

Konkurencja 20
16.07.2026 - 9:24

Dziewcząt, 400m dowolny

16 lat
Wyniki Eliminacje

Rekord Polski Juniorów 16 lat 4:12.62 ZUKOWSKA Paula 00107 Doha (QAT) 09.12.2009
Punkty: AQUA 2026

Pozycja						Woj.	Czas	Pkt	SSM	CR
1.	SOBÓTKA Oliwia		UKP Polonia Warszawa	14	4:39.60	587	-A	+0,80		
	50m: 32.35	32.35	150m: 1:44.25	35.81	250m: 2:55.57	35.24	350m: 4:06.79	35.22		
	100m: 1:08.44	36.09	200m: 2:20.33	36.08	300m: 3:31.57	36.00	400m: 4:39.60	32.81		
2.	DUDA Natalia		MKP Szczecin	16	4:40.26	583	-A	+0,81		
	50m: 32.30	32.30	150m: 1:43.33	35.85	250m: 2:54.67	35.61	350m: 4:05.90	35.60		
	100m: 1:07.48	35.18	200m: 2:19.06	35.73	300m: 3:30.30	35.63	400m: 4:40.26	34.36		
3.	PIETUCH Antonina		AZS AWF Warszawa	14	4:42.14	571	-A	+0,88		
	50m: 32.26	32.26	150m: 1:43.44	35.69	250m: 2:55.42	35.75	350m: 4:07.15	35.59		
	100m: 1:07.75	35.49	200m: 2:19.67	36.23	300m: 3:31.56	36.14	400m: 4:42.14	34.99		
4.	WALCZYK Hanna		Grudziądzki KP „Orka”	02	4:42.42	570	-A	+0,80		
	50m: 32.22	32.22	150m: 1:43.04	35.61	250m: 2:54.62	35.97	350m: 4:06.74	35.81		
	100m: 1:07.43	35.21	200m: 2:18.65	35.61	300m: 3:30.93	36.31	400m: 4:42.42	35.68		
5.	RAJCA Matylda		LKS Jedność 32 Przyszowice	11	4:42.45	569	-A	+0,87		
	50m: 32.53	32.53	150m: 1:43.76	35.80	250m: 2:55.53	35.72	350m: 4:07.44	35.74		
	100m: 1:07.96	35.43	200m: 2:19.81	36.05	300m: 3:31.70	36.17	400m: 4:42.45	35.01		
6.	NOSAL Nela		MKS Juwenia Wrocław	01	4:42.49	569	-A			
	50m: 32.63	32.63	150m: 1:44.32	36.13	250m: 2:56.69	36.10	350m: 4:08.00	35.42		
	100m: 1:08.19	35.56	200m: 2:20.59	36.27	300m: 3:32.58	35.89	400m: 4:42.49	34.49		
7.	JANAS Oliwia		WKS Śląsk	01	4:42.50	569	-A			
	50m: 32.14	32.14	150m: 1:43.46	35.96	250m: 2:55.10	35.76	350m: 4:06.94	35.88		
	100m: 1:07.50	35.36	200m: 2:19.34	35.88	300m: 3:31.06	35.96	400m: 4:42.50	35.56		
8.	KRAWCZYK Aleksandra		KS Barrakuda Gdańsk	10	4:42.92	567	-A			
	50m: 33.23	33.23	150m: 1:45.57	36.24	250m: 2:57.21	35.41	350m: 4:08.55	35.29		
	100m: 1:09.33	36.10	200m: 2:21.80	36.23	300m: 3:33.26	36.05	400m: 4:42.92	34.37		
9.	RYCHTER Zofia		MKS Park Wodny Tarnowskie Góry	11	4:45.09	554	-A			
	50m: 32.15	32.15	150m: 1:43.99	35.83	250m: 2:56.34	35.98	350m: 4:09.21	36.42		
	100m: 1:08.16	36.01	200m: 2:20.36	36.37	300m: 3:32.79	36.45	400m: 4:45.09	35.88		
10.	CZOPEK Lena		KU AZS UMCS Lublin	03	4:45.45	552	-A			
	50m: 33.01	33.01	150m: 1:44.74	36.35	250m: 2:58.17	36.86	350m: 4:11.06	36.34		
	100m: 1:08.39	35.38	200m: 2:21.31	36.57	300m: 3:34.72	36.55	400m: 4:45.45	34.39		
11.	PASTUSZUK Zuzanna		KU AZS UMCS Lublin	03	4:45.66	550	-B			
	50m: 32.43	32.43	150m: 1:44.06	36.39	250m: 2:56.69	36.53	350m: 4:09.47	36.45		
	100m: 1:07.67	35.24	200m: 2:20.16	36.10	300m: 3:33.02	36.33	400m: 4:45.66	36.19		
12.	MATOWICKA Maja		UKP Polonia Warszawa	14	4:47.67	539	-B	+0,78		
	50m: 32.72	32.72	150m: 1:45.23	36.75	250m: 2:59.26	37.12	350m: 4:12.87	36.39		
	100m: 1:08.48	35.76	200m: 2:22.14	36.91	300m: 3:36.48	37.22	400m: 4:47.67	34.80		
13.	PIĄTEK Maja		KS „Górnik” Sosnowiec	11	4:48.01	537	-B	+0,76		
	50m: 32.16	32.16	150m: 1:44.37	36.40	250m: 2:58.01	36.83	350m: 4:12.13	37.03		
	100m: 1:07.97	35.81	200m: 2:21.18	36.81	300m: 3:35.10	37.09	400m: 4:48.01	35.88		
14.	STANISZEWSKA Maja		UKS G-8 Bielany Warszawa	14	4:50.83	522	-B			
	50m: 33.18	33.18	150m: 1:46.46	36.71	250m: 3:00.24	36.77	350m: 4:15.36	37.71		
	100m: 1:09.75	36.57	200m: 2:23.47	37.01	300m: 3:37.65	37.41	400m: 4:50.83	35.47		
15.	CZECHMAŃSKA Antonina		UKP Polonia Warszawa	14	4:51.05	520	-B			
	50m: 32.48	32.48	150m: 1:45.71	36.91	250m: 3:00.12	37.42	350m: 4:14.51	36.48		
	100m: 1:08.80	36.32	200m: 2:22.70	36.99	300m: 3:38.03	37.91	400m: 4:51.05	36.54		
16.	STEFANIW Martyna		Sekcja Pływacka Meduza Pajęczno	05	4:51.60	517	-B	+0,84		
	50m: 33.42	33.42	150m: 1:48.07	37.66	250m: 3:03.85	37.44	350m: 4:17.64	36.03		
	100m: 1:10.41	36.99	200m: 2:26.41	38.34	300m: 3:41.61	37.76	400m: 4:51.60	33.96		

Konkurencja 20, Dziewcząt, 400m dowolny, Eliminacje, 16 lat

Pozycja					Woj.	Czas	Pkt	SSM	CR
17.	WIELGUS Nela		Champion Tomaszów Maz.		05	4:52.02	515	-B	+0,85
	50m: 32.80	32.80	150m: 1:47.00	37.49	250m: 3:02.50	37.67	350m: 4:17.30	36.97	
	100m: 1:09.51	36.71	200m: 2:24.83	37.83	300m: 3:40.33	37.83	400m: 4:52.02	34.72	
18.	SZUSTAK Lena		UKS GIM 92 Ursynów		14	4:52.67	512	-B	+0,63
	50m: 32.20	32.20	150m: 1:44.74	36.75	250m: 2:59.70	38.00	350m: 4:15.70	37.82	
	100m: 1:07.99	35.79	200m: 2:21.70	36.96	300m: 3:37.88	38.18	400m: 4:52.67	36.97	
19.	KUNA Alina		Stow. Solne Miasto Wieliczka		06	4:52.68	512	-B	
	50m: 33.38	33.38	150m: 1:47.72	37.46	250m: 3:00.60	35.68	350m: 4:16.48	38.43	
	100m: 1:10.26	36.88	200m: 2:24.92	37.20	300m: 3:38.05	37.45	400m: 4:52.68	36.20	
20.	LIPIŃSKA Natalia		MTKP Delfin Toruń		02	4:54.72	501	-B	+0,83
	50m: 32.30	32.30	150m: 1:46.03	37.45	250m: 3:01.97	37.91	350m: 4:17.96	37.76	
	100m: 1:08.58	36.28	200m: 2:24.06	38.03	300m: 3:40.20	38.23	400m: 4:54.72	36.76	
21.	MAIK Maja		UKS Manta Kochłowice Ruda Śląska		11a	4:55.34	498	-R	+0,83
	50m: 33.46	33.46	150m: 1:45.01	36.21	250m: 3:01.21	38.44	350m: 4:18.03	38.40	
	100m: 1:08.80	35.34	200m: 2:22.77	37.76	300m: 3:39.63	38.42	400m: 4:55.34	37.31	
22.	BARTOSZEWSKA Marta		KS Poznań Poznań		15	4:55.51	497	-R	+0,73
	50m: 32.04	32.04	150m: 1:46.59	37.44	250m: 3:02.95	38.40	350m: 4:19.83	38.39	
	100m: 1:09.15	37.11	200m: 2:24.55	37.96	300m: 3:41.44	38.49	400m: 4:55.51	35.68	
23.	ŚLIWAKOWSKA Magdalena		CSiR MOS w Dąbrowie Górniczej		11	4:55.98	495	-	
	50m: 33.26	33.26	150m: 1:48.83	38.44	250m: 3:05.63	38.02	350m: 4:21.50	37.12	
	100m: 1:10.39	37.13	200m: 2:27.61	38.78	300m: 3:44.38	38.75	400m: 4:55.98	34.48	
24.	DUBIEL Liliana		UKS Żabianka Gdańsk		10	4:56.04	494	-	+0,76
	50m: 32.88	32.88	150m: 1:47.50	37.80	250m: 3:04.16	37.86	350m: 4:19.60	37.14	
	100m: 1:09.70	36.82	200m: 2:26.30	38.80	300m: 3:42.46	38.30	400m: 4:56.04	36.44	
25.	GRALA Maria		OŚ AZS w Poznaniu		15	4:56.88	490	-	+0,76
	50m: 32.74	32.74	150m: 1:47.77	38.03	250m: 3:04.44	38.25	350m: 4:21.31	38.30	
	100m: 1:09.74	37.00	200m: 2:26.19	38.42	300m: 3:43.01	38.57	400m: 4:56.88	35.57	
26.	KAWCZYŃSKA Zuzanna		OŚ AZS w Poznaniu		15	4:57.24	489	-	+0,72
	50m: 33.68	33.68	150m: 1:47.81	37.75	250m: 3:04.47	38.55	350m: 4:20.70	38.04	
	100m: 1:10.06	36.38	200m: 2:25.92	38.11	300m: 3:42.66	38.19	400m: 4:57.24	36.54	
27.	KOPP Zuzanna		UKP Polonia Warszawa		14	4:58.27	483	-	
	50m: 32.69	32.69	150m: 1:47.33	37.85	250m: 3:04.05	38.61	350m: 4:20.50	38.21	
	100m: 1:09.48	36.79	200m: 2:25.44	38.11	300m: 3:42.29	38.24	400m: 4:58.27	37.77	
28.	SUKIENNIK Anna		MKS Trójka Łódź		05	5:00.20	474	-	+0,81
	50m: 33.46	33.46	150m: 1:48.00	37.90	250m: 3:05.47	38.88	350m: 4:22.72	38.24	
	100m: 1:10.10	36.64	200m: 2:26.59	38.59	300m: 3:44.48	39.01	400m: 5:00.20	37.48	
29.	ARTWIK Hanna		Akademia Sms Racibórz		11	5:02.32	464	-	
	50m: 35.15	35.15	150m: 1:50.78	38.15	250m: 3:08.32	38.75	350m: 4:25.71	38.35	
	100m: 1:12.63	37.48	200m: 2:29.57	38.79	300m: 3:47.36	39.04	400m: 5:02.32	36.61	
30.	ŻUK Hanna		KS Warta Poznań		15	5:04.82	453	-	+0,75
	50m: 33.90	33.90	150m: 1:49.55	38.87	250m: 3:07.50	39.44	350m: 4:26.54	39.94	
	100m: 1:10.68	36.78	200m: 2:28.06	38.51	300m: 3:46.60	39.10	400m: 5:04.82	38.28	
31.	ŚRAMA Elena		KS Poznań Poznań		15	5:05.36	451	-	
	50m: 32.85	32.85	150m: 1:48.29	38.35	250m: 3:07.09	39.73	350m: 4:27.02	39.30	
	100m: 1:09.94	37.09	200m: 2:27.36	39.07	300m: 3:47.72	40.63	400m: 5:05.36	38.34	
32.	MYDŁOWSKA Roxana		UKS Nawa Skierniewice		05	5:06.85	444	-	+0,68
	50m: 33.77	33.77	150m: 1:50.20	39.28	250m: 3:09.78	40.12	350m: 4:29.24	39.90	
	100m: 1:10.92	37.15	200m: 2:29.66	39.46	300m: 3:49.34	39.56	400m: 5:06.85	37.61	
33.	DZIEWANOWSKA Nikola		UKS Delfin Garwolin		14	5:07.13	443	-	
	50m: 33.46	33.46	150m: 1:48.93	38.81	250m: 3:08.46	39.87	350m: 4:28.60	40.00	
	100m: 1:10.12	36.66	200m: 2:28.59	39.66	300m: 3:48.60	40.14	400m: 5:07.13	38.53	

Konkurencja 20, Dziewcząt, 400m dowolny, Eliminacje, 16 lat

Pozycja				Woj.	Czas	Pkt	SSM	CR
34.	KAMIŃSKA Aleksandra	MKS CKS-SMS Szczecin	16		5:07.81	440	-	+0,79
	50m: 33.99 33.99	150m: 1:49.81 38.73	250m: 3:08.72	39.74	350m: 4:29.08	40.55		
	100m: 1:11.08 37.09	200m: 2:28.98 39.17	300m: 3:48.53	39.81	400m: 5:07.81	38.73		
35.	WÓJTOWICZ Aleksandra	Kajman Połaniec	12		5:08.72	436	-	+0,78
	50m: 35.38 35.38	150m: 1:53.72 39.81	250m: 3:12.66	39.63	350m: 4:31.53	38.60		
	100m: 1:13.91 38.53	200m: 2:33.03 39.31	300m: 3:52.93	40.27	400m: 5:08.72	37.19		
36.	ŻURAKOWSKA Zuzanna	KS SWIM-ART Wrocław	01		5:09.12	434	-	+0,82
	50m: 34.87 34.87	150m: 1:52.96 39.64	250m: 3:13.33	39.90	350m: 4:33.24	39.89		
	100m: 1:13.32 38.45	200m: 2:33.43 40.47	300m: 3:53.35	40.02	400m: 5:09.12	35.88		
37.	BASZCZUK Milena	UKS Feniks Dębica	08		5:09.84	431	-	
	50m: 33.60 33.60	150m: 1:49.68 38.58	250m: 3:09.03	39.95	350m: 4:30.34	41.05		
	100m: 1:11.10 37.50	200m: 2:29.08 39.40	300m: 3:49.29	40.26	400m: 5:09.84	39.50		
38.	PIETRASZEWICZ Roksana	UKP Polonia Warszawa	14		5:13.99	414	-	+0,80
	50m: 35.31 35.31	150m: 1:52.90 39.40	250m: 3:13.26	40.55	350m: 4:34.21	40.88		
	100m: 1:13.50 38.19	200m: 2:32.71 39.81	300m: 3:53.33	40.07	400m: 5:13.99	39.78		
39.	SZEWCZAK Weronika	UKS SP5 Swim Lublin	03		5:16.43	405	-	+0,79
	50m: 36.34 36.34	150m: 1:58.42 41.98	250m: 3:20.30	40.90	350m: 4:40.19	39.39		
	100m: 1:16.44 40.10	200m: 2:39.40 40.98	300m: 4:00.80	40.50	400m: 5:16.43	36.24		
40.	BROŻEK Milena	MKP „Wodnik 29” Tychy	11		5:17.04	403	-	+0,67
	50m: 35.65 35.65	150m: 1:57.15 40.50	250m: 3:18.84	41.04	350m: 4:40.40	39.87		
	100m: 1:16.65 41.00	200m: 2:37.80 40.65	300m: 4:00.53	41.69	400m: 5:17.04	36.64		
41.	WĘGRZYN Emilia	KP Sokół Rzeszów	08		5:17.21	402	-	
	50m: 35.03 35.03	150m: 1:55.93 41.80	250m: 3:19.30	41.78	350m: 4:39.43	39.58		
	100m: 1:14.13 39.10	200m: 2:37.52 41.59	300m: 3:59.85	40.55	400m: 5:17.21	37.78		
42.	TIRE Michalina	MUKS Piętnastka	02		5:19.88	392	-	+0,89
	50m: 34.76 34.76	150m: 1:54.45 40.23	250m: 3:16.07	40.88	350m: 4:39.38	41.40		
	100m: 1:14.22 39.46	200m: 2:35.19 40.74	300m: 3:57.98	41.91	400m: 5:19.88	40.50		
43.	GRANECKA Lena	IKS Konstancin	14		5:20.06	391	-	
	50m: 35.12 35.12	150m: 1:56.82 41.48	250m: 3:19.92	41.82	350m: 4:42.03	40.37		
	100m: 1:15.34 40.22	200m: 2:38.10 41.28	300m: 4:01.66	41.74	400m: 5:20.06	38.03		
44.	MILBRANT Jagoda	UKP Unia Oświęcim	06		5:21.68	385	-	+0,79
	50m: 35.75 35.75	150m: 1:55.82 40.40	250m: 3:18.06	41.22	350m: 4:41.13	41.30		
	100m: 1:15.42 39.67	200m: 2:36.84 41.02	300m: 3:59.83	41.77	400m: 5:21.68	40.55		
45.	GŁOGOWSKA Maja	UKS Piątka Konstantynów Łódzki	05		5:21.85	385	-	+0,81
	50m: 34.47 34.47	150m: 1:54.83 40.96	250m: 3:18.77	42.15	350m: 4:42.47	41.48		
	100m: 1:13.87 39.40	200m: 2:36.62 41.79	300m: 4:00.99	42.22	400m: 5:21.85	39.38		
46.	ĆWIRZEWICZ Emilia	CSiR MOS w Dąbrowie Górniczej	11		5:37.53	333	-	+0,76
	50m: 36.68 36.68	150m: 2:01.64 43.25	250m: 3:28.21	43.33	350m: 4:55.04	43.35		
	100m: 1:18.39 41.71	200m: 2:44.88 43.24	300m: 4:11.69	43.48	400m: 5:37.53	42.49		