

Międzynarodowe Zawody o Puchar Dyrektora ZSOMS Kraków
Kraków, 11. - 12.10.2025

Konkurencja 16
11.10.2025 - 16:26

Kobiet, 400m dowolny

13 lat i starsi
Wyniki

Punkty: AQUA 2024

Pozycja	Rok ur.										Czas	Pkt.
13 - 14 lat												
1.	KALISZ, Małgorzata			12	UKS „Sokół-Mościce” Tarnów					4:36.50	585	
	50m:	31.40	31.40	150m:	1:42.06	35.66	250m:	2:53.49	35.61	350m:	4:03.60	34.97
	100m:	1:06.40	35.00	200m:	2:17.88	35.82	300m:	3:28.63	35.14	400m:	4:36.50	32.90
2.	SZWIEC, Matylda			11	UKS „Sokół-Mościce” Tarnów					4:39.48	566	
	50m:	31.33	31.33	150m:	1:41.15	35.14	250m:	2:52.64	35.88	350m:	4:05.18	35.95
	100m:	1:06.01	34.68	200m:	2:16.76	35.61	300m:	3:29.23	36.59	400m:	4:39.48	34.30
3.	DUDUN, Olha			11	Lviv Region					4:46.20	527	
	50m:	33.31	33.31	150m:	1:45.05	35.86	250m:	2:57.70	36.01	350m:	4:10.74	36.49
	100m:	1:09.19	35.88	200m:	2:21.69	36.64	300m:	3:34.25	36.55	400m:	4:46.20	35.46
4.	BĘTKOWSKA, Emilia			11	CKiS w Skawinie					4:48.37	516	
	50m:	32.15	32.15	150m:	1:44.39	36.51	250m:	2:58.92	37.42	350m:	4:12.89	36.89
	100m:	1:07.88	35.73	200m:	2:21.50	37.11	300m:	3:36.00	37.08	400m:	4:48.37	35.48
5.	WERNER, Aleksandra			12	UKS SMS Galicja Kraków					4:51.72	498	
	50m:	33.56	33.56	150m:	1:47.50	37.02	250m:	3:02.10	37.49	350m:	4:16.88	36.77
	100m:	1:10.48	36.92	200m:	2:24.61	37.11	300m:	3:40.11	38.01	400m:	4:51.72	34.84
6.	DEJANA, Laura			11	UKS SMS Galicja Kraków					4:52.78	493	
	50m:	33.66	33.66	150m:	1:47.17	37.02	250m:	3:01.33	37.02	350m:	4:17.24	37.57
	100m:	1:10.15	36.49	200m:	2:24.31	37.14	300m:	3:39.67	38.34	400m:	4:52.78	35.54
7.	KOŻUCH, Lena			11	Stowarzyszenie "OLIMPIJCZYK KRAKÓW					5:00.30	456	
	50m:	33.16	33.16	150m:	1:47.92	37.65	250m:	3:04.26	38.60	350m:	4:22.71	39.07
	100m:	1:10.27	37.11	200m:	2:25.66	37.74	300m:	3:43.64	39.38	400m:	5:00.30	37.59
8.	KIEROŃSKA, Maryla			11	Stowarzyszenie Olimpijczyk Brzesko					5:03.01	444	
	50m:	33.91	33.91	150m:	1:51.07	38.56	250m:	3:08.27	38.52	350m:	4:26.12	38.87
	100m:	1:12.51	38.60	200m:	2:29.75	38.68	300m:	3:47.25	38.98	400m:	5:03.01	36.89
9.	BORCZUCH, Nikola			11	UKS „Sokół-Mościce” Tarnów					5:04.12	439	
	50m:	34.17	34.17	150m:	1:50.21	38.36	250m:	3:08.15	39.02	350m:	4:26.42	39.06
	100m:	1:11.85	37.68	200m:	2:29.13	38.92	300m:	3:47.36	39.21	400m:	5:04.12	37.70
10.	DEJANA, Chiara			12	UKS SMS Galicja Kraków					5:10.02	415	
	50m:	34.00	34.00	150m:	1:52.86	39.87	250m:	3:13.04	40.15	350m:	4:32.50	39.53
	100m:	1:12.99	38.99	200m:	2:32.89	40.03	300m:	3:52.97	39.93	400m:	5:10.02	37.52
11.	BOYKO, Anastasia			12	Lviv Region					5:13.20	402	
	50m:	35.56	35.56	150m:	1:55.54	40.31	250m:	3:15.25	40.03	350m:	4:34.72	39.19
	100m:	1:15.23	39.67	200m:	2:35.22	39.68	300m:	3:55.53	40.28	400m:	5:13.20	38.48
12.	LEŚNIEWSKA, Małgorzata			11	Stowarzyszenie "OLIMPIJCZYK KRAKÓW					5:17.97	384	
	50m:	35.35	35.35	150m:	1:55.19	40.60	250m:	3:16.46	40.65	350m:	4:38.37	40.89
	100m:	1:14.59	39.24	200m:	2:35.81	40.62	300m:	3:57.48	41.02	400m:	5:17.97	39.60
13.	ROLNICKA, Milena			11	UKS SMS Galicja Kraków					5:21.68	371	
	50m:	35.63	35.63	150m:	1:55.80	40.61	250m:	3:18.42	41.73	350m:	4:41.56	41.75
	100m:	1:15.19	39.56	200m:	2:36.69	40.89	300m:	3:59.81	41.39	400m:	5:21.68	40.12

15 - 16 lat

1.	POLAK, Iga			09	UKP Unia Oświęcim					4:30.30	626	
	50m:	31.21	31.21	150m:	1:40.02	34.72	250m:	2:48.16	33.91	350m:	3:55.59	33.67
	100m:	1:05.30	34.09	200m:	2:14.25	34.23	300m:	3:21.92	33.76	400m:	4:30.30	34.71
2.	KARKOCHA, Gabriela			09	UKP Unia Oświęcim					4:32.73	609	
	50m:	31.53	31.53	150m:	1:40.40	34.73	250m:	2:49.53	34.41	350m:	3:58.87	34.51
	100m:	1:05.67	34.14	200m:	2:15.12	34.72	300m:	3:24.36	34.83	400m:	4:32.73	33.86
3.	KISZCZAK, Olga			09	UKP Unia Oświęcim					4:38.08	575	
	50m:	32.03	32.03	150m:	1:43.77	36.28	250m:	2:54.56	34.88	350m:	4:05.12	35.35
	100m:	1:07.49	35.46	200m:	2:19.68	35.91	300m:	3:29.77	35.21	400m:	4:38.08	32.96

Międzynarodowe Zawody o Puchar Dyrektora ZSOMS Kraków
Kraków, 11. - 12.10.2025

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

Pozycja			Rok	ur.					Czas	Pkt.
4.	WIECZOREK, Michalina		09		UKP Unia Oświęcim				4:40.46	560
	50m: 31.77 31.77	150m: 1:42.38	35.62	250m: 2:53.95	35.87	350m: 4:05.91	36.08			
	100m: 1:06.76 34.99	200m: 2:18.08	35.70	300m: 3:29.83	35.88	400m: 4:40.46	34.55			
5.	ARTYUKH, Anastasiya		10		Lviv Region				4:40.62	559
	50m: 32.67 32.67	150m: 1:43.50	35.49	250m: 2:54.68	35.38	350m: 4:05.91	35.47			
	100m: 1:08.01 35.34	200m: 2:19.30	35.80	300m: 3:30.44	35.76	400m: 4:40.62	34.71			
6.	DŁUGOPOLSKA, Nikola		09		UKS SMS Galicja Kraków				4:47.08	523
	50m: 31.77 31.77	150m: 1:43.27	36.06	250m: 2:56.42	36.80	350m: 4:10.83	37.19			
	100m: 1:07.21 35.44	200m: 2:19.62	36.35	300m: 3:33.64	37.22	400m: 4:47.08	36.25			
7.	GOS, Maja		10		UKS SMS Galicja Kraków				4:59.87	458
	50m: 33.65 33.65	150m: 1:49.81	38.30	250m: 3:07.03	38.61	350m: 4:23.63	38.25			
	100m: 1:11.51 37.86	200m: 2:28.42	38.61	300m: 3:45.38	38.35	400m: 4:59.87	36.24			

13 lat i starsi

1.	ŁAKOMA, Maria		08		UKS SMS Galicja Kraków				4:25.29	662
	50m: 31.58 31.58	150m: 1:40.04	34.76	250m: 2:47.81	33.36	350m: 3:53.31	32.16			
	100m: 1:05.28 33.70	200m: 2:14.45	34.41	300m: 3:21.15	33.34	400m: 4:25.29	31.98			
2.	POLAK, Iga		09		UKP Unia Oświęcim				4:30.30	626
	50m: 31.21 31.21	150m: 1:40.02	34.72	250m: 2:48.16	33.91	350m: 3:55.59	33.67			
	100m: 1:05.30 34.09	200m: 2:14.25	34.23	300m: 3:21.92	33.76	400m: 4:30.30	34.71			
3.	KARKOCHA, Gabriela		09		UKP Unia Oświęcim				4:32.73	609
	50m: 31.53 31.53	150m: 1:40.40	34.73	250m: 2:49.53	34.41	350m: 3:58.87	34.51			
	100m: 1:05.67 34.14	200m: 2:15.12	34.72	300m: 3:24.36	34.83	400m: 4:32.73	33.86			
4.	MOSIAKINA, Sofia		08		UKP Unia Oświęcim				4:32.93	608
	50m: 32.38 32.38	150m: 1:41.24	34.56	250m: 2:50.44	34.69	350m: 4:00.17	34.79			
	100m: 1:06.68 34.30	200m: 2:15.75	34.51	300m: 3:25.38	34.94	400m: 4:32.93	32.76			
5.	KALISZ, Małgorzata		12		UKS „Sokół-Mościce” Tarnów				4:36.50	585
	50m: 31.40 31.40	150m: 1:42.06	35.66	250m: 2:53.49	35.61	350m: 4:03.60	34.97			
	100m: 1:06.40 35.00	200m: 2:17.88	35.82	300m: 3:28.63	35.14	400m: 4:36.50	32.90			
6.	KISZCZAK, Olga		09		UKP Unia Oświęcim				4:38.08	575
	50m: 32.03 32.03	150m: 1:43.77	36.28	250m: 2:54.56	34.88	350m: 4:05.12	35.35			
	100m: 1:07.49 35.46	200m: 2:19.68	35.91	300m: 3:29.77	35.21	400m: 4:38.08	32.96			
7.	SZWIEC, Matylda		11		UKS „Sokół-Mościce” Tarnów				4:39.48	566
	50m: 31.33 31.33	150m: 1:41.15	35.14	250m: 2:52.64	35.88	350m: 4:05.18	35.95			
	100m: 1:06.01 34.68	200m: 2:16.76	35.61	300m: 3:29.23	36.59	400m: 4:39.48	34.30			
8.	WIECZOREK, Michalina		09		UKP Unia Oświęcim				4:40.46	560
	50m: 31.77 31.77	150m: 1:42.38	35.62	250m: 2:53.95	35.87	350m: 4:05.91	36.08			
	100m: 1:06.76 34.99	200m: 2:18.08	35.70	300m: 3:29.83	35.88	400m: 4:40.46	34.55			
9.	ARTYUKH, Anastasiya		10		Lviv Region				4:40.62	559
	50m: 32.67 32.67	150m: 1:43.50	35.49	250m: 2:54.68	35.38	350m: 4:05.91	35.47			
	100m: 1:08.01 35.34	200m: 2:19.30	35.80	300m: 3:30.44	35.76	400m: 4:40.62	34.71			
10.	DROBNA, Angelika		07		UKP Unia Oświęcim				4:41.45	555
	50m: 30.68 30.68	150m: 1:40.19	35.41	250m: 2:52.47	36.14	350m: 4:05.56	37.06			
	100m: 1:04.78 34.10	200m: 2:16.33	36.14	300m: 3:28.50	36.03	400m: 4:41.45	35.89			
11.	SOWA, Barbara		07		UKP Unia Oświęcim				4:44.56	537
	50m: 32.63 32.63	150m: 1:43.68	35.92	250m: 2:55.99	35.66	350m: 4:08.32	36.29			
	100m: 1:07.76 35.13	200m: 2:20.33	36.65	300m: 3:32.03	36.04	400m: 4:44.56	36.24			
12.	DUDUN, Olha		11		Lviv Region				4:46.20	527
	50m: 33.31 33.31	150m: 1:45.05	35.86	250m: 2:57.70	36.01	350m: 4:10.74	36.49			
	100m: 1:09.19 35.88	200m: 2:21.69	36.64	300m: 3:34.25	36.55	400m: 4:46.20	35.46			
13.	DŁUGOPOLSKA, Nikola		09		UKS SMS Galicja Kraków				4:47.08	523
	50m: 31.77 31.77	150m: 1:43.27	36.06	250m: 2:56.42	36.80	350m: 4:10.83	37.19			
	100m: 1:07.21 35.44	200m: 2:19.62	36.35	300m: 3:33.64	37.22	400m: 4:47.08	36.25			

Międzynarodowe Zawody o Puchar Dyrektora ZSOMS Kraków
Kraków, 11. - 12.10.2025

Konkurencja 16, Kobiet, 400m dowolny, 13 lat i starsi

Pozycja	Rok ur.						Czas		Pkt.			
14.	BĘTKOWSKA, Emilia		11	CKiS w Skawinie				4:48.37	516			
	50m:	32.15	32.15	150m:	1:44.39	36.51	250m:	2:58.92	37.42	350m:	4:12.89	36.89
	100m:	1:07.88	35.73	200m:	2:21.50	37.11	300m:	3:36.00	37.08	400m:	4:48.37	35.48
15.	KOŁOSINSKA, Marharyta		08	UKP Unia Oświęcim				4:48.56	515			
	50m:	33.25	33.25	150m:	1:46.63	36.61	250m:	3:00.22	36.76	350m:	4:13.72	36.38
	100m:	1:10.02	36.77	200m:	2:23.46	36.83	300m:	3:37.34	37.12	400m:	4:48.56	34.84
16.	WERNER, Aleksandra		12	UKS SMS Galicja Kraków				4:51.72	498			
	50m:	33.56	33.56	150m:	1:47.50	37.02	250m:	3:02.10	37.49	350m:	4:16.88	36.77
	100m:	1:10.48	36.92	200m:	2:24.61	37.11	300m:	3:40.11	38.01	400m:	4:51.72	34.84
17.	DEJANA, Laura		11	UKS SMS Galicja Kraków				4:52.78	493			
	50m:	33.66	33.66	150m:	1:47.17	37.02	250m:	3:01.33	37.02	350m:	4:17.24	37.57
	100m:	1:10.15	36.49	200m:	2:24.31	37.14	300m:	3:39.67	38.34	400m:	4:52.78	35.54
18.	MEŠOVÁ, Sofia Katarína		08	STU Trnava				4:53.00	491			
	50m:	33.35	33.35	150m:	1:47.95	37.95	250m:	3:02.81	37.27	350m:	4:17.39	37.21
	100m:	1:10.00	36.65	200m:	2:25.54	37.59	300m:	3:40.18	37.37	400m:	4:53.00	35.61
19.	GOS, Maja		10	UKS SMS Galicja Kraków				4:59.87	458			
	50m:	33.65	33.65	150m:	1:49.81	38.30	250m:	3:07.03	38.61	350m:	4:23.63	38.25
	100m:	1:11.51	37.86	200m:	2:28.42	38.61	300m:	3:45.38	38.35	400m:	4:59.87	36.24
20.	KOŽUCH, Lena		11	Stowarzyszenie "OLIMPIJCZYK KRAKÓW				5:00.30	456			
	50m:	33.16	33.16	150m:	1:47.92	37.65	250m:	3:04.26	38.60	350m:	4:22.71	39.07
	100m:	1:10.27	37.11	200m:	2:25.66	37.74	300m:	3:43.64	39.38	400m:	5:00.30	37.59
21.	KIEROŃSKA, Maryla		11	Stowarzyszenie Olimpijczyk Brzesko				5:03.01	444			
	50m:	33.91	33.91	150m:	1:51.07	38.56	250m:	3:08.27	38.52	350m:	4:26.12	38.87
	100m:	1:12.51	38.60	200m:	2:29.75	38.68	300m:	3:47.25	38.98	400m:	5:03.01	36.89
22.	BORCZUCH, Nikola		11	UKS „Sokół-Mościce" Tarnów				5:04.12	439			
	50m:	34.17	34.17	150m:	1:50.21	38.36	250m:	3:08.15	39.02	350m:	4:26.42	39.06
	100m:	1:11.85	37.68	200m:	2:29.13	38.92	300m:	3:47.36	39.21	400m:	5:04.12	37.70
23.	DEJANA, Chiara		12	UKS SMS Galicja Kraków				5:10.02	415			
	50m:	34.00	34.00	150m:	1:52.86	39.87	250m:	3:13.04	40.15	350m:	4:32.50	39.53
	100m:	1:12.99	38.99	200m:	2:32.89	40.03	300m:	3:52.97	39.93	400m:	5:10.02	37.52
24.	BOYKO, Anastasia		12	Lviv Region				5:13.20	402			
	50m:	35.56	35.56	150m:	1:55.54	40.31	250m:	3:15.25	40.03	350m:	4:34.72	39.19
	100m:	1:15.23	39.67	200m:	2:35.22	39.68	300m:	3:55.53	40.28	400m:	5:13.20	38.48
25.	LEŚNIEWSKA, Małgorzata		11	Stowarzyszenie "OLIMPIJCZYK KRAKÓW				5:17.97	384			
	50m:	35.35	35.35	150m:	1:55.19	40.60	250m:	3:16.46	40.65	350m:	4:38.37	40.89
	100m:	1:14.59	39.24	200m:	2:35.81	40.62	300m:	3:57.48	41.02	400m:	5:17.97	39.60
26.	ROLNICKA, Milena		11	UKS SMS Galicja Kraków				5:21.68	371			
	50m:	35.63	35.63	150m:	1:55.80	40.61	250m:	3:18.42	41.73	350m:	4:41.56	41.75
	100m:	1:15.19	39.56	200m:	2:36.69	40.89	300m:	3:59.81	41.39	400m:	5:21.68	40.12
27.	JASIK, Agata		84	Fundacja JK TEAM				6:05.16	254			
	50m:	38.48	38.48	150m:	2:06.50	45.04	250m:	3:40.90	47.54	350m:	5:17.88	48.47
	100m:	1:21.46	42.98	200m:	2:53.36	46.86	300m:	4:29.41	48.51	400m:	6:05.16	47.28