

Konkurencja 31
29/11/2025 - 19:54

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Rekord Zawodów	4:13.55	Polańska Aleksandra	POL	Oświęcim	30/11/2024
Punkty: AQUA 2025					

Pozycja		Rok ur.							Czas	Pkt.
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17 lat i starsi

1.	Polańska Aleksandra	00	AZS UW Warszawa						4:16.74	721
	50m: 29.97	29.97	150m: 1:34.74	32.22	250m: 2:39.45	32.31	350m: 3:44.81	32.64		
	100m: 1:02.52	32.55	200m: 2:07.14	32.40	300m: 3:12.17	32.72	400m: 4:16.74	31.93		
2.	Nowak Maja	03	AZS UW Warszawa						4:24.36	660
	50m: 30.83	30.83	150m: 1:36.96	32.93	250m: 2:43.85	33.18	350m: 3:50.95	33.76		
	100m: 1:04.03	33.20	200m: 2:10.67	33.71	300m: 3:17.19	33.34	400m: 4:24.36	33.41		
3.	Mosiakina Sofia	08	Unia Oświęcim						4:30.85	614
	50m: 31.09	31.09	150m: 1:39.33	34.64	250m: 2:48.42	34.28	350m: 3:57.23	34.37		
	100m: 1:04.69	33.60	200m: 2:14.14	34.81	300m: 3:22.86	34.44	400m: 4:30.85	33.62		
4.	Šenkeříková Lucie	08	Plavecký klub Nový Jičín						4:48.85	506
	50m: 32.77	32.77	150m: 1:45.89	36.77	250m: 2:59.80	36.95	350m: 4:13.18	36.58		
	100m: 1:09.12	36.35	200m: 2:22.85	36.96	300m: 3:36.60	36.80	400m: 4:48.85	35.67		

15 - 16 lat

1.	Polak Iga	09	Unia Oświęcim						4:16.97	719
	50m: 29.98	29.98	150m: 1:34.98	32.56	250m: 2:40.34	32.62	350m: 3:45.58	32.42		
	100m: 1:02.42	32.44	200m: 2:07.72	32.74	300m: 3:13.16	32.82	400m: 4:16.97	31.39		
2.	Karkocha Gabriela	09	Unia Oświęcim						4:30.62	615
	50m: 30.97	30.97	150m: 1:38.74	34.01	250m: 2:47.41	34.28	350m: 3:56.79	34.91		
	100m: 1:04.73	33.76	200m: 2:13.13	34.39	300m: 3:21.88	34.47	400m: 4:30.62	33.83		
3.	Wieczorek Michalina	09	Unia Oświęcim						4:33.37	597
	50m: 31.68	31.68	150m: 1:40.39	34.81	250m: 2:50.09	35.00	350m: 3:59.67	34.60		
	100m: 1:05.58	33.90	200m: 2:15.09	34.70	300m: 3:25.07	34.98	400m: 4:33.37	33.70		
4.	Artyukh Anastasiia	10	Prokopenka Lviv						4:33.72	595
	50m: 31.98	31.98	150m: 1:40.93	34.82	250m: 2:51.24	34.94	350m: 4:00.74	34.57		
	100m: 1:06.11	34.13	200m: 2:16.30	35.37	300m: 3:26.17	34.93	400m: 4:33.72	32.98		
5.	Malarz Milena	09	Victoria Kozy						4:34.08	592
	50m: 31.70	31.70	150m: 1:40.54	34.61	250m: 2:50.71	35.25	350m: 4:01.04	34.79		
	100m: 1:05.93	34.23	200m: 2:15.46	34.92	300m: 3:26.25	35.54	400m: 4:34.08	33.04		
6.	Emerling Diana	10	Unia Oświęcim						4:35.83	581
	50m: 30.49	30.49	150m: 1:40.39	35.50	250m: 2:51.64	35.63	350m: 4:02.31	35.05		
	100m: 1:04.89	34.40	200m: 2:16.01	35.62	300m: 3:27.26	35.62	400m: 4:35.83	33.52		
7.	Maik Victoria	09	Manta Kochłowice Ruda Śl.						4:37.13	573
	50m: 30.66	30.66	150m: 1:40.23	35.32	250m: 2:51.27	35.72	350m: 4:02.87	35.74		
	100m: 1:04.91	34.25	200m: 2:15.55	35.32	300m: 3:27.13	35.86	400m: 4:37.13	34.26		
8.	Kiszczał Olga	09	Unia Oświęcim						4:44.92	527
	50m: 31.44	31.44	150m: 1:43.11	36.02	250m: 2:55.27	36.10	350m: 4:08.53	36.64		
	100m: 1:07.09	35.65	200m: 2:19.17	36.06	300m: 3:31.89	36.62	400m: 4:44.92	36.39		
9.	Beztsinna Daryna	10	OSCIP Kyiv						4:47.24	515
	50m: 32.41	32.41	150m: 1:43.54	35.95	250m: 2:57.19	36.81	350m: 4:11.58	37.14		
	100m: 1:07.59	35.18	200m: 2:20.38	36.84	300m: 3:34.44	37.25	400m: 4:47.24	35.66		
10.	Maik Maja	10	Manta Kochłowice Ruda Śl.						4:55.72	472
	50m: 31.91	31.91	150m: 1:45.41	37.35	250m: 3:01.42	38.24	350m: 4:18.26	37.93		
	100m: 1:08.06	36.15	200m: 2:23.18	37.77	300m: 3:40.33	38.91	400m: 4:55.72	37.46		

Konkurencja 31, Dziewcząt, 400m dowolny, 15 - 16 lat

Pozycja	Rok ur.										Czas	Pkt.		
11.	Sukiennik Anna										10	Trójka Łódź	5:02.38	441
	50m:	34.43	34.43	150m:	1:51.72	39.69	250m:	3:09.22	38.21	350m:	4:25.77	37.66		
	100m:	1:12.03	37.60	200m:	2:31.01	39.29	300m:	3:48.11	38.89	400m:	5:02.38	36.61		

14 lat

1.	Dąbrowska Maja				11	Manta Kochłowice Ruda Śl.				4:45.48	524	
	50m:	31.54	31.54	150m:	1:43.85	36.38	250m:	2:57.58	36.80	350m:	4:10.50	36.03
	100m:	1:07.47	35.93	200m:	2:20.78	36.93	300m:	3:34.47	36.89	400m:	4:45.48	34.98
2.	Dudun Olha				11	Prokopenka Lviv				4:49.48	503	
	50m:	33.01	33.01	150m:	1:45.51	36.65	250m:	2:59.21	36.93	350m:	4:13.23	36.93
	100m:	1:08.86	35.85	200m:	2:22.28	36.77	300m:	3:36.30	37.09	400m:	4:49.48	36.25
3.	Yatsyk Daryna				11	OSCIP Kyiv				4:50.82	496	
	50m:	31.32	31.32	150m:	1:42.42	35.90	250m:	2:57.24	37.83	350m:	4:13.62	38.27
	100m:	1:06.52	35.20	200m:	2:19.41	36.99	300m:	3:35.35	38.11	400m:	4:50.82	37.20
4.	Kierońska Maryla				11	Olimpijczyk Brzesko				4:58.19	460	
	50m:	33.12	33.12	150m:	1:47.17	37.45	250m:	3:03.57	38.39	350m:	4:20.39	38.35
	100m:	1:09.72	36.60	200m:	2:25.18	38.01	300m:	3:42.04	38.47	400m:	4:58.19	37.80
5.	Dejana Laura				11	SMS Galicja Kraków				4:59.84	452	
	50m:	33.34	33.34	150m:	1:46.80	36.86	250m:	3:02.41	38.17	350m:	4:20.72	39.60
	100m:	1:09.94	36.60	200m:	2:24.24	37.44	300m:	3:41.12	38.71	400m:	4:59.84	39.12
6.	Fusková Vanessa				11	PK Frenštát pod Radhoštěm				5:11.35	404	
	50m:	34.52	34.52	150m:	1:51.95	39.20	250m:	3:12.36	40.54	350m:	4:32.57	40.08
	100m:	1:12.75	38.23	200m:	2:31.82	39.87	300m:	3:52.49	40.13	400m:	5:11.35	38.78
7.	Sołtysiak Pola				11	Trójka Łódź				5:16.71	384	
	50m:	36.17	36.17	150m:	1:56.37	40.27	250m:	3:18.33	41.18	350m:	4:38.40	40.01
	100m:	1:16.10	39.93	200m:	2:37.15	40.78	300m:	3:58.39	40.06	400m:	5:16.71	38.31
8.	Budzowska Hanna				11	Unia Oświęcim				5:17.36	381	
	50m:	34.87	34.87	150m:	1:53.60	39.06	250m:	3:15.71	41.33	350m:	4:37.79	40.63
	100m:	1:14.54	39.67	200m:	2:34.38	40.78	300m:	3:57.16	41.45	400m:	5:17.36	39.57
9.	Kowalczyk Helena				11	Trójka Łódź				5:19.93	372	
	50m:	34.23	34.23	150m:	1:56.26	42.16	250m:	3:18.28	40.89	350m:	4:39.46	39.36
	100m:	1:14.10	39.87	200m:	2:37.39	41.13	300m:	4:00.10	41.82	400m:	5:19.93	40.47
10.	Tułaj Aleksandra				11	Manta Kochłowice Ruda Śl.				5:22.40	364	
	50m:	36.04	36.04	150m:	1:57.64	41.25	250m:	3:20.13	41.30	350m:	4:43.76	41.95
	100m:	1:16.39	40.35	200m:	2:38.83	41.19	300m:	4:01.81	41.68	400m:	5:22.40	38.64
11.	Laszczak Julia				11	NKP Bielsko-Biała				5:26.46	350	
	50m:	36.01	36.01	150m:	1:59.03	42.18	250m:	3:23.46	42.52	350m:	4:47.58	41.80
	100m:	1:16.85	40.84	200m:	2:40.94	41.91	300m:	4:05.78	42.32	400m:	5:26.46	38.88
12.	Trubic Wiktoria				11	Manta Kochłowice Ruda Śl.				5:29.95	339	
	50m:	36.10	36.10	150m:	1:58.75	41.74	250m:	3:23.55	42.55	350m:	4:47.98	42.50
	100m:	1:17.01	40.91	200m:	2:41.00	42.25	300m:	4:05.48	41.93	400m:	5:29.95	41.97

Konkurencja 31, Kobiet, 400m dowolny

13 lat

1. Mikula Maria	12	Solne Miasto Wieliczka	4:45.93	522
50m: 31.22 31.22	150m: 1:43.72 36.67	250m: 2:58.04 37.41	350m: 4:11.19 36.25	
100m: 1:07.05 35.83	200m: 2:20.63 36.91	300m: 3:34.94 36.90	400m: 4:45.93 34.74	
2. Werner Aleksandra	12	SMS Galicja Kraków	4:48.72	507
50m: 32.46 32.46	150m: 1:45.25 36.71	250m: 2:59.31 37.13	350m: 4:13.39 36.71	
100m: 1:08.54 36.08	200m: 2:22.18 36.93	300m: 3:36.68 37.37	400m: 4:48.72 35.33	
3. Pokrywka Zuzanna	12	Solne Miasto Wieliczka	5:08.37	416
50m: 35.84 35.84	150m: 1:54.04 39.51	250m: 3:12.90 39.17	350m: 4:31.48 38.70	
100m: 1:14.53 38.69	200m: 2:33.73 39.69	300m: 3:52.78 39.88	400m: 5:08.37 36.89	
4. Ulaniuk Ewa	12	Manta Kochłowice Ruda Śl.	5:12.04	401
50m: 34.07 34.07	150m: 1:52.35 39.86	250m: 3:12.82 39.93	350m: 4:33.69 40.40	
100m: 1:12.49 38.42	200m: 2:32.89 40.54	300m: 3:53.29 40.47	400m: 5:12.04 38.35	
5. Trzop Oliwia	12	Jasień Sucha Besk.	5:14.37	392
50m: 34.46 34.46	150m: 1:55.77 41.06	250m: 3:16.40 40.84	350m: 4:37.96 40.43	
100m: 1:14.71 40.25	200m: 2:35.56 39.79	300m: 3:57.53 41.13	400m: 5:14.37 36.41	
6. Łukasik Greta	12	Solne Miasto Wieliczka	5:15.23	389
50m: 36.26 36.26	150m: 1:57.26 40.72	250m: 3:18.71 40.49	350m: 4:38.70 39.83	
100m: 1:16.54 40.28	200m: 2:38.22 40.96	300m: 3:58.87 40.16	400m: 5:15.23 36.53	
7. Biestek Adrianna	12	Solne Miasto Wieliczka	5:29.52	341
50m: 35.96 35.96	150m: 1:59.83 42.73	250m: 3:26.29 43.33	350m: 4:49.09 40.33	
100m: 1:17.10 41.14	200m: 2:42.96 43.13	300m: 4:08.76 42.47	400m: 5:29.52 40.43	

12 lat

1. Boda Natalia	13	Park Wodny Tarn. Góry	4:58.24	460
50m: 34.25 34.25	150m: 1:50.34 37.52	250m: 3:06.77 38.16	350m: 4:22.21 37.12	
100m: 1:12.82 38.57	200m: 2:28.61 38.27	300m: 3:45.09 38.32	400m: 4:58.24 36.03	
2. Dobrasz Magdalena	13	Jedność 32 Przyszowice	5:00.12	451
50m: 33.59 33.59	150m: 1:48.22 37.80	250m: 3:05.73 39.02	350m: 4:23.63 39.15	
100m: 1:10.42 36.83	200m: 2:26.71 38.49	300m: 3:44.48 38.75	400m: 5:00.12 36.49	
3. Boyko Anastasiia	13	Prokopenka Lviv	5:08.22	416
50m: 34.94 34.94	150m: 1:52.20 38.72	250m: 3:11.14 39.20	350m: 4:31.80 40.00	
100m: 1:13.48 38.54	200m: 2:31.94 39.74	300m: 3:51.80 40.66	400m: 5:08.22 36.42	
4. Swat Lena	13	Park Wodny Tarn. Góry	5:21.63	366
50m: 37.20 37.20	150m: 1:58.73 41.10	250m: 3:19.89 40.80	350m: 4:41.75 40.97	
100m: 1:17.63 40.43	200m: 2:39.09 40.36	300m: 4:00.78 40.89	400m: 5:21.63 39.88	
5. Walczak Wiktoria	13	UKS 190 Łódź	5:33.39	329
50m: 36.83 36.83	150m: 2:03.22 44.46	250m: 3:31.15 43.82	350m: 4:54.80 40.40	
100m: 1:18.76 41.93	200m: 2:47.33 44.11	300m: 4:14.40 43.25	400m: 5:33.39 38.59	
6. Bojanowska Hanna	13	UKS 190 Łódź	5:35.88	322
50m: 36.26 36.26	150m: 2:01.62 43.09	250m: 3:28.66 43.75	350m: 4:54.75 43.08	
100m: 1:18.53 42.27	200m: 2:44.91 43.29	300m: 4:11.67 43.01	400m: 5:35.88 41.13	