Konkurencja 16 — Kobiet, 400m dowolny — Open
2026-10-24 - 9:17 — Wyniki

Rekord Polski 4:02.68 POLANSKA Aleksandra 07614 Olsztyn 2020-12-18

Punkty: AQUA 2026 — wyniki tymczasowe

Pozycja		Rok ur.		Czas	Pkt.	druz
1.	RESZKO Lena	09	SMS Warszawa Konwiktorska	**4:17.89**	711	29,00
	50m: 30.36 30.36 150m: 1:36.12 33.10 250m: 2:41.33 32.04 350m: 3:46.12 32.14					
	100m: 1:03.02 32.66 200m: 2:09.29 33.17 300m: 3:13.98 32.65 400m: 4:17.89 31.77					
2.	POLAK Iga	09	SMS Oświęcim	**4:19.70**	696	27,00
	50m: 30.32 30.32 150m: 1:35.86 32.91 250m: 2:41.92 32.99 350m: 3:47.98 32.99					
	100m: 1:02.95 32.63 200m: 2:08.93 33.07 300m: 3:14.99 33.07 400m: 4:19.70 31.72					
3.	DUDA Natalia	10	SMS Szczecin	**4:19.81**	696	26,00
	50m: 30.37 30.37 150m: 1:36.18 33.22 250m: 2:42.08 32.80 350m: 3:48.60 33.35					
	100m: 1:02.96 32.59 200m: 2:09.28 33.10 300m: 3:15.25 33.17 400m: 4:19.81 31.21					
4.	PIETUCH Antonina	10	SMS Warszawa Bielany	**4:24.63**	658	25,00
	50m: 30.88 30.88 150m: 1:37.72 33.46 250m: 2:44.53 33.42 350m: 3:51.88 33.68					
	100m: 1:04.26 33.38 200m: 2:11.11 33.39 300m: 3:18.20 33.67 400m: 4:24.63 32.75					
5.	ŁAKOMA Maria	08	SMS Kraków	**4:25.39**	653	24,00
	50m: 30.84 30.84 150m: 1:37.83 33.61 250m: 2:45.58 33.93 350m: 3:52.94 33.41					
	100m: 1:04.22 33.38 200m: 2:11.65 33.82 300m: 3:19.53 33.95 400m: 4:25.39 32.45					
6.	KUCZMAR Aleksandra	09	SMS Warszawa Konwiktorska	**4:25.89**	649	23,00
	50m: 30.32 30.32 150m: 1:36.25 33.09 250m: 2:43.42 33.77 350m: 3:52.37 34.84					
	100m: 1:03.16 32.84 200m: 2:09.65 33.40 300m: 3:17.53 34.11 400m: 4:25.89 33.52					
7.	KRAWCZYK Aleksandra	11	SMS Warszawa Bielany	**4:29.17**	625	22,00
	50m: 30.25 30.25 150m: 1:37.56 34.35 250m: 2:47.13 34.46 350m: 3:55.88 34.03					
	100m: 1:03.21 32.96 200m: 2:12.67 35.11 300m: 3:21.85 34.72 400m: 4:29.17 33.29					
8.	KWIATKOWSKA Rozalia	09	SMS Bydgoszcz	**4:30.70**	615	21,00
	50m: 30.95 30.95 150m: 1:38.50 33.73 250m: 2:47.60 34.51 350m: 3:56.96 35.07					
	100m: 1:04.77 33.82 200m: 2:13.09 34.59 300m: 3:21.89 34.29 400m: 4:30.70 33.74					
9.	WIECZOREK Michalina	09	SMS Oświęcim	**4:30.83**	614	20,00
	50m: 30.89 30.89 150m: 1:39.31 34.30 250m: 2:48.55 34.83 350m: 3:58.29 34.75					
	100m: 1:05.01 34.12 200m: 2:13.72 34.41 300m: 3:23.54 34.99 400m: 4:30.83 32.54					
10.	PASTUSZUK Zuzanna	10	SMS Lublin	**4:31.21**	611	19,00
	50m: 30.65 30.65 150m: 1:37.92 33.83 250m: 2:46.90 34.66 350m: 3:57.00 35.07					
	100m: 1:04.09 33.44 200m: 2:12.24 34.32 300m: 3:21.93 35.03 400m: 4:31.21 34.21					
11.	RÓZGA Nina	11	SMS Dąbrowa Górnicza	**4:31.23**	611	18,00
	50m: 30.37 30.37 150m: 1:38.31 34.48 250m: 2:47.15 34.53 350m: 3:57.49 34.93					
	100m: 1:03.83 33.46 200m: 2:12.62 34.31 300m: 3:22.56 35.41 400m: 4:31.23 33.74					
12.	KAZANOWSKA Klaudia	08	SMS Lublin	**4:35.01**	586	17,00
	50m: 31.19 31.19 150m: 1:38.99 34.11 250m: 2:48.13 34.95 350m: 3:58.58 35.83					
	100m: 1:04.88 33.69 200m: 2:13.18 34.19 300m: 3:22.75 34.62 400m: 4:35.01 36.43					
13.	BARCZAK Karolina	11	SMS Olsztyn	**4:35.44**	584	16,00
	50m: 31.40 31.40 150m: 1:39.98 34.70 250m: 2:50.92 35.50 350m: 4:01.02 35.21					
	100m: 1:05.28 33.88 200m: 2:15.42 35.44 300m: 3:25.81 34.89 400m: 4:35.44 34.42					
14.	WALCZYK Hanna	10	SMS Bydgoszcz	**4:37.32**	572	15,00
	50m: 31.44 31.44 150m: 1:40.48 35.01 250m: 2:51.14 35.78 350m: 4:02.56 35.73					
	100m: 1:05.47 34.03 200m: 2:15.36 34.88 300m: 3:26.83 35.69 400m: 4:37.32 34.76					
15.	MIKUŁA Maria	12	SMS Kraków	**4:39.30**	560	14,00
	50m: 31.59 31.59 150m: 1:41.84 35.34 250m: 2:54.26 36.41 350m: 4:06.80 36.09					
	100m: 1:06.50 34.91 200m: 2:17.85 36.01 300m: 3:30.71 36.45 400m: 4:39.30 32.50					
16.	EKIERT Gabriela	09	SMS Warszawa Konwiktorska	**4:39.82**	557	-
	50m: 30.74 30.74 150m: 1:39.48 34.92 250m: 2:51.74 36.38 350m: 4:04.53 36.59					
	100m: 1:04.56 33.82 200m: 2:15.36 35.88 300m: 3:27.94 36.20 400m: 4:39.82 35.29					

Konkurencja 16, Kobiet, 400m dowolny, Open

Pozycja		Rok ur.		Czas	Pkt.	druz
17.	JANAS Oliwia	10	SMS Wrocław	**4:40.34**	554	13,00
	50m: 31.09 31.09 150m: 1:40.22 35.05 250m: 2:52.87 36.19 350m: 4:04.97 35.50					
	100m: 1:05.17 34.08 200m: 2:16.68 36.46 300m: 3:29.47 36.60 400m: 4:40.34 35.37					
18.	MAZUREK Dagmara	09	SMS Lublin	**4:40.46**	553	-
	50m: 30.74 30.74 150m: 1:38.87 34.63 250m: 2:50.53 36.34 350m: 4:04.42 36.93					
	100m: 1:04.24 33.50 200m: 2:14.19 35.32 300m: 3:27.49 36.96 400m: 4:40.46 36.04					
19.	CZOPEK Lena	10	SMS Lublin	**4:40.78**	551	-
	50m: 31.94 31.94 150m: 1:42.59 35.75 250m: 2:54.80 36.16 350m: 4:06.73 35.82					
	100m: 1:06.84 34.90 200m: 2:18.64 36.05 300m: 3:30.91 36.11 400m: 4:40.78 34.05					
20.	BĘBAS Lena	11	SMS Kraków	**4:44.39**	530	-
	50m: 31.75 31.75 150m: 1:43.02 36.05 250m: 2:55.70 36.38 350m: 4:08.41 35.67					
	100m: 1:06.97 35.22 200m: 2:19.32 36.30 300m: 3:32.74 37.04 400m: 4:44.39 35.98					
21.	KWATYRA Hanna	11	SMS Szczecin	**4:45.18**	526	12,00
	50m: 32.69 32.69 150m: 1:44.03 35.94 250m: 2:56.57 36.21 350m: 4:09.82 36.67					
	100m: 1:08.09 35.40 200m: 2:20.36 36.33 300m: 3:33.15 36.58 400m: 4:45.18 35.36					
22.	SOKÓŁ Sara	10	SMS Ostrowiec	**4:45.37**	525	11,00
	50m: 31.63 31.63 150m: 1:41.79 35.09 250m: 2:53.84 36.55 350m: 4:09.33 37.88					
	100m: 1:06.70 35.07 200m: 2:17.29 35.50 300m: 3:31.45 37.61 400m: 4:45.37 36.04					
23.	WERESZCZYŃSKA Lila	12	SMS Wrocław	**4:51.82**	491	10,00
	50m: 31.02 31.02 150m: 1:44.05 37.45 250m: 3:00.85 38.38 350m: 4:16.32 37.32					
	100m: 1:06.60 35.58 200m: 2:22.47 38.42 300m: 3:39.00 38.15 400m: 4:51.82 35.50					
24.	WÓJTOWICZ Sandra	11	SMS Ostrowiec	**4:52.66**	486	9,00
	50m: 32.71 32.71 150m: 1:44.82 36.63 250m: 2:59.50 37.53 350m: 4:15.57 38.23					
	100m: 1:08.19 35.48 200m: 2:21.97 37.15 300m: 3:37.34 37.84 400m: 4:52.66 37.09					
25.	ARTWIK Hanna	10	SMS Racibórz	**4:58.66**	458	8,00
	50m: 33.58 33.58 150m: 1:47.29 37.26 250m: 3:05.33 39.57 350m: 4:22.25 38.40					
	100m: 1:10.03 36.45 200m: 2:25.76 38.47 300m: 3:43.85 38.52 400m: 4:58.66 36.41					
26.	DUBIEL Liliana	10	SMS Gdańsk	**4:59.11**	456	7,00
	50m: 32.32 32.32 150m: 1:45.97 37.89 250m: 3:03.67 39.12 350m: 4:22.43 39.10					
	100m: 1:08.08 35.76 200m: 2:24.55 38.58 300m: 3:43.33 39.66 400m: 4:59.11 36.68					