

Konkurencja 6
18.06.2026 - 11:25

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Rekord I ska Swimrankings Open	4:46.76	ZUKOWSKA Paula	00611	Lodz	25.05.2018
Rekord I ska Swimrankings 19 +	4:46.76	ZUKOWSKA Paula	00611	Lodz	25.05.2018
Rekord I ska Swimrankings 18	4:57.51	KULA Sylwia	00611	Ostrowiec	19.05.2006
Rekord I ska Swimrankings 17	4:59.34	DEMBNIAK Katarzyna	01311	Debica	13.04.2007
Rekord I ska Swimrankings 16	4:57.18	DEMBNIAK Katarzyna	01311	Wolow	14.07.2006
Rekord I ska Swimrankings 15	5:05.20	FAMULOK Zuzanna	01211	Oswiecim	13.07.2018
Rekord I ska 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 Czas Strata %popr. FINA 100m 200m 300m 400m

14 lat

1. BARTNICZAK Julia	MOSM Tychy	5:30.70	99%	510	1:10.88	1:33.73	1:32.67	1:13.42			
<i>II klasa sportowa 14 lat</i>											
50m:	33.85	33.85	150m:	3:31.36	2:20.48	250m:	350m:	4:54.35	37.07		
100m:	1:10.88	37.03	200m:	2:44.61		300m:	400m:	5:30.70	36.35		
2. DARŁAK Lena	CSiR MOS w D browie Górnicy	5:37.86	+ 7.16	-	479	1:18.47	1:32.37	1:31.62	1:15.40		
50m:	35.53	35.53	150m:	2:05.72	47.25	250m:	3:35.73	44.89	350m:	5:01.02	38.56
100m:	1:18.47	42.94	200m:	2:50.84	45.12	300m:	4:22.46	46.73	400m:	5:37.86	36.84
3. BLUKACZ Pola	UKS ORKA Cz stochowa	5:38.19	+ 7.49	98%	477	1:15.29	1:31.28	1:34.30	1:17.32		
50m:	35.14	35.14	150m:	2:01.91	46.62	250m:	3:33.78	47.21	350m:	5:01.08	40.21
100m:	1:15.29	40.15	200m:	2:46.57	44.66	300m:	4:20.87	47.09	400m:	5:38.19	37.11
4. WI TEK Laura	UKS Wodnik Siemianowice I skie	6:11.24	+ 40.54	-	361	1:23.09	1:43.15	1:44.08	1:20.92		
50m:	37.94	37.94	150m:	2:15.56	52.47	250m:	3:57.74	51.50	350m:	5:31.19	40.87
100m:	1:23.09	45.15	200m:	3:06.24	50.68	300m:	4:50.32	52.58	400m:	6:11.24	40.05
5. JASIELSKA Emilia	UKS „Aligator” Gorzyce	6:13.62	+ 42.92	93%	354	1:21.09	1:47.08	1:43.35	1:22.10		
50m:	36.49	36.49	150m:	2:14.67	53.58	250m:	3:59.31	51.14	350m:	5:33.82	42.30
100m:	1:21.09	44.60	200m:	3:08.17	53.50	300m:	4:51.52	52.21	400m:	6:13.62	39.80
6. CYGANEK Ewa	Ognisko TKKF Szczygłowie	6:22.31	+ 51.61	-	330	1:27.18	1:35.86	1:54.01	1:25.26		
50m:	36.56	36.56	150m:	3:58.88	2:31.70	250m:			350m:		
100m:	1:27.18	50.62	200m:	3:03.04		300m:	4:57.05		400m:	6:22.31	
7. STEC Adela	UKS „ONDRASZEK” w Bielsku-Białym	6:28.58	+ 57.88	-	314	1:24.96	1:45.70	1:49.92	1:28.00		
50m:	37.48	37.48	150m:	2:18.07	53.11	250m:	4:04.49	53.83	350m:		
100m:	1:24.96	47.48	200m:	3:10.66	52.59	300m:	5:00.58	56.09	400m:	6:28.58	
8. KASTARYNDA Ligia	Uks "Salmo ory"	6:47.01	+ 1:16.39	-	273	1:41.93	1:36.05	1:58.02	1:31.09		
50m:	46.40	46.40	150m:	2:30.48	48.55	250m:	4:17.02	59.04	350m:	6:02.28	46.28
100m:	1:41.93	55.53	200m:	3:17.98	47.50	300m:	5:16.00	58.98	400m:	6:47.09	44.81

15 lat

1. PI TKIEWICZ Martyna	CSiR MOS w D browie Górnicy	5:32.72		97%	501	1:12.40	1:25.95	1:36.55	1:17.82		
50m:	33.36	33.36	150m:	1:55.98	43.58	250m:	3:26.34	47.99	350m:	4:54.46	39.56
100m:	1:12.40	39.04	200m:	2:38.35	42.37	300m:	4:14.90	48.56	400m:	5:32.72	38.26
2. BYSIEC Jagoda	CSiR MOS w D browie Górnicy	5:38.93	+ 6.21	103%	474	1:13.04	1:28.10	1:40.12	1:17.67		
50m:	33.49	33.49	150m:	1:56.97	43.93	250m:	3:30.63	49.49	350m:	5:00.85	39.59
100m:	1:13.04	39.55	200m:	2:41.14	44.17	300m:	4:21.26	50.63	400m:	5:38.93	38.08
3. SKÓRKA Kamila	MKS Park Wodny Tarnowskie Góry	5:45.86	+ 13.14	96%	446	1:19.13	1:32.22	1:35.07	1:19.44		
50m:	35.70	35.70	150m:	2:06.27	47.14	250m:	3:38.60	47.25	350m:	5:06.97	40.55
100m:	1:19.13	43.43	200m:	2:51.35	45.08	300m:	4:26.42	47.82	400m:	5:45.86	38.89
4. STARO Lena	MKS Park Wodny Tarnowskie Góry	6:15.02	+ 42.30	-	350	1:26.22	1:38.51	1:41.56	1:28.73		
50m:	39.97	39.97	150m:	2:17.52	51.30	250m:	3:55.25	50.52	350m:		
100m:	1:26.22	46.25	200m:	3:04.73	47.21	300m:	4:46.29	51.04	400m:	6:15.02	

16 lat

1. WROTNIK Wiktorja	CSiR MOS w D browie Górnicy	5:35.25		102%	490	1:19.12	1:23.14	1:39.02	1:13.97		
50m:	36.94	36.94	150m:	1:59.74	40.62	250m:	3:31.51	49.25	350m:	4:58.13	36.85
100m:	1:19.12	42.18	200m:	2:42.26	42.52	300m:	4:21.28	49.77	400m:	5:35.25	37.12
2. JENDRYSIK Paulina	KP „Sukces” Chorzów	5:39.54	+ 4.29	97%	472	1:15.45	1:24.99	1:38.98	1:20.12		
50m:	34.49	34.49	150m:	1:58.32	42.87	250m:	3:29.38	48.94	350m:	4:59.13	39.71
100m:	1:15.45	40.96	200m:	2:40.44	42.12	300m:	4:19.42	50.04	400m:	5:39.54	40.41

Konkurencja 6, Dziewcz t, 400m zmienny, 16 lat

Pozycja					Czas	Strata	%popr.	FINA	100m	200m	300m	400m
3.	LISZKA Aniela	LKS Jedno 32 Przystowice			5:55.46	+ 20.21	96%	411	1:21.70	1:36.22	1:37.54	1:20.00
	50m:	37.40	37.40	150m:	2:11.13	49.43	250m:	3:46.09	48.17	350m:	5:16.19	40.73
	100m:	1:21.70	44.30	200m:	2:57.92	46.79	300m:	4:35.46	49.37	400m:	5:55.46	39.27
4.	MORGA SKA Marta	UKS „Manta Kochłowice Ruda I			6:54.21	+ 1:19.03	84%	259	1:29.59	1:57.98	1:50.52	1:36.19
	50m:	38.61	38.61	150m:	2:28.88	59.29	250m:	4:21.87	54.30	350m:	6:04.99	46.90
	100m:	1:29.59	50.98	200m:	3:27.57	58.69	300m:	5:18.09	56.22	400m:	6:54.28	49.29
17 lat i starsi												
1.	DUDEK Lena	CSiR MOS w D browie Górnicyzej			5:18.87		98%	569	1:11.03	1:23.36	1:31.13	1:13.35
	50m:	32.91	32.91	150m:	1:52.82	41.79	250m:	3:19.40	45.01	350m:	4:42.64	37.12
	100m:	1:11.03	38.12	200m:	2:34.39	41.57	300m:	4:05.52	46.12	400m:	5:18.87	36.23
2.	SKRZYPCZAK Natalia	Akademia Sms Racibórz			5:21.84	+ 2.97	99%	554	1:12.95	1:24.91	1:29.61	1:14.37
	50m:	33.79	33.79	150m:	1:55.95	43.00	250m:	3:22.82	44.96	350m:	4:45.28	37.81
	100m:	1:12.95	39.16	200m:	2:37.86	41.91	300m:	4:07.47	44.65	400m:	5:21.84	36.56
3.	MALARZ Milena	UKS Victoria Kozy			5:25.37	+ 6.50	98%	536	1:13.00	1:24.60	1:34.95	1:12.82
	50m:	33.64	33.64	150m:	1:55.79	42.79	250m:	3:24.72	47.12	350m:	4:50.00	37.45
	100m:	1:13.00	39.36	200m:	2:37.60	41.81	300m:	4:12.55	47.83	400m:	5:25.37	35.37
4.	DRABIK Aneta	MKS MOS Katowice			5:38.43	+ 19.56	94%	476	1:17.73	1:29.96	1:34.40	1:16.34
	50m:	35.55	35.55	150m:	2:03.46	45.73	250m:	3:34.11	46.42	350m:	5:01.73	39.64
	100m:	1:17.73	42.18	200m:	2:47.69	44.23	300m:	4:22.09	47.98	400m:	5:38.43	36.70
	PK ZAWALSKA Liliana	Swim Team MOSiR K dzierzyn-Ko			5:59.38		96%	398	1:20.57	1:36.08	1:37.81	1:24.92
	50m:	36.41	36.41	150m:	2:09.50	48.93	250m:	3:45.47	48.82	350m:	5:19.11	44.65
	100m:	1:20.57	44.16	200m:	2:56.65	47.15	300m:	4:34.46	48.99	400m:	5:59.38	40.27