



Konkurencja 31  
30/11/2024 - 19:12

Kobiet, 400m dowolny

12 lat i starsi  
Wyniki

Rekord Zawodów 4:13.86 Knop Aleksandra POL O wi cim 22/12/2023

Punkty: AQUA 2024

Pozycja	Rok ur.	Czas		Pkt.
<b>17 lat i starsi</b>				
1. Pola ska Aleksandra <i>Rekord Zawodów</i>	00	AZS Uniwersytet Warszawski		<b>4:13.55</b> 759
50m: 29.05 29.05	150m: 1:32.42 31.94	250m: 2:36.92 32.39	350m: 3:41.99 32.84	
100m: 1:00.48 31.43	200m: 2:04.53 32.11	300m: 3:09.15 32.23	400m: 4:13.55 31.56	
2. Wiernicka Julia	07	AZS UMCS Lublin		<b>4:23.18</b> 678
50m: 30.20 30.20	150m: 1:36.56 33.57	250m: 2:43.27 33.52	350m: 3:51.29 33.99	
100m: 1:02.99 32.79	200m: 2:09.75 33.19	300m: 3:17.30 34.03	400m: 4:23.18 31.89	
3. Wilk Anna	06	Fala Kra nik		<b>4:26.93</b> 650
50m: 30.56 30.56	150m: 1:38.04 33.82	250m: 2:45.85 33.72	350m: 3:54.42 34.29	
100m: 1:04.22 33.66	200m: 2:12.13 34.09	300m: 3:20.13 34.28	400m: 4:26.93 32.51	
4. Kusion Judyta	06	Unia O wi cim		<b>4:28.80</b> 637
50m: 30.86 30.86	150m: 1:38.42 34.03	250m: 2:46.46 34.21	350m: 3:55.30 34.53	
100m: 1:04.39 33.53	200m: 2:12.25 33.83	300m: 3:20.77 34.31	400m: 4:28.80 33.50	
5. Kulik Julia	05	AZS Uniwersytet Warszawski		<b>4:28.96</b> 636
50m: 30.57 30.57	150m: 1:37.42 33.48	250m: 2:45.54 34.13	350m: 3:54.89 34.87	
100m: 1:03.94 33.37	200m: 2:11.41 33.99	300m: 3:20.02 34.48	400m: 4:28.96 34.07	
6. R czkowska Maja	07	Jedno 32 Przyszowice		<b>4:35.33</b> 592
50m: 30.92 30.92	150m: 1:39.27 34.31	250m: 2:49.51 35.34	350m: 4:00.80 35.65	
100m: 1:04.96 34.04	200m: 2:14.17 34.90	300m: 3:25.15 35.64	400m: 4:35.33 34.53	
7. Sowa Barbara	07	Unia O wi cim		<b>4:40.30</b> 561
50m: 31.33 31.33	150m: 1:40.56 35.14	250m: 2:52.26 36.02	350m: 4:04.47 36.13	
100m: 1:05.42 34.09	200m: 2:16.24 35.68	300m: 3:28.34 36.08	400m: 4:40.30 35.83	
8. Volkert Julia	05	AZS AWF Katowice		<b>4:46.99</b> 523
50m: 32.35 32.35	150m: 1:43.22 35.81	250m: 2:55.56 36.10	350m: 4:09.15 37.11	
100m: 1:07.41 35.06	200m: 2:19.46 36.24	300m: 3:32.04 36.48	400m: 4:46.99 37.84	
9. Badura Natalia	06	Manta Kochłowice Ruda I.		<b>4:54.80</b> 482
50m: 32.33 32.33	150m: 1:46.17 37.30	250m: 3:01.90 37.93	350m: 4:18.34 38.11	
100m: 1:08.87 36.54	200m: 2:23.97 37.80	300m: 3:40.23 38.33	400m: 4:54.80 36.46	

15 - 16 lat

1. Polak Iga	09	Unia O wi cim		<b>4:19.66</b> 706
50m: 29.65 29.65	150m: 1:34.10 32.55	250m: 2:40.23 33.26	350m: 3:46.96 33.40	
100m: 1:01.55 31.90	200m: 2:06.97 32.87	300m: 3:13.56 33.33	400m: 4:19.66 32.70	
2. Łakoma Maria	08	SMS Galicja Kraków		<b>4:24.84</b> 666
50m: 30.81 30.81	150m: 1:37.45 33.57	250m: 2:45.05 34.11	350m: 3:52.67 33.73	
100m: 1:03.88 33.07	200m: 2:10.94 33.49	300m: 3:18.94 33.89	400m: 4:24.84 32.17	
3. Mosiakina Sofia	08	Unia O wi cim		<b>4:29.09</b> 635
50m: 32.06 32.06	150m: 1:40.23 34.15	250m: 2:48.65 34.26	350m: 3:56.99 33.81	
100m: 1:06.08 34.02	200m: 2:14.39 34.16	300m: 3:23.18 34.53	400m: 4:29.09 32.10	
4. Wieczorek Michalina	09	Unia O wi cim		<b>4:30.58</b> 624
50m: 30.52 30.52	150m: 1:39.16 34.41	250m: 2:47.84 34.12	350m: 3:57.11 34.71	
100m: 1:04.75 34.23	200m: 2:13.72 34.56	300m: 3:22.40 34.56	400m: 4:30.58 33.47	

## Konkurencja 31, Dziewcz t, 400m dowolny, 15 - 16 lat

Pozycja				Rok ur.					Czas	Pkt.
5.	Balá ová Tereza			09	Plavecký klub Frenštát pod Rad				<b>4:31.84</b>	616
	50m: 30.87	30.87	150m: 1:39.84	34.58	250m: 2:49.27	34.42	350m: 3:58.36	34.55		
	100m: 1:05.26	34.39	200m: 2:14.85	35.01	300m: 3:23.81	34.54	400m: 4:31.84	33.48		
6.	Zavacká Andrea			09	Podtatranská akadémia plávania				<b>4:33.99</b>	601
	50m: 30.58	30.58	150m: 1:39.95	34.59	250m: 2:49.25	34.64	350m: 3:59.50	35.09		
	100m: 1:05.36	34.78	200m: 2:14.61	34.66	300m: 3:24.41	35.16	400m: 4:33.99	34.49		
7.	Kiszczak Olga			09	Unia O wi cim				<b>4:34.91</b>	595
	50m: 30.80	30.80	150m: 1:39.47	34.43	250m: 2:48.39	34.68	350m: 3:59.66	35.88		
	100m: 1:05.04	34.24	200m: 2:13.71	34.24	300m: 3:23.78	35.39	400m: 4:34.91	35.25		
8.	Bednarek Lena			09	CSiR MOS D browa Grn.				<b>4:35.96</b>	588
	50m: 30.73	30.73	150m: 1:39.69	34.87	250m: 2:50.70	35.63	350m: 4:01.92	35.39		
	100m: 1:04.82	34.09	200m: 2:15.07	35.38	300m: 3:26.53	35.83	400m: 4:35.96	34.04		
9.	Šenke íková Lucie			08	Plavecký Klub Nový Ji ín				<b>4:40.31</b>	561
	50m: 31.99	31.99	150m: 1:42.72	35.72	250m: 2:54.12	35.69	350m: 4:05.42	35.62		
	100m: 1:07.00	35.01	200m: 2:18.43	35.71	300m: 3:29.80	35.68	400m: 4:40.31	34.89		
10.	Wrona Maria			08	Unia O wi cim				<b>4:41.45</b>	555
	50m: 32.64	32.64	150m: 1:42.96	35.29	250m: 2:54.34	35.74	350m: 4:06.01	35.98		
	100m: 1:07.67	35.03	200m: 2:18.60	35.64	300m: 3:30.03	35.69	400m: 4:41.45	35.44		
11.	Długopolska Nikola			09	SMS Galicja Kraków				<b>4:44.87</b>	535
	50m: 31.77	31.77	150m: 1:42.88	35.98	250m: 2:55.03	36.15	350m: 4:08.41	36.40		
	100m: 1:06.90	35.13	200m: 2:18.88	36.00	300m: 3:32.01	36.98	400m: 4:44.87	36.46		
12.	Branovska Vitalina			09	Swimming School 9 Lviv				<b>5:04.93</b>	436
	50m: 34.58	34.58	150m: 1:51.18	38.61	250m: 3:09.34	39.12	350m: 4:26.28	38.68		
	100m: 1:12.57	37.99	200m: 2:30.22	39.04	300m: 3:47.60	38.26	400m: 5:04.93	38.65		
13.	Grzesiak Oliwia			08	KS H2O Bochnia				<b>5:18.09</b>	384
	50m: 35.02	35.02	150m: 1:54.51	39.67	250m: 3:15.07	40.25	350m: 4:37.51	41.50		
	100m: 1:14.84	39.82	200m: 2:34.82	40.31	300m: 3:56.01	40.94	400m: 5:18.09	40.58		

## 14 lat

1.	Rajca Matylda			10	Jedno 32 Przyszowice				<b>4:36.31</b>	586
	50m: 31.76	31.76	150m: 1:41.29	34.87	250m: 2:51.48	34.97	350m: 4:02.35	35.28		
	100m: 1:06.42	34.66	200m: 2:16.51	35.22	300m: 3:27.07	35.59	400m: 4:36.31	33.96		
2.	Artyukh Anastasiya			10	Swimming School 9 Lviv				<b>4:43.44</b>	543
	50m: 32.68	32.68	150m: 1:43.72	35.98	250m: 2:56.21	35.90	350m: 4:08.57	36.05		
	100m: 1:07.74	35.06	200m: 2:20.31	36.59	300m: 3:32.52	36.31	400m: 4:43.44	34.87		
3.	Fitał Karolina			10	UKP Ruda l ska				<b>4:45.63</b>	531
	50m: 32.46	32.46	150m: 1:43.90	36.30	250m: 2:57.11	36.54	350m: 4:10.32	36.36		
	100m: 1:07.60	35.14	200m: 2:20.57	36.67	300m: 3:33.96	36.85	400m: 4:45.63	35.31		
4.	Klajmon Karolina			10	NKP Bielsko-Biała				<b>4:59.40</b>	461
	50m: 32.35	32.35	150m: 1:45.92	37.50	250m: 3:02.56	38.68	350m: 4:21.08	39.20		
	100m: 1:08.42	36.07	200m: 2:23.88	37.96	300m: 3:41.88	39.32	400m: 4:59.40	38.32		
5.	Zienkowska Maja			10	KS H2O Bochnia				<b>5:05.16</b>	435
	50m: 34.14	34.14	150m: 1:52.42	39.53	250m: 3:10.54	38.58	350m: 4:27.98	38.51		
	100m: 1:12.89	38.75	200m: 2:31.96	39.54	300m: 3:49.47	38.93	400m: 5:05.16	37.18		

## Konkurencja 31, Kobiet, 400m dowolny

## 13 lat

1. Kury Joanna	11	Sokół-Mo cice Tarnów	<b>4:48.32</b>	516
50m: 32.65 32.65	150m: 1:45.66 36.77	250m: 2:58.92 36.68	350m: 4:12.75 36.80	
100m: 1:08.89 36.24	200m: 2:22.24 36.58	300m: 3:35.95 37.03	400m: 4:48.32 35.57	
2. Dancik Laura	11	NKP Bielsko-Biała	<b>4:48.66</b>	514
50m: 34.11 34.11	150m: 1:46.38 36.15	250m: 2:59.64 36.47	350m: 4:13.20 36.86	
100m: 1:10.23 36.12	200m: 2:23.17 36.79	300m: 3:36.34 36.70	400m: 4:48.66 35.46	
3. Dejana Laura	11	SMS Galicja Kraków	<b>4:48.88</b>	513
50m: 32.55 32.55	150m: 1:44.62 36.46	250m: 2:58.64 37.57	350m: 4:13.58 37.83	
100m: 1:08.16 35.61	200m: 2:21.07 36.45	300m: 3:35.75 37.11	400m: 4:48.88 35.30	
4. Nowi ska Nina	11	Huragan Sosnowiec	<b>5:02.97</b>	444
50m: 32.72 32.72	150m: 1:48.74 38.36	250m: 3:06.63 38.98	350m: 4:25.04 39.08	
100m: 1:10.38 37.66	200m: 2:27.65 38.91	300m: 3:45.96 39.33	400m: 5:02.97 37.93	
5. Dudun Olha	11	Swimming School 9 Lviv	<b>5:13.68</b>	400
50m: 36.23 36.23	150m: 1:55.84 40.08	250m: 3:15.02 40.07	350m: 4:34.86 40.02	
100m: 1:15.76 39.53	200m: 2:34.95 39.11	300m: 3:54.84 39.82	400m: 5:13.68 38.82	

## 12 lat

1. Kacer Maria	12	BOSiR Brzesko	<b>4:40.09</b>	563
50m: 32.06 32.06	150m: 1:42.25 35.43	250m: 2:53.75 35.97	350m: 4:05.76 36.03	
100m: 1:06.82 34.76	200m: 2:17.78 35.53	300m: 3:29.73 35.98	400m: 4:40.09 34.33	
2. Kalisz Małgorzata	12	Sokół-Mo cice Tarnów	<b>4:45.30</b>	532
50m: 31.70 31.70	150m: 1:45.25 37.30	250m: 2:58.81 36.91	350m: 4:11.05 36.11	
100m: 1:07.95 36.25	200m: 2:21.90 36.65	300m: 3:34.94 36.13	400m: 4:45.30 34.25	
3. Werner Aleksandra	12	SMS Galicja Kraków	<b>4:58.90</b>	463
50m: 33.69 33.69	150m: 1:48.09 37.80	250m: 3:04.08 38.19	350m: 4:21.39 38.35	
100m: 1:10.29 36.60	200m: 2:25.89 37.80	300m: 3:43.04 38.96	400m: 4:58.90 37.51	
4. Toporczyk Zuzanna	12	Ósemka O wi cim	<b>5:18.13</b>	384
50m: 35.80 35.80	150m: 1:56.17 40.35	250m: 3:17.02 40.77	350m: 4:39.13 40.53	
100m: 1:15.82 40.02	200m: 2:36.25 40.08	300m: 3:58.60 41.58	400m: 5:18.13 39.00	
5. Zaborska Idalia	12	Ósemka O wi cim	<b>5:21.82</b>	371
50m: 35.43 35.43	150m: 1:56.56 41.09	250m: 3:19.04 40.79	350m: 4:41.80 40.97	
100m: 1:15.47 40.04	200m: 2:38.25 41.69	300m: 4:00.83 41.79	400m: 5:21.82 40.02	
6. Olearczyk Martyna	12	Ósemka O wi cim	<b>5:27.38</b>	352
50m: 36.50 36.50	150m: 1:58.97 41.72	250m: 3:21.38 41.31	350m: 4:45.16 40.51	
100m: 1:17.25 40.75	200m: 2:40.07 41.10	300m: 4:04.65 43.27	400m: 5:27.38 42.22	
7. Matras Natalia	12	Olimpijczyk Brzesko	<b>6:09.34</b>	245
50m: 41.19 41.19	150m: 2:14.81 47.38	250m: 3:50.76 48.33	350m: 5:25.84 47.07	
100m: 1:27.43 46.24	200m: 3:02.43 47.62	300m: 4:38.77 48.01	400m: 6:09.34 43.50	