

OTWARTE LETNIE MISTRZOSTWA WARSZAWY



OTWARTE LETNIE MISTRZOSTWA WARSZAWY WARSZAWA, 12. - 13.6.2026

Konkurencja 30

Dziewcz t, 400m zmienny

11 - 16 lat

13.06.2026 - 12:05

Wyniki

Punkty: AQUA 2026

Pozycja	Rok ur.	Czas	Pkt.
11 lat			
1. F FERREK Julia	15	5:29.67	511
50m: 34.21 34.21	150m: 1:57.51 42.67	250m: 3:27.62 48.41	350m: 4:53.95 37.82
100m: 1:14.84 40.63	200m: 2:39.21 41.70	300m: 4:16.13 48.51	400m: 5:29.67 35.72
2. TYRNA Pola	15	5:37.55	476
50m: 35.77 35.77	150m: 2:03.05 43.88	250m: 3:34.17 48.60	350m: 5:02.40 38.43
100m: 1:19.17 43.40	200m: 2:45.57 42.52	300m: 4:23.97 49.80	400m: 5:37.55 35.15
3. PUZY SKA Matylda	15	6:35.01	297
50m: 41.88 41.88	150m: 2:22.21 48.20	250m: 4:06.46 56.91	350m: 5:51.10 47.07
100m: 1:34.01 52.13	200m: 3:09.55 47.34	300m: 5:04.03 57.57	400m: 6:35.01 43.91
12 lat			
1. SOBIERAJSKA Erika	14	5:54.39	411
50m: 37.96 37.96	150m: 2:08.59 43.70	250m: 3:41.54 49.88	350m: 5:14.01 41.64
100m: 1:24.89 46.93	200m: 2:51.66 43.07	300m: 4:32.37 50.83	400m: 5:54.39 40.38
2. SHELEH Ulyana	14	6:07.73	368
50m: 37.13 37.13	150m: 2:12.18 50.56	250m: 3:52.74 52.99	350m: 5:27.39 42.20
100m: 1:21.62 44.49	200m: 2:59.75 47.57	300m: 4:45.19 52.45	400m: 6:07.73 40.34
3. KEMPNY Zofia	14	6:19.18	336
50m: 38.75 38.75	150m: 2:17.38 49.48	250m: 4:00.67 56.09	350m: 5:39.71 43.62
100m: 1:27.90 49.15	200m: 3:04.58 47.20	300m: 4:56.09 55.42	400m: 6:19.18 39.47
13 lat			
1. BALCERCZAK Gabriela	13	5:37.39	477
50m: 34.81 34.81	150m: 1:58.64 43.57	250m: 3:30.81 51.15	350m: 4:59.98 37.17
100m: 1:15.07 40.26	200m: 2:39.66 41.02	300m: 4:22.81 52.00	400m: 5:37.39 37.41
2. KACZMAREK Marcelina	13	6:12.10	355
50m: 37.84 37.84	150m: 2:12.70 49.32	250m: 3:53.01 52.84	350m: 5:31.10 45.06
100m: 1:23.38 45.54	200m: 3:00.17 47.47	300m: 4:46.04 53.03	400m: 6:12.10 41.00
3. STASZEWSKA Natasza	13	6:16.92	342
50m: 36.79 36.79	150m: 2:15.85 53.81	250m: 3:58.95 54.60	350m: 5:36.44 43.60
100m: 1:22.04 45.25	200m: 3:04.35 48.50	300m: 4:52.84 53.89	400m: 6:16.92 40.48
4. DOBEK Natalia	13	6:29.04	311
50m: 40.68 40.68	150m: 2:23.35 53.68	250m: 4:06.14 51.28	350m: 5:45.57 47.15
100m: 1:29.67 48.99	200m: 3:14.86 51.51	300m: 4:58.42 52.28	400m: 6:29.04 43.47
5. ROGALA Julia	13	6:42.21	281
50m: 39.91 39.91	150m: 2:28.89 55.72	250m: 4:21.42 1:00.83	350m: 6:03.01 43.53
100m: 1:33.17 53.26	200m: 3:20.59 51.70	300m: 5:19.48 58.06	400m: 6:42.21 39.20
6. STANKIEWICZ Małgorzata	13	6:42.71	280
50m: 45.26 45.26	150m: 2:35.37 53.53	250m: 4:18.87 52.30	350m: 6:00.28 46.96
100m: 1:41.84 56.58	200m: 3:26.57 51.20	300m: 5:13.32 54.45	400m: 6:42.71 42.43

OTWARTE LETNIE MISTRZOSTWA WARSZAWY



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WARSZAWA, 12. - 13.6.2026

Konkurencja 30, Dziewcz t, 400m zmienny

14 lat

1.	VASYUKOVA Jelyzaveta	12	UKS „Skalar” Warszawa	5:41.80	458
	50m: 32.95 32.95	150m: 1:59.09 44.78	250m: 3:31.76 49.02	350m: 5:03.64 40.48	
	100m: 1:14.31 41.36	200m: 2:42.74 43.65	300m: 4:23.16 51.40	400m: 5:41.80 38.16	
2.	KRAMARZ Lena	12	UKS H2O Warszawa	6:06.07	373
	50m: 39.41 39.41	150m: 2:16.55 49.57	250m: 3:54.53 51.46	350m: 5:28.29 42.28	
	100m: 1:26.98 47.57	200m: 3:03.07 46.52	300m: 4:46.01 51.48	400m: 6:06.07 37.78	
3.	CENIAN Natalia	12	IUKS „Muszelka” Warszawa	6:07.40	369
	50m: 39.47 39.47	150m: 2:17.71 50.57	250m: 3:54.53 51.46	350m: 5:28.13 42.28	
	100m: 1:27.14 47.67	200m: 3:03.07 46.52	300m: 4:46.01 51.48	400m: 6:07.40 39.27	
4.	JAREMEK Magdalena	12	Buks	6:09.76	362
	50m: 39.01 39.01	150m: 2:17.06 48.64	250m: 3:53.88 49.83	350m: 5:28.40 44.13	
	100m: 1:28.42 49.41	200m: 3:04.05 46.99	300m: 4:44.27 50.39	400m: 6:09.76 41.36	
5.	KORCZAK Julia	12	Buks	6:40.52	285
	50m: 41.77 41.77	150m: 2:25.38 50.41	250m: 4:13.70 58.41	350m: 5:57.38 45.73	
	100m: 1:34.97 53.20	200m: 3:15.29 49.91	300m: 5:11.65 57.95	400m: 6:40.52 43.14	
6.	MARANDA Karolina	12	UKS Ostrobramska	6:56.32	253
	50m: 40.44 40.44	150m: 2:27.58 58.80	250m: 4:20.21 56.27	350m: 6:08.19 47.66	
	100m: 1:28.78 48.34	200m: 3:23.94 56.36	300m: 5:20.53 1:00.32	400m: 6:56.32 48.13	
DYSKW.	KWA NIK Zofia	12	UKS 307 Warszawa		
	<i>G8 - Pływak uko czył wy cig w poło eniu na piersiach.</i>				
	50m: 46.60 46.60	150m: 2:37.95 58.70	250m: 4:29.72 58.70	350m: 6:11.13 47.66	
	100m: 1:39.25 52.65	200m: 5:26.03 2:48.08	300m: 7:16.11 1:00.32	400m: 9:06.24 50.13	

15 - 16 lat

1.	POLSAKOVA Nina	10	IUKS „Muszelka” Warszawa	5:31.19	504
	50m: 33.17 33.17	150m: 1:56.09 43.26	250m: 3:27.62 48.56	350m: 4:54.05 37.04	
	100m: 1:12.83 39.66	200m: 2:39.06 42.97	300m: 4:17.01 49.39	400m: 5:31.19 37.14	
2.	IWA SKA Wiktoria	11	MKS „Jagiellonka” Warszawa	5:47.99	434
	50m: 36.29 36.29	150m: 2:06.96 45.98	250m: 3:42.56 51.06	350m: 5:11.82 37.50	
	100m: 1:20.98 44.69	200m: 2:51.50 44.54	300m: 4:34.32 51.76	400m: 5:47.99 36.17	
3.	DZIEWANOWSKA Nikola	10	UKS Delfin Garwolin	5:49.06	430
	50m: 36.69 36.69	150m: 2:06.55 47.53	250m: 3:42.60 50.13	350m: 5:12.26 37.89	
	100m: 1:19.02 42.33	200m: 2:52.47 45.92	300m: 4:34.37 51.77	400m: 5:49.06 36.80	
4.	KURPIEL Maja	11	Buks	6:06.46	372
	50m: 40.86 40.86	150m: 2:19.36 49.53	250m: 3:54.98 48.13	350m: 5:27.20 43.29	
	100m: 1:29.83 48.97	200m: 3:06.85 47.49	300m: 4:43.91 48.93	400m: 6:06.46 39.26	
5.	DUCHNA Katarzyna	11	UKS Delfin Garwolin	6:07.12	370
	50m: 40.96 40.96	150m: 2:20.05 46.29	250m: 3:54.41 48.05	350m: 5:26.98 44.38	
	100m: 1:33.76 52.80	200m: 3:06.36 46.31	300m: 4:42.60 48.19	400m: 6:07.12 40.14	
6.	STANISŁAWSKA Aleksandra	10	PUKS Orka Ostrów Mazowiecka	6:37.52	291
	50m: 39.54 39.54	150m: 2:17.96 51.16	250m: 4:03.90 55.41	350m: 5:50.02 47.91	
	100m: 1:26.80 47.26	200m: 3:08.49 50.53	300m: 5:02.11 58.21	400m: 6:37.52 47.50	