

# OTWARTE LETNIE MISTRZOSTWA WARSZAWY

OTWARTE LETNIE MISTRZOSTWA WARSZAWY  
WARSZAWA, 12. - 13.6.2026

Konkurencja 19

Dziewcz t, 400m dowolny

10 - 16 lat

12.06.2026 - 18:11

Wyniki

Punkty: AQUA 2026

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m	
<b>10 lat</b>									
1.	RAJCZYK Julia	16	UKS ORKA Cz stochowa	<b>5:44.57</b>	313	1:23.25	1:29.62	1:29.03	1:22.67
	50m: 39.16	39.16	150m: 2:08.14	44.89	250m: 3:37.92	45.05	350m: 5:04.86	42.96	
	100m: 1:23.25	44.09	200m: 2:52.87	44.73	300m: 4:21.90	43.98	400m: 5:44.57	39.71	
2.	ZIMNICKA Ró a	16	UKS „Posejdon” Pułtusk	<b>5:55.36</b>	286	1:26.19	1:32.73	1:33.50	1:22.94
	50m: 40.09	40.09	150m: 2:12.93	46.74	250m: 3:46.26	47.34	350m: 5:13.46	41.04	
	100m: 1:26.19	46.10	200m: 2:58.92	45.99	300m: 4:32.42	46.16	400m: 5:55.36	41.90	
<b>11 lat</b>									
1.	TYRNA Pola	15	MTP Delfin Cieszyn	<b>4:47.27</b>	541	1:06.41	1:13.98	1:15.21	1:11.67
	50m: 30.93	30.93	150m: 1:43.01	36.60	250m: 2:57.90	37.51	350m: 4:13.02	37.42	
	100m: 1:06.41	35.48	200m: 2:20.39	37.38	300m: 3:35.60	37.70	400m: 4:47.27	34.25	
2.	F FEREK Julia	15	MUKS "TUREKin pływa"	<b>5:00.65</b>	472	1:09.93	1:17.38	1:18.12	1:15.22
	50m: 32.58	32.58	150m: 1:48.75	38.82	250m: 3:06.49	39.18	350m: 4:23.87	38.44	
	100m: 1:09.93	37.35	200m: 2:27.31	38.56	300m: 3:45.43	38.94	400m: 5:00.65	36.78	
3.	PAZIEWSKA Hanna	15	MKS Ochota Warszawa	<b>5:24.50</b>	375	1:27.55	1:35.29	1:34.59	47.07
	50m: 40.83	40.83	150m: 2:14.08	46.53	250m: 3:49.73	46.89	350m: 5:24.56	47.13	
	100m: 1:27.55	46.72	200m: 3:02.84	48.76	300m: 4:37.43	47.70	400m: 5:24.50		
4.	TYRCZ Kalina	15	IUKS „Muszelka” Warszawa	<b>6:07.37</b>	259	1:29.03	1:33.70	1:34.30	1:30.34
	50m: 42.31	42.31	150m: 2:15.48	46.45	250m: 3:50.46	47.73	350m: 5:22.58	45.55	
	100m: 1:29.03	46.72	200m: 3:02.73	47.25	300m: 4:37.03	46.57	400m: 6:07.37	44.79	
5.	BORG Marleen	15	UKS Swim Team Wilanów	<b>6:48.22</b>	188	1:34.70	1:45.11	1:46.05	1:42.36
	50m: 44.55	44.55	150m: 2:27.06	52.36	250m: 4:12.53	52.72	350m: 5:57.49	51.63	
	100m: 1:34.70	50.15	200m: 3:19.81	52.75	300m: 5:05.86	53.33	400m: 6:48.22	50.73	
<b>12 lat</b>									
1.	SOBIERAJSKA Erika	14	IUKS „Muszelka” Warszawa	<b>5:23.63</b>	378	1:16.45	1:22.80	1:23.74	1:20.64
	50m: 36.21	36.21	150m: 1:57.48	41.03	250m: 3:21.30	42.05	350m: 4:44.07	41.08	
	100m: 1:16.45	40.24	200m: 2:39.25	41.77	300m: 4:02.99	41.69	400m: 5:23.63	39.56	
2.	GLI SKA Michalina	14	MKS Ochota Warszawa	<b>5:29.72</b>	358	1:18.63	1:26.67	1:24.17	1:20.25
	50m: 37.09	37.09	150m: 2:01.33	42.70	250m: 3:27.00	41.70	350m: 4:50.19	40.72	
	100m: 1:18.63	41.54	200m: 2:45.30	43.97	300m: 4:09.47	42.47	400m: 5:29.72	39.53	
3.	KOWALCZYK Maria	14	MKS Ochota Warszawa	<b>5:31.30</b>	353	1:19.27	1:26.97	1:24.92	1:20.14
	50m: 37.64	37.64	150m: 2:02.19	42.92	250m: 3:28.28	42.04	350m: 4:52.38	41.22	
	100m: 1:19.27	41.63	200m: 2:46.24	44.05	300m: 4:11.16	42.88	400m: 5:31.30	38.92	
4.	SHELEH Ulyana	14	IUKS „Muszelka” Warszawa	<b>5:41.50</b>	322	1:21.04	1:27.69	1:27.80	1:24.97
	50m: 37.81	37.81	150m: 2:04.80	43.76	250m: 3:32.91	44.18	350m: 4:59.83	43.30	
	100m: 1:21.04	43.23	200m: 2:48.73	43.93	300m: 4:16.53	43.62	400m: 5:41.50	41.67	
<b>13 lat</b>									
1.	LESZCZY SKA Nela	13	IUKS „Muszelka” Warszawa	<b>5:15.60</b>	408	1:15.47	1:22.07	1:20.81	1:17.25
	50m: 35.72	35.72	150m: 1:56.05	40.58	250m: 3:17.58	40.04	350m: 4:37.43	39.08	
	100m: 1:15.47	39.75	200m: 2:37.54	41.49	300m: 3:58.35	40.77	400m: 5:15.60	38.17	
2.	ROGALA Julia	13	Uks Ig Falkowski Warszawa	<b>5:39.02</b>	329	1:16.87	1:26.21	1:30.76	1:25.18
	50m: 36.56	36.56	150m: 1:58.42	41.55	250m: 3:28.41	45.33	350m: 4:58.32	44.48	
	100m: 1:16.87	40.31	200m: 2:43.08	44.66	300m: 4:13.84	45.43	400m: 5:39.02	40.70	
3.	MALINOWSKA Zuzanna	13	IUKS „Muszelka” Warszawa	<b>5:57.65</b>	280	1:25.02	1:32.07	1:31.31	1:29.25
	50m: 40.05	40.05	150m: 2:10.78	45.76	250m: 3:42.64	45.55	350m: 5:13.96	45.56	
	100m: 1:25.02	44.97	200m: 2:57.09	46.31	300m: 4:28.40	45.76	400m: 5:57.65	43.69	

# OTWARTE LETNIE MISTRZOSTWA WARSZAWY

## OTWARTE LETNIE MISTRZOSTWA WARSZAWY WARSZAWA, 12. - 13.6.2026

### Konkurencja 19, Dziewcz t, 400m dowolny, 13 lat

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
4. ROSŁONKIEWICZ Wiktoria	13	<b>6:21.94</b>	230	1:29.07	1:40.49	1:37.86	1:34.52
		50m: 41.68	41.68	150m: 2:18.80	49.73	250m: 3:58.28	48.72
		100m: 1:29.07	47.39	200m: 3:09.56	50.76	300m: 4:47.42	49.14
				350m: 5:33.73	46.31	400m: 6:21.94	48.21

DYSKW. JONIUK Amelia 13 Uks Ig Falkowski Warszawa  
O2 - Pływak nie ukończył całego dystansu

### 14 lat

1. CENIAN Natalia	12	<b>5:17.92</b>	399	1:14.07	1:21.29	1:23.10	1:19.46
		50m: 35.55	35.55	150m: 1:54.32	40.25	250m: 3:17.15	41.79
		100m: 1:14.07	38.52	200m: 2:35.36	41.04	300m: 3:58.46	41.31
				350m: 4:39.14	40.68	400m: 5:17.92	38.78
2. PYZEL Gabriela	12	<b>5:33.76</b>	345	1:17.79	1:26.93	1:28.13	1:20.91
		50m: 36.85	36.85	150m: 2:01.17	43.38	250m: 3:29.22	44.50
		100m: 1:17.79	40.94	200m: 2:44.72	43.55	300m: 4:12.85	43.63
				350m: 4:56.42	43.57	400m: 5:33.76	37.34
3. JEMIOŁO Amelia	12	<b>5:34.40</b>	343	1:19.48	1:28.25	1:26.67	1:20.00
		50m: 37.05	37.05	150m: 2:03.59	44.11	250m: 3:30.96	43.23
		100m: 1:19.48	42.43	200m: 2:47.73	44.14	300m: 4:14.40	43.44
				350m: 4:56.66	42.26	400m: 5:34.40	37.74
4. KRUPSKA Hanna	12	<b>5:37.62</b>	333	1:15.85	1:27.72	1:28.64	1:25.41
		50m: 34.46	34.46	150m: 1:59.49	43.64	250m: 3:27.81	44.24
		100m: 1:15.85	41.39	200m: 2:43.57	44.08	300m: 4:12.21	44.40
				350m: 4:55.96	43.75	400m: 5:37.62	41.66
5. GONTARCZYK Honorata	12	<b>6:03.07</b>	268	1:22.73	1:34.16	1:34.57	1:31.61
		50m: 37.97	37.97	150m: 2:09.91	47.18	250m: 3:44.38	47.49
		100m: 1:22.73	44.76	200m: 2:56.89	46.98	300m: 4:31.46	47.08
				350m: 5:19.08	47.62	400m: 6:03.07	43.99

### 15 - 16 lat

1. KANIEWSKA Lena	11	<b>4:48.24</b>	536	1:06.62	1:13.40	1:14.42	1:13.80
		50m: 31.38	31.38	150m: 1:42.96	36.34	250m: 2:56.83	36.81
		100m: 1:06.62	35.24	200m: 2:20.02	37.06	300m: 3:34.44	37.61
				350m: 4:11.55	37.11	400m: 4:48.24	36.69
2. KOBIAŁKA Wiktoria	11	<b>4:54.23</b>	504	1:06.84	1:15.46	1:16.68	1:15.25
		50m: 31.15	31.15	150m: 1:44.10	37.26	250m: 3:00.53	38.23
		100m: 1:06.84	35.69	200m: 2:22.30	38.20	300m: 3:38.98	38.45
				350m: 4:17.22	38.24	400m: 4:54.23	37.01
3. DZIEWANOWSKA Nikola	10	<b>5:07.91</b>	439	1:12.91	1:19.02	1:18.90	1:17.08
		50m: 34.50	34.50	150m: 1:52.13	39.22	250m: 3:11.44	39.51
		100m: 1:12.91	38.41	200m: 2:31.93	39.80	300m: 3:50.83	39.39
				350m: 4:30.28	39.45	400m: 5:07.91	37.63
4. GRZELAK Julita	10	<b>5:10.71</b>	428	1:13.91	1:20.45	1:20.66	1:15.69
		50m: 34.37	34.37	150m: 1:53.99	40.08	250m: 3:14.15	39.79
		100m: 1:13.91	39.54	200m: 2:34.36	40.37	300m: 3:55.02	40.87
				350m: 4:33.97	38.95	400m: 5:10.71	36.74
5. POLSAKOVA Nina	10	<b>5:13.21</b>	417	1:13.24	1:20.19	1:20.90	1:18.88
		50m: 34.23	34.23	150m: 1:53.30	40.06	250m: 3:13.82	40.39
		100m: 1:13.24	39.01	200m: 2:33.43	40.13	300m: 3:54.33	40.51
				350m: 4:34.14	39.81	400m: 5:13.21	39.07
6. GNIADA Zuzanna	11	<b>5:31.69</b>	351	1:17.60	1:24.06	1:25.81	1:24.22
		50m: 36.47	36.47	150m: 1:59.23	41.63	250m: 3:24.28	42.62
		100m: 1:17.60	41.13	200m: 2:41.66	42.43	300m: 4:07.47	43.19
				350m: 4:51.08	43.61	400m: 5:31.69	40.61
7. STANISŁAWSKA A.	10	<b>5:55.19</b>	286	1:24.07	1:32.20	1:29.60	1:29.32
		50m: 38.75	38.75	150m: 2:09.92	45.85	250m: 3:41.45	45.18
		100m: 1:24.07	45.32	200m: 2:56.27	46.35	300m: 4:25.87	44.42
				350m: 5:11.43	45.56	400m: 5:55.19	43.76
PK BALAS Maria	08	<b>4:59.48</b>	478	1:07.56	1:16.96	1:18.19	1:16.77
		50m: 31.47	31.47	150m: 1:45.78	38.22	250m: 3:03.17	38.65
		100m: 1:07.56	36.09	200m: 2:24.52	38.74	300m: 3:42.71	39.54
				350m: 4:21.58	38.87	400m: 4:59.48	37.90
PK PRZYŻECKA Zofia	09	<b>5:22.18</b>	384	1:19.48	1:23.65	1:21.63	1:17.42
		50m: 37.92	37.92	150m: 2:01.37	41.89	250m: 3:23.90	40.77
		100m: 1:19.48	41.56	200m: 2:43.13	41.76	300m: 4:04.76	40.86
				350m: 4:44.75	39.99	400m: 5:22.18	37.43