



Konkurencja 7  
04.10.2025 - 12:15

Kobiet, 400m zmienny

13 lat i starsi  
Wyniki

Rekordy w. 19 +	4:45.20	KILIJA SKA Donata	KSOST	Kraków	08.03.2013
Rekordy w. 18	4:45.20	KILIJA SKA Donata	KSOST	Kraków	08.03.2013
Rekordy w. 17	4:46.40	KILIJA SKA Donata	KSOST	Gliwice	18.03.2011
Rekordy w. 16	4:46.40	KILIJA SKA Donata	00612	Gliwice	18.03.2011
Rekordy w. 15	4:53.17	KILIJA SKA Donata	00612	Katowice	22.01.2010
Rekordy w. 14	5:00.78	WOŁEK Oliwia	00612	Ostrowiec Sw	27.11.2015
Rekordy w. 13	5:15.23	LATAŁA Weronika	01412	Ostrowiec Sw	03.12.2017

Punkty: AQUA 2024

Pozycja Rok ur. Czas Pkt.

13 lat

1.	SIATKOWSKA Pola	12	MUKP MOSiR Orka Kielce	<b>5:41.42</b>	436
	50m: 35.76 35.76	150m: 2:05.87 45.05	250m: 3:35.70 47.76	350m: 5:02.81 39.87	
	100m: 1:20.82 45.06	200m: 2:47.94 42.07	300m: 4:22.94 47.24	400m: 5:41.42 38.61	
2.	SKUBISZ Liliana	12	CSiR MOS w D browie Górnicy	<b>5:42.80</b>	430
	50m: 34.75 34.75	150m: 2:01.46 45.78	250m: 3:36.16 50.38	350m: 5:05.46 38.99	
	100m: 1:15.68 40.93	200m: 2:45.78 44.32	300m: 4:26.47 50.31	400m: 5:42.80 37.34	
3.	GRZEGORCZYK Helena	12	MUKP Korona-Swim Kielce	<b>6:08.38</b>	347
	50m: 42.59 42.59	150m: 2:19.53 48.58	250m: 3:56.30 48.00	350m: 5:27.45 41.37	
	100m: 1:30.95 48.36	200m: 3:08.30 48.77	300m: 4:46.08 49.78	400m: 6:08.38 40.93	
4.	RÓ YCKA Antonia	12	TS Akwedukt Kielce	<b>6:11.76</b>	337
	50m: 40.59 40.59	150m: 2:15.86 49.72	250m: 3:54.86 52.36	350m: 5:30.65 42.71	
	100m: 1:26.14 45.55	200m: 3:02.50 46.64	300m: 4:47.94 53.08	400m: 6:11.76 41.11	
5.	GRZEGORCZYK Amelia	12	MUKP Korona-Swim Kielce	<b>6:13.77</b>	332
	50m: 39.74 39.74	150m: 2:17.56 49.51	250m: 3:56.93 52.33	350m: 5:32.84 43.16	
	100m: 1:28.05 48.31	200m: 3:04.60 47.04	300m: 4:49.68 52.75	400m: 6:13.77 40.93	
6.	KOBYLSKA El bieta	12	MUKP Korona-Swim Kielce	<b>6:15.23</b>	328
	50m: 40.05 40.05	150m: 2:17.90 48.99	250m: 3:57.47 52.30	350m: 5:33.49 44.01	
	100m: 1:28.91 48.86	200m: 3:05.17 47.27	300m: 4:49.48 52.01	400m: 6:15.23 41.74	
7.	ERNESTOWICZ Julia	12	MUKP Korona-Swim Kielce	<b>6:32.00</b>	288
	50m: 42.47 42.47	150m: 2:23.06 50.45	250m: 4:07.94 57.87	350m: 5:50.57 45.42	
	100m: 1:32.61 50.14	200m: 3:10.07 47.01	300m: 5:05.15 57.21	400m: 6:32.00 41.43	
8.	KUBICZ Kornelia	12	MUKP Korona-Swim Kielce	<b>6:36.20</b>	279
	50m: 43.05 43.05	150m: 2:21.10 48.91	250m: 4:08.25 59.20	350m: 5:53.38 45.73	
	100m: 1:32.19 49.14	200m: 3:09.05 47.95	300m: 5:07.65 59.40	400m: 6:36.20 42.82	
9.	GOŁY SKA Gabriela	12	St. Lok. SALOS Cortile Kielce	<b>6:46.20</b>	259
	50m: 46.50 46.50	150m: 2:31.18 48.24	250m: 4:19.68 59.28	350m: 6:04.93 45.35	
	100m: 1:42.94 56.44	200m: 3:20.40 49.22	300m: 5:19.58 59.90	400m: 6:46.20 41.27	

14 - 15 lat

1.	MAJ Zuzanna	11	KS KSZO Ostrowiec w.	<b>5:28.49</b>	489
	50m: 35.72 35.72	150m: 1:58.96 41.88	250m: 3:25.64 46.86	350m: 4:51.44 38.97	
	100m: 1:17.08 41.36	200m: 2:38.78 39.82	300m: 4:12.47 46.83	400m: 5:28.49 37.05	
2.	OLSZEWSKA Natalia	10	St. Lok. SALOS Cortile Kielce	<b>5:31.82</b>	475
	50m: 35.14 35.14	150m: 1:59.92 44.31	250m: 3:29.72 47.60	350m: 4:56.08 38.69	
	100m: 1:15.61 40.47	200m: 2:42.12 42.20	300m: 4:17.39 47.67	400m: 5:31.82 35.74	
3.	BOSZCZYK Zuzanna	11	MUKP MOSiR Orka Kielce	<b>5:31.83</b>	475
	50m: 33.16 33.16	150m: 1:56.75 46.04	250m: 3:28.25 47.32	350m: 4:56.00 39.69	
	100m: 1:10.71 37.55	200m: 2:40.93 44.18	300m: 4:16.31 48.06	400m: 5:31.83 35.83	
4.	NAGÓRNA Wiktoria	10	MUKP Korona-Swim Kielce	<b>5:47.00</b>	415
	50m: 37.74 37.74	150m: 2:04.45 43.86	250m: 3:38.40 52.92	350m: 5:10.50 39.24	
	100m: 1:20.59 42.85	200m: 2:45.48 41.03	300m: 4:31.26 52.86	400m: 5:47.00 36.50	
5.	WÓJTOWICZ Aleksandra	10	Kajman Połaniec	<b>5:56.60</b>	382
	50m: 38.21 38.21	150m: 2:10.57 47.21	250m: 3:47.52 51.07	350m: 5:19.30 39.79	
	100m: 1:23.36 45.15	200m: 2:56.45 45.88	300m: 4:39.51 51.99	400m: 5:56.60 37.30	



Du a Liga Runda III  
Kielce, 4.10.2025



Konkurencja 7, Dziewcz t, 400m zmienny, 14 - 15 lat

Pozycja				Rok ur.					Czas	Pkt.		
6.	SELL Magdalena			11	MUKP Korona-Swim Kielce				<b>6:13.76</b>	332		
	50m:	40.15	40.15	150m:	2:15.69	47.94	250m:	3:57.98	56.90	350m:	5:38.03	42.38
	100m:	1:27.75	47.60	200m:	3:01.08	45.39	300m:	4:55.65	57.67	400m:	6:13.76	35.73

16 lat i starsi

1.	BOBROVSKA Alina			08	KS KSZO Ostrowiec w.				<b>4:58.87</b>	650		
	50m:	31.46	31.46	150m:	1:46.18	39.00	250m:	3:07.78	43.13	350m:	4:26.20	35.03
	100m:	1:07.18	35.72	200m:	2:24.65	38.47	300m:	3:51.17	43.39	400m:	4:58.87	32.67
2.	PRASAŁ Aleksandra			09	MUKP Korona-Swim Kielce				<b>5:34.28</b>	464		
	50m:	35.61	35.61	150m:	1:58.88	42.25	250m:	3:28.55	48.36	350m:	4:56.97	39.79
	100m:	1:16.63	41.02	200m:	2:40.19	41.31	300m:	4:17.18	48.63	400m:	5:34.28	37.31