

Konkurencja 23
13.06.2025 - 17:38
Kobiet, 400m dowolny
14 lat i starsi
Wyniki

Punkty: AQUA 2025

Pozycja		Rok ur.				Czas	CR	Strata % popr.	FINA
14 lat									
1.	Froń Kinga	11	UKS Victoria Kozy			4:50.29	+0,70	114%	533
	50m: 33.09	33.09	150m: 1:46.40	36.79	250m: 3:00.61	36.92	350m: 4:14.74	37.21	
	100m: 1:09.61	36.52	200m: 2:23.69	37.29	300m: 3:37.53	36.92	400m: 4:50.29	35.55	
2.	Różga Nina	11	CSiR MOS w Dąbrowie Górniczej			4:50.61	+0,56	+ 0.32 96%	531
	50m: 32.09	32.09	150m: 1:45.53	37.53	250m: 3:01.08	38.13	350m: 4:15.78	37.35	
	100m: 1:08.00	35.91	200m: 2:22.95	37.42	300m: 3:38.43	37.35	400m: 4:50.61	34.83	
3.	Wyleżyk Natalia	11	UKS „Manta Kochłowice Ruda Śląska”			5:06.26	+0,77	+ 15.97 105%	453
	50m: 33.91	33.91	150m: 1:52.02	36.46	250m: 3:11.20		350m: 4:30.03		
	100m: 1:15.56	41.65	200m: 3:51.30	1:59.28	300m:		400m: 5:06.26	36.23	
4.	Gondzik Olga	11	MKS MOS Katowice			5:24.37	+0,82	+ 34.08 -	382
	50m: 36.65	36.65	150m: 1:58.79	41.44	250m: 3:22.45	41.94	350m: 4:45.57	41.54	
	100m: 1:17.35	40.70	200m: 2:40.51	41.72	300m: 4:04.03	41.58	400m: 5:24.37	38.80	
5.	Stencel Matylda	11	KS „Górniki” Sosnowiec			5:36.29		+ 46.00 -	342
	50m: 37.17	37.17	150m: 2:04.23	43.15	250m: 3:32.00	43.57	350m: 4:56.46	41.09	
	100m: 1:21.08	43.91	200m: 2:48.43	44.20	300m: 4:15.37	43.37	400m: 5:36.29	39.83	
6.	Trubic Wiktoria	11	UKS „Manta Kochłowice Ruda Śląska”			5:41.70	+0,71	+ 51.41 -	326
	50m: 37.11	37.11	150m: 2:04.33	43.98	250m: 3:32.83	44.52	350m: 5:00.91	44.07	
	100m: 1:20.35	43.24	200m: 2:48.31	43.98	300m: 4:16.84	44.01	400m: 5:41.70	40.79	
7.	Laszczak Julia	11	UKS „Nowy Klub Pływacki”			5:50.57	+0,70	+ 1:00.28 -	302
	50m: 36.83	36.83	150m: 2:05.09	44.84	250m: 3:38.04	46.33	350m: 5:09.60	45.03	
	100m: 1:20.25	43.42	200m: 2:51.71	46.62	300m: 4:24.57	46.53	400m: 5:50.57	40.97	
8.	Sawicka Maja	11	MOSM Tychy			5:59.31	+0,50	+ 1:09.02 -	281
	50m: 36.94	36.94	150m: 2:06.61	46.69	250m: 3:40.48	46.78	350m: 5:14.04	45.73	
	100m: 1:19.92	42.98	200m: 2:53.70	47.09	300m: 4:28.31	47.83	400m: 5:59.31	45.27	
9.	Bąk Magda	11	Uks "Salmo Żory"			5:59.43	+0,87	+ 1:09.14 -	280
	50m: 40.18	40.18	150m: 2:12.64	46.16	250m: 3:46.52	47.07	350m: 5:18.14	45.30	
	100m: 1:26.48	46.30	200m: 2:59.45	46.81	300m: 4:32.84	46.32	400m: 5:59.43	41.29	
NW	Jędraszak Hanna	11	UKS „Manta Kochłowice Ruda Śląska”					-	
15 lat									
1.	Rychter Zofia	10	MKS Park Wodny Tarnowskie Góry			4:48.60	+0,76	102%	542
	50m: 33.30	33.30	150m: 1:46.70	36.76	250m: 3:00.53	36.77	350m: 4:13.15	36.31	
	100m: 1:09.94	36.64	200m: 2:23.76	37.06	300m: 3:36.84	36.31	400m: 4:48.60	35.45	
2.	Rzepka Klara	10	UKS Aqua Team Mikołów			4:55.28	+0,82	+ 6.68 102%	506
	50m: 34.54	34.54	150m: 1:48.67	37.37	250m: 3:03.71	37.77	350m: 4:18.84	38.17	
	100m: 1:11.30	36.76	200m: 2:25.94	37.27	300m: 3:40.67	36.96	400m: 4:55.28	36.44	
3.	Kozubowska Paulina	10	UKS „Manta Kochłowice Ruda Śląska”			4:56.96	+0,79	+ 8.36 100%	497
	50m: 33.87	33.87	150m: 1:49.33	37.46	250m: 3:05.27	37.67	350m: 4:20.51	37.56	
	100m: 1:11.87	38.00	200m: 2:27.60	38.27	300m: 3:42.95	37.68	400m: 4:56.96	36.45	
4.	Jendrysik Paulina	10	KP „Sukces” Chorzów			4:58.99	+0,74	+ 10.39 99%	487
	50m: 33.56	33.56	150m: 1:48.58	37.80	250m: 3:05.72	38.73	350m: 4:22.40	37.87	
	100m: 1:10.78	37.22	200m: 2:26.99	38.41	300m: 3:44.53	38.81	400m: 4:58.99	36.59	
5.	Śliwakowska Magdalena	10	CSiR MOS w Dąbrowie Górniczej			5:03.27	+0,72	+ 14.67 -	467
	50m: 35.38	35.38	150m: 1:54.36	39.88	250m: 3:13.02	39.33	350m: 4:29.74	37.67	
	100m: 1:14.48	39.10	200m: 2:33.69	39.33	300m: 3:52.07	39.05	400m: 5:03.27	33.53	
6.	Maik Maja	10	UKS „Manta Kochłowice Ruda Śląska”			5:04.76	+0,72	+ 16.16 94%	460
	50m: 34.39	34.39	150m: 1:50.85	38.57	250m: 3:09.28	39.49	350m: 4:28.61	39.21	
	100m: 1:12.28	37.89	200m: 2:29.79	38.94	300m: 3:49.40	40.12	400m: 5:04.76	36.15	
7.	Piątek Maja	10	KS „Górniki” Sosnowiec			5:06.97	+0,59	+ 18.37 101%	450
	50m: 35.22	35.22	150m: 1:53.80	39.66	250m: 3:11.61	38.29	350m: 4:30.17	39.47	
	100m: 1:14.14	38.92	200m: 2:33.32	39.52	300m: 3:50.70	39.09	400m: 5:06.97	36.80	
8.	Fitał Karolina	10	UKP „Ruda Śląska”			5:09.56		+ 20.96 90%	439
	50m: 35.04	35.04	150m: 1:52.69	39.16	250m: 3:12.02	39.37	350m: 4:31.00	39.17	
	100m: 1:13.53	38.49	200m: 2:32.65	39.96	300m: 3:51.83	39.81	400m: 5:09.56	38.56	
9.	Kuśnierz Antonina	10	UKP „Ruda Śląska”			5:18.57	+0,77	+ 29.97 -	403
	50m: 36.85	36.85	150m: 1:58.98	41.41	250m: 3:19.90	40.67	350m: 4:39.90	40.26	
	100m: 1:17.57	40.72	200m: 2:39.23	40.25	300m: 3:59.64	39.74	400m: 5:18.57	38.67	

Konkurencja 23, Dziewcząt, 400m dowolny, 15 lat

Pozycja		Rok ur.					Czas	CR	Strata % popr.	FINA
10.	Artwik Hanna	10	Akademia Sms Racibórz				5:21.36	+0,77	+ 32.76 105%	392
	50m: 36.68	36.68	150m: 1:57.05	40.86	250m: 3:19.90	41.09	350m: 4:42.14	41.16		
	100m: 1:16.19	39.51	200m: 2:38.81	41.76	300m: 4:00.98	41.08	400m: 5:21.36	39.22		
11.	Morgańska Marta	10	UKS „Manta Kochłowice Ruda Śląska”				5:41.58	+0,79	+ 52.98 83%	327
	50m: 37.46	37.46	150m: 2:04.31	44.26	250m: 3:32.45	43.63	350m: 4:59.73	42.90		
	100m: 1:20.05	42.59	200m: 2:48.82	44.51	300m: 4:16.83	44.38	400m: 5:41.58	41.85		
NW	Milbrant Jagoda	10	UKS Aquatica Pawłowice						-	

16 lat

1.	Bednarek Lena	09	CSiR MOS w Dąbrowie Górniczej				4:46.27	+0,62	97%	555
	50m: 31.81	31.81	150m: 1:43.93	36.25	250m: 2:57.61	36.91	350m: 4:11.43	36.76		
	100m: 1:07.68	35.87	200m: 2:20.70	36.77	300m: 3:34.67	37.06	400m: 4:46.27	34.84		
2.	Bilińska Iga	09	UKS „Manta Kochłowice Ruda Śląska”				4:47.18	+0,74	+ 0.91 105%	550
	50m: 32.48	32.48	150m: 1:45.46	36.71	250m: 2:59.18	36.43	350m: 4:12.22	36.41		
	100m: 1:08.75	36.27	200m: 2:22.75	37.29	300m: 3:35.81	36.63	400m: 4:47.18	34.96		
3.	Maik Victoria	09	UKS „Manta Kochłowice Ruda Śląska”				4:51.24	+0,73	+ 4.97 97%	527
	50m: 32.38	32.38	150m: 1:45.15	36.65	250m: 4:15.85	1:53.29	350m:			
	100m: 1:08.50	36.12	200m: 2:22.56	37.41	300m: 3:38.47		400m: 4:51.24			
4.	Stambuła Joanna	09	Akademia Sms Racibórz				4:53.85	+0,73	+ 7.58 119%	513
	50m: 33.98	33.98	150m: 1:47.83	37.24	250m: 3:02.75	37.71	350m: 4:18.03	37.76		
	100m: 1:10.59	36.61	200m: 2:25.04	37.21	300m: 3:40.27	37.52	400m: 4:53.85	35.82		
5.	Ciupa Ewelina	09	UKS „Manta Kochłowice Ruda Śląska”				4:57.72	+0,72	+ 11.45 92%	494
	50m: 33.05	33.05	150m: 1:47.60	37.87	250m: 3:03.66	38.21	350m: 4:20.31	37.85		
	100m: 1:09.73	36.68	200m: 2:25.45	37.85	300m: 3:42.46	38.80	400m: 4:57.72	37.41		
6.	Duda Katarzyna	09	UKS Victoria Kozy				5:05.90	+0,77	+ 19.63 106%	455
	50m: 33.75	33.75	150m: 1:51.54	39.15	250m: 3:10.04	39.27	350m: 4:28.16	39.00		
	100m: 1:12.39	38.64	200m: 2:30.77	39.23	300m: 3:49.16	39.12	400m: 5:05.90	37.74		
7.	Kosmaty Julita	09	UKS Victoria Kozy				5:21.64	+0,75	+ 35.37 106%	391
	50m: 35.77	35.77	150m: 1:55.29	40.90	250m: 3:19.40	42.12	350m:			
	100m: 1:14.39	38.62	200m: 2:37.28	41.99	300m: 4:01.15	41.75	400m: 5:21.64			
8.	Voloshyn Vira	09	MKS SMS Victoria Racibórz				5:36.41	+0,67	+ 50.14 -	342
	50m: 37.93	37.93	150m: 2:04.21	43.22	250m: 3:31.15	43.10	350m: 4:57.20	42.06		
	100m: 1:20.99	43.06	200m: 2:48.05	43.84	300m: 4:15.14	43.99	400m: 5:36.41	39.21		

17 lat i starsi

1.	Sitkiewicz Jagoda	07	UKS Wodnik Siemianowice Śląskie				4:39.71	+0,72	104%	595
	50m: 1:43.86	1:43.86	150m: 4:05.93	2:57.72	250m:		350m:			
	100m: 1:08.21		200m: 2:19.89		300m: 3:31.12		400m: 4:39.71			
2.	Rączkowska Maja	07	LKS Jedność 32 Przyszowice				4:40.67	+0,72	+ 0.96 95%	589
	50m: 32.38	32.38	150m: 1:42.27	34.90	250m: 2:53.31	35.97	350m: 4:05.37	36.03		
	100m: 1:07.37	34.99	200m: 2:17.34	35.07	300m: 3:29.34	36.03	400m: 4:40.67	35.30		
3.	Idzikowska Iga	05	UKS Wodnik Siemianowice Śląskie				4:50.89	+0,72	+ 11.18 -	529
	50m: 33.60	33.60	150m: 1:46.02	36.69	250m: 2:59.94	36.84	350m: 4:14.43	37.29		
	100m: 1:09.33	35.73	200m: 2:23.10	37.08	300m: 3:37.14	37.20	400m: 4:50.89	36.46		
4.	Szpernalowska Mila	08	CSiR MOS w Dąbrowie Górniczej				4:51.48	+0,74	+ 11.77 98%	526
	50m: 33.99	33.99	150m: 1:48.48	37.12	250m: 3:03.11	37.08	350m: 4:16.93	36.41		
	100m: 1:11.36	37.37	200m: 2:26.03	37.55	300m: 3:40.52	37.41	400m: 4:51.48	34.55		
5.	Bukowska Olga	05	UKP „Ruda Śląska”				4:52.21	+0,70	+ 12.50 -	522
	50m: 33.23	33.23	150m: 1:46.45	37.11	250m: 3:01.71	37.57	350m: 4:16.75	37.19		
	100m: 1:09.34	36.11	200m: 2:24.14	37.69	300m: 3:39.56	37.85	400m: 4:52.21	35.46		
6.	Kordek Zuzanna	08	Akademia Sms Racibórz				4:55.92	+0,85	+ 16.21 94%	503
	50m: 32.17	32.17	150m: 1:46.15	38.11	250m: 3:03.88	39.42	350m: 4:21.65	38.48		
	100m: 1:08.04	35.87	200m: 2:24.46	38.31	300m: 3:43.17	39.29	400m: 4:55.92	34.27		
7.	Drabik Aneta	04	KP „Sukces” Chorzów				4:56.74	+0,68	+ 17.03 95%	499
	50m: 33.74	33.74	150m: 1:48.93	37.86	250m: 3:05.41	37.99	350m: 4:20.95	37.34		
	100m: 1:11.07	37.33	200m: 2:27.42	38.49	300m: 3:43.61	38.20	400m: 4:56.74	35.79		
8.	Gawlik Jagoda	06	UKS „Huragan” przy SP nr 45 w Sosno				5:02.97	+0,73	+ 23.26 94%	468
	50m: 33.67	33.67	150m: 1:48.60	37.99	250m: 3:05.08	38.42	350m: 4:23.53	39.60		
	100m: 1:10.61	36.94	200m: 2:26.66	38.06	300m: 3:43.93	38.85	400m: 5:02.97	39.44		

Konkurencja 23, Kobiet, 400m dowolny, 17 lat i starsi

Pozycja		Rok ur.					Czas	CR	Strata % popr.	FINA
9.	Bukowska Michalina	07	UKP „Ruda Śląska”				5:19.07	+0,69	+ 39.36 87%	401
	50m: 35.07	35.07	150m: 3:16.48	2:02.44	250m: 4:38.86	2:03.78	350m:			
	100m: 1:14.04	38.97	200m: 2:35.08		300m: 3:57.46		400m: 5:19.07			
PK	Emerling Diana	10	Swim Team MOSiR Kędzierzyn-Koźle				4:46.22	+0,70	99%	556
	50m: 31.83	31.83	150m: 1:44.04	36.38	250m: 2:58.04	37.18	350m: 4:11.66			36.66
	100m: 1:07.66	35.83	200m: 2:20.86	36.82	300m: 3:35.00	36.96	400m: 4:46.22			34.56
PK	Nosal Nela	10	MKS Juvenia Wrocław				4:47.12	+0,78	103%	550
	50m: 32.37	32.37	150m: 1:45.02	36.75	250m: 2:59.49	36.91	350m: 4:11.73			35.46
	100m: 1:08.27	35.90	200m: 2:22.58	37.56	300m: 3:36.27	36.78	400m: 4:47.12			35.39
PK	Zabrzaska Kinga	07	MKS Juvenia Wrocław				4:49.00	+0,77	101%	540
	50m: 32.98	32.98	150m: 1:46.22	37.27	250m: 3:01.25	37.55	350m: 4:15.02			36.70
	100m: 1:08.95	35.97	200m: 2:23.70	37.48	300m: 3:38.32	37.07	400m: 4:49.00			33.98
PK	Savchuk Polina	10	Sekcja Pływacka Meduza Pajęczno				4:56.16	+0,74	103%	502
	50m: 33.86	33.86	150m: 1:48.72	37.90	250m: 3:05.11	38.12	350m: 4:20.90			37.75
	100m: 1:10.82	36.96	200m: 2:26.99	38.27	300m: 3:43.15	38.04	400m: 4:56.16			35.26
PK	Bębas Lena	11	Swim Team MOSiR Kędzierzyn-Koźle				5:03.87	+0,66	103%	464
	50m: 33.78	33.78	150m: 1:49.32	38.36	250m: 3:07.06	38.82	350m: 4:25.19			38.75
	100m: 1:10.96	37.18	200m: 2:28.24	38.92	300m: 3:46.44	39.38	400m: 5:03.87			38.68
PK	Żurakowska Zuzanna	10	MKS Juvenia Wrocław				5:04.43	+0,86	98%	462
	50m: 35.19	35.19	150m: 1:51.48	38.44	250m: 3:08.39	38.09	350m: 4:26.42			39.02
	100m: 1:13.04	37.85	200m: 2:30.30	38.82	300m: 3:47.40	39.01	400m: 5:04.43			38.01
PK	Prochera Maja	10	Stowarzyszenie Hobby Sport				5:04.54	+0,77	-	461
	50m: 32.91	32.91	150m: 1:51.54	39.91	250m: 3:10.75	39.06	350m: 4:29.50			38.11
	100m: 1:11.63	38.72	200m: 2:31.69	40.15	300m: 3:51.39	40.64	400m: 5:04.54			35.04