

OTWARTE MISTRZOSTWA RADOMIA W PŁYWANIU 2026
Radom, 31.10.2026

Konkurencja 5 — Kobiet, 400m dowolny — 10 lat i starsi
31.10.2026 - 9:53 — Wyniki

Punkty: AQUA 2026

Pozycja					Rok ur.							Czas	Pkt.
10 - 11 lat													
1.	JASIŃSKA Miłosława				15	Uks Skalar						**5:39.93**	310
	50m:	37.95	37.95	150m:	2:03.11	42.28	250m:	3:30.49	44.17	350m:	4:58.67		45.66
	100m:	1:20.83	42.88	200m:	2:46.32	43.21	300m:	4:13.01	42.52	400m:	5:39.93		41.26
2.	GRZESZCZYK Laura				15	Uks Skalar						**5:40.83**	308
	50m:	38.82	38.82	150m:	2:06.92	44.02	250m:	3:34.76	43.87	350m:	5:02.13		44.03
	100m:	1:22.90	44.08	200m:	2:50.89	43.97	300m:	4:18.10	43.34	400m:	5:40.83		38.70
3.	TURBAK Urszula				15	UKS Delfin Tarnobrzeg						**5:51.16**	281
	50m:	39.45	39.45	150m:	2:07.90	44.62	250m:	3:37.71	45.42	350m:	5:07.98		44.84
	100m:	1:23.28	43.83	200m:	2:52.29	44.39	300m:	4:23.14	45.43	400m:	5:51.16		43.18
4.	DZIUBA Aurelia				15	MUKP Korona-Swim Kielce						**7:02.18**	162
	50m:	42.15	42.15	150m:	2:32.92	56.41	250m:	4:24.08	55.18	350m:	6:10.24		53.37
	100m:	1:36.51	54.36	200m:	3:28.90	55.98	300m:	5:16.87	52.79	400m:	7:02.18		51.94
12 - 13 lat													
1.	HOŁUŃ Zuzanna				13	SKP Delfin Kozienice						**5:03.22**	437
	50m:	33.30	33.30	150m:	1:48.14	38.31	250m:	3:07.32	39.72	350m:	4:25.59		39.21
	100m:	1:09.83	36.53	200m:	2:27.60	39.46	300m:	3:46.38	39.06	400m:	5:03.22		37.63
2.	SOWIŃSKA Julia				13	SKP Delfin Kozienice						**5:07.89**	418
	50m:	33.48	33.48	150m:	1:50.26	39.39	250m:	3:09.63	39.61	350m:	4:29.94		40.90
	100m:	1:10.87	37.39	200m:	2:30.02	39.76	300m:	3:49.04	39.41	400m:	5:07.89		37.95
3.	STEFANIAK Kamila				13	KP Strzałka Puławy						**5:19.39**	374
	50m:	34.60	34.60	150m:	1:54.28	40.47	250m:	3:17.08	41.55	350m:	4:41.68		42.38
	100m:	1:13.81	39.21	200m:	2:35.53	41.25	300m:	3:59.30	42.22	400m:	5:19.39		37.71
4.	KUC Natalia				13	MKS ,,Jagiellonka" Warszawa						**5:28.01**	345
	50m:	36.61	36.61	150m:	1:59.89	42.25	250m:	3:24.09	41.75	350m:	4:47.34		42.12
	100m:	1:17.64	41.03	200m:	2:42.34	42.45	300m:	4:05.22	41.13	400m:	5:28.01		40.67
5.	KUŹBIK Amelia				13	Champion Tomaszów Maz.						**5:28.12**	345
	50m:	35.32	35.32	150m:	1:56.80	41.00	250m:	3:21.54	42.49	350m:	4:46.93		42.17
	100m:	1:15.80	40.48	200m:	2:39.05	42.25	300m:	4:04.76	43.22	400m:	5:28.12		41.19
6.	GIERMASIŃSKA Natalia				13	UKS Hetman Tarnobrzeg						**6:31.05**	204
	50m:	41.51	41.51	150m:	2:18.64	50.14	250m:	4:01.46	51.71	350m:	5:43.81		50.92
	100m:	1:28.50	46.99	200m:	3:09.75	51.11	300m:	4:52.89	51.43	400m:	6:31.05		47.24
14 - 15 lat													
1.	GRZEGORCZYK Amelia				12	MUKP Korona-Swim Kielce						**4:50.46**	498
	50m:	33.12	33.12	150m:	1:45.72	36.35	250m:	2:59.12	36.77	350m:	4:14.09		37.42
	100m:	1:09.37	36.25	200m:	2:22.35	36.63	300m:	3:36.67	37.55	400m:	4:50.46		36.37
2.	STUDZIŃSKA Hanna				12	MKS ,,Jagiellonka" Warszawa						**4:53.79**	481
	50m:	32.65	32.65	150m:	1:49.29	39.23	250m:	3:06.29	38.16	350m:	4:21.17		36.86
	100m:	1:10.06	37.41	200m:	2:28.13	38.84	300m:	3:44.31	38.02	400m:	4:53.79		32.62



Konkurencja 5, Dziewcząt, 400m dowolny, 14 - 15 lat

Pozycja		Rok ur.		Czas	Pkt.
3.	ŚWIDERSKA Natalia	12	MKS ,,Jagiellonka" Warszawa	**4:55.87**	471
	50m: 32.64 32.64	150m: 1:45.37	36.49	250m: 3:00.64	38.30	350m: 4:17.90	38.84
	100m: 1:08.88 36.24	200m: 2:22.34	36.97	300m: 3:39.06	38.42	400m: 4:55.87	37.97
4.	VERAKSA Alisa	12	Uks Skalar	**4:56.68**	467
	50m: 33.08 33.08	150m: 1:48.46	38.53	250m: 3:04.86	38.19	350m: 4:20.26	37.16
	100m: 1:09.93 36.85	200m: 2:26.67	38.21	300m: 3:43.10	38.24	400m: 4:56.68	36.42
5.	ZYCH Agata	12	MKS ,,Jagiellonka" Warszawa	**4:58.21**	460
	50m: 32.69 32.69	150m: 1:47.37	38.21	250m: 3:05.58	39.16	350m: 4:21.36	37.40
	100m: 1:09.16 36.47	200m: 2:26.42	39.05	300m: 3:43.96	38.38	400m: 4:58.21	36.85
6.	KOTLARZ Zuzanna	12	MKS ,,Jagiellonka" Warszawa	**5:02.09**	442
	50m: 35.11 35.11	150m: 1:52.50	39.11	250m: 3:09.75	38.69	350m: 4:26.06	38.28
	100m: 1:13.39 38.28	200m: 2:31.06	38.56	300m: 3:47.78	38.03	400m: 5:02.09	36.03
7.	GRZEGORCZYK Helena	12	MUKP Korona-Swim Kielce	**5:05.22**	429
	50m: 33.24 33.24	150m: 1:48.46	38.58	250m: 3:06.80	39.58	350m: 4:26.41	39.65
	100m: 1:09.88 36.64	200m: 2:27.22	38.76	300m: 3:46.76	39.96	400m: 5:05.22	38.81
8.	ERNESTOWICZ Julia	12	MUKP Korona-Swim Kielce	**5:06.58**	423
	50m: 34.99 34.99	150m: 1:52.11	38.85	250m: 3:09.81	38.82	350m: 4:28.05	38.98
	100m: 1:13.26 38.27	200m: 2:30.99	38.88	300m: 3:49.07	39.26	400m: 5:06.58	38.53
9.	RUPNIEWSKA Malwina	12	MKS ,,Jagiellonka" Warszawa	**5:20.10**	372
	50m: 34.85 34.85	150m: 1:55.58	40.01	250m: 3:19.75	41.32	350m: 4:42.41	41.29
	100m: 1:15.57 40.72	200m: 2:38.43	42.85	300m: 4:01.12	41.37	400m: 5:20.10	37.69
10.	BEMOWSKA Barbara	12	UKS "Wodnik Gocław"	**5:49.71**	285
	50m: 37.34 37.34	150m: 2:05.85	44.66	250m: 3:36.36	44.76	350m: 5:07.99	45.00
	100m: 1:21.19 43.85	200m: 2:51.60	45.75	300m: 4:22.99	46.63	400m: 5:49.71	41.72
11.	KATA Emilia	12	UKS Hetman Tarnobrzeg	**6:10.33**	240
	50m: 38.59 38.59	150m: 2:09.00	46.16	250m: 3:44.57	48.12	350m: 5:15.40	42.46
	100m: 1:22.84 44.25	200m: 2:56.45	47.45	300m: 4:32.94	48.37	400m: 6:10.33	54.93

18 lat i starsi

1.	WIĘCKOWSKA Alicja	03	UKS Delfin Garwolin	**5:07.03**	421
	50m: 33.71 33.71	150m: 1:49.93	38.77	250m: 3:08.56	39.53	350m: 4:28.85	40.40
	100m: 1:11.16 37.45	200m: 2:29.03	39.10	300m: 3:48.45	39.89	400m: 5:07.03	38.18
2.	SELL Karolina	07	MUKP Korona-Swim Kielce	**5:35.50**	323
	50m: 34.83 34.83	150m: 1:54.93	41.58	250m: 3:23.98	44.39	350m: 4:50.60	41.74
	100m: 1:13.35 38.52	200m: 2:39.59	44.66	300m: 4:08.86	44.88	400m: 5:35.50	44.90