

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12, 13 lat - I runda
Lublin, 28.3.2026

Konkurencja 7
28.03.2026 - 10:56

Dziewcz t, 400m dowolny

12 - 13 lat
Wyniki

Punkty: AQUA 2025

Pozycja			Wiek					Czas	Pkt.	CR
12 lat										
1.	KOWALSKA Maja		12	UKS ORKA Zamo				5:18.53	377	
	50m:	36.06 36.06	150m:	1:59.65 42.07	250m:	3:21.88 40.71	350m:	4:42.36 40.04		
	100m:	1:17.58 41.52	200m:	2:41.17 41.52	300m:	4:02.32 40.44	400m:	5:18.53 36.17		
2.	KIJEK Martyna		12	MKS AVIA widnik				5:18.65	377	+0,85
	50m:	37.23 37.23	150m:	1:58.32 40.90	250m:	3:20.09 40.71	350m:	4:40.15 39.34		
	100m:	1:17.42 40.19	200m:	2:39.38 41.06	300m:	4:00.81 40.72	400m:	5:18.65 38.50		
3.	ANTOS Hanna		12	UKS ORKA Zamo				5:37.32	318	+0,85
	50m:	37.52 37.52	150m:	2:01.61 42.62	250m:	3:28.06 43.19	350m:	4:54.34 42.98		
	100m:	1:18.99 41.47	200m:	2:44.87 43.26	300m:	4:11.36 43.30	400m:	5:37.32 42.98		
4.	KAPRALSKA Hanna		12	KS OLIMPIA Lublin				5:37.69	316	+0,83
	50m:	36.89 36.89	150m:	2:04.55 44.76	250m:	3:31.10 42.87	350m:	4:57.03 42.46		
	100m:	1:19.79 42.90	200m:	2:48.23 43.68	300m:	4:14.57 43.47	400m:	5:37.69 40.66		
5.	TKACZYK Alicja		12	UKS Olimpijczyk 23				5:45.12	296	+0,91
	50m:	39.92 39.92	150m:	2:08.63 44.69	250m:	3:38.73 45.02	350m:	5:05.54 43.25		
	100m:	1:23.94 44.02	200m:	2:53.71 45.08	300m:	4:22.29 43.56	400m:	5:45.12 39.58		
6.	ZADURA Alicja		12	UKP Fala Kra nik				5:46.42	293	
	50m:	39.04 39.04	150m:	2:08.59 45.71	250m:	3:37.97 44.24	350m:	5:07.24 43.83		
	100m:	1:22.88 43.84	200m:	2:53.73 45.14	300m:	4:23.41 45.44	400m:	5:46.42 39.18		
7.	POYNTON Sabina		12	UKS Olimpijczyk 23				5:51.58	280	+0,87
	50m:	41.24 41.24	150m:	2:11.65 45.75	250m:	3:42.33 45.21	350m:	5:10.53 44.12		
	100m:	1:25.90 44.66	200m:	2:57.12 45.47	300m:	4:26.41 44.08	400m:	5:51.58 41.05		
8.	KULPI SKA Maja		12	Uks Skarpa Lublin				5:58.37	265	+0,80
	50m:	40.64 40.64	150m:	2:11.86 45.18	250m:	3:42.95 44.99	350m:	5:05.55 39.25		
	100m:	1:26.68 46.04	200m:	2:57.96 46.10	300m:	4:26.30 43.35	400m:	5:58.37 52.82		
9.	TUSZEWSKA Ró a		12	UKS 51 Lublin				6:01.32	258	+0,81
	50m:	40.49 40.49	150m:	2:12.28 46.50	250m:	3:47.30 47.22	350m:	5:20.58 45.93		
	100m:	1:25.78 45.29	200m:	3:00.08 47.80	300m:	4:34.65 47.35	400m:	6:01.32 40.74		
10.	ZDZIEBŁOWSKA Karina		12	MKS AVIA widnik				6:05.94	249	
	50m:	41.65 41.65	150m:	2:11.68 44.81	250m:	3:45.75 46.76	350m:	5:19.23 47.63		
	100m:	1:26.87 45.22	200m:	2:58.99 47.31	300m:	4:31.60 45.85	400m:	6:05.94 46.71		
11.	CYRANEK Anna		12	UKS Szkoła Pływania 23 Lublin				6:09.14	242	+0,85
	50m:	38.93 38.93	150m:	2:11.06 46.79	250m:	3:46.21 47.77	350m:	5:23.23 48.88		
	100m:	1:24.27 45.34	200m:	2:58.44 47.38	300m:	4:34.35 48.14	400m:	6:09.14 45.91		
12.	DRO DZIEL Daria		12	UKS ORKA Zamo				6:13.77	233	+0,87
	50m:	43.51 43.51	150m:	2:19.26 47.92	250m:	3:52.81 46.35	350m:	5:27.74 47.95		
	100m:	1:31.34 47.83	200m:	3:06.46 47.20	300m:	4:39.79 46.98	400m:	6:13.77 46.03		
13.	D BOWSKA Alicja		12	UKS Olimpijczyk 23				6:15.76	230	
	50m:	42.48 42.48	150m:	2:16.62 48.13	250m:	3:55.30 49.34	350m:	5:31.69 48.16		
	100m:	1:28.49 46.01	200m:	3:05.96 49.34	300m:	4:43.53 48.23	400m:	6:15.76 44.07		
14.	KRAWIECKA Alicja		12	UKP Bychawa				6:16.01	229	+0,79
	50m:	40.92 40.92	150m:	2:14.50 47.85	250m:	3:54.37 49.93	350m:	5:32.05 48.84		
	100m:	1:26.65 45.73	200m:	3:04.44 49.94	300m:	4:43.21 48.84	400m:	6:16.01 43.96		
15.	ULANICKA Marta		12	UKS Szkoła Pływania 23 Lublin				6:16.31	229	
	50m:	41.73 41.73	150m:	2:13.64 46.32	250m:	3:49.73 48.27	350m:	5:28.11 49.42		
	100m:	1:27.32 45.59	200m:	3:01.46 47.82	300m:	4:38.69 48.96	400m:	6:16.31 48.20		
16.	HANAJ Matylda		12	UKP Bychawa				6:18.51	225	+0,58
	50m:	41.68 41.68	150m:	2:17.54 48.04	250m:	3:55.70 49.24	350m:	5:33.06 48.76		
	100m:	1:29.50 47.82	200m:	3:06.46 48.92	300m:	4:44.30 48.60	400m:	6:18.51 45.45		
17.	POPKO Martyna		12	UKS Szkoła Pływania 23 Lublin				6:23.26	216	+0,76
	50m:	44.60 44.60	150m:	2:23.92 49.42	250m:	4:01.01 48.94	350m:	5:38.47 48.53		
	100m:	1:34.50 49.90	200m:	3:12.07 48.15	300m:	4:49.94 48.93	400m:	6:23.26 44.79		

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12, 13 lat - I runda
Lublin, 28.3.2026

Konkurencja 7, Dziewcz t, 400m dowolny, 12 lat

Pozycja			Wiek					Czas	Pkt.	CR
18.	NIEDZIELSKA Alicja		12	MKS AVIA widnik				6:24.99	213	+0,81
	50m:	43.62 43.62	150m:	2:21.00	49.29	250m:	3:59.64 49.67	350m:	5:37.63 49.41	
	100m:	1:31.71 48.09	200m:	3:09.97	48.97	300m:	4:48.22 48.58	400m:	6:24.99 47.36	
19.	MILBRAT Weronika		12	MKS AVIA widnik				6:26.79	210	+0,96
	50m:	41.33 41.33	150m:	2:20.20	50.35	250m:	4:02.43 51.00	350m:	5:41.97 50.23	
	100m:	1:29.85 48.52	200m:	3:11.43	51.23	300m:	4:51.74 49.31	400m:	6:26.79 44.82	
20.	ZDUNKIEWICZ Liliana		12	KP Strzałka Puławy				6:33.54	200	+0,85
	50m:	44.59 44.59	150m:	2:27.66	52.17	250m:	4:11.22 52.08	350m:	5:51.96 49.23	
	100m:	1:35.49 50.90	200m:	3:19.14	51.48	300m:	5:02.73 51.51	400m:	6:33.54 41.58	
21.	BUCZKOWSKA Maria		12	RWKS Sparta Biłgoraj				6:34.58	198	
	50m:	44.17 44.17	150m:	2:24.27	50.54	250m:	4:04.21 49.73	350m:	5:45.67 49.96	
	100m:	1:33.73 49.56	200m:	3:14.48	50.21	300m:	4:55.71 51.50	400m:	6:34.58 48.91	
22.	WRO SKA Nadia		12	UKS Szkoła Pływania 23 Lublin				6:43.10	186	
	50m:	45.10 45.10	150m:	2:29.39	52.55	250m:	4:15.35 53.14	350m:	5:58.67 50.32	
	100m:	1:36.84 51.74	200m:	3:22.21	52.82	300m:	5:08.35 53.00	400m:	6:43.10 44.43	
23.	WA KOWICZ Magda		12	KS OLIMPIA Lublin				6:47.75	180	+0,93
	50m:	44.71 44.71	150m:	2:30.40	53.39	250m:	4:17.19 53.50	350m:	5:58.92 50.31	
	100m:	1:37.01 52.30	200m:	3:23.69	53.29	300m:	5:08.61 51.42	400m:	6:47.75 48.83	
24.	JUROWICZ Julia		12	MTP Lublinianka				6:51.28	175	
	50m:	42.50 42.50	150m:	2:24.75	51.91	250m:	4:09.35 52.56	350m:	5:56.46 54.00	
	100m:	1:32.84 50.34	200m:	3:16.79	52.04	300m:	5:02.46 53.11	400m:	6:51.28 54.82	
25.	SAMOSIUK Dorota		12	UKS Juvenia iSwim Białystok				6:56.46	168	
	50m:	45.89 45.89	150m:	2:34.96	55.72	250m:	4:21.68 53.58	350m:	6:08.41 53.28	
	100m:	1:39.24 53.35	200m:	3:28.10	53.14	300m:	5:15.13 53.45	400m:	6:56.46 48.05	
26.	PASZKOWSKA Ró a		12	MKS AVIA widnik				7:18.51	144	
	50m:	46.71 46.71	150m:	2:37.44	55.93	250m:	4:34.02 59.33	350m:	6:25.69 56.01	
	100m:	1:41.51 54.80	200m:	3:34.69	57.25	300m:	5:29.68 55.66	400m:	7:18.51 52.82	
27.	DUDRA Hanna		12	MTP Lublinianka				7:59.03	111	+0,94
	50m:	48.97 48.97	150m:	2:53.64	1:03.37	250m:	5:00.27 1:04.53	350m:	7:04.75 1:02.34	
	100m:	1:50.27 1:01.30	200m:	3:55.74	1:02.10	300m:	6:02.41 1:02.14	400m:	7:59.03 54.28	
28.	STRACHECKA Gabriela		12	UKP Bychawa				8:07.62	105	+0,73
	50m:	50.58 50.58	150m:	2:55.49	1:02.49	250m:	4:59.95 1:01.45	350m:	7:07.13 1:03.76	
	100m:	1:53.00 1:02.42	200m:	3:58.50	1:03.01	300m:	6:03.37 1:03.42	400m:	8:07.62 1:00.49	

13 lat

1.	PUCHACZ Zuzanna		13	KS OLIMPIA Lublin				4:43.76	534	
	50m:	32.86 32.86	150m:	1:45.17	36.01	250m:	2:57.43 36.46	350m:	4:09.86 36.27	
	100m:	1:09.16 36.30	200m:	2:20.97	35.80	300m:	3:33.59 36.16	400m:	4:43.76 33.90	
2.	MAJEK Oliwia		13	KS OLIMPIA Lublin				5:01.39	445	+0,71
	50m:	34.05 34.05	150m:	1:51.85	39.38	250m:	3:09.69 38.76	350m:	4:26.12 37.71	
	100m:	1:12.47 38.42	200m:	2:30.93	39.08	300m:	3:48.41 38.72	400m:	5:01.39 35.27	
3.	GRABOWSKA Iga		13	UKS Olimpijczyk 23				5:01.74	444	+0,84
	50m:	34.53 34.53	150m:	1:52.62	39.44	250m:	3:10.38 38.30	350m:	4:26.65 37.34	
	100m:	1:13.18 38.65	200m:	2:32.08	39.46	300m:	3:49.31 38.93	400m:	5:01.74 35.09	
4.	HOŁU Zuzanna		13	SKP Delfin Kozenice				5:02.36	441	
	50m:	34.13 34.13	150m:	1:50.25	38.62	250m:	3:08.73 39.40	350m:	4:26.84 38.59	
	100m:	1:11.63 37.50	200m:	2:29.33	39.08	300m:	3:48.25 39.52	400m:	5:02.36 35.52	
5.	SOWI SKA Julia		13	SKP Delfin Kozenice				5:12.60	399	+0,81
	50m:	35.08 35.08	150m:	1:53.59	39.77	250m:	3:13.80 40.19	350m:	4:33.98 39.91	
	100m:	1:13.82 38.74	200m:	2:33.61	40.02	300m:	3:54.07 40.27	400m:	5:12.60 38.62	
6.	GRUM Hanna		13	RWKS Sparta Biłgoraj				5:13.10	397	+0,84
	50m:	34.41 34.41	150m:	1:53.54	40.60	250m:	3:15.68 41.45	350m:	4:36.20 40.17	
	100m:	1:12.94 38.53	200m:	2:34.23	40.69	300m:	3:56.03 40.35	400m:	5:13.10 36.90	

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12, 13 lat - I runda
Lublin, 28.3.2026

Konkurencja 7, Dziewcz t, 400m dowolny, 13 lat

Pozycja			Wiek					Czas	Pkt.	CR
7.	WOŁOSZYN	Julia	13	UKS ORKA Zamo				5:13.82	394	+0,84
	50m:	35.81 35.81	150m:	1:54.28	39.66	250m:	3:14.97 40.20	350m:	4:35.90 40.34	
	100m:	1:14.62 38.81	200m:	2:34.77	40.49	300m:	3:55.56 40.59	400m:	5:13.82 37.92	
8.	MAGDZIARZ	Marlena	13	RWKS Sparta Biłgoraj				5:19.93	372	
	50m:	34.51 34.51	150m:	1:53.68	40.44	250m:	3:16.41 41.90	350m:	4:40.21 42.17	
	100m:	1:13.24 38.73	200m:	2:34.51	40.83	300m:	3:58.04 41.63	400m:	5:19.93 39.72	
9.	STEFANIAK	Kamila	13	KP Strzałka Puławy				5:22.75	363	+0,95
	50m:	36.06 36.06	150m:	1:58.19	41.88	250m:	3:22.13 42.08	350m:	4:45.67 41.80	
	100m:	1:16.31 40.25	200m:	2:40.05	41.86	300m:	4:03.87 41.74	400m:	5:22.75 37.08	
10.	KOMOSI	SKA Pola	13	UKS Juwenia iSwim Białystok				5:23.83	359	+0,83
	50m:	35.57 35.57	150m:	1:56.26	40.88	250m:	3:19.24 41.87	350m:	4:43.00 41.72	
	100m:	1:15.38 39.81	200m:	2:37.37	41.11	300m:	4:01.28 42.04	400m:	5:23.83 40.83	
11.	GARBARCZYK	Wiktoria	13	SKP Delfin Kozenice				5:27.64	347	+0,62
	50m:	38.08 38.08	150m:	2:01.21	41.83	250m:	3:25.46 42.23	350m:	4:48.56 41.13	
	100m:	1:19.38 41.30	200m:	2:43.23	42.02	300m:	4:07.43 41.97	400m:	5:27.64 39.08	
12.	KASPRZAK	Gabriela	13	UKS Szkoła Pływania 23 Lublin				5:37.28	318	
	50m:	38.70 38.70	150m:	2:02.75	42.31	250m:	3:29.15 43.24	350m:	4:56.05 43.62	
	100m:	1:20.44 41.74	200m:	2:45.91	43.16	300m:	4:12.43 43.28	400m:	5:37.28 41.23	
13.	MICHAŁOWSKA	Pola	13	UKS Juwenia iSwim Białystok				5:42.88	302	+0,70
	50m:	42.08 42.08	150m:	2:07.85	43.11	250m:	3:35.85 43.78	350m:	5:03.38 43.85	
	100m:	1:24.74 42.66	200m:	2:52.07	44.22	300m:	4:19.53 43.68	400m:	5:42.88 39.50	
14.	TSINA	Danai	13	UKS Szkoła Pływania 23 Lublin				5:43.77	300	+0,73
	50m:	39.01 39.01	150m:	2:05.77	43.89	250m:	3:33.79 44.30	350m:	5:01.93 44.10	
	100m:	1:21.88 42.87	200m:	2:49.49	43.72	300m:	4:17.83 44.04	400m:	5:43.77 41.84	
15.	KRÓLIKOWSKA	Dominika	13	UKS Szkoła Pływania 23 Lublin				5:44.99	297	
	50m:	39.54 39.54	150m:	2:06.46	44.51	250m:	3:34.82 44.13	350m:	5:03.08 44.27	
	100m:	1:21.95 42.41	200m:	2:50.69	44.23	300m:	4:18.81 43.99	400m:	5:44.99 41.91	
16.	MAZUR	Emilia	13	UKS Olimpijczyk 23				5:50.90	282	+0,65
	50m:	40.30 40.30	150m:	2:10.37	44.97	250m:	3:40.21 45.11	350m:	5:08.58 44.01	
	100m:	1:25.40 45.10	200m:	2:55.10	44.73	300m:	4:24.57 44.36	400m:	5:50.90 42.32	
17.	MAZUREK	Nela	13	UKS Olimpijczyk 23				5:58.42	265	
	50m:	38.80 38.80	150m:	2:10.61	46.70	250m:	3:43.52 46.23	350m:	5:15.61 45.74	
	100m:	1:23.91 45.11	200m:	2:57.29	46.68	300m:	4:29.87 46.35	400m:	5:58.42 42.81	
18.	WIDERSKA	Michalina	13	KP Strzałka Puławy				6:00.99	259	+0,89
	50m:	39.18 39.18	150m:	2:09.02	46.33	250m:	3:43.68 48.27	350m:	5:17.51 46.91	
	100m:	1:22.69 43.51	200m:	2:55.41	46.39	300m:	4:30.60 46.92	400m:	6:00.99 43.48	
19.	OSTROM	CKA Ilona	13	TSS TOMASOVIA Tomaszów Lub.				6:08.48	243	+0,75
	50m:	42.71 42.71	150m:	2:16.20	48.01	250m:	3:52.97 49.04	350m:	5:26.43 46.22	
	100m:	1:28.19 45.48	200m:	3:03.93	47.73	300m:	4:40.21 47.24	400m:	6:08.48 42.05	
20.	JEDUT	Anna	13	UKS Szkoła Pływania 23 Lublin				6:09.06	242	
	50m:	40.01 40.01	150m:	2:18.75	48.81	250m:	3:55.09 47.75	350m:	5:25.61 45.57	
	100m:	1:29.94 49.93	200m:	3:07.34	48.59	300m:	4:40.04 44.95	400m:	6:09.06 43.45	
21.	BOLESTA	Agata	13	UKS Szkoła Pływania 23 Lublin				6:15.26	230	
	50m:	43.96 43.96	150m:	2:18.87	47.49	250m:	3:54.80 47.85	350m:	5:29.30 47.39	
	100m:	1:31.38 47.42	200m:	3:06.95	48.08	300m:	4:41.91 47.11	400m:	6:15.26 45.96	
22.	KŁOS	Wiktoria	13	SKP Delfin Kozenice				6:36.63	195	
	50m:	41.78 41.78	150m:	2:23.41	50.82	250m:	4:07.47 51.55	350m:	5:49.08 50.72	
	100m:	1:32.59 50.81	200m:	3:15.92	52.51	300m:	4:58.36 50.89	400m:	6:36.63 47.55	
23.	BRONIEK	Zuzanna	13	KU AZS UMCS Lublin				6:45.88	182	+0,93
	50m:	44.51 44.51	150m:	2:27.34	52.11	250m:	4:13.14 52.98	350m:	5:59.03 52.65	
	100m:	1:35.23 50.72	200m:	3:20.16	52.82	300m:	5:06.38 53.24	400m:	6:45.88 46.85	
24.	CIPIE	Alicja	13	SKP Delfin Kozenice				6:56.93	168	
	50m:	45.15 45.15	150m:	2:30.06	53.79	250m:	4:18.98 54.58	350m:	6:06.73 54.25	
	100m:	1:36.27 51.12	200m:	3:24.40	54.34	300m:	5:12.48 53.50	400m:	6:56.93 50.20	