



Polska Grupa
Energetyczna



Ministerstwo
Sportu i Turystyki



Zimowe Mistrzostwa Polski Juniorów Młodszych 15-lat
Bydgoszcz, 12-14.12.2025

Konkurencja 3
2025-12-12 - 9:33

Dziewcząt, 400m zmienny

15 lat
Wyniki Eliminacje

Rekord Polski 15-lat 4:38.89 KNOP Aleksandra 01605 Lublin 2018-12-18

Punkt: AQUA 2025

Pozycja	Rok ur.	Czas	Pkt.
1. DUDA Natalia	10 MKP Szczecin	5:05.36	585 A
50m: 32.66 32.66	150m: 1:50.18 40.28	250m: 3:12.93 43.33	350m: 4:31.46 34.55
100m: 1:09.90 37.24	200m: 2:29.60 39.42	300m: 3:56.91 43.98	400m: 5:05.36 33.90
2. MATYJASEK Olga	10 Akademia SMS Racibórz	5:07.84	571 A
50m: 30.44 30.44	150m: 1:45.01 38.60	250m: 3:09.00 45.00	350m: 4:31.23 36.71
100m: 1:06.41 35.97	200m: 2:24.00 38.99	300m: 3:54.52 45.52	400m: 5:07.84 36.61
3. KOŻŁAK Hanna	10 MKS JUVENIA Wrocław	5:09.52	562 A
50m: 32.34 32.34	150m: 1:50.17 40.28	250m: 3:13.75 43.30	350m: 4:33.86 36.74
100m: 1:09.89 37.55	200m: 2:30.45 40.28	300m: 3:57.12 43.37	400m: 5:09.52 35.66
4. PASTUSZUK Zuzanna	10 KU AZS UMCS Lublin	5:09.62	561 A
50m: 32.00 32.00	150m: 1:50.08 40.58	250m: 3:13.70 44.15	350m: 4:34.62 35.99
100m: 1:09.50 37.50	200m: 2:29.55 39.47	300m: 3:58.63 44.93	400m: 5:09.62 35.00
5. OLSZEWSKA Natalia	10 St. Lok. SALOS Cortile Kielce	5:13.75	539 A
50m: 31.71 31.71	150m: 1:50.24 40.29	250m: 3:15.12 45.66	350m: 4:37.96 36.76
100m: 1:09.95 38.24	200m: 2:29.46 39.22	300m: 4:01.20 46.08	400m: 5:13.75 35.79
6. STEFANIW Martyna	10 SP Meduza Pajęczno	5:17.02	523 A
50m: 34.06 34.06	150m: 1:54.76 41.65	250m: 3:21.42 45.76	350m: 4:43.81 36.13
100m: 1:13.11 39.05	200m: 2:35.66 40.90	300m: 4:07.68 46.26	400m: 5:17.02 33.21
7. WALCZYK Hanna	10 Grudziądzki KP ORKA	5:17.29	522 A
50m: 32.70 32.70	150m: 1:51.90 40.98	250m: 3:17.93 46.06	350m: 4:42.35 36.60
100m: 1:10.92 38.22	200m: 2:31.87 39.97	300m: 4:05.75 47.82	400m: 5:17.29 34.94
8. PASZEK Lidia	10 UKS Dwójka Tczew	5:18.46	516 A
50m: 33.57 33.57	150m: 1:52.34 39.70	250m: 3:16.63 45.90	350m: 4:42.06 38.66
100m: 1:12.64 39.07	200m: 2:30.73 38.39	300m: 4:03.40 46.77	400m: 5:18.46 36.40
9. JACIOW Magdalena	10 UKS SMS Galicja Kraków	5:19.94	509 A
50m: 32.46 32.46	150m: 1:54.00 42.55	250m: 3:19.19 43.27	350m: 4:42.16 38.12
100m: 1:11.45 38.99	200m: 2:35.92 41.92	300m: 4:04.04 44.85	400m: 5:19.94 37.78
10. POLSAKOVA Nina	10 IUKS Muszelka Warszawa	5:28.76	469 A
50m: 32.27 32.27	150m: 1:54.01 42.93	250m: 3:24.99 48.34	350m: 4:51.99 37.80
100m: 1:11.08 38.81	200m: 2:36.65 42.64	300m: 4:14.19 49.20	400m: 5:28.76 36.77
11. ZIENKOWSKA Maja	10 KS H2O Bochnia	5:30.61	461 B
50m: 34.41 34.41	150m: 1:57.50 42.18	250m: 3:25.24 46.63	350m: 4:52.49 39.80
100m: 1:15.32 40.91	200m: 2:38.61 41.11	300m: 4:12.69 47.45	400m: 5:30.61 38.12
12. JENDRYSIK Paulina	10 KP Sukces Chorzów	5:32.32	454 B
50m: 33.74 33.74	150m: 1:54.19 40.60	250m: 3:23.91 48.33	350m: 4:52.54 39.40
100m: 1:13.59 39.85	200m: 2:35.58 41.39	300m: 4:13.14 49.23	400m: 5:32.32 39.78
13. ŻUK Hanna	10 KS WARTA Poznań	5:35.24	442 B
50m: 34.40 34.40	150m: 1:58.47 43.54	250m: 3:31.05 48.63	350m: 4:57.28 38.30
100m: 1:14.93 40.53	200m: 2:42.42 43.95	300m: 4:18.98 47.93	400m: 5:35.24 37.96
14. DZIEWANOWSKA Nikola	10 UKS DELFIN Garwolin	5:40.55	422 B
50m: 34.91 34.91	150m: 2:02.83 46.91	250m: 3:36.66 48.70	350m: 5:04.11 37.56
100m: 1:15.92 41.01	200m: 2:47.96 45.13	300m: 4:26.55 49.89	400m: 5:40.55 36.44
15. SZŁAPKA Antonina	10 UKS Cityzen	5:42.94	413 B
50m: 35.47 35.47	150m: 2:00.96 44.61	250m: 3:34.71 49.98	350m: 5:05.74 39.92
100m: 1:16.35 40.88	200m: 2:44.73 43.77	300m: 4:25.82 51.11	400m: 5:42.94 37.20
16. LISZKA Aniela	10 LKS Jedność 32 Przyszowice	5:49.80	389 B
50m: 36.57 36.57	150m: 2:06.25 46.24	250m: 3:38.08 47.27	350m: 5:09.98 43.21
100m: 1:20.01 43.44	200m: 2:50.81 44.56	300m: 4:26.77 48.69	400m: 5:49.80 39.82





Zimowe Mistrzostwa Polski Juniorów Młodszych 15-lat
Bydgoszcz, 12-14.12.2025

Konkurencja 3, Dziewcząt, 400m zmienny, Eliminacje, 15 lat

Pozycja			Rok ur.						Czas	Pkt.
17.	WÓJTOWICZ Aleksandra		10		Kajman Połaniec				5:56.60	367 B
	50m:	38.05	38.05	150m:	2:11.33	47.07	250m:	3:47.89	51.20	350m: 5:18.58 38.95
	100m:	1:24.26	46.21	200m:	2:56.69	45.36	300m:	4:39.63	51.74	400m: 5:56.60 38.02
18.	KALISZEWSKA Amelia		10		KS Nelasport				6:16.19	313 B
	50m:	39.72	39.72	150m:	2:16.80	48.48	250m:	3:58.73	54.23	350m: 5:35.73 41.26
	100m:	1:28.32	48.60	200m:	3:04.50	47.70	300m:	4:54.47	55.74	400m: 6:16.19 40.46
19.	MORGAŃSKA Marta		10		UKS Manta Kochłowice Ruda Śląska				6:18.26	308 B
	50m:	39.49	39.49	150m:	2:17.57	52.21	250m:	3:58.62	52.39	350m: 5:35.55 43.57
	100m:	1:25.36	45.87	200m:	3:06.23	48.66	300m:	4:51.98	53.36	400m: 6:18.26 42.71
20.	GRABOWSKA Maja		10		UKS Piątka Konstantynów Łódzki				6:27.55	286 B
	50m:	41.76	41.76	150m:	2:23.77	48.99	250m:	4:03.42	52.39	350m: 5:43.26 46.41
	100m:	1:34.78	53.02	200m:	3:11.03	47.26	300m:	4:56.85	53.43	400m: 6:27.55 44.29