



SPONSOR GŁÓWNY

Ministerstwo
Sportu i TurystykiMistrzostwa Polski Juniorów 17-18 lat i Młodzieżowców 19-23 lata
Oświęcim, 16 - 19/7/2026Konkurencja 20
18/7/2026 - 9:41

Kobiet, 400m dowolny

19 - 23 lat
Wyniki EliminacjeRekord Polski 19 - 23 4:05.84 Jedrzejczak Otylia POL Budapeszt (HUN) 3/8/2006
Rekord Polski 19 +

Punkty: AQUA 2026

Pozycja	Rok ur.								Czas		Pkt.	
1.	Strojnowska Julia			06	AZS Uniwersytetu Warszawskiego				4:20.66	725	Q	
	50m:	30.04	30.04	150m:	1:36.64	33.41	250m:	2:42.90	33.02	350m:	3:48.52	32.69
	100m:	1:03.23	33.19	200m:	2:09.88	33.24	300m:	3:15.83	32.93	400m:	4:20.66	32.14
2.	Guść Wiktoria			04	MKP Szczecin				4:25.43	686	Q	
	50m:	29.23	29.23	150m:	1:35.34	33.47	250m:	2:43.19	34.26	350m:	3:51.66	34.40
	100m:	1:01.87	32.64	200m:	2:08.93	33.59	300m:	3:17.26	34.07	400m:	4:25.43	33.77
3.	Tarasiewicz Klaudia			04	MKP Szczecin				4:27.04	674	Q	
	50m:	31.32	31.32	150m:	1:38.87	33.88	250m:	2:46.59	34.14	350m:	3:54.96	34.12
	100m:	1:04.99	33.67	200m:	2:12.45	33.58	300m:	3:20.84	34.25	400m:	4:27.04	32.08
4.	Rap Apolonia			06	Juvenia Wrocław				4:30.91	645	Q	
	50m:	31.04	31.04	150m:	1:39.84	34.66	250m:	2:49.69	34.74	350m:	3:58.44	34.30
	100m:	1:05.18	34.14	200m:	2:14.95	35.11	300m:	3:24.14	34.45	400m:	4:30.91	32.47
5.	Małolepsza Weronika			07	MKP Szczecin				4:30.92	645	Q	
	50m:	31.48	31.48	150m:	1:39.83	34.30	250m:	2:48.47	33.91	350m:	3:58.04	34.73
	100m:	1:05.53	34.05	200m:	2:14.56	34.73	300m:	3:23.31	34.84	400m:	4:30.92	32.88
6.	Kowalska Klara			05	AZS UMCS Lublin				4:31.07	644	Q	
	50m:	31.07	31.07	150m:	1:39.94	34.47	250m:	2:48.92	34.30	350m:	3:57.74	34.42
	100m:	1:05.47	34.40	200m:	2:14.62	34.68	300m:	3:23.32	34.40	400m:	4:31.07	33.33
7.	Nowak Maja			03	AZS Uniwersytetu Warszawskiego				4:33.28	629	Q	
	50m:	31.50	31.50	150m:	1:40.63	34.76	250m:	2:49.62	34.42	350m:	3:58.93	34.42
	100m:	1:05.87	34.37	200m:	2:15.20	34.57	300m:	3:24.51	34.89	400m:	4:33.28	34.35
8.	Traczyk Anna			06	Juvenia Wrocław				4:37.39	601	Q	
	50m:	31.17	31.17	150m:	1:40.43	35.31	250m:	2:51.30	35.81	350m:	4:02.80	35.89
	100m:	1:05.12	33.95	200m:	2:15.49	35.06	300m:	3:26.91	35.61	400m:	4:37.39	34.59
9.	Rączkowska Maja			07	Jedność 32 Przyszowice				4:37.40	601	R	
	50m:	31.25	31.25	150m:	1:40.38	34.92	250m:	2:50.73	35.23	350m:	4:02.39	35.84
	100m:	1:05.46	34.21	200m:	2:15.50	35.12	300m:	3:26.55	35.82	400m:	4:37.40	35.01
10.	Wiernicka Julia			07	SMS Galicja Kraków				4:42.40	570	R	
	50m:	31.32	31.32	150m:	1:40.98	35.25	250m:	2:53.01	36.41	350m:	4:06.35	36.92
	100m:	1:05.73	34.41	200m:	2:16.60	35.62	300m:	3:29.43	36.42	400m:	4:42.40	36.05
11.	Trafalska Zuzanna			07	UKS 190 Łódź				4:44.43	558		
	50m:	32.66	32.66	150m:	1:43.42	35.50	250m:	2:55.08	35.68	350m:	4:08.03	36.52
	100m:	1:07.92	35.26	200m:	2:19.40	35.98	300m:	3:31.51	36.43	400m:	4:44.43	36.40
12.	Czechyra Agata			03	OŚ AZS Poznań				4:49.06	531		
	50m:	32.38	32.38	150m:	1:43.01	35.75	250m:	2:56.15	36.48	350m:	4:11.98	38.02
	100m:	1:07.26	34.88	200m:	2:19.67	36.66	300m:	3:33.96	37.81	400m:	4:49.06	37.08
13.	Kraszewska Martyna			05	AZS AWFis Gdańsk				4:49.13	531		
	50m:	31.31	31.31	150m:	1:42.24	36.23	250m:	2:56.19	37.38	350m:	4:12.26	38.32
	100m:	1:06.01	34.70	200m:	2:18.81	36.57	300m:	3:33.94	37.75	400m:	4:49.13	36.87
14.	Łazarz Milena			06	SMS Galicja Kraków				4:53.54	507		
	50m:	32.03	32.03	150m:	1:44.73	37.65	250m:	2:59.59	37.83	350m:	4:15.84	38.51
	100m:	1:07.08	35.05	200m:	2:21.76	37.03	300m:	3:37.33	37.74	400m:	4:53.54	37.70
15.	Rydyńska Maja			07	Piętnastka Bydgoszcz				4:54.81	501		
	50m:	33.27	33.27	150m:	1:47.04	37.63	250m:	3:02.54	37.87	350m:	4:18.14	36.67
	100m:			200m:	2:24.67		300m:			400m:	4:54.81	



Mistrzostwa Polski Juniorów 17-18 lat i Młodzieżowców 19-23 lata
Oświęcim, 16 - 19/7/2026

Konkurencja 20, Kobiet, 400m dowolny, Eliminacje, 19 - 23 lat

Pozycja				Rok ur.						Czas	Pkt.	
16.	Gawlik Jagoda			06	Górnik Sosnowiec					4:57.53	487	
	50m:	32.44	32.44	150m:	1:46.39	37.46	250m:	3:02.65	38.06	350m:	4:20.61	38.82
	100m:	1:08.93	36.49	200m:	2:24.59	38.20	300m:	3:41.79	39.14	400m:	4:57.53	36.92

Konkurencja 20
18/7/2026 - 9:41

Dziewcząt, 400m dowolny

17 - 18 lat

Wyniki Eliminacje

Rekord Polski 18	4:12.62	Żukowska Paula	POL	Doha (UAE)	9/12/2009
Rekord Polski 17	4:12.62	Żukowska Paula	POL	Doha (UAE)	9/12/2009

Punkty: AQUA 2026

Pozycja	Rok ur.										Czas	Pkt.	
1.	Polak Iga				09	Unia Oświęcim					4:27.23	672	A
	50m:	31.37	31.37	150m:	1:39.14	34.17	250m:	2:46.67	33.77	350m:	3:54.43	33.74	
	100m:	1:04.97	33.60	200m:	2:12.90	33.76	300m:	3:20.69	34.02	400m:	4:27.23	32.80	
2.	Meucci Giulia				08	MKP Gdańsk					4:28.49	663	A
	50m:	30.31	30.31	150m:	1:38.31	34.47	250m:	2:46.79	34.16	350m:	3:54.97	33.89	
	100m:	1:03.84	33.53	200m:	2:12.63	34.32	300m:	3:21.08	34.29	400m:	4:28.49	33.52	
3.	Reszko Lena				09	Polonia Warszawa					4:28.75	661	A
	50m:	30.99	30.99	150m:	1:39.28	34.24	250m:	2:47.27	33.73	350m:	3:55.83	34.09	
	100m:	1:05.04	34.05	200m:	2:13.54	34.26	300m:	3:21.74	34.47	400m:	4:28.75	32.92	
4.	Kwiatkowska Rozalia				09	Piętnastka Bydgoszcz					4:33.25	629	A
	50m:	31.40	31.40	150m:	1:40.36	34.60	250m:	2:50.42	34.90	350m:	3:59.61	34.52	
	100m:	1:05.76	34.36	200m:	2:15.52	35.16	300m:	3:25.09	34.67	400m:	4:33.25	33.64	
5.	Kondrasiuk Zofia				08	Manta Warszawa Włochy					4:33.48	627	A
	50m:	31.23	31.23	150m:	1:39.91	34.58	250m:	2:49.19	34.64	350m:	3:59.35	35.24	
	100m:	1:05.33	34.10	200m:	2:14.55	34.64	300m:	3:24.11	34.92	400m:	4:33.48	34.13	
6.	Łakoma Maria				08	SMS Galicja Kraków					4:34.53	620	A
	50m:	31.40	31.40	150m:	1:40.97	35.24	250m:	2:51.00	34.76	350m:	4:00.49	34.48	
	100m:	1:05.73	34.33	200m:	2:16.24	35.27	300m:	3:26.01	35.01	400m:	4:34.53	34.04	
7.	Kuczmars Aleksandra				09	Polonia Warszawa					4:34.70	619	A
	50m:	31.05	31.05	150m:	1:39.97	34.86	250m:	2:50.22	35.24	350m:	4:00.53	35.05	
	100m:	1:05.11	34.06	200m:	2:14.98	35.01	300m:	3:25.48	35.26	400m:	4:34.70	34.17	
8.	Wieczorek Michalina				09	Unia Oświęcim					4:34.89	618	A
	50m:	31.53	31.53	150m:	1:40.46	34.95	250m:	2:50.74	35.35	350m:	4:01.29	35.31	
	100m:	1:05.51	33.98	200m:	2:15.39	34.93	300m:	3:25.98	35.24	400m:	4:34.89	33.60	
9.	Jakubczyk Natalia				08	CSiR MOS Dąbrowa Grn.					4:35.48	614	B
	50m:	31.62	31.62	150m:	1:40.32	34.74	250m:	2:50.54	35.16	350m:	4:01.48	35.37	
	100m:	1:05.58	33.96	200m:	2:15.38	35.06	300m:	3:26.11	35.57	400m:	4:35.48	34.00	
10.	Okoń Anna				09	Jedność 32 Przyszowice					4:35.73	612	B
	50m:	31.54	31.54	150m:	1:40.15	34.39	250m:	2:50.92	35.45	350m:	4:01.41	34.91	
	100m:	1:05.76	34.22	200m:	2:15.47	35.32	300m:	3:26.50	35.58	400m:	4:35.73	34.32	
11.	Wegner Julia				09	Olimp Gorzów Wlkp.					4:36.56	607	B
	50m:	31.83	31.83	150m:	1:41.09	34.85	250m:	2:51.12	35.00	350m:	4:02.10	35.43	
	100m:	1:06.24	34.41	200m:	2:16.12	35.03	300m:	3:26.67	35.55	400m:	4:36.56	34.46	
12.	Mazurek Dagmara				09	AZS UMCS Lublin					4:38.11	597	B
	50m:	30.82	30.82	150m:	1:39.68	35.14	250m:	2:50.96	35.77	350m:	4:02.84	35.69	
	100m:	1:04.54	33.72	200m:	2:15.19	35.51	300m:	3:27.15	36.19	400m:	4:38.11	35.27	
13.	Batyra Julia				08	SP5 Swim Lublin					4:38.85	592	B
	50m:	33.00	33.00	150m:	1:44.60	36.27	250m:	2:55.40	35.20	350m:	4:05.31	34.91	
	100m:	1:08.33	35.33	200m:	2:20.20	35.60	300m:	3:30.40	35.00	400m:	4:38.85	33.54	



Mistrzostwa Polski Juniorów 17-18 lat i Młodzieżowców 19-23 lata
Oświęcim, 16 - 19/7/2026

Konkurencja 20, Dziewcząt, 400m dowolny, Eliminacje, 17 - 18 lat

Pozycja	Rok ur.				Czas				Pkt.	
14.	Jałowiecka Gabriela	08	AZS UMCS Lublin		4:39.42	588	B			
	50m: 30.41 30.41	150m: 1:40.52	35.51	250m: 2:51.88	35.67	350m: 4:03.90	35.88			
	100m: 1:05.01 34.60	200m: 2:16.21	35.69	300m: 3:28.02	36.14	400m: 4:39.42	35.52			
15.	Karkocha Gabriela	09	Unia Oświęcim		4:39.85	585	B			
	50m: 31.48 31.48	150m: 1:40.74	35.04	250m: 2:51.52	35.26	350m: 4:03.60	36.21			
	100m: 1:05.70 34.22	200m: 2:16.26	35.52	300m: 3:27.39	35.87	400m: 4:39.85	36.25			
16.	Kochańska Urszula	09	Olimp Gorzów Wlkp.		4:40.24	583	B			
	50m: 32.43 32.43	150m: 1:42.97	35.56	250m: 2:54.95	36.23	350m: 4:05.92	35.20			
	100m: 1:07.41 34.98	200m: 2:18.72	35.75	300m: 3:30.72	35.77	400m: 4:40.24	34.32			
17.	Łuczak Anika	09	UKS SP-149 Łódź		4:40.43	582	R			
	50m: 31.27 31.27	150m: 1:41.31	35.26	250m: 2:53.69	36.19	350m: 4:06.11	35.89			
	100m: 1:06.05 34.78	200m: 2:17.50	36.19	300m: 3:30.22	36.53	400m: 4:40.43	34.32			
18.	Kapka Antonina	09	CSiR MOS Dąbrowa Grn.		4:42.44	569	R			
	50m: 32.18 32.18	150m: 1:42.12	35.38	250m: 2:54.70	36.21	350m: 4:07.81	36.28			
	100m: 1:06.74 34.56	200m: 2:18.49	36.37	300m: 3:31.53	36.83	400m: 4:42.44	34.63			
19.	Starkiewicz Zuzanna	09	AZS UMCS Lublin		4:42.60	569				
	50m: 30.54 30.54	150m: 1:41.24	35.96	250m: 2:55.04	36.25	350m: 4:07.42	35.70			
	100m: 1:05.28 34.74	200m: 2:18.79	37.55	300m: 3:31.72	36.68	400m: 4:42.60	35.18			
20.	Fartuszyńska Weronika	08	Śląsk Wrocław		4:42.76	568				
	50m: 32.46 32.46	150m: 1:43.91	36.06	250m: 2:55.86	35.73	350m: 4:08.06	36.09			
	100m: 1:07.85 35.39	200m: 2:20.13	36.22	300m: 3:31.97	36.11	400m: 4:42.76	34.70			
21.	Kazanowska Klaudia	08	AZS UMCS Lublin		4:43.64	562				
	50m: 31.47 31.47	150m: 1:41.65	35.39	250m: 3:30.11		350m: 4:43.64				
	100m: 1:06.26 34.79	200m: 2:17.20	35.55	300m: 3:30.11		400m: 4:43.64				
22.	Ornowska Zuzanna	08	Polonia Warszawa		4:44.82	555				
	50m: 30.81 30.81	150m: 1:41.13	35.73	250m: 2:54.91	37.20	350m: 4:08.65	36.52			
	100m: 1:05.40 34.59	200m: 2:17.71	36.58	300m: 3:32.13	37.22	400m: 4:44.82	36.17			
23.	Gnaś Nadia	09	Tri-Team Rumia		4:45.07	554				
	50m: 32.76 32.76	150m: 1:44.40	36.19	250m: 2:57.23	36.42	350m: 4:10.16	36.06			
	100m: 1:08.21 35.45	200m: 2:20.81	36.41	300m: 3:34.10	36.87	400m: 4:45.07	34.91			
24.	Malarz Milena	09	Victoria Kozy		4:47.34	541				
	50m: 32.46 32.46	150m: 1:44.27	36.26	250m: 2:57.17	36.82	350m: 4:11.74	37.72			
	100m: 1:08.01 35.55	200m: 2:20.35	36.08	300m: 3:34.02	36.85	400m: 4:47.34	35.60			
25.	May Matylda	08	Astromal Leszno		4:47.53	540				
	50m: 32.81 32.81	150m: 1:45.64	36.88	250m: 2:59.94	37.15	350m: 4:13.77	36.55			
	100m: 1:08.76 35.95	200m: 2:22.79	37.15	300m: 3:37.22	37.28	400m: 4:47.53	33.76			
26.	Maik Victoria	09	Manta Kochłowice Ruda Śl.		4:48.42	535				
	50m: 31.47 31.47	150m: 2:20.42		250m: 3:35.68		350m: 4:12.63	36.95			
	100m: 1:06.89 35.42	200m: 2:20.42		300m: 3:35.68		400m: 4:48.42	35.79			
27.	Tomaszewska Kaja	09	Polonia Warszawa		4:49.49	529				
	50m: 31.46 31.46	150m: 1:43.42	37.22	250m: 2:57.28	36.65	350m: 4:13.11	38.28			
	100m: 1:06.20 34.74	200m: 2:20.63	37.21	300m: 3:34.83	37.55	400m: 4:49.49	36.38			
28.	Ekiert Gabriela	09	Polonia Warszawa		4:49.50	529				
	50m: 31.63 31.63	150m: 1:43.83	36.66	250m: 2:58.68	37.27	350m: 4:13.60	36.57			
	100m: 1:07.17 35.54	200m: 2:21.41	37.58	300m: 3:37.03	38.35	400m: 4:49.50	35.90			
29.	Stachewicz Magdalena	09	AZS AWF Warszawa		4:51.39	519				
	50m: 32.04 32.04	150m: 1:44.78	36.70	250m: 3:37.37		350m: 4:51.39				
	100m: 1:08.08 36.04	200m: 2:22.20	37.42	300m: 3:37.37		400m: 4:51.39				
30.	Sztreker-Wójcik Iga	09	G-8 Bielany Warszawa		4:51.91	516				
	50m: 32.44 32.44	150m: 1:44.39	37.06	250m: 2:59.51	37.58	350m: 4:14.60	37.71			
	100m: 1:07.33 34.89	200m: 2:21.93	37.54	300m: 3:36.89	37.38	400m: 4:51.91	37.31			



Mistrzostwa Polski Juniorów 17-18 lat i Młodzieżowców 19-23 lata
Oświęcim, 16 - 19/7/2026

Konkurencja 20, Dziewcząt, 400m dowolny, Eliminacje, 17 - 18 lat

Pozycja	Rok ur.								Czas	Pkt.		
31.	Jabłońska Natalia			08	Champions Toruń				4:52.46	513		
	50m:	34.00	34.00	150m:	1:46.90	36.64	250m:	3:01.10	37.26	350m:	4:15.90	37.25
	100m:	1:10.26	36.26	200m:	2:23.84	36.94	300m:	3:38.65	37.55	400m:	4:52.46	36.56
32.	Wilczyńska Martyna			08	Olimpijczyk Kraków				4:54.78	501		
	50m:	32.41	32.41	150m:	1:45.77	37.05	250m:	3:01.04	37.80	350m:	4:17.48	38.16
	100m:	1:08.72	36.31	200m:	2:23.24	37.47	300m:	3:39.32	38.28	400m:	4:54.78	37.30
33.	Dzikowicka Konstancja			09	Olimp Gorzów Wlkp.				4:55.70	496		
	50m:	33.04	33.04	150m:	1:47.92	37.92	250m:	3:03.47	38.15	350m:	4:19.81	37.84
	100m:	1:10.00	36.96	200m:	2:25.32	37.40	300m:	3:41.97	38.50	400m:	4:55.70	35.89
34.	Gramala Zofia			09	Warta Poznań				4:57.18	489		
	50m:	31.82	31.82	150m:	1:45.74	37.67	250m:	3:01.53	38.09	350m:	4:19.72	39.27
	100m:	1:08.07	36.25	200m:	2:23.44	37.70	300m:	3:40.45	38.92	400m:	4:57.18	37.46
35.	Kulińska Weronika			08	Piętnastka Bydgoszcz				5:03.18	460		
	50m:	33.45	33.45	150m:	1:48.99	38.23	250m:	3:06.38	39.16	350m:	4:24.94	39.89
	100m:	1:10.76	37.31	200m:	2:27.22	38.23	300m:	3:45.05	38.67	400m:	5:03.18	38.24
36.	Grabara Patrycja			09	Górnik Sosnowiec				5:13.29	417		
	50m:	32.83	32.83	150m:	1:49.17	39.49	250m:	3:12.47	41.63	350m:	4:34.67	40.46
	100m:	1:09.68	36.85	200m:	2:30.84	41.67	300m:	3:54.21	41.74	400m:	5:13.29	38.62
37.	Długopolska Nikola			09	SMS Galicja Kraków				5:15.51	408		
	50m:	34.54	34.54	150m:	1:53.23	39.89	250m:	3:14.34	40.91	350m:	4:35.16	40.71
	100m:	1:13.34	38.80	200m:	2:33.43	40.20	300m:	3:54.45	40.11	400m:	5:15.51	40.35
38.	Handzlik Hanna			09	Victoria Kozy				5:31.56	352		
	50m:	37.01	37.01	150m:	2:02.42	42.89	250m:	3:28.09	42.40	350m:	4:53.07	42.33
	100m:	1:19.53	42.52	200m:	2:45.69	43.27	300m:	4:10.74	42.65	400m:	5:31.56	38.49
39.	Szewczyk Amelia			09	Maratończyk Ostrów Wlkp.				5:35.80	339		
	50m:			150m:	1:59.68	42.39	250m:	3:26.85	44.05	350m:	4:54.17	43.87
	100m:	1:17.29		200m:	2:42.80	43.12	300m:	4:10.30	43.45	400m:	5:35.80	41.63
40.	Paluch Zuzanna			09	Żagańskie Boberki Żagań				5:36.59	336		
	50m:	34.77	34.77	150m:	1:58.30	43.06	250m:	3:26.38	43.33	350m:	4:54.33	43.62
	100m:	1:15.24	40.47	200m:	2:43.05	44.75	300m:	4:10.71	44.33	400m:	5:36.59	42.26