

Konkurencja 3
 9/5/2026 - 8:41

Kobiet, 400m zmienny

 13 lat i starsi
 Wyniki

Punkty: AQUA 2026

Pozycja			Rok ur.					Czas	Pkt.
13 lat i starsi									
1.	Wnuk Jessika		08	Juvenia Wrocław			5:14.17	591	
	50m: 32.13	32.13	150m: 1:51.43	41.65	250m: 3:17.36	45.53	350m: 4:39.55	36.32	
	100m: 1:09.78	37.65	200m: 2:31.83	40.40	300m: 4:03.23	45.87	400m: 5:14.17	34.62	
2.	Kacer Maria		12	BOSiR Brzesko			5:15.88	581	
	50m: 32.82	32.82	150m: 1:53.12	42.93	250m: 3:21.26	46.39	350m: 4:42.31	35.06	
	100m: 1:10.19	37.37	200m: 2:34.87	41.75	300m: 4:07.25	45.99	400m: 5:15.88	33.57	
3.	Sulak Antonina		06	AZS AWF Katowice			5:17.50	572	
	50m: 34.45	34.45	150m: 1:55.42	41.98	250m: 3:20.58	45.59	350m: 4:41.73	36.51	
	100m: 1:13.44	38.99	200m: 2:34.99	39.57	300m: 4:05.22	44.64	400m: 5:17.50	35.77	
4.	Ko lak Hanna		10	Juvenia Wrocław			5:21.43	551	
	50m: 33.82	33.82	150m: 1:56.48	43.31	250m: 3:23.12	45.02	350m: 4:44.32	37.85	
	100m: 1:13.17	39.35	200m: 2:38.10	41.62	300m: 4:06.47	43.35	400m: 5:21.43	37.11	
5.	Rachwał Olga		10	SMS Galicja Kraków			5:22.16	548	
	50m:		150m: 1:53.53		250m: 3:22.85	44.96	350m: 4:39.23	29.70	
	100m:		200m: 2:37.89	44.36	300m: 4:09.53	46.68	400m: 5:22.16	42.93	
6.	Malarz Milena		09	Victoria Kozy			5:22.62	545	
	50m: 33.30	33.30	150m: 1:54.86	42.57	250m: 3:23.18	46.82	350m: 4:47.84	37.05	
	100m: 1:12.29	38.99	200m: 2:36.36	41.50	300m: 4:10.79	47.61	400m: 5:22.62	34.78	
7.	W s Amelia		12	Olimpijczyk Brzesko			5:23.29	542	
	50m: 35.00	35.00	150m: 1:58.19	43.13	250m: 3:24.86	44.86	350m: 4:46.91	36.85	
	100m: 1:15.06	40.06	200m: 2:40.00	41.81	300m: 4:10.06	45.20	400m: 5:23.29	36.38	
8.	Maj Zuzanna		11	KSZO Ostrowiec w.			5:25.80	529	
	50m: 34.26	34.26	150m: 1:58.08	43.22	250m: 3:26.35	47.04	350m: 4:49.99	37.16	
	100m: 1:14.86	40.60	200m: 2:39.31	41.23	300m: 4:12.83	46.48	400m: 5:25.80	35.81	
9.	Zaworska Zofia		13	CSiR MOS D browa Grn.			5:31.21	504	
	50m: 34.31	34.31	150m: 1:58.90	43.61	250m: 3:28.72	47.47	350m: 4:54.92	38.53	
	100m: 1:15.29	40.98	200m: 2:41.25	42.35	300m: 4:16.39	47.67	400m: 5:31.21	36.29	
10.	Baniak Pola		09	BOSiR Brzesko			5:33.01	496	
	50m: 34.73	34.73	150m: 2:02.68	45.49	250m: 3:30.88	44.96	350m: 4:55.48	39.28	
	100m: 1:17.19	42.46	200m: 2:45.92	43.24	300m: 4:16.20	45.32	400m: 5:33.01	37.53	
11.	Socha Małgorzata		12	CSiR MOS D browa Grn.			5:34.08	491	
	50m: 34.85	34.85	150m: 2:01.04	44.07	250m: 3:34.93	51.88	350m: 4:56.92	38.41	
	100m: 1:16.97	42.12	200m: 2:43.05	42.01	300m: 4:18.51	43.58	400m: 5:34.08	37.16	
12.	Zaborska Idalia		12	Ósemka O wi cim			5:34.55	489	
	50m: 35.30	35.30	150m: 2:00.81	43.92	250m: 3:27.51	44.27	350m: 4:56.00	40.81	
	100m: 1:16.89	41.59	200m: 2:43.24	42.43	300m: 4:15.19	47.68	400m: 5:34.55	38.55	
13.	Zdybel Zuzanna		11	Wodnik Krasnystaw			5:34.60	489	
	50m: 33.89	33.89	150m: 1:57.61	43.65	250m: 3:28.20	49.26	350m: 4:57.90	40.17	
	100m: 1:13.96	40.07	200m: 2:38.94	41.33	300m: 4:17.73	49.53	400m: 5:34.60	36.70	
14.	Korze Adrianna		13	CSiR MOS D browa Grn.			5:35.01	487	
	50m: 33.84	33.84	150m: 2:02.25	46.68	250m: 3:32.50	45.11	350m: 4:58.37	38.79	
	100m: 1:15.57	41.73	200m: 2:47.39	45.14	300m: 4:19.58	47.08	400m: 5:35.01	36.64	
15.	Mamuszka Anna		12	Korona 1919 Kraków			5:36.94	479	
	50m: 34.71	34.71	150m: 2:00.79	46.40	250m: 3:33.45	48.59	350m: 5:01.32	38.61	
	100m: 1:14.39	39.68	200m: 2:44.86	44.07	300m: 4:22.71	49.26	400m: 5:36.94	35.62	
16.	Skubis Weronika		12	Omega Olkusz			5:38.36	473	
	50m: 36.79	36.79	150m: 2:05.76	44.05	250m: 3:35.42	46.23	350m: 5:01.85	40.22	
	100m: 1:21.71	44.92	200m: 2:49.19	43.43	300m: 4:21.63	46.21	400m: 5:38.36	36.51	

Konkurencja 3, Kobiet, 400m zmienny, 13 lat i starsi

Pozycja					Rok ur.					Czas	Pkt.	
17.	Kłósek Pola				12	Sokół-Mo cice Tarnów				5:39.16	469	
	50m:	34.07	34.07	150m:	2:00.40	46.46	250m:	3:32.22	47.62	350m:	5:01.49	39.14
	100m:	1:13.94	39.87	200m:	2:44.60	44.20	300m:	4:22.35	50.13	400m:	5:39.16	37.67
18.	Blukacz Pola				12	Orka Cz stochowa				5:43.88	450	
	50m:	33.93	33.93	150m:	2:02.30	46.62	250m:	3:37.28	49.16	350m:	5:05.32	39.74
	100m:	1:15.68	41.75	200m:	2:48.12	45.82	300m:	4:25.58	48.30	400m:	5:43.88	38.56
19.	Akimava Aliaksandra				13	SMS Galicja Kraków				5:45.23	445	
	50m:	35.74	35.74	150m:	2:05.33	46.31	250m:	3:37.83	48.09	350m:	5:08.03	40.71
	100m:	1:19.02	43.28	200m:	2:49.74	44.41	300m:	4:27.32	49.49	400m:	5:45.23	37.20
20.	Jaworska Ada				12	MKP Szczecin				5:45.32	445	
	50m:	35.83	35.83	150m:	2:02.67	44.43	250m:	3:37.36	51.82	350m:	5:09.27	39.27
	100m:	1:18.24	42.41	200m:	2:45.54	42.87	300m:	4:30.00	52.64	400m:	5:45.32	36.05
21.	Skrzypek Weronika				12	SMS Galicja Kraków				5:49.24	430	
	50m:	33.90	33.90	150m:	2:00.68	47.30	250m:	3:34.14	48.52	350m:	5:06.52	41.54
	100m:	1:13.38	39.48	200m:	2:45.62	44.94	300m:	4:24.98	50.84	400m:	5:49.24	42.72
22.	Krasowska Blanka				13	Delfin Tarnobrzeg				5:50.45	425	
	50m:	36.75	36.75	150m:	2:07.35	46.46	250m:	3:42.53	49.81	350m:	5:13.47	39.40
	100m:	1:20.89	44.14	200m:	2:52.72	45.37	300m:	4:34.07	51.54	400m:	5:50.45	36.98
23.	Kurzeja Małgorzata				13	STP Nowy S cz				5:52.40	418	
	50m:	36.36	36.36	150m:	2:05.67	45.11	250m:	3:39.26	49.12	350m:	5:12.35	42.21
	100m:	1:20.56	44.20	200m:	2:50.14	44.47	300m:	4:30.14	50.88	400m:	5:52.40	40.05
24.	Grzegorzczuk Amelia				12	Korona-Swim Kielce				5:52.55	418	
	50m:	37.73	37.73	150m:	2:10.71	47.10	250m:	3:45.76	49.96	350m:	5:13.75	
	100m:	1:23.61	45.88	200m:	2:55.80	45.09	300m:			400m:	5:52.55	38.80
25.	Rudyk Evelina				13	Olimpijczyk Kraków				5:57.32	401	
	50m:	38.45	38.45	150m:	2:10.30	47.85	250m:	3:47.55	49.96	350m:	5:17.86	39.41
	100m:	1:22.45	44.00	200m:	2:57.59	47.29	300m:	4:38.45	50.90	400m:	5:57.32	39.46
26.	Grzegorzczuk Helena				12	Korona-Swim Kielce				6:01.02	389	
	50m:	39.90	39.90	150m:	2:12.21	45.76	250m:	3:48.35	50.52	350m:	5:19.91	40.44
	100m:	1:26.45	46.55	200m:	2:57.83	45.62	300m:	4:39.47	51.12	400m:	6:01.02	41.11
27.	Stradomska Aleksandra				13	Olimpijczyk Kraków				6:03.70	380	
	50m:	39.13	39.13	150m:	2:14.63	49.11	250m:	3:53.81	51.95	350m:	5:26.28	38.50
	100m:	1:25.52	46.39	200m:	3:01.86	47.23	300m:	4:47.78	53.97	400m:	6:03.70	37.42
28.	Kobylska El bieta				12	Korona-Swim Kielce				6:11.54	357	
	50m:	35.97	35.97	150m:	2:18.00	46.39	250m:	3:56.75	53.93	350m:	5:31.71	42.37
	100m:	1:31.61	55.64	200m:	3:02.82	44.82	300m:	4:49.34	52.59	400m:	6:11.54	39.83
29.	Hardzina Roksana				13	Ósemka O wi cim				6:13.77	350	
	50m:	39.73	39.73	150m:	2:17.91	49.49	250m:	3:55.96	51.23	350m:	5:31.19	44.25
	100m:	1:28.42	48.69	200m:	3:04.73	46.82	300m:	4:46.94	50.98	400m:	6:13.77	42.58
30.	Koftun Lena				13	Ósemka O wi cim				6:18.72	337	
	50m:	38.72	38.72	150m:	2:18.32	47.38	250m:	3:56.54	51.15	350m:	5:34.55	44.61
	100m:	1:30.94	52.22	200m:	3:05.39	47.07	300m:	4:49.94	53.40	400m:	6:18.72	44.17
31.	Menet Maria				12	Aquarius Lesko				6:19.52	335	
	50m:	38.49	38.49	150m:	2:21.26	55.05	250m:	4:05.33	51.23	350m:	5:38.67	42.26
	100m:	1:26.21	47.72	200m:	3:14.10	52.84	300m:	4:56.41	51.08	400m:	6:19.52	40.85
32.	Koftun Wiktoria				13	Ósemka O wi cim				6:23.82	324	
	50m:	39.21	39.21	150m:	2:19.71	51.88	250m:	4:02.38	54.61	350m:	5:41.67	43.94
	100m:	1:27.83	48.62	200m:	3:07.77	48.06	300m:	4:57.73	55.35	400m:	6:23.82	42.15
33.	Zalcman-Ziora Emilia				13	Wodnik Siemianowice I.				6:27.36	315	
	50m:	41.87	41.87	150m:	2:24.93	50.10	250m:	4:08.10	53.34	350m:	5:45.67	43.87
	100m:	1:34.83	52.96	200m:	3:14.76	49.83	300m:	5:01.80	53.70	400m:	6:27.36	41.69

Konkurencja 3, Kobiet, 400m zmienny

17 - 18 lat

1. Wnuk Jessika	08	Juvenia Wrocław	5:14.17	591
50m: 32.13 32.13	150m: 1:51.43 41.65	250m: 3:17.36 45.53	350m: 4:39.55 36.32	
100m: 1:09.78 37.65	200m: 2:31.83 40.40	300m: 4:03.23 45.87	400m: 5:14.17 34.62	
2. Malarz Milena	09	Victoria Kozy	5:22.62	545
50m: 33.30 33.30	150m: 1:54.86 42.57	250m: 3:23.18 46.82	350m: 4:47.84 37.05	
100m: 1:12.29 38.99	200m: 2:36.36 41.50	300m: 4:10.79 47.61	400m: 5:22.62 34.78	
3. Baniak Pola	09	BOSiR Brzesko	5:33.01	496
50m: 34.73 34.73	150m: 2:02.68 45.49	250m: 3:30.88 44.96	350m: 4:55.48 39.28	
100m: 1:17.19 42.46	200m: 2:45.92 43.24	300m: 4:16.20 45.32	400m: 5:33.01 37.53	

16 lat

1. Ko lak Hanna	10	Juvenia Wrocław	5:21.43	551
50m: 33.82 33.82	150m: 1:56.48 43.31	250m: 3:23.12 45.02	350m: 4:44.32 37.85	
100m: 1:13.17 39.35	200m: 2:38.10 41.62	300m: 4:06.47 43.35	400m: 5:21.43 37.11	
2. Rachwał Olga	10	SMS Galicja Kraków	5:22.16	548
50m: 33.82 33.82	150m: 1:53.53 43.31	250m: 3:22.85 44.96	350m: 4:39.23 29.70	
100m: 1:13.17 39.35	200m: 2:37.89 44.36	300m: 4:09.53 46.68	400m: 5:22.16 42.93	

15 lat

1. Maj Zuzanna	11	KSZO Ostrowiec w.	5:25.80	529
50m: 34.26 34.26	150m: 1:58.08 43.22	250m: 3:26.35 47.04	350m: 4:49.99 37.16	
100m: 1:14.86 40.60	200m: 2:39.31 41.23	300m: 4:12.83 46.48	400m: 5:25.80 35.81	
2. Zdybel Zuzanna	11	Wodnik Krasnystaw	5:34.60	489
50m: 33.89 33.89	150m: 1:57.61 43.65	250m: 3:28.20 49.26	350m: 4:57.90 40.17	
100m: 1:13.96 40.07	200m: 2:38.94 41.33	300m: 4:17.73 49.53	400m: 5:34.60 36.70	

14 lat

1. Kacer Maria	12	BOSiR Brzesko	5:15.88	581
50m: 32.82 32.82	150m: 1:53.12 42.93	250m: 3:21.26 46.39	350m: 4:42.31 35.06	
100m: 1:10.19 37.37	200m: 2:34.87 41.75	300m: 4:07.25 45.99	400m: 5:15.88 33.57	
2. W s Amelia	12	Olimpijczyk Brzesko	5:23.29	542
50m: 35.00 35.00	150m: 1:58.19 43.13	250m: 3:24.86 44.86	350m: 4:46.91 36.85	
100m: 1:15.06 40.06	200m: 2:40.00 41.81	300m: 4:10.06 45.20	400m: 5:23.29 36.38	
3. Socha Małgorzata	12	CSiR MOS D browa Grn.	5:34.08	491
50m: 34.85 34.85	150m: 2:01.04 44.07	250m: 3:34.93 51.88	350m: 4:56.92 38.41	
100m: 1:16.97 42.12	200m: 2:43.05 42.01	300m: 4:18.51 43.58	400m: 5:34.08 37.16	
4. Zaborska Idalia	12	Ósemka O wi cim	5:34.55	489
50m: 35.30 35.30	150m: 2:00.81 43.92	250m: 3:27.51 44.27	350m: 4:56.00 40.81	
100m: 1:16.89 41.59	200m: 2:43.24 42.43	300m: 4:15.19 47.68	400m: 5:34.55 38.55	
5. Mamuszka Anna	12	Korona 1919 Kraków	5:36.94	479
50m: 34.71 34.71	150m: 2:00.79 46.40	250m: 3:33.45 48.59	350m: 5:01.32 38.61	
100m: 1:14.39 39.68	200m: 2:44.86 44.07	300m: 4:22.71 49.26	400m: 5:36.94 35.62	
6. Skubis Weronika	12	Omega Olkusz	5:38.36	473
50m: 36.79 36.79	150m: 2:05.76 44.05	250m: 3:35.42 46.23	350m: 5:01.85 40.22	
100m: 1:21.71 44.92	200m: 2:49.19 43.43	300m: 4:21.63 46.21	400m: 5:38.36 36.51	
7. Klósek Pola	12	Sokół-Mo cice Tarnów	5:39.16	469
50m: 34.07 34.07	150m: 2:00.40 46.46	250m: 3:32.22 47.62	350m: 5:01.49 39.14	
100m: 1:13.94 39.87	200m: 2:44.60 44.20	300m: 4:22.35 50.13	400m: 5:39.16 37.67	

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

Pozycja					Rok ur.					Czas	Pkt.	
8.	Blukacz Pola				12	Orka Cz stochowa				5:43.88	450	
	50m:	33.93	33.93	150m:	2:02.30	46.62	250m:	3:37.28	49.16	350m:	5:05.32	39.74
	100m:	1:15.68	41.75	200m:	2:48.12	45.82	300m:	4:25.58	48.30	400m:	5:43.88	38.56
9.	Jaworska Ada				12	MKP Szczecin				5:45.32	445	
	50m:	35.83	35.83	150m:	2:02.67	44.43	250m:	3:37.36	51.82	350m:	5:09.27	39.27
	100m:	1:18.24	42.41	200m:	2:45.54	42.87	300m:	4:30.00	52.64	400m:	5:45.32	36.05
10.	Skrzypek Weronika				12	SMS Galicja Kraków				5:49.24	430	
	50m:	33.90	33.90	150m:	2:00.68	47.30	250m:	3:34.14	48.52	350m:	5:06.52	41.54
	100m:	1:13.38	39.48	200m:	2:45.62	44.94	300m:	4:24.98	50.84	400m:	5:49.24	42.72
11.	Grzegorzcyk Amelia				12	Korona-Swim Kielce				5:52.55	418	
	50m:	37.73	37.73	150m:	2:10.71	47.10	250m:	3:45.76	49.96	350m:	5:13.75	
	100m:	1:23.61	45.88	200m:	2:55.80	45.09	300m:			400m:	5:52.55	38.80
12.	Grzegorzcyk Helena				12	Korona-Swim Kielce				6:01.02	389	
	50m:	39.90	39.90	150m:	2:12.21	45.76	250m:	3:48.35	50.52	350m:	5:19.91	40.44
	100m:	1:26.45	46.55	200m:	2:57.83	45.62	300m:	4:39.47	51.12	400m:	6:01.02	41.11
13.	Kobylska El bieta				12	Korona-Swim Kielce				6:11.54	357	
	50m:	35.97	35.97	150m:	2:18.00	46.39	250m:	3:56.75	53.93	350m:	5:31.71	42.37
	100m:	1:31.61	55.64	200m:	3:02.82	44.82	300m:	4:49.34	52.59	400m:	6:11.54	39.83
14.	Menet Maria				12	Aquarius Lesko				6:19.52	335	
	50m:	38.49	38.49	150m:	2:21.26	55.05	250m:	4:05.33	51.23	350m:	5:38.67	42.26
	100m:	1:26.21	47.72	200m:	3:14.10	52.84	300m:	4:56.41	51.08	400m:	6:19.52	40.85

13 lat

1.	Zaworska Zofia				13	CSiR MOS D browa Grn.				5:31.21	504	
	50m:	34.31	34.31	150m:	1:58.90	43.61	250m:	3:28.72	47.47	350m:	4:54.92	38.53
	100m:	1:15.29	40.98	200m:	2:41.25	42.35	300m:	4:16.39	47.67	400m:	5:31.21	36.29
2.	Korze Adrianna				13	CSiR MOS D browa Grn.				5:35.01	487	
	50m:	33.84	33.84	150m:	2:02.25	46.68	250m:	3:32.50	45.11	350m:	4:58.37	38.79
	100m:	1:15.57	41.73	200m:	2:47.39	45.14	300m:	4:19.58	47.08	400m:	5:35.01	36.64
3.	Akimava Aliksandra				13	SMS Galicja Kraków				5:45.23	445	
	50m:	35.74	35.74	150m:	2:05.33	46.31	250m:	3:37.83	48.09	350m:	5:08.03	40.71
	100m:	1:19.02	43.28	200m:	2:49.74	44.41	300m:	4:27.32	49.49	400m:	5:45.23	37.20
4.	Krasowska Blanka				13	Delfin Tarnobrzeg				5:50.45	425	
	50m:	36.75	36.75	150m:	2:07.35	46.46	250m:	3:42.53	49.81	350m:	5:13.47	39.40
	100m:	1:20.89	44.14	200m:	2:52.72	45.37	300m:	4:34.07	51.54	400m:	5:50.45	36.98
5.	Kurzeja Małgorzata				13	STP Nowy S cz				5:52.40	418	
	50m:	36.36	36.36	150m:	2:05.67	45.11	250m:	3:39.26	49.12	350m:	5:12.35	42.21
	100m:	1:20.56	44.20	200m:	2:50.14	44.47	300m:	4:30.14	50.88	400m:	5:52.40	40.05
6.	Rudyk Evelina				13	Olimpijczyk Kraków				5:57.32	401	
	50m:	38.45	38.45	150m:	2:10.30	47.85	250m:	3:47.55	49.96	350m:	5:17.86	39.41
	100m:	1:22.45	44.00	200m:	2:57.59	47.29	300m:	4:38.45	50.90	400m:	5:57.32	39.46
7.	Stradomska Aleksandra				13	Olimpijczyk Kraków				6:03.70	380	
	50m:	39.13	39.13	150m:	2:14.63	49.11	250m:	3:53.81	51.95	350m:	5:26.28	38.50
	100m:	1:25.52	46.39	200m:	3:01.86	47.23	300m:	4:47.78	53.97	400m:	6:03.70	37.42
8.	Hardzina Roksana				13	Ósemka O wi cim				6:13.77	350	
	50m:	39.73	39.73	150m:	2:17.91	49.49	250m:	3:55.96	51.23	350m:	5:31.19	44.25
	100m:	1:28.42	48.69	200m:	3:04.73	46.82	300m:	4:46.94	50.98	400m:	6:13.77	42.58
9.	Kołtun Lena				13	Ósemka O wi cim				6:18.72	337	
	50m:	38.72	38.72	150m:	2:18.32	47.38	250m:	3:56.54	51.15	350m:	5:34.55	44.61
	100m:	1:30.94	52.22	200m:	3:05.39	47.07	300m:	4:49.94	53.40	400m:	6:18.72	44.17



Arena Grand Prix
O wi cim, 9 - 10/5/2026



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REGIONALNE PRZEDSIĘWZIENIE



Konkurencja 3, Dziewcz t, 400m zmienny, 13 lat

Pozycja	Rok ur.								Czas	Pkt.	
10. Kołtun Wiktoria	13 Ósemka O wi cim								6:23.82	324	
50m:	39.21	39.21	150m:	2:19.71	51.88	250m:	4:02.38	54.61	350m:	5:41.67	43.94
100m:	1:27.83	48.62	200m:	3:07.77	48.06	300m:	4:57.73	55.35	400m:	6:23.82	42.15
11. Zalcman-Ziora Emilia	13 Wodnik Siemianowice I.								6:27.36	315	
50m:	41.87	41.87	150m:	2:24.93	50.10	250m:	4:08.10	53.34	350m:	5:45.67	43.87
100m:	1:34.83	52.96	200m:	3:14.76	49.83	300m:	5:01.80	53.70	400m:	6:27.36	41.69

