

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

Event 16
11.10.2025 - 16:26

Women, 400m Freestyle

13 years and older
Results

Points: AQUA 2024

Rank			YB						Time	Pts
13 - 14 years										
1.	KALISZ, Malgorzata		12	UKS „Sokol-Moscice” Tarnow					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 „Sokol-Moscice” Tarnow					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.	BETKOWSKA, 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 Krakow					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 Krakow					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.	KOZUCH, Lena		11	Stowarzyszenie "OLIMPIJCZYK KRAKO					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.	KIERONSKA, 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 „Sokol-Moscice” Tarnow					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 Krakow					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.	LESNIEWSKA, Malgorzata		11	Stowarzyszenie "OLIMPIJCZYK KRAKO					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 Krakow					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 years

1.	POLAK, Iga		09	UKP Unia Oswiecim					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 Oswiecim					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 Oswiecim					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

Event 16, Girls, 400m Freestyle, 15 - 16 years

Rank			YB					Time	Pts
4.	WIECZOREK, Michalina		09	UKP Unia Oswiecim				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.	DLUGOPOLSKA, Nikola		09	UKS SMS Galicja Krakow				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 Krakow				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 years and older

1.	LAKOMA, Maria		08	UKS SMS Galicja Krakow				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 Oswiecim				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 Oswiecim				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 Oswiecim				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, Malgorzata		12	UKS „Sokol-Moscice” Tarnow				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 Oswiecim				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 „Sokol-Moscice” Tarnow				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 Oswiecim				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 Oswiecim				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 Oswiecim				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.	DLUGOPOLSKA, Nikola		09	UKS SMS Galicja Krakow				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

Event 16, Women, 400m Freestyle, 13 years and older

Rank	YB				Time				Pts
14.	BETKOWSKA, 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.	KOLOSINSKA, Marharyta	08	UKP Unia Oswiecim		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 Krakow		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 Krakow		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.	MESOVA, Sofia Katarina	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 Krakow		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.	KOZUCH, Lena	11	Stowarzyszenie "OLIMPIJCZYK KRAKO		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.	KIERONSKA, 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 „Sokol-Moscice” Tarnow		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 Krakow		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.	LESNIEWSKA, Malgorzata	11	Stowarzyszenie "OLIMPIJCZYK KRAKO		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 Krakow		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	