



Ministerstwo
Sportu i Turystyki



PAISOWE KONKURENCE
Prezydent Olimpiady
Robert Lewandowski

MISTRZOSTWA POLSKI W KATEGORII OPEN
OLSZTYN, 21. - 24.4.2026

Konkurencja 27
23.04.2026 - 18:48

Kobiet, 400m dowolny

Open
Wyniki Finał

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.

Finał A

1.	KOWALSKA Klara	05	KU AZS UMCS Lublin	4:18.78	741
	50m: 29.84 29.84	150m: 1:35.71 33.06	250m: 2:41.55 32.95	350m: 3:47.33 32.70	
	100m: 1:02.65 32.81	200m: 2:08.60 32.89	300m: 3:14.63 33.08	400m: 4:18.78 31.45	
2.	GU Wiktoria	04	MKP Szczecin	4:19.23	737
	50m: 30.14 30.14	150m: 1:35.87 33.37	250m: 2:42.34 33.20	350m: 3:48.63 32.74	
	100m: 1:02.50 32.36	200m: 2:09.14 33.27	300m: 3:15.89 33.55	400m: 4:19.23 30.60	
3.	POLAK Iga	09	UKP Unia O wi cim	4:23.60	701
	50m: 31.03 31.03	150m: 1:37.43 33.37	250m: 2:44.35 33.51	350m: 3:51.10 33.35	
	100m: 1:04.06 33.03	200m: 2:10.84 33.41	300m: 3:17.75 33.40	400m: 4:23.60 32.50	
4.	MAŁOLEPSZA Weronika	07	MKP Szczecin	4:24.90	690
	50m: 30.57 30.57	150m: 1:36.48 33.22	250m: 2:43.73 33.32	350m: 3:52.32 34.26	
	100m: 1:03.26 32.69	200m: 2:10.41 33.93	300m: 3:18.06 34.33	400m: 4:24.90 32.58	
5.	DUDA Natalia	10	MKP Szczecin	4:24.92	690
	50m: 30.90 30.90	150m: 1:37.80 33.74	250m: 2:45.71 33.94	350m: 3:53.44 33.61	
	100m: 1:04.06 33.16	200m: 2:11.77 33.97	300m: 3:19.83 34.12	400m: 4:24.92 31.48	
6.	NOWAK Maja	03	Klub Uczelniany AZS Uniwersytetu Warsz	4:25.85	683
	50m: 30.87 30.87	150m: 1:37.69 33.54	250m: 2:45.10 33.61	350m: 3:52.70 33.40	
	100m: 1:04.15 33.28	200m: 2:11.49 33.80	300m: 3:19.30 34.20	400m: 4:25.85 33.15	
7.	ŁAKOMA Maria	08	UKS SMS Galicja Kraków	4:31.48	641
	50m: 31.08 31.08	150m: 1:39.80 35.00	250m: 2:49.21 34.66	350m: 3:58.68 34.43	
	100m: 1:04.80 33.72	200m: 2:14.55 34.75	300m: 3:24.25 35.04	400m: 4:31.48 32.80	
8.	RÓZGA Nina	11	CSiR MOS w D browie Górniczej	4:31.98	638
	50m: 29.84 29.84	150m: 1:38.41 34.93	250m: 2:48.62 35.03	350m: 3:58.31 34.38	
	100m: 1:03.48 33.64	200m: 2:13.59 35.18	300m: 3:23.93 35.31	400m: 4:31.98 33.67	
9.	KWIATKOWSKA Rozalia	09	MUKS Pi tnastka	4:32.67	633
	50m: 30.77 30.77	150m: 1:39.79 34.55	250m: 2:49.63 34.93	350m: 3:59.60 34.77	
	100m: 1:05.24 34.47	200m: 2:14.70 34.91	300m: 3:24.83 35.20	400m: 4:32.67 33.07	
10.	SOBÓTKA Oliwia	10	UKP Polonia Warszawa	4:32.89	631
	50m: 31.97 31.97	150m: 1:41.38 34.55	250m: 2:50.01 34.05	350m: 3:59.37 34.96	
	100m: 1:06.83 34.86	200m: 2:15.96 34.58	300m: 3:24.41 34.40	400m: 4:32.89 33.52	

Finał B

11.	RESZKO Lena	09	UKP Polonia Warszawa	4:31.16	644
	50m: 31.23 31.23	150m: 1:39.13 34.02	250m: 2:48.34 34.22	350m: 3:56.85 33.88	
	100m: 1:05.11 33.88	200m: 2:14.12 34.99	300m: 3:22.97 34.63	400m: 4:31.16 34.31	
12.	KAPKA Antonina	09	CSiR MOS w D browie Górniczej	4:32.70	633
	50m: 31.49 31.49	150m: 1:40.04 34.62	250m: 2:50.75 35.42	350m: 4:00.84 34.75	
	100m: 1:05.42 33.93	200m: 2:15.33 35.29	300m: 3:26.09 35.34	400m: 4:32.70 31.86	
13.	JAKUBCZYK Natalia	08	CSiR MOS w D browie Górniczej	4:33.94	624
	50m: 31.41 31.41	150m: 1:40.30 34.85	250m: 2:50.72 35.37	350m: 4:01.24 35.04	
	100m: 1:05.45 34.04	200m: 2:15.35 35.05	300m: 3:26.20 35.48	400m: 4:33.94 32.70	
14.	SIWKO Natalia	04	KU AZS UMCS Lublin	4:36.05	610
	50m: 31.19 31.19	150m: 1:39.90 35.03	250m: 2:50.80 35.52	350m: 4:01.95 35.59	
	100m: 1:04.87 33.68	200m: 2:15.28 35.38	300m: 3:26.36 35.56	400m: 4:36.05 34.10	



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PATRONAT HONOROWY
Prezydent Olsztyna
Robert Stawczyk

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

Pozycja			Rok ur.				Czas		Pkt.
15.	KOKOSZKA Paulina		11		UKS GIM 92 Ursynów		4:38.63		593
	50m:	31.36 31.36	150m:	1:41.15 35.37	250m:	2:52.70 35.44	350m:	4:04.47 35.36	
	100m:	1:05.78 34.42	200m:	2:17.26 36.11	300m:	3:29.11 36.41	400m:	4:38.63 34.16	
16.	CZECHMA SKA Antonina		10		UKP Polonia Warszawa		4:41.10		578
	50m:	30.91 30.91	150m:	1:42.31 36.24	250m:	2:55.07 36.54	350m:	4:07.53 36.04	
	100m:	1:06.07 35.16	200m:	2:18.53 36.22	300m:	3:31.49 36.42	400m:	4:41.10 33.57	
17.	KAROLEWSKA Julia		11		SWIMLAND Olsztyn		4:41.54		575
	50m:	30.59 30.59	150m:	1:40.84 36.48	250m:	2:53.88 36.29	350m:	4:07.46 36.77	
	100m:	1:04.36 33.77	200m:	2:17.59 36.75	300m:	3:30.69 36.81	400m:	4:41.54 34.08	
18.	MIKOŁAJCZAK Helena		12		KS Posenania Pozna		4:43.80		561
	50m:	30.63 30.63	150m:	1:41.35 36.04	250m:	2:55.17 37.05	350m:	4:08.63 36.66	
	100m:	1:05.31 34.68	200m:	2:18.12 36.77	300m:	3:31.97 36.80	400m:	4:43.80 35.17	
19.	EKIERT Gabriela		09		UKP Polonia Warszawa		4:44.17		559
	50m:	31.19 31.19	150m:	1:42.14 36.02	250m:	2:55.10 36.63	350m:	4:08.46 36.63	
	100m:	1:06.12 34.93	200m:	2:18.47 36.33	300m:	3:31.83 36.73	400m:	4:44.17 35.71	
20.	BARTOSZEWSKA Marta		10		KS Posenania Pozna		4:50.02		526
	50m:	30.90 30.90	150m:	1:42.23 36.57	250m:	2:56.90 37.49	350m:	4:13.17 38.09	
	100m:	1:05.66 34.76	200m:	2:19.41 37.18	300m:	3:35.08 38.18	400m:	4:50.02 36.85	