

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

Konkurencja 24
16.05.2026 - 18:58

Kobiet, 400m zmienny

Open
Wyniki

Punkty: Rudolph Table 2025

Pozycja			Rok ur.					Czas	Pkt.	
13 lat i młodszy										
1.	F	FEREK Julia	15	MUKS "TUREKin pływa"				5:33.37	17,2	494
		50m: 35.97 35.97	150m: 2:02.52	42.67	250m: 3:33.02	48.40	350m: 4:58.37	37.02		
		100m: 1:19.85 43.88	200m: 2:44.62	42.10	300m: 4:21.35	48.33	400m: 5:33.37	35.00		
2.	GRANOSZEWSKA Maja		14	MPKS "Orka" w Ciechanowie				5:53.11	9,4	416
		50m: 37.39 37.39	150m: 2:04.40	43.33	250m: 3:42.76	54.69	350m: 5:14.55	39.16		
		100m: 1:21.07 43.68	200m: 2:48.07	43.67	300m: 4:35.39	52.63	400m: 5:53.11	38.56		
3.	LESZCZY SKA Nela		13	IUKS „Muszelka” Warszawa				6:14.02	1,7	350
		50m: 41.46 41.46	150m: 2:23.89	48.94	250m: 4:00.95	50.54	350m: 5:34.49	41.34		
		100m: 1:34.95 53.49	200m: 3:10.41	46.52	300m: 4:53.15	52.20	400m: 6:14.02	39.53		
4.	DYBCIO Zuzanna		13	UKS Delfin Garwolin				6:19.28		335
		50m: 35.57 35.57	150m: 2:11.46	49.58	250m: 3:56.70	56.36	350m: 5:37.25	43.63		
		100m: 1:21.88 46.31	200m: 3:00.34	48.88	300m: 4:53.62	56.92	400m: 6:19.28	42.03		
5.	PINIEWSKA Michalina		15	IKS Konstancin				6:27.36	6,2	315
		50m: 40.83 40.83	150m: 2:27.95	54.13	250m: 4:09.42	51.01	350m: 5:46.38	45.29		
		100m: 1:33.82 52.99	200m: 3:18.41	50.46	300m: 5:01.09	51.67	400m: 6:27.36	40.98		
14 - 15 lat										
1.	IWA	SKA Wiktoria	11	MKS „Jagiellonka” Warszawa				5:36.85	7,4	479
		50m: 34.29 34.29	150m: 2:02.09	45.25	250m: 3:34.22	48.68	350m: 5:01.53	37.43		
		100m: 1:16.84 42.55	200m: 2:45.54	43.45	300m: 4:24.10	49.88	400m: 5:36.85	35.32		
2.	OSICZKO Kaja		11	MKS Ochota Warszawa				5:38.40	7,0	472
		50m: 33.95 33.95	150m: 1:58.64	43.37	250m: 3:29.35	50.03	350m: 5:01.17	39.35		
		100m: 1:15.27 41.32	200m: 2:39.32	40.68	300m: 4:21.82	52.47	400m: 5:38.40	37.23		
3.	GODLEWSKA Agata		12	UKP „Polonia Warszawa"				5:40.70	7,6	463
		50m: 36.01 36.01	150m: 2:03.35	44.18	250m: 3:34.86	47.51	350m: 5:02.60	39.18		
		100m: 1:19.17 43.16	200m: 2:47.35	44.00	300m: 4:23.42	48.56	400m: 5:40.70	38.10		
4.	SZERSZE -NIEW GŁOWSKA Zofia		11	UKS „GIM 92 Ursynów"				5:43.65	5,8	451
		50m: 36.00 36.00	150m: 2:06.10	45.84	250m: 3:36.17	45.59	350m: 5:03.73	40.80		
		100m: 1:20.26 44.26	200m: 2:50.58	44.48	300m: 4:22.93	46.76	400m: 5:43.65	39.92		
5.	VASYUKOVA Jelyzaveta		12	UKS „Skalar" Warszawa				5:44.23	6,8	449
		50m: 33.40 33.40	150m: 2:02.18	46.28	250m: 3:35.06	47.31	350m: 5:06.13	40.74		
		100m: 1:15.90 42.50	200m: 2:47.75	45.57	300m: 4:25.39	50.33	400m: 5:44.23	38.10		
6.	OŁ DEK Julia		11	MKS Jedynka Łód				5:48.93	4,6	431
		50m: 36.56 36.56	150m: 2:07.63	48.12	250m: 3:40.74	46.24	350m: 5:09.17	40.54		
		100m: 1:19.51 42.95	200m: 2:54.50	46.87	300m: 4:28.63	47.89	400m: 5:48.93	39.76		
7.	KURPIEL Maja		11	Buks				6:04.13	1,1	379
		50m: 37.99 37.99	150m: 2:16.91	48.38	250m: 3:52.22	46.46	350m: 5:22.74	42.42		
		100m: 1:28.53 50.54	200m: 3:05.76	48.85	300m: 4:40.32	48.10	400m: 6:04.13	41.39		

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

Konkurencja 24, Dziewcz t, 400m zmienny, 14 - 15 lat

Pozycja			Rok ur.					Czas	Pkt.
8.	DUCHNA Katarzyna		11	UKS Delfin Garwolin				6:04.78	377
	50m:	38.63 38.63	150m:	2:14.82 46.09	250m:	3:49.92 48.64	350m:	5:23.09 42.70	
	100m:	1:28.73 50.10	200m:	3:01.28 46.46	300m:	4:40.39 50.47	400m:	6:04.78 41.69	
9.	WITTBRODT Alicja		11	UKP „Polonia Warszawa”				6:05.71	374
	50m:	40.74 40.74	150m:	2:20.05 47.15	250m:	3:54.23 48.93	350m:	5:25.92 40.40	
	100m:	1:32.90 52.16	200m:	3:05.30 45.25	300m:	4:45.52 51.29	400m:	6:05.71 39.79	
10.	ACKIEWICZ Dominika		12	IKS Konstancin				6:06.33	1,9 372
	50m:	35.22 35.22	150m:	2:12.39 51.45	250m:	3:50.07 49.92	350m:	5:25.17 43.58	
	100m:	1:20.94 45.72	200m:	3:00.15 47.76	300m:	4:41.59 51.52	400m:	6:06.33 41.16	
11.	KAMI SKA Oliwia		11	MKS „Jagiellonka” Warszawa				6:11.33	357
	50m:	37.49 37.49	150m:	2:16.32 52.30	250m:	3:56.08 50.31	350m:	5:30.23 41.68	
	100m:	1:24.02 46.53	200m:	3:05.77 49.45	300m:	4:48.55 52.47	400m:	6:11.33 41.10	
12.	RUDO Zofia		12	UKS 307 Warszawa				6:27.13	315
	50m:	43.79 43.79	150m:	2:27.80 51.65	250m:	4:10.11 51.89	350m:	5:46.48 43.78	
	100m:	1:36.15 52.36	200m:	3:18.22 50.42	300m:	5:02.70 52.59	400m:	6:27.13 40.65	
13.	SZEWCZYK Blanka		12	PSP SWIM Płock				6:32.26	303
	50m:	42.91 42.91	150m:	2:27.84 53.79	250m:	4:13.42 53.92	350m:	5:48.96 44.07	
	100m:	1:34.05 51.14	200m:	3:19.50 51.66	300m:	5:04.89 51.47	400m:	6:32.26 43.30	
DYSKW.	ROKICKA Alicja		11	MKS „Jagiellonka” Warszawa					
	<i>G8 - Pływak uko czył wy cig w poło eniu na piersiach.</i>								

16 lat i starsi

1.	PIOTROWSKA Wiktoria		03	AZS AWF Warszawa				5:18.30	9,3 568
	50m:	30.04 30.04	150m:	1:50.88 44.34	250m:	3:19.69 46.93	350m:	4:42.14 37.41	
	100m:	1:06.54 36.50	200m:	2:32.76 41.88	300m:	4:04.73 45.04	400m:	5:18.30 36.16	
2.	POLSAKOVA Nina		10	IUKS „Muszelka” Warszawa				5:36.93	6,4 479
	50m:	33.71 33.71	150m:	2:01.01 46.24	250m:	3:33.68 48.27	350m:	5:01.19 37.82	
	100m:	1:14.77 41.06	200m:	2:45.41 44.40	300m:	4:23.37 49.69	400m:	5:36.93 35.74	
3.	SZKRABA Julia		10	UKS G-8 Bielany Warszawa				5:39.41	5,8 468
	50m:	34.58 34.58	150m:	2:01.53 46.04	250m:	3:36.22 50.77	350m:	5:03.58 37.83	
	100m:	1:15.49 40.91	200m:	2:45.45 43.92	300m:	4:25.75 49.53	400m:	5:39.41 35.83	
4.	DZIEWANOWSKA Nikola		10	UKS Delfin Garwolin				5:57.00	1,7 402
	50m:	36.48 36.48	150m:	2:08.33 48.52	250m:	3:47.09 51.48	350m:	5:18.63 39.51	
	100m:	1:19.81 43.33	200m:	2:55.61 47.28	300m:	4:39.12 52.03	400m:	5:57.00 38.37	
5.	KACZMAREK Ewa		09	UKS Delfin Garwolin				6:22.71	326
	50m:	41.29 41.29	150m:	2:21.54 50.15	250m:	4:03.42 53.32	350m:	5:40.87 44.32	
	100m:	1:31.39 50.10	200m:	3:10.10 48.56	300m:	4:56.55 53.13	400m:	6:22.71 41.84	