



Konkurencja 12
1/3/2025 - 13:03

Kobiet, 400m dowolny

17 lat i starsi
Wyniki

Punkty: AQUA 2024

Pozycja			Rok ur.					Czas	Pkt.
1.	Pola ska Aleksandra		00	AZS UW Warszawa				4:21.20	731
	50m:	30.13 30.13	150m:	1:35.98 32.97	250m:	2:41.59 32.69	350m:	3:48.08 33.41	
	100m:	1:03.01 32.88	200m:	2:08.90 32.92	300m:	3:14.67 33.08	400m:	4:21.20 33.12	
2.	Nowak Maja		03	AZS UW Warszawa				4:29.52	666
	50m:	32.42 32.42	150m:	1:41.80 34.55	250m:	2:49.80 33.83	350m:	3:57.38 33.19	
	100m:	1:07.25 34.83	200m:	2:15.97 34.17	300m:	3:24.19 34.39	400m:	4:29.52 32.14	
3.	Kulik Julia		05	AZS UW Warszawa				4:29.87	663
	50m:	31.62 31.62	150m:	1:40.24 34.32	250m:	2:48.86 34.12	350m:	3:57.31 34.21	
	100m:	1:05.92 34.30	200m:	2:14.74 34.50	300m:	3:23.10 34.24	400m:	4:29.87 32.56	
4.	Łakoma Maria		08	SMS Galicja Kraków				4:36.17	619
	50m:	32.80 32.80	150m:	1:43.52 35.40	250m:	2:53.94 35.05	350m:	4:03.31 34.39	
	100m:	1:08.12 35.32	200m:	2:18.89 35.37	300m:	3:28.92 34.98	400m:	4:36.17 32.86	
5.	Jakubczyk Natalia		08	CSiR MOS D browa Grn.				4:39.00	600
	50m:	31.85 31.85	150m:	1:42.49 35.65	250m:	2:54.39 35.83	350m:	4:05.49 35.38	
	100m:	1:06.84 34.99	200m:	2:18.56 36.07	300m:	3:30.11 35.72	400m:	4:39.00 33.51	
6.	Gracjasz Wiktorja		08	Jasie Sucha Besk.				4:40.73	589
	50m:	31.14 31.14	150m:	1:41.77 35.72	250m:	2:53.68 35.84	350m:	4:05.77 35.83	
	100m:	1:06.05 34.91	200m:	2:17.84 36.07	300m:	3:29.94 36.26	400m:	4:40.73 34.96	
7.	Mla Viktoria		07	Unia O wi cim				4:43.47	572
	50m:	31.99 31.99	150m:	1:43.44 36.42	250m:	2:56.31 36.25	350m:	4:09.33 36.39	
	100m:	1:07.02 35.03	200m:	2:20.06 36.62	300m:	3:32.94 36.63	400m:	4:43.47 34.14	
8.	Kuryzia Anna		07	Unia O wi cim				4:49.07	539
	50m:	32.13 32.13	150m:	1:43.99 36.42	250m:	2:58.52 37.51	350m:	4:13.42 37.44	
	100m:	1:07.57 35.44	200m:	2:21.01 37.02	300m:	3:35.98 37.46	400m:	4:49.07 35.65	
9.	Sowa Barbara		07	Unia O wi cim				4:49.87	535
	50m:	32.93 32.93	150m:	1:45.04 36.56	250m:	2:58.78 36.94	350m:	4:13.39 37.36	
	100m:	1:08.48 35.55	200m:	2:21.84 36.80	300m:	3:36.03 37.25	400m:	4:49.87 36.48	
10.	Chmiel Zuzanna		08	Olimpijczyk Kraków				4:54.11	512
	50m:	33.41 33.41	150m:	1:48.43 37.63	250m:	3:04.95 38.42	350m:	4:19.87 36.75	
	100m:	1:10.80 37.39	200m:	2:26.53 38.10	300m:	3:43.12 38.17	400m:	4:54.11 34.24	
11.	Drobna Angelika		07	Unia O wi cim				4:54.29	511
	50m:	33.59 33.59	150m:	1:49.10 37.82	250m:	3:03.85 37.12	350m:	4:17.97 37.17	
	100m:	1:11.28 37.69	200m:	2:26.73 37.63	300m:	3:40.80 36.95	400m:	4:54.29 36.32	
12.	Macura Kinga		06	Unia O wi cim				4:54.85	508
	50m:	32.33 32.33	150m:	1:44.33 36.42	250m:	2:58.71 37.56	350m:	4:15.83 38.80	
	100m:	1:07.91 35.58	200m:	2:21.15 36.82	300m:	3:37.03 38.32	400m:	4:54.85 39.02	
13.	Niewiadomska Maja		08	Unia O wi cim				4:55.33	506
	50m:	32.72 32.72	150m:	1:46.97 37.73	250m:	3:02.69 38.41	350m:	4:18.55 37.63	
	100m:	1:09.24 36.52	200m:	2:24.28 37.31	300m:	3:40.92 38.23	400m:	4:55.33 36.78	
14.	Wilczy ska Martyna		08	Olimpijczyk Kraków				5:13.21	424
	50m:	35.76 35.76	150m:	1:55.55 39.99	250m:	3:15.09 39.89	350m:	4:35.51 40.31	
	100m:	1:15.56 39.80	200m:	2:35.20 39.65	300m:	3:55.20 40.11	400m:	5:13.21 37.70	
15.	Czapczy ska Zofia		08	Olimpijczyk Kraków				5:27.32	371
	50m:	37.87 37.87	150m:	2:01.59 42.15	250m:	3:26.08 41.84	350m:	4:48.36 40.38	
	100m:	1:19.44 41.57	200m:	2:44.24 42.65	300m:	4:07.98 41.90	400m:	5:27.32 38.96	
16.	Grzesiak Oliwia		08	H2O Bochnia				5:35.91	344
	50m:	36.20 36.20	150m:	1:57.86 41.25	250m:	3:24.29 43.34	350m:	4:52.95 44.85	
	100m:	1:16.61 40.41	200m:	2:40.95 43.09	300m:	4:08.10 43.81	400m:	5:35.91 42.96	
17.	Białek Amelia		07	Marbi-Sport ywiec				5:41.19	328
	50m:	37.28 37.28	150m:	2:02.87 43.58	250m:	3:32.64 45.39	350m:	5:02.21 44.49	
	100m:	1:19.29 42.01	200m:	2:47.25 44.38	300m:	4:17.72 45.08	400m:	5:41.19 38.98	



Konkurencja 12, Kobiet, 400m dowolny

Konkurencja 12
1/3/2025 - 13:03

Dziewcz t, 400m dowolny

16 lat
Wyniki

Punkty: AQUA 2024

Pozycja			Rok ur.					Czas	Pkt.
1.	Karkocha Gabriela		09	Unia O wicim				4:36.70	615
	50m:	31.80 31.80	150m:	1:41.27 34.81	250m:	2:51.54 35.34	350m:	4:02.24 35.50	
	100m:	1:06.46 34.66	200m:	2:16.20 34.93	300m:	3:26.74 35.20	400m:	4:36.70 34.46	
2.	Wieczorek Michalina		09	Unia O wicim				4:38.19	605
	50m:	32.09 32.09	150m:	1:42.55 35.60	250m:	2:53.54 35.70	350m:	4:04.12 34.99	
	100m:	1:06.95 34.86	200m:	2:17.84 35.29	300m:	3:29.13 35.59	400m:	4:38.19 34.07	
3.	Baláová Tereza		09	PK Frenštát pod Radhoš m				4:40.72	589
	50m:	31.74 31.74	150m:	1:42.57 35.72	250m:	2:54.39 35.98	350m:	4:06.04 35.80	
	100m:	1:06.85 35.11	200m:	2:18.41 35.84	300m:	3:30.24 35.85	400m:	4:40.72 34.68	
4.	Kiszczak Olga		09	Unia O wicim				4:44.58	565
	50m:	31.25 31.25	150m:	1:41.35 35.61	250m:	2:54.35 37.17	350m:	4:08.65 36.97	
	100m:	1:05.74 34.49	200m:	2:17.18 35.83	300m:	3:31.68 37.33	400m:	4:44.58 35.93	
5.	Skrzypek Ada		09	AGH Kraków				4:52.45	521
	50m:	33.66 33.66	150m:	1:48.50 37.81	250m:	3:03.79 37.54	350m:	4:17.71 36.80	
	100m:	1:10.69 37.03	200m:	2:26.25 37.75	300m:	3:40.91 37.12	400m:	4:52.45 34.74	
6.	Długopolska Nikola		09	SMS Galicja Kraków				4:54.37	511
	50m:	33.73 33.73	150m:	1:48.47 37.95	250m:	3:04.31 38.20	350m:	4:19.10 37.34	
	100m:	1:10.52 36.79	200m:	2:26.11 37.64	300m:	3:41.76 37.45	400m:	4:54.37 35.27	
7.	Łuczak Agata		09	Solne Miasto Wieliczka				4:55.32	506
	50m:	33.41 33.41	150m:	1:48.70 38.19	250m:	3:05.53 38.12	350m:	4:21.02 37.38	
	100m:	1:10.51 37.10	200m:	2:27.41 38.71	300m:	3:43.64 38.11	400m:	4:55.32 34.30	
8.	elaskowska Wiktoria		09	Korona 1919 Kraków				4:55.78	503
	50m:	34.51 34.51	150m:	1:47.55 36.50	250m:	3:02.94 37.91	350m:	4:20.27 38.48	
	100m:	1:11.05 36.54	200m:	2:25.03 37.48	300m:	3:41.79 38.85	400m:	4:55.78 35.51	
9.	Pczek Karolina		09	Unia O wicim				4:58.72	489
	50m:	32.19 32.19	150m:	1:46.77 38.00	250m:	3:04.08 38.36	350m:	4:23.08 39.58	
	100m:	1:08.77 36.58	200m:	2:25.72 38.95	300m:	3:43.50 39.42	400m:	4:58.72 35.64	
10.	Gubała Justyna		09	Solne Miasto Wieliczka				5:14.26	420
	50m:	34.10 34.10	150m:	1:50.73 39.00	250m:	3:11.19 40.67	350m:	4:33.33 41.33	
	100m:	1:11.73 37.63	200m:	2:30.52 39.79	300m:	3:52.00 40.81	400m:	5:14.26 40.93	
11.	Hus Olivia		09	Olimpijczyk Kraków				5:37.05	340
	50m:	36.96 36.96	150m:	2:01.17 42.94	250m:	3:28.49 44.23	350m:	4:55.91 42.94	
	100m:	1:18.23 41.27	200m:	2:44.26 43.09	300m:	4:12.97 44.48	400m:	5:37.05 41.14	

Konkurencja 12
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Dziewcz t, 400m dowolny

15 lat
Wyniki

Punkty: AQUA 2024

Pozycja			Rok ur.					Czas	Pkt.
1.	Emerling Diana		10	Swim Team MOSiR K dzierzyn-K.				4:45.07	562
	50m:	31.70 31.70	150m:	1:43.87 36.65	250m:	2:57.78 36.94	350m:	4:11.26 36.36	
	100m:	1:07.22 35.52	200m:	2:20.84 36.97	300m:	3:34.90 37.12	400m:	4:45.07 33.81	
2.	Matyjasek Olga		10	Swim Team MOSiR K dzierzyn-K.				4:50.74	530
	50m:	32.47 32.47	150m:	1:46.55 37.28	250m:	3:01.62 37.57	350m:	4:15.98 36.72	
	100m:	1:09.27 36.80	200m:	2:24.05 37.50	300m:	3:39.26 37.64	400m:	4:50.74 34.76	
3.	Kuna Alina		10	Solne Miasto Wieliczka				4:56.62	499
	50m:	33.42 33.42	150m:	1:48.56 38.28	250m:	3:04.09 37.22	350m:	4:20.14 37.87	
	100m:	1:10.28 36.86	200m:	2:26.87 38.31	300m:	3:42.27 38.18	400m:	4:56.62 36.48	



Konkurencja 12, Dziewcz t, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.			
4.	Piecuch Julia		10	Solne Miasto Wieliczka				4:59.95	483			
	50m:	34.15	34.15	150m:	1:49.25	38.05	250m:	3:06.34	38.65	350m:	4:23.51	38.55
	100m:	1:11.20	37.05	200m:	2:27.69	38.44	300m:	3:44.96	38.62	400m:	4:59.95	36.44
5.	Nowacka Emilia		10	SMS Galicja Kraków				5:05.69	456			
	50m:	34.77	34.77	150m:	1:52.88	39.21	250m:	3:10.56	38.94	350m:	4:28.59	38.89
	100m:	1:13.67	38.90	200m:	2:31.62	38.74	300m:	3:49.70	39.14	400m:	5:05.69	37.10
6.	W grzyn Aleksandra		10	Delfin Nowy Targ				5:10.57	435			
	50m:	35.21	35.21	150m:	1:55.62	41.03	250m:	3:16.73	40.62	350m:	4:33.52	37.43
	100m:	1:14.59	39.38	200m:	2:36.11	40.49	300m:	3:56.09	39.36	400m:	5:10.57	37.05
7.	Gos Maja		10	Jordan Kraków				5:10.88	434			
	50m:	35.32	35.32	150m:	1:54.04	39.72	250m:	3:13.06	39.76	350m:	4:32.47	39.46
	100m:	1:14.32	39.00	200m:	2:33.30	39.26	300m:	3:53.01	39.95	400m:	5:10.88	38.41
8.	Klajmon Karolina		10	NKP Bielsko-Biała				5:11.51	431			
	50m:	34.70	34.70	150m:	1:53.77	40.37	250m:	3:13.98	39.76	350m:	4:32.94	38.87
	100m:	1:13.40	38.70	200m:	2:34.22	40.45	300m:	3:54.07	40.09	400m:	5:11.51	38.57
9.	Jodłowska Karolina		10	Ósemka O wi cim				5:18.67	402			
	50m:	35.31	35.31	150m:	1:55.01	39.97	250m:	3:15.38	39.98	350m:	4:38.50	41.50
	100m:	1:15.04	39.73	200m:	2:35.40	40.39	300m:	3:57.00	41.62	400m:	5:18.67	40.17
10.	Obal Aleksandra		10	Sokół-Mo cice Tarnów				5:26.32	375			
	50m:	37.10	37.10	150m:	1:59.39	41.63	250m:	3:22.79	41.95	350m:	4:46.22	41.63
	100m:	1:17.76	40.66	200m:	2:40.84	41.45	300m:	4:04.59	41.80	400m:	5:26.32	40.10
11.	Michael Emma		10	Unia O wi cim				5:27.93	369			
	50m:	37.14	37.14	150m:	1:59.39	41.52	250m:	3:24.47	42.96	350m:	4:47.93	40.68
	100m:	1:17.87	40.73	200m:	2:41.51	42.12	300m:	4:07.25	42.78	400m:	5:27.93	40.00
12.	Le niakiewicz Julia		10	Delfin Nowy Targ				5:34.51	348			
	50m:	36.48	36.48	150m:	1:59.22	42.58	250m:	3:26.68	44.70	350m:	4:54.75	44.46
	100m:	1:16.64	40.16	200m:	2:41.98	42.76	300m:	4:10.29	43.61	400m:	5:34.51	39.76
13.	Pu niak Maja		10	Delfin Nowy Targ				5:52.26	298			
	50m:	38.33	38.33	150m:	2:07.00	44.74	250m:	3:38.19	46.20	350m:	5:08.61	45.10
	100m:	1:22.26	43.93	200m:	2:51.99	44.99	300m:	4:23.51	45.32	400m:	5:52.26	43.65
14.	Szarlej Maja		10	Delfin Nowy Targ				6:19.98	237			
	50m:	42.14	42.14	150m:	2:18.49	49.26	250m:	3:56.82	49.78	350m:	5:33.86	48.28
	100m:	1:29.23	47.09	200m:	3:07.04	48.55	300m:	4:45.58	48.76	400m:	6:19.98	46.12

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1/3/2025 - 13:03

Dziewcz t, 400m dowolny

14 lat
Wyniki

Punkty: AQUA 2024

Pozycja			Rok ur.					Czas	Pkt.			
1.	Szwiec Matylda		11	Sokół-Mo cice Tarnów				4:51.83	524			
	50m:	34.26	34.26	150m:	1:48.61	37.90	250m:	3:04.40	37.88	350m:	4:17.92	35.98
	100m:	1:10.71	36.45	200m:	2:26.52	37.91	300m:	3:41.94	37.54	400m:	4:51.83	33.91
2.	Janik Aleksandra		11	Solne Miasto Wieliczka				5:01.05	477			
	50m:	34.08	34.08	150m:	1:51.71	38.60	250m:	3:08.54	38.49	350m:	4:24.85	37.41
	100m:	1:13.11	39.03	200m:	2:30.05	38.34	300m:	3:47.44	38.90	400m:	5:01.05	36.20
3.	Czarnecka Maja		11	Jordan Kraków				5:03.50	466			
	50m:	32.32	32.32	150m:	1:48.12	38.29	250m:	3:06.44	39.35	350m:	4:25.92	39.62
	100m:	1:09.83	37.51	200m:	2:27.09	38.97	300m:	3:46.30	39.86	400m:	5:03.50	37.58
4.	Dan íková Laura		11	NKP Bielsko-Biała				5:04.59	461			
	50m:	35.83	35.83	150m:	1:52.67	38.61	250m:	3:09.99	38.80	350m:	4:27.14	38.42
	100m:	1:14.06	38.23	200m:	2:31.19	38.52	300m:	3:48.72	38.73	400m:	5:04.59	37.45



Konkurencja 12, Dziewcz t, 400m dowolny, 14 lat

Pozycja					Rok ur.					Czas	Pkt.	
5.	Hus Nikola				11	Olimpijczyk Kraków				5:08.20	445	
	50m:	35.85	35.85	150m:	1:55.86	39.56	250m:	3:14.22	38.74	350m:	4:30.10	37.49
	100m:	1:16.30	40.45	200m:	2:35.48	39.62	300m:	3:52.61	38.39	400m:	5:08.20	38.10
6.	Adamus Maja				11	Ósemka O wi cim				5:11.01	433	
	50m:	34.50	34.50	150m:	1:51.68	39.24	250m:	3:11.77	40.11	350m:	4:32.05	39.96
	100m:	1:12.44	37.94	200m:	2:31.66	39.98	300m:	3:52.09	40.32	400m:	5:11.01	38.96
7.	Turchan Antonia				11	SMS Galicja Kraków				5:16.68	410	
	50m:	35.36	35.36	150m:	1:55.96	40.49	250m:	3:18.31	41.33	350m:	4:39.11	39.19
	100m:	1:15.47	40.11	200m:	2:36.98	41.02	300m:	3:59.92	41.61	400m:	5:16.68	37.57
8.	Sado Jagoda				11	Swim Team MOSiR K dzierzyn-K.				5:20.09	397	
	50m:	37.01	37.01	150m:	1:59.56	41.48	250m:	3:21.40	41.00	350m:	4:42.21	39.80
	100m:	1:18.08	41.07	200m:	2:40.40	40.84	300m:	4:02.41	41.01	400m:	5:20.09	37.88
9.	B bas Lena				11	Swim Team MOSiR K dzierzyn-K.				5:23.20	386	
	50m:	36.78	36.78	150m:	1:59.13	41.78	250m:	3:22.05	41.73	350m:	4:43.76	40.90
	100m:	1:17.35	40.57	200m:	2:40.32	41.19	300m:	4:02.86	40.81	400m:	5:23.20	39.44
10.	urowska Amelia				11	SMS Galicja Kraków				5:26.46	374	
	50m:	37.04	37.04	150m:	2:00.24	41.57	250m:	3:23.25	42.04	350m:	4:46.04	40.65
	100m:	1:18.67	41.63	200m:	2:41.21	40.97	300m:	4:05.39	42.14	400m:	5:26.46	40.42
11.	Rolnicka Milena				11	SMS Galicja Kraków				5:29.23	365	
	50m:	35.95	35.95	150m:	1:59.94	42.65	250m:	3:26.04	43.26	350m:	4:50.10	41.58
	100m:	1:17.29	41.34	200m:	2:42.78	42.84	300m:	4:08.52	42.48	400m:	5:29.23	39.13
12.	Popiołek Barbara				11	Olimpijczyk Kraków				5:29.26	365	
	50m:	37.92	37.92	150m:	2:04.32	42.52	250m:	3:28.54	41.12	350m:	4:50.35	39.92
	100m:	1:21.80	43.88	200m:	2:47.42	43.10	300m:	4:10.43	41.89	400m:	5:29.26	38.91
13.	Borczych Nikola				11	Sokół-Mo cice Tarnów				5:29.47	364	
	50m:	36.94	36.94	150m:	1:59.79	41.92	250m:	3:24.33	42.66	350m:	4:49.15	42.54
	100m:	1:17.87	40.93	200m:	2:41.67	41.88	300m:	4:06.61	42.28	400m:	5:29.47	40.32
14.	Le niowska Małgorzata				11	Olimpijczyk Kraków				5:30.45	361	
	50m:	36.52	36.52	150m:	2:00.17	42.40	250m:	3:25.34	42.60	350m:	4:50.60	42.35
	100m:	1:17.77	41.25	200m:	2:42.74	42.57	300m:	4:08.25	42.91	400m:	5:30.45	39.85
15.	Budzowska Hanna				11	Ósemka O wi cim				5:39.86	332	
	50m:	36.90	36.90	150m:	2:00.03	42.37	250m:	3:25.43	42.57	350m:	4:55.60	45.28
	100m:	1:17.66	40.76	200m:	2:42.86	42.83	300m:	4:10.32	44.89	400m:	5:39.86	44.26
16.	Rosi ska Nina				11	SMS Galicja Kraków				5:40.43	330	
	50m:	38.35	38.35	150m:	2:04.75	43.23	250m:	3:31.59	43.83	350m:	4:58.64	43.16
	100m:	1:21.52	43.17	200m:	2:47.76	43.01	300m:	4:15.48	43.89	400m:	5:40.43	41.79
17.	Gregorczyk Hanna				11	Swim Team MOSiR K dzierzyn-K.				5:42.50	324	
	50m:	36.66	36.66	150m:	2:03.67	44.08	250m:	3:34.63	45.68	350m:	5:03.20	43.53
	100m:	1:19.59	42.93	200m:	2:48.95	45.28	300m:	4:19.67	45.04	400m:	5:42.50	39.30
18.	Miklusiak Lidia				11	Jasie Sucha Besk.				5:43.96	320	
	50m:	36.48	36.48	150m:	2:04.14	44.72	250m:	3:34.94	45.62	350m:	5:03.01	43.56
	100m:	1:19.42	42.94	200m:	2:49.32	45.18	300m:	4:19.45	44.51	400m:	5:43.96	40.95
19.	Srebro Gabriela				11	Sokół-Mo cice Tarnów				5:43.99	320	
	50m:	36.83	36.83	150m:	2:03.75	44.38	250m:	3:33.10	44.84	350m:	5:02.45	44.70
	100m:	1:19.37	42.54	200m:	2:48.26	44.51	300m:	4:17.75	44.65	400m:	5:43.99	41.54
20.	Guzik Mia				11	Solne Miasto Wieliczka				5:47.41	311	
	50m:	37.05	37.05	150m:	2:05.33	45.21	250m:	3:37.25	45.77	350m:	5:07.28	44.41
	100m:	1:20.12	43.07	200m:	2:51.48	46.15	300m:	4:22.87	45.62	400m:	5:47.41	40.13
21.	Pasternak Nina				11	Jordan Kraków				5:53.03	296	
	50m:	36.67	36.67	150m:	2:06.63	45.55	250m:	3:38.87	47.03	350m:	5:10.09	45.32
	100m:	1:21.08	44.41	200m:	2:51.84	45.21	300m:	4:24.77	45.90	400m:	5:53.03	42.94



Małopolska
swim team

Arena Grand Prix Małopolski Runda I
O wi cim, 1/3/2025



Konkurencja 12, Dziewcz t, 400m dowolny, 14 lat

Pozycja	Rok ur.						Czas	Pkt.
22. Nowak Zuzanna	11 Siemacha Kraków						6:08.63	260
50m: 37.49	37.49	150m: 2:10.38	48.11	250m: 3:47.81	49.16	350m: 5:24.36	47.89	
100m: 1:22.27	44.78	200m: 2:58.65	48.27	300m: 4:36.47	48.66	400m: 6:08.63	44.27	