

Arena Grand Prix
Łódź, 11. - 12.4.2026

Konkurencja 3 Kobiet, 400m zmienny 13 lat i starsi
11.04.2026 - 8:40 Wyniki

Top Times "Poland" Open	4:36.95	BARANOWSKA, Katarzyna	00116	Beijing (CHN)	09.08.2008
Top Times "Poland" 19 +	4:36.95	BARANOWSKA, Katarzyna	00116	Beijing (CHN)	09.08.2008
Top Times "Poland" 18	4:43.39	BARANOWSKA, Katarzyna	00116	Debica	20.05.2005
Top Times "Poland" 17	4:45.13	SZCZEPANIAK, Karolina	00114	Rome (ITA)	02.08.2009
Top Times "Poland" 16	4:47.35	KNOP, Aleksandra	01605	Olsztyn	15.05.2019
Top Times "Poland" 15	4:45.38	KNOP, Aleksandra	01605	Lodz	25.05.2018
Top Times "Poland" 14	4:52.05	KNOP, Aleksandra	01605	Lublin	19.05.2017
Top Times "Poland" 13	5:01.61	KNOP, Aleksandra	01605	Warsaw	03.12.2016

Punkty: AQUA 2025

Pozycja			Rok ur.							Czas	Pkt.
OPEN											
1.	KNOP, Aleksandra		03	UKS 190 Łódź						5:05.51	648
	50m:	29.93 29.93	150m:	1:42.09	37.30	250m:	3:04.42	45.61	350m:	4:28.91	37.10
	100m:	1:04.79 34.86	200m:	2:18.81	36.72	300m:	3:51.81	47.39	400m:	5:05.51	36.60
2.	SULAK, Antonina		06	AZS AWF Katowice						5:10.45	617
	50m:	34.01 34.01	150m:	1:53.41	41.13	250m:	3:16.56	43.84	350m:	4:36.28	35.18
	100m:	1:12.28 38.27	200m:	2:32.72	39.31	300m:	4:01.10	44.54	400m:	5:10.45	34.17
3.	MILANCEJ, EI bieta		09	UKP „Polonia Warszawa”						5:11.65	610
	50m:	32.67 32.67	150m:	1:53.93	41.97	250m:	3:18.30	43.57	350m:	4:37.41	35.45
	100m:	1:11.96 39.29	200m:	2:34.73	40.80	300m:	4:01.96	43.66	400m:	5:11.65	34.24
4.	KONDRASIUK, Zofia		08	UKS „GIM 92 Ursynów”						5:11.98	608
	50m:	32.22 32.22	150m:	1:47.82	39.30	250m:	3:13.56	47.13	350m:	4:37.04	35.26
	100m:	1:08.52 36.30	200m:	2:26.43	38.61	300m:	4:01.78	48.22	400m:	5:11.98	34.94
5.	SOBÓTKA, Oliwia		10	UKP „Polonia Warszawa”						5:20.29	562
	50m:	35.16 35.16	150m:	1:57.01	40.91	250m:	3:22.70	45.94	350m:	4:45.59	36.05
	100m:	1:16.10 40.94	200m:	2:36.76	39.75	300m:	4:09.54	46.84	400m:	5:20.29	34.70
6.	MOSIAKINA, Sofia		08	UKP Unia O wi cim						5:22.01	553
	50m:	33.56 33.56	150m:	1:56.07	42.73	250m:	3:22.74	44.06	350m:	4:46.01	37.56
	100m:	1:13.34 39.78	200m:	2:38.68	42.61	300m:	4:08.45	45.71	400m:	5:22.01	36.00
7.	MALARZ, Milena		09	UKS Victoria Kozy						5:25.90	533
	50m:	33.80 33.80	150m:	1:56.93	42.26	250m:	3:25.34	46.82	350m:	4:50.04	36.72
	100m:	1:14.67 40.87	200m:	2:38.52	41.59	300m:	4:13.32	47.98	400m:	5:25.90	35.86
8.	PLAGA, Olga		07	TP Skalar, Słupsk						5:27.10	528
	50m:	33.82 33.82	150m:	1:57.70	42.61	250m:	3:25.44	44.86	350m:	4:49.59	38.52
	100m:	1:15.09 41.27	200m:	2:40.58	42.88	300m:	4:11.07	45.63	400m:	5:27.10	37.51
9.	ŁUCZAK, Anika		09	UKS SP-149 Łódź						5:30.33	512
	50m:	35.69 35.69	150m:	2:01.38	43.15	250m:	3:30.99	46.87	350m:	4:54.34	36.40
	100m:	1:18.23 42.54	200m:	2:44.12	42.74	300m:	4:17.94	46.95	400m:	5:30.33	35.99
10.	ROZWADOWSKA, Karolina		09	MKS Trójka Łódź						5:35.44	489
	50m:	34.89 34.89	150m:	2:00.86	44.89	250m:	3:30.71	44.71	350m:	4:58.07	39.73
	100m:	1:15.97 41.08	200m:	2:46.00	45.14	300m:	4:18.34	47.63	400m:	5:35.44	37.37
11.	IWA SKA, Wiktoria		11	MKS „Jagiellonka” Warszawa						5:39.76	471
	50m:	35.05 35.05	150m:	2:02.13	43.96	250m:	3:34.48	48.47	350m:	5:03.23	38.26
	100m:	1:18.17 43.12	200m:	2:46.01	43.88	300m:	4:24.97	50.49	400m:	5:39.76	36.53
12.	LAMECKA, Kornelia		11	Champion Tomaszów Maz.						5:41.92	462
	50m:	34.38 34.38	150m:	1:58.68	42.23	250m:	3:30.55	49.11	350m:	5:04.88	40.60
	100m:	1:16.45 42.07	200m:	2:41.44	42.76	300m:	4:24.28	53.73	400m:	5:41.92	37.04
13.	GUBAŁA, Justyna		09	Stowarzyszenie Solne Miasto Wieliczka						5:42.76	458
	50m:	34.16 34.16	150m:	1:58.34	41.00	250m:	3:30.88	51.21	350m:	5:02.22	40.09
	100m:	1:17.34 43.18	200m:	2:39.67	41.33	300m:	4:22.13	51.25	400m:	5:42.76	40.54
14.	NIEDZI SKA, Marika		12	UKS G-8 Bielany Warszawa						5:48.25	437
	50m:	34.54 34.54	150m:	2:01.40	46.66	250m:	3:37.26	52.48	350m:	5:11.25	38.89
	100m:	1:14.74 40.20	200m:	2:44.78	43.38	300m:	4:32.36	55.10	400m:	5:48.25	37.00

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Konkurencja 3, Kobiet, 400m zmienny, OPEN

Pozycja			Rok ur.					Czas	Pkt.
15.	STY , Zuzanna		09	UKS G-8 Bielany Warszawa				5:50.12	430
	50m: 36.93	36.93	150m: 2:07.18	46.53	250m: 3:40.39	48.10	350m: 5:10.71	41.71	
	100m: 1:20.65	43.72	200m: 2:52.29	45.11	300m: 4:29.00	48.61	400m: 5:50.12	39.41	
16.	KRYSZKIEWICZ, Lidia		12	MKS „Jagiellonka” Warszawa				5:50.20	430
	50m: 36.02	36.02	150m: 2:04.69	44.62	250m: 3:40.94	51.68	350m: 5:11.57	38.29	
	100m: 1:20.07	44.05	200m: 2:49.26	44.57	300m: 4:33.28	52.34	400m: 5:50.20	38.63	
17.	CZUDEK, Florentyna		12	KP Sokół Rzeszów				5:50.87	427
	50m: 36.93	36.93	150m: 2:09.38	45.47	250m: 3:43.07	47.10	350m: 5:12.56	39.70	
	100m: 1:23.91	46.98	200m: 2:55.97	46.59	300m: 4:32.86	49.79	400m: 5:50.87	38.31	
18.	OŁ DEK, Julia		11	MKS Jedyńka Łódź				5:51.59	425
	50m: 37.33	37.33	150m: 2:08.96	49.70	250m: 3:44.78	48.13	350m: 5:12.35	40.03	
	100m: 1:19.26	41.93	200m: 2:56.65	47.69	300m: 4:32.32	47.54	400m: 5:51.59	39.24	
19.	KOTUS, Maria		12	UKS Pi tka Konstantynów Łódzki				5:52.55	421
	50m: 37.33	37.33	150m: 2:08.78	43.63	250m: 3:40.37	47.81	350m: 5:12.13	41.66	
	100m: 1:25.15	47.82	200m: 2:52.56	43.78	300m: 4:30.47	50.10	400m: 5:52.55	40.42	
20.	ONEILL, Kiera		11	UKP „Polonia Warszawa”				5:54.85	413
	50m: 35.01	35.01	150m: 2:04.80	47.95	250m: 3:42.69	51.30	350m: 5:15.14	40.36	
	100m: 1:16.85	41.84	200m: 2:51.39	46.59	300m: 4:34.78	52.09	400m: 5:54.85	39.71	
21.	KRASOWSKA, Maja		11	UKS Juvenia iSwim Białystok				5:56.06	409
	50m: 36.50	36.50	150m: 2:04.24	44.72	250m: 3:39.48	52.38	350m: 5:14.22	42.23	
	100m: 1:19.52	43.02	200m: 2:47.10	42.86	300m: 4:31.99	52.51	400m: 5:56.06	41.84	
22.	DZIEWANOWSKA, Nikola		10	UKS Delfin Garwolin				5:58.86	399
	50m: 36.97	36.97	150m: 2:09.36	49.19	250m: 3:49.34	52.18	350m: 5:20.79	38.66	
	100m: 1:20.17	43.20	200m: 2:57.16	47.80	300m: 4:42.13	52.79	400m: 5:58.86	38.07	
23.	WITTBRODT, Alicja		11	UKP „Polonia Warszawa”				5:59.37	398
	50m: 39.30	39.30	150m: 2:14.93	46.07	250m: 3:49.13	49.99	350m: 5:20.70	40.81	
	100m: 1:28.86	49.56	200m: 2:59.14	44.21	300m: 4:39.89	50.76	400m: 5:59.37	38.67	
24.	BŁ DOWSKA, Ida		11	MTKP Delfin Toru				6:03.02	386
	50m: 41.12	41.12	150m: 3:53.97	2:25.76	250m: 5:22.79	2:14.79	400m: 6:03.02	1:20.94	
	100m: 1:28.21	47.09	200m: 3:08.00		300m: 4:42.08				
25.	GRZEGORCZYK, Helena		12	MUKP Korona-Swim Kielce				6:05.14	379
	50m: 39.82	39.82	150m: 2:11.81	45.24	250m: 3:48.83	50.90	350m: 5:23.31	40.63	
	100m: 1:26.57	46.75	200m: 2:57.93	46.12	300m: 4:42.68	53.85	400m: 6:05.14	41.83	
26.	CIESIELSKA, Amelia		12	MKS Jedyńka Łódź				6:07.98	370
	50m: 36.98	36.98	150m: 2:10.17	47.35	250m: 3:49.61	54.26	350m: 5:26.66	40.61	
	100m: 1:22.82	45.84	200m: 2:55.35	45.18	300m: 4:46.05	56.44	400m: 6:07.98	41.32	
27.	SĄLKOWSKA, Maja		13	UKS Nawa Skierniewice				6:18.39	341
	50m: 38.98	38.98	150m: 2:16.14	50.02	250m: 3:58.77	54.12	350m: 5:37.56	43.79	
	100m: 1:26.12	47.14	200m: 3:04.65	48.51	300m: 4:53.77	55.00	400m: 6:18.39	40.83	
28.	BUTRYM, Oliwia		11	UKS Pi tka Konstantynów Łódzki				6:23.25	328
	50m: 41.14	41.14	150m: 2:19.17	49.60	250m: 3:57.22	49.28	350m: 5:37.50	48.05	
	100m: 1:29.57	48.43	200m: 3:07.94	48.77	300m: 4:49.45	52.23	400m: 6:23.25	45.75	
29.	KOBYLSKA, El bieta		12	MUKP Korona-Swim Kielce				6:23.69	327
	50m: 39.22	39.22	150m: 2:17.49	47.93	250m: 4:00.64	57.88	350m: 5:41.52	44.83	
	100m: 1:29.56	50.34	200m: 3:02.76	45.27	300m: 4:56.69	56.05	400m: 6:23.69	42.17	
30.	ZIÓŁKOWSKA, Sandra		13	MKS Jedyńka Łódź				6:52.78	262
	50m: 40.02	40.02	150m: 2:29.42	54.04	250m: 4:18.89	58.24	350m: 6:05.53	45.72	
	100m: 1:35.38	55.36	200m: 3:20.65	51.23	300m: 5:19.81	1:00.92	400m: 6:52.78	47.25	
DYSKW.	GÓRECKA, Zofia		12	MTKP Delfin Toru					
	<i>M8 - Pływak wykonał ruchy nóg jak do stylu klasycznego - stopy zwrócone na zewn trz (nie dotyczy pływania Masters).</i>								

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Konkurencja 3, Kobiet, 400m zmienny

17 - 18 lat

1.	MILANCEJ, EI bieta	09	UKP „Polonia Warszawa”	5:11.65	610
	50m: 32.67 32.67	150m: 1:53.93	41.97 250m: 3:18.30	43.57 350m: 4:37.41	35.45
	100m: 1:11.96 39.29	200m: 2:34.73	40.80 300m: 4:01.96	43.66 400m: 5:11.65	34.24
2.	KONDRASIUK, Zofia	08	UKS „GIM 92 Ursynów”	5:11.98	608
	50m: 32.22 32.22	150m: 1:47.82	39.30 250m: 3:13.56	47.13 350m: 4:37.04	35.26
	100m: 1:08.52 36.30	200m: 2:26.43	38.61 300m: 4:01.78	48.22 400m: 5:11.98	34.94
3.	MOSIAKINA, Sofia	08	UKP Unia O wi cim	5:22.01	553
	50m: 33.56 33.56	150m: 1:56.07	42.73 250m: 3:22.74	44.06 350m: 4:46.01	37.56
	100m: 1:13.34 39.78	200m: 2:38.68	42.61 300m: 4:08.45	45.71 400m: 5:22.01	36.00
4.	MALARZ, Milena	09	UKS Victoria Kozy	5:25.90	533
	50m: 33.80 33.80	150m: 1:56.93	42.26 250m: 3:25.34	46.82 350m: 4:50.04	36.72
	100m: 1:14.67 40.87	200m: 2:38.52	41.59 300m: 4:13.32	47.98 400m: 5:25.90	35.86
5.	ŁUCZAK, Anika	09	UKS SP-149 Łódź	5:30.33	512
	50m: 35.69 35.69	150m: 2:01.38	43.15 250m: 3:30.99	46.87 350m: 4:54.34	36.40
	100m: 1:18.23 42.54	200m: 2:44.12	42.74 300m: 4:17.94	46.95 400m: 5:30.33	35.99
6.	ROZWADOWSKA, Karolina	09	MKS Trójka Łódź	5:35.44	489
	50m: 34.89 34.89	150m: 2:00.86	44.89 250m: 3:30.71	44.71 350m: 4:58.07	39.73
	100m: 1:15.97 41.08	200m: 2:46.00	45.14 300m: 4:18.34	47.63 400m: 5:35.44	37.37
7.	GUBAŁA, Justyna	09	Stowarzyszenie Solne Miasto Wieliczka	5:42.76	458
	50m: 34.16 34.16	150m: 1:58.34	41.00 250m: 3:30.88	51.21 350m: 5:02.22	40.09
	100m: 1:17.34 43.18	200m: 2:39.67	41.33 300m: 4:22.13	51.25 400m: 5:42.76	40.54
8.	STY , Zuzanna	09	UKS G-8 Bielany Warszawa	5:50.12	430
	50m: 36.93 36.93	150m: 2:07.18	46.53 250m: 3:40.39	48.10 350m: 5:10.71	41.71
	100m: 1:20.65 43.72	200m: 2:52.29	45.11 300m: 4:29.00	48.61 400m: 5:50.12	39.41

16 lat

1.	SOBÓTKA, Oliwia	10	UKP „Polonia Warszawa”	5:20.29	562
	50m: 35.16 35.16	150m: 1:57.01	40.91 250m: 3:22.70	45.94 350m: 4:45.59	36.05
	100m: 1:16.10 40.94	200m: 2:36.76	39.75 300m: 4:09.54	46.84 400m: 5:20.29	34.70
2.	DZIEWANOWSKA, Nikola	10	UKS Delfin Garwolin	5:58.86	399
	50m: 36.97 36.97	150m: 2:09.36	49.19 250m: 3:49.34	52.18 350m: 5:20.79	38.66
	100m: 1:20.17 43.20	200m: 2:57.16	47.80 300m: 4:42.13	52.79 400m: 5:58.86	38.07

15 lat

1.	IWA SKA, Wiktoria	11	MKS „Jagiellonka” Warszawa	5:39.76	471
	50m: 35.05 35.05	150m: 2:02.13	43.96 250m: 3:34.48	48.47 350m: 5:03.23	38.26
	100m: 1:18.17 43.12	200m: 2:46.01	43.88 300m: 4:24.97	50.49 400m: 5:39.76	36.53
2.	LAMECKA, Kornelia	11	Champion Tomaszów Maz.	5:41.92	462
	50m: 34.38 34.38	150m: 1:58.68	42.23 250m: 3:30.55	49.11 350m: 5:04.88	40.60
	100m: 1:16.45 42.07	200m: 2:41.44	42.76 300m: 4:24.28	53.73 400m: 5:41.92	37.04
3.	OŁ DEK, Julia	11	MKS Jedyńka Łódź	5:51.59	425
	50m: 37.33 37.33	150m: 2:08.96	49.70 250m: 3:44.78	48.13 350m: 5:12.35	40.03
	100m: 1:19.26 41.93	200m: 2:56.65	47.69 300m: 4:32.32	47.54 400m: 5:51.59	39.24
4.	ONEILL, Kiera	11	UKP „Polonia Warszawa”	5:54.85	413
	50m: 35.01 35.01	150m: 2:04.80	47.95 250m: 3:42.69	51.30 350m: 5:15.14	40.36
	100m: 1:16.85 41.84	200m: 2:51.39	46.59 300m: 4:34.78	52.09 400m: 5:54.85	39.71
5.	KRASOWSKA, Maja	11	UKS Juwenia iSwim Białystok	5:56.06	409
	50m: 36.50 36.50	150m: 2:04.24	44.72 250m: 3:39.48	52.38 350m: 5:14.22	42.23
	100m: 1:19.52 43.02	200m: 2:47.10	42.86 300m: 4:31.99	52.51 400m: 5:56.06	41.84
6.	WITTBRODT, Alicja	11	UKP „Polonia Warszawa”	5:59.37	398
	50m: 39.30 39.30	150m: 2:14.93	46.07 250m: 3:49.13	49.99 350m: 5:20.70	40.81
	100m: 1:28.86 49.56	200m: 2:59.14	44.21 300m: 4:39.89	50.76 400m: 5:59.37	38.67

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Konkurencja 3, Dziewcz t, 400m zmienny, 15 lat

Pozycja			Rok ur.				Czas	Pkt.
7.	BŁ DOWSKA, Ida	11	MTKP Delfin Toru				6:03.02	386
	50m: 41.12 41.12		150m: 3:53.97	2:25.76	250m: 5:22.79	2:14.79	400m: 6:03.02	1:20.94
	100m: 1:28.21 47.09		200m: 3:08.00		300m: 4:42.08			
8.	BUTRYM, Oliwia	11	UKS Pi tka Konstantynów Łódzki				6:23.25	328
	50m: 41.14 41.14		150m: 2:19.17	49.60	250m: 3:57.22	49.28	350m: 5:37.50	48.05
	100m: 1:29.57 48.43		200m: 3:07.94	48.77	300m: 4:49.45	52.23	400m: 6:23.25	45.75

14 lat

1.	NIEDZI SKA, Marika	12	UKS G-8 Bielany Warszawa				5:48.25	437
	50m: 34.54 34.54		150m: 2:01.40	46.66	250m: 3:37.26	52.48	350m: 5:11.25	38.89
	100m: 1:14.74 40.20		200m: 2:44.78	43.38	300m: 4:32.36	55.10	400m: 5:48.25	37.00
2.	KRYSZKIEWICZ, Lidia	12	MKS „Jagiellonka” Warszawa				5:50.20	430
	50m: 36.02 36.02		150m: 2:04.69	44.62	250m: 3:40.94	51.68	350m: 5:11.57	38.29
	100m: 1:20.07 44.05		200m: 2:49.26	44.57	300m: 4:33.28	52.34	400m: 5:50.20	38.63
3.	CZUDEK, Florentyna	12	KP Sokół Rzeszów				5:50.87	427
	50m: 36.93 36.93		150m: 2:09.38	45.47	250m: 3:43.07	47.10	350m: 5:12.56	39.70
	100m: 1:23.91 46.98		200m: 2:55.97	46.59	300m: 4:32.86	49.79	400m: 5:50.87	38.31
4.	KOTUS, Maria	12	UKS Pi tka Konstantynów Łódzki				5:52.55	421
	50m: 37.33 37.33		150m: 2:08.78	43.63	250m: 3:40.37	47.81	350m: 5:12.13	41.66
	100m: 1:25.15 47.82		200m: 2:52.56	43.78	300m: 4:30.47	50.10	400m: 5:52.55	40.42
5.	GRZEGORCZYK, Helena	12	MUKP Korona-Swim Kielce				6:05.14	379
	50m: 39.82 39.82		150m: 2:11.81	45.24	250m: 3:48.83	50.90	350m: 5:23.31	40.63
	100m: 1:26.57 46.75		200m: 2:57.93	46.12	300m: 4:42.68	53.85	400m: 6:05.14	41.83
6.	CIESIELSKA, Amelia	12	MKS Jedyńka Łódź				6:07.98	370
	50m: 36.98 36.98		150m: 2:10.17	47.35	250m: 3:49.61	54.26	350m: 5:26.66	40.61
	100m: 1:22.82 45.84		200m: 2:55.35	45.18	300m: 4:46.05	56.44	400m: 6:07.98	41.32
7.	KOBYLSKA, El bieta	12	MUKP Korona-Swim Kielce				6:23.69	327
	50m: 39.22 39.22		150m: 2:17.49	47.93	250m: 4:00.64	57.88	350m: 5:41.52	44.83
	100m: 1:29.56 50.34		200m: 3:02.76	45.27	300m: 4:56.69	56.05	400m: 6:23.69	42.17

DYSKW. GÓRECKA, Zofia 12 MTKP Delfin Toru
M8 - Pływak wykonał ruchy nóg jak do stylu klasycznego - stopy zwrócone na zewn trz (nie dotyczy pływania Masters).

13 lat

1.	SĄLKOWSKA, Maja	13	UKS Nawa Skierniewice				6:18.39	341
	50m: 38.98 38.98		150m: 2:16.14	50.02	250m: 3:58.77	54.12	350m: 5:37.56	43.79
	100m: 1:26.12 47.14		200m: 3:04.65	48.51	300m: 4:53.77	55.00	400m: 6:18.39	40.83
2.	ZIÓŁKOWSKA, Sandra	13	MKS Jedyńka Łódź				6:52.78	262
	50m: 40.02 40.02		150m: 2:29.42	54.04	250m: 4:18.89	58.24	350m: 6:05.53	45.72
	100m: 1:35.38 55.36		200m: 3:20.65	51.23	300m: 5:19.81	1:00.92	400m: 6:52.78	47.25