



Warszawa

OTWARTE LETNIE MISTRZOSTWA WARSZAWY

Warszawa, 6. - 7.6.2025

Konkurencja 19
06.06.2025 - 19:03

Dziewcząt, 400m dowolny

10 - 16 lat
Wyniki

Punkty: AQUA 2025

Pozycja			Rok ur.					Czas	Pkt.
10 lat									
1.	FAFEREK Julia		15	MUKS "TUREKin pływa"				5:11.69	430
	50m: 34.43	34.43	150m: 1:54.91	40.47	250m: 3:16.02	40.46	350m: 4:34.60	38.67	
	100m: 1:14.44	40.01	200m: 2:35.56	40.65	300m: 3:55.93	39.91	400m: 5:11.69	37.09	
11 lat									
1.	GRANOSZEWSKA Maja		14	MPKS "Orka" Ciechanów				5:48.20	308
	50m: 39.44	39.44	150m: 2:10.79	46.06	250m: 3:39.92	45.03	350m: 5:08.45	43.47	
	100m: 1:24.73	45.29	200m: 2:54.89	44.10	300m: 4:24.98	45.06	400m: 5:48.20	39.75	
2.	DOMAGAŁA Amelia		14	MKS Ochota Warszawa				5:58.24	283
	50m: 38.34	38.34	150m: 2:08.77	45.88	250m: 3:41.48	46.50	350m: 5:14.14	46.06	
	100m: 1:22.89	44.55	200m: 2:54.98	46.21	300m: 4:28.08	46.60	400m: 5:58.24	44.10	
3.	SARBA-RUSJAN Mila		14	UKS "V" Łomianki				6:03.92	270
	50m: 40.70	40.70	150m: 2:14.88	47.51	250m: 3:48.73	46.16	350m: 5:21.81	46.02	
	100m: 1:27.37	46.67	200m: 3:02.57	47.69	300m: 4:35.79	47.06	400m: 6:03.92	42.11	
4.	GLIŃSKA Michalina		14	MKS Ochota Warszawa				6:16.62	244
	50m: 41.63	41.63	150m: 2:16.40	47.40	250m: 3:50.39	47.75	350m: 5:28.80	51.17	
	100m: 1:29.00	47.37	200m: 3:02.64	46.24	300m: 4:37.63	47.24	400m: 6:16.62	47.82	
5.	ZAHORSKA Margarita		14	MKS Ochota Warszawa				6:21.12	235
	50m: 44.70	44.70	150m: 2:25.78	51.22	250m: 4:07.58	50.52	350m: 5:40.70	45.21	
	100m: 1:34.56	49.86	200m: 3:17.06	51.28	300m: 4:55.49	47.91	400m: 6:21.12	40.42	
6.	SOBIERAJSKA Erika		14	IUKS „Muszelka” Warszawa				6:29.97	219
	50m: 42.22	42.22	150m: 2:22.18	51.00	250m: 4:04.37	51.26	350m: 5:44.15	49.34	
	100m: 1:31.18	48.96	200m: 3:13.11	50.93	300m: 4:54.81	50.44	400m: 6:29.97	45.82	
7.	POWIERZA Aurelia		14	UKS "Wodnik Gocław"				6:51.40	187
	50m: 46.36	46.36	150m: 2:31.52	53.17	250m: 4:18.27	54.52	350m: 6:05.19	53.39	
	100m: 1:38.35	51.99	200m: 3:23.75	52.23	300m: 5:11.80	53.53	400m: 6:51.40	46.21	
8.	SHELEH Ulyana		14	IUKS „Muszelka” Warszawa				6:57.20	179
	50m: 44.94	44.94	150m: 2:31.75	53.01	250m: 4:22.73	55.76	350m: 6:11.45	54.70	
	100m: 1:38.74	53.80	200m: 3:26.97	55.22	300m: 5:16.75	54.02	400m: 6:57.20	45.75	
12 lat									
1.	KACAŁA Hanna		13	MKS Ochota Warszawa				5:14.98	417
	50m: 35.27	35.27	150m: 1:56.86	40.99	250m: 3:18.78	41.04	350m: 4:39.19	40.19	
	100m: 1:15.87	40.60	200m: 2:37.74	40.88	300m: 3:59.00	40.22	400m: 5:14.98	35.79	
2.	MALIK Ewa		13	UKS Swim Team Wilanów				5:24.68	381
	50m: 36.44	36.44	150m: 1:58.69	41.66	250m: 3:23.15	41.76	350m: 4:45.64	41.20	
	100m: 1:17.03	40.59	200m: 2:41.39	42.70	300m: 4:04.44	41.29	400m: 5:24.68	39.04	
3.	KASZCZYŃSKA Karolina		13	UKS WAWER Warszawa				5:47.56	310
	50m: 40.15	40.15	150m: 2:07.59	44.33	250m: 3:36.56	44.92	350m: 5:05.65	44.65	
	100m: 1:23.26	43.11	200m: 2:51.64	44.05	300m: 4:21.00	44.44	400m: 5:47.56	41.91	



OTWARTE LETNIE MISTRZOSTWA WARSZAWY

Warszawa, 6. - 7.6.2025

Konkurencja 19, Dziewcząt, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.
4.	GOLDER Hanna		13	MKS Ochota Warszawa				6:00.42	278
	50m:	37.64	37.64	150m:	2:08.10	45.89	250m:	3:41.94	47.17
	100m:	1:22.21	44.57	200m:	2:54.77	46.67	300m:	4:28.35	46.41
							400m:	6:00.42	45.36
5.	LESZCZYŃSKA Nela		13	IUKS „Muszelka” Warszawa				6:24.64	229
	50m:	42.91	42.91	150m:	2:20.20	49.00	250m:	4:00.72	50.13
	100m:	1:31.20	48.29	200m:	3:10.59	50.39	300m:	4:50.24	49.52
							400m:	6:24.64	44.98

13 lat

1.	KRYSZKIEWICZ Lidia		12	MKS „Jagiellonka” Warszawa				5:06.59	452
	50m:	33.90	33.90	150m:	1:51.85	39.50	250m:	3:10.27	39.25
	100m:	1:12.35	38.45	200m:	2:31.02	39.17	300m:	3:49.65	39.38
							400m:	5:06.59	37.49
2.	SIDOR Antonina		12	UKP „Polonia Warszawa”				5:23.94	383
	50m:	36.94	36.94	150m:	2:01.13	42.26	250m:	3:25.35	41.62
	100m:	1:18.87	41.93	200m:	2:43.73	42.60	300m:	4:06.96	41.61
							400m:	5:23.94	36.79
3.	PITUS Anna		12	UKS Fala Nieporęt				5:31.77	357
	50m:	37.91	37.91	150m:	2:03.40	43.42	250m:	3:30.91	43.91
	100m:	1:19.98	42.07	200m:	2:47.00	43.60	300m:	4:13.71	42.80
							400m:	5:31.77	38.19
4.	KRAWCZYŃSKA Lidia		12	MKS „Jagiellonka” Warszawa				5:36.93	340
	50m:	37.29	37.29	150m:	2:02.86	43.25	250m:	3:30.46	43.71
	100m:	1:19.61	42.32	200m:	2:46.75	43.89	300m:	4:13.40	42.94
							400m:	5:36.93	40.05
5.	JOPA Wiktoria		12	UKS "V" Łomianki				5:44.73	318
	50m:	39.28	39.28	150m:	2:08.48	45.50	250m:	3:39.08	44.81
	100m:	1:22.98	43.70	200m:	2:54.27	45.79	300m:	4:24.54	45.46
							400m:	5:44.73	36.67
6.	GONTARCZYK Honorata		12	UKS "SMS KAPRY Pruszków"				5:46.94	312
	50m:	38.41	38.41	150m:	2:07.59	45.29	250m:	3:37.02	45.10
	100m:	1:22.30	43.89	200m:	2:51.92	44.33	300m:	4:21.61	44.59
							400m:	5:46.94	41.45
7.	TYRCZ Helena		12	IUKS „Muszelka” Warszawa				5:48.26	308
	50m:	39.38	39.38	150m:	2:08.18	45.06	250m:	3:37.47	45.00
	100m:	1:23.12	43.74	200m:	2:52.47	44.29	300m:	4:21.81	44.34
							400m:	5:48.26	41.24
8.	KALINOWSKA Alina		12	UKS Delfin Legionowo				5:49.80	304
	50m:	39.19	39.19	150m:	2:08.86	45.58	250m:	3:39.66	45.66
	100m:	1:23.28	44.09	200m:	2:54.00	45.14	300m:	4:23.90	44.24
							400m:	5:49.80	41.23
9.	JASIŃSKA Aleksandra		12	MUKP Warszawianka- Wodny Park				5:54.93	291
	50m:	38.63	38.63	150m:	2:07.72	44.97	250m:	3:39.04	45.50
	100m:	1:22.75	44.12	200m:	2:53.54	45.82	300m:	4:25.23	46.19
							400m:	5:54.93	43.39
10.	CENIAN Natalia		12	IUKS „Muszelka” Warszawa				5:59.95	279
	50m:	40.28	40.28	150m:	2:09.15	45.48	250m:	3:41.56	46.73
	100m:	1:23.67	43.39	200m:	2:54.83	45.68	300m:	4:28.55	46.99
							400m:	5:59.95	43.01
11.	CIEŚLAK Aleksandra		12	MUKP Warszawianka- Wodny Park				6:11.32	254
	50m:	40.24	40.24	150m:	2:13.96	47.65	250m:	3:49.03	48.19
	100m:	1:26.31	46.07	200m:	3:00.84	46.88	300m:	4:37.83	48.80
							400m:	6:11.32	45.13



OTWARTE LETNIE MISTRZOSTWA WARSZAWY

Warszawa, 6. - 7.6.2025

Konkurencja 19, Dziewcząt, 400m dowolny

14 lat

1. KOKOSZKA Paulina	11	UKS „GIM 92 Ursynów”	4:40.56	590
50m: 31.67 31.67	150m: 1:42.96 36.07	250m: 2:55.97 36.45	350m: 4:07.91 35.40	
100m: 1:06.89 35.22	200m: 2:19.52 36.56	300m: 3:32.51 36.54	400m: 4:40.56 32.65	
2. ŁYSIUK Lidia	11	UKS „GIM 92 Ursynów”	5:00.81	479
50m: 33.12 33.12	150m: 1:46.78 37.64	250m: 3:04.13 38.76	350m: 4:23.31 39.97	
100m: 1:09.14 36.02	200m: 2:25.37 38.59	300m: 3:43.34 39.21	400m: 5:00.81 37.50	
3. LACH Maria	11	MKS Ochota Warszawa	5:11.09	433
50m: 33.34 33.34	150m: 1:49.51 39.33	250m: 3:10.39 40.38	350m: 4:32.32 40.90	
100m: 1:10.18 36.84	200m: 2:30.01 40.50	300m: 3:51.42 41.03	400m: 5:11.09 38.77	
4. PACYK Alexandra	11	IUKS „Muszelka” Warszawa	5:13.46	423
50m: 34.08 34.08	150m: 1:52.14 39.63	250m: 3:13.58 41.19	350m: 4:35.30 40.50	
100m: 1:12.51 38.43	200m: 2:32.39 40.25	300m: 3:54.80 41.22	400m: 5:13.46 38.16	
5. DUCHNA Katarzyna	11	UKS Delfin Garwolin	5:17.88	405
50m: 33.55 33.55	150m: 1:53.25 41.13	250m: 3:16.86 41.51	350m: 4:40.13 41.20	
100m: 1:12.12 38.57	200m: 2:35.35 42.10	300m: 3:58.93 42.07	400m: 5:17.88 37.75	
6. ŁAPIŃSKA Natalia	11	Uks „Szescastka”	5:23.07	386
50m: 34.49 34.49	150m: 1:55.36 41.62	250m: 3:20.38 42.78	350m: 4:44.64 40.73	
100m: 1:13.74 39.25	200m: 2:37.60 42.24	300m: 4:03.91 43.53	400m: 5:23.07 38.43	
7. WIĘCEK Alicja	11	UKS WAWER Warszawa	5:26.22	375
50m: 34.69 34.69	150m: 1:55.32 41.02	250m: 3:19.14 42.15	350m: 4:44.46 42.77	
100m: 1:14.30 39.61	200m: 2:36.99 41.67	300m: 4:01.69 42.55	400m: 5:26.22 41.76	

15 - 16 lat

1. GOŁUB Karolina	10	UKS „GIM 92 Ursynów”	4:40.72	589
50m: 31.69 31.69	150m: 1:42.69 36.02	250m: 2:55.80 36.71	350m: 4:07.85 35.31	
100m: 1:06.67 34.98	200m: 2:19.09 36.40	300m: 3:32.54 36.74	400m: 4:40.72 32.87	
2. SZUSTAK Lena	10	KS Barakuda Mińsk Mazowiecki	4:54.39	511
50m: 32.60 32.60	150m: 1:45.08 36.66	250m: 3:00.64 37.67	350m: 4:17.14 38.24	
100m: 1:08.42 35.82	200m: 2:22.97 37.89	300m: 3:38.90 38.26	400m: 4:54.39 37.25	
3. MATOWICKA Maja	10	MKS „Jagiellonka” Warszawa	5:01.96	473
50m: 32.77 32.77	150m: 1:47.15 37.88	250m: 3:05.23 39.17	350m: 4:24.00 39.58	
100m: 1:09.27 36.50	200m: 2:26.06 38.91	300m: 3:44.42 39.19	400m: 5:01.96 37.96	
4. POLSAKOVA Nina	10	IUKS „Muszelka” Warszawa	5:06.23	454
50m: 33.35 33.35	150m: 1:50.16 38.94	250m: 3:08.59 38.69	350m: 4:28.87 40.62	
100m: 1:11.22 37.87	200m: 2:29.90 39.74	300m: 3:48.25 39.66	400m: 5:06.23 37.36	
5. DZIEWANOWSKA Nikola	10	UKS Delfin Garwolin	5:16.09	412
50m: 33.66 33.66	150m: 1:52.20 40.03	250m: 3:14.82 41.39	350m: 4:37.96 41.53	
100m: 1:12.17 38.51	200m: 2:33.43 41.23	300m: 3:56.43 41.61	400m: 5:16.09 38.13	
6. ZYCH Martyna	10	MKS „Jagiellonka” Warszawa	5:16.58	411
50m: 35.69 35.69	150m: 1:55.73 40.44	250m: 3:17.74 41.25	350m: 4:38.84 40.31	
100m: 1:15.29 39.60	200m: 2:36.49 40.76	300m: 3:58.53 40.79	400m: 5:16.58 37.74	
7. DAMIĘCKA Blanka	10	MKS „Jagiellonka” Warszawa	5:17.14	408
50m: 35.77 35.77	150m: 1:57.31 40.72	250m: 3:19.12 41.24	350m: 4:39.93 39.89	
100m: 1:16.59 40.82	200m: 2:37.88 40.57	300m: 4:00.04 40.92	400m: 5:17.14 37.21	



OTWARTE LETNIE MISTRZOSTWA WARSZAWY

Warszawa, 6. - 7.6.2025

Konkurencja 19, Dziewcząt, 400m dowolny, 15 - 16 lat

Pozycja	Rok ur.										Czas	Pkt.
8.	GERASIMOVA Nicole				10	MUKP Warszawianka- Wodny Park					5:17.27	408
	50m:	33.72	33.72	150m:	1:55.12	42.06	250m:	3:18.03	41.92	350m:	4:39.77	41.01
	100m:	1:13.06	39.34	200m:	2:36.11	40.99	300m:	3:58.76	40.73	400m:	5:17.27	37.50
9.	OCHENTAL Maria				10	"KS Michałowo"					6:28.39	222
	50m:	39.70	39.70	150m:	2:14.82	48.97	250m:	3:56.61	51.80	350m:	5:41.02	52.30
	100m:	1:25.85	46.15	200m:	3:04.81	49.99	300m:	4:48.72	52.11	400m:	6:28.39	47.37
PK	BONECKA Anna				07	MUKP Warszawianka- Wodny Park					4:36.79	614
	50m:	31.03	31.03	150m:	1:40.26	35.19	250m:	2:51.53	35.92	350m:	4:02.57	35.29
	100m:	1:05.07	34.04	200m:	2:15.61	35.35	300m:	3:27.28	35.75	400m:	4:36.79	34.22
PK	PIASCINSKA Alicja				07	MUKP Warszawianka- Wodny Park					4:52.50	521
	50m:	32.71	32.71	150m:	1:45.65	36.70	250m:	3:00.32	37.19	350m:	4:15.58	37.82
	100m:	1:08.95	36.24	200m:	2:23.13	37.48	300m:	3:37.76	37.44	400m:	4:52.50	36.92
PK	MACIAK Julia				06	IUKS „Muszelka" Warszawa					5:25.05	379
	50m:	37.64	37.64	150m:	2:00.38	41.80	250m:	3:22.45	41.12	350m:	4:44.50	41.02
	100m:	1:18.58	40.94	200m:	2:41.33	40.95	300m:	4:03.48	41.03	400m:	5:25.05	40.55