

Otwarte Letnie Mistrzostwa Dolnego Śląska w pływaniu 16.05.2026 Wrocław
Wrocław, 16.5.2026

Konkurencja 18
16.05.2026 - 12:30

Kobiet, 400m dowolny

13 - 50 lat
Wyniki

Punkty: AQUA 2026

Pozycja	Rok ur.	Czas	Pkt.
MŁODZIK 13 lat			
1. MIANOWSKA Amelia	13	4:52.61	512
50m: 32.24 32.24	150m: 1:46.57 37.63	250m: 3:02.81 38.27	350m: 4:18.07 37.22
100m: 1:08.94 36.70	200m: 2:24.54 37.97	300m: 3:40.85 38.04	400m: 4:52.61 34.54
2. CZAPNIK Bianka	13	4:53.53	507
50m: 33.65 33.65	150m: 1:49.23 38.28	250m: 3:03.99 36.97	350m: 4:17.47 36.76
100m: 1:10.95 37.30	200m: 2:27.02 37.79	300m: 3:40.71 36.72	400m: 4:53.53 36.06
3. GALUS Konstancja	13	4:54.43	503
50m: 33.22 33.22	150m: 1:48.89 38.36	250m: 3:04.73 37.99	350m: 4:19.24 36.80
100m: 1:10.53 37.31	200m: 2:26.74 37.85	300m: 3:42.44 37.71	400m: 4:54.43 35.19
4. DOBIELSKA Kaja	13	5:12.77	419
50m: 34.37 34.37	150m: 1:52.79 39.96	250m: 3:13.79 40.73	350m: 4:35.19 40.10
100m: 1:12.83 38.46	200m: 2:33.06 40.27	300m: 3:55.09 41.30	400m: 5:12.77 37.58
5. BIELI SKA Wiktoria	13	5:23.12	380
50m: 36.15 36.15	150m: 1:59.33 42.31	250m: 3:22.72 41.62	350m: 4:45.13 40.42
100m: 1:17.02 40.87	200m: 2:41.10 41.77	300m: 4:04.71 41.99	400m: 5:23.12 37.99
6. BARANOWSKA Rozalia	13	5:28.09	363
50m: 37.22 37.22	150m: 1:59.81 41.34	250m: 3:22.91 41.44	350m: 4:47.98 42.73
100m: 1:18.47 41.25	200m: 2:41.47 41.66	300m: 4:05.25 42.34	400m: 5:28.09 40.11
7. SKOWRON Liliana	13	5:43.43	317
50m: 39.44 39.44	150m: 2:06.02 43.84	250m: 3:35.32 44.37	350m: 5:03.05 43.54
100m: 1:22.18 42.74	200m: 2:50.95 44.93	300m: 4:19.51 44.19	400m: 5:43.43 40.38
8. OPATOWSKA Zuzanna	13	6:11.65	250
50m: 40.72 40.72	150m: 2:13.22 46.97	250m: 3:48.74 47.29	350m: 5:24.38
100m: 1:26.25 45.53	200m: 3:01.45 48.23	300m:	400m: 6:11.65 47.27
9. JANKOWSKA Zuzanna	13	6:39.91	200
50m: 42.52 42.52	150m: 2:25.25 53.19	250m: 4:10.91 53.41	350m: 5:51.66 48.84
100m: 1:32.06 49.54	200m: 3:17.50 52.25	300m: 5:02.82 51.91	400m: 6:39.91 48.25
10. LAUKO Maja	13	6:41.16	198
50m: 39.34 39.34	150m: 2:19.87 52.08	250m: 4:06.48 53.41	350m: 5:51.89 53.09
100m: 1:27.79 48.45	200m: 3:13.07 53.20	300m: 4:58.80 52.32	400m: 6:41.16 49.27

MŁODZIK 14 lat

1. WERESZCZY SKA Lila	12	5:00.95	471
50m: 32.47 32.47	150m: 1:49.40 39.17	250m: 3:07.40 38.54	350m: 4:25.10 38.22
100m: 1:10.23 37.76	200m: 2:28.86 39.46	300m: 3:46.88 39.48	400m: 5:00.95 35.85
2. ROMANOWICZ Ewa	12	5:03.97	457
50m: 32.20 32.20	150m: 1:47.71 38.56	250m: 3:08.11 40.74	350m: 4:26.60 38.97
100m: 1:09.15 36.95	200m: 2:27.37 39.66	300m: 3:47.63 39.52	400m: 5:03.97 37.37
3. GÓRSKA Emilia	12	5:17.46	401
50m: 35.32 35.32	150m: 1:54.28 40.49	250m: 3:16.95 41.65	350m: 4:39.63 40.66
100m: 1:13.79 38.47	200m: 2:35.30 41.02	300m: 3:58.97 42.02	400m: 5:17.46 37.83
4. WOŁODKO Iga	12	5:23.62	378
50m: 33.66 33.66	150m: 1:53.41 40.78	250m: 3:16.33 41.26	350m: 4:41.46 43.02
100m: 1:12.63 38.97	200m: 2:35.07 41.66	300m: 3:58.44 42.11	400m: 5:23.62 42.16



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Konkurencja 18, Dziewcząt, 400m dowolny, MŁODZIK 14 lat

Pozycja		Rok ur.						Czas	Pkt.
5.	MAKARSKA Maja	12	UKS Delfinek Legnica					5:32.19	350
	50m: 39.81 39.81		150m: 2:07.86 44.17		250m: 3:33.09 41.95		350m: 4:53.07 38.38		
	100m: 1:23.69 43.88		200m: 2:51.14 43.28		300m: 4:14.69 41.60		400m: 5:32.19 39.12		
6.	MOCZULSKA Marcelina	12	KS "BALTI" Bielawa					5:35.24	340
	50m: 37.28 37.28		150m: 2:03.97 44.14		250m: 3:28.77 40.73		350m: 4:54.23 43.37		
	100m: 1:19.83 42.55		200m: 2:48.04 44.07		300m: 4:10.86 42.09		400m: 5:35.24 41.01		
7.	BODZIONY Anna	12	WKS I sk					5:40.68	324
	50m: 36.44 36.44		150m: 2:02.72 44.08		250m: 3:29.89 44.12		350m: 4:59.17 44.25		
	100m: 1:18.64 42.20		200m: 2:45.77 43.05		300m: 4:14.92 45.03		400m: 5:40.68 41.51		
8.	SUSZKA Helena	12	Sp "aga skie Boberki"					5:44.83	313
	50m: 35.84 35.84		150m: 2:00.29 43.15		250m: 3:30.72 45.92		350m: 5:02.54 45.34		
	100m: 1:17.14 41.30		200m: 2:44.80 44.51		300m: 4:17.20 46.48		400m: 5:44.83 42.29		
9.	G SIOREK Milena	12	UKS KORAL Wrocław					5:52.13	294
	50m: 39.20 39.20		150m: 2:07.80 44.52		250m: 3:38.34 45.49		350m: 5:09.59 44.91		
	100m: 1:23.28 44.08		200m: 2:52.85 45.05		300m: 4:24.68 46.34		400m: 5:52.13 42.54		
10.	D BEK Kornelia	12	UKS KORAL Wrocław					5:58.21	279
	50m: 38.69 38.69		150m: 2:07.75 45.40		250m: 3:40.09 46.47		350m: 5:13.33 46.89		
	100m: 1:22.35 43.66		200m: 2:53.62 45.87		300m: 4:26.44 46.35		400m: 5:58.21 44.88		
11.	SZCZEPA SKA Laura	12	Aquapark Strzelin					6:26.73	222
	50m: 40.76 40.76		150m: 2:15.91 49.35		250m: 3:56.89 50.63		350m: 5:37.88 50.15		
	100m: 1:26.56 45.80		200m: 3:06.26 50.35		300m: 4:47.73 50.84		400m: 6:26.73 48.85		

JUNIOR MŁODSZY 15 lat

1.	BURANDT Hanna	11	KS "Swimmers I za"					4:37.95	598	12,0
	50m: 30.12 30.12		150m: 1:40.02 35.54		250m: 2:51.87 36.18		350m: 4:04.30 36.37			
	100m: 1:04.48 34.36		200m: 2:15.69 35.67		300m: 3:27.93 36.06		400m: 4:37.95 33.65			
2.	RÓ NICKA Aleksandra	11	KS „HARPUN” Osiecznica					4:46.88	543	9,7
	50m: 30.76 30.76		150m: 1:42.58 36.71		250m: 2:57.13 37.30		350m: 4:12.03 37.34			
	100m: 1:05.87 35.11		200m: 2:19.83 37.25		300m: 3:34.69 37.56		400m: 4:46.88 34.85			
3.	SZŁABOWICZ Emilia	11	WKS I sk					4:50.28	525	8,8
	50m: 32.38 32.38		150m: 1:46.98 37.65		250m: 3:01.70 37.05		350m: 4:15.99 36.45			
	100m: 1:09.33 36.95		200m: 2:24.65 37.67		300m: 3:39.54 37.84		400m: 4:50.28 34.29			
4.	NOWI SKA Nina	11	UKS „Huragan” przy SP nr 45 w Sosnowcu					4:57.38	488	7,0
	50m: 31.77 31.77		150m: 1:46.42 38.00		250m: 3:02.81 38.20		350m: 4:20.26 38.79			
	100m: 1:08.42 36.65		200m: 2:24.61 38.19		300m: 3:41.47 38.66		400m: 4:57.38 37.12			
5.	KRAUS Otylia	11	KS Neptun widnica					5:05.05	452	5,0
	50m: 33.44 33.44		150m: 1:49.25 38.29		250m: 3:07.34 39.01		350m: 4:25.72 39.26			
	100m: 1:10.96 37.52		200m: 2:28.33 39.08		300m: 3:46.46 39.12		400m: 5:05.05 39.33			
6.	HANUSZKO Natalia	11	MKS Juwenia Wrocław					5:14.29	413	2,6
	50m: 32.88 32.88		150m: 1:50.41 39.96		250m: 3:12.43 41.64		350m: 4:35.13 41.74			
	100m: 1:10.45 37.57		200m: 2:30.79 40.38		300m: 3:53.39 40.96		400m: 5:14.29 39.16			
7.	J DRO Zuzanna	11	MKS Juwenia Wrocław					5:26.94	367	
	50m: 36.60 36.60		150m: 1:57.84 40.79		250m: 3:21.61 41.65		350m: 4:46.60 42.24			
	100m: 1:17.05 40.45		200m: 2:39.96 42.12		300m: 4:04.36 42.75		400m: 5:26.94 40.34			
8.	MIETLI SKA Wiktoria	11	MKS Piast Głogów					5:31.77	351	
	50m: 35.69 35.69		150m: 1:59.83 42.23		250m: 3:26.02 43.15		350m: 4:51.58 42.45			
	100m: 1:17.60 41.91		200m: 2:42.87 43.04		300m: 4:09.13 43.11		400m: 5:31.77 40.19			



Konkurencja 18, Kobiet, 400m dowolny

JUNIOR I STARSI

1.	JABŁO SKA Oliwia	97	KS Neptun widnica	4:37.58	600	9,6
	50m: 32.19 32.19	150m: 1:41.89 34.90	250m: 2:52.13 35.18	350m: 4:02.91 35.25		
	100m: 1:06.99 34.80	200m: 2:16.95 35.06	300m: 3:27.66 35.53	400m: 4:37.58 34.67		
2.	NOSAL Nela	10	MKS Juvenia Wrocław	4:46.47	546	9,1
	50m: 31.07 31.07	150m: 1:41.98 35.99	250m: 2:57.02 37.88	350m: 4:10.48 36.25		
	100m: 1:05.99 34.92	200m: 2:19.14 37.16	300m: 3:34.23 37.21	400m: 4:46.47 35.99		
3.	JANAS Oliwia	10	WKS I sk	4:52.38	513	7,5
	50m: 31.61 31.61	150m: 1:42.82 36.32	250m: 2:56.95 37.73	350m: 4:13.47 38.35		
	100m: 1:06.50 34.89	200m: 2:19.22 36.40	300m: 3:35.12 38.17	400m: 4:52.38 38.91		
4.	URAKOWSKA Zuzanna	10	KS SWIM-ART Wrocław	5:00.46	473	5,4
	50m: 33.99 33.99	150m: 1:50.54 38.82	250m: 3:08.22 37.87	350m: 4:24.42 37.58		
	100m: 1:11.72 37.73	200m: 2:30.35 39.81	300m: 3:46.84 38.62	400m: 5:00.46 36.04		
5.	PALUCH Zuzanna	09	Sp " aga skie Boberki"	5:23.96	377	
	50m: 34.88 34.88	150m: 1:56.66 41.55	250m: 3:21.27 41.90	350m: 4:44.89 41.16		
	100m: 1:15.11 40.23	200m: 2:39.37 42.71	300m: 4:03.73 42.46	400m: 5:23.96 39.07		
6.	ZWATRZKO Zuzanna	10	MKS "Karkonosze-Jelenia Góra"	6:16.52	240	
	50m: 38.48 38.48	150m: 2:12.61 48.05	250m: 3:50.44 48.80	350m: 5:27.89 48.13		
	100m: 1:24.56 46.08	200m: 3:01.64 49.03	300m: 4:39.76 49.32	400m: 6:16.52 48.63		

