

Konkurencja 49
20.05.2026 - 13:31

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Rekord	I liga SwimRankings Open	4:46.76	ZUKOWSKA Paula	00611	Lodz	25.05.2018
Rekord	I liga SwimRankings 19 +	4:46.76	ZUKOWSKA Paula	00611	Lodz	25.05.2018
Rekord	I liga SwimRankings 18	4:57.51	KULA Sylwia	00611	Ostrowiec	19.05.2006
Rekord	I liga SwimRankings 17	4:59.34	DEMBNIAK Katarzyna	01311	Debica	13.04.2007
Rekord	I liga SwimRankings 16	4:57.18	DEMBNIAK Katarzyna	01311	Wolow	14.07.2006
Rekord	I liga SwimRankings 15	5:05.20	FAMULOK Zuzanna	01211	Oswiecim	13.07.2018
Rekord	I liga SwimRankings 14	5:07.50	DUDEK Lena	02711	Olsztyn	27.04.2023

Klasa sportowa II/14 - 14: 5:35.31 / Klasa sportowa II/15 - 15: 5:25.74 / Klasa sportowa II/16 - 16: 5:17.16 / Klasa sportowa II/17-18 - 18: 5:11.59

Punkty: AQUA 2025

Pozycja	Rok ur.	Zas	%popr.	FINA	P.Klub	100m	200m	300m	400m			
14 lat												
1.	BARTNICZAK Julia	12 MOSM Tychy	5:29.03	101%	518 27,00	1:11.80	1:32.44	1:31.62	1:13.17			
	<i>II/14</i>											
	50m:	32.84	32.84	150m:	1:59.63	47.83	250m:	3:30.40	46.16	350m:	4:52.87	37.01
	100m:	1:11.80	38.96	200m:	2:44.24	44.61	300m:	4:15.86	45.46	400m:	5:29.03	36.16
2.	BLUKACZ Pola	12 UKS ORKA Cz stochowa	5:34.93	105%	491 22,00	1:15.04	1:31.38	1:33.03	1:15.48			
	<i>II/14</i>											
	50m:	34.39	34.39	150m:	2:02.24	47.20	250m:	3:32.90	46.48	350m:	4:58.80	39.35
	100m:	1:15.04	40.65	200m:	2:46.42	44.18	300m:	4:19.45	46.55	400m:	5:34.93	36.13
3.	SOCHA Małgorzata	12 CSiR MOS w D browie G	5:36.89	97%	483 17,00	1:18.56	1:27.17	1:35.21	1:15.95			
	<i>II/14</i>											
	50m:	34.92	34.92	150m:	3:32.54	2:13.98	250m:	4:59.39	2:13.66	350m:		
	100m:	1:18.56	43.64	200m:	2:45.73		300m:	4:20.94		400m:	5:36.89	
4.	SKUBISZ Liliana	12 CSiR MOS w D browie G	5:38.86	103%	474 17,00	1:12.87	1:32.02	1:38.96	1:15.01			
	<i>II/14</i>											
	50m:	33.67	33.67	150m:	3:34.24	2:21.37	250m:	5:02.37	2:17.48	350m:		
	100m:	1:12.87	39.20	200m:	2:44.89		300m:	4:23.85		400m:	5:38.86	
5.	JASIELSKA Emilia	12 UKS „Aligator” Gorzyce	6:00.87	-	393 13,00	1:21.08	1:44.19	1:37.98	1:17.62			
	<i>II/14</i>											
	50m:	35.19	35.19	150m:	2:14.16	53.08	250m:	3:53.99	48.72	350m:	5:22.92	39.67
	100m:	1:21.08	45.89	200m:	3:05.27	51.11	300m:	4:43.25	49.26	400m:	6:00.87	37.95
6.	KARKOWSKA Julia	12 UKS Wodnik Siemianowice	6:30.88e	-	309 11,00	1:25.68	1:51.98	1:52.68	1:20.54			
	<i>II/14</i>											
	50m:	39.74	39.74	150m:	2:23.56	57.88	250m:	4:13.99	56.33	350m:	5:51.52	41.18
	100m:	1:25.68	45.94	200m:	3:17.66	54.10	300m:	5:10.34	56.35	400m:	6:30.88	39.36
7.	PROCZ Dominika	12 UKS „Manta Kochłowice	F6:45.86	-	276 9,00	1:38.91	1:42.70	1:50.29	1:33.96			
	<i>II/14</i>											
	50m:	44.78	44.78	150m:	2:31.30	52.39	250m:	4:16.54	54.93	350m:	5:59.52	47.62
	100m:	1:38.91	54.13	200m:	3:21.61	50.31	300m:	5:11.90	55.36	400m:	6:45.86	46.34
8.	PAWLAS Tatiana	12 Uks "Salmo ory"	7:18.64	-	218 7,00	1:40.76	1:49.49	1:57.77	1:50.62			
	<i>II/14</i>											
	50m:	45.48	45.48	150m:	2:36.21	55.45	250m:	4:27.70	57.45	350m:	6:22.79	54.77
	100m:	1:40.76	55.28	200m:	3:30.25	54.04	300m:	5:28.02	1:00.32	400m:	7:18.64	55.85
NW SAJ Amelia	12 KP H2O Jastrz bie-Zdrój		-	-								
15 lat												
1.	BOMBA Julia	11 CSiR MOS w D browie G	5:12.60	97%	604 25,00	1:10.43	1:21.48	1:31.69	1:09.00			
	<i>II/16</i>											
	50m:	32.96	32.96	150m:	1:51.84	41.41	250m:	3:17.96	46.05	350m:	4:38.19	34.59
	100m:	1:10.43	37.47	200m:	2:31.91	40.07	300m:	4:03.60	45.64	400m:	5:12.60	34.41
2.	KULKA Milena	11 CSiR MOS w D browie G	5:15.06	99%	590 20,00	1:11.83	1:23.08	1:29.64	1:10.51			
	<i>II/16</i>											
	50m:	33.50	33.50	150m:	1:53.67	41.84	250m:	3:20.13	45.22	350m:	4:40.72	36.17
	100m:	1:11.83	38.33	200m:	2:34.91	41.24	300m:	4:04.55	44.42	400m:	5:15.06	34.34
3.	RÓZGA Nina	11 CSiR MOS w D browie G	5:23.23	108%	547 19,00	1:14.55	1:24.59	1:32.87	1:11.22			
	<i>II/15</i>											
	50m:	33.99	33.99	150m:	1:57.10	42.55	250m:	3:24.82	45.68	350m:	4:49.15	37.14
	100m:	1:14.55	40.56	200m:	2:39.14	42.04	300m:	4:12.01	47.19	400m:	5:23.23	34.08
4.	PI TKIEWICZ Martyna	11 CSiR MOS w D browie G	5:28.24	109%	522 17,00	1:13.62	1:24.60	1:33.96	1:16.06			
	<i>II/15</i>											
	50m:	33.93	33.93	150m:	1:56.41	42.79	250m:	3:24.81	46.59	350m:	4:50.89	38.71
	100m:	1:13.62	39.69	200m:	2:38.22	41.81	300m:	4:12.18	47.37	400m:	5:28.24	37.35

Konkurencja 49, Dziewcz t, 400m zmienny, 15 lat

Pozycja	Rok ur.	Znas	%popr.	FINA	P.Klub	100m	200m	300m	400m		
5. FILIPEK Małgorzata	11 MKS MOS Katowice	5:41.18	99%	465	13,00	1:14.96	1:28.69	1:38.93	1:18.60		
50m:	34.87	34.87	150m:	1:59.44	44.48	250m:	3:33.42	49.77	350m:	5:03.00	40.42
100m:	1:14.96	40.09	200m:	2:43.65	44.21	300m:	4:22.58	49.16	400m:	5:41.18	38.18
6. BYSIEC Jagoda	11 CSiR MOS w D browie G	5:43.46	101%	456	13,00	1:14.17	1:29.46	1:41.06	1:18.77		
50m:	34.60	34.60	150m:	1:59.81	45.64	250m:	3:33.63	50.00	350m:	5:04.86	40.17
100m:	1:14.17	39.57	200m:	2:43.63	43.82	300m:	4:24.69	51.06	400m:	5:43.46	38.60
7. WÓJCIK Maja	11 UKS DRAGON Sosnowiec	5:43.75	106%	454	11,00	1:19.02	1:31.21	1:36.03	1:17.49		
50m:	35.56	35.56	150m:	2:04.50	45.48	250m:	3:37.76	47.53	350m:	5:05.97	39.71
100m:	1:19.02	43.46	200m:	2:50.23	45.73	300m:	4:26.26	48.50	400m:	5:43.75	37.78
8. WYLE YK Natalia	11 UKS „Manta Kochłowice	F5:59.66	sk89%	397	7,00	1:18.63	1:35.37	1:41.27	1:24.39		
50m:	35.69	35.69	150m:	2:06.62	47.99	250m:	3:45.10	51.10	350m:	5:17.75	42.48
100m:	1:18.63	42.94	200m:	2:54.00	47.38	300m:	4:35.27	50.17	400m:	5:59.66	41.91

16 lat i starsi

1. BARAN Paulina	08 KS „Górnik" Sosnowiec	5:13.23	113%	601	27,00	1:11.53	1:26.27	1:22.95	1:12.48		
50m:	32.94	32.94	150m:	1:55.39	43.86	250m:	3:18.54	40.74	350m:	4:38.47	37.72
100m:	1:11.53	38.59	200m:	2:37.80	42.41	300m:	4:00.75	42.21	400m:	5:13.23	34.76
2. KAPKA Antonina	09 CSiR MOS w D browie G	5:20.51	94%	561	20,00	1:13.31	1:27.11	1:28.77	1:11.32		
50m:	34.37	34.37	150m:	1:56.99	43.68	250m:	3:23.46	43.04	350m:	4:45.96	36.77
100m:	1:13.31	38.94	200m:	2:40.42	43.43	300m:	4:09.19	45.73	400m:	5:20.51	34.55
3. MALARZ Milena	09 UKS Victoria Kozy	5:21.49	101%	556	19,00	1:12.93	1:25.02	1:33.65	1:09.89		
50m:	33.59	33.59	150m:	1:56.11	43.18	250m:	3:24.81	46.86	350m:	4:47.70	36.10
100m:	1:12.93	39.34	200m:	2:37.95	41.84	300m:	4:11.60	46.79	400m:	5:21.49	33.79
4. WROTNIK Wiktor	10 CSiR MOS w D browie G	5:38.76	111%	475	17,00	1:17.36	1:25.61	1:39.57	1:16.22		
50m:	34.85	34.85	150m:	1:59.63	42.27	250m:	3:32.37	49.40	350m:	5:00.72	38.18
100m:	1:17.36	42.51	200m:	2:42.97	43.34	300m:	4:22.54	50.17	400m:	5:38.76	38.04
5. PODUSZY SKA W.	09 MKS Pałac Młodzie y Kat	5:49.27	105%	433	15,00	1:20.09	1:27.72	1:45.38	1:16.08		
50m:	36.18	36.18	150m:	2:04.47	44.38	250m:	3:40.73	52.92	350m:	5:12.35	39.16
100m:	1:20.09	43.91	200m:	2:47.81	43.34	300m:	4:33.19	52.46	400m:	5:49.27	36.92
6. MORGA SKA Marta	10 UKS „Manta Kochłowice	F6:34.15	sk81%	301	11,00	1:25.13	1:48.65	1:49.69	1:30.68		
50m:	38.80	38.80	150m:	2:22.50	57.37	250m:	4:08.31	54.53	350m:		
100m:	1:25.13	46.33	200m:	3:13.78	51.28	300m:	5:03.47	55.16	400m:	6:34.15	

DYSKW. JENDRYSIK Paulina 10 KP „Sukces" Chorzów -
O2 - Pływak nie ukończył całego dystansu. (Czas: 13:44)