Na Fali Bytom”	5:38.70	-	483	1:15.49	1:28.16	1:38.53	1:16.52
50m: 34.89	34.89	150m: 2:00.70	45.21	250m: 3:32.81	49.16	350m: 5:02.34	40.16	
100m: 1:15.49	40.60	200m: 2:43.65	42.95	300m: 4:22.18	49.37	400m: 5:38.70	36.36	
8. HABARTA Larysa	08 UKS Aquatica Pawłowice	5:40.57	-	475	1:20.13	1:30.56	1:32.32	1:17.56
50m: 36.54	36.54	150m: 2:05.22	45.09	250m: 3:36.41	45.72	350m: 5:03.76	40.75	
100m: 1:20.13	43.59	200m: 2:50.69	45.47	300m: 4:23.01	46.60	400m: 5:40.57	36.81	
9. CIUPA Ewelina	09 UKS „Manta Kochłowice	F5:41.37	96%	472	1:18.57	1:27.80	1:40.17	1:14.83
50m: 35.83	35.83	150m: 2:03.05	44.48	250m: 3:35.41	49.04	350m: 5:03.97	37.43	
100m: 1:18.57	42.74	200m: 2:46.37	43.32	300m: 4:26.54	51.13	400m: 5:41.37	37.40	
10. ŚLĘCZEK Zuzanna	09 KS „Górnik” Sosnowiec	5:54.49	95%	421	1:17.49	1:27.26	1:48.18	1:21.56
50m: 34.61	34.61	150m: 2:02.16	44.67	250m: 3:38.04	53.29	350m: 5:14.40	41.47	
100m: 1:17.49	42.88	200m: 2:44.75	42.59	300m: 4:32.93	54.89	400m: 5:54.49	40.09	
11. BACHNIAK Zuzanna	09 CSiR MOS w Dąbrowie G	6:05.34	-	385	1:23.19	1:30.42	1:41.70	1:30.03
50m: 37.87	37.87	150m: 2:08.41	45.22	250m: 3:43.38	49.77	350m:		
100m: 1:23.19	45.32	200m: 2:53.61	45.20	300m: 4:35.31	51.93	400m: 6:05.34		

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