



Polska Grupa
Energetyczna



Politechnika Łódźska



Ministerstwo
Sportu i Turystyki



Zimowe Mistrzostwa Polski Juniorów Młodszych 14-lat
Łódź, 19-21.12.2025

Konkurencja 17
2025-12-20 - 17:11

Dziewcząt, 400m dowolny

14 lat
Wyniki Finał

Rekord Polski 14-lat 4:09.54 GUŚĆ Wiktoria 01705 Olsztyn 2018-12-15

Punkty: AQUA 2025

Pozycja	Rok ur.										Czas	Pkt.
Finał A												
1.	RÓZGA Nina			11	CSiR MOS w Dąbrowie Górniczej					4:21.48	682	
	50m:	29.30	29.30	150m:	1:35.23	33.27	250m:	2:41.82	33.33	350m:	3:48.84	33.49
	100m:	1:01.96	32.66	200m:	2:08.49	33.26	300m:	3:15.35	33.53	400m:	4:21.48	32.64
2.	KOKOSZKA Paulina			11	UKS GIM 92 Ursynów					4:26.08	647	
	50m:	29.32	29.32	150m:	1:35.21	33.68	250m:	2:42.75	33.81	350m:	3:51.91	34.50
	100m:	1:01.53	32.21	200m:	2:08.94	33.73	300m:	3:17.41	34.66	400m:	4:26.08	34.17
3.	BOMBA Julia			11	CSiR MOS w Dąbrowie Górniczej					4:27.95	634	
	50m:	29.58	29.58	150m:	1:35.72	33.72	250m:	2:44.90	34.74	350m:	3:54.28	34.76
	100m:	1:02.00	32.42	200m:	2:10.16	34.44	300m:	3:19.52	34.62	400m:	4:27.95	33.67
4.	BARCZAK Karolina			11	MTP Kormoran Olsztyn					4:31.41	610	
	50m:	31.38	31.38	150m:	1:38.89	34.15	250m:	2:48.45	34.84	350m:	3:58.07	34.88
	100m:	1:04.74	33.36	200m:	2:13.61	34.72	300m:	3:23.19	34.74	400m:	4:31.41	33.34
5.	BURANDT Hanna			11	KS Swimmers Ślęza					4:31.60	609	
	50m:	29.73	29.73	150m:	1:37.00	34.38	250m:	2:47.77	35.43	350m:	3:57.90	35.02
	100m:	1:02.62	32.89	200m:	2:12.34	35.34	300m:	3:22.88	35.11	400m:	4:31.60	33.70
6.	NIKIEL Emilia			11	MKS Park Wodny Tarnowskie Góry					4:33.47	596	
	50m:	31.48	31.48	150m:	1:40.41	34.79	250m:	2:49.58	34.47	350m:	3:59.18	35.49
	100m:	1:05.62	34.14	200m:	2:15.11	34.70	300m:	3:23.69	34.11	400m:	4:33.47	34.29
7.	KAROLEWSKA Julia			11	SWIMLAND Olsztyn					4:34.61	589	
	50m:	30.17	30.17	150m:	1:39.40	35.52	250m:	2:49.73	34.85	350m:	4:00.83	35.57
	100m:	1:03.88	33.71	200m:	2:14.88	35.48	300m:	3:25.26	35.53	400m:	4:34.61	33.78
8.	MICHALAK Maria			11	KS Warta Poznań					4:37.67	570	
	50m:	30.93	30.93	150m:	1:39.79	34.90	250m:	2:50.80	35.66	350m:	4:02.91	36.13
	100m:	1:04.89	33.96	200m:	2:15.14	35.35	300m:	3:26.78	35.98	400m:	4:37.67	34.76
9.	KANIEWSKA Lena			11	Mokotowski UKP Warszawianka- Wodny					4:39.65	558	
	50m:	31.13	31.13	150m:	1:40.65	35.22	250m:	2:52.50	35.81	350m:	4:05.59	36.68
	100m:	1:05.43	34.30	200m:	2:16.69	36.04	300m:	3:28.91	36.41	400m:	4:39.65	34.06
10.	PALICKA Patrycja			11	TP Skalar Słupsk					4:40.49	553	
	50m:	30.59	30.59	150m:	1:40.03	35.46	250m:	2:52.25	36.17	350m:	4:05.19	36.47
	100m:	1:04.57	33.98	200m:	2:16.08	36.05	300m:	3:28.72	36.47	400m:	4:40.49	35.30
Finał B												
11.	IWAŃSKA Wiktoria			11	MKS Jagiellonka Warszawa					4:39.04	561	
	50m:	31.22	31.22	150m:	1:41.43	35.62	250m:	2:53.48	35.99	350m:	4:05.46	35.92
	100m:	1:05.81	34.59	200m:	2:17.49	36.06	300m:	3:29.54	36.06	400m:	4:39.04	33.58
12.	FROŃ Kinga			11	UKS Victoria Kozy					4:39.33	560	
	50m:	31.10	31.10	150m:	1:41.33	35.56	250m:	2:53.61	36.23	350m:	4:05.22	35.52
	100m:	1:05.77	34.67	200m:	2:17.38	36.05	300m:	3:29.70	36.09	400m:	4:39.33	34.11
13.	BĘTKOWSKA Emilia			11	CKiS w Skawinie					4:42.11	543	
	50m:	31.86	31.86	150m:	1:42.42	35.69	250m:	2:54.64	36.06	350m:	4:07.36	36.12
	100m:	1:06.73	34.87	200m:	2:18.58	36.16	300m:	3:31.24	36.60	400m:	4:42.11	34.75
14.	GRZMOCIŃSKA Martyna			11	Toruński MKS CHAMPIONS					4:43.57	535	
	50m:	31.58	31.58	150m:	1:42.35	35.66	250m:	2:55.26	36.60	350m:	4:08.73	36.59
	100m:	1:06.69	35.11	200m:	2:18.66	36.31	300m:	3:32.14	36.88	400m:	4:43.57	34.84
15.	SULKOWSKA Hanna			11	UKS Juvenia iSwim Białystok					4:43.87	533	
	50m:	31.71	31.71	150m:	1:42.57	35.80	250m:	2:55.87	36.78	350m:	4:08.96	36.16
	100m:	1:06.77	35.06	200m:	2:19.09	36.52	300m:	3:32.80	36.93	400m:	4:43.87	34.91

Zimowe Mistrzostwa Polski Juniorów Młodszych 14-lat
Łódź, 19-21.12.2025

Konkurencja 17, Dziewcząt, 400m dowolny, Finał, 14 lat

Pozycja	Rok ur.										Czas	Pkt.
16.	RÓŻNICKA Aleksandra				11	KS HARPUN Osiecznica					4:44.06	532
	50m:	31.30	31.30	150m:	1:42.29	36.22	250m:	2:55.08	36.62	350m:	4:09.43	37.25
	100m:	1:06.07	34.77	200m:	2:18.46	36.17	300m:	3:32.18	37.10	400m:	4:44.06	34.63
17.	KRAUS Otylia				11	KS NEPTUN Świdnica					4:44.59	529
	50m:	32.77	32.77	150m:	1:44.36	36.11	250m:	2:56.84	36.10	350m:	4:09.23	35.96
	100m:	1:08.25	35.48	200m:	2:20.74	36.38	300m:	3:33.27	36.43	400m:	4:44.59	35.36
18.	SUWARA Aleksandra				11	IKS Konstancin					4:51.40	493
	50m:	32.58	32.58	150m:	1:44.88	36.78	250m:	2:59.23	37.49	350m:	4:15.06	37.57
	100m:	1:08.10	35.52	200m:	2:21.74	36.86	300m:	3:37.49	38.26	400m:	4:51.40	36.34
19.	LACH Maria				11	MKS Ochota Warszawa					4:52.66	486
	50m:	31.80	31.80	150m:	1:44.26	37.10	250m:	3:00.19	38.10	350m:	4:16.10	37.35
	100m:	1:07.16	35.36	200m:	2:22.09	37.83	300m:	3:38.75	38.56	400m:	4:52.66	36.56
20.	SKIERKA Magdalena				11	Dwójka Morena Gdańsk					4:54.89	476
	50m:	32.05	32.05	150m:	1:44.78	37.37	250m:	3:00.64	38.72	350m:	4:17.23	38.02
	100m:	1:07.41	35.36	200m:	2:21.92	37.14	300m:	3:39.21	38.57	400m:	4:54.89	37.66