



Konkurencja 16
22/11/2025 - 9:21

Kobiet, 400m dowolny

17 lat i starsi
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.									Czas	Pkt.	
1.	Łakoma Maria			08	SMS Galicja Kraków					4:23.57	666	
	50m:	31.14	31.14	150m:	1:36.76	33.09	250m:	2:42.88	32.78	350m:	3:49.81	33.51
	100m:	1:03.67	32.53	200m:	2:10.10	33.34	300m:	3:16.30	33.42	400m:	4:23.57	33.76
2.	Sowa Barbara			07	Unia Oświęcim					4:37.49	571	
	50m:	31.79	31.79	150m:	1:40.54	34.65	250m:	2:50.75	35.10	350m:	4:01.86	35.86
	100m:	1:05.89	34.10	200m:	2:15.65	35.11	300m:	3:26.00	35.25	400m:	4:37.49	35.63
3.	Wilczyńska Martyna			08	Olimpijczyk Kraków					4:50.21	499	
	50m:	33.29	33.29	150m:	1:46.41	36.82	250m:	3:00.35	37.55	350m:	4:15.34	37.58
	100m:	1:09.59	36.30	200m:	2:22.80	36.39	300m:	3:37.76	37.41	400m:	4:50.21	34.87
4.	Mielech Magdalena			08	Olimpijczyk Kraków					5:11.12	405	
	50m:	35.31	35.31	150m:	1:53.56	38.94	250m:	3:14.10	40.16	350m:	4:33.45	39.44
	100m:	1:14.62	39.31	200m:	2:33.94	40.38	300m:	3:54.01	39.91	400m:	5:11.12	37.67

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Dziewcząt, 400m dowolny

15 - 16 lat
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.										Czas	Pkt.
1.	Polak Iga				09	Unia Oświęcim					4:19.76	696
	50m:	30.16	30.16	150m:	1:35.14	32.80	250m:	2:41.08	32.99	350m:	3:47.18	33.19
	100m:	1:02.34	32.18	200m:	2:08.09	32.95	300m:	3:13.99	32.91	400m:	4:19.76	32.58
2.	Karkocha Gabriela				09	Unia Oświęcim					4:32.36	604
	50m:	31.63	31.63	150m:	1:39.63	34.15	250m:	2:48.35	34.39	350m:	3:57.96	34.79
	100m:	1:05.48	33.85	200m:	2:13.96	34.33	300m:	3:23.17	34.82	400m:	4:32.36	34.40
3.	Kiszczak Olga				09	Unia Oświęcim					4:37.79	569
	50m:	31.55	31.55	150m:	1:41.84	35.70	250m:	2:54.02	36.41	350m:	4:04.93	34.89
	100m:	1:06.14	34.59	200m:	2:17.61	35.77	300m:	3:30.04	36.02	400m:	4:37.79	32.86
4.	Kuna Alina				10	Solne Miasto Wieliczka					4:41.51	547
	50m:	32.15	32.15	150m:	1:43.18	35.50	250m:	2:54.62	35.29	350m:	4:07.19	36.04
	100m:	1:07.68	35.53	200m:	2:19.33	36.15	300m:	3:31.15	36.53	400m:	4:41.51	34.32
5.	Puk Agata				10	Unia Oświęcim					4:52.13	489
	50m:	31.47	31.47	150m:	1:45.90	37.97	250m:	3:02.31	38.47	350m:	4:16.66	36.53
	100m:	1:07.93	36.46	200m:	2:23.84	37.94	300m:	3:40.13	37.82	400m:	4:52.13	35.47
6.	Kubicka Gabriela				09	Glosator Kraków					4:58.15	460
	50m:	33.19	33.19	150m:	1:48.43	38.06	250m:	3:04.64	37.84	350m:	4:20.80	38.33
	100m:	1:10.37	37.18	200m:	2:26.80	38.37	300m:	3:42.47	37.83	400m:	4:58.15	37.35

Konkurencja 16
22/11/2025 - 9:21

Dziewcząt, 400m dowolny

14 lat
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.								Czas		Pkt.	
1.	Szwiec Matylda			11	Sokół-Mościce Tarnów					4:43.34	536	
	50m:	32.71	32.71	150m:	1:45.01	36.58	250m:	2:58.57	36.62	350m:	4:10.21	35.33
	100m:	1:08.43	35.72	200m:	2:21.95	36.94	300m:	3:34.88	36.31	400m:	4:43.34	33.13
2.	Bętkowska Emilia			11	CKiS Skawina					4:44.04	532	
	50m:	32.16	32.16	150m:	1:44.09	36.27	250m:	2:56.52	36.45	350m:	4:09.61	35.92
	100m:	1:07.82	35.66	200m:	2:20.07	35.98	300m:	3:33.69	37.17	400m:	4:44.04	34.43
3.	Hus Nikola			11	Olimpijczyk Kraków					4:53.43	483	
	50m:	33.42	33.42	150m:	1:47.89	37.11	250m:	3:02.02	36.90	350m:	4:17.06	37.50
	100m:	1:10.78	37.36	200m:	2:25.12	37.23	300m:	3:39.56	37.54	400m:	4:53.43	36.37



Konkurencja 16, Dziewcząt, 400m dowolny, 14 lat

Pozycja	Rok ur.								Czas	Pkt.
4. Kierońska Maryla	11 Olimpijczyk Brzesko								4:55.70	472
50m: 33.28 33.28	150m: 1:46.53	36.58	250m: 3:01.32	37.54	350m: 4:18.46	38.91				
100m: 1:09.95 36.67	200m: 2:23.78	37.25	300m: 3:39.55	38.23	400m: 4:55.70	37.24				
5. Adamus Maja	11 Ósemka Oświęcim								5:01.27	446
50m: 32.98 32.98	150m: 1:47.32	37.85	250m: 3:04.61	38.68	350m: 4:22.78	39.08				
100m: 1:09.47 36.49	200m: 2:25.93	38.61	300m: 3:43.70	39.09	400m: 5:01.27	38.49				
6. Kożuch Lena	11 Olimpijczyk Kraków								5:01.32	446
50m: 33.19 33.19	150m: 1:49.23	38.59	250m: 3:06.66	39.14	350m: 4:23.93	38.59				
100m: 1:10.64 37.45	200m: 2:27.52	38.29	300m: 3:45.34	38.68	400m: 5:01.32	37.39				
7. Borczuch Nikola	11 Sokół-Mościce Tarnów								5:08.84	414
50m: 34.02 34.02	150m: 1:50.97	39.35	250m: 3:10.29	39.97	350m: 4:30.42	40.29				
100m: 1:11.62 37.60	200m: 2:30.32	39.35	300m: 3:50.13	39.84	400m: 5:08.84	38.42				
8. Leśniowska Małgorzata	11 Olimpijczyk Kraków								5:17.01	383
50m: 35.22 35.22	150m: 1:53.44	39.95	250m: 3:14.90	40.72	350m: 4:37.51	41.07				
100m: 1:13.49 38.27	200m: 2:34.18	40.74	300m: 3:56.44	41.54	400m: 5:17.01	39.50				
9. Matyasik Łucja	11 Jordan Kraków								5:27.36	347
50m: 35.58 35.58	150m: 1:55.65	40.68	250m: 3:19.24	42.04	350m: 4:45.45	43.27				
100m: 1:14.97 39.39	200m: 2:37.20	41.55	300m: 4:02.18	42.94	400m: 5:27.36	41.91				
10. Czesak Kinga	11 Bieżanowianka Kraków								6:21.49	219
50m: 39.05 39.05	150m: 2:12.63	48.45	250m: 3:51.94	49.45	350m: 5:31.63	50.13				
100m: 1:24.18 45.13	200m: 3:02.49	49.86	300m: 4:41.50	49.56	400m: 6:21.49	49.86				

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Dziewcząt, 400m dowolny

13 lat
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.								Czas		Pkt.
1. Kacer Maria	12				BOSiR Brzesko				4:32.13		605
50m: 31.23 31.23	150m: 1:39.69	34.46	250m: 2:49.14	34.92	350m: 3:58.71	34.76					
100m: 1:05.23 34.00	200m: 2:14.22	34.53	300m: 3:23.95	34.81	400m: 4:32.13	33.42					
2. Kalisz Małgorzata	12				Sokół-Mościce Tarnów				4:42.00		544
50m: 31.86 31.86	150m: 1:44.36	36.57	250m: 2:56.49	35.81	350m: 4:07.47	35.50					
100m: 1:07.79 35.93	200m: 2:20.68	36.32	300m: 3:31.97	35.48	400m: 4:42.00	34.53					
3. Mikuła Maria	12				Solne Miasto Wieliczka				4:48.26		509
50m: 33.09 33.09	150m: 1:46.33	37.45	250m: 3:01.49	37.41	350m: 4:15.89	36.69					
100m: 1:08.88 35.79	200m: 2:24.08	37.75	300m: 3:39.20	37.71	400m: 4:48.26	32.37					
4. Dorociak Natalia	12				Korona 1919 Kraków				4:51.34		493
50m: 33.64 33.64	150m: 1:47.21	36.83	250m: 3:01.66	37.03	350m: 4:15.27	36.23					
100m: 1:10.38 36.74	200m: 2:24.63	37.42	300m: 3:39.04	37.38	400m: 4:51.34	36.07					
5. Braniecka Iga	12				Korona 1919 Kraków				4:54.73		476
50m: 33.70 33.70	150m: 1:48.59	37.84	250m: 3:03.78	37.29	350m: 4:19.14	37.97					
100m: 1:10.75 37.05	200m: 2:26.49	37.90	300m: 3:41.17	37.39	400m: 4:54.73	35.59					
6. Werner Aleksandra	12				SMS Galicja Kraków				4:58.58		458
50m: 32.83 32.83	150m: 1:47.94	37.92	250m: 3:04.90	38.53	350m: 4:21.55	38.09					
100m: 1:10.02 37.19	200m: 2:26.37	38.43	300m: 3:43.46	38.56	400m: 4:58.58	37.03					
7. Porębska Joanna	12				Jasień Sucha Besk.				5:06.53		423
50m: 34.44 34.44	150m: 1:52.45	39.80	250m: 3:12.47	40.27	350m: 4:29.93	38.42					
100m: 1:12.65 38.21	200m: 2:32.20	39.75	300m: 3:51.51	39.04	400m: 5:06.53	36.60					
8. Grajdura Maja	12				BOSiR Brzesko				5:13.05		397
50m: 34.76 34.76	150m: 1:52.73	39.33	250m: 3:12.24	39.82	350m: 4:33.71	40.60					
100m: 1:13.40 38.64	200m: 2:32.42	39.69	300m: 3:53.11	40.87	400m: 5:13.05	39.34					



Konkurencja 16, Dziewcząt, 400m dowolny, 13 lat

Pozycja	Rok ur.								Czas		Pkt.	
9.	Pokrywka Zuzanna			12	Solne Miasto Wieliczka					5:17.27	382	
	50m:	37.31	37.31	150m:	1:59.23	40.89	250m:	3:20.02	40.34	350m:	4:39.35	38.61
	100m:	1:18.34	41.03	200m:	2:39.68	40.45	300m:	4:00.74	40.72	400m:	5:17.27	37.92
10.	Ścibisz Julia			12	Sokół-Mościce Tarnów					5:19.38	374	
	50m:	35.14	35.14	150m:	1:54.17	40.05	250m:	3:16.51	41.10	350m:	4:39.68	42.03
	100m:	1:14.12	38.98	200m:	2:35.41	41.24	300m:	3:57.65	41.14	400m:	5:19.38	39.70
11.	Kubowicz Natalia			12	SMS Galicja Kraków					5:21.04	368	
	50m:	34.80	34.80	150m:	1:56.36	41.47	250m:	3:20.60	42.16	350m:	4:43.75	41.31
	100m:	1:14.89	40.09	200m:	2:38.44	42.08	300m:	4:02.44	41.84	400m:	5:21.04	37.29
12.	Burek Zuzanna			12	Sokół-Mościce Tarnów					5:23.06	362	
	50m:	36.03	36.03	150m:	1:56.11	40.83	250m:	3:19.02	41.41	350m:	4:42.99	42.14
	100m:	1:15.28	39.25	200m:	2:37.61	41.50	300m:	4:00.85	41.83	400m:	5:23.06	40.07
13.	Wiśniewska Milena			12	Olimpijczyk Kraków					5:23.68	359	
	50m:	34.78	34.78	150m:	1:56.14	41.40	250m:	3:19.67	41.49	350m:	4:43.85	42.00
	100m:	1:14.74	39.96	200m:	2:38.18	42.04	300m:	4:01.85	42.18	400m:	5:23.68	39.83
14.	Chmiel Martyna			12	SMS Galicja Kraków					5:24.08	358	
	50m:	36.75	36.75	150m:	1:58.57	41.18	250m:	3:20.89	40.96	350m:	4:43.86	41.66
	100m:	1:17.39	40.64	200m:	2:39.93	41.36	300m:	4:02.20	41.31	400m:	5:24.08	40.22
15.	Olearczyk Martyna			12	Ósemka Oświęcim					5:27.86	346	
	50m:	35.71	35.71	150m:	1:58.44	42.06	250m:	3:22.51	41.71	350m:	4:46.30	41.66
	100m:	1:16.38	40.67	200m:	2:40.80	42.36	300m:	4:04.64	42.13	400m:	5:27.86	41.56
16.	Cieśla Aleksandra			12	BOSiR Brzesko					5:31.53	334	
	50m:	36.89	36.89	150m:	1:59.65	41.61	250m:	3:23.49	42.07	350m:	4:49.42	43.17
	100m:	1:18.04	41.15	200m:	2:41.42	41.77	300m:	4:06.25	42.76	400m:	5:31.53	42.11
17.	Leśniowska Zuzanna			12	Olimpijczyk Kraków					5:31.95	333	
	50m:	38.02	38.02	150m:	2:03.64	43.26	250m:	3:28.62	42.60	350m:	4:52.65	41.59
	100m:	1:20.38	42.36	200m:	2:46.02	42.38	300m:	4:11.06	42.44	400m:	5:31.95	39.30
DYSKW.	Szałas Amelia			12	Bieżanowianka Kraków							
	O2 - Pływak nie ukończył całego dystansu. (Czas: 9:35)											