



Event 10
2024-05-25 - 18:54

Women, 400m Freestyle

14 years and older
Results

Rekord Polski Open 4:04.23 JEDRZEJCZAK Otylia 00114 Melbourne (AUS) 2007-03-25

Points: FINA 2024

Rank		YB						Time	Pts
14 years and older									
1.	GUSC Wiktoria		04	MKP Szczecin				4:21.02	733
	50m: 29.73	29.73	150m: 1:34.86	32.87	250m: 2:41.73	33.33	350m: 3:48.22	33.21	
	100m: 1:01.99	32.26	200m: 2:08.40	33.54	300m: 3:15.01	33.28	400m: 4:21.02	32.80	
2.	FAMULOK Zuzanna		03	AZS AWF Katowice				4:23.77	710
	50m: 29.95	29.95	150m: 1:35.27	33.01	250m: 2:42.59	33.57	350m: 3:50.70	34.17	
	100m: 1:02.26	32.31	200m: 2:09.02	33.75	300m: 3:16.53	33.94	400m: 4:23.77	33.07	
3.	WEGRZYNOWSKA Aleksandra		01	WKS SLASK Wroclaw				4:29.27	667
	50m: 29.98	29.98	150m: 1:37.10	1:06.97	250m: 2:46.00	1:42.73	350m: 3:55.50	34.71	
	100m: 30.13	0.15	200m: 1:03.27		300m: 3:20.79	34.79	400m: 4:29.27	33.77	
4.	GOSCINSKA Gabriela		09	UKS SMS Galicja Krakow				4:32.53	644
	50m: 31.33	31.33	150m: 1:40.85	35.02	250m: 2:50.87	34.87	350m: 4:00.12	34.30	
	100m: 1:05.83	34.50	200m: 2:16.00	35.15	300m: 3:25.82	34.95	400m: 4:32.53	32.41	
5.	KUCZMAR Zuzanna		07	UKP POLONIA Warszawa				4:33.06	640
	50m: 31.64	31.64	150m: 1:41.14	35.16	250m: 2:49.74	34.01	350m: 3:58.64	34.73	
	100m: 1:05.98	34.34	200m: 2:15.73	34.59	300m: 3:23.91	34.17	400m: 4:33.06	34.42	
6.	RACZKOWSKA Maja		07	LKS Jednosc 32 Przyszowice				4:34.81	628
	50m: 31.44	31.44	150m: 1:40.36	34.65	250m: 2:50.76	35.23	350m: 4:00.87	34.74	
	100m: 1:05.71	34.27	200m: 2:15.53	35.17	300m: 3:26.13	35.37	400m: 4:34.81	33.94	
7.	KUCZMAR Aleksandra		09	UKP POLONIA Warszawa				4:34.93	627
	50m: 31.34	31.34	150m: 1:40.64	34.78	250m: 2:51.28	35.44	350m: 4:01.42	35.11	
	100m: 1:05.86	34.52	200m: 2:15.84	35.20	300m: 3:26.31	35.03	400m: 4:34.93	33.51	
8.	MALOLEPSZA Weronika		07	MKP Szczecin				4:37.60	609
	50m: 31.97	31.97	150m: 1:41.18	35.01	250m: 2:51.30	35.05	350m: 4:02.84	35.76	
	100m: 1:06.17	34.20	200m: 2:16.25	35.07	300m: 3:27.08	35.78	400m: 4:37.60	34.76	
9.	HLUSHCHENKO Varvara		08	UKS G-8 Bielany Warszawa				4:40.03	593
	50m: 31.54	31.54	150m: 1:41.76	35.29	250m: 2:53.15	35.85	350m: 4:05.23	35.99	
	100m: 1:06.47	34.93	200m: 2:17.30	35.54	300m: 3:29.24	36.09	400m: 4:40.03	34.80	
10.	BONECKA Anna		07	Mokotowski UKP Warszawianka-Wodny				4:40.68	589
	50m: 30.29	30.29	150m: 1:39.85	35.23	250m: 2:52.01	36.18	350m: 4:05.42	36.91	
	100m: 1:04.62	34.33	200m: 2:15.83	35.98	300m: 3:28.51	36.50	400m: 4:40.68	35.26	
	WRONA Maria		08	UKP UNIA Oswiecim				4:40.68	589
	50m: 32.53	32.53	150m: 1:42.63	35.29	250m: 2:53.67	35.70	350m: 4:05.62	35.91	
	100m: 1:07.34	34.81	200m: 2:17.97	35.34	300m: 3:29.71	36.04	400m: 4:40.68	35.06	
12.	SWIATEK Amelia		08	WKS SLASK Wroclaw				4:42.06	581
	50m: 32.51	32.51	150m: 1:43.24	35.58	250m: 2:54.87	35.87	350m: 4:07.03	35.99	
	100m: 1:07.66	35.15	200m: 2:19.00	35.76	300m: 3:31.04	36.17	400m: 4:42.06	35.03	
13.	WNUK Jessika		08	MKS JUVENIA Wroclaw				4:42.85	576
	50m: 31.98	31.98	150m: 1:43.12	36.10	250m: 2:55.80	36.36	350m: 4:08.63	36.18	
	100m: 1:07.02	35.04	200m: 2:19.44	36.32	300m: 3:32.45	36.65	400m: 4:42.85	34.22	
14.	GRZECH Maja		08	UKS ZABIANKA Gdansk				4:42.94	575
	50m: 32.44	32.44	150m: 1:44.16	36.24	250m: 2:56.55	36.25	350m: 4:09.34	36.26	
	100m: 1:07.92	35.48	200m: 2:20.30	36.14	300m: 3:33.08	36.53	400m: 4:42.94	33.60	
15.	RAJCA Matylda		10	LKS Jednosc 32 Przyszowice				4:43.51	572
	50m: 31.61	31.61	150m: 1:43.41	36.17	250m: 2:57.16		350m: 4:09.13	35.70	
	100m: 1:07.24	35.63	200m:		300m: 3:33.43	36.27	400m: 4:43.51	34.38	
16.	OKON Anna		09	LKS Jednosc 32 Przyszowice				4:44.06	568
	50m: 31.94	31.94	150m: 1:43.76	36.28	250m: 2:56.78	36.62	350m: 4:09.57	36.30	
	100m: 1:07.48	35.54	200m: 2:20.16	36.40	300m: 3:33.27	36.49	400m: 4:44.06	34.49	



Event 10, Women, 400m Freestyle, 14 years and older

Rank		YB						Time	Pts
17.	ZIELINSKA Malgorzata	08	UKS ZABIANKA Gdansk					4:44.51	566
	50m: 32.67 32.67	150m: 1:44.08	36.07	250m: 2:56.43	36.15	350m: 4:09.13	36.28		
	100m: 1:08.01 35.34	200m: 2:20.28	36.20	300m: 3:32.85	36.42	400m: 4:44.51	35.38		
18.	BAKUN Maja	07	UKS G-8 Bielany Warszawa					4:45.53	560
	50m: 31.85 31.85	150m: 1:43.92	36.37	250m: 2:57.73	37.12	350m:			
	100m: 1:07.55 35.70	200m: 2:20.61	36.69	300m:		400m: 4:45.53			
19.	BELZYT Maja	08	UKS ZABIANKA Gdansk					4:52.40	521
	50m: 33.00 33.00	150m: 1:46.55	37.31	250m: 3:02.00	37.26	350m: 4:16.41	37.08		
	100m: 1:09.24 36.24	200m: 2:24.74	38.19	300m: 3:39.33	37.33	400m: 4:52.40	35.99		
20.	JURCZUK Weronika	08	UKS G-8 Bielany Warszawa					4:52.52	521
	50m: 32.33 32.33	150m: 1:46.13	37.61	250m: 3:01.70	37.75	350m: 4:17.06	37.17		
	100m: 1:08.52 36.19	200m: 2:23.95	37.82	300m: 3:39.89	38.19	400m: 4:52.52	35.46		
21.	LUCZAK Agata	09	Stow. Solne Miasto Wieliczka					4:54.88	508
	50m: 33.23 33.23	150m: 1:47.67	37.63	250m: 3:02.85	36.89	350m: 4:17.59	37.14		
	100m: 1:10.04 36.81	200m: 2:25.96	38.29	300m: 3:40.45	37.60	400m: 4:54.88	37.29		
22.	KUNA Alina	10	Stow. Solne Miasto Wieliczka					4:57.52	495
	50m: 32.63 32.63	150m: 1:47.81	38.15	250m: 3:04.08	37.95	350m: 4:19.92	37.81		
	100m: 1:09.66 37.03	200m: 2:26.13	38.32	300m: 3:42.11	38.03	400m: 4:57.52	37.60		
23.	ZABRANIAK Karina	08	MKP Szczecin					5:01.52	475
	50m: 33.00 33.00	150m: 1:48.33	37.74	250m: 3:05.17	38.19	350m: 4:23.34	39.10		
	100m: 1:10.59 37.59	200m: 2:26.98	38.65	300m: 3:44.24	39.07	400m: 5:01.52	38.18		
24.	SAVCHUK Polina	10	SP MEDUZA Pajeczno					5:04.78	460
	50m: 34.71 34.71	150m: 1:52.78	39.39	250m: 3:12.05	40.29	350m: 4:29.74	37.65		
	100m: 1:13.39 38.68	200m: 2:31.76	38.98	300m: 3:52.09	40.04	400m: 5:04.78	35.04		
25.	PAWLAK Lena	08	TP OLIMPIJCZYK Aleksandrow Lodzki					5:04.93	459
	50m: 33.48 33.48	150m: 1:49.31	38.47	250m: 3:07.65	38.67	350m: 4:26.62	39.42		
	100m: 1:10.84 37.36	200m: 2:28.98	39.67	300m: 3:47.20	39.55	400m: 5:04.93	38.31		
26.	FIGURSKA Paula	07	UKS G-8 Bielany Warszawa					5:05.36	458
	50m: 34.77 34.77	150m: 1:52.36	38.83	250m: 3:10.71	39.31	350m: 4:28.30	38.51		
	100m: 1:13.53 38.76	200m: 2:31.40	39.04	300m: 3:49.79	39.08	400m: 5:05.36	37.06		
27.	GUBALA Justyna	09	Stow. Solne Miasto Wieliczka					5:05.57	457
	50m: 33.59 33.59	150m: 1:49.57	38.65	250m: 3:07.55	39.06	350m: 4:26.89	39.65		
	100m: 1:10.92 37.33	200m: 2:28.49	38.92	300m: 3:47.24	39.69	400m: 5:05.57	38.68		
28.	POLEC Hanna	07	MKS TROJKA Lodz					5:05.94	455
	50m: 32.98 32.98	150m: 1:49.77	39.32	250m: 3:09.81	39.92	350m: 4:29.13	38.83		
	100m: 1:10.45 37.47	200m: 2:29.89	40.12	300m: 3:50.30	40.49	400m: 5:05.94	36.81		
29.	STEFANIW Martyna	10	SP MEDUZA Pajeczno					5:08.92	442
	50m: 34.88 34.88	150m: 1:53.82	40.02	250m: 3:14.24	40.50	350m: 4:32.79	38.70		
	100m: 1:13.80 38.92	200m: 2:33.74	39.92	300m: 3:54.09	39.85	400m: 5:08.92	36.13		
30.	NAWROCKA Natalia	08	MUKS WODNIK Lask					5:11.56	431
	50m: 33.08 33.08	150m: 1:51.61	40.25	250m: 3:13.00	40.67	350m: 4:33.12	39.76		
	100m: 1:11.36 38.28	200m: 2:32.33	40.72	300m: 3:53.36	40.36	400m: 5:11.56	38.44		
31.	MYDLOWSKA Roxana	10	UKS NAWA Skierniewice					5:11.80	430
	50m: 34.35 34.35	150m: 1:53.98	40.58	250m: 3:14.95	40.77	350m: 4:34.70	39.09		
	100m: 1:13.40 39.05	200m: 2:34.18	40.20	300m: 3:55.61	40.66	400m: 5:11.80	37.10		
32.	FRANASZCZAK Zofia	10	UKS V Lomianki					5:15.03	417
	50m: 35.31 35.31	150m: 1:55.07	40.28	250m: 3:16.28	40.60	350m: 4:36.90	40.11		
	100m: 1:14.79 39.48	200m: 2:35.68	40.61	300m: 3:56.79	40.51	400m: 5:15.03	38.13		
33.	FEDOSIEIENKO Maiia	03	Mokotowski UKP Warszawianka-Wodny					5:16.48	411
	50m: 33.39 33.39	150m: 1:50.16	39.39	250m: 3:12.28	41.23	350m: 4:36.46	42.22		
	100m: 1:10.77 37.38	200m: 2:31.05	40.89	300m: 3:54.24	41.96	400m: 5:16.48	40.02		
34.	JANKOWSKA Lucja	09	KS BARRAKUDA Gdansk					5:19.97	398
	50m: 35.79 35.79	150m: 1:57.26	41.40	250m: 3:18.99	40.52	350m: 4:40.70	40.63		
	100m: 1:15.86 40.07	200m: 2:38.47	41.21	300m: 4:00.07	41.08	400m: 5:19.97	39.27		



Event 10, Women, 400m Freestyle

17 - 18 years

1. KUCZMAR Zuzanna	07	UKP POLONIA Warszawa	4:33.06	640
50m: 31.64 31.64	150m: 1:41.14 35.16	250m: 2:49.74 34.01	350m: 3:58.64 34.73	
100m: 1:05.98 34.34	200m: 2:15.73 34.59	300m: 3:23.91 34.17	400m: 4:33.06 34.42	
2. RACZKOWSKA Maja	07	LKS Jednosc 32 Przyszowice	4:34.81	628
50m: 31.44 31.44	150m: 1:40.36 34.65	250m: 2:50.76 35.23	350m: 4:00.87 34.74	
100m: 1:05.71 34.27	200m: 2:15.53 35.17	300m: 3:26.13 35.37	400m: 4:34.81 33.94	
3. MALOLEPSZA Weronika	07	MKP Szczecin	4:37.60	609
50m: 31.97 31.97	150m: 1:41.18 35.01	250m: 2:51.30 35.05	350m: 4:02.84 35.76	
100m: 1:06.17 34.20	200m: 2:16.25 35.07	300m: 3:27.08 35.78	400m: 4:37.60 34.76	
4. BONECKA Anna	07	Mokotowski UKP Warszawianka-Wodny	4:40.68	589
50m: 30.29 30.29	150m: 1:39.85 35.23	250m: 2:52.01 36.18	350m: 4:05.42 36.91	
100m: 1:04.62 34.33	200m: 2:15.83 35.98	300m: 3:28.51 36.50	400m: 4:40.68 35.26	
5. BAKUN Maja	07	UKS G-8 Bielany Warszawa	4:45.53	560
50m: 31.85 31.85	150m: 1:43.92 36.37	250m: 2:57.73 37.12	350m:	
100m: 1:07.55 35.70	200m: 2:20.61 36.69	300m:	400m: 4:45.53	
6. FIGURSKA Paula	07	UKS G-8 Bielany Warszawa	5:05.36	458
50m: 34.77 34.77	150m: 1:52.36 38.83	250m: 3:10.71 39.31	350m: 4:28.30 38.51	
100m: 1:13.53 38.76	200m: 2:31.40 39.04	300m: 3:49.79 39.08	400m: 5:05.36 37.06	
7. POLEC Hanna	07	MKS TROJKA Lodz	5:05.94	455
50m: 32.98 32.98	150m: 1:49.77 39.32	250m: 3:09.81 39.92	350m: 4:29.13 38.83	
100m: 1:10.45 37.47	200m: 2:29.89 40.12	300m: 3:50.30 40.49	400m: 5:05.94 36.81	

16 years

1. HLUSHCHENKO Varvara	08	UKS G-8 Bielany Warszawa	4:40.03	593
50m: 31.54 31.54	150m: 1:41.76 35.29	250m: 2:53.15 35.85	350m: 4:05.23 35.99	
100m: 1:06.47 34.93	200m: 2:17.30 35.54	300m: 3:29.24 36.09	400m: 4:40.03 34.80	
2. WRONA Maria	08	UKP UNIA Oswiecim	4:40.68	589
50m: 32.53 32.53	150m: 1:42.63 35.29	250m: 2:53.67 35.70	350m: 4:05.62 35.91	
100m: 1:07.34 34.81	200m: 2:17.97 35.34	300m: 3:29.71 36.04	400m: 4:40.68 35.06	
3. SWIATEK Amelia	08	WKS SLASK Wroclaw	4:42.06	581
50m: 32.51 32.51	150m: 1:43.24 35.58	250m: 2:54.87 35.87	350m: 4:07.03 35.99	
100m: 1:07.66 35.15	200m: 2:19.00 35.76	300m: 3:31.04 36.17	400m: 4:42.06 35.03	
4. WNUK Jessika	08	MKS JUVENIA Wroclaw	4:42.85	576
50m: 31.98 31.98	150m: 1:43.12 36.10	250m: 2:55.80 36.36	350m: 4:08.63 36.18	
100m: 1:07.02 35.04	200m: 2:19.44 36.32	300m: 3:32.45 36.65	400m: 4:42.85 34.22	
5. GRZECH Maja	08	UKS ZABIANKA Gdansk	4:42.94	575
50m: 32.44 32.44	150m: 1:44.16 36.24	250m: 2:56.55 36.25	350m: 4:09.34 36.26	
100m: 1:07.92 35.48	200m: 2:20.30 36.14	300m: 3:33.08 36.53	400m: 4:42.94 33.60	
6. ZIELINSKA Malgorzata	08	UKS ZABIANKA Gdansk	4:44.51	566
50m: 32.67 32.67	150m: 1:44.08 36.07	250m: 2:56.43 36.15	350m: 4:09.13 36.28	
100m: 1:08.01 35.34	200m: 2:20.28 36.20	300m: 3:32.85 36.42	400m: 4:44.51 35.38	
7. BELZYT Maja	08	UKS ZABIANKA Gdansk	4:52.40	521
50m: 33.00 33.00	150m: 1:46.55 37.31	250m: 3:02.00 37.26	350m: 4:16.41 37.08	
100m: 1:09.24 36.24	200m: 2:24.74 38.19	300m: 3:39.33 37.33	400m: 4:52.40 35.99	
8. JURCZUK Weronika	08	UKS G-8 Bielany Warszawa	4:52.52	521
50m: 32.33 32.33	150m: 1:46.13 37.61	250m: 3:01.70 37.75	350m: 4:17.06 37.17	
100m: 1:08.52 36.19	200m: 2:23.95 37.82	300m: 3:39.89 38.19	400m: 4:52.52 35.46	
9. ZABRANIAK Karina	08	MKP Szczecin	5:01.52	475
50m: 33.00 33.00	150m: 1:48.33 37.74	250m: 3:05.17 38.19	350m: 4:23.34 39.10	
100m: 1:10.59 37.59	200m: 2:26.98 38.65	300m: 3:44.24 39.07	400m: 5:01.52 38.18	
10. PAWLAK Lena	08	TP OLIMPIJCZYK Aleksandrow Lodzki	5:04.93	459
50m: 33.48 33.48	150m: 1:49.31 38.47	250m: 3:07.65 38.67	350m: 4:26.62 39.42	
100m: 1:10.84 37.36	200m: 2:28.98 39.67	300m: 3:47.20 39.55	400m: 5:04.93 38.31	



Event 10, Girls, 400m Freestyle, 16 years

Rank		YB						Time	Pts
11.	NAWROCKA Natalia	08	MUKS WODNIK Lask					5:11.56	431
	50m: 33.08 33.08	150m: 1:51.61	40.25	250m: 3:13.00	40.67	350m: 4:33.12	39.76		
	100m: 1:11.36 38.28	200m: 2:32.33	40.72	300m: 3:53.36	40.36	400m: 5:11.56	38.44		

15 years

1.	GOSCINSKA Gabriela	09	UKS SMS Galicja Krakow					4:32.53	644
	50m: 31.33 31.33	150m: 1:40.85	35.02	250m: 2:50.87	34.87	350m: 4:00.12	34.30		
	100m: 1:05.83 34.50	200m: 2:16.00	35.15	300m: 3:25.82	34.95	400m: 4:32.53	32.41		
2.	KUCZMAR Aleksandra	09	UKP POLONIA Warszawa					4:34.93	627
	50m: 31.34 31.34	150m: 1:40.64	34.78	250m: 2:51.28	35.44	350m: 4:01.42	35.11		
	100m: 1:05.86 34.52	200m: 2:15.84	35.20	300m: 3:26.31	35.03	400m: 4:34.93	33.51		
3.	OKON Anna	09	LKS Jednosc 32 Przyszowice					4:44.06	568
	50m: 31.94 31.94	150m: 1:43.76	36.28	250m: 2:56.78	36.62	350m: 4:09.57	36.30		
	100m: 1:07.48 35.54	200m: 2:20.16	36.40	300m: 3:33.27	36.49	400m: 4:44.06	34.49		
4.	LUCZAK Agata	09	Stow. Solne Miasto Wieliczka					4:54.88	508
	50m: 33.23 33.23	150m: 1:47.67	37.63	250m: 3:02.85	36.89	350m: 4:17.59	37.14		
	100m: 1:10.04 36.81	200m: 2:25.96	38.29	300m: 3:40.45	37.60	400m: 4:54.88	37.29		
5.	GUBALA Justyna	09	Stow. Solne Miasto Wieliczka					5:05.57	457
	50m: 33.59 33.59	150m: 1:49.57	38.65	250m: 3:07.55	39.06	350m: 4:26.89	39.65		
	100m: 1:10.92 37.33	200m: 2:28.49	38.92	300m: 3:47.24	39.69	400m: 5:05.57	38.68		
6.	JANKOWSKA Lucja	09	KS BARRAKUDA Gdansk					5:19.97	398
	50m: 35.79 35.79	150m: 1:57.26	41.40	250m: 3:18.99	40.52	350m: 4:40.70	40.63		
	100m: 1:15.86 40.07	200m: 2:38.47	41.21	300m: 4:00.07	41.08	400m: 5:19.97	39.27		

14 years

1.	RAJCA Matylda	10	LKS Jednosc 32 Przyszowice					4:43.51	572
	50m: 31.61 31.61	150m: 1:43.41	36.17	250m: 2:57.16		350m: 4:09.13	35.70		
	100m: 1:07.24 35.63	200m:		300m: 3:33.43	36.27	400m: 4:43.51	34.38		
2.	KUNA Alina	10	Stow. Solne Miasto Wieliczka					4:57.52	495
	50m: 32.63 32.63	150m: 1:47.81	38.15	250m: 3:04.08	37.95	350m: 4:19.92	37.81		
	100m: 1:09.66 37.03	200m: 2:26.13	38.32	300m: 3:42.11	38.03	400m: 4:57.52	37.60		
3.	SAVCHUK Polina	10	SP MEDUZA Pajeczno					5:04.78	460
	50m: 34.71 34.71	150m: 1:52.78	39.39	250m: 3:12.05	40.29	350m: 4:29.74	37.65		
	100m: 1:13.39 38.68	200m: 2:31.76	38.98	300m: 3:52.09	40.04	400m: 5:04.78	35.04		
4.	STEFANIW Martyna	10	SP MEDUZA Pajeczno					5:08.92	442
	50m: 34.88 34.88	150m: 1:53.82	40.02	250m: 3:14.24	40.50	350m: 4:32.79	38.70		
	100m: 1:13.80 38.92	200m: 2:33.74	39.92	300m: 3:54.09	39.85	400m: 5:08.92	36.13		
5.	MYDLOWSKA Roxana	10	UKS NAWA Skierniewice					5:11.80	430
	50m: 34.35 34.35	150m: 1:53.98	40.58	250m: 3:14.95	40.77	350m: 4:34.70	39.09		
	100m: 1:13.40 39.05	200m: 2:34.18	40.20	300m: 3:55.61	40.66	400m: 5:11.80	37.10		
6.	FRANASZCZAK Zofia	10	UKS V Lomianki					5:15.03	417
	50m: 35.31 35.31	150m: 1:55.07	40.28	250m: 3:16.28	40.60	350m: 4:36.90	40.11		
	100m: 1:14.79 39.48	200m: 2:35.68	40.61	300m: 3:56.79	40.51	400m: 5:15.03	38.13		