

Zimowe Mistrzostwa Polski Młodzików 13 lat
Poznań, 19. - 21.12.2025

Konkurencja 18
2025.12.20 - 9:30

Dziewcząt, 400m dowolny

13 lat
Wyniki Eliminacje

Punkty: AQUA 2025

Pozycja	Rok ur.								Czas	Pkt.
1.	KACER Maria	12	BOSiR Brzesko				4:33.25	598	A	
	50m: 30.55 30.55	150m: 1:37.93	34.03	250m: 2:47.30	34.70	350m: 3:58.09	35.51			
	100m: 1:03.90 33.35	200m: 2:12.60	34.67	300m: 3:22.58	35.28	400m: 4:33.25	35.16			
2.	RĄCZKOWSKA Lena	12	LKS Jedność 32 Przyszowice				4:36.90	574	A	
	50m: 31.33 31.33	150m: 1:40.87	35.19	250m: 2:51.97	35.64	350m: 4:02.95	35.43			
	100m: 1:05.68 34.35	200m: 2:16.33	35.46	300m: 3:27.52	35.55	400m: 4:36.90	33.95			
3.	KRYSZTOF Alicja	12	MTP Kormoran Olsztyn				4:37.06	573	A	
	50m: 31.69 31.69	150m: 1:42.41	35.48	250m: 2:53.09	35.35	350m: 4:03.84	35.37			
	100m: 1:06.93 35.24	200m: 2:17.74	35.33	300m: 3:28.47	35.38	400m: 4:37.06	33.22			
4.	SADŁOCHA Marcelina	12	KTP Iskra Konin				4:37.14	573	A	
	50m: 31.27 31.27	150m: 1:42.27	35.97	250m: 2:53.50	35.68	350m: 4:05.01	35.51			
	100m: 1:06.30 35.03	200m: 2:17.82	35.55	300m: 3:29.50	36.00	400m: 4:37.14	32.13			
5.	CYBULSKA Lena	12	UKS DRAGON Sosnowiec				4:40.83	551	A	
	50m: 31.43 31.43	150m: 1:42.65	35.60	250m: 2:54.20	35.90	350m: 4:06.85	36.31			
	100m: 1:07.05 35.62	200m: 2:18.30	35.65	300m: 3:30.54	36.34	400m: 4:40.83	33.98			
6.	SOCHA Małgorzata	12	CSiR MOS w Dąbrowie Górniczej				4:42.25	542	A	
	50m: 32.21 32.21	150m: 1:42.92	35.67	250m: 2:54.62	35.68	350m: 4:06.72	35.93			
	100m: 1:07.25 35.04	200m: 2:18.94	36.02	300m: 3:30.79	36.17	400m: 4:42.25	35.53			
7.	MIKUŁA Maria	12	Stowarzyszenie Solne Miasto Wieliczka				4:42.42	541	A	
	50m: 31.60 31.60	150m: 1:42.70	35.95	250m: 2:55.35	36.49	350m: 4:07.95	36.21			
	100m: 1:06.75 35.15	200m: 2:18.86	36.16	300m: 3:31.74	36.39	400m: 4:42.42	34.47			
8.	SKUBISZ Liliana	12	CSiR MOS w Dąbrowie Górniczej				4:44.45	530	A	
	50m: 32.13 32.13	150m: 1:43.52	35.89	250m: 2:56.64	36.47	350m: 4:10.10	36.47			
	100m: 1:07.63 35.50	200m: 2:20.17	36.65	300m: 3:33.63	36.99	400m: 4:44.45	34.35			
9.	KALISZ Małgorzata	12	UKS „Sokół-Mościce” Tarnów				4:45.54	524	A	
	50m: 31.80 31.80	150m: 1:44.85	36.72	250m: 2:57.63	36.37	350m: 4:10.39	36.19			
	100m: 1:08.13 36.33	200m: 2:21.26	36.41	300m: 3:34.20	36.57	400m: 4:45.54	35.15			
10.	FILIPIAK Liliana	12	Dwójka Morena Gdańsk				4:45.95	522	A	
	50m: 32.45 32.45	150m: 1:44.03	35.87	250m: 2:57.28	36.64	350m: 4:10.32	36.70			
	100m: 1:08.16 35.71	200m: 2:20.64	36.61	300m: 3:33.62	36.34	400m: 4:45.95	35.63			
11.	BEDNARSKA Antonina	12	KS KSZO Ostrowiec Św.				4:46.84	517	B	
	50m: 31.98 31.98	150m: 1:43.89	36.28	250m: 2:56.60	36.42	350m: 4:10.11	36.73			
	100m: 1:07.61 35.63	200m: 2:20.18	36.29	300m: 3:33.38	36.78	400m: 4:46.84	36.73			
12.	MIKOŁAJCZAK Helena	12	KS Posenania Poznań				4:48.54	508	B	
	50m: 32.22 32.22	150m: 1:44.94	37.04	250m: 2:59.48	37.37	350m: 4:13.54	36.88			
	100m: 1:07.90 35.68	200m: 2:22.11	37.17	300m: 3:36.66	37.18	400m: 4:48.54	35.00			
13.	WERNER Aleksandra	12	UKS SMS Galicja Kraków				4:50.68	496	B	
	50m: 32.85 32.85	150m: 1:45.67	36.89	250m: 2:59.94	37.20	350m: 4:13.59	36.25			
	100m: 1:08.78 35.93	200m: 2:22.74	37.07	300m: 3:37.34	37.40	400m: 4:50.68	37.09			
14.	CZUDEK Florentyna	12	KP Sokół Rzeszów				4:53.75	481	B	
	50m: 32.88 32.88	150m: 1:46.87	37.41	250m: 3:02.45	38.18	350m: 4:17.78	37.43			
	100m: 1:09.46 36.58	200m: 2:24.27	37.40	300m: 3:40.35	37.90	400m: 4:53.75	35.97			
	JAWORSKA Ada	12	MKP Szczecin				4:53.75	481	B	
	50m: 32.05 32.05	150m: 1:44.90	37.01	250m: 3:00.55	38.18	350m: 4:17.20	38.42			
	100m: 1:07.89 35.84	200m: 2:22.37	37.47	300m: 3:38.78	38.23	400m: 4:53.75	36.55			
16.	WERESZCZYŃSKA Lila	12	WKS Śląsk				4:53.92	480	B	
	50m: 31.97 31.97	150m: 1:46.26	37.69	250m: 3:01.36	37.37	350m: 4:17.35	38.18			
	100m: 1:08.57 36.60	200m: 2:23.99	37.73	300m: 3:39.17	37.81	400m: 4:53.92	36.57			
17.	MAJCHER Hanna	12	RWKS Sparta Biłgoraj				4:54.29	478	B	
	50m: 32.37 32.37	150m: 1:47.23	38.03	250m: 3:03.62	38.14	350m: 4:19.40	37.72			
	100m: 1:09.20 36.83	200m: 2:25.48	38.25	300m: 3:41.68	38.06	400m: 4:54.29	34.89			

Zimowe Mistrzostwa Polski Młodzików 13 lat Poznań, 19. - 21.12.2025

Konkurencja 18, Dziewcząt, 400m dowolny, Eliminacje, 13 lat

Pozycja			Rok ur.						Czas	Pkt.
18.	KRYSZKIEWICZ Lidia	12	MKS „Jagiellonka” Warszawa						4:54.49	477 B
	50m: 32.13 32.13	150m: 1:45.26	37.12	250m: 3:01.25	38.26	350m: 4:18.10	38.51			
	100m: 1:08.14 36.01	200m: 2:22.99	37.73	300m: 3:39.59	38.34	400m: 4:54.49	36.39			
19.	BRANIECKA Iga	12	Ks Korona 1919						4:56.58	467 B
	50m: 33.33 33.33	150m: 1:46.98	37.28	250m: 3:03.62	38.72	350m: 4:20.24	38.56			
	100m: 1:09.70 36.37	200m: 2:24.90	37.92	300m: 3:41.68	38.06	400m: 4:56.58	36.34			
20.	JAGODZIŃSKA Lena	12	UKS SP-149 Łódź						4:56.86	466 B
	50m: 33.66 33.66	150m: 1:48.68	37.84	250m: 3:04.45	37.71	350m: 4:20.85	38.41			
	100m: 1:10.84 37.18	200m: 2:26.74	38.06	300m: 3:42.44	37.99	400m: 4:56.86	36.01			
21.	KLAUS Helena	12	MKS Piaseczno						4:57.97	461 R
	50m: 33.05 33.05	150m: 1:48.88	38.69	250m: 3:05.24	38.01	350m: 4:21.64	38.06			
	100m: 1:10.19 37.14	200m: 2:27.23	38.35	300m: 3:43.58	38.34	400m: 4:57.97	36.33			
22.	STUDZIŃSKA Hanna	12	MKS „Jagiellonka” Warszawa						4:58.68	458 R
	50m: 33.38 33.38	150m: 1:50.68	38.86	250m: 3:07.16	37.92	350m: 4:23.05	37.81			
	100m: 1:11.82 38.44	200m: 2:29.24	38.56	300m: 3:45.24	38.08	400m: 4:58.68	35.63			
23.	TOPORCZYK Zuzanna	12	UKS Ósemka Oświęcim						5:00.82	448
	50m: 32.35 32.35	150m: 1:47.64	38.47	250m: 3:05.65	38.99	350m: 4:23.78	38.87			
	100m: 1:09.17 36.82	200m: 2:26.66	39.02	300m: 3:44.91	39.26	400m: 5:00.82	37.04			
24.	ROMANOWICZ Ewa	12	WKS Śląsk						5:01.01	447
	50m: 32.09 32.09	150m: 1:47.81	38.94	250m: 3:05.49	38.83	350m: 4:23.54	38.73			
	100m: 1:08.87 36.78	200m: 2:26.66	38.85	300m: 3:44.81	39.32	400m: 5:01.01	37.47			
25.	CIESIELSKA Amelia	12	MKS Jedyńka Łódź						5:01.08	447
	50m: 34.41 34.41	150m: 1:50.50	38.24	250m: 3:07.38	38.47	350m: 4:24.39	38.43			
	100m: 1:12.26 37.85	200m: 2:28.91	38.41	300m: 3:45.96	38.58	400m: 5:01.08	36.69			
26.	KUSZ Zuzanna	12	UKS Wodnik Siemianowice Śląskie						5:01.89	443
	50m: 33.74 33.74	150m: 1:49.75	38.36	250m: 3:07.28	38.72	350m: 4:24.69	38.32			
	100m: 1:11.39 37.65	200m: 2:28.56	38.81	300m: 3:46.37	39.09	400m: 5:01.89	37.20			
27.	MARTISZKO Maja	12	Swim Team MOSiR Kędzierzyn-Koźle						5:02.98	438
	50m: 33.64 33.64	150m: 1:49.33	38.66	250m: 3:07.50	39.29	350m: 4:26.23	39.35			
	100m: 1:10.67 37.03	200m: 2:28.21	38.88	300m: 3:46.88	39.38	400m: 5:02.98	36.75			
28.	DOROCIAK Natalia	12	Ks Korona 1919						5:03.77	435
	50m: 33.98 33.98	150m: 1:49.66	38.30	250m: 3:07.74	38.96	350m: 4:25.33	38.86			
	100m: 1:11.36 37.38	200m: 2:28.78	39.12	300m: 3:46.47	38.73	400m: 5:03.77	38.44			
29.	DEJANA Chiara	12	UKS SMS Galicja Kraków						5:05.38	428
	50m: 33.44 33.44	150m: 1:50.78	39.31	250m: 3:09.21	38.89	350m: 4:27.44	38.82			
	100m: 1:11.47 38.03	200m: 2:30.32	39.54	300m: 3:48.62	39.41	400m: 5:05.38	37.94			
30.	LEŚNIAK Julia	12	UKS G-8 Bielany Warszawa						5:05.43	428
	50m: 32.57 32.57	150m: 1:50.51	40.06	250m: 3:10.77	40.43	350m: 4:28.98	38.98			
	100m: 1:10.45 37.88	200m: 2:30.34	39.83	300m: 3:50.00	39.23	400m: 5:05.43	36.45			
31.	TRACZYK Maja	12	MKS Juwenia Wrocław						5:06.72	423
	50m: 34.02 34.02	150m: 1:51.44	39.30	250m: 3:10.37	39.58	350m: 4:29.91	39.39			
	100m: 1:12.14 38.12	200m: 2:30.79	39.35	300m: 3:50.52	40.15	400m: 5:06.72	36.81			
	POKRYWKA Zuzanna	12	Stowarzyszenie Solne Miasto Wieliczka						5:06.72	423
	50m: 34.98 34.98	150m: 1:51.15	38.47	250m: 3:09.09	39.24	350m: 4:28.39	39.54			
	100m: 1:12.68 37.70	200m: 2:29.85	38.70	300m: 3:48.85	39.76	400m: 5:06.72	38.33			
33.	GRZEGORCZYK Amelia	12	MUKP Korona-Swim Kielce						5:07.38	420
	50m: 36.60 36.60	150m: 1:55.39	39.63	250m: 3:13.01	38.79	350m: 4:29.81	38.24			
	100m: 1:15.76 39.16	200m: 2:34.22	38.83	300m: 3:51.57	38.56	400m: 5:07.38	37.57			
34.	GÓRSKA Emilia	12	UKS KORAL Wrocław						5:08.14	417
	50m: 33.53 33.53	150m: 1:50.31	38.72	250m: 3:09.91	39.82	350m: 4:29.66	39.72			
	100m: 1:11.59 38.06	200m: 2:30.09	39.78	300m: 3:49.94	40.03	400m: 5:08.14	38.48			
35.	GRAJDURA Maja	12	BOSiR Brzesko						5:08.41	416
	50m: 35.55 35.55	150m: 1:53.90	39.36	250m: 3:11.86	38.61	350m: 4:30.08	39.19			
	100m: 1:14.54 38.99	200m: 2:33.25	39.35	300m: 3:50.89	39.03	400m: 5:08.41	38.33			

Zimowe Mistrzostwa Polski Młodzików 13 lat
Poznań, 19. - 21.12.2025

Konkurencja 18, Dziewcząt, 400m dowolny, Eliminacje, 13 lat

Pozycja	Rok ur.									Czas	Pkt.
36.	KORDOWSKA Rozalia	12	Toruński MKS CHAMPIONS							5:10.38	408
	50m: 35.47 35.47	150m: 1:54.15 40.12	250m: 3:13.78 40.22	350m: 4:31.56 37.71							
	100m: 1:14.03 38.56	200m: 2:33.56 39.41	300m: 3:53.85 40.07	400m: 5:10.38 38.82							
37.	SZYMAŃSKA Małgorzata	12	UKS Piątka Konstantynów Łódzki							5:10.43	408
	50m: 33.08 33.08	150m: 1:49.82 39.08	250m: 3:10.01 40.55	350m: 4:31.78 40.38							
	100m: 1:10.74 37.66	200m: 2:29.46 39.64	300m: 3:51.40 41.39	400m: 5:10.43 38.65							
38.	GRZEGORCZYK Helena	12	MUKP Korona-Swim Kielce							5:10.92	406
	50m: 34.99 34.99	150m: 1:53.29 39.70	250m: 3:11.82 39.17	350m: 4:31.64 40.28							
	100m: 1:13.59 38.60	200m: 2:32.65 39.36	300m: 3:51.36 39.54	400m: 5:10.92 39.28							
39.	JURCZAK Elżbieta	12	UKS KORAL Wrocław							5:11.58	403
	50m: 34.62 34.62	150m: 1:53.48 39.83	250m: 3:14.74 40.60	350m: 4:31.44 37.98							
	100m: 1:13.65 39.03	200m: 2:34.14 40.66	300m: 3:53.46 38.72	400m: 5:11.58 40.14							
40.	PITUS Anna	12	UKS Fala Nieporęt							5:14.37	392
	50m: 35.29 35.29	150m: 1:55.67 40.54	250m: 3:16.61 40.43	350m: 4:36.03 39.64							
	100m: 1:15.13 39.84	200m: 2:36.18 40.51	300m: 3:56.39 39.78	400m: 5:14.37 38.34							
41.	TRZOP Oliwia	12	UKS „Jasień” Sucha Beskidzka							5:15.28	389
	50m: 33.65 33.65	150m: 1:54.10 41.38	250m: 3:15.95 41.47	350m: 4:37.09 39.92							
	100m: 1:12.72 39.07	200m: 2:34.48 40.38	300m: 3:57.17 41.22	400m: 5:15.28 38.19							
42.	GALEWSKA Isabella	12	MTP Kormoran Olsztyn							5:15.33	389
	50m: 34.70 34.70	150m: 1:53.45 39.85	250m: 3:13.93 40.15	350m: 4:35.88 40.80							
	100m: 1:13.60 38.90	200m: 2:33.78 40.33	300m: 3:55.08 41.15	400m: 5:15.33 39.45							
	GŁOGOWSKA Natalia	12	UKS SMS Galicja Kraków							5:15.33	389
	50m: 36.82 36.82	150m: 1:57.07 40.65	250m: 3:17.93 39.98	350m: 4:36.99 39.29							
	100m: 1:16.42 39.60	200m: 2:37.95 40.88	300m: 3:57.70 39.77	400m: 5:15.33 38.34							
44.	GŁĘBOCKA Elena	12	UKS Juwenia iSwim Białystok							5:17.93	379
	50m: 34.38 34.38	150m: 1:54.28 40.88	250m: 3:16.64 41.81	350m: 4:38.76 41.12							
	100m: 1:13.40 39.02	200m: 2:34.83 40.55	300m: 3:57.64 41.00	400m: 5:17.93 39.17							
45.	KARKOWSKA Julia	12	UKS Wodnik Siemianowice Śląskie							5:18.97	376
	50m: 36.60 36.60	150m: 1:57.82 41.30	250m: 3:19.97 41.12	350m: 4:39.84 39.38							
	100m: 1:16.52 39.92	200m: 2:38.85 41.03	300m: 4:00.46 40.49	400m: 5:18.97 39.13							
46.	PIETRZAK Alicja	12	UKS Szkoła Pływania 23 Lublin							5:21.24	368
	50m: 36.64 36.64	150m: 1:56.60 40.27	250m: 3:17.21 41.13	350m: 4:41.24 41.51							
	100m: 1:16.33 39.69	200m: 2:36.08 39.48	300m: 3:59.73 42.52	400m: 5:21.24 40.00							
47.	LASOK Wiktoria	12	UKS Wodnik Siemianowice Śląskie							5:22.12	365
	50m: 37.35 37.35	150m: 1:58.47 41.17	250m: 3:20.06 40.67	350m: 4:43.07 41.49							
	100m: 1:17.30 39.95	200m: 2:39.39 40.92	300m: 4:01.58 41.52	400m: 5:22.12 39.05							
48.	MENET Maria	12	UKS SP AQUARIUS Lesko							5:22.58	363
	50m: 36.65 36.65	150m: 1:58.06 41.21	250m: 3:21.39 42.06	350m: 4:43.01 40.52							
	100m: 1:16.85 40.20	200m: 2:39.33 41.27	300m: 4:02.49 41.10	400m: 5:22.58 39.57							