



PGE Grand Prix Puchar Polski  
O wi cim, 13 - 15/3/2026

Konkurencja 27  
15/3/2026 - 10:05

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Minimum Kwalifikacyjne A ME Seniorów Pary Open: 4:12.73 / Minimum Kwalifikacyjne B ME Seniorów Pary - 19: 4:15.23

Punkty: AQUA 2026

Pozycja					Rok ur.					Czas	Pkt.	
1.	Gu	Wiktorja			04	MKP Szczecin			<b>4:26.16</b>	681		
	50m:	30.74	30.74	150m:	1:37.66	33.75	250m:	2:45.61	34.00	350m:	3:53.17	33.38
	100m:	1:03.91	33.17	200m:	2:11.61	33.95	300m:	3:19.79	34.18	400m:	4:26.16	32.99
2.	Kowalska Klara			05	AZS UMCS Lublin			<b>4:26.84</b>	675			
	50m:	30.87	30.87	150m:	1:38.43	34.09	250m:	2:46.11	33.68	350m:	3:53.89	34.07
	100m:	1:04.34	33.47	200m:	2:12.43	34.00	300m:	3:19.82	33.71	400m:	4:26.84	32.95
3.	Polak Iga			09	Unia O wi cim			<b>4:26.85</b>	675			
	50m:	31.17	31.17	150m:	1:39.06	34.05	250m:	2:47.34	33.79	350m:	3:54.86	33.48
	100m:	1:05.01	33.84	200m:	2:13.55	34.49	300m:	3:21.38	34.04	400m:	4:26.85	31.99
4.	Pola ska Aleksandra			00	AZS Uniwersytetu Warszawskiego			<b>4:27.34</b>	672			
	50m:	30.79	30.79	150m:	1:37.93	33.72	250m:	2:45.91	34.07	350m:	3:54.24	34.13
	100m:	1:04.21	33.42	200m:	2:11.84	33.91	300m:	3:20.11	34.20	400m:	4:27.34	33.10
5.	Duda Natalia			10	MKP Szczecin			<b>4:31.63</b>	640			
	50m:	31.88	31.88	150m:	1:40.46	34.67	250m:	2:49.32	34.41	350m:	3:58.37	34.57
	100m:	1:05.79	33.91	200m:	2:14.91	34.45	300m:	3:23.80	34.48	400m:	4:31.63	33.26
6.	Nowak Maja			03	AZS Uniwersytetu Warszawskiego			<b>4:32.12</b>	637			
	50m:	32.03	32.03	150m:	1:40.83	34.48	250m:	2:50.11	34.59	350m:	3:59.42	34.28
	100m:	1:06.35	34.32	200m:	2:15.52	34.69	300m:	3:25.14	35.03	400m:	4:32.12	32.70
7.	Różga Nina			11	CSiR MOS D browa Grn.			<b>4:33.50</b>	627			
	50m:	30.65	30.65	150m:	1:40.11	35.33	250m:	2:49.46	34.65	350m:	3:59.56	34.47
	100m:	1:04.78	34.13	200m:	2:14.81	34.70	300m:	3:25.09	35.63	400m:	4:33.50	33.94
8.	Kondrasiuk Zofia			08	GIM 92 Ursynów Warszawa			<b>4:34.44</b>	621			
	50m:	31.41	31.41	150m:	1:40.40	34.64	250m:	2:49.95	34.49	350m:	4:00.19	35.08
	100m:	1:05.76	34.35	200m:	2:15.46	35.06	300m:	3:25.11	35.16	400m:	4:34.44	34.25
9.	Małolepsza Weronika			07	MKP Szczecin			<b>4:34.84</b>	618			
	50m:	32.05	32.05	150m:	1:40.41	34.32	250m:	2:49.60	34.33	350m:	3:59.70	35.11
	100m:	1:06.09	34.04	200m:	2:15.27	34.86	300m:	3:24.59	34.99	400m:	4:34.84	35.14
10.	Karkocha Gabriela			09	Unia O wi cim			<b>4:38.69</b>	593			
	50m:	31.28	31.28	150m:	1:40.44	34.79	250m:	2:50.66	35.28	350m:	4:02.80	36.51
	100m:	1:05.65	34.37	200m:	2:15.38	34.94	300m:	3:26.29	35.63	400m:	4:38.69	35.89
11.	Nikiel Emilia			11	Park Wodny Tarn. Góry			<b>4:40.27</b>	583			
	50m:	33.17	33.17	150m:	1:44.44	35.82	250m:	2:55.91	35.74	350m:	4:06.24	35.22
	100m:	1:08.62	35.45	200m:	2:20.17	35.73	300m:	3:31.02	35.11	400m:	4:40.27	34.03
12.	Oko Anna			09	Jedno 32 Przystowice			<b>4:40.70</b>	580			
	50m:	31.74	31.74	150m:	1:41.65	35.46	250m:	2:53.88	36.36	350m:	4:06.03	35.99
	100m:	1:06.19	34.45	200m:	2:17.52	35.87	300m:	3:30.04	36.16	400m:	4:40.70	34.67
13.	Pietuch Antonina			10	AZS AWF Warszawa			<b>4:40.79</b>	580			
	50m:	31.60	31.60	150m:	1:41.60	35.29	250m:	2:52.86	35.51	350m:	4:05.24	36.08
	100m:	1:06.31	34.71	200m:	2:17.35	35.75	300m:	3:29.16	36.30	400m:	4:40.79	35.55
14.	Kryzstof Alicja			12	Kormoran Olsztyn			<b>4:41.44</b>	576			
	50m:	32.32	32.32	150m:	1:44.32	36.41	250m:	2:56.01	35.55	350m:	4:07.32	35.42
	100m:	1:07.91	35.59	200m:	2:20.46	36.14	300m:	3:31.90	35.89	400m:	4:41.44	34.12
15.	Wieczorek Michalina			09	Unia O wi cim			<b>4:42.49</b>	569			
	50m:	32.28	32.28	150m:	1:43.15	35.79	250m:	2:55.05	35.77	350m:	4:07.32	36.02
	100m:	1:07.36	35.08	200m:	2:19.28	36.13	300m:	3:31.30	36.25	400m:	4:42.49	35.17

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Konkurencja 27, Kobiety, 400m dowolny, 14 lat i starsi

Pozycja					Rok ur.					Czas	Pkt.	
16.	Mosiakina Sofia				08	Unia O wi cim				<b>4:43.25</b>	565	
	50m:	33.04	33.04	150m:	1:44.10	35.86	250m:	2:56.72	36.34	350m:	4:08.67	35.69
	100m:	1:08.24	35.20	200m:	2:20.38	36.28	300m:	3:32.98	36.26	400m:	4:43.25	34.58
17.	Hajder Hanna				09	Delfin Toru				<b>4:44.02</b>	560	
	50m:	32.49	32.49	150m:	1:44.27	36.13	250m:	2:56.58	36.03	350m:	4:08.87	35.88
	100m:	1:08.14	35.65	200m:	2:20.55	36.28	300m:	3:32.99	36.41	400m:	4:44.02	35.15
18.	Łakoma Maria				08	SMS Galicja Kraków				<b>4:44.18</b>	559	
	50m:	31.93	31.93	150m:	1:43.19	36.24	250m:	2:56.14	36.43	350m:	4:08.24	35.28
	100m:	1:06.95	35.02	200m:	2:19.71	36.52	300m:	3:32.96	36.82	400m:	4:44.18	35.94
19.	Kokoszka Paulina				11	GIM 92 Ursynów Warszawa				<b>4:45.16</b>	553	
	50m:	31.16	31.16	150m:	1:40.55	35.33	250m:	2:53.44	36.94	350m:	4:08.05	37.20
	100m:	1:05.22	34.06	200m:	2:16.50	35.95	300m:	3:30.85	37.41	400m:	4:45.16	37.11
20.	Malarz Milena				09	Victoria Kozy				<b>4:46.19</b>	547	
	50m:	32.66	32.66	150m:	1:45.06	36.49	250m:	2:58.42	36.88	350m:	4:12.42	36.99
	100m:	1:08.57	35.91	200m:	2:21.54	36.48	300m:	3:35.43	37.01	400m:	4:46.19	33.77
21.	R czkowska Lena				12	Jedno 32 Przyszowice				<b>4:46.62</b>	545	
	50m:	33.01	33.01	150m:	1:44.17	36.08	250m:	2:56.99	36.56	350m:	4:10.91	37.28
	100m:	1:08.09	35.08	200m:	2:20.43	36.26	300m:	3:33.63	36.64	400m:	4:46.62	35.71
22.	Ró nicka Aleksandra				11	Harpun Osiecznica				<b>4:47.65</b>	539	
	50m:	31.62	31.62	150m:	1:44.02	36.70	250m:	2:58.76	37.51	350m:	4:13.30	37.14
	100m:	1:07.32	35.70	200m:	2:21.25	37.23	300m:	3:36.16	37.40	400m:	4:47.65	34.35
23.	Połe Oliwia				09	CKS-SMS Szczecin				<b>4:49.75</b>	527	
	50m:	32.96	32.96	150m:	1:45.96	36.79	250m:	2:59.48	36.99	350m:	4:13.58	36.98
	100m:	1:09.17	36.21	200m:	2:22.49	36.53	300m:	3:36.60	37.12	400m:	4:49.75	36.17
24.	Rychter Zofia				10	Park Wodny Tarn. Góry				<b>4:49.77</b>	527	
	50m:	33.30	33.30	150m:	1:46.59	36.99	250m:	3:00.53	36.75	350m:	4:14.04	36.90
	100m:	1:09.60	36.30	200m:	2:23.78	37.19	300m:	3:37.14	36.61	400m:	4:49.77	35.73
25.	Kiszczak Olga				09	Unia O wi cim				<b>4:49.87</b>	527	
	50m:	31.94	31.94	150m:	1:44.27	36.78	250m:	2:59.62	37.91	350m:	4:14.10	36.90
	100m:	1:07.49	35.55	200m:	2:21.71	37.44	300m:	3:37.20	37.58	400m:	4:49.87	35.77
26.	Wiernicka Julia				07	SMS Galicja Kraków				<b>4:49.99</b>	526	
	50m:	32.27	32.27	150m:	1:43.79	36.16	250m:	2:58.16	37.31	350m:	4:13.18	37.33
	100m:	1:07.63	35.36	200m:	2:20.85	37.06	300m:	3:35.85	37.69	400m:	4:49.99	36.81
27.	Maik Victoria				09	Manta Kochłowice Ruda I.				<b>4:50.03</b>	526	
	50m:	32.80	32.80	150m:	1:45.27	36.71	250m:	3:00.02	37.59	350m:	4:15.13	37.31
	100m:	1:08.56	35.76	200m:	2:22.43	37.16	300m:	3:37.82	37.80	400m:	4:50.03	34.90
28.	Fartuszy ska Weronika				08	Juwenia Wrocław				<b>4:50.46</b>	524	
	50m:	32.99	32.99	150m:	1:45.41	36.63	250m:	2:58.87	36.50	350m:	4:14.03	36.88
	100m:	1:08.78	35.79	200m:	2:22.37	36.96	300m:	3:37.15	38.28	400m:	4:50.46	36.43
29.	Adamska Nika				11	MKP Szczecin				<b>4:50.64</b>	523	
	50m:	33.94	33.94	150m:	1:46.88	36.76	250m:	3:00.94	37.15	350m:	4:14.97	36.66
	100m:	1:10.12	36.18	200m:	2:23.79	36.91	300m:	3:38.31	37.37	400m:	4:50.64	35.67
30.	Kaniewska Lena				11	Warszawianka- Wodny Park				<b>4:52.26</b>	514	
	50m:	33.79	33.79	150m:	1:48.94	37.54	250m:	3:02.62	36.57	350m:	4:16.37	35.93
	100m:	1:11.40	37.61	200m:	2:26.05	37.11	300m:	3:40.44	37.82	400m:	4:52.26	35.89
31.	Mikuła Maria				12	Solne Miasto Wieliczka				<b>4:52.55</b>	512	
	50m:	31.59	31.59	150m:	1:46.81	38.24	250m:	3:03.66	38.70	350m:	4:19.55	37.92
	100m:	1:08.57	36.98	200m:	2:24.96	38.15	300m:	3:41.63	37.97	400m:	4:52.55	33.00
32.	G ska Paulina				09	SMS Kapry Pruszków				<b>4:54.02</b>	505	
	50m:	33.96	33.96	150m:	1:48.26	37.36	250m:	3:03.36	37.62	350m:	4:17.89	36.88
	100m:	1:10.90	36.94	200m:	2:25.74	37.48	300m:	3:41.01	37.65	400m:	4:54.02	36.13

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Pozycja			Rok ur.					Czas	Pkt.
33.	Cybulska Lena		12	Dragon Sosnowiec				<b>4:54.15</b>	504
	50m:	32.83 32.83	150m:	1:47.35 37.58	250m:	3:03.10 37.68	350m:	4:18.69 37.42	
	100m:	1:09.77 36.94	200m:	2:25.42 38.07	300m:	3:41.27 38.17	400m:	4:54.15 35.46	
34.	Lipi ska Natalia		10	Delfin Toru				<b>4:55.12</b>	499
	50m:	33.03 33.03	150m:	1:46.95 37.20	250m:	3:03.08 37.61	350m:	4:18.69 37.44	
	100m:	1:09.75 36.72	200m:	2:25.47 38.52	300m:	3:41.25 38.17	400m:	4:55.12 36.43	
35.	Długopolska Nikola		09	SMS Galicja Kraków				<b>4:55.20</b>	499
	50m:	32.65 32.65	150m:	1:45.75 37.22	250m:	3:00.82 37.62	350m:	4:17.77 38.78	
	100m:	1:08.53 35.88	200m:	2:23.20 37.45	300m:	3:38.99 38.17	400m:	4:55.20 37.43	
36.	B tkowska Emilia		11	CKiS Skawina				<b>4:55.67</b>	496
	50m:	32.09 32.09	150m:	1:46.13 37.91	250m:	3:02.91 38.66	350m:	4:19.74 38.06	
	100m:	1:08.22 36.13	200m:	2:24.25 38.12	300m:	3:41.68 38.77	400m:	4:55.67 35.93	
37.	Chmiel Zuzanna		08	Olimpijczyk Kraków				<b>4:56.82</b>	491
	50m:	33.21 33.21	150m:	1:48.88 37.99	250m:	3:05.72 38.42	350m:	4:21.90 37.50	
	100m:	1:10.89 37.68	200m:	2:27.30 38.42	300m:	3:44.40 38.68	400m:	4:56.82 34.92	
38.	Wilczy ska Martyna		08	Olimpijczyk Kraków				<b>4:57.62</b>	487
	50m:	33.73 33.73	150m:	1:49.11 38.53	250m:	3:06.27 38.54	350m:	4:22.97 38.15	
	100m:	1:10.58 36.85	200m:	2:27.73 38.62	300m:	3:44.82 38.55	400m:	4:57.62 34.65	
39.	Pi tkiewicz Martyna		11	CSiR MOS D browa Grn.				<b>4:57.87</b>	485
	50m:	33.09 33.09	150m:	1:47.13 37.68	250m:	3:03.23 38.19	350m:	4:20.03 38.39	
	100m:	1:09.45 36.36	200m:	2:25.04 37.91	300m:	3:41.64 38.41	400m:	4:57.87 37.84	
40.	Socha Małgorzata		12	CSiR MOS D browa Grn.				<b>4:58.85</b>	481
	50m:	33.03 33.03	150m:	1:48.39 38.23	250m:	3:04.96 38.40	350m:	4:21.97 38.20	
	100m:	1:10.16 37.13	200m:	2:26.56 38.17	300m:	3:43.77 38.81	400m:	4:58.85 36.88	
41.	Duda Katarzyna		09	Victoria Kozy				<b>4:58.87</b>	481
	50m:	33.74 33.74	150m:	1:50.04 38.51	250m:	3:06.43 38.09	350m:	4:22.63 38.03	
	100m:	1:11.53 37.79	200m:	2:28.34 38.30	300m:	3:44.60 38.17	400m:	4:58.87 36.24	
42.	Szotek Isabella		10	SMS Kapry Pruszków				<b>4:59.51</b>	477
	50m:	34.10 34.10	150m:	1:50.21 38.73	250m:	3:07.95 39.01	350m:	4:24.72 38.52	
	100m:	1:11.48 37.38	200m:	2:28.94 38.73	300m:	3:46.20 38.25	400m:	4:59.51 34.79	
43.	Trafalska Zuzanna		07	UKS 190 Łód				<b>5:00.41</b>	473
	50m:	33.24 33.24	150m:	1:46.07 36.75	250m:	3:02.77 38.49	350m:	4:21.34 39.68	
	100m:	1:09.32 36.08	200m:	2:24.28 38.21	300m:	3:41.66 38.89	400m:	5:00.41 39.07	
44.	Dorociak Natalia		12	Korona 1919 Kraków				<b>5:00.83</b>	471
	50m:	34.13 34.13	150m:	1:50.32 38.12	250m:	3:07.43 38.23	350m:	4:23.88 38.07	
	100m:	1:12.20 38.07	200m:	2:29.20 38.88	300m:	3:45.81 38.38	400m:	5:00.83 36.95	
45.	Fro Kinga		11	Victoria Kozy				<b>5:01.21</b>	469
	50m:	33.27 33.27	150m:	1:47.37 37.87	250m:	3:04.66 39.09	350m:	4:23.32 39.61	
	100m:	1:09.50 36.23	200m:	2:25.57 38.20	300m:	3:43.71 39.05	400m:	5:01.21 37.89	
46.	Sacha Paulina		10	Nika Sport Team Kraków				<b>5:01.27</b>	469
	50m:	34.33 34.33	150m:	1:50.10 38.44	250m:	3:08.01 39.15	350m:	4:25.26 38.57	
	100m:	1:11.66 37.33	200m:	2:28.86 38.76	300m:	3:46.69 38.68	400m:	5:01.27 36.01	
47.	Nosol Paulina		11	AZS Politechniki Opolskiej				<b>5:01.89</b>	466
	50m:	32.78 32.78	150m:	1:48.44 38.46	250m:	3:06.00 39.15	350m:	4:23.61 39.00	
	100m:	1:09.98 37.20	200m:	2:26.85 38.41	300m:	3:44.61 38.61	400m:	5:01.89 38.28	
48.	Iusarczyk Hanna		11	CKS-SMS Szczecin				<b>5:03.20</b>	460
	50m:	34.21 34.21	150m:	1:52.68 39.68	250m:	3:11.41 39.41	350m:	4:27.88 37.78	
	100m:	1:13.00 38.79	200m:	2:32.00 39.32	300m:	3:50.10 38.69	400m:	5:03.20 35.32	
49.	Gaca Izabela		10	Swim Team MOSiR K dzierzyn-K.				<b>5:04.20</b>	456
	50m:	33.85 33.85	150m:	1:49.97 38.86	250m:	3:08.30 39.58	350m:	4:26.78 39.53	
	100m:	1:11.11 37.26	200m:	2:28.72 38.75	300m:	3:47.25 38.95	400m:	5:04.20 37.42	

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Pozycja			Rok ur.					Czas	Pkt.
50.	ymelka Antonina		12	Jedno	32 Przyszowice			<b>5:06.37</b>	446
	50m:	34.56 34.56	150m:	1:50.94	39.21	250m:	3:10.59 39.65	350m:	4:29.33 38.45
	100m:	1:11.73 37.17	200m:	2:30.94	40.00	300m:	3:50.88 40.29	400m:	5:06.37 37.04
51.	Hus Nikola		11	Olimpijczyk Kraków				<b>5:06.53</b>	445
	50m:	35.11 35.11	150m:	1:53.20	39.23	250m:	3:11.41 39.35	350m:	4:28.35 37.57
	100m:	1:13.97 38.86	200m:	2:32.06	38.86	300m:	3:50.78 39.37	400m:	5:06.53 38.18
52.	Kosmaty Julita		09	Victoria Kozy				<b>5:06.84</b>	444
	50m:	34.45 34.45	150m:	1:51.09	39.15	250m:	3:11.37 40.17	350m:	4:30.34 39.96
	100m:	1:11.94 37.49	200m:	2:31.20	40.11	300m:	3:50.38 39.01	400m:	5:06.84 36.50
53.	Łysiuk Lidia		11	GIM 92 Ursynów Warszawa				<b>5:07.19</b>	443
	50m:	33.99 33.99	150m:	1:39.06	27.66	250m:	3:09.42 40.17	350m:	4:28.69 39.69
	100m:	1:11.40 37.41	200m:	2:29.25	50.19	300m:	3:49.00 39.58	400m:	5:07.19 38.50
54.	Bysiec Jagoda		11	CSiR MOS D browa Grn.				<b>5:07.24</b>	442
	50m:	33.89 33.89	150m:	1:50.83	39.37	250m:	3:10.83 39.90	350m:	4:30.61 39.84
	100m:	1:11.46 37.57	200m:	2:30.93	40.10	300m:	3:50.77 39.94	400m:	5:07.24 36.63
55.	Gos Maja		10	SMS Galicja Kraków				<b>5:08.34</b>	438
	50m:	34.65 34.65	150m:	1:52.32	39.16	250m:	3:11.21	350m:	4:29.81 39.12
	100m:	1:13.16 38.51	200m:			300m:	3:50.69 39.48	400m:	5:08.34 38.53
56.	Pi tek Maja		10	Górnik Sosnowiec				<b>5:10.59</b>	428
	50m:	34.19 34.19	150m:	1:53.02	40.15	250m:	3:12.53 40.03	350m:	4:31.99 40.13
	100m:	1:12.87 38.68	200m:	2:32.50	39.48	300m:	3:51.86 39.33	400m:	5:10.59 38.60
57.	Mydłowska Roxana		10	Nawa Skierniewice				<b>5:12.26</b>	421
	50m:	34.73 34.73	150m:	1:53.65	40.09	250m:	3:14.81 41.24	350m:	4:35.71 39.31
	100m:	1:13.56 38.83	200m:	2:33.57	39.92	300m:	3:56.40 41.59	400m:	5:12.26 36.55
58.	Mielech Magdalena		08	Olimpijczyk Kraków				<b>5:13.17</b>	418
	50m:	35.02 35.02	150m:	1:52.09	38.15	250m:	3:14.73	350m:	4:35.16 40.18
	100m:	1:13.94 38.92	200m:			300m:	3:54.98 40.25	400m:	5:13.17 38.01
59.	Cielniaszek Natasza		12	CSiR MOS D browa Grn.				<b>5:13.92</b>	415
	50m:	34.45 34.45	150m:	1:54.79	40.93	250m:	3:16.14 41.02	350m:	4:36.11 40.00
	100m:	1:13.86 39.41	200m:	2:35.12	40.33	300m:	3:56.11 39.97	400m:	5:13.92 37.81
60.	Le niowska Małgorzata		11	Olimpijczyk Kraków				<b>5:19.15</b>	395
	50m:	35.37 35.37	150m:	1:56.51	41.47	250m:	3:18.49 41.32	350m:	4:40.31 41.00
	100m:	1:15.04 39.67	200m:	2:37.17	40.66	300m:	3:59.31 40.82	400m:	5:19.15 38.84
61.	Milbrant Jagoda		10	Unia O wi cim				<b>5:31.60</b>	352
	50m:	37.65 37.65	150m:	1:59.41	41.69	250m:	3:25.17 43.17	350m:	4:50.34 42.31
	100m:	1:17.72 40.07	200m:	2:42.00	42.59	300m:	4:08.03 42.86	400m:	5:31.60 41.26
62.	Galewska Isabella		12	Kormoran Olsztyn				<b>5:34.68</b>	342
	50m:	37.26 37.26	150m:	2:04.86	44.21	250m:	3:30.64 42.47	350m:	4:58.27 43.57
	100m:	1:20.65 43.39	200m:	2:48.17	43.31	300m:	4:14.70 44.06	400m:	5:34.68 36.41
63.	Pokrywka Zuzanna		12	Solne Miasto Wieliczka				<b>5:42.81</b>	318
	50m:	38.70 38.70	150m:	2:06.48	43.74	250m:	3:35.30 44.64	350m:	5:00.35 42.04
	100m:	1:22.74 44.04	200m:	2:50.66	44.18	300m:	4:18.31 43.01	400m:	5:42.81 42.46