



Mistrzostwa Polski w Kategorii Open, Młodzieżowców 19-23 lat I, Juniorów 17-18 lat.
Szczecin, 18- - 21-12-2025

Konkurencja 32
2025-12-20 - 10:34

Kobiet, 400m dowolny

14 lat i starsi
Wyniki Eliminacje

Rekord Polski Open	4:02.68	POLANSKA Aleksandra	07614	Olsztyn	2020-12-18
Rekord Polski 19 +	4:02.68	POLANSKA Aleksandra	07614	Olsztyn	2020-12-18
Rekord Polski 18	4:04.30	GUŚĆ Wiktoria	00116	Bydgoszcz	2022-12-02
Rekord Polski 17	4:08.05	GUŚĆ Wiktoria	01705	Bydgoszcz	2021-12-03
Rekord Polski 16	4:08.04	KILIJAŃSKA Donata	00612	Poznań	2011-12-17
Rekord Polski 15	4:08.60	GUŚĆ Wiktoria	01705	Poznań	2019-11-23
Rekord Polski 14	4:09.54	GUŚĆ Wiktoria	01705	Olsztyn	2018-12-15

Punkty: AQUA 2025

Pozycja	Rok ur.								Czas		Pkt.
1. GUŚĆ Wiktoria	04	MKP Szczecin						4:14.33	742	A	
50m: 28.57 28.57	150m: 1:31.12 31.71	250m: 2:35.61 32.39	350m: 3:41.06 32.82								
100m: 59.41 30.84	200m: 2:03.22 32.10	300m: 3:08.24 32.63	400m: 4:14.33 33.27								
2. KOWALSKA Klara	05	KU AZS UMCS Lublin						4:18.11	709	A	
50m: 29.60 29.60	150m: 1:34.37 32.57	250m: 2:39.75 32.96	350m: 3:46.37 33.49								
100m: 1:01.80 32.20	200m: 2:06.79 32.42	300m: 3:12.88 33.13	400m: 4:18.11 31.74								
3. MEUCCI Giulia	08	MKP Gdańsk						4:18.46	706	A	
50m: 29.40 29.40	150m: 1:34.43 32.87	250m: 2:40.65 32.98	350m: 3:47.76 33.73								
100m: 1:01.56 32.16	200m: 2:07.67 33.24	300m: 3:14.03 33.38	400m: 4:18.46 30.70								
4. ŁAKOMA Maria	08	UKS SMS Galicja Kraków						4:19.40	699	A	
50m: 30.27 30.27	150m: 1:36.01 33.15	250m: 2:42.54 33.14	350m: 3:47.91 32.33								
100m: 1:02.86 32.59	200m: 2:09.40 33.39	300m: 3:15.58 33.04	400m: 4:19.40 31.49								
5. MAŁOLEPSZA Weronika	07	MKP Szczecin						4:19.48	698	A	
50m: 30.09 30.09	150m: 1:35.39 32.85	250m: 2:41.42 32.91	350m: 3:47.36 32.93								
100m: 1:02.54 32.45	200m: 2:08.51 33.12	300m: 3:14.43 33.01	400m: 4:19.48 32.12								
6. KONDRASIUK Zofia	08	UKS GIM 92 Ursynów						4:19.79	696	A	
50m: 29.47 29.47	150m: 1:34.33 32.74	250m: 2:40.51 33.08	350m: 3:46.92 33.25								
100m: 1:01.59 32.12	200m: 2:07.43 33.10	300m: 3:13.67 33.16	400m: 4:19.79 32.87								
7. POLAŃSKA Aleksandra	00	KU AZS UW						4:19.93	695	A	
50m: 29.19 29.19	150m: 1:33.81 32.55	250m: 2:40.18 33.37	350m: 3:47.06 33.49								
100m: 1:01.26 32.07	200m: 2:06.81 33.00	300m: 3:13.57 33.39	400m: 4:19.93 32.87								
8. DUDA Natalia	10	MKP Szczecin						4:20.38	691	A	
50m: 30.27 30.27	150m: 1:35.92 33.07	250m: 2:42.02 32.80	350m: 3:48.12 32.93								
100m: 1:02.85 32.58	200m: 2:09.22 33.30	300m: 3:15.19 33.17	400m: 4:20.38 32.26								
9. TARASIEWICZ Klaudia	04	MKP Szczecin						4:23.25	669	A	
50m: 29.92 29.92	150m: 1:34.76 32.81	250m: 2:42.27 33.71	350m: 3:49.54 33.70								
100m: 1:01.95 32.03	200m: 2:08.56 33.80	300m: 3:15.84 33.57	400m: 4:23.25 33.71								
10. RESZKO Lena	09	UKP Polonia Warszawa						4:23.89	664	A	
50m: 29.72 29.72	150m: 1:35.83 33.40	250m: 2:43.29 33.78	350m: 3:50.97 33.54								
100m: 1:02.43 32.71	200m: 2:09.51 33.68	300m: 3:17.43 34.14	400m: 4:23.89 32.92								
11. TRACZYK Anna	06	MKS Juvenia Wrocław						4:24.54	659	B	
50m: 29.44 29.44	150m: 1:35.06 33.18	250m: 2:42.77 33.98	350m: 3:51.55 34.34								
100m: 1:01.88 32.44	200m: 2:08.79 33.73	300m: 3:17.21 34.44	400m: 4:24.54 32.99								
12. SIWKO Natalia	04	KU AZS UMCS Lublin						4:25.22	654	B	
50m: 30.50 30.50	150m: 1:36.81 33.32	250m: 2:44.12 33.67	350m: 3:52.01 33.79								
100m: 1:03.49 32.99	200m: 2:10.45 33.64	300m: 3:18.22 34.10	400m: 4:25.22 33.21								
KUCZMAR Zuzanna	07	UKP Polonia Warszawa						4:25.22	654	B	
50m: 29.42 29.42	150m: 1:35.89 33.57	250m: 2:43.71 33.86	350m: 3:52.03 34.11								
100m: 1:02.32 32.90	200m: 2:09.85 33.96	300m: 3:17.92 34.21	400m: 4:25.22 33.19								
14. POLAK Iga	09	UKP Unia Oświęcim						4:25.43	652	B	
50m: 30.67 30.67	150m: 1:37.03 33.38	250m: 2:44.86 33.91	350m: 3:52.30 33.68								
100m: 1:03.65 32.98	200m: 2:10.95 33.92	300m: 3:18.62 33.76	400m: 4:25.43 33.13								
15. RĄCZKOWSKA Maja	07	LKS Jedność 32 Przyszowice						4:26.51	644	B	
50m: 30.75 30.75	150m: 1:37.13 33.33	250m: 2:44.57 33.66	350m: 3:53.13 34.24								
100m: 1:03.80 33.05	200m: 2:10.91 33.78	300m: 3:18.89 34.32	400m: 4:26.51 33.38								





Mistrzostwa Polski w Kategorii Open, Młodzieżowców 19-23 lat I, Juniorów 17-18 lat.
Szczecin, 18- - 21-12-2025

Konkurencja 32, Kobiet, 400m dowolny, Eliminacje, 14 lat i starsi

Pozycja			Rok ur.						Czas	Pkt.
16.	JĄŁOWIECKA Gabriela		08	KU AZS UMCS Lublin					4:27.79	635 B
	50m: 30.39 30.39	150m: 1:37.00 33.28	250m: 2:44.66 33.89	350m: 3:53.61 34.47						
	100m: 1:03.72 33.33	200m: 2:10.77 33.77	300m: 3:19.14 34.48	400m: 4:27.79 34.18						
17.	POPPE Marta		07	KU AZS UMCS Lublin					4:28.18	632 B
	50m: 30.41 30.41	150m: 1:36.18 33.29	250m: 2:45.38 34.94	350m: 3:54.67 34.33						
	100m: 1:02.89 32.48	200m: 2:10.44 34.26	300m: 3:20.34 34.96	400m: 4:28.18 33.51						
18.	JAKUBCZYK Natalia		08	CSiR MOS w Dąbrowie Górniczej					4:29.48	623 B
	50m: 30.57 30.57	150m: 1:36.90 33.38	250m: 2:45.38 34.46	350m: 3:55.68 35.04						
	100m: 1:03.52 32.95	200m: 2:10.92 34.02	300m: 3:20.64 35.26	400m: 4:29.48 33.80						
19.	WIERNICKA Julia		07	KU AZS UMCS Lublin					4:29.51	623 B
	50m: 30.65 30.65	150m: 1:37.58 33.68	250m: 2:46.21 34.45	350m: 3:56.01 35.03						
	100m: 1:03.90 33.25	200m: 2:11.76 34.18	300m: 3:20.98 34.77	400m: 4:29.51 33.50						
20.	PIETUCH Antonina		10	AZS AWF Warszawa					4:31.68	608 B
	50m: 30.47 30.47	150m: 1:38.11 34.14	250m: 2:47.60 34.77	350m: 3:57.42 34.88						
	100m: 1:03.97 33.50	200m: 2:12.83 34.72	300m: 3:22.54 34.94	400m: 4:31.68 34.26						
21.	KRASZEWSKA Martyna		05	AZS AWFis Gdańsk					4:31.78	608 C
	50m: 30.23 30.23	150m: 1:36.78 33.72	250m: 2:46.66 35.30	350m: 3:57.77 35.61						
	100m: 1:03.06 32.83	200m: 2:11.36 34.58	300m: 3:22.16 35.50	400m: 4:31.78 34.01						
22.	BATYRA Julia		08	UKS SP5 Swim Lublin					4:32.02	606 C
	50m: 31.99 31.99	150m: 1:41.02 35.02	250m: 2:49.92 33.60	350m: 3:58.02 33.86						
	100m: 1:06.00 34.01	200m: 2:16.32 35.30	300m: 3:24.16 34.24	400m: 4:32.02 34.00						
23.	RĄP Apolonia		06	MKS Juwenia Wrocław					4:32.80	601 C
	50m: 30.46 30.46	150m: 1:37.70 34.12	250m: 2:47.38 35.06	350m: 3:58.06 35.62						
	100m: 1:03.58 33.12	200m: 2:12.32 34.62	300m: 3:22.44 35.06	400m: 4:32.80 34.74						
24.	SITKIEWICZ Jagoda		07	UKS Wodnik Siemianowice Śląskie					4:33.95	593 C
	50m: 30.28 30.28	150m: 1:39.87 35.20	250m: 2:49.76 35.03	350m: 3:59.31 34.58						
	100m: 1:04.67 34.39	200m: 2:14.73 34.86	300m: 3:24.73 34.97	400m: 4:33.95 34.64						
25.	TRAFALSKA Zuzanna		07	UKS 190 Łódź					4:34.14	592 C
	50m: 31.72 31.72	150m: 1:41.08 34.87	250m: 2:50.85 35.15	350m: 4:00.57 34.86						
	100m: 1:06.21 34.49	200m: 2:15.70 34.62	300m: 3:25.71 34.86	400m: 4:34.14 33.57						
26.	SOWA Barbara		07	UKP Unia Oświęcim					4:34.42	590 C
	50m: 31.38 31.38	150m: 1:40.28 34.68	250m: 2:50.46 35.18	350m: 4:00.00 34.45						
	100m: 1:05.60 34.22	200m: 2:15.28 35.00	300m: 3:25.55 35.09	400m: 4:34.42 34.42						
27.	GEBEL Maja		08	IKS Konstancin					4:36.38	578 C
	50m: 31.63 31.63	150m: 1:40.66 34.48	250m: 2:51.06 35.25	350m: 4:01.42 35.21						
	100m: 1:06.18 34.55	200m: 2:15.81 35.15	300m: 3:26.21 35.15	400m: 4:36.38 34.96						
28.	ORNOWSKA Zuzanna		08	UKP Polonia Warszawa					4:37.41	571 C
	50m: 30.76 30.76	150m: 1:40.98 35.78	250m: 2:52.73 35.71	350m: 4:03.57 35.35						
	100m: 1:05.20 34.44	200m: 2:17.02 36.04	300m: 3:28.22 35.49	400m: 4:37.41 33.84						
29.	JABŁOŃSKA Oliwia		97	KS Neptun Świdnica					4:37.45	571 C
	50m: 32.56 32.56	150m: 1:41.93 34.87	250m: 2:52.65 35.33	350m: 4:03.23 35.22						
	100m: 1:07.06 34.50	200m: 2:17.32 35.39	300m: 3:28.01 35.36	400m: 4:37.45 34.22						
30.	CHAŁUPKA Amelia		09	MKS Piaseczno					4:37.93	568 C
	50m: 31.79 31.79	150m: 1:42.42 35.78	250m: 2:53.65 35.60	350m: 4:04.04 35.25						
	100m: 1:06.64 34.85	200m: 2:18.05 35.63	300m: 3:28.79 35.14	400m: 4:37.93 33.89						
31.	FARTUSZYŃSKA Weronika		08	MKS Juwenia Wrocław					4:38.62	564 R
	50m: 31.85 31.85	150m: 1:42.29 35.59	250m: 2:53.78 35.68	350m: 4:04.86 35.49						
	100m: 1:06.70 34.85	200m: 2:18.10 35.81	300m: 3:29.37 35.59	400m: 4:38.62 33.76						
32.	KAZANOWSKA Klaudia		08	KU AZS UMCS Lublin					4:39.77	557 R
	50m: 31.39 31.39	150m: 1:41.09 35.15	250m: 2:52.41 35.80	350m: 4:04.09 35.99						
	100m: 1:05.94 34.55	200m: 2:16.61 35.52	300m: 3:28.10 35.69	400m: 4:39.77 35.68						
33.	GRZECH Maja		08	UKS Żabianka Gdańsk					4:40.21	554
	50m: 32.03 32.03	150m: 1:41.81 34.85	250m: 2:53.24 35.84	350m: 4:05.36 36.14						
	100m: 1:06.96 34.93	200m: 2:17.40 35.59	300m: 3:29.22 35.98	400m: 4:40.21 34.85						





Mistrzostwa Polski w Kategorii Open, Młodzieżowców 19-23 lat I, Juniorów 17-18 lat.
Szczecin, 18- - 21-12-2025

Konkurencja 32, Kobiet, 400m dowolny, Eliminacje, 14 lat i starsi

Pozycja	Rok ur.				Czas				Pkt.
34. ŁAZARZ Milena	06	UKS Jasień Sucha Beskidzka	4:40.55	552					
50m: 31.34 31.34	150m: 1:41.05 35.15	250m: 2:52.40 35.41	350m: 4:04.65 35.78						
100m: 1:05.90 34.56	200m: 2:16.99 35.94	300m: 3:28.87 36.47	400m: 4:40.55 35.90						
35. BELZYT Maja	08	MKS Juvenia Wrocław	4:41.27	548					
50m: 31.15 31.15	150m: 1:40.69 35.36	250m: 2:53.17 36.46	350m: 4:06.34 36.35						
100m: 1:05.33 34.18	200m: 2:16.71 36.02	300m: 3:29.99 36.82	400m: 4:41.27 34.93						
36. WRONA Maria	08	KU AZS UMCS Lublin	4:41.40	547					
50m: 32.09 32.09	150m: 1:42.19 35.34	250m: 2:54.17 36.16	350m: 4:06.08 35.91						
100m: 1:06.85 34.76	200m: 2:18.01 35.82	300m: 3:30.17 36.00	400m: 4:41.40 35.32						
37. TOMASZEWSKA Maria	08	WKS Śląsk	4:41.94	544					
50m: 32.21 32.21	150m: 1:44.92 36.34	250m: 2:57.80 36.42	350m: 4:08.32 34.79						
100m: 1:08.58 36.37	200m: 2:21.38 36.46	300m: 3:33.53 35.73	400m: 4:41.94 33.62						
38. MAY Matylda	08	MKP Astromal-Leszno	4:42.96	538					
50m: 31.47 31.47	150m: 1:42.03 35.64	250m: 2:54.25 36.12	350m: 4:08.23 37.04						
100m: 1:06.39 34.92	200m: 2:18.13 36.10	300m: 3:31.19 36.94	400m: 4:42.96 34.73						
39. WILCZYŃSKA Martyna	08	Stowarzyszenie Olimpijczyk Kraków	4:42.99	538					
50m: 31.58 31.58	150m: 1:42.73 35.87	250m: 2:56.26 36.83	350m: 4:09.70 36.45						
100m: 1:06.86 35.28	200m: 2:19.43 36.70	300m: 3:33.25 36.99	400m: 4:42.99 33.29						
40. DRAŻKIEWICZ Pola	07	UKS Nawa Skierniewice	4:43.40	536					
50m: 32.06 32.06	150m: 1:44.27 36.45	250m: 2:56.85 36.46	350m: 4:09.26 36.05						
100m: 1:07.82 35.76	200m: 2:20.39 36.12	300m: 3:33.21 36.36	400m: 4:43.40 34.14						
41. BALCERZAK Barbara	10	SKP Delfin Kozienice	4:43.45	536					
50m: 32.30 32.30	150m: 1:43.74 36.06	250m: 2:56.75 36.39	350m: 4:09.11 36.12						
100m: 1:07.68 35.38	200m: 2:20.36 36.62	300m: 3:32.99 36.24	400m: 4:43.45 34.34						
42. JABŁOŃSKA Natalia	08	MTP Kormoran Olsztyn	4:43.59	535					
50m: 32.42 32.42	150m: 1:43.03 35.74	250m: 2:55.15 35.91	350m: 4:08.20 36.65						
100m: 1:07.29 34.87	200m: 2:19.24 36.21	300m: 3:31.55 36.40	400m: 4:43.59 35.39						
43. NIKIEL Natalia	06	AZS AWF Katowice	4:44.36	530					
50m: 31.17 31.17	150m: 1:40.93 35.24	250m: 2:53.29 36.41	350m: 4:07.47 37.18						
100m: 1:05.69 34.52	200m: 2:16.88 35.95	300m: 3:30.29 37.00	400m: 4:44.36 36.89						
44. KULIŃSKA Weronika	08	MUKS Piętnastka	4:44.39	530					
50m: 32.04 32.04	150m: 1:42.37 35.81	250m: 2:55.40 36.83	350m: 4:08.42 36.35						
100m: 1:06.56 34.52	200m: 2:18.57 36.20	300m: 3:32.07 36.67	400m: 4:44.39 35.97						
45. RYDYŃSKA Maja	07	MUKS Piętnastka	4:44.99	527					
50m: 31.64 31.64	150m: 1:42.53 35.71	250m: 2:54.99 36.24	350m: 4:06.92 35.94						
100m: 1:06.82 35.18	200m: 2:18.75 36.22	300m: 3:30.98 35.99	400m: 4:44.99 38.07						
46. POŁEĆ Oliwia	09	MKS CKS-SMS Szczecin	4:45.41	525					
50m: 32.79 32.79	150m: 1:45.54 36.61	250m: 2:58.37 35.97	350m: 4:11.39 36.18						
100m: 1:08.93 36.14	200m: 2:22.40 36.86	300m: 3:35.21 36.84	400m: 4:45.41 34.02						
47. GAWLIK Jagoda	06	UKS Huragan SP 45 Sosnowiec	4:45.90	522					
50m: 32.54 32.54	150m: 1:44.50 36.37	250m: 2:57.56 36.41	350m: 4:10.52 36.26						
100m: 1:08.13 35.59	200m: 2:21.15 36.65	300m: 3:34.26 36.70	400m: 4:45.90 35.38						
48. MASIEREK Marika	08	Toruń Multisport Team	4:46.93	516					
50m: 34.26 34.26	150m: 1:46.60 35.89	250m: 2:58.98 36.38	350m: 4:11.56 36.06						
100m: 1:10.71 36.45	200m: 2:22.60 36.00	300m: 3:35.50 36.52	400m: 4:46.93 35.37						
49. SKORYKOW Lena	08	MUKP Warszawianka- Wodny Park	4:49.21	504					
50m: 33.49 33.49	150m: 1:46.78 36.90	250m: 2:59.71 36.35	350m: 4:13.50 36.90						
100m: 1:09.88 36.39	200m: 2:23.36 36.58	300m: 3:36.60 36.89	400m: 4:49.21 35.71						
50. GUZDEK Anna	07	UKP Fala Kraśnik	4:56.27	469					
50m: 34.31 34.31	150m: 1:49.37 37.75	250m: 3:04.73 37.45	350m: 4:19.76 37.25						
100m: 1:11.62 37.31	200m: 2:27.28 37.91	300m: 3:42.51 37.78	400m: 4:56.27 36.51						
51. WOJCIECHOWSKA Zofia	09	MKS CKS-SMS Szczecin	5:05.88	426					
50m: 33.01 33.01	150m: 1:49.66 38.89	250m: 3:08.23 39.31	350m: 4:26.47 39.37						
100m: 1:10.77 37.76	200m: 2:28.92 39.26	300m: 3:47.10 38.87	400m: 5:05.88 39.41						





MOSiR
Szczecin



Mistrzostwa Polski w Kategorii Open, Młodzieżowców 19-23 lat I, Juniorów 17-18 lat.
Szczecin, 18- - 21-12-2025

Konkurencja 32, Kobiety, 400m dowolny, Eliminacje, 14 lat i starsi

Pozycja	Rok ur.										Czas	Pkt.		
52.	MIELECH Magdalena										08	Stowarzyszenie Olimpijczyk Kraków	5:07.23	420
	50m:	33.26	33.26	150m:	1:50.07	38.75	250m:	3:08.74	39.52	350m:	4:27.81	39.63		
	100m:	1:11.32	38.06	200m:	2:29.22	39.15	300m:	3:48.18	39.44	400m:	5:07.23	39.42		



MOSiR
Szczecin

