



PGE Grand Prix Puchar Polski
Warszawa, 18. - 19.10.2025

Event 11 Women, 400m Medley 13 years and older
18.10.2025 - 11:00 Results

Rekord Polski Open	4:31.89	BARANOWSKA Katarzyna	00116	Debrecen (HUN)	16.12.2007
Rekord Polski 19 - 23	4:31.89	BARANOWSKA Katarzyna	00116	Debrecen (HUN)	16.12.2007
Rekord Polski 18	4:33.70	BARANOWSKA Katarzyna	POL	Trieste (ITA)	11.12.2005
Rekord Polski 17	4:35.65	KNOP Aleksandra		Ostrowiec Sw	9.10.2010
Rekord Polski 16	4:35.65	KNOP Aleksandra	01605	Ostrowiec Sw	18.12.2019
Rekord Polski 15	4:38.89	KNOP Aleksandra	01605	Lublin	18.12.2018
Rekord Polski 14	4:43.77	KNOP Aleksandra	01605	Lodz	22.12.2017

Points: AQUA 2025

Rank	YB								Time	Pts
OPEN										
1.	LESNIEWSKA Barbara			10	UKS „GIM 92 Ursynow"				4:48.32	695
	50m:	29.46	29.46	150m:	1:40.35	35.73	250m:	2:58.35	42.03	350m: 4:15.51 34.57
	100m:	1:04.62	35.16	200m:	2:16.32	35.97	300m:	3:40.94	42.59	400m: 4:48.32 32.81
2.	RODZIEWICZ Alicja			08	UKS Nawa Skierniewice				5:02.30	603
	50m:	32.27	32.27	150m:	1:48.05	37.91	250m:	3:09.38	44.02	350m: 4:28.11 34.73
	100m:	1:10.14	37.87	200m:	2:25.36	37.31	300m:	3:53.38	44.00	400m: 5:02.30 34.19
3.	GLINSKA Oliwia			07	TP Zielona Gora				5:05.86	582
	50m:	33.21	33.21	150m:	1:49.24	37.96	250m:	3:11.39	44.45	350m: 4:31.31 35.50
	100m:	1:11.28	38.07	200m:	2:26.94	37.70	300m:	3:55.81	44.42	400m: 5:05.86 34.55
4.	PLAGA Olga			07	TP Skalar, Slupsk				5:08.57	567
	50m:	33.97	33.97	150m:	1:52.31	40.00	250m:	3:14.53	42.45	350m: 4:33.61 36.26
	100m:	1:12.31	38.34	200m:	2:32.08	39.77	300m:	3:57.35	42.82	400m: 5:08.57 34.96
5.	PIEKARSKA Natalia			06	UKS 190 Lodz				5:09.90	560
	50m:	32.52	32.52	150m:	1:48.85	39.89	250m:	3:14.77	46.30	350m: 4:36.04 34.21
	100m:	1:08.96	36.44	200m:	2:28.47	39.62	300m:	4:01.83	47.06	400m: 5:09.90 33.86
6.	BOMBA Julia			11	CSiR MOS w Dabrowie Gorniczej				5:10.38	557
	50m:	32.49	32.49	150m:	1:50.39	41.06	250m:	3:14.87	44.94	350m: 4:36.72 35.22
	100m:	1:09.33	36.84	200m:	2:29.93	39.54	300m:	4:01.50	46.63	400m: 5:10.38 33.66
7.	LISOWSKA Zofia			10	IKS Konstancin				5:11.16	553
	50m:	33.26	33.26	150m:	1:51.34	40.09	250m:	3:15.79	45.92	350m: 4:37.51 36.12
	100m:	1:11.25	37.99	200m:	2:29.87	38.53	300m:	4:01.39	45.60	400m: 5:11.16 33.65
8.	WOLACEWICZ Natalia			10	KU AZS UMCS Lublin				5:12.67	545
	50m:	33.21	33.21	150m:	1:51.29	40.40	250m:	3:15.31	43.81	350m: 4:37.80 36.51
	100m:	1:10.89	37.68	200m:	2:31.50	40.21	300m:	4:01.29	45.98	400m: 5:12.67 34.87
9.	RUTKOWSKA Maja			09	MKS Trojka Lodz				5:14.47	536
	50m:	32.01	32.01	150m:	1:51.01	41.24	250m:	3:17.13	45.25	350m: 4:39.34 35.46
	100m:	1:09.77	37.76	200m:	2:31.88	40.87	300m:	4:03.88	46.75	400m: 5:14.47 35.13
10.	KULKA Milena			11	CSiR MOS w Dabrowie Gorniczej				5:18.82	514
	50m:	35.76	35.76	150m:	1:58.79	42.04	250m:	3:25.17	44.70	350m: 4:45.21 36.18
	100m:	1:16.75	40.99	200m:	2:40.47	41.68	300m:	4:09.03	43.86	400m: 5:18.82 33.61
11.	BARCZAK Karolina			11	MTP Kormoran Olsztyn				5:19.06	513
	50m:	34.14	34.14	150m:	1:54.43	41.34	250m:	3:21.28	46.55	350m: 4:44.49 36.37
	100m:	1:13.09	38.95	200m:	2:34.73	40.30	300m:	4:08.12	46.84	400m: 5:19.06 34.57
12.	NIKIEL Emilia			11	MKS Park Wodny Tarnowskie Gory				5:19.27	512
	50m:	36.05	36.05	150m:	1:57.55	39.93	250m:	3:22.35	46.56	350m: 4:45.80 35.56
	100m:	1:17.62	41.57	200m:	2:35.79	38.24	300m:	4:10.24	47.89	400m: 5:19.27 33.47
13.	WNUK Jessika			08	MKS Juvenia Wroclaw				5:20.79	505
	50m:	32.78	32.78	150m:	1:53.70	41.79	250m:	3:20.20	46.11	350m: 4:44.63 36.97
	100m:	1:11.91	39.13	200m:	2:34.09	40.39	300m:	4:07.66	47.46	400m: 5:20.79 36.16
14.	LYSIUK Karina			11	UKS „GIM 92 Ursynow"				5:24.72	487
	50m:	34.63	34.63	150m:	1:55.50	39.53	250m:	3:20.42	45.00	350m: 4:46.43 39.18
	100m:	1:15.97	41.34	200m:	2:35.42	39.92	300m:	4:07.25	46.83	400m: 5:24.72 38.29
15.	ORNOWSKA Zuzanna			08	UKP „Polonia Warszawa"				5:24.99	485
	50m:	33.18	33.18	150m:	1:57.00	42.51	250m:	3:23.65	45.46	350m: 4:48.38 37.43
	100m:	1:14.49	41.31	200m:	2:38.19	41.19	300m:	4:10.95	47.30	400m: 5:24.99 36.61



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Rank	YB				Time				Pts
16.	ROZWADOWSKA Karolina	09	MKS Trojka Lodz		5:26.83				477
	50m: 34.96 34.96	150m: 1:59.83 43.57	250m: 3:26.66 44.20	350m: 4:49.61 37.95					
	100m: 1:16.26 41.30	200m: 2:42.46 42.63	300m: 4:11.66 45.00	400m: 5:26.83 37.22					
17.	KRYSZTOF Alicja	12	MTP Kormoran Olsztyn		5:32.23				454
	50m: 34.89 34.89	150m: 1:59.63 43.63	250m: 3:31.90 49.21	350m: 4:57.68 36.09					
	100m: 1:16.00 41.11	200m: 2:42.69 43.06	300m: 4:21.59 49.69	400m: 5:32.23 34.55					
18.	BATYRA Julia	08	UKS SP5 Swim Lublin		5:35.53				441
	50m: 37.08 37.08	150m: 2:04.32 42.29	250m: 3:35.66 49.72	350m: 5:00.29 36.39					
	100m: 1:22.03 44.95	200m: 2:45.94 41.62	300m: 4:23.90 48.24	400m: 5:35.53 35.24					
19.	ZOLADEK Julia	11	MKS Jedynka Lodz		5:37.67				433
	50m: 36.52 36.52	150m: 2:03.77 45.24	250m: 3:34.39 46.68	350m: 4:59.53 38.63					
	100m: 1:18.53 42.01	200m: 2:47.71 43.94	300m: 4:20.90 46.51	400m: 5:37.67 38.14					
20.	KRAKUS Liliana	11	UKS SP-149 Lodz		5:43.19				412
	50m: 38.24 38.24	150m: 2:08.09 44.28	250m: 3:41.46 50.86	350m: 5:07.47 37.00					
	100m: 1:23.81 45.57	200m: 2:50.60 42.51	300m: 4:30.47 49.01	400m: 5:43.19 35.72					
21.	ONEILL Kiera	11	UKP „Polonia Warszawa”		5:46.03				402
	50m: 36.30 36.30	150m: 2:04.62 46.17	250m: 3:40.37 49.16	350m: 5:07.65 37.74					
	100m: 1:18.45 42.15	200m: 2:51.21 46.59	300m: 4:29.91 49.54	400m: 5:46.03 38.38					
22.	ZIENKOWSKA Maja	10	Klub Sportowy "H2O Bochnia"		5:49.85				389
	50m: 35.96 35.96	150m: 2:05.40 45.82	250m: 3:37.79 47.56	350m: 5:09.68 41.92					
	100m: 1:19.58 43.62	200m: 2:50.23 44.83	300m: 4:27.76 49.97	400m: 5:49.85 40.17					
DSQ	SOBOTKA Oliwia	10	UKP „Polonia Warszawa”						
	<i>K16 - Pływak dotknął ścianę nierównocześnie dwiema dłońmi przy nawrocie lub na zakończenie wyścigu.</i>								
	50m: 33.93 33.93	150m: 1:52.72 39.00	250m: 3:15.44 43.32	350m: 4:35.98 34.71					
	100m: 1:13.72 39.79	200m: 2:32.12 39.40	300m: 4:01.27 45.83	400m:					
DSQ	SADOWSKA Maria	08	UKS „GIM 92 Ursynow”						
	<i>G8 - Pływak ukończył wyścig w położeniu na piersiach.</i>								
	50m: 34.35 34.35	150m: 1:51.50 38.68	250m: 3:14.21 44.34	350m: 4:33.61 36.03					
	100m: 1:12.82 38.47	200m: 2:29.87 38.37	300m: 3:57.58 43.37	400m:					

17 - 18 years

1.	RODZIEWICZ Alicja	08	UKS Nawa Skierniewice		5:02.30				603
	50m: 32.27 32.27	150m: 1:48.05 37.91	250m: 3:09.38 44.02	350m: 4:28.11 34.73					
	100m: 1:10.14 37.87	200m: 2:25.36 37.31	300m: 3:53.38 44.00	400m: 5:02.30 34.19					
2.	GLINSKA Oliwia	07	TP Zielona Gora		5:05.86				582
	50m: 33.21 33.21	150m: 1:49.24 37.96	250m: 3:11.39 44.45	350m: 4:31.31 35.50					
	100m: 1:11.28 38.07	200m: 2:26.94 37.70	300m: 3:55.81 44.42	400m: 5:05.86 34.55					
3.	PLAGA Olga	07	TP Skalar, Slupsk		5:08.57				567
	50m: 33.97 33.97	150m: 1:52.31 40.00	250m: 3:14.53 42.45	350m: 4:33.61 36.26					
	100m: 1:12.31 38.34	200m: 2:32.08 39.77	300m: 3:57.35 42.82	400m: 5:08.57 34.96					
4.	WNUK Jessika	08	MKS Juvenia Wroclaw		5:20.79				505
	50m: 32.78 32.78	150m: 1:53.70 41.79	250m: 3:20.20 46.11	350m: 4:44.63 36.97					
	100m: 1:11.91 39.13	200m: 2:34.09 40.39	300m: 4:07.66 47.46	400m: 5:20.79 36.16					
5.	ORNOWSKA Zuzanna	08	UKP „Polonia Warszawa”		5:24.99				485
	50m: 33.18 33.18	150m: 1:57.00 42.51	250m: 3:23.65 45.46	350m: 4:48.38 37.43					
	100m: 1:14.49 41.31	200m: 2:38.19 41.19	300m: 4:10.95 47.30	400m: 5:24.99 36.61					
6.	BATYRA Julia	08	UKS SP5 Swim Lublin		5:35.53				441
	50m: 37.08 37.08	150m: 2:04.32 42.29	250m: 3:35.66 49.72	350m: 5:00.29 36.39					
	100m: 1:22.03 44.95	200m: 2:45.94 41.62	300m: 4:23.90 48.24	400m: 5:35.53 35.24					



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Event 11, Girls, 400m Medley, 17 - 18 years

Rank	YB										Time	Pts
DSQ	SADOWSKA Maria 08 UKS „GIM 92 Ursynow"											
	G8 - Pływak ukończył wyścig w położeniu na piersiach.											
	50m:	34.35	34.35	150m:	1:51.50	38.68	250m:	3:14.21	44.34	350m:	4:33.61	36.03
	100m:	1:12.82	38.47	200m:	2:29.87	38.37	300m:	3:57.58	43.37	400m:		

16 years

1.	RUTKOWSKA Maja			09	MKS Trojka Lodz					5:14.47	536	
	50m:	32.01	32.01	150m:	1:51.01	41.24	250m:	3:17.13	45.25	350m:	4:39.34	35.46
	100m:	1:09.77	37.76	200m:	2:31.88	40.87	300m:	4:03.88	46.75	400m:	5:14.47	35.13
2.	ROZWADOWSKA Karolina			09	MKS Trojka Lodz					5:26.83	477	
	50m:	34.96	34.96	150m:	1:59.83	43.57	250m:	3:26.66	44.20	350m:	4:49.61	37.95
	100m:	1:16.26	41.30	200m:	2:42.46	42.63	300m:	4:11.66	45.00	400m:	5:26.83	37.22

15 years

1.	LESNIEWSKA Barbara	10	UKS „GIM 92 Ursynow"						4:48.32	695
	50m: 29.46 29.46	150m: 1:40.35	35.73	250m: 2:58.35	42.03	350m: 4:15.51	34.57			
	100m: 1:04.62 35.16	200m: 2:16.32	35.97	300m: 3:40.94	42.59	400m: 4:48.32	32.81			
2.	LISOWSKA Zofia	10	IKS Konstancin						5:11.16	553
	50m: 33.26 33.26	150m: 1:51.34	40.09	250m: 3:15.79	45.92	350m: 4:37.51	36.12			
	100m: 1:11.25 37.99	200m: 2:29.87	38.53	300m: 4:01.39	45.60	400m: 5:11.16	33.65			
3.	WOLACEWICZ Natalia	10	KU AZS UMCS Lublin						5:12.67	545
	50m: 33.21 33.21	150m: 1:51.29	40.40	250m: 3:15.31	43.81	350m: 4:37.80	36.51			
	100m: 1:10.89 37.68	200m: 2:31.50	40.21	300m: 4:01.29	45.98	400m: 5:12.67	34.87			
4.	ZIENKOWSKA Maja	10	Klub Sportowy "H2O Bochnia"						5:49.85	389
	50m: 35.96 35.96	150m: 2:05.40	45.82	250m: 3:37.79	47.56	350m: 5:09.68	41.92			
	100m: 1:19.58 43.62	200m: 2:50.23	44.83	300m: 4:27.76	49.97	400m: 5:49.85	40.17			
DSQ	SOBOTKA Oliwia	10	UKP „Polonia Warszawa"							
	<i>K16 - Pływak dotknął ścianę nierównocześnie dwiema dłońmi przy nawrocie lub na zakończenie wyścigu.</i>									
	50m: 33.93 33.93	150m: 1:52.72	39.00	250m: 3:15.44	43.32	350m: 4:35.98	34.71			
	100m: 1:13.72 39.79	200m: 2:32.12	39.40	300m: 4:01.27	45.83	400m:				

14 years

1.	BOMBA Julia			11	CSiR MOS w Dabrowie Gorniczej					5:10.38	557	
	50m:	32.49	32.49	150m:	1:50.39	41.06	250m:	3:14.87	44.94	350m:	4:36.72	35.22
	100m:	1:09.33	36.84	200m:	2:29.93	39.54	300m:	4:01.50	46.63	400m:	5:10.38	33.66
2.	KULKA Milena			11	CSiR MOS w Dabrowie Gorniczej					5:18.82	514	
	50m:	35.76	35.76	150m:	1:58.79	42.04	250m:	3:25.17	44.70	350m:	4:45.21	36.18
	100m:	1:16.75	40.99	200m:	2:40.47	41.68	300m:	4:09.03	43.86	400m:	5:18.82	33.61
3.	BARCZAK Karolina			11	MTP Kormoran Olsztyn					5:19.06	513	
	50m:	34.14	34.14	150m:	1:54.43	41.34	250m:	3:21.28	46.55	350m:	4:44.49	36.37
	100m:	1:13.09	38.95	200m:	2:34.73	40.30	300m:	4:08.12	46.84	400m:	5:19.06	34.57
4.	NIKIEL Emilia			11	MKS Park Wodny Tarnowskie Gory					5:19.27	512	
	50m:	36.05	36.05	150m:	1:57.55	39.93	250m:	3:22.35	46.56	350m:	4:45.80	35.56
	100m:	1:17.62	41.57	200m:	2:35.79	38.24	300m:	4:10.24	47.89	400m:	5:19.27	33.47
5.	LYSIUK Karina			11	UKS „GIM 92 Ursynow"					5:24.72	487	
	50m:	34.63	34.63	150m:	1:55.50	39.53	250m:	3:20.42	45.00	350m:	4:46.43	39.18
	100m:	1:15.97	41.34	200m:	2:35.42	39.92	300m:	4:07.25	46.83	400m:	5:24.72	38.29
6.	ZOLADEK Julia			11	MKS Jedynka Lodz					5:37.67	433	
	50m:	36.52	36.52	150m:	2:03.77	45.24	250m:	3:34.39	46.68	350m:	4:59.53	38.63
	100m:	1:18.53	42.01	200m:	2:47.71	43.94	300m:	4:20.90	46.51	400m:	5:37.67	38.14



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Event 11, Girls, 400m Medley, 14 years

Rank	YB								Time	Pts		
7.	KRAKUS Liliana			11	UKS SP-149 Lodz				5:43.19	412		
	50m:	38.24	38.24	150m:	2:08.09	44.28	250m:	3:41.46	50.86	350m:	5:07.47	37.00
	100m:	1:23.81	45.57	200m:	2:50.60	42.51	300m:	4:30.47	49.01	400m:	5:43.19	35.72
8.	ONEILL Kiera			11	UKP „Polonia Warszawa"				5:46.03	402		
	50m:	36.30	36.30	150m:	2:04.62	46.17	250m:	3:40.37	49.16	350m:	5:07.65	37.74
	100m:	1:18.45	42.15	200m:	2:51.21	46.59	300m:	4:29.91	49.54	400m:	5:46.03	38.38