



Ministerstwo
Sportu i Turystyki



PATRONAT HONOROWY
Prezydent Olsztyna
Robert Litwiniuk

MISTRZOSTWA POLSKI W KATEGORII OPEN
OLSZTYN, 21. - 24.4.2026

Konkurencja 27
23.04.2026 - 10:28

Kobiet, 400m dowolny

Open
Wyniki Eliminacje

Rekord Polski 4:04.23 JEDRZEJCZAK Otylia 00114 Melbourne (AUS) 2007
Min. kwal. ME Juniorów Monachium 14 - 16: 4:22.30; 17 - 18: 4:19.70 / Min. kwal. ME Seniorów Pary (Min A) : 4:12.73 /
Min. kwal. ME Seniorów Pary (Min B) - 19: 4:15.23

Punkty: AQUA 2026

Pozycja			Rok ur.						Czas	Pkt.	
1.	DUDA Natalia		10		MKP Szczecin				4:25.82	683	A
	50m:	30.91 30.91	150m:	1:37.33 33.71	250m:	2:45.07 34.01	350m:	3:53.39 33.97			
	100m:	1:03.62 32.71	200m:	2:11.06 33.73	300m:	3:19.42 34.35	400m:	4:25.82 32.43			
2.	POLAK Iga		09		UKP Unia O wi cim				4:26.30	680	A
	50m:	30.93 30.93	150m:	1:38.03 33.58	250m:	2:45.79 33.89	350m:	3:53.20 33.68			
	100m:	1:04.45 33.52	200m:	2:11.90 33.87	300m:	3:19.52 33.73	400m:	4:26.30 33.10			
3.	GU Wiktoria		04		MKP Szczecin				4:27.20	673	A
	50m:	30.46 30.46	150m:	1:37.16 33.67	250m:	2:44.89 33.93	350m:	3:53.50 34.46			
	100m:	1:03.49 33.03	200m:	2:10.96 33.80	300m:	3:19.04 34.15	400m:	4:27.20 33.70			
4.	KOWALSKA Klara		05		KU AZS UMCS Lublin				4:27.26	672	A
	50m:	30.76 30.76	150m:	1:39.14 34.28	250m:	2:46.53 33.83	350m:	3:54.63 34.03			
	100m:	1:04.86 34.10	200m:	2:12.70 33.56	300m:	3:20.60 34.07	400m:	4:27.26 32.63			
5.	MAŁOLEPSZA Weronika		07		MKP Szczecin				4:28.35	664	A
	50m:	30.79 30.79	150m:	1:37.42 33.70	250m:	2:45.23 34.04	350m:	3:53.95 34.24			
	100m:	1:03.72 32.93	200m:	2:11.19 33.77	300m:	3:19.71 34.48	400m:	4:28.35 34.40			
6.	NOWAK Maja		03		Klub Uczelniany AZS Uniwersytetu Warsz				4:28.41	664	A
	50m:	31.56 31.56	150m:	1:39.81 34.11	250m:	2:47.68 33.81	350m:	3:55.66 33.97			
	100m:	1:05.70 34.14	200m:	2:13.87 34.06	300m:	3:21.69 34.01	400m:	4:28.41 32.75			
7.	ŁAKOMA Maria		08		UKS SMS Galicja Kraków				4:31.74	640	A
	50m:	31.43 31.43	150m:	1:39.11 33.95	250m:	2:48.01 34.19	350m:	3:57.35 34.58			
	100m:	1:05.16 33.73	200m:	2:13.82 34.71	300m:	3:22.77 34.76	400m:	4:31.74 34.39			
8.	SOBÓTKA Oliwia		10		UKP Polonia Warszawa				4:33.18	629	A
	50m:	32.34 32.34	150m:	1:41.92 34.59	250m:	2:51.37 34.61	350m:	4:00.45 34.73			
	100m:	1:07.33 34.99	200m:	2:16.76 34.84	300m:	3:25.72 34.35	400m:	4:33.18 32.73			
9.	RÓZGA Nina		11		CSiR MOS w D browie Górniczej				4:33.20	629	A
	50m:	31.01 31.01	150m:	1:39.57 34.67	250m:	2:49.77 34.98	350m:	3:59.76 35.49			
	100m:	1:04.90 33.89	200m:	2:14.79 35.22	300m:	3:24.27 34.50	400m:	4:33.20 33.44			
10.	KWIATKOWSKA Rozalia		09		MUKS Pi tnastka				4:33.21	629	A
	50m:	31.48 31.48	150m:	1:40.68 34.90	250m:	2:50.65 34.99	350m:	4:00.03 34.43			
	100m:	1:05.78 34.30	200m:	2:15.66 34.98	300m:	3:25.60 34.95	400m:	4:33.21 33.18			
11.	JAKUBCZYK Natalia		08		CSiR MOS w D browie Górniczej				4:34.44	621	B
	50m:	31.72 31.72	150m:	1:39.66 34.09	250m:	2:49.32 34.86	350m:	3:59.73 35.51			
	100m:	1:05.57 33.85	200m:	2:14.46 34.80	300m:	3:24.22 34.90	400m:	4:34.44 34.71			
12.	KAPKA Antonina		09		CSiR MOS w D browie Górniczej				4:35.36	615	B
	50m:	31.50 31.50	150m:	1:41.01 34.94	250m:	2:52.25 35.47	350m:	4:02.47 35.15			
	100m:	1:06.07 34.57	200m:	2:16.78 35.77	300m:	3:27.32 35.07	400m:	4:35.36 32.89			
13.	RESZKO Lena		09		UKP Polonia Warszawa				4:38.08	597	B
	50m:	31.36 31.36	150m:	1:41.23 35.29	250m:	2:51.72 35.01	350m:	4:03.01 36.00			
	100m:	1:05.94 34.58	200m:	2:16.71 35.48	300m:	3:27.01 35.29	400m:	4:38.08 35.07			
14.	SZL K Katarzyna		02		Klub Uczelniany AZS Uniwersytetu Warsz				4:38.52	594	B
	50m:	31.96 31.96	150m:	1:41.79 35.14	250m:	2:52.67 35.80	350m:	4:03.84 35.26			
	100m:	1:06.65 34.69	200m:	2:16.87 35.08	300m:	3:28.58 35.91	400m:	4:38.52 34.68			
15.	SIWKO Natalia		04		KU AZS UMCS Lublin				4:39.17	590	B
	50m:	31.89 31.89	150m:	1:42.24 35.31	250m:	2:53.50 35.81	350m:	4:04.54 35.31			
	100m:	1:06.93 35.04	200m:	2:17.69 35.45	300m:	3:29.23 35.73	400m:	4:39.17 34.63			



Ministerstwo
Sportu i Turystyki



MISTRZOSTWA POLSKI W KATEGORII OPEN
OLSZTYN, 21. - 24.4.2026

Konkurencja 27, Kobiet, 400m dowolny, Eliminacje, Open

Pozycja			Rok ur.						Czas	Pkt.		
16.	KRYSZTOF Alicja	12	MTP Kormoran Olsztyn						4:40.54	581 B		
	50m:	31.85	31.85	150m:	1:43.37	35.92	250m:	2:54.49	35.61	350m:	4:06.12	35.61
	100m:	1:07.45	35.60	200m:	2:18.88	35.51	300m:	3:30.51	36.02	400m:	4:40.54	34.42
17.	KAROLEWSKA Julia	11	SWIMLAND Olsztyn						4:41.82	573 B		
	50m:	31.35	31.35	150m:	1:41.21	35.69	250m:	2:54.34	36.35	350m:	4:07.60	36.36
	100m:	1:05.52	34.17	200m:	2:17.99	36.78	300m:	3:31.24	36.90	400m:	4:41.82	34.22
18.	MIKOŁAJCZAK Helena	12	KS Posenania Pozna						4:42.96	566 B		
	50m:	30.86	30.86	150m:	1:42.50	36.41	250m:	2:55.66	36.69	350m:	4:08.99	36.53
	100m:	1:06.09	35.23	200m:	2:18.97	36.47	300m:	3:32.46	36.80	400m:	4:42.96	33.97
19.	CZECHMA SKA Antonina	10	UKP Polonia Warszawa						4:44.41	558 B		
	50m:	32.02	32.02	150m:	1:43.52	36.27	250m:	2:57.07	36.61	350m:	4:10.21	36.59
	100m:	1:07.25	35.23	200m:	2:20.46	36.94	300m:	3:33.62	36.55	400m:	4:44.41	34.20
20.	KOKOSZKA Paulina	11	UKS GIM 92 Ursynów						4:44.94	555 B		
	50m:	31.07	31.07	150m:	1:40.47	35.30	250m:	2:53.36	36.76	350m:	4:07.77	37.59
	100m:	1:05.17	34.10	200m:	2:16.60	36.13	300m:	3:30.18	36.82	400m:	4:44.94	37.17
21.	EKIERT Gabriela	09	UKP Polonia Warszawa						4:45.47	552 R		
	50m:	32.16	32.16	150m:	1:44.97	36.98	250m:	2:58.71	37.04	350m:	4:11.40	36.61
	100m:	1:07.99	35.83	200m:	2:21.67	36.70	300m:	3:34.79	36.08	400m:	4:45.47	34.07
22.	PIEBIAK Nicola	08	MKS Juvenia Wrocław						4:46.00	548 R		
	50m:	30.82	30.82	150m:	1:40.82	35.69	250m:	2:54.14	36.64	350m:	4:09.37	37.79
	100m:	1:05.13	34.31	200m:	2:17.50	36.68	300m:	3:31.58	37.44	400m:	4:46.00	36.63
23.	KRASZEWSKA Martyna	05	AZS AWFis Gda sk						4:47.68	539		
	50m:	31.26	31.26	150m:	1:41.57	35.93	250m:	2:55.81	37.48	350m:	4:11.08	37.83
	100m:	1:05.64	34.38	200m:	2:18.33	36.76	300m:	3:33.25	37.44	400m:	4:47.68	36.60
24.	BARTOSZEWSKA Marta	10	KS Posenania Pozna						4:51.47	518		
	50m:	31.53	31.53	150m:	1:45.57	37.76	250m:	3:01.08	37.94	350m:	4:16.15	37.37
	100m:	1:07.81	36.28	200m:	2:23.14	37.57	300m:	3:38.78	37.70	400m:	4:51.47	35.32
25.	SULKOWSKA Hanna	11	UKS Juvenia iSwim Białystok						4:51.83	516		
	50m:	33.10	33.10	150m:	1:47.15	37.48	250m:	3:02.09	37.36	350m:	4:16.34	36.72
	100m:	1:09.67	36.57	200m:	2:24.73	37.58	300m:	3:39.62	37.53	400m:	4:51.83	35.49
26.	STACHEWICZ Magdalena	09	AZS AWF Warszawa						4:53.09	510		
	50m:	32.38	32.38	150m:	1:45.81	37.34	250m:	3:01.72	37.93	350m:	4:17.47	37.35
	100m:	1:08.47	36.09	200m:	2:23.79	37.98	300m:	3:40.12	38.40	400m:	4:53.09	35.62
27.	WILCZY SKA Martyna	08	Stowarzyszenie OLIMPIJCZYK KRAKÓW						4:53.61	507		
	50m:	32.05	32.05	150m:	1:46.58	37.57	250m:	3:02.35	38.21	350m:	4:18.49	38.00
	100m:	1:09.01	36.96	200m:	2:24.14	37.56	300m:	3:40.49	38.14	400m:	4:53.61	35.12
28.	BATYRA Julia	08	UKS SP5 Swim Lublin						4:53.63	507		
	50m:	33.26	33.26	150m:	1:47.37	37.70	250m:	3:02.03	37.42	350m:	4:17.14	37.60
	100m:	1:09.67	36.41	200m:	2:24.61	37.24	300m:	3:39.54	37.51	400m:	4:53.63	36.49
29.	G SKA Paulina	09	UKS SMS KAPRY Pruszków						4:54.15	504		
	50m:	33.07	33.07	150m:	1:47.14	37.65	250m:	3:02.44	37.95	350m:	4:17.73	37.75
	100m:	1:09.49	36.42	200m:	2:24.49	37.35	300m:	3:39.98	37.54	400m:	4:54.15	36.42
30.	POŁE Oliwia	09	MKS CKS-SMS Szczecin						4:57.55	487		
	50m:	31.88	31.88	150m:	1:44.35	36.84	250m:	2:59.80	38.01	350m:	4:18.30	39.47
	100m:	1:07.51	35.63	200m:	2:21.79	37.44	300m:	3:38.83	39.03	400m:	4:57.55	39.25
31.	SOCHA Małgorzata	12	CSiR MOS w D browie Górniczej						4:59.98	475		
	50m:	32.87	32.87	150m:	1:48.53	37.96	250m:	3:05.42	38.63	350m:	4:22.66	38.62
	100m:	1:10.57	37.70	200m:	2:26.79	38.26	300m:	3:44.04	38.62	400m:	4:59.98	37.32
32.	SZOTEK Isabella	10	UKS SMS KAPRY Pruszków						5:00.01	475		
	50m:	33.52	33.52	150m:	1:48.54	38.08	250m:	3:05.58	38.93	350m:	4:23.48	38.93
	100m:	1:10.46	36.94	200m:	2:26.65	38.11	300m:	3:44.55	38.97	400m:	5:00.01	36.53



Ministerstwo
Sportu i Turystyki



PATRONAT HONOROWY
Prezydent Olsztyna
Robert Sawicki

MISTRZOSTWA POLSKI W KATEGORII OPEN
OLSZTYN, 21. - 24.4.2026

Konkurencja 27, Kobiet, 400m dowolny, Eliminacje, Open

Pozycja			Rok ur.				Czas		Pkt.
33.	KRASZEWSKA Zuzanna		09	KS Pospolonia Pozna		5:00.59		472	
	50m:	33.56 33.56	150m:	1:48.97 38.13	250m:	3:05.70 38.02	350m:	4:23.06 38.38	
	100m:	1:10.84 37.28	200m:	2:27.68 38.71	300m:	3:44.68 38.98	400m:	5:00.59 37.53	
34.	STANISZEWSKA Maja		10	UKS G-8 Bielany Warszawa		5:00.65		472	
	50m:	32.39 32.39	150m:	1:46.60 37.93	250m:	3:03.52 38.71	350m:	4:21.89 39.33	
	100m:	1:08.67 36.28	200m:	2:24.81 38.21	300m:	3:42.56 39.04	400m:	5:00.65 38.76	
35.	KAMI SKA Aleksandra		10	MKS CKS-SMS Szczecin		5:01.12		470	
	50m:	33.51 33.51	150m:	1:49.25 38.32	250m:	3:07.03 38.87	350m:	4:24.52 38.42	
	100m:	1:10.93 37.42	200m:	2:28.16 38.91	300m:	3:46.10 39.07	400m:	5:01.12 36.60	
36.	GAWLIK Jagoda		06	UKS Huragan przy SP nr 45 w Sosnowcu		5:02.57		463	
	50m:	33.45 33.45	150m:	1:49.40 38.63	250m:	3:07.26 38.98	350m:	4:24.91 38.67	
	100m:	1:10.77 37.32	200m:	2:28.28 38.88	300m:	3:46.24 38.98	400m:	5:02.57 37.66	
37.	GRUDZIE Julia		10	Pływamy i Ratujemy Ustronie Morskie		5:03.79		458	
	50m:	34.29 34.29	150m:	1:52.19 39.65	250m:	3:11.53 39.49	350m:	4:30.21 38.92	
	100m:	1:12.54 38.25	200m:	2:32.04 39.85	300m:	3:51.29 39.76	400m:	5:03.79 33.58	
38.	KOWALSKA Maya		10	MKS CKS-SMS Szczecin		5:04.76		453	
	50m:	34.84 34.84	150m:	1:54.81 40.27	250m:	3:14.02 38.77	350m:	4:29.98 37.18	
	100m:	1:14.54 39.70	200m:	2:35.25 40.44	300m:	3:52.80 38.78	400m:	5:04.76 34.78	
39.	POLSAKOVA Nina		10	IUKS Muszelka Warszawa		5:05.39		450	
	50m:	33.20 33.20	150m:	1:50.24 39.33	250m:	3:09.83 39.59	350m:	4:27.45 39.04	
	100m:	1:10.91 37.71	200m:	2:30.24 40.00	300m:	3:48.41 38.58	400m:	5:05.39 37.94	
40.	PIETRASZEWICZ Roksana		10	UKP Polonia Warszawa		5:09.47		433	
	50m:	34.30 34.30	150m:	1:51.24 39.07	250m:	3:10.64 39.92	350m:	4:30.59 40.15	
	100m:	1:12.17 37.87	200m:	2:30.72 39.48	300m:	3:50.44 39.80	400m:	5:09.47 38.88	
41.	TARASIEWICZ Bianka		09	UKS ORKA Luba		5:27.82		364	
	50m:	34.43 34.43	150m:	1:58.50 43.22	250m:	3:24.25 43.10	350m:	4:48.79 42.24	
	100m:	1:15.28 40.85	200m:	2:41.15 42.65	300m:	4:06.55 42.30	400m:	5:27.82 39.03	
42.	LUBERA Hanna		11	UKS Frog Gi ycko		5:59.08		277	
	50m:	39.84 39.84	150m:	2:10.53 46.17	250m:	3:42.45 46.21	350m:	5:14.42 46.11	
	100m:	1:24.36 44.52	200m:	2:56.24 45.71	300m:	4:28.31 45.86	400m:	5:59.08 44.66	
NW	PACYK Alexandra		11	IUKS Muszelka Warszawa					