



SPONSOR GŁÓWNY

Ministerstwo  
Sportu i TurystykiPGE Grand Prix Puchar Polski 4. Memoriał Zbigniewa Pacelta i Jana Wiederka  
Ostrowiec wi tokrzyski, 12-14.06.2026

Konkurencja 29

Kobiet, 400m dowolny

14 lat i starsi

2026-06-14 - 10:10

Wyniki

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

Min. kwal. ME Juniorów Monachium 14 - 16: 4:22.30; 17 - 18: 4:19.70 / Min. kwal. ME Seniorów Pary (Min A) Open: 4:12.73 /

Min. kwal. ME Seniorów Pary (Min B) - 19: 4:15.23

Punkty: AQUA 2026

Pozycja			Rok ur.			Czas	Pkt.	
1.	GU	Wiktorja	04	MKP Szczecin		<b>4:27.55</b>	670	
	50m:	29.75 29.75	150m:	1:36.04 33.62	250m:	2:44.09 34.17	350m:	3:53.23 34.76
	100m:	1:02.42 32.67	200m:	2:09.92 33.88	300m:	3:18.47 34.38	400m:	4:27.55 34.32
2.	MAŁOLEPSZA	Weronika	07	MKP Szczecin		<b>4:29.22</b>	658	
	50m:	31.19 31.19	150m:	1:38.81 34.58	250m:	2:47.03 33.69	350m:	3:56.24 34.26
	100m:	1:04.23 33.04	200m:	2:13.34 34.53	300m:	3:21.98 34.95	400m:	4:29.22 32.98
3.	DUDA	Natalia	10	MKP Szczecin		<b>4:29.49</b>	656	
	50m:	31.18 31.18	150m:	1:38.55 34.51	250m:	2:47.58 34.72	350m:	3:56.53 34.78
	100m:	1:04.04 32.86	200m:	2:12.86 34.31	300m:	3:21.75 34.17	400m:	4:29.49 32.96
4.	RESZKO	Lena	09	UKP Polonia Warszawa		<b>4:32.20</b>	636	
	50m:	31.19 31.19	150m:	1:39.75 34.73	250m:	2:49.31 34.76	350m:	3:58.18 34.07
	100m:	1:05.02 33.83	200m:	2:14.55 34.80	300m:	3:24.11 34.80	400m:	4:32.20 34.02
5.	MEUCCI	Giulia	08	MKP Gda sk		<b>4:34.55</b>	620	
	50m:	30.37 30.37	150m:	1:37.18 34.01	250m:	2:47.11 34.91	350m:	3:59.07 36.08
	100m:	1:03.17 32.80	200m:	2:12.20 35.02	300m:	3:22.99 35.88	400m:	4:34.55 35.48
6.	KONDRASIUK	Zofia	08	UKS GIM 92 Ursynów		<b>4:35.83</b>	611	
	50m:	31.51 31.51	150m:	1:40.30 34.79	250m:	2:50.36 35.07	350m:	4:01.40 35.55
	100m:	1:05.51 34.00	200m:	2:15.29 34.99	300m:	3:25.85 35.49	400m:	4:35.83 34.43
7.	SOBÓTKA	Oliwja	10	UKP Polonia Warszawa		<b>4:36.62</b>	606	
	50m:	32.27 32.27	150m:	1:43.08 35.37	250m:	2:52.91 34.59	350m:	4:03.61 35.02
	100m:	1:07.71 35.44	200m:	2:18.32 35.24	300m:	3:28.59 35.68	400m:	4:36.62 33.01
8.	RAJCA	Matylda	10	LKS Jedno 32 Przyszowice		<b>4:36.73</b>	606	
	50m:	31.85 31.85	150m:	1:41.57 35.01	250m:	2:53.18 35.88	350m:	4:03.55 35.15
	100m:	1:06.56 34.71	200m:	2:17.30 35.73	300m:	3:28.40 35.22	400m:	4:36.73 33.18
9.	RÓZGA	Nina	11	CSiR MOS w D browie Górnicy		<b>4:37.64</b>	600	
	50m:	31.48 31.48	150m:	1:41.24 35.06	250m:	2:52.28 35.36	350m:	4:02.93 35.09
	100m:	1:06.18 34.70	200m:	2:16.92 35.68	300m:	3:27.84 35.56	400m:	4:37.64 34.71
10.	PIETUCH	Antonina	10	AZS AWF Warszawa		<b>4:39.81</b>	586	
	50m:	30.76 30.76	150m:	1:40.82 35.22	250m:	2:52.02 36.37	350m:	4:04.22 35.76
	100m:	1:05.60 34.84	200m:	2:15.65 34.83	300m:	3:28.46 36.44	400m:	4:39.81 35.59
11.	ŁAKOMA	Maria	08	UKS SMS Galicja Kraków		<b>4:41.10</b>	578	
	50m:	32.22 32.22	150m:	1:43.56 36.12	250m:	2:54.97 35.50	350m:	4:06.07 35.15
	100m:	1:07.44 35.22	200m:	2:19.47 35.91	300m:	3:30.92 35.95	400m:	4:41.10 35.03
12.	KOKOSZKA	Paulina	11	UKS GIM 92 Ursynów		<b>4:44.21</b>	559	
	50m:	31.82 31.82	150m:	1:42.41 35.89	250m:	2:55.12 36.32	350m:	4:08.45 36.45
	100m:	1:06.52 34.70	200m:	2:18.80 36.39	300m:	3:32.00 36.88	400m:	4:44.21 35.76
13.	KUCZMAR	Zuzanna	07	UKP Polonia Warszawa		<b>4:47.51</b>	540	
	50m:	33.10 33.10	150m:	1:45.64 36.33	250m:	2:58.70 36.74	350m:	4:11.66 36.51
	100m:	1:09.31 36.21	200m:	2:21.96 36.32	300m:	3:35.15 36.45	400m:	4:47.51 35.85
14.	BEDNARSKA	Antonina	12	KS KSZO Ostrowiec w.		<b>4:47.80</b>	538	
	50m:	32.70 32.70	150m:	1:45.56 36.62	250m:	2:58.75 36.16	350m:	4:11.86 36.10
	100m:	1:08.94 36.24	200m:	2:22.59 37.03	300m:	3:35.76 37.01	400m:	4:47.80 35.94
15.	SZUSTAK	Lena	10	UKS GIM 92 Ursynów		<b>4:48.01</b>	537	
	50m:	32.58 32.58	150m:	1:43.81 35.86	250m:	2:56.65 36.65	350m:	4:11.07 37.06
	100m:	1:07.95 35.37	200m:	2:20.00 36.19	300m:	3:34.01 37.36	400m:	4:48.01 36.94





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## Konkurencja 29, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja		Rok ur.						Czas	Pkt.
16.	CZECHMA SKA Antonina	10	UKP Polonia Warszawa					<b>4:49.36</b>	530
	50m: 32.60 32.60	150m: 1:44.97	36.43	250m: 2:59.32	37.07	350m: 4:13.85		37.09	
	100m: 1:08.54 35.94	200m: 2:22.25	37.28	300m: 3:36.76	37.44	400m: 4:49.36		35.51	
17.	STACHEWICZ Magdalena	09	AZS AWF Warszawa					<b>4:49.62</b>	528
	50m: 32.96 32.96	150m: 1:45.61	36.64	250m: 2:59.92	37.14	350m: 4:14.45		37.05	
	100m: 1:08.97 36.01	200m: 2:22.78	37.17	300m: 3:37.40	37.48	400m: 4:49.62		35.17	
18.	SZOTEK Isabella	10	UKS SMS KAPRY Pruszków					<b>4:53.99</b>	505
	50m: 33.01 33.01	150m: 1:46.11	37.10	250m: 3:02.17	38.31	350m: 4:18.22		37.99	
	100m: 1:09.01 36.00	200m: 2:23.86	37.75	300m: 3:40.23	38.06	400m: 4:53.99		35.77	
19.	STEFANIW Martyna	10	SP Meduza Paj czno					<b>4:55.15</b>	499
	50m: 33.35 33.35	150m: 1:47.86	37.96	250m: 3:03.99	37.39	350m: 4:18.98		37.04	
	100m: 1:09.90 36.55	200m: 2:26.60	38.74	300m: 3:41.94	37.95	400m: 4:55.15		36.17	
20.	KOSMALA Pola	11	UKS G-8 Bielany Warszawa					<b>4:56.11</b>	494
	50m: 32.78 32.78	150m: 1:46.12	37.56	250m: 3:01.95	38.25	350m: 4:18.39		38.03	
	100m: 1:08.56 35.78	200m: 2:23.70	37.58	300m: 3:40.36	38.41	400m: 4:56.11		37.72	
21.	SUWARA Aleksandra	11	IKS Konstancin					<b>4:58.00</b>	485
	50m: 34.01 34.01	150m: 1:48.08	37.50	250m: 3:04.86	38.17	350m: 4:22.29		38.98	
	100m: 1:10.58 36.57	200m: 2:26.69	38.61	300m: 3:43.31	38.45	400m: 4:58.00		35.71	
22.	KUNA Alina	10	Stow. Solne Miasto Wieliczka					<b>4:58.26</b>	484
	50m: 32.48 32.48	150m: 1:46.18	37.48	250m: 3:01.48	38.10	350m: 4:19.46		39.57	
	100m: 1:08.70 36.22	200m: 2:23.38	37.20	300m: 3:39.89	38.41	400m: 4:58.26		38.80	
23.	SUKIENNIK Anna	10	MKS Trójka Łód					<b>4:59.54</b>	477
	50m: 33.39 33.39	150m: 1:47.63	37.53	250m: 3:04.20	38.16	350m: 4:21.45		38.59	
	100m: 1:10.10 36.71	200m: 2:26.04	38.41	300m: 3:42.86	38.66	400m: 4:59.54		38.09	
24.	WÓJTOWICZ Sandra	11	KS KSZO Ostrowiec w.					<b>5:00.45</b>	473
	50m: 34.01 34.01	150m: 1:48.97	38.05	250m: 3:06.39	38.86	350m: 4:23.28		38.22	
	100m: 1:10.92 36.91	200m: 2:27.53	38.56	300m: 3:45.06	38.67	400m: 5:00.45		37.17	
25.	WERNER Aleksandra	12	UKS SMS Galicja Kraków					<b>5:00.55</b>	473
	50m: 33.89 33.89	150m: 1:49.90	38.06	250m: 3:07.10	38.57	350m: 4:24.07		38.38	
	100m: 1:11.84 37.95	200m: 2:28.53	38.63	300m: 3:45.69	38.59	400m: 5:00.55		36.48	
26.	JANIK Aleksandra	11	Stow. Solne Miasto Wieliczka					<b>5:00.68</b>	472
	50m: 32.71 32.71	150m: 1:48.18	38.91	250m: 3:06.12	39.60	350m: 4:23.50		38.81	
	100m: 1:09.27 36.56	200m: 2:26.52	38.34	300m: 3:44.69	38.57	400m: 5:00.68		37.18	
27.	SACHA Paulina	10	UKS NIKA Sport Team Kraków					<b>5:01.89</b>	466
	50m: 33.97 33.97	150m: 1:50.35	38.65	250m: 3:08.19	39.03	350m: 4:26.07		38.93	
	100m: 1:11.70 37.73	200m: 2:29.16	38.81	300m: 3:47.14	38.95	400m: 5:01.89		35.82	
28.	LYTVYNOVA Melaniia	11	UKS G-8 Bielany Warszawa					<b>5:02.24</b>	465
	50m: 33.98 33.98	150m: 1:51.29	39.18	250m: 3:09.12	38.48	350m: 4:25.70		37.72	
	100m: 1:12.11 38.13	200m: 2:30.64	39.35	300m: 3:47.98	38.86	400m: 5:02.24		36.54	
29.	DEJANA Laura	11	UKS SMS Galicja Kraków					<b>5:02.35</b>	464
	50m: 32.66 32.66	150m: 1:47.82	38.51	250m: 3:06.58	39.53	350m: 4:25.63		39.36	
	100m: 1:09.31 36.65	200m: 2:27.05	39.23	300m: 3:46.27	39.69	400m: 5:02.35		36.72	
30.	JAWORSKA Ada	12	MKP Szczecin					<b>5:12.21</b>	421
	50m: 34.08 34.08	150m: 1:50.15	38.86	250m: 3:10.07	40.39	350m: 4:31.75		40.93	
	100m: 1:11.29 37.21	200m: 2:29.68	39.53	300m: 3:50.82	40.75	400m: 5:12.21		40.46	
31.	TRZOP Oliwia	12	UKS Jasie Sucha Beskidzka					<b>5:14.14</b>	414
	50m: 34.60 34.60	150m: 1:54.24	41.00	250m: 3:16.21	40.81	350m: 4:37.30		39.95	
	100m: 1:13.24 38.64	200m: 2:35.40	41.16	300m: 3:57.35	41.14	400m: 5:14.14		36.84	
32.	SELIWIAK Hanna	10	MKS Trójka Łód					<b>5:14.72</b>	411
	50m: 34.51 34.51	150m: 1:52.39	39.33	250m: 3:12.82	40.15	350m: 4:33.71		40.45	
	100m: 1:13.06 38.55	200m: 2:32.67	40.28	300m: 3:53.26	40.44	400m: 5:14.72		41.01	





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Pozycja				Rok ur.					Czas	Pkt.		
33.	GUBAŁA Justyna			09	Stow. Solne Miasto Wieliczka				<b>5:15.98</b>	407		
	50m:	33.38	33.38	150m:	1:49.57	39.06	250m:	3:11.05	40.97	350m:	4:34.32	41.83
	100m:	1:10.51	37.13	200m:	2:30.08	40.51	300m:	3:52.49	41.44	400m:	5:15.98	41.66
34.	GOS Maja			10	UKS SMS Galicja Kraków				<b>5:17.01</b>	403		
	50m:	34.91	34.91	150m:	1:54.36	40.39	250m:	3:16.29	41.03	350m:	4:37.11	40.44
	100m:	1:13.97	39.06	200m:	2:35.26	40.90	300m:	3:56.67	40.38	400m:	5:17.01	39.90
35.	GRANECKA Lena			10	IKS Konstancin				<b>5:27.36</b>	366		
	50m:	35.85	35.85	150m:	1:56.89	41.55	250m:	3:21.91	42.50	350m:	4:47.17	42.69
	100m:	1:15.34	39.49	200m:	2:39.41	42.52	300m:	4:04.48	42.57	400m:	5:27.36	40.19
36.	POKRYWKA Zuzanna			12	Stow. Solne Miasto Wieliczka				<b>5:30.82</b>	354		
	50m:	35.07	35.07	150m:	1:55.30	41.27	250m:	3:20.50	43.38	350m:	4:48.03	43.84
	100m:	1:14.03	38.96	200m:	2:37.12	41.82	300m:	4:04.19	43.69	400m:	5:30.82	42.79
37.	B K Zofia			12	St. Lok. SALOS Cortile Kielce				<b>5:34.44</b>	343		
	50m:	37.16	37.16	150m:	2:00.07	42.61	250m:	3:27.91	44.30	350m:	4:53.88	43.23
	100m:	1:17.46	40.30	200m:	2:43.61	43.54	300m:	4:10.65	42.74	400m:	5:34.44	40.56

