



Bijemy Rekordy  
Oświęcim, 29/11/2025



Konkurencja 17  
29/11/2025 - 14:02

Kobiet, 400m zmienny

12 lat i starsi  
Wyniki

|                   |         |                 |     |          |            |
|-------------------|---------|-----------------|-----|----------|------------|
| Rekord Zawodów    | 4:45.60 | Knop Aleksandra | POL | Oświęcim | 22/12/2023 |
| Punkty: AQUA 2025 |         |                 |     |          |            |

|         |  |  |         |  |  |  |  |  |      |      |
|---------|--|--|---------|--|--|--|--|--|------|------|
| Pozycja |  |  | Rok ur. |  |  |  |  |  | Czas | Pkt. |
|---------|--|--|---------|--|--|--|--|--|------|------|

17 lat i starsi

|    |                     |                     |                     |                     |  |  |  |  |                |     |
|----|---------------------|---------------------|---------------------|---------------------|--|--|--|--|----------------|-----|
| 1. | Poznańska Justyna   | 05                  | AZS AWF Katowice    |                     |  |  |  |  | <b>4:56.53</b> | 639 |
|    | 50m: 31.36 31.36    | 150m: 1:44.37 37.28 | 250m: 3:03.24 42.49 | 350m: 4:21.96 35.75 |  |  |  |  |                |     |
|    | 100m: 1:07.09 35.73 | 200m: 2:20.75 36.38 | 300m: 3:46.21 42.97 | 400m: 4:56.53 34.57 |  |  |  |  |                |     |
| 2. | Sulak Antonina      | 06                  | AZS AWF Katowice    |                     |  |  |  |  | <b>5:00.97</b> | 611 |
|    | 50m: 32.45 32.45    | 150m: 1:48.13 38.69 | 250m: 3:07.18 41.68 | 350m: 4:25.31 36.45 |  |  |  |  |                |     |
|    | 100m: 1:09.44 36.99 | 200m: 2:25.50 37.37 | 300m: 3:48.86 41.68 | 400m: 5:00.97 35.66 |  |  |  |  |                |     |
| 3. | Mosiakina Sofia     | 08                  | Unia Oświęcim       |                     |  |  |  |  | <b>5:04.45</b> | 590 |
|    | 50m: 32.44 32.44    | 150m: 1:49.38 40.66 | 250m: 3:12.72 43.95 | 350m: 4:31.07 34.90 |  |  |  |  |                |     |
|    | 100m: 1:08.72 36.28 | 200m: 2:28.77 39.39 | 300m: 3:56.17 43.45 | 400m: 5:04.45 33.38 |  |  |  |  |                |     |
| 4. | Nikiel Natalia      | 06                  | AZS AWF Katowice    |                     |  |  |  |  | <b>5:13.59</b> | 540 |
|    | 50m: 33.43 33.43    | 150m: 1:52.20 40.81 | 250m: 3:15.50 44.54 | 350m: 4:37.74 36.70 |  |  |  |  |                |     |
|    | 100m: 1:11.39 37.96 | 200m: 2:30.96 38.76 | 300m: 4:01.04 45.54 | 400m: 5:13.59 35.85 |  |  |  |  |                |     |

15 - 16 lat

|    |                     |                     |                     |                     |  |  |  |  |                |     |
|----|---------------------|---------------------|---------------------|---------------------|--|--|--|--|----------------|-----|
| 1. | Polak Iga           | 09                  | Unia Oświęcim       |                     |  |  |  |  | <b>5:02.90</b> | 600 |
|    | 50m: 33.01 33.01    | 150m: 1:49.36 39.07 | 250m: 3:11.77 44.50 | 350m: 4:30.56 33.78 |  |  |  |  |                |     |
|    | 100m: 1:10.29 37.28 | 200m: 2:27.27 37.91 | 300m: 3:56.78 45.01 | 400m: 5:02.90 32.34 |  |  |  |  |                |     |
| 2. | Skrzypek Ada        | 09                  | AGH Kraków          |                     |  |  |  |  | <b>5:12.82</b> | 544 |
|    | 50m: 31.70 31.70    | 150m: 1:47.26 38.77 | 250m: 3:10.81 45.56 | 350m: 4:36.32 38.29 |  |  |  |  |                |     |
|    | 100m: 1:08.49 36.79 | 200m: 2:25.25 37.99 | 300m: 3:58.03 47.22 | 400m: 5:12.82 36.50 |  |  |  |  |                |     |
| 3. | Malarz Milena       | 09                  | Victoria Kozy       |                     |  |  |  |  | <b>5:15.07</b> | 533 |
|    | 50m: 32.77 32.77    | 150m: 1:52.40 40.87 | 250m: 3:18.20 46.19 | 350m: 4:40.37 35.86 |  |  |  |  |                |     |
|    | 100m: 1:11.53 38.76 | 200m: 2:32.01 39.61 | 300m: 4:04.51 46.31 | 400m: 5:15.07 34.70 |  |  |  |  |                |     |
| 4. | Artyukh Anastasiia  | 10                  | Prokopenka Lviv     |                     |  |  |  |  | <b>5:15.61</b> | 530 |
|    | 50m: 35.23 35.23    | 150m: 1:55.16 40.79 | 250m: 3:21.20 46.18 | 350m: 4:42.22 34.91 |  |  |  |  |                |     |
|    | 100m: 1:14.37 39.14 | 200m: 2:35.02 39.86 | 300m: 4:07.31 46.11 | 400m: 5:15.61 33.39 |  |  |  |  |                |     |

14 lat

|    |                     |                     |                           |                     |  |  |  |  |                |     |
|----|---------------------|---------------------|---------------------------|---------------------|--|--|--|--|----------------|-----|
| 1. | Dudun Olha          | 11                  | Prokopenka Lviv           |                     |  |  |  |  | <b>5:18.34</b> | 516 |
|    | 50m: 35.30 35.30    | 150m: 1:58.03 42.51 | 250m: 3:22.17 43.77       | 350m: 4:43.09 36.53 |  |  |  |  |                |     |
|    | 100m: 1:15.52 40.22 | 200m: 2:38.40 40.37 | 300m: 4:06.56 44.39       | 400m: 5:18.34 35.25 |  |  |  |  |                |     |
| 2. | Sado Jagoda         | 11                  | Unia Oświęcim             |                     |  |  |  |  | <b>5:26.59</b> | 478 |
|    | 50m: 34.67 34.67    | 150m: 1:57.04 40.67 | 250m: 3:24.32 48.45       | 350m: 4:50.64 37.96 |  |  |  |  |                |     |
|    | 100m: 1:16.37 41.70 | 200m: 2:35.87 38.83 | 300m: 4:12.68 48.36       | 400m: 5:26.59 35.95 |  |  |  |  |                |     |
| 3. | Fusková Vanessa     | 11                  | PK Frenštát pod Radhoštěm |                     |  |  |  |  | <b>5:37.49</b> | 433 |
|    | 50m: 33.85 33.85    | 150m: 1:59.39 45.03 | 250m: 3:32.37 48.62       | 350m: 5:00.11 38.41 |  |  |  |  |                |     |
|    | 100m: 1:14.36 40.51 | 200m: 2:43.75 44.36 | 300m: 4:21.70 49.33       | 400m: 5:37.49 37.38 |  |  |  |  |                |     |
| 4. | Wyleżyk Natalia     | 11                  | Manta Kochłowice Ruda Śl. |                     |  |  |  |  | <b>5:50.06</b> | 388 |
|    | 50m: 35.95 35.95    | 150m: 2:03.15 44.82 | 250m: 3:35.92 49.25       | 350m: 5:09.00 41.77 |  |  |  |  |                |     |
|    | 100m: 1:18.33 42.38 | 200m: 2:46.67 43.52 | 300m: 4:27.23 51.31       | 400m: 5:50.06 41.06 |  |  |  |  |                |     |

Konkurencja 17, Kobiet, 400m zmienny

13 lat

|                     |                     |                     |                     |     |
|---------------------|---------------------|---------------------|---------------------|-----|
| 1. Kacer Maria      | 12                  | BOSiR Brzesko       | <b>5:05.90</b>      | 582 |
| 50m: 32.44 32.44    | 150m: 1:50.83 41.20 | 250m: 3:14.84 44.12 | 350m: 4:33.72 34.80 |     |
| 100m: 1:09.63 37.19 | 200m: 2:30.72 39.89 | 300m: 3:58.92 44.08 | 400m: 5:05.90 32.18 |     |
| 2. Skubis Weronika  | 12                  | Omega Olkusz        | <b>5:27.62</b>      | 474 |
| 50m: 35.14 35.14    | 150m: 1:59.89 43.51 | 250m: 3:26.12 43.75 | 350m: 4:50.09 39.22 |     |
| 100m: 1:16.38 41.24 | 200m: 2:42.37 42.48 | 300m: 4:10.87 44.75 | 400m: 5:27.62 37.53 |     |

12 lat

|                         |                     |                         |                     |     |
|-------------------------|---------------------|-------------------------|---------------------|-----|
| 1. Zaworska Zofia       | 13                  | CSiR MOS Dąbrowa Grn.   | <b>5:24.85</b>      | 486 |
| 50m: 34.62 34.62        | 150m: 1:55.63 40.35 | 250m: 3:22.81 46.60     | 350m: 4:48.21 38.22 |     |
| 100m: 1:15.28 40.66     | 200m: 2:36.21 40.58 | 300m: 4:09.99 47.18     | 400m: 5:24.85 36.64 |     |
| 2. Boda Natalia         | 13                  | Park Wodny Tarn. Góry   | <b>5:28.39</b>      | 470 |
| 50m: 34.22 34.22        | 150m: 1:56.99 42.86 | 250m: 3:26.61 48.11     | 350m: 4:53.35 37.59 |     |
| 100m: 1:14.13 39.91     | 200m: 2:38.50 41.51 | 300m: 4:15.76 49.15     | 400m: 5:28.39 35.04 |     |
| 3. Kawa Kaja            | 13                  | Sokół-Mościce Tarnów    | <b>5:29.17</b>      | 467 |
| 50m: 33.94 33.94        | 150m: 1:54.36 40.19 | 250m: 3:24.78 50.18     | 350m: 4:53.24 37.65 |     |
| 100m: 1:14.17 40.23     | 200m: 2:34.60 40.24 | 300m: 4:15.59 50.81     | 400m: 5:29.17 35.93 |     |
| 4. Zięba Weronika       | 13                  | CSiR MOS Dąbrowa Grn.   | <b>5:48.86</b>      | 392 |
| 50m: 35.42 35.42        | 150m: 2:02.62 45.08 | 250m: 3:39.80 52.68     | 350m: 5:10.06 36.83 |     |
| 100m: 1:17.54 42.12     | 200m: 2:47.12 44.50 | 300m: 4:33.23 53.43     | 400m: 5:48.86 38.80 |     |
| 5. Swat Lena            | 13                  | Park Wodny Tarn. Góry   | <b>5:56.03</b>      | 369 |
| 50m: 39.31 39.31        | 150m: 2:11.70 44.29 | 250m: 3:46.21 52.17     | 350m: 5:17.22 40.89 |     |
| 100m: 1:27.41 48.10     | 200m: 2:54.04 42.34 | 300m: 4:36.33 50.12     | 400m: 5:56.03 38.81 |     |
| 6. Zalcman-Ziora Emilia | 13                  | Wodnik Siemianowice Śl. | <b>6:16.53</b>      | 312 |
| 50m: 40.08 40.08        | 150m: 2:19.69 48.74 | 250m: 3:59.12 50.92     | 350m: 5:35.58 44.56 |     |
| 100m: 1:30.95 50.87     | 200m: 3:08.20 48.51 | 300m: 4:51.02 51.90     | 400m: 6:16.53 40.95 |     |
| 7. Sordyl Karolina      | 13                  | Karol Wadowice          | <b>7:01.45</b>      | 222 |
| 50m: 43.93 43.93        | 150m: 3:28.08 58.44 | 250m: 4:26.52 58.44     | 350m: 6:15.07 48.48 |     |
| 100m: 1:39.66 55.73     | 200m: 3:28.08 58.44 | 300m: 5:26.59 1:00.07   | 400m: 7:01.45 46.38 |     |