

Warszawska Olimpiada Młodzieży rocznik 2011-2012
Warszawa, 21. - 22.5.2026

Konkurencja 31
22.05.2026 - 11:17

Dziewcząt, 400m dowolny

14 - 15 lat
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.				Czas				Pkt.
1. MASTALEREK, Malwina	11	UKS „GIM 92 Ursynów"			4:44.92				527
50m: 32.52 32.52	150m: 1:46.16	37.08	250m: 2:59.12	36.61	350m: 4:11.81				36.13
100m: 1:09.08 36.56	200m: 2:22.51	36.35	300m: 3:35.68	36.56	400m: 4:44.92				33.11
2. STREFNER, Laura	11	UKS G-8 Bielany Warszawa			4:45.05				527
50m: 33.17 33.17	150m: 1:46.03	36.47	250m: 2:59.69	36.82	350m: 4:11.08				35.42
100m: 1:09.56 36.39	200m: 2:22.87	36.84	300m: 3:35.66	35.97	400m: 4:45.05				33.97
3. ROKICKA, Alicja	11	MKS „Jagiellonka" Warszawa			4:45.21				526
50m: 31.80 31.80	150m: 1:43.12	36.35	250m: 2:56.88	36.65	350m: 4:11.02				37.08
100m: 1:06.77 34.97	200m: 2:20.23	37.11	300m: 3:33.94	37.06	400m: 4:45.21				34.19
4. BOGUCKA, Maria	11	UKS G-8 Bielany Warszawa			4:46.19				520
50m: 33.96 33.96	150m: 1:47.12	36.82	250m: 3:00.58	36.49	350m: 4:12.53				35.63
100m: 1:10.30 36.34	200m: 2:24.09	36.97	300m: 3:36.90	36.32	400m: 4:46.19				33.66
5. KRYSZKIEWICZ, Lidia	12	MKS „Jagiellonka" Warszawa			4:48.77				506
50m: 31.62 31.62	150m: 1:44.00	36.75	250m: 2:58.24	37.15	350m: 4:13.31				37.51
100m: 1:07.25 35.63	200m: 2:21.09	37.09	300m: 3:35.80	37.56	400m: 4:48.77				35.46
6. LYTVYNOVA, Melaniia	11	UKS G-8 Bielany Warszawa			4:51.48				492
50m: 32.90 32.90	150m: 1:46.22	36.87	250m: 3:00.86	37.56	350m: 4:15.30				36.91
100m: 1:09.35 36.45	200m: 2:23.30	37.08	300m: 3:38.39	37.53	400m: 4:51.48				36.18
7. CZYŻAK, Paulina	11	UKS G-8 Bielany Warszawa			4:52.92				485
50m: 33.39 33.39	150m: 1:46.59	36.60	250m: 3:00.59	36.90	350m: 4:15.55				37.79
100m: 1:09.99 36.60	200m: 2:23.69	37.10	300m: 3:37.76	37.17	400m: 4:52.92				37.37
8. ŁYSIUŁ, Karina	11	UKS „GIM 92 Ursynów"			4:54.60				477
50m: 32.81 32.81	150m: 1:46.23	37.07	250m: 3:01.98	38.11	350m: 4:17.28				37.57
100m: 1:09.16 36.35	200m: 2:23.87	37.64	300m: 3:39.71	37.73	400m: 4:54.60				37.32
9. SZERSZEŃ -NIEWĘGŁOWSKA, Zofia	11	UKS „GIM 92 Ursynów"			4:54.64				477
50m: 33.51 33.51	150m: 1:47.32	36.76	250m: 3:00.55	36.96	350m: 4:17.01				38.63
100m: 1:10.56 37.05	200m: 2:23.59	36.27	300m: 3:38.38	37.83	400m: 4:54.64				37.63
10. STAROWIEYSKA, Kaja	12	UKS G-8 Bielany Warszawa			4:54.81				476
50m: 33.56 33.56	150m: 1:50.33	38.56	250m: 3:07.78	38.31	350m: 4:22.76				37.16
100m: 1:11.77 38.21	200m: 2:29.47	39.14	300m: 3:45.60	37.82	400m: 4:54.81				32.05
11. ŁYSIUŁ, Lidia	11	UKS „GIM 92 Ursynów"			4:56.34				469
50m: 33.23 33.23	150m: 1:47.05	37.49	250m: 3:02.57	37.73	350m: 4:19.87				38.66
100m: 1:09.56 36.33	200m: 2:24.84	37.79	300m: 3:41.21	38.64	400m: 4:56.34				36.47
12. WITTBRODT, Alicja	11	UKP „Polonia Warszawa"			4:56.35				469
50m: 33.77 33.77	150m: 1:49.89	38.01	250m: 3:05.56	37.71	350m: 4:20.61				37.14
100m: 1:11.88 38.11	200m: 2:27.85	37.96	300m: 3:43.47	37.91	400m: 4:56.35				35.74
13. ABRAMCZYK, Zuzanna	11	UKS „GIM 92 Ursynów"			4:58.86				457
50m: 35.04 35.04	150m: 1:51.65	38.53	250m: 3:07.68	38.13	350m: 4:23.86				37.73
100m: 1:13.12 38.08	200m: 2:29.55	37.90	300m: 3:46.13	38.45	400m: 4:58.86				35.00
14. PACYK, Alexandra	11	IUKS „Muszelka" Warszawa			4:59.22				455
50m: 33.51 33.51	150m: 1:49.56	38.24	250m: 3:06.13	38.18	350m: 4:22.68				38.33
100m: 1:11.32 37.81	200m: 2:27.95	38.39	300m: 3:44.35	38.22	400m: 4:59.22				36.54
15. SOLIS, Zuzanna	11	UKS „GIM 92 Ursynów"			4:59.80				453
50m: 34.81 34.81	150m: 1:52.21	39.20	250m: 3:08.55	38.24	350m: 4:24.57				38.12
100m: 1:13.01 38.20	200m: 2:30.31	38.10	300m: 3:46.45	37.90	400m: 4:59.80				35.23
16. ZYCH, Agata	12	MKS „Jagiellonka" Warszawa			4:59.83				452
50m: 34.33 34.33	150m: 1:50.51	38.69	250m: 3:07.06	37.90	350m: 4:23.41				38.04
100m: 1:11.82 37.49	200m: 2:29.16	38.65	300m: 3:45.37	38.31	400m: 4:59.83				36.42
17. IZDEBSKA, Zuzanna	11	UKS G-8 Bielany Warszawa			5:00.97				447
50m: 35.73 35.73	150m: 1:52.34	38.27	250m: 3:08.49	37.86	350m: 4:24.61				38.23
100m: 1:14.07 38.34	200m: 2:30.63	38.29	300m: 3:46.38	37.89	400m: 5:00.97				36.36

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Pozycja	Rok ur.				Czas				Pkt.
18.	LACH, Maria	11	MKS Ochota Warszawa		5:01.32				446
	50m: 33.87 33.87	150m: 1:49.19 38.16	250m: 3:07.18 38.91	350m: 4:25.00 38.84					
	100m: 1:11.03 37.16	200m: 2:28.27 39.08	300m: 3:46.16 38.98	400m: 5:01.32 36.32					
19.	SOSNOWSKA, Natalia	11	UKS G-8 Bielany Warszawa		5:01.44				445
	50m: 34.25 34.25	150m: 1:49.88 38.17	250m: 3:08.08 39.10	350m: 4:25.37 38.76					
	100m: 1:11.71 37.46	200m: 2:28.98 39.10	300m: 3:46.61 38.53	400m: 5:01.44 36.07					
20.	KRASKIEWICZ, Barbara	12	MKS „Jagiellonka” Warszawa		5:06.16				425
	50m: 34.58 34.58	150m: 1:51.77 39.16	250m: 3:11.00 40.05	350m: 4:29.88 39.10					
	100m: 1:12.61 38.03	200m: 2:30.95 39.18	300m: 3:50.78 39.78	400m: 5:06.16 36.28					
21.	CENIAN, Natalia	12	IUKS „Muszelka” Warszawa		5:07.27				420
	50m: 34.81 34.81	150m: 1:50.50 38.70	250m: 3:09.89 39.69	350m: 4:29.44 39.54					
	100m: 1:11.80 36.99	200m: 2:30.20 39.70	300m: 3:49.90 40.01	400m: 5:07.27 37.83					
22.	BURCZYŃSKA, Gabriela	12	UKS G-8 Bielany Warszawa		5:08.55				415
	50m: 35.67 35.67	150m: 1:54.59 39.68	250m: 3:14.56 40.03	350m: 4:32.36 38.91					
	100m: 1:14.91 39.24	200m: 2:34.53 39.94	300m: 3:53.45 38.89	400m: 5:08.55 36.19					
23.	GOŁDA, Hanna	12	UKS H2O Warszawa		5:08.60				415
	50m: 32.74 32.74	150m: 250m: 3:09.54 40.16	350m: 4:29.63 39.88						
	100m: 1:10.11 37.37	200m: 2:29.38 300m: 3:49.75 40.21	400m: 5:08.60 38.97						
24.	RONGIERS, Pola	11	MKS „Jagiellonka” Warszawa		5:09.06				413
	50m: 34.35 34.35	150m: 1:52.62 39.09	250m: 3:12.40 39.58	350m: 4:32.15 39.72					
	100m: 1:13.53 39.18	200m: 2:32.82 40.20	300m: 3:52.43 40.03	400m: 5:09.06 36.91					
25.	KRAMARZ, Lena	12	UKS H2O Warszawa		5:09.71				410
	50m: 34.78 34.78	150m: 1:55.39 40.62	250m: 3:15.83 39.95	350m: 4:34.48 39.59					
	100m: 1:14.77 39.99	200m: 2:35.88 40.49	300m: 3:54.89 39.06	400m: 5:09.71 35.23					
26.	KRAWCZYŃSKA, Lidia	12	MKS „Jagiellonka” Warszawa		5:10.60				407
	50m: 35.33 35.33	150m: 1:55.11 39.96	250m: 3:14.90 39.61	350m: 4:34.51 39.49					
	100m: 1:15.15 39.82	200m: 2:35.29 40.18	300m: 3:55.02 40.12	400m: 5:10.60 36.09					
27.	MELEROWICZ, Hanna	12	UKS G-8 Bielany Warszawa		5:11.42				404
	50m: 35.31 35.31	150m: 1:55.20 40.23	250m: 3:15.00 39.49	350m: 4:34.01 39.57					
	100m: 1:14.97 39.66	200m: 2:35.51 40.31	300m: 3:54.44 39.44	400m: 5:11.42 37.41					
28.	KURPIEL, Maja	11	Buks		5:12.41				400
	50m: 35.31 35.31	150m: 1:55.28 40.24	250m: 3:15.38 39.93	350m: 4:34.41 39.42					
	100m: 1:15.04 39.73	200m: 2:35.45 40.17	300m: 3:54.99 39.61	400m: 5:12.41 38.00					
29.	SIERADZKA, Lea	12	UKS 48 Warszawa Śródmieście		5:16.29				385
	50m: 34.71 34.71	150m: 1:55.06 40.66	250m: 3:17.00 40.89	350m: 4:38.66 40.57					
	100m: 1:14.40 39.69	200m: 2:36.11 41.05	300m: 3:58.09 41.09	400m: 5:16.29 37.63					
30.	KAMIŃSKA, Oliwia	11	MKS „Jagiellonka” Warszawa		5:17.90				379
	50m: 34.26 34.26	150m: 1:52.59 39.85	250m: 3:15.34 41.71	350m: 4:38.66 41.80					
	100m: 1:12.74 38.48	200m: 2:33.63 41.04	300m: 3:56.86 41.52	400m: 5:17.90 39.24					
31.	BAŁABAN, Zofia	12	UKS 48 Warszawa Śródmieście		5:18.75				376
	50m: 35.74 35.74	150m: 1:55.93 40.29	250m: 3:18.69 41.76	350m: 4:41.82 41.30					
	100m: 1:15.64 39.90	200m: 2:36.93 41.00	300m: 4:00.52 41.83	400m: 5:18.75 36.93					
32.	KORONA, Zuzanna	12	UKS G-8 Bielany Warszawa		5:19.88				372
	50m: 39.25 39.25	150m: 2:01.24 41.15	250m: 3:22.87 39.74	350m: 4:42.58 39.01					
	100m: 1:20.09 40.84	200m: 2:43.13 41.89	300m: 4:03.57 40.70	400m: 5:19.88 37.30					
33.	ŻUK, Zofia	12	UKS G-8 Bielany Warszawa		5:26.96				349
	50m: 37.93 37.93	150m: 2:02.19 42.73	250m: 3:25.45 41.94	350m: 4:45.90 40.57					
	100m: 1:19.46 41.53	200m: 2:43.51 41.32	300m: 4:05.33 39.88	400m: 5:26.96 41.06					
34.	STRZAŁKOWSKA, Zuzanna	12	UKS H2O Warszawa		5:28.12				345
	50m: 36.47 36.47	150m: 1:58.05 41.60	250m: 3:22.40 42.64	350m: 4:47.29 42.53					
	100m: 1:16.45 39.98	200m: 2:39.76 41.71	300m: 4:04.76 42.36	400m: 5:28.12 40.83					
35.	TELESIEWICZ, Hanna	12	UKS G-8 Bielany Warszawa		5:31.51				335
	50m: 38.30 38.30	150m: 2:01.85 42.30	250m: 3:26.79 42.44	350m: 4:51.71 41.84					
	100m: 1:19.55 41.25	200m: 2:44.35 42.50	300m: 4:09.87 43.08	400m: 5:31.51 39.80					

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Pozycja	Rok ur.										Czas	Pkt.
36.	RADZISZEWSKA, Małgorzata				12	UKS G-8 Bielany Warszawa					5:33.32	329
	50m:	36.16	36.16	150m:	1:59.72	42.47	250m:	3:26.39	43.44	350m:	4:53.44	42.83
	100m:	1:17.25	41.09	200m:	2:42.95	43.23	300m:	4:10.61	44.22	400m:	5:33.32	39.88
37.	RYPINA, Hanna				12	MKS „Jagiellonka" Warszawa					5:39.18	312
	50m:	36.57	36.57	150m:	2:03.65	43.93	250m:	3:29.73	43.02	350m:	4:57.35	43.86
	100m:	1:19.72	43.15	200m:	2:46.71	43.06	300m:	4:13.49	43.76	400m:	5:39.18	41.83