

OTWARTE WIOSENNE MISTRZOSTWA WARSZAWY I WOJ. MAZOWIECKIEGO
Warszawa, 16. - 17.5.2026

Konkurencja 11
16.05.2026 - 12:16

Kobiet, 400m dowolny

Open
Wyniki

Punkty: Rudolph Table 2025

Pozycja			Rok ur.					Czas	Pkt.	
13 lat i młodszy										
1.	F FEREK Julia		15	MUKS "TUREKin pływa"				4:55.50	17,0	497
	50m: 33.76	33.76	150m: 1:49.73	38.46	250m: 3:05.12	37.81	350m: 4:19.67	36.86		
	100m: 1:11.27	37.51	200m: 2:27.31	37.58	300m: 3:42.81	37.69	400m: 4:55.50	35.83		
2.	HAREL May		13	UKP „Polonia Warszawa"				5:16.66	5,3	404
	50m: 35.81	35.81	150m: 1:55.04	39.42	250m: 3:16.41	40.18	350m: 4:37.05	39.63		
	100m: 1:15.62	39.81	200m: 2:36.23	41.19	300m: 3:57.42	41.01	400m: 5:16.66	39.61		
3.	STASZEWSKA Natasza		13	UKS „GIM 92 Ursynów"				5:16.99	5,2	403
	50m: 35.00	35.00	150m: 1:55.74	41.17	250m: 3:17.01	40.19	350m: 4:38.93	40.09		
	100m: 1:14.57	39.57	200m: 2:36.82	41.08	300m: 3:58.84	41.83	400m: 5:16.99	38.06		
4.	SOBIERAJSKA Erika		14	IUKS „Muszelka" Warszawa				5:18.75	7,9	396
	50m: 36.45	36.45	150m: 1:57.39	40.81	250m: 3:19.32	40.99	350m: 4:40.61	40.13		
	100m: 1:16.58	40.13	200m: 2:38.33	40.94	300m: 4:00.48	41.16	400m: 5:18.75	38.14		
5.	GRANOSZEWSKA Maja		14	MPKS "Orka" w Ciechanowie				5:23.02	6,8	381
	50m: 34.16	34.16	150m: 1:56.76	41.84	250m: 3:21.86	42.05	350m: 4:46.51	41.54		
	100m: 1:14.92	40.76	200m: 2:39.81	43.05	300m: 4:04.97	43.11	400m: 5:23.02	36.51		
6.	TURSKA Hanna		14	MKS Ochota Warszawa				5:30.64	5,0	355
	50m: 36.55	36.55	150m: 2:00.58	42.57	250m: 3:26.47	42.54	350m: 4:50.93	41.80		
	100m: 1:18.01	41.46	200m: 2:43.93	43.35	300m: 4:09.13	42.66	400m: 5:30.64	39.71		
7.	POCHWAŁA Nina		14	MKS Ochota Warszawa				5:33.16	4,4	347
	50m: 38.95	38.95	150m: 2:04.25	42.81	250m: 3:29.82	42.55	350m: 4:54.62	42.29		
	100m: 1:21.44	42.49	200m: 2:47.27	43.02	300m: 4:12.33	42.51	400m: 5:33.16	38.54		
8.	KACZMAREK Marcelina		13	UKS „GIM 92 Ursynów"				5:34.63		342
	50m: 37.11	37.11	150m: 2:02.54	43.23	250m: 3:29.74	43.86	350m: 4:54.63	41.56		
	100m: 1:19.31	42.20	200m: 2:45.88	43.34	300m: 4:13.07	43.33	400m: 5:34.63	40.00		
9.	PAWŁOWSKA Amelia		14	IKS Konstancin				5:35.67	3,8	339
	50m: 35.39	35.39	150m: 2:01.17	43.35	250m: 3:29.22	44.05	350m: 4:55.03	42.47		
	100m: 1:17.82	42.43	200m: 2:45.17	44.00	300m: 4:12.56	43.34	400m: 5:35.67	40.64		
10.	GLI SKA Michalina		14	MKS Ochota Warszawa				5:36.18	3,7	338
	50m: 38.15	38.15	150m: 2:03.86	42.77	250m: 3:30.76	43.45	350m: 4:54.79	41.92		
	100m: 1:21.09	42.94	200m: 2:47.31	43.45	300m: 4:12.87	42.11	400m: 5:36.18	41.39		
11.	KOWALCZYK Maria		14	MKS Ochota Warszawa				5:39.36	2,9	328
	50m: 39.26	39.26	150m: 2:05.64	43.57	250m: 3:33.64	44.28	350m: 5:00.35	43.46		
	100m: 1:22.07	42.81	200m: 2:49.36	43.72	300m: 4:16.89	43.25	400m: 5:39.36	39.01		
12.	DYBCIO Zuzanna		13	UKS Delfin Garwolin				5:53.73		290
	50m: 33.95	33.95	150m: 2:03.10	45.86	250m: 3:36.33	46.43	350m: 5:09.69	46.04		
	100m: 1:17.24	43.29	200m: 2:49.90	46.80	300m: 4:23.65	47.32	400m: 5:53.73	44.04		
13.	SIENKIEWICZ Alicja		13	UKS GOS Raszyn				6:05.10		263
	50m: 39.60	39.60	150m: 2:12.75	47.60	250m: 3:48.71	47.23	350m: 5:23.54	46.37		
	100m: 1:25.15	45.55	200m: 3:01.48	48.73	300m: 4:37.17	48.46	400m: 6:05.10	41.56		

OTWARTE WIOSENNE MISTRZOSTWA WARSZAWY I WOJ. MAZOWIECKIEGO
Warszawa, 16. - 17.5.2026

Konkurencja 11, Dziewcz t, 400m dowolny, 13 lat i młodszy

Pozycja			Rok ur.					Czas	Pkt.	
14.	PAZIEWSKA Hanna		15	MKS Ochota Warszawa				6:12.64		248
	50m:	41.03 41.03	150m:	2:15.99 48.08	250m:	3:52.58 48.78	350m:	5:26.94 45.94		
	100m:	1:27.91 46.88	200m:	3:03.80 47.81	300m:	4:41.00 48.42	400m:	6:12.64 45.70		
14 - 15 lat										
1.	IWA SKA Wiktoria		11	MKS „Jagiellonka” Warszawa				4:53.98	7,9	505
	50m:	31.92 31.92	150m:	1:46.20 37.87	250m:	3:01.87 37.75	350m:	4:17.50 37.50		
	100m:	1:08.33 36.41	200m:	2:24.12 37.92	300m:	3:40.00 38.13	400m:	4:53.98 36.48		
2.	SUWARA Aleksandra		11	IKS Konstancin				5:00.90	6,0	471
	50m:	34.13 34.13	150m:	1:49.58 37.80	250m:	3:06.00 38.48	350m:	4:23.62 38.61		
	100m:	1:11.78 37.65	200m:	2:27.52 37.94	300m:	3:45.01 39.01	400m:	5:00.90 37.28		
3.	ROKICKA Alicja		11	MKS „Jagiellonka” Warszawa				5:01.38	5,9	469
	50m:	32.96 32.96	150m:	1:49.07 38.61	250m:	3:06.26 38.98	350m:	4:23.66 38.72		
	100m:	1:10.46 37.50	200m:	2:27.28 38.21	300m:	3:44.94 38.68	400m:	5:01.38 37.72		
4.	KRYSZKIEWICZ Lidia		12	MKS „Jagiellonka” Warszawa				5:04.23	6,4	456
	50m:	31.70 31.70	150m:	1:46.32 38.20	250m:	3:04.57 39.68	350m:	4:25.07 40.68		
	100m:	1:08.12 36.42	200m:	2:24.89 38.57	300m:	3:44.39 39.82	400m:	5:04.23 39.16		
5.	WITTBRODT Alicja		11	UKP „Polonia Warszawa”				5:10.02	3,7	431
	50m:	34.65 34.65	150m:	1:54.08 40.11	250m:	3:13.58 39.49	350m:	4:32.14 39.01		
	100m:	1:13.97 39.32	200m:	2:34.09 40.01	300m:	3:53.13 39.55	400m:	5:10.02 37.88		
6.	KRASKIEWICZ Barbara		12	MKS „Jagiellonka” Warszawa				5:12.53	4,3	420
	50m:	33.71 33.71	150m:	1:52.00 40.09	250m:	3:13.50 40.69	350m:	4:33.92 40.42		
	100m:	1:11.91 38.20	200m:	2:32.81 40.81	300m:	3:53.50 40.00	400m:	5:12.53 38.61		
7.	KANIEWSKA Klara		12	St. KF KS „Fenix” O arów Mazowiecki				5:12.62	4,3	420
	50m:	36.43 36.43	150m:	1:56.07 40.62	250m:	3:16.68 40.00	350m:	4:35.22 37.82		
	100m:	1:15.45 39.02	200m:	2:36.68 40.61	300m:	3:57.40 40.72	400m:	5:12.62 37.40		
8.	ZI BA Antonina		12	UKS „Skalar” Warszawa				5:16.08	3,4	406
	50m:	35.11 35.11	150m:	1:57.36 41.98	250m:	3:19.75 40.57	350m:	4:38.94 39.00		
	100m:	1:15.38 40.27	200m:	2:39.18 41.82	300m:	3:59.94 40.19	400m:	5:16.08 37.14		
9.	PACYK Alexandra		11	IUKS „Muszelka” Warszawa				5:17.24	1,8	402
	50m:	35.06 35.06	150m:	1:55.58 40.61	250m:	3:17.67 41.05	350m:	4:38.71 40.39		
	100m:	1:14.97 39.91	200m:	2:36.62 41.04	300m:	3:58.32 40.65	400m:	5:17.24 38.53		
10.	KLAUS Helena		12	MKS Piaseczno				5:21.03	2,1	388
	50m:	35.26 35.26	150m:	1:54.57 40.70	250m:	3:16.58 41.01	350m:	4:40.13 41.91		
	100m:	1:13.87 38.61	200m:	2:35.57 41.00	300m:	3:58.22 41.64	400m:	5:21.03 40.90		
11.	LACH Maria		11	MKS Ochota Warszawa				5:22.54		382
	50m:	34.48 34.48	150m:	1:54.99 40.71	250m:	3:19.21 41.80	350m:	4:41.81 40.45		
	100m:	1:14.28 39.80	200m:	2:37.41 42.42	300m:	4:01.36 42.15	400m:	5:22.54 40.73		
12.	KORYTEK Urszula		12	IKS Konstancin				5:24.24	1,3	376
	50m:	35.48 35.48	150m:	1:59.79 42.61	250m:	3:24.64 42.72	350m:	4:47.06 40.97		
	100m:	1:17.18 41.70	200m:	2:41.92 42.13	300m:	4:06.09 41.45	400m:	5:24.24 37.18		

OTWARTE WIOSENNE MISTRZOSTWA WARSZAWY I WOJ. MAZOWIECKIEGO
Warszawa, 16. - 17.5.2026

Konkurencja 11, Dziewcz t, 400m dowolny, 14 - 15 lat

Pozycja			Rok ur.					Czas	Pkt.		
13.	PITUS Anna		12	UKS Fala Niepor t				5:24.34	1,3	376	
	50m:	37.87 37.87	150m:	2:00.97	42.10	250m:	3:24.71	41.50	350m:	4:45.33	39.86
	100m:	1:18.87 41.00	200m:	2:43.21	42.24	300m:	4:05.47	40.76	400m:	5:24.34	39.01
14.	SAWICKA Laura		12	UKP „Polonia Warszawa”				5:33.95		344	
	50m:	37.75 37.75	150m:	2:04.38	43.51	250m:	3:31.30	43.53	350m:	4:55.62	41.00
	100m:	1:20.87 43.12	200m:	2:47.77	43.39	300m:	4:14.62	43.32	400m:	5:33.95	38.33
15.	GNIADA Zuzanna		11	KP Płetwal Mława				5:34.90		341	
	50m:	37.08 37.08	150m:	2:02.81	43.97	250m:	3:30.11	43.99	350m:	4:56.19	42.31
	100m:	1:18.84 41.76	200m:	2:46.12	43.31	300m:	4:13.88	43.77	400m:	5:34.90	38.71
16.	JOPA Wiktoria		12	UKS "V" Łomianki				5:39.62		327	
	50m:	36.41 36.41	150m:	2:01.68	42.93	250m:	3:30.52	44.52	350m:	5:02.05	45.75
	100m:	1:18.75 42.34	200m:	2:46.00	44.32	300m:	4:16.30	45.78	400m:	5:39.62	37.57
17.	KLIMKIEWICZ Julia		11	Klub Pływacki Ciechanów				5:44.34		314	
	50m:	36.79 36.79	150m:	2:02.44	43.61	250m:	3:32.51	45.05	350m:	5:02.56	45.17
	100m:	1:18.83 42.04	200m:	2:47.46	45.02	300m:	4:17.39	44.88	400m:	5:44.34	41.78
18.	MICHALAK Emilia		12	UKS „Dwójka” Sochaczew				5:49.29		301	
	50m:	38.84 38.84	150m:	2:05.48	44.10	250m:	3:36.25	45.82	350m:	5:06.66	44.79
	100m:	1:21.38 42.54	200m:	2:50.43	44.95	300m:	4:21.87	45.62	400m:	5:49.29	42.63
19.	HUTKOWSKA Marta		12	UKS 307 Warszawa				5:50.66		297	
	50m:	37.39 37.39	150m:	2:02.97	43.20	250m:	3:33.93	45.91	350m:	5:06.19	45.74
	100m:	1:19.77 42.38	200m:	2:48.02	45.05	300m:	4:20.45	46.52	400m:	5:50.66	44.47
20.	POGORZELSKA Antonina		12	Klub Pływacki Ciechanów				6:04.24		265	
	50m:	37.80 37.80	150m:	2:10.37	47.07	250m:	3:44.89	46.99	350m:	5:19.00	45.86
	100m:	1:23.30 45.50	200m:	2:57.90	47.53	300m:	4:33.14	48.25	400m:	6:04.24	45.24

16 lat i starsi

1.	LE NIEWSKA Barbara		10	UKS „GIM 92 Ursynów”				4:20.98	15,8	722	
	50m:	29.31 29.31	150m:	1:36.05	33.55	250m:	2:42.66	33.11	350m:	3:48.88	32.75
	100m:	1:02.50 33.19	200m:	2:09.55	33.50	300m:	3:16.13	33.47	400m:	4:20.98	32.10
2.	IDZKIEWICZ Hanna		09	UKS „GIM 92 Ursynów”				4:38.76	10,9	592	
	50m:	33.21 33.21	150m:	1:45.02	36.28	250m:	2:57.07	35.77	350m:	4:06.08	33.82
	100m:	1:08.74 35.53	200m:	2:21.30	36.28	300m:	3:32.26	35.19	400m:	4:38.76	32.68
3.	SZUSTAK Lena		10	UKS „GIM 92 Ursynów”				4:47.34	8,9	541	
	50m:	32.46 32.46	150m:	1:42.99	35.43	250m:	2:55.69	36.51	350m:	4:10.30	37.40
	100m:	1:07.56 35.10	200m:	2:19.18	36.19	300m:	3:32.90	37.21	400m:	4:47.34	37.04
4.	SZTREKER-WÓJCIK Iga		09	UKS G-8 Bielany Warszawa				4:49.81	8,0	527	
	50m:	32.58 32.58	150m:	1:44.89	36.76	250m:	2:59.21	37.23	350m:	4:14.30	37.51
	100m:	1:08.13 35.55	200m:	2:21.98	37.09	300m:	3:36.79	37.58	400m:	4:49.81	35.51
5.	STACHEWICZ Magdalena		09	AZS AWF Warszawa				4:50.40	7,8	524	
	50m:	33.02 33.02	150m:	1:46.48	36.94	250m:	3:01.00	37.22	350m:	4:14.82	36.37
	100m:	1:09.54 36.52	200m:	2:23.78	37.30	300m:	3:38.45	37.45	400m:	4:50.40	35.58

OTWARTE WIOSENNE MISTRZOSTWA WARSZAWY I WOJ. MAZOWIECKIEGO
Warszawa, 16. - 17.5.2026

Konkurencja 11, Kobiet, 400m dowolny, 16 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.	
6.	TYMI SKA Natalia		08	UKS „GIM 92 Ursynów”				4:56.11	5,8	494
	50m:	31.46 31.46	150m:	1:44.56	37.45	250m:	3:02.18	38.98	350m:	4:19.75 38.62
	100m:	1:07.11 35.65	200m:	2:23.20	38.64	300m:	3:41.13	38.95	400m:	4:56.11 36.36
7.	SZOTEK Isabella		10	UKS "SMS KAPRY Pruszków"				4:57.99	6,1	485
	50m:	33.88 33.88	150m:	1:48.76	37.91	250m:	3:05.51	38.47	350m:	4:22.32 38.64
	100m:	1:10.85 36.97	200m:	2:27.04	38.28	300m:	3:43.68	38.17	400m:	4:57.99 35.67
8.	SADO Aleksandra		07	St. KF KS „Fenix” O arów Mazowiecki				4:59.16	3,8	479
	50m:	33.11 33.11	150m:	1:48.17	37.98	250m:	3:04.89	38.72	350m:	4:20.82 37.84
	100m:	1:10.19 37.08	200m:	2:26.17	38.00	300m:	3:42.98	38.09	400m:	4:59.16 38.34
9.	STEFANIW Martyna		10	Seksja Pływacka Meduza Paj czno				5:02.70	4,8	463
	50m:	34.01 34.01	150m:	1:49.26	37.66	250m:	3:06.71	38.81	350m:	4:25.13 38.94
	100m:	1:11.60 37.59	200m:	2:27.90	38.64	300m:	3:46.19	39.48	400m:	5:02.70 37.57
10.	DZIEWANOWSKA Nikola		10	UKS Delfin Garwolin				5:12.63	2,2	420
	50m:	34.87 34.87	150m:	1:53.57	39.81	250m:	3:14.65	40.39	350m:	4:34.69 39.62
	100m:	1:13.76 38.89	200m:	2:34.26	40.69	300m:	3:55.07	40.42	400m:	5:12.63 37.94
11.	GRANECKA Lena		10	IKS Konstancin				5:24.06		377
	50m:	36.42 36.42	150m:	2:00.84	41.90	250m:	3:25.30	42.46	350m:	4:46.79 40.22
	100m:	1:18.94 42.52	200m:	2:42.84	42.00	300m:	4:06.57	41.27	400m:	5:24.06 37.27