Konkurencja 21 — Kobiet, 400m dowolny — 14 lat i starsi
13.11.2026 - 16:05 — Wyniki

Rekord Śląska Open	4:07.67	Żukowska Paulina - 2017	AZS AWF Katowice	01.01.1800
Rekord Śląska 18	4:10.96	Gawełczyk Dominika -2009	AZS AWF Katowice	01.01.1800
Rekord Śląska 17	4:13.84	Kossakowska Dominika – 2018	AZS AWF Katowice	01.01.1800
Rekord Śląska 16	4:16.01	Kossakowska Dominika - 2016	Sikret Gliwice	01.01.1800
Rekord Śląska 15	4:16.01	Kossakowska Dominika - 2016	Sikret Gliwice	01.01.1800
Rekord Śląska 14	4:21.48	Nina Rózga - 2025	MOS Dąbrowa Górnicza	01.01.1800

Klasa sportowa II/14 - 14: 4:48.78 / Klasa sportowa II/15 - 15: 4:40.12 / Klasa sportowa II/16 - 16: 4:33.61 / Klasa sportowa II/17-18 - 18: 4:27.06 / Klasa sportowa II Open: 4:21.40 / Klasa sportowa I Open: 4:13.93 / Klasa M Open: 4:07.72 / Klasa MM Open: 4:02.03

Punkty: AQUA 2026

Pozycja		Rok ur.		Czas	CR	Strata	% popr.	FINA
14 lat								wyniki tymczasowe
1.	Rączkowska Lena *II klasa sportowa 15 lat*	12	LKS Jedność 32 Przyszowice	**4:34.29**	+0,73		98%	591
	50m: 31.37 (31.37) 150m: 1:40.56 (34.81) 250m: 2:51.44 (35.48) 350m: 4:01.60 (34.81) 100m: 1:05.75 (34.38) 200m: 2:15.96 (35.40) 300m: 3:26.79 (35.35) 400m: 4:34.29 (32.69)							
2.	Cybulska Lena *II klasa sportowa 15 lat*	12	UKS DRAGON Sosnowiec	**4:37.99**	+0,72	+ 3.70	100%	568
	50m: 31.65 (31.65) 150m: 1:41.66 (35.40) 250m: 2:53.62 (36.08) 350m: 4:04.61 (34.87) 100m: 1:06.26 (34.61) 200m: 2:17.54 (35.88) 300m: 3:29.74 (36.12) 400m: 4:37.99 (33.38)							
3.	Żymełka Antonina *II klasa sportowa 14 lat*	12	LKS Jedność 32 Przyszowice	**4:46.51**	+0,98	+ 12.22	99%	519
	50m: 33.22 (33.22) 150m: 1:45.31 (36.43) 250m: 2:58.68 (36.57) 350m: 4:11.86 (36.27) 100m: 1:08.88 (35.66) 200m: 2:22.11 (36.80) 300m: 3:35.59 (36.91) 400m: 4:46.51 (34.65)							
4.	Kusz Zuzanna	12	UKS Wodnik Siemianowice Śląskie	**4:52.31**	+0,78	+ 18.02	103%	488
	50m: 33.19 (33.19) 150m: 1:46.15 (37.08) 250m: 3:01.00 (37.67) 350m: 4:16.22 (37.38) 100m: 1:09.07 (35.88) 200m: 2:23.33 (37.18) 300m: 3:38.84 (37.84) 400m: 4:52.31 (36.09)							
5.	Socha Małgorzata	12	CSiR MOS w Dąbrowie Górniczej	**4:52.40**	+0,71	+ 18.11	91%	488
	50m: 33.23 (33.23) 150m: 1:46.21 (36.56) 250m: 3:01.01 (37.44) 350m: 4:15.94 (37.17) 100m: 1:09.65 (36.42) 200m: 2:23.57 (37.36) 300m: 3:38.77 (37.76) 400m: 4:52.40 (36.46)							
6.	Kosz Anna	12	UKS ,, Na Fali Bytom''	**4:53.52**	+0,83	+ 19.23	101%	482
	50m: 33.38 (33.38) 150m: 1:47.51 (37.51) 250m: 3:02.52 (37.52) 350m: 4:17.55 (37.56) 100m: 1:10.00 (36.62) 200m: 2:25.00 (37.49) 300m: 3:39.99 (37.47) 400m: 4:53.52 (35.97)							
7.	Moroń Nadia	12	UKS Wodnik Siemianowice Śląskie	**4:57.37**	+0,78	+ 23.08	101%	464
	50m: 33.46 (33.46) 150m: 1:47.88 (37.76) 250m: 3:04.90 (38.92) 350m: 4:21.32 (37.71) 100m: 1:10.12 (36.66) 200m: 2:25.98 (38.10) 300m: 3:43.61 (38.71) 400m: 4:57.37 (36.05)							
8.	Jasielska Emilia	12	UKS ,,Aligator'' Gorzyce	**4:59.42**	+0,81	+ 25.13	106%	454
	50m: 32.82 (32.82) 150m: 1:48.10 (38.25) 250m: 3:05.56 (38.86) 350m: 4:22.46 (38.04) 100m: 1:09.85 (37.03) 200m: 2:26.70 (38.60) 300m: 3:44.42 (38.86) 400m: 4:59.42 (36.96)							
9.	Czochara Lena	12	MOSM Tychy	**5:07.14**	+0,73	+ 32.85	104%	421
	50m: 34.82 (34.82) 150m: 1:52.26 (39.27) 250m: 3:11.56 (39.71) 350m: 4:30.09 (39.33) 100m: 1:12.99 (38.17) 200m: 2:31.85 (39.59) 300m: 3:50.76 (39.20) 400m: 5:07.14 (37.05)							
10.	Stawicka Martyna	12	UKS ,, Na Fali Bytom''	**5:17.43**	+0,71	+ 43.14	96%	381
	50m: 36.29 (36.29) 150m: 1:55.92 (40.36) 250m: 3:17.72 (40.80) 350m: 4:38.69 (40.47) 100m: 1:15.56 (39.27) 200m: 2:36.92 (41.00) 300m: 3:58.22 (40.50) 400m: 5:17.43 (38.74)							
11.	Mośko Lena	12	UKS ,,Manta Kochłowice Ruda Śląska''	**5:17.87**	+0,91	+ 43.58	101%	380
	50m: 35.66 (35.66) 150m: 1:57.13 (41.06) 250m: 3:17.99 (40.63) 350m: 4:39.16 (40.24) 100m: 1:16.07 (40.41) 200m: 2:37.36 (40.23) 300m: 3:58.92 (40.93) 400m: 5:17.87 (38.71)							
12.	Nowak Kaja	12	Ognisko TKKF Szczygłowice	**5:25.21**	+0,80	+ 50.92	105%	354
	50m: 34.04 (34.04) 150m: 1:54.74 (40.79) 250m: 3:19.39 (42.79) 350m: 4:45.56 (43.04) 100m: 1:13.95 (39.91) 200m: 2:36.60 (41.86) 300m: 4:02.52 (43.13) 400m: 5:25.21 (39.65)							
13.	Rakoczy Bogna	12	UKS Wodnik-29 Katowice	**5:28.61**	+0,87	+ 54.32	102%	343
	50m: 37.07 (37.07) 150m: 2:00.29 (42.04) 250m: 3:25.45 (42.59) 350m: 4:49.81 (42.13) 100m: 1:18.25 (41.18) 200m: 2:42.86 (42.57) 300m: 4:07.68 (42.23) 400m: 5:28.61 (38.80)							
14.	Kastarynda Ligia	12	Uks "Salmo Żory"	**5:38.00**	+0,86	+ 1:03.71	103%	316
	50m: 37.16 (37.16) 150m: 2:02.15 (43.24) 250m: 3:29.49 (44.20) 350m: 4:56.37 (43.43) 100m: 1:18.91 (41.75) 200m: 2:45.29 (43.14) 300m: 4:12.94 (43.45) 400m: 5:38.00 (41.63)							
15.	Kowalska Liliana	12	UKP ,,Ruda Śląska''	**5:44.55**	+0,81	+ 1:10.26	104%	298
	50m: 38.25 (38.25) 150m: 2:03.67 (43.73) 250m: 3:33.63 (45.46) 350m: 5:03.22 (44.61) 100m: 1:19.94 (41.69) 200m: 2:48.17 (44.50) 300m: 4:18.61 (44.98) 400m: 5:44.55 (41.33)							

Konkurencja 21, Kobiet, 400m dowolny

15 lat

wyniki tymczasowe

1.	Rózga Nina	11	CSiR MOS w Dąbrowie Górniczej	**4:25.46**	+0,77		97%	652
	II klasa sportowa 17-18 lat							

50m:	30.41	30.41	150m:	1:37.68	33.54	250m:	2:45.30	33.70	350m:	3:52.98	33.86
100m:	1:04.14	33.73	200m:	2:11.60	33.92	300m:	3:19.12	33.82	400m:	4:25.46	32.48

2.	Nikiel Emilia	11	MKS Park Wodny Tarnowskie Góry	**4:34.52**	+0,86	+ 9.06	97%	590
	II klasa sportowa 15 lat							

50m:	31.78	31.78	150m:	1:40.85	34.70	250m:	2:50.75	35.08	350m:	4:00.85	34.98
100m:	1:06.15	34.37	200m:	2:15.67	34.82	300m:	3:25.87	35.12	400m:	4:34.52	33.67

3.	Gondzik Olga	11	MKS MOS Katowice	**5:05.15**	+0,85	+ 39.69	103%	429
50m:	34.00	34.00	150m:	1:49.62	38.60	250m:	3:07.68	39.00	350m:	4:26.87	39.43
100m:	1:11.02	37.02	200m:	2:28.68	39.06	300m:	3:47.44	39.76	400m:	5:05.15	38.28

4.	Bąk Magda	11	UKS Aquatica Pawłowice	**5:13.11**	+0,85	+ 47.65	104%	397
50m:	32.92	32.92	150m:	1:50.09	39.91	250m:	3:12.46	41.09	350m:	4:34.10	40.65
100m:	1:10.18	37.26	200m:	2:31.37	41.28	300m:	3:53.45	40.99	400m:	5:13.11	39.01

5.	Tułaj Aleksandra	11	UKS ,,Manta Kochłowice Ruda Śląska"	**5:16.20**	+0,64	+ 50.74	103%	386
50m:	35.47	35.47	150m:	1:56.18	41.68	250m:	3:16.90	40.69	350m:	4:37.99	40.01
100m:	1:14.50	39.03	200m:	2:36.21	40.03	300m:	3:57.98	41.08	400m:	5:16.20	38.21

16 lat

wyniki tymczasowe

1.	Matyjasek Olga	10	Akademia SMS Racibórz	**4:31.19**	+0,69		101%	612
	II klasa sportowa 16 lat							

50m:	30.53	30.53	150m:	1:39.46	34.73	250m:	2:48.69	34.62	350m:	3:58.37	34.70
100m:	1:04.73	34.20	200m:	2:14.07	34.61	300m:	3:23.67	34.98	400m:	4:31.19	32.82

2.	Rajca Matylda	10	LKS Jedność 32 Przyszowice	**4:35.73**	+0,82	+ 4.54	103%	582
50m:	32.32	32.32	150m:	1:42.13	35.07	250m:	2:52.36	35.24	350m:	4:02.72	35.16
100m:	1:07.06	34.74	200m:	2:17.12	34.99	300m:	3:27.56	35.20	400m:	4:35.73	33.01

3.	Rychter Zofia	10	MKS Park Wodny Tarnowskie Góry	**4:38.58**	+0,80	+ 7.39	96%	564
50m:	32.57	32.57	150m:	1:43.01	35.28	250m:	2:53.66	35.34	350m:	4:04.40	35.19
100m:	1:07.73	35.16	200m:	2:18.32	35.31	300m:	3:29.21	35.55	400m:	4:38.58	34.18

4.	Piątek Maja	10	KS ,,Górnik" Sosnowiec	**4:39.97**	+0,75	+ 8.78	104%	556
50m:	31.64	31.64	150m:	1:41.22	35.29	250m:	2:52.60	35.39	350m:	4:03.96	35.51
100m:	1:05.93	34.29	200m:	2:17.21	35.99	300m:	3:28.45	35.85	400m:	4:39.97	36.01

5.	Śliwakowska Magdalena	10	CSiR MOS w Dąbrowie Górniczej	**4:44.24**	+0,66	+ 13.05	101%	531
50m:	32.59	32.59	150m:	1:45.13	36.76	250m:	2:58.47	36.89	350m:	4:10.35	35.50
100m:	1:08.37	35.78	200m:	2:21.58	36.45	300m:	3:34.85	36.38	400m:	4:44.24	33.89

6.	Artwik Hanna	10	Akademia SMS Racibórz	**4:53.77**	+0,89	+ 22.58	100%	481
50m:	34.42	34.42	150m:	1:49.22	37.81	250m:	3:04.46	37.64	350m:	4:18.47	37.16
100m:	1:11.41	36.99	200m:	2:26.82	37.60	300m:	3:41.31	36.85	400m:	4:53.77	35.30

7.	Brożek Milena	10	MKP ,,Wodnik 29" Tychy	**5:17.06**	+0,77	+ 45.87	-	382
50m:	35.93	35.93	150m:	1:56.00	40.55	250m:	3:18.25	41.56	350m:	4:40.65	41.20
100m:	1:15.45	39.52	200m:	2:36.69	40.69	300m:	3:59.45	41.20	400m:	5:17.06	36.41

8.	Ćwirzewicz Emilia	10	CSiR MOS w Dąbrowie Górniczej	**5:26.08**	+0,72	+ 54.89	90%	352
50m:	36.50	36.50	150m:	1:59.42	42.03	250m:	3:24.24	42.45	350m:	4:45.99	40.25
100m:	1:17.39	40.89	200m:	2:41.79	42.37	300m:	4:05.74	41.50	400m:	5:26.08	40.09

17 lat i starsi

wyniki tymczasowe

1.	Okoń Anna	09	LKS Jedność 32 Przyszowice	**4:30.79**	+0,90		101%	614
50m:	31.00	31.00	150m:	1:39.07	34.34	250m:	2:48.17	34.61	350m:	3:57.42	34.75
100m:	1:04.73	33.73	200m:	2:13.56	34.49	300m:	3:22.67	34.50	400m:	4:30.79	33.37

2.	Kapka Antonina	09	CSiR MOS w Dąbrowie Górniczej	**4:36.01**	+0,80	+ 5.22	94%	580
50m:	31.03	31.03	150m:	1:39.10	34.38	250m:	2:49.52	35.39	350m:	4:01.89	36.10
100m:	1:04.72	33.69	200m:	2:14.13	35.03	300m:	3:25.79	36.27	400m:	4:36.01	34.12

3.	Ślęczek Zuzanna	09	KS ,,Górnik" Sosnowiec	**4:36.20**	+0,74	+ 5.41	103%	579
50m:	31.06	31.06	150m:	1:41.36	35.46	250m:	2:52.62	35.63	350m:	4:03.30	35.14
100m:	1:05.90	34.84	200m:	2:16.99	35.63	300m:	3:28.16	35.54	400m:	4:36.20	32.90

4.	Gawlik Jagoda	06	KS ,,Górnik" Sosnowiec	**4:54.00**	+0,77	+ 23.21	95%	480
50m:	33.24	33.24	150m:	1:46.33	37.19	250m:	3:01.53	37.79	350m:	4:17.25	37.45
100m:	1:09.14	35.90	200m:	2:23.74	37.41	300m:	3:39.80	38.27	400m:	4:54.00	36.75

Konkurencja 21, Kobiet, 400m dowolny, 17 lat i starsi

Pozycja		Rok ur.		Czas	CR	Strata	% popr.	FINA
5.	Drabik Aneta	04	MKS MOS Katowice	**4:56.64**	+0,72	+ 25.85	93%	467
	50m: 33.29	33.29	150m: 1:48.10	37.90	250m: 3:04.09	37.96	350m: 4:20.23	37.82
	100m: 1:10.20	36.91	200m: 2:26.13	38.03	300m: 3:42.41	38.32	400m: 4:56.64	36.41
6.	Grabara Patrycja	09	KS ,,Górnik" Sosnowiec	**5:03.73**	+0,84	+ 32.94	101%	435
	50m: 33.14	33.14	150m: 1:47.80	38.16	250m: 3:06.71	39.62	350m: 4:25.97	39.75
	100m: 1:09.64	36.50	200m: 2:27.09	39.29	300m: 3:46.22	39.51	400m: 5:03.73	37.76
PK	Molenda Ewa	12	KS Bieżanowianka	**4:48.19**	+0,69		104%	509
	II klasa sportowa 14 lat							
	50m: 33.88	33.88	150m: 1:47.54	37.10	250m: 3:01.19	36.35	350m: 4:14.04	35.83
	100m: 1:10.44	36.56	200m: 2:24.84	37.30	300m: 3:38.21	37.02	400m: 4:48.19	34.15
PK	Dejana Laura	11	KS Bieżanowianka	**4:52.51**	+0,83		100%	487
	50m: 32.45	32.45	150m: 1:45.14	37.08	250m: 2:59.48	37.51	350m: 4:15.63	38.06
	100m: 1:08.06	35.61	200m: 2:21.97	36.83	300m: 3:37.57	38.09	400m: 4:52.51	36.88