



Konkurencja 17
30/11/2024 - 12:59

Kobiet, 400m zmienny

12 lat i starsi
Wyniki

Rekord Zawodów 4:45.60 Knop Aleksandra POL O wi cim 22/12/2023

Punkty: AQUA 2024

Pozycja	Rok ur.	Czas	Pkt.
17 lat i starsi			
1. Wilk Anna	06 Fala Kra nik	4:55.62	672
50m: 32.49 32.49	150m: 1:48.38 38.94	250m: 3:07.93 41.69	350m: 4:22.94 33.66
100m: 1:09.44 36.95	200m: 2:26.24 37.86	300m: 3:49.28 41.35	400m: 4:55.62 32.68
2. Sulak Antonina	06 AZS AWF Katowice	4:59.11	648
50m: 32.30 32.30	150m: 1:48.75 39.38	250m: 3:08.66 42.23	350m: 4:25.38 34.82
100m: 1:09.37 37.07	200m: 2:26.43 37.68	300m: 3:50.56 41.90	400m: 4:59.11 33.73
3. Pozna ska Justyna	05 AZS AWF Katowice	5:01.76	631
50m: 31.93 31.93	150m: 1:46.17 37.99	250m: 3:06.77 43.64	350m: 4:26.76 35.81
100m: 1:08.18 36.25	200m: 2:23.13 36.96	300m: 3:50.95 44.18	400m: 5:01.76 35.00
4. Marciniak Aleksandra	07 SMS Galicja Kraków	5:11.14	576
50m: 32.41 32.41	150m: 1:49.97 40.65	250m: 3:14.02 44.34	350m: 4:34.68 36.41
100m: 1:09.32 36.91	200m: 2:29.68 39.71	300m: 3:58.27 44.25	400m: 5:11.14 36.46
5. Sowa Barbara	07 Unia O wi cim	5:16.93	545
50m: 33.55 33.55	150m: 1:54.57 41.79	250m: 3:21.97 46.71	350m: 4:42.53 33.98
100m: 1:12.78 39.23	200m: 2:35.26 40.69	300m: 4:08.55 46.58	400m: 5:16.93 34.40
6. Bukowska Michalina	07 UKP Ruda l ska	5:49.94	405
50m: 36.44 36.44	150m: 2:06.25 46.72	250m: 3:40.64 50.09	350m: 5:10.66 41.08
100m: 1:19.53 43.09	200m: 2:50.55 44.30	300m: 4:29.58 48.94	400m: 5:49.94 39.28

15 - 16 lat

1. Mosiakina Sofia	08 Unia O wi cim	5:07.85	595
50m: 32.85 32.85	150m: 1:50.84 40.88	250m: 3:14.96 44.37	350m: 4:34.66 35.53
100m: 1:09.96 37.11	200m: 2:30.59 39.75	300m: 3:59.13 44.17	400m: 5:07.85 33.19
2. Wieczorek Michalina	09 Unia O wi cim	5:16.09	549
50m: 33.08 33.08	150m: 1:52.77 41.44	250m: 3:18.76 45.23	350m: 4:41.30 36.59
100m: 1:11.33 38.25	200m: 2:33.53 40.76	300m: 4:04.71 45.95	400m: 5:16.09 34.79
3. Wrona Maria	08 Unia O wi cim	5:21.78	521
50m: 34.13 34.13	150m: 1:55.93 42.54	250m: 3:23.45 45.97	350m: 4:46.31 36.31
100m: 1:13.39 39.26	200m: 2:37.48 41.55	300m: 4:10.00 46.55	400m: 5:21.78 35.47

14 lat

1. Artyukh Anastasiya	10 Swimming School 9 Lviv	5:22.87	515
50m: 35.68 35.68	150m: 1:57.98 42.37	250m: 3:25.39 46.87	350m: 4:48.94 36.16
100m: 1:15.61 39.93	200m: 2:38.52 40.54	300m: 4:12.78 47.39	400m: 5:22.87 33.93
2. Klajmon Karolina	10 NKP Bielsko-Biała	5:23.14	514
50m: 32.66 32.66	150m: 1:52.17 41.62	250m: 3:20.40 46.97	350m: 4:46.91 38.86
100m: 1:10.55 37.89	200m: 2:33.43 41.26	300m: 4:08.05 47.65	400m: 5:23.14 36.23
3. Fitał Karolina	10 UKP Ruda l ska	5:27.91	492
50m: 34.98 34.98	150m: 2:00.06 44.13	250m: 3:29.08 46.76	350m: 4:52.46 36.98
100m: 1:15.93 40.95	200m: 2:42.32 42.26	300m: 4:15.48 46.40	400m: 5:27.91 35.45
4. Zienkowska Maja	10 KS H2O Bochnia	5:41.75	434
50m: 35.52 35.52	150m: 2:02.70 44.29	250m: 3:33.33 48.30	350m: 5:03.37 41.57
100m: 1:18.41 42.89	200m: 2:45.03 42.33	300m: 4:21.80 48.47	400m: 5:41.75 38.38



Konkurencja 17, Dziewcz t, 400m zmienny, 14 lat

Pozycja				Rok ur.					Czas	Pkt.		
5.	Puk Agata			10	TKKF Szczygłowie				5:52.98	394		
	50m:	39.23	39.23	150m:	2:11.95	46.70	250m:	3:47.10	47.37	350m:	5:15.84	39.82
	100m:	1:25.25	46.02	200m:	2:59.73	47.78	300m:	4:36.02	48.92	400m:	5:52.98	37.14
6.	Bro ek Milena			10	MOSM Tychy				5:54.36	390		
	50m:	39.64	39.64	150m:	2:12.41	45.94	250m:	3:47.31	49.37	350m:	5:17.92	40.69
	100m:	1:26.47	46.83	200m:	2:57.94	45.53	300m:	4:37.23	49.92	400m:	5:54.36	36.44

13 lat

1.	Dancik Laura			11	NKP Bielsko-Biała				5:25.63	502		
	50m:	35.33	35.33	150m:	1:59.17	41.98	250m:	3:24.74	45.11	350m:	4:48.29	38.86
	100m:	1:17.19	41.86	200m:	2:39.63	40.46	300m:	4:09.43	44.69	400m:	5:25.63	37.34
2.	Kiero ska Maryla			11	Olimpijczyk Kraków				5:38.55	447		
	50m:	35.60	35.60	150m:	2:01.01	43.88	250m:	3:30.94	47.00	350m:	4:59.41	40.66
	100m:	1:17.13	41.53	200m:	2:43.94	42.93	300m:	4:18.75	47.81	400m:	5:38.55	39.14
3.	Wójcik Maja			11	Huragan Sosnowiec				6:00.28	371		
	50m:	37.82	37.82	150m:	2:10.52	45.56	250m:	3:45.67	51.37	350m:	5:20.04	42.61
	100m:	1:24.96	47.14	200m:	2:54.30	43.78	300m:	4:37.43	51.76	400m:	6:00.28	40.24

12 lat

1.	Kacer Maria			12	BOSiR Brzesko				5:24.97	505		
	50m:	33.83	33.83	150m:	1:57.58	43.86	250m:	3:27.61	46.44	350m:	4:50.39	35.87
	100m:	1:13.72	39.89	200m:	2:41.17	43.59	300m:	4:14.52	46.91	400m:	5:24.97	34.58