



Konkurencja 16
21/2/2026 - 18:15

Kobiet, 400m dowolny

17 lat i starsi
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.	Czas	Pkt.
1. Pola ska Aleksandra	00 AZS Uniwersytetu Warszawskiego	4:24.57	704
50m: 29.90 29.90	150m: 1:36.28 33.29	250m: 2:43.49 33.81	350m: 3:51.11 33.93
100m: 1:02.99 33.09	200m: 2:09.68 33.40	300m: 3:17.18 33.69	400m: 4:24.57 33.46
2. Nowak Maja	03 AZS Uniwersytetu Warszawskiego	4:30.86	656
50m: 31.23 31.23	150m: 1:39.03 33.95	250m: 2:47.26 33.88	350m: 3:56.81 34.74
100m: 1:05.08 33.85	200m: 2:13.38 34.35	300m: 3:22.07 34.81	400m: 4:30.86 34.05
3. Wieczorek Michalina	09 Unia O wi cim	4:36.02	620
50m: 31.76 31.76	150m: 1:40.98 34.90	250m: 2:51.82 35.50	350m: 4:02.59 35.49
100m: 1:06.08 34.32	200m: 2:16.32 35.34	300m: 3:27.10 35.28	400m: 4:36.02 33.43
4. Jabło ska Oliwia	97 Neptun widnica	4:38.48	603
50m: 32.49 32.49	150m: 1:42.36 34.94	250m: 2:52.79 35.14	350m: 4:03.67 35.28
100m: 1:07.42 34.93	200m: 2:17.65 35.29	300m: 3:28.39 35.60	400m: 4:38.48 34.81
5. Karkocha Gabriela	09 Unia O wi cim	4:40.22	592
50m: 31.68 31.68	150m: 1:41.41 34.98	250m: 2:52.44 35.68	350m: 4:04.52 36.08
100m: 1:06.43 34.75	200m: 2:16.76 35.35	300m: 3:28.44 36.00	400m: 4:40.22 35.70
6. Tomaszewska Maria	08 I sk Wrocław	4:48.61	542
50m: 32.92 32.92	150m: 1:44.82 36.08	250m: 2:57.16 36.22	350m: 4:11.68 37.73
100m: 1:08.74 35.82	200m: 2:20.94 36.12	300m: 3:33.95 36.79	400m: 4:48.61 36.93
7. Gajdowska Agnieszka	95 Rekin wiebodzice	4:49.70	536
50m: 30.64 30.64	150m: 1:45.63 38.10	250m: 3:01.79 38.07	350m: 4:17.79 38.06
100m: 1:07.53 36.89	200m: 2:23.72 38.09	300m: 3:39.73 37.94	400m: 4:49.70 31.91
8. Kiszczak Olga	09 Unia O wi cim	5:00.48	480
50m: 33.02 33.02	150m: 1:48.33 37.94	250m: 3:04.83 38.08	350m: 4:22.18 38.78
100m: 1:10.39 37.37	200m: 2:26.75 38.42	300m: 3:43.40 38.57	400m: 5:00.48 38.30
9. R czka Weronika	09 SMS Galicja Kraków	5:02.38	471
50m: 33.49 33.49	150m: 1:49.58 38.20	250m: 3:06.20 38.08	350m: 4:23.49 38.48
100m: 1:11.38 37.89	200m: 2:28.12 38.54	300m: 3:45.01 38.81	400m: 5:02.38 38.89
10. Wajsberg Hanna	09 Rekin wiebodzice	5:16.08	412
50m: 33.49 33.49	150m: 1:52.58 40.30	250m: 3:14.15 40.86	350m: 4:37.33 41.60
100m: 1:12.28 38.79	200m: 2:33.29 40.71	300m: 3:55.73 41.58	400m: 5:16.08 38.75

Konkurencja 16
21/2/2026 - 18:15

Dziewcz t, 400m dowolny

15 - 16 lat
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.	Czas	Pkt.
1. Emerling Diana	10 Unia O wi cim	4:48.02	545
50m: 31.54 31.54	150m: 1:44.94 37.54	250m: 2:59.75 37.63	350m: 4:13.87 36.87
100m: 1:07.40 35.86	200m: 2:22.12 37.18	300m: 3:37.00 37.25	400m: 4:48.02 34.15
2. Rachwał Olga	10 SMS Galicja Kraków	4:48.89	540
50m: 31.98 31.98	150m: 1:43.80 36.41	250m: 2:58.92 37.66	350m: 4:13.68 36.91
100m: 1:07.39 35.41	200m: 2:21.26 37.46	300m: 3:36.77 37.85	400m: 4:48.89 35.21
3. Klajmon Karolina	10 SMS Galicja Kraków	4:54.21	512
50m: 32.23 32.23	150m: 1:47.06 38.11	250m: 3:03.02 39.10	350m: 4:18.77 38.14
100m: 1:08.95 36.72	200m: 2:23.92 36.86	300m: 3:40.63 37.61	400m: 4:54.21 35.44



Konkurencja 16, Dziewcz t, 400m dowolny, 15 - 16 lat

Pozycja			Rok ur.							Czas	Pkt.	
4.	Janas Oliwia		10	I sk Wrocław						4:54.44	510	
	50m:	32.81	32.81	150m:	1:46.31	37.31	250m:	3:02.27	38.54	350m:	4:18.34	38.13
	100m:	1:09.00	36.19	200m:	2:23.73	37.42	300m:	3:40.21	37.94	400m:	4:54.44	36.10
5.	Dan íková Laura		11	SMS Galicja Kraków						4:57.63	494	
	50m:	33.64	33.64	150m:	1:48.20	37.79	250m:	3:04.48	38.23	350m:	4:20.47	37.96
	100m:	1:10.41	36.77	200m:	2:26.25	38.05	300m:	3:42.51	38.03	400m:	4:57.63	37.16
6.	Sado Jagoda		11	Unia O wi cim						5:01.09	477	
	50m:	33.75	33.75	150m:	1:50.09	38.22	250m:	3:06.94	38.36	350m:	4:24.20	38.39
	100m:	1:11.87	38.12	200m:	2:28.58	38.49	300m:	3:45.81	38.87	400m:	5:01.09	36.89
7.	Jaciow Magdalena		10	SMS Galicja Kraków						5:05.37	457	
	50m:	35.74	35.74	150m:	1:53.87	39.15	250m:	3:12.03	38.89	350m:	4:28.68	37.74
	100m:	1:14.72	38.98	200m:	2:33.14	39.27	300m:	3:50.94	38.91	400m:	5:05.37	36.69
8.	Dejana Laura		11	SMS Galicja Kraków						5:06.03	455	
	50m:	33.72	33.72	150m:	1:50.39	38.89	250m:	3:09.28	39.29	350m:	4:29.09	39.76
	100m:	1:11.50	37.78	200m:	2:29.99	39.60	300m:	3:49.33	40.05	400m:	5:06.03	36.94
9.	B bas Lena		11	Swim Team MOSiR K dzierzyn-K.						5:07.03	450	
	50m:	34.27	34.27	150m:	1:53.85	40.27	250m:	3:13.29	39.78	350m:	4:31.28	38.31
	100m:	1:13.58	39.31	200m:	2:33.51	39.66	300m:	3:52.97	39.68	400m:	5:07.03	35.75
10.	Nowi ska Nina		11	Huragan Sosnowiec						5:07.29	449	
	50m:	33.47	33.47	150m:	1:51.57	39.24	250m:	3:10.41	39.92	350m:	4:29.40	39.35
	100m:	1:12.33	38.86	200m:	2:30.49	38.92	300m:	3:50.05	39.64	400m:	5:07.29	37.89
11.	Gos Maja		10	SMS Galicja Kraków						5:08.44	444	
	50m:	35.14	35.14	150m:	1:54.89	40.06	250m:	3:13.84	39.60	350m:	4:31.59	38.83
	100m:	1:14.83	39.69	200m:	2:34.24	39.35	300m:	3:52.76	38.92	400m:	5:08.44	36.85
12.	Sacha Paulina		10	Nika Sport Team Kraków						5:08.69	443	
	50m:	34.90	34.90	150m:	1:53.04	39.20	250m:	3:12.76	39.83	350m:	4:31.75	39.02
	100m:	1:13.84	38.94	200m:	2:32.93	39.89	300m:	3:52.73	39.97	400m:	5:08.69	36.94
13.	Zienkowska Maja		10	H2O Bochnia						5:08.79	442	
	50m:	33.95	33.95	150m:	1:51.42	39.02	250m:	3:10.67	39.72	350m:	4:29.88	39.25
	100m:	1:12.40	38.45	200m:	2:30.95	39.53	300m:	3:50.63	39.96	400m:	5:08.79	38.91
14.	Kaczorowska Emilia		10	I sk Wrocław						5:11.00	433	
	50m:	33.33	33.33	150m:	1:50.15	39.50	250m:	3:11.39	40.57	350m:	4:32.43	40.05
	100m:	1:10.65	37.32	200m:	2:30.82	40.67	300m:	3:52.38	40.99	400m:	5:11.00	38.57
15.	Ko cielniak Wiktoria		11	Rekin wiebodzice						5:11.20	432	
	50m:	33.66	33.66	150m:	1:51.38	40.02	250m:	3:12.15	40.38	350m:	4:33.27	40.27
	100m:	1:11.36	37.70	200m:	2:31.77	40.39	300m:	3:53.00	40.85	400m:	5:11.20	37.93
16.	Czarnecka Maja		11	Jordan Kraków						5:16.72	410	
	50m:	33.72	33.72	150m:	1:50.87	39.01	250m:	3:13.02	41.11	350m:	4:37.10	41.94
	100m:	1:11.86	38.14	200m:	2:31.91	41.04	300m:	3:55.16	42.14	400m:	5:16.72	39.62
17.	Milbrant Jagoda		10	Unia O wi cim						5:27.26	372	
	50m:	37.19	37.19	150m:	1:58.49	41.02	250m:	3:22.21	42.53	350m:	4:47.14	42.61
	100m:	1:17.47	40.28	200m:	2:39.68	41.19	300m:	4:04.53	42.32	400m:	5:27.26	40.12
18.	Kułak Natasza		11	Rekin wiebodzice						5:30.41	361	
	50m:	35.28	35.28	150m:	1:57.99	42.29	250m:	3:23.51	43.15	350m:	4:49.65	43.00
	100m:	1:15.70	40.42	200m:	2:40.36	42.37	300m:	4:06.65	43.14	400m:	5:30.41	40.76
19.	Stec Natalia		11	Rekin wiebodzice						5:49.52	305	
	50m:	37.80	37.80	150m:	2:07.57	45.65	250m:	3:38.23	45.89	350m:	5:08.21	44.65
	100m:	1:21.92	44.12	200m:	2:52.34	44.77	300m:	4:23.56	45.33	400m:	5:49.52	41.31



Konkurencja 16, Dziewcz t, 400m dowolny, 15 - 16 lat

Pozycja			Rok ur.			Czas	Pkt.	
20.	Wałczarz Aniela		11	H2O Bochnia		5:49.92	304	
	50m: 40.57	40.57	150m: 2:09.45	45.41	250m: 3:40.00	44.96	350m: 5:07.75	43.72
	100m: 1:24.04	43.47	200m: 2:55.04	45.59	300m: 4:24.03	44.03	400m: 5:49.92	42.17
21.	Matyasik Łucja		11	Jordan Kraków		5:51.92	299	
	50m: 37.85	37.85	150m: 2:06.21	44.91	250m: 3:38.79	46.53	350m: 5:09.26	44.29
	100m: 1:21.30	43.45	200m: 2:52.26	46.05	300m: 4:24.97	46.18	400m: 5:51.92	42.66

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Dziewcz t, 400m dowolny

14 lat
Wyniki

Punkty: AQUA 2025

Pozycja			Rok ur.			Czas	Pkt.	
1.	Kacer Maria		12	BOSiR Brzesko		4:36.01	620	
	50m: 31.88	31.88	150m: 1:41.20	34.99	250m: 2:52.21	35.66	350m: 4:02.85	35.17
	100m: 1:06.21	34.33	200m: 2:16.55	35.35	300m: 3:27.68	35.47	400m: 4:36.01	33.16
2.	W s Amelia		12	Olimpijczyk Brzesko		4:51.39	527	
	50m: 33.40	33.40	150m: 1:46.84	37.23	250m: 3:01.86	37.66	350m: 4:16.14	36.98
	100m: 1:09.61	36.21	200m: 2:24.20	37.36	300m: 3:39.16	37.30	400m: 4:51.39	35.25
3.	Resiuła Weronika		12	UKS SP 8 Chrzanów		4:56.26	501	
	50m: 33.49	33.49	150m: 1:48.25	37.61	250m: 3:04.84	38.42	350m: 4:20.57	37.98
	100m: 1:10.64	37.15	200m: 2:26.42	38.17	300m: 3:42.59	37.75	400m: 4:56.26	35.69
4.	Braniecka Iga		12	Korona 1919 Kraków		5:02.96	468	
	50m: 34.59	34.59	150m: 1:52.15	39.17	250m: 3:10.03	38.77	350m: 4:27.25	38.43
	100m: 1:12.98	38.39	200m: 2:31.26	39.11	300m: 3:48.82	38.79	400m: 5:02.96	35.71
5.	Mamuszka Anna		12	Korona 1919 Kraków		5:03.44	466	
	50m: 35.52	35.52	150m: 1:54.91	39.55	250m: 3:14.30	40.31	350m: 4:29.18	37.18
	100m: 1:15.36	39.84	200m: 2:33.99	39.08	300m: 3:52.00	37.70	400m: 5:03.44	34.26
6.	Dorociak Natalia		12	Korona 1919 Kraków		5:03.60	466	
	50m: 35.85	35.85	150m: 1:55.33	40.33	250m: 3:12.52	38.50	350m: 4:28.66	37.73
	100m: 1:15.00	39.15	200m: 2:34.02	38.69	300m: 3:50.93	38.41	400m: 5:03.60	34.94
7.	Grajdura Maja		12	BOSiR Brzesko		5:19.68	399	
	50m: 35.38	35.38	150m: 1:54.50	40.34	250m: 3:16.50	41.39	350m: 4:39.72	41.43
	100m: 1:14.16	38.78	200m: 2:35.11	40.61	300m: 3:58.29	41.79	400m: 5:19.68	39.96
8.	Pokrywka Zuzanna		12	Solne Miasto Wieliczka		5:21.77	391	
	50m: 36.03	36.03	150m: 1:57.68	41.11	250m: 3:20.83	41.32	350m: 4:42.91	39.84
	100m: 1:16.57	40.54	200m: 2:39.51	41.83	300m: 4:03.07	42.24	400m: 5:21.77	38.86
9.	Trzop Oliwia		12	Jasie Sucha Besk.		5:24.79	380	
	50m: 35.65	35.65	150m: 1:59.11	42.74	250m: 3:24.20	43.35	350m: 4:46.31	40.52
	100m: 1:16.37	40.72	200m: 2:40.85	41.74	300m: 4:05.79	41.59	400m: 5:24.79	38.48
10.	Ksi czyk Liliana		12	BOSiR Brzesko		5:26.98	373	
	50m: 37.59	37.59	150m: 1:59.69	40.89	250m: 3:24.10	42.28	350m: 4:47.40	40.72
	100m: 1:18.80	41.21	200m: 2:41.82	42.13	300m: 4:06.68	42.58	400m: 5:26.98	39.58
11.	Gąlek Barbara		12	BOSiR Brzesko		5:28.79	366	
	50m: 36.22	36.22	150m: 1:58.30	41.50	250m: 3:22.90	42.13	350m: 4:47.59	41.95
	100m: 1:16.80	40.58	200m: 2:40.77	42.47	300m: 4:05.64	42.74	400m: 5:28.79	41.20
12.	K pa Julia		12	H2O Bochnia		5:42.43	324	
	50m: 39.95	39.95	150m: 2:06.58	43.55	250m: 3:34.09	43.89	350m: 5:01.56	43.26
	100m: 1:23.03	43.08	200m: 2:50.20	43.62	300m: 4:18.30	44.21	400m: 5:42.43	40.87

Konkurencja 16, Kobiet, 400m dowolny

 Konkurencja 16
21/2/2026 - 18:15

Dziewcz t, 400m dowolny

 13 lat
Wyniki

Punkty: AQUA 2025

Pozycja			Rok ur.					Czas	Pkt.
1.	Kawa Kaja		13	Sokół-Mo cice Tarnów				5:02.53	470
	50m:	32.58 32.58	150m:	1:47.98 38.09	250m:	3:06.40 39.81	350m:	4:25.98 39.68	
	100m:	1:09.89 37.31	200m:	2:26.59 38.61	300m:	3:46.30 39.90	400m:	5:02.53 36.55	
2.	Wolnik Aleksandra		13	Olimpijczyk Brzesko				5:08.31	444
	50m:	34.88 34.88	150m:	1:53.69 39.87	250m:	3:13.51 39.68	350m:	4:32.35 39.36	
	100m:	1:13.82 38.94	200m:	2:33.83 40.14	300m:	3:52.99 39.48	400m:	5:08.31 35.96	
3.	Opoka Antonina		13	STP Nowy S cz				5:21.13	393
	50m:	35.25 35.25	150m:	1:55.39 40.71	250m:	3:17.75 41.49	350m:	4:41.24 41.61	
	100m:	1:14.68 39.43	200m:	2:36.26 40.87	300m:	3:59.63 41.88	400m:	5:21.13 39.89	
4.	Stradomska Aleksandra		13	Olimpijczyk Kraków				5:31.82	356
	50m:	34.52 34.52	150m:	1:59.08 43.40	250m:	3:25.16 42.94	350m:	4:52.33 43.40	
	100m:	1:15.68 41.16	200m:	2:42.22 43.14	300m:	4:08.93 43.77	400m:	5:31.82 39.49	
5.	Rudyk Evelina		13	Olimpijczyk Kraków				5:34.42	348
	50m:	36.24 36.24	150m:	2:00.30 42.88	250m:	3:27.58 44.40	350m:	4:55.04 43.99	
	100m:	1:17.42 41.18	200m:	2:43.18 42.88	300m:	4:11.05 43.47	400m:	5:34.42 39.38	
6.	Puchała Agata		13	Korona 1919 Kraków				5:36.15	343
	50m:	36.81 36.81	150m:	2:02.22 42.84	250m:	3:29.17 43.74	350m:	4:56.37 42.94	
	100m:	1:19.38 42.57	200m:	2:45.43 43.21	300m:	4:13.43 44.26	400m:	5:36.15 39.78	
7.	Mleczo Aleksandra		13	Sokół-Mo cice Tarnów				5:39.50	333
	50m:	36.42 36.42	150m:	2:02.77 43.54	250m:	3:31.81 44.89	350m:	5:00.75 45.36	
	100m:	1:19.23 42.81	200m:	2:46.92 44.15	300m:	4:15.39 43.58	400m:	5:39.50 38.75	
8.	Kobis Kamila		13	Jordan Kraków				5:42.25	325
	50m:	38.19 38.19	150m:	2:04.93 44.49	250m:	3:34.34 44.75	350m:	5:01.47 42.94	
	100m:	1:20.44 42.25	200m:	2:49.59 44.66	300m:	4:18.53 44.19	400m:	5:42.25 40.78	
9.	Chorobinska Simona		13	Plavecký klub Nový Ji ín				5:44.76	318
	50m:	39.20 39.20	150m:	2:08.33 45.01	250m:	3:36.80 44.36	350m:	5:05.16 44.21	
	100m:	1:23.32 44.12	200m:	2:52.44 44.11	300m:	4:20.95 44.15	400m:	5:44.76 39.60	
10.	Hajdo Julia		13	Sokół-Mo cice Tarnów				5:57.82	284
	50m:	40.08 40.08	150m:	2:10.74 45.62	250m:	3:43.59 46.15	350m:	5:14.85 45.18	
	100m:	1:25.12 45.04	200m:	2:57.44 46.70	300m:	4:29.67 46.08	400m:	5:57.82 42.97	
11.	Michaliszyn Martyna		13	Solne Miasto Wieliczka				6:01.13	276
	50m:	38.87 38.87	150m:	2:09.83 46.20	250m:	3:43.80 47.14	350m:	5:17.84 47.06	
	100m:	1:23.63 44.76	200m:	2:56.66 46.83	300m:	4:30.78 46.98	400m:	6:01.13 43.29	
12.	Małyniuk Magdalena		13	Korona 1919 Kraków				6:02.69	273
	50m:	39.84 39.84	150m:	2:10.79 45.54	250m:	3:44.32 46.86	350m:	5:18.53 47.12	
	100m:	1:25.25 45.41	200m:	2:57.46 46.67	300m:	4:31.41 47.09	400m:	6:02.69 44.16	
13.	Slámová Vanesa		13	Plavecký klub Nový Ji ín				6:07.22	263
	50m:	37.36 37.36	150m:	2:06.51 46.44	250m:	3:41.06 47.08	350m:	5:19.33 48.41	
	100m:	1:20.07 42.71	200m:	2:53.98 47.47	300m:	4:30.92 49.86	400m:	6:07.22 47.89	
14.	Seredy ska Lena		13	H2O Bochnia				6:12.16	252
	50m:	41.16 41.16	150m:	2:15.75 47.66	250m:	3:52.16 48.79	350m:	5:27.39 47.21	
	100m:	1:28.09 46.93	200m:	3:03.37 47.62	300m:	4:40.18 48.02	400m:	6:12.16 44.77	
15.	Janiczek Paulina		13	Jordan Kraków				6:13.86	249
	50m:	41.86 41.86	150m:	2:16.44 47.56	250m:	3:51.95 47.58	350m:	5:27.01 47.46	
	100m:	1:28.88 47.02	200m:	3:04.37 47.93	300m:	4:39.55 47.60	400m:	6:13.86 46.85	



Małopolska
swim team



Arena Grand Prix Małopolski - Sobota Pływacka
O wi cim, 21/2/2026

MAŁOPOLSKI OKRĘGOWY
ZWIĄZEK PŁYWACKI W KRAKOWIE
JUBILEUSZ 100-LECIA ★ 1926 - 2026



Konkurencja 16, Dziewcz t, 400m dowolny, 13 lat

Pozycja				Rok ur.					Czas	Pkt.		
16.	Sordyl Karolina			13	Karol Wadowice				6:16.92	243		
	50m:	38.96	38.96	150m:	2:12.91	48.47	250m:	3:52.66	50.60	350m:	5:31.82	49.73
	100m:	1:24.44	45.48	200m:	3:02.06	49.15	300m:	4:42.09	49.43	400m:	6:16.92	45.10