Event 7 | Women, 400m Freestyle | Open
2026-11-20 - 17:55 | Results

Points: WPS 2026

Klasa S6-S14

Rank				Time	Pts		
1.	JABLONSKA Oliwia	POL	Start Wroclaw	**4:39.23**	993	S9	8344
	50m: 32.43 32.43	150m: 1:42.71 35.40	250m: 2:53.79 35.55	350m: 4:04.89 35.63			
	100m: 1:07.31 34.88	200m: 2:18.24 35.53	300m: 3:29.26 35.47	400m: 4:39.23 34.34			
2.	LINDBERG Pernilla	SWE	Sweden	**4:53.67**	819	S14	14684
	50m: 31.79 31.79	150m: 1:43.45 36.33	250m: 2:58.17 37.73	350m: 4:15.76 39.12			
	100m: 1:07.12 35.33	200m: 2:20.44 36.99	300m: 3:36.64 38.47	400m: 4:53.67 37.91			
3.	LEWANDOWSKA Emilia	POL	WSSiRN Start Katowice	**5:37.01**	613	S8	63419
	50m: 40.54 40.54	150m: 3:32.50 2:09.43	250m: 4:57.16 2:06.31	350m:			
	100m: 1:23.07 42.53	200m: 2:50.85	300m: 4:15.15	400m: 5:37.01			
4.	SOLTYSIK Julia	POL	WSSiRN Start Katowice	**5:27.34**	471	S10	
	50m: 36.34 36.34	150m: 1:56.06 40.90	250m: 3:19.73 42.01	350m: 4:44.96 42.90			
	100m: 1:15.16 38.82	200m: 2:37.72 41.66	300m: 4:02.06 42.33	400m: 5:27.34 42.38			
5.	NOSZCZYK Marika	POL	WSSiRN Start Katowice	**6:25.91**	447	S6	68293
	50m: 44.38 44.38	150m: 2:21.79 49.24	250m: 4:00.36 49.42	350m: 5:37.89 48.45			
	100m: 1:32.55 48.17	200m: 3:10.94 49.15	300m: 4:49.44 49.08	400m: 6:25.91 48.02			
6.	BADOWSKA Nikola	POL	IKS AWF Warszawa	**5:53.74**	356	S9	52055
	50m: 39.56 39.56	150m: 2:09.26 44.68	250m: 3:40.49 45.88	350m: 5:11.18 44.97			
	100m: 1:24.58 45.02	200m: 2:54.61 45.35	300m: 4:26.21 45.72	400m: 5:53.74 42.56			
7.	MATA ORIVE Yaiza	ESP	Spain	**5:42.85**	328	S10	64537
	50m: 37.10 37.10	150m: 2:03.86 43.85	250m: 3:32.42 43.72	350m: 5:00.53 43.47			
	100m: 1:20.01 42.91	200m: 2:48.70 44.84	300m: 4:17.06 44.64	400m: 5:42.85 42.32			
8.	NEVO Arbel	ISR	Israel	**6:30.70**	179	S8	62952
	50m: 41.73 41.73	150m: 2:16.32 48.07	250m: 3:55.98 50.10	350m: 5:39.37 51.99			
	100m: 1:28.25 46.52	200m: 3:05.88 49.56	300m: 4:47.38 51.40	400m: 6:30.70 51.33			
9.	BABINSKA Lidia	POL	IPSON Start Mielec	**6:20.32**	105	S14	
	50m: 42.94 42.94	150m: 2:18.81 49.30	250m: 3:56.65 48.85	350m: 5:34.15 47.94			
	100m: 1:29.51 46.57	200m: 3:07.80 48.99	300m: 4:46.21 49.56	400m: 6:20.32 46.17			
10.	ZAJAC Anastazja	POL	IPSON Start Mielec	**6:26.28**	81	S14	
	50m: 40.66 40.66	150m: 2:17.14 50.06	250m: 3:57.77 49.83	350m: 5:38.74 50.71			
	100m: 1:27.08 46.42	200m: 3:07.94 50.80	300m: 4:48.03 50.26	400m: 6:26.28 47.54			
11.	KWIECIEN Zuzanna	POL	4MK	**7:57.48**	2	S8	
	50m: 47.64 47.64	150m: 2:45.61 1:00.43	250m: 4:56.13 1:06.30	350m: 7:01.82 1:02.08			
	100m: 1:45.18 57.54	200m: 3:49.83 1:04.22	300m: 5:59.74 1:03.61	400m: 7:57.48 55.66			
12.	SZABELA Paulina	POL	SSiRON Start Bydgoszcz	**7:44.97**		S10	
	50m: 48.87 48.87	150m: 2:42.58 58.99	250m: 4:43.56 1:00.62	350m: 6:49.76 1:03.84			
	100m: 1:43.59 54.72	200m: 3:42.94 1:00.36	300m: 5:45.92 1:02.36	400m: 7:44.97 55.21			
	WROBLEWSKA Patrycja	POL	ICSiR Start Lublin	**8:44.13**		S14	
	50m: 58.27 58.27	150m: 3:10.03 1:06.77	250m: 5:25.95 1:08.19	350m: 7:40.24 1:07.48			
	100m: 2:03.26 1:04.99	200m: 4:17.76 1:07.73	300m: 6:32.76 1:06.81	400m: 8:44.13 1:03.89			
	WASILEWSKA Magdalena	POL	SSN Start Lodz	**8:58.04**		S14	
	50m: 52.96 52.96	150m: 3:07.44 1:08.66	250m: 5:28.72 1:09.87	350m: 7:49.66 1:10.69			
	100m: 1:58.78 1:05.82	200m: 4:18.85 1:11.41	300m: 6:38.97 1:10.25	400m: 8:58.04 1:08.38			
	WALKOWSKA Daniela	POL	Szansa Start Gdansk	**12:29.99**		S6	
	50m: 1:22.20 1:22.20	150m: 4:26.18 1:32.82	250m: 7:37.90 1:33.83	350m: 10:52.67 1:36.46			
	100m: 2:53.36 1:31.16	200m: 6:04.07 1:37.89	300m: 9:16.21 1:38.31	400m: 12:29.99 1:37.32			

Event 7, Women, 400m Freestyle

Mistrzostwa Polski

1.	JABLONSKA Oliwia			POL	Start Wroclaw								**4:39.23**	993	S9	8344
	50m:	32.43	32.43	150m:	1:42.71	35.40	250m:	2:53.79	35.55	350m:	4:04.89	35.63				
	100m:	1:07.31	34.88	200m:	2:18.24	35.53	300m:	3:29.26	35.47	400m:	4:39.23	34.34				
2.	LEWANDOWSKA Emilia			POL	WSSiRN Start Katowice								**5:37.01**	613	S8	63419
	50m:	40.54	40.54	150m:	3:32.50	2:09.43	250m:	4:57.16	2:06.31	350m:						
	100m:	1:23.07	42.53	200m:	2:50.85		300m:	4:15.15		400m:	5:37.01					
3.	SOLTYSIK Julia			POL	WSSiRN Start Katowice								**5:27.34**	471	S10	
	50m:	36.34	36.34	150m:	1:56.06	40.90	250m:	3:19.73	42.01	350m:	4:44.96	42.90				
	100m:	1:15.16	38.82	200m:	2:37.72	41.66	300m:	4:02.06	42.33	400m:	5:27.34	42.38				
4.	NOSZCZYK Marika			POL	WSSiRN Start Katowice								**6:25.91**	447	S6	68293
	50m:	44.38	44.38	150m:	2:21.79	49.24	250m:	4:00.36	49.42	350m:	5:37.89	48.45				
	100m:	1:32.55	48.17	200m:	3:10.94	49.15	300m:	4:49.44	49.08	400m:	6:25.91	48.02				
5.	BADOWSKA Nikola			POL	IKS AWF Warszawa								**5:53.74**	356	S9	52055
	50m:	39.56	39.56	150m:	2:09.26	44.68	250m:	3:40.49	45.88	350m:	5:11.18	44.97				
	100m:	1:24.58	45.02	200m:	2:54.61	45.35	300m:	4:26.21	45.72	400m:	5:53.74	42.56				
6.	BABINSKA Lidia			POL	IPSON Start Mielec								**6:20.32**	105	S14	
	50m:	42.94	42.94	150m:	2:18.81	49.30	250m:	3:56.65	48.85	350m:	5:34.15	47.94				
	100m:	1:29.51	46.57	200m:	3:07.80	48.99	300m:	4:46.21	49.56	400m:	6:20.32	46.17				
7.	ZAJAC Anastazja			POL	IPSON Start Mielec								**6:26.28**	81	S14	
	50m:	40.66	40.66	150m:	2:17.14	50.06	250m:	3:57.77	49.83	350m:	5:38.74	50.71				
	100m:	1:27.08	46.42	200m:	3:07.94	50.80	300m:	4:48.03	50.26	400m:	6:26.28	47.54				
8.	KWIECIEN Zuzanna			POL	4MK								**7:57.48**	2	S8	
	50m:	47.64	47.64	150m:	2:45.61	1:00.43	250m:	4:56.13	1:06.30	350m:	7:01.82	1:02.08				
	100m:	1:45.18	57.54	200m:	3:49.83	1:04.22	300m:	5:59.74	1:03.61	400m:	7:57.48	55.66				
9.	SZABELA Paulina			POL	SSiRON Start Bydgoszcz								**7:44.97**		S10	
	50m:	48.87	48.87	150m:	2:42.58	58.99	250m:	4:43.56	1:00.62	350m:	6:49.76	1:03.84				
	100m:	1:43.59	54.72	200m:	3:42.94	1:00.36	300m:	5:45.92	1:02.36	400m:	7:44.97	55.21				
	WROBLEWSKA Patrycja			POL	ICSiR Start Lublin								**8:44.13**		S14	
	50m:	58.27	58.27	150m:	3:10.03	1:06.77	250m:	5:25.95	1:08.19	350m:	7:40.24	1:07.48				
	100m:	2:03.26	1:04.99	200m:	4:17.76	1:07.73	300m:	6:32.76	1:06.81	400m:	8:44.13	1:03.89				
	WASILEWSKA Magdalena			POL	SSN Start Lodz								**8:58.04**		S14	
	50m:	52.96	52.96	150m:	3:07.44	1:08.66	250m:	5:28.72	1:09.87	350m:	7:49.66	1:10.69				
	100m:	1:58.78	1:05.82	200m:	4:18.85	1:11.41	300m:	6:38.97	1:10.25	400m:	8:58.04	1:08.38				
	WALKOWSKA Daniela			POL	Szansa Start Gdansk								**12:29.99**		S6	
	50m:	1:22.20	1:22.20	150m:	4:26.18	1:32.82	250m:	7:37.90	1:33.83	350m:	10:52.67	1:36.46				
	100m:	2:53.36	1:31.16	200m:	6:04.07	1:37.89	300m:	9:16.21	1:38.31	400m:	12:29.99	1:37.32				

Klasa S6

1.	NOSZCZYK Marika			POL	WSSiRN Start Katowice								**6:25.91**	447	S6	68293
	50m:	44.38	44.38	150m:	2:21.79	49.24	250m:	4:00.36	49.42	350m:	5:37.89	48.45				
	100m:	1:32.55	48.17	200m:	3:10.94	49.15	300m:	4:49.44	49.08	400m:	6:25.91	48.02				
2.	WALKOWSKA Daniela			POL	Szansa Start Gdansk								**12:29.99**		S6	
	50m:	1:22.20	1:22.20	150m:	4:26.18	1:32.82	250m:	7:37.90	1:33.83	350m:	10:52.67	1:36.46				
	100m:	2:53.36	1:31.16	200m:	6:04.07	1:37.89	300m:	9:16.21	1:38.31	400m:	12:29.99	1:37.32				

Klasa S8

1.	LEWANDOWSKA Emilia			POL	WSSiRN Start Katowice								**5:37.01**	613	S8	63419
	50m:	40.54	40.54	150m:	3:32.50	2:09.43	250m:	4:57.16	2:06.31	350m:						
	100m:	1:23.07	42.53	200m:	2:50.85		300m:	4:15.15		400m:	5:37.01					

Event 7, Women, 400m Freestyle, Klasa S8

Rank										Time	Pts		
2.	NEVO Arbel			ISR	Israel					**6:30.70**	179	S8	62952
	50m:	41.73	41.73	150m:	2:16.32	48.07	250m:	3:55.98	50.10	350m:	5:39.37	51.99	
	100m:	1:28.25	46.52	200m:	3:05.88	49.56	300m:	4:47.38	51.40	400m:	6:30.70	51.33	
3.	KWIECIEN Zuzanna			POL	4MK					**7:57.48**	2	S8	
	50m:	47.64	47.64	150m:	2:45.61	1:00.43	250m:	4:56.13	1:06.30	350m:	7:01.82	1:02.08	
	100m:	1:45.18	57.54	200m:	3:49.83	1:04.22	300m:	5:59.74	1:03.61	400m:	7:57.48	55.66	

Klasa S9

1.	JABLONSKA Oliwia			POL	Start Wroclaw					**4:39.23**	993	S9	8344
	50m:	32.43	32.43	150m:	1:42.71	35.40	250m:	2:53.79	35.55	350m:	4:04.89	35.63	
	100m:	1:07.31	34.88	200m:	2:18.24	35.53	300m:	3:29.26	35.47	400m:	4:39.23	34.34	
2.	BADOWSKA Nikola			POL	IKS AWF Warszawa					**5:53.74**	356	S9	52055
	50m:	39.56	39.56	150m:	2:09.26	44.68	250m:	3:40.49	45.88	350m:	5:11.18	44.97	
	100m:	1:24.58	45.02	200m:	2:54.61	45.35	300m:	4:26.21	45.72	400m:	5:53.74	42.56	

Klasa S10

1.	SOLTYSIK Julia			POL	WSSiRN Start Katowice					**5:27.34**	471	S10	
	50m:	36.34	36.34	150m:	1:56.06	40.90	250m:	3:19.73	42.01	350m:	4:44.96	42.90	
	100m:	1:15.16	38.82	200m:	2:37.72	41.66	300m:	4:02.06	42.33	400m:	5:27.34	42.38	
2.	MATA ORIVE Yaiza			ESP	Spain					**5:42.85**	328	S10	64537
	50m:	37.10	37.10	150m:	2:03.86	43.85	250m:	3:32.42	43.72	350m:	5:00.53	43.47	
	100m:	1:20.01	42.91	200m:	2:48.70	44.84	300m:	4:17.06	44.64	400m:	5:42.85	42.32	
3.	SZABELA Paulina			POL	SSiRON Start Bydgoszcz					**7:44.97**		S10	
	50m:	48.87	48.87	150m:	2:42.58	58.99	250m:	4:43.56	1:00.62	350m:	6:49.76	1:03.84	
	100m:	1:43.59	54.72	200m:	3:42.94	1:00.36	300m:	5:45.92	1:02.36	400m:	7:44.97	55.21	

Klasa S14

1.	LINDBERG Pernilla			SWE	Sweden					**4:53.67**	819	S14	14684
	50m:	31.79	31.79	150m:	1:43.45	36.33	250m:	2:58.17	37.73	350m:	4:15.76	39.12	
	100m:	1:07.12	35.33	200m:	2:20.44	36.99	300m:	3:36.64	38.47	400m:	4:53.67	37.91	
2.	BABINSKA Lidia			POL	IPSON Start Mielec					**6:20.32**	105	S14	
	50m:	42.94	42.94	150m:	2:18.81	49.30	250m:	3:56.65	48.85	350m:	5:34.15	47.94	
	100m:	1:29.51	46.57	200m:	3:07.80	48.99	300m:	4:46.21	49.56	400m:	6:20.32	46.17	
3.	ZAJAC Anastazja			POL	IPSON Start Mielec					**6:26.28**	81	S14	
	50m:	40.66	40.66	150m:	2:17.14	50.06	250m:	3:57.77	49.83	350m:	5:38.74	50.71	
	100m:	1:27.08	46.42	200m:	3:07.94	50.80	300m:	4:48.03	50.26	400m:	6:26.28	47.54	
4.	WROBLEWSKA Patrycja			POL	ICSiR Start Lublin					**8:44.13**		S14	
	50m:	58.27	58.27	150m:	3:10.03	1:06.77	250m:	5:25.95	1:08.19	350m:	7:40.24	1:07.48	
	100m:	2:03.26	1:04.99	200m:	4:17.76	1:07.73	300m:	6:32.76	1:06.81	400m:	8:44.13	1:03.89	
	WASILEWSKA Magdalena			POL	SSN Start Lodz					**8:58.04**		S14	
	50m:	52.96	52.96	150m:	3:07.44	1:08.66	250m:	5:28.72	1:09.87	350m:	7:49.66	1:10.69	
	100m:	1:58.78	1:05.82	200m:	4:18.85	1:11.41	300m:	6:38.97	1:10.25	400m:	8:58.04	1:08.38	