



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

Konkurencja 3  
13/3/2026 - 17:57

Kobiet, 400m zmienny

14 lat i starsi  
Wyniki

Minimum Kwalifikacyjne A MEJ Seniorów Pary Oper: 4:45.89 / Minimum Kwalifikacyjne B MEJ Seniorów Pary - 19: 4:48.72

Punkty: AQUA 2026

Pozycja	Rok ur.	Czas Pkt.	100m	200m	300m	400m	
1. Knop Aleksandra	03 UKS 190 Łód	<b>4:47.58</b> 770	1:03.91	1:12.05	1:26.11	1:05.51	
50m: 30.10	30.10	150m: 1:40.40	36.49	250m: 2:58.67	42.71	350m: 4:15.19	33.12
100m: 1:03.91	33.81	200m: 2:15.96	35.56	300m: 3:42.07	43.40	400m: 4:47.58	32.39
2. Gu Wiktoria	04 MKP Szczecin	<b>5:01.78</b> 666	1:08.00	1:17.86	1:26.16	1:09.76	
50m: 31.43	31.43	150m: 1:47.68	39.68	250m: 3:08.16	42.30	350m: 4:27.63	35.61
100m: 1:08.00	36.57	200m: 2:25.86	38.18	300m: 3:52.02	43.86	400m: 5:01.78	34.15
3. Gli ska Oliwia	07 TP Zielona Góra	<b>5:08.41</b> 624	1:10.90	1:15.77	1:29.98	1:11.76	
50m: 33.31	33.31	150m: 1:49.53	38.63	250m: 3:12.15	45.48	350m: 4:32.92	36.27
100m: 1:10.90	37.59	200m: 2:26.67	37.14	300m: 3:56.65	44.50	400m: 5:08.41	35.49
4. Sulak Antonina	06 AZS AWF Katowice	<b>5:10.91</b> 609	1:09.78	1:19.20	1:28.26	1:13.67	
50m: 32.76	32.76	150m: 1:50.76	40.98	250m: 3:13.63	44.65	350m: 4:35.37	38.13
100m: 1:09.78	37.02	200m: 2:28.98	38.22	300m: 3:57.24	43.61	400m: 5:10.91	35.54
5. Kulka Milena	11 CSiR MOS D browa Grn.	<b>5:14.99</b> 586	1:11.26	1:22.35	1:30.30	1:11.08	
50m: 32.64	32.64	150m: 1:52.92	41.66	250m: 3:18.71	45.10	350m: 4:40.76	36.85
100m: 1:11.26	38.62	200m: 2:33.61	40.69	300m: 4:03.91	45.20	400m: 5:14.99	34.23
6. Kokoszka Paulina	11 GIM 92 Ursynów Warszawa	<b>5:16.46</b> 578	1:11.55	1:22.94	1:32.93	1:09.04	
50m: 32.62	32.62	150m: 1:54.02	42.47	250m: 3:19.86	45.37	350m: 4:42.41	34.99
100m: 1:11.55	38.93	200m: 2:34.49	40.47	300m: 4:07.42	47.56	400m: 5:16.46	34.05
7. Kacer Maria	12 BOSiR Brzesko	<b>5:18.37</b> 567	1:09.76	1:24.88	1:33.55	1:10.18	
50m: 32.74	32.74	150m: 1:52.62	42.86	250m: 3:21.08	46.44	350m: 4:44.30	36.11
100m: 1:09.76	37.02	200m: 2:34.64	42.02	300m: 4:08.19	47.11	400m: 5:18.37	34.07
8. Kowalska-Fr czyk Zofia	10 GIM 92 Ursynów Warszawa	<b>5:19.93</b> 559	1:08.81	1:19.04	1:37.61	1:14.47	
50m: 31.80	31.80	150m: 1:48.71	39.90	250m: 3:17.24	49.39	350m: 4:43.76	38.30
100m: 1:08.81	37.01	200m: 2:27.85	39.14	300m: 4:05.46	48.22	400m: 5:19.93	36.17
9. Skrzypczak Natalia	07 Akademia SMS Racibórz	<b>5:20.29</b> 557	1:11.82	1:23.59	1:30.02	1:14.86	
50m: 33.21	33.21	150m: 1:54.35	42.53	250m: 3:20.76	45.35	350m: 4:43.68	38.25
100m: 1:11.82	38.61	200m: 2:35.41	41.06	300m: 4:05.43	44.67	400m: 5:20.29	36.61
10. Balcerzak Barbara	10 Delfin Kozenice	<b>5:24.91</b> 534	1:09.83	1:24.15	1:36.85	1:14.08	
50m: 32.55	32.55	150m: 1:52.35	42.52	250m: 3:22.59	48.61	350m: 4:48.94	38.11
100m: 1:09.83	37.28	200m: 2:33.98	41.63	300m: 4:10.83	48.24	400m: 5:24.91	35.97
11. Rozwadowska Karolina	09 Trójka Łód	<b>5:28.38</b> 517	1:15.44	1:27.53	1:29.80	1:15.61	
50m: 34.61	34.61	150m: 2:00.26	44.82	250m: 3:27.62	44.65	350m: 4:51.81	39.04
100m: 1:15.44	40.83	200m: 2:42.97	42.71	300m: 4:12.77	45.15	400m: 5:28.38	36.57
12. Chałupka Amelia	09 MKS Piaseczno	<b>5:28.59</b> 516	1:14.58	1:25.30	1:34.00	1:14.71	
50m: 34.06	34.06	150m: 1:57.94	43.36	250m: 3:27.04	47.16	350m: 4:52.74	38.86
100m: 1:14.58	40.52	200m: 2:39.88	41.94	300m: 4:13.88	46.84	400m: 5:28.59	35.85
13. Bartniczak Julia	12 MOSM Tychy	<b>5:30.76</b> 506	1:10.76	1:32.12	1:33.17	1:14.71	
50m: 32.26	32.26	150m: 1:57.70	46.94	250m: 3:29.09	46.21	350m: 4:54.52	38.47
100m: 1:10.76	38.50	200m: 2:42.88	45.18	300m: 4:16.05	46.96	400m: 5:30.76	36.24
14. Baniak Pola	09 BOSiR Brzesko	<b>5:36.13</b> 482	1:18.10	1:29.80	1:30.75	1:17.48	
50m: 34.73	34.73	150m: 2:03.86	45.76	250m: 3:33.02	45.12	350m: 4:58.04	39.39
100m: 1:18.10	43.37	200m: 2:47.90	44.04	300m: 4:18.65	45.63	400m: 5:36.13	38.09
15. Maik Maja	10 Manta Kochłowice Ruda	<b>5:39.71</b> 467	1:09.98	1:28.49	1:44.30	1:16.94	
50m: 31.83	31.83	150m: 1:54.86	44.88	250m: 3:30.55	52.08	350m: 5:01.98	39.21
100m: 1:09.98	38.15	200m: 2:38.47	43.61	300m: 4:22.77	52.22	400m: 5:39.71	37.73
16. Gubała Justyna	09 Solne Miasto Wieliczka	<b>5:40.58</b> 463	1:15.00	1:23.47	1:41.30	1:20.81	
50m: 33.91	33.91	150m: 1:56.52	41.52	250m: 3:29.26	50.79	350m: 5:00.21	40.44
100m: 1:15.00	41.09	200m: 2:38.47	41.95	300m: 4:19.77	50.51	400m: 5:40.58	40.37
17. Skubis Weronika	12 Omega Olkusz	<b>5:40.93</b> 462	1:22.41	1:29.74	1:32.28	1:16.50	
50m: 34.48	34.48	150m: 2:07.41	45.00	250m: 3:38.32	46.17	350m: 5:05.85	41.42
100m: 1:22.41	47.93	200m: 2:52.15	44.74	300m: 4:24.43	46.11	400m: 5:40.93	35.08
18. Blukacz Pola	12 Orka Cz stochowa	<b>5:43.03</b> 454	1:13.36	1:33.50	1:36.59	1:19.58	
50m: 33.52	33.52	150m: 2:00.77	47.41	250m: 3:35.52	48.66	350m: 5:04.66	41.21
100m: 1:13.36	39.84	200m: 2:46.86	46.09	300m: 4:23.45	47.93	400m: 5:43.03	38.37



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

Konkurencja 3, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
19. Sado Jagoda	11 Unia O wi cim	<b>5:43.70</b>	451	1:19.48	1:19.68	1:45.06	1:19.48
50m: 35.88	35.88	150m: 2:00.09	40.61	250m: 3:32.38	53.22	350m: 5:04.69	40.47
100m: 1:19.48	43.60	200m: 2:39.16	39.07	300m: 4:24.22	51.84	400m: 5:43.70	39.01
20. Toporczyk Zuzanna	12 Ósemka O wi cim	<b>5:57.60</b>	400	1:13.63	1:37.50	1:43.08	1:23.39
50m: 33.61	33.61	150m: 2:04.25	50.62	250m: 3:42.14	51.01	350m: 5:16.76	42.55
100m: 1:13.63	40.02	200m: 2:51.13	46.88	300m: 4:34.21	52.07	400m: 5:57.60	40.84
21. Sittek Aleksandra	08 Sikret Gliwice	<b>6:00.74</b>	390	1:16.33	1:34.34	1:44.78	1:25.29
50m: 34.45	34.45	150m: 2:04.27	47.94	250m: 3:44.36	53.69	350m: 5:18.73	43.28
100m: 1:16.33	41.88	200m: 2:50.67	46.40	300m: 4:35.45	51.09	400m: 6:00.74	42.01
22. Czapczy ska Zofia	08 Olimpijczyk Kraków	<b>6:03.23</b>	382	1:20.91	1:37.73	1:40.80	1:23.79
50m: 36.81	36.81	150m: 2:10.09	49.18	250m: 3:48.75	50.11	350m: 5:22.84	43.40
100m: 1:20.91	44.10	200m: 2:58.64	48.55	300m: 4:39.44	50.69	400m: 6:03.23	40.39
23. Bro ek Milena	10 Wodnik 29 Tychy	<b>6:07.80</b>	368	1:25.62	1:32.41	1:45.47	1:24.30
50m: 38.58	38.58	150m: 2:12.18	46.56	250m: 3:50.48	52.45	350m: 5:26.09	42.59
100m: 1:25.62	47.04	200m: 2:58.03	45.85	300m: 4:43.50	53.02	400m: 6:07.80	41.71

Konkurencja 3  
13/3/2026 - 17:57

Dziewcz t, 400m zmienny

14 - 18 lat  
Wyniki

Minimum Kwalifikacyjne A MEJ Seniorów Pary Oper: 4:45.89 / Minimum Kwalifikacyjne B MEJ Seniorów Pary - 19: 4:48.72

Punkty: AQUA 2026

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
1. Kulka Milena	11 CSiR MOS D browa Grn.	<b>5:14.99</b>	586	1:11.26	1:22.35	1:30.30	1:11.08
50m: 32.64	32.64	150m: 1:52.92	41.66	250m: 3:18.71	45.10	350m: 4:40.76	36.85
100m: 1:11.26	38.62	200m: 2:33.61	40.69	300m: 4:03.91	45.20	400m: 5:14.99	34.23
2. Kokoszka Paulina	11 GIM 92 Ursynów Warszawa	<b>5:16.46</b>	578	1:11.55	1:22.94	1:32.93	1:09.04
50m: 32.62	32.62	150m: 1:54.02	42.47	250m: 3:19.86	45.37	350m: 4:42.41	34.99
100m: 1:11.55	38.93	200m: 2:34.49	40.47	300m: 4:07.42	47.56	400m: 5:16.46	34.05
3. Kacer Maria	12 BOSiR Brzesko	<b>5:18.37</b>	567	1:09.76	1:24.88	1:33.55	1:10.18
50m: 32.74	32.74	150m: 1:52.62	42.86	250m: 3:21.08	46.44	350m: 4:44.30	36.11
100m: 1:09.76	37.02	200m: 2:34.64	42.02	300m: 4:08.19	47.11	400m: 5:18.37	34.07
4. Kowalska-Fr czyk Zofia	10 GIM 92 Ursynów Warszawa	<b>5:19.93</b>	559	1:08.81	1:19.04	1:37.61	1:14.47
50m: 31.80	31.80	150m: 1:48.71	39.90	250m: 3:17.24	49.39	350m: 4:43.76	38.30
100m: 1:08.81	37.01	200m: 2:27.85	39.14	300m: 4:05.46	48.22	400m: 5:19.93	36.17
5. Balcerzak Barbara	10 Delfin Kozienice	<b>5:24.91</b>	534	1:09.83	1:24.15	1:36.85	1:14.08
50m: 32.55	32.55	150m: 1:52.35	42.52	250m: 3:22.59	48.61	350m: 4:48.94	38.11
100m: 1:09.83	37.28	200m: 2:33.98	41.63	300m: 4:10.83	48.24	400m: 5:24.91	35.97
6. Rozwadowska Karolina	09 Trójka Łód	<b>5:28.38</b>	517	1:15.44	1:27.53	1:29.80	1:15.61
50m: 34.61	34.61	150m: 2:00.26	44.82	250m: 3:27.62	44.65	350m: 4:51.81	39.04
100m: 1:15.44	40.83	200m: 2:42.97	42.71	300m: 4:12.77	45.15	400m: 5:28.38	36.57
7. Chałupka Amelia	09 MKS Piaseczno	<b>5:28.59</b>	516	1:14.58	1:25.30	1:34.00	1:14.71
50m: 34.06	34.06	150m: 1:57.94	43.36	250m: 3:27.04	47.16	350m: 4:52.74	38.86
100m: 1:14.58	40.52	200m: 2:39.88	41.94	300m: 4:13.88	46.84	400m: 5:28.59	35.85
8. Bartniczak Julia	12 MOSM Tychy	<b>5:30.76</b>	506	1:10.76	1:32.12	1:33.17	1:14.71
50m: 32.26	32.26	150m: 1:57.70	46.94	250m: 3:29.09	46.21	350m: 4:54.52	38.47
100m: 1:10.76	38.50	200m: 2:42.88	45.18	300m: 4:16.05	46.96	400m: 5:30.76	36.24
9. Baniak Pola	09 BOSiR Brzesko	<b>5:36.13</b>	482	1:18.10	1:29.80	1:30.75	1:17.48
50m: 34.73	34.73	150m: 2:03.86	45.76	250m: 3:33.02	45.12	350m: 4:58.04	39.39
100m: 1:18.10	43.37	200m: 2:47.90	44.04	300m: 4:18.65	45.63	400m: 5:36.13	38.09
10. Maik Maja	10 Manta Kochłowice Ruda	<b>5:39.71</b>	467	1:09.98	1:28.49	1:44.30	1:16.94
50m: 31.83	31.83	150m: 1:54.86	44.88	250m: 3:30.55	52.08	350m: 5:01.98	39.21
100m: 1:09.98	38.15	200m: 2:38.47	43.61	300m: 4:22.77	52.22	400m: 5:39.71	37.73
11. Gubała Justyna	09 Solne Miasto Wieliczka	<b>5:40.58</b>	463	1:15.00	1:23.47	1:41.30	1:20.81
50m: 33.91	33.91	150m: 1:56.52	41.52	250m: 3:29.26	50.79	350m: 5:00.21	40.44
100m: 1:15.00	41.09	200m: 2:38.47	41.95	300m: 4:19.77	50.51	400m: 5:40.58	40.37



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

Konkurencja 3, Dziewcz t, 400m zmienny, 14 - 18 lat

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
12. Skubis Weronika	12	<b>5:40.93</b>	462	1:22.41	1:29.74	1:32.28	1:16.50
50m: 34.48	34.48	150m: 2:07.41	45.00	250m: 3:38.32	46.17	350m: 5:05.85	41.42
100m: 1:22.41	47.93	200m: 2:52.15	44.74	300m: 4:24.43	46.11	400m: 5:40.93	35.08
13. Blukacz Pola	12	<b>5:43.03</b>	454	1:13.36	1:33.50	1:36.59	1:19.58
50m: 33.52	33.52	150m: 2:00.77	47.41	250m: 3:35.52	48.66	350m: 5:04.66	41.21
100m: 1:13.36	39.84	200m: 2:46.86	46.09	300m: 4:23.45	47.93	400m: 5:43.03	38.37
14. Sado Jagoda	11	<b>5:43.70</b>	451	1:19.48	1:19.68	1:45.06	1:19.48
50m: 35.88	35.88	150m: 2:00.09	40.61	250m: 3:32.38	53.22	350m: 5:04.69	40.47
100m: 1:19.48	43.60	200m: 2:39.16	39.07	300m: 4:24.22	51.84	400m: 5:43.70	39.01
15. Toporczyk Zuzanna	12	<b>5:57.60</b>	400	1:13.63	1:37.50	1:43.08	1:23.39
50m: 33.61	33.61	150m: 2:04.25	50.62	250m: 3:42.14	51.01	350m: 5:16.76	42.55
100m: 1:13.63	40.02	200m: 2:51.13	46.88	300m: 4:34.21	52.07	400m: 5:57.60	40.84
16. Sittek Aleksandra	08	<b>6:00.74</b>	390	1:16.33	1:34.34	1:44.78	1:25.29
50m: 34.45	34.45	150m: 2:04.27	47.94	250m: 3:44.36	53.69	350m: 5:18.73	43.28
100m: 1:16.33	41.88	200m: 2:50.67	46.40	300m: 4:35.45	51.09	400m: 6:00.74	42.01
17. Czapczy ska Zofia	08	<b>6:03.23</b>	382	1:20.91	1:37.73	1:40.80	1:23.79
50m: 36.81	36.81	150m: 2:10.09	49.18	250m: 3:48.75	50.11	350m: 5:22.84	43.40
100m: 1:20.91	44.10	200m: 2:58.64	48.55	300m: 4:39.44	50.69	400m: 6:03.23	40.39
18. Bro ek Milena	10	<b>6:07.80</b>	368	1:25.62	1:32.41	1:45.47	1:24.30
50m: 38.58	38.58	150m: 2:12.18	46.56	250m: 3:50.48	52.45	350m: 5:26.09	42.59
100m: 1:25.62	47.04	200m: 2:58.03	45.85	300m: 4:43.50	53.02	400m: 6:07.80	41.71