



Warszawa



Międzywojewódzkie Drużynowe Mistrzostwa Młodzików 12-13 lat – CRS Bielany
Warszawa, 29. - 30.3.2025

Konkurencja 7
29.03.2025 - 11:55

Dziewcząt, 400m dowolny

12 - 13 lat
Wyniki

Punkty: AQUA 2024

Pozycja	Rok ur.		Czas		Pkt.
12 lat					
1. BALCERCZAK Gabriela	13	OCHOTA Warszawa	4:49.75	508	
50m: 32.44 32.44	150m: 1:44.31 36.57	250m: 2:59.18 37.87	350m: 4:14.32 36.83		
100m: 1:07.74 35.30	200m: 2:21.31 37.00	300m: 3:37.49 38.31	400m: 4:49.75 35.43		
2. MYSŁEK Anna	13	G-8 Bielany Warszawa	5:06.94	427	
50m: 37.39 37.39	150m: 1:56.53 39.44	250m: 3:13.88 38.77	350m: 4:30.12 38.26		
100m: 1:17.09 39.70	200m: 2:35.11 38.58	300m: 3:51.86 37.98	400m: 5:06.94 36.82		
3. KACAŁA Hanna	13	OCHOTA Warszawa	5:14.31	398	
50m: 35.09 35.09	150m: 1:55.42 40.28	250m: 3:17.48 41.02	350m: 4:37.30 39.55		
100m: 1:15.14 40.05	200m: 2:36.46 41.04	300m: 3:57.75 40.27	400m: 5:14.31 37.01		
4. HAREL May	13	POLONIA Warszawa	5:27.77	351	
50m: 35.69 35.69	150m: 1:59.64 42.24	250m: 3:24.31 42.53	350m: 4:47.73 41.58		
100m: 1:17.40 41.71	200m: 2:41.78 42.14	300m: 4:06.15 41.84	400m: 5:27.77 40.04		
5. OLEJNIK Alicja	13	G-8 Bielany Warszawa	5:30.37	343	
50m: 39.90 39.90	150m: 2:05.62 43.01	250m: 3:31.88 43.18	350m: 4:54.61 40.74		
100m: 1:22.61 42.71	200m: 2:48.70 43.08	300m: 4:13.87 41.99	400m: 5:30.37 35.76		
6. WAWRZYŃSKA Hanna	13	PIĄTKA Ostrołęka	5:37.70	321	
50m: 38.64 38.64	150m: 2:04.71 43.33	250m: 3:29.89 42.27	350m: 4:53.90 41.45		
100m: 1:21.38 42.74	200m: 2:47.62 42.91	300m: 4:12.45 42.56	400m: 5:37.70 43.80		
7. POSTUPALSKA Maja	13	G-8 Bielany Warszawa	5:43.80	304	
50m: 39.77 39.77	150m: 2:08.88 44.12	250m: 3:37.96 44.07	350m: 5:04.30 41.98		
100m: 1:24.76 44.99	200m: 2:53.89 45.01	300m: 4:22.32 44.36	400m: 5:43.80 39.50		
8. PISKA Martyna	13	G-8 Bielany Warszawa	5:52.46	282	
50m: 41.30 41.30	150m: 2:11.54 45.50	250m: 3:42.01 45.50	350m: 5:10.82 43.80		
100m: 1:26.04 44.74	200m: 2:56.51 44.97	300m: 4:27.02 45.01	400m: 5:52.46 41.64		
9. WITUŃ Natasza	13	BUKS Warszawa	6:02.22	260	
50m: 39.77 39.77	150m: 2:11.88 46.82	250m: 3:45.32 46.95	350m: 5:21.15 47.85		
100m: 1:25.06 45.29	200m: 2:58.37 46.49	300m: 4:33.30 47.98	400m: 6:02.22 41.07		
10. POLAK Aleksandra	13	FROG Giżycko	6:06.05	252	
50m: 39.35 39.35	150m: 2:10.66 46.37	250m: 3:44.20 46.67	350m: 5:19.15 46.84		
100m: 1:24.29 44.94	200m: 2:57.53 46.87	300m: 4:32.31 48.11	400m: 6:06.05 46.90		
11. LASKOWSKA Nadia	13	FROG Giżycko	6:10.14	244	
50m: 41.07 41.07	150m: 2:15.38 47.40	250m: 3:49.92 47.59	350m: 5:25.61 47.85		
100m: 1:27.98 46.91	200m: 3:02.33 46.95	300m: 4:37.76 47.84	400m: 6:10.14 44.53		
12. JAROSZ Hanna	13	BUKS Warszawa	6:13.26	237	
50m: 41.49 41.49	150m: 2:14.28 47.22	250m: 3:50.52 48.20	350m: 5:26.58 48.25		
100m: 1:27.06 45.57	200m: 3:02.32 48.04	300m: 4:38.33 47.81	400m: 6:13.26 46.68		
13. POLAK Wiktoria	13	BUKS Warszawa	6:38.09	196	
50m: 43.20 43.20	150m: 2:23.37 52.19	250m: 4:08.84 53.77	350m: 5:53.88 52.36		
100m: 1:31.18 47.98	200m: 3:15.07 51.70	300m: 5:01.52 52.68	400m: 6:38.09 44.21		
14. OLSZYŃSKA Zofia	13	BUKS Warszawa	6:39.70	193	
50m: 45.51 45.51	150m: 2:26.74 50.86	250m: 4:11.95 52.75	350m: 5:56.27 52.67		
100m: 1:35.88 50.37	200m: 3:19.20 52.46	300m: 5:03.60 51.65	400m: 6:39.70 43.43		



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Konkurencja 7, Dziewcząt, 400m dowolny, 12 lat

Pozycja			Rok ur.						Czas	Pkt.
15.	LIPIŃSKA Nadia		13	POLONIA Warszawa					6:50.66	178
	50m: 44.09	44.09	150m: 2:27.02	52.17	250m: 4:13.07	53.72	350m: 6:00.30	54.09		
	100m: 1:34.85	50.76	200m: 3:19.35	52.33	300m: 5:06.21	53.14	400m: 6:50.66	50.36		
16.	MAJSTEREK Barbara		13	SKALAR Warszawa					6:51.10	178
	50m: 44.22	44.22	150m: 2:29.38	53.01	250m: 5:12.47	55.63	350m: 6:51.10	47.00		
	100m: 1:36.37	52.15	200m: 4:16.84	1:47.46	300m: 6:04.10	51.63	400m: 6:51.10			

13 lat

1.	VERAKSA Alisa		12	SKALAR Warszawa					4:59.72	459
	50m: 35.26	35.26	150m: 1:52.32	38.69	250m: 3:09.18	37.38	350m: 4:24.27	37.32		
	100m: 1:13.63	38.37	200m: 2:31.80	39.48	300m: 3:46.95	37.77	400m: 4:59.72	35.45		
2.	PŁOSKONKA Emilia		12	G-8 Bielany Warszawa					4:59.98	458
	50m: 34.88	34.88	150m: 1:50.38	38.34	250m: 3:05.84	37.65	350m: 4:22.57	38.61		
	100m: 1:12.04	37.16	200m: 2:28.19	37.81	300m: 3:43.96	38.12	400m: 4:59.98	37.41		
3.	RZEMIENIEWSKA Aurelia		12	POLONIA Warszawa					5:03.19	443
	50m: 34.20	34.20	150m: 1:50.79	38.23	250m: 3:07.47	38.51	350m: 4:25.66	39.26		
	100m: 1:12.56	38.36	200m: 2:28.96	38.17	300m: 3:46.40	38.93	400m: 5:03.19	37.53		
4.	PITUS Anna		12	FALA Nieporęt					5:08.12	423
	50m: 34.90	34.90	150m: 1:52.74	39.65	250m: 3:12.72	40.57	350m: 4:30.17	37.39		
	100m: 1:13.09	38.19	200m: 2:32.15	39.41	300m: 3:52.78	40.06	400m: 5:08.12	37.95		
5.	NIEDZIŃSKA Marika		12	G-8 Bielany Warszawa					5:08.57	421
	50m: 37.71	37.71	150m: 1:56.66	39.17	250m: 3:14.45	38.98	350m: 4:31.34	38.28		
	100m: 1:17.49	39.78	200m: 2:35.47	38.81	300m: 3:53.06	38.61	400m: 5:08.57	37.23		
6.	VASYUKOVA Jelyzaveta		12	SKALAR Warszawa					5:15.77	393
	50m: 33.81	33.81	150m: 1:53.37	40.28	250m: 3:14.01	40.28	350m: 4:36.43	41.14		
	100m: 1:13.09	39.28	200m: 2:33.73	40.36	300m: 3:55.29	41.28	400m: 5:15.77	39.34		
7.	GOŁDA Hanna		12	H2O Warszawa					5:17.20	387
	50m: 36.39	36.39	150m: 1:58.92	41.47	250m: 3:20.65	40.58	350m: 4:40.63	39.92		
	100m: 1:17.45	41.06	200m: 2:40.07	41.15	300m: 4:00.71	40.06	400m: 5:17.20	36.57		
8.	BURCZYŃSKA Gabriela		12	G-8 Bielany Warszawa					5:17.26	387
	50m: 36.94	36.94	150m: 1:59.34	41.23	250m: 3:21.35	40.97	350m: 4:40.32	38.84		
	100m: 1:18.11	41.17	200m: 2:40.38	41.04	300m: 4:01.48	40.13	400m: 5:17.26	36.94		
9.	SAWICKA Laura		12	POLONIA Warszawa					5:17.59	386
	50m: 35.40	35.40	150m: 1:58.11	42.02	250m: 3:18.99	40.07	350m: 4:38.84	39.17		
	100m: 1:16.09	40.69	200m: 2:38.92	40.81	300m: 3:59.67	40.68	400m: 5:17.59	38.75		
10.	WOŹNIAK Maja		12	G-8 Bielany Warszawa					5:17.73	385
	50m: 35.60	35.60	150m: 1:56.06	41.02	250m: 3:17.79	40.81	350m: 4:39.84	41.10		
	100m: 1:15.04	39.44	200m: 2:36.98	40.92	300m: 3:58.74	40.95	400m: 5:17.73	37.89		
11.	ZIĘBA Antonina		12	SKALAR Warszawa					5:26.34	356
	50m: 35.84	35.84	150m: 1:58.44	41.67	250m: 3:23.12	42.09	350m: 4:46.87	41.51		
	100m: 1:16.77	40.93	200m: 2:41.03	42.59	300m: 4:05.36	42.24	400m: 5:26.34	39.47		
12.	PYZEL Gabriela		12	"V" Łomianki					5:28.90	347
	50m: 35.69	35.69	150m: 1:56.09	40.97	250m: 3:20.99	42.79	350m: 4:47.94	43.46		
	100m: 1:15.12	39.43	200m: 2:38.20	42.11	300m: 4:04.48	43.49	400m: 5:28.90	40.96		



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Warszawa, 29. - 30.3.2025

Konkurencja 7, Dziewcząt, 400m dowolny, 13 lat

Pozycja	Rok ur.										Czas	Pkt.
13.	LEE Natalia				12	MARLIN Mława					5:29.50	345
	50m:	35.88	35.88	150m:	1:59.78	42.36	250m:	3:25.62	42.55	350m:	4:50.28	42.24
	100m:	1:17.42	41.54	200m:	2:43.07	43.29	300m:	4:08.04	42.42	400m:	5:29.50	39.22
14.	SOBKOWIAK Joanna				12	PINGWINY Warszawa					5:30.09	344
	50m:	36.68	36.68	150m:	2:01.33	43.01	250m:	3:26.79	43.12	350m:	4:50.87	41.58
	100m:	1:18.32	41.64	200m:	2:43.67	42.34	300m:	4:09.29	42.50	400m:	5:30.09	39.22
15.	MELEROWICZ Hanna				12	G-8 Bielany Warszawa					5:30.79	341
	50m:	38.33	38.33	150m:	2:03.41	42.99	250m:	3:27.54	41.75	350m:	4:50.91	40.82
	100m:	1:20.42	42.09	200m:	2:45.79	42.38	300m:	4:10.09	42.55	400m:	5:30.79	39.88
16.	MAJER - WASILEWSKA Nina				12	POLONIA Warszawa					5:33.92	332
	50m:	38.18	38.18	150m:	2:02.52	42.52	250m:	3:28.32	42.43	350m:	4:53.87	42.69
	100m:	1:20.00	41.82	200m:	2:45.89	43.37	300m:	4:11.18	42.86	400m:	5:33.92	40.05
17.	PIĄTKOWSKA Maja				12	FROG Giżycko					5:38.24	319
	50m:	36.18	36.18	150m:	2:00.62	42.98	250m:	3:28.88	44.22	350m:	4:56.66	43.17
	100m:	1:17.64	41.46	200m:	2:44.66	44.04	300m:	4:13.49	44.61	400m:	5:38.24	41.58
18.	JASIEWICZ Antonina				12	POLONIA Warszawa					5:40.90	312
	50m:	37.37	37.37	150m:	2:03.23	42.89	250m:	3:30.78	43.92	350m:	4:59.25	43.80
	100m:	1:20.34	42.97	200m:	2:46.86	43.63	300m:	4:15.45	44.67	400m:	5:40.90	41.65
19.	SZLEJTER Zuzanna				12	FROG Giżycko					5:41.14	311
	50m:	39.73	39.73	150m:	2:07.63	43.73	250m:	3:34.65	43.34	350m:	5:01.10	42.93
	100m:	1:23.90	44.17	200m:	2:51.31	43.68	300m:	4:18.17	43.52	400m:	5:41.14	40.04
20.	FLORCZAK Nadia				12	MARLIN Mława					5:44.02	303
	50m:	38.47	38.47	150m:	2:05.03	44.10	250m:	3:34.11	44.79	350m:	5:03.38	44.71
	100m:	1:20.93	42.46	200m:	2:49.32	44.29	300m:	4:18.67	44.56	400m:	5:44.02	40.64
21.	JEMIOŁO Amelia				12	H2O Warszawa					5:44.36	303
	50m:	39.65	39.65	150m:	2:07.79	44.94	250m:	3:35.67	43.97	350m:	5:04.02	43.74
	100m:	1:22.85	43.20	200m:	2:51.70	43.91	300m:	4:20.28	44.61	400m:	5:44.36	40.34
22.	BIERNAT Natalia				12	G-8 Bielany Warszawa					6:08.14	248
	50m:	40.54	40.54	150m:	2:14.20	47.13	250m:	3:49.18	47.73	350m:	5:16.51	44.23
	100m:	1:27.07	46.53	200m:	3:01.45	47.25	300m:	4:32.28	43.10	400m:	6:08.14	51.63
23.	ŻUK Zofia				12	G-8 Bielany Warszawa					6:11.23	241
	50m:	40.37	40.37	150m:	2:14.96	47.89	250m:	3:51.63	47.41	350m:	5:23.53	45.81
	100m:	1:27.07	46.70	200m:	3:04.22	49.26	300m:	4:37.72	46.09	400m:	6:11.23	47.70
24.	PROCHOWICZ Mira				12	SMS KAPRY Pruszków					6:15.43	233
	50m:	42.93	42.93	150m:	2:18.41	49.76	250m:	4:42.11	46.83	350m:	6:15.43	43.00
	100m:	1:28.65	45.72	200m:	3:55.28	1:36.87	300m:	5:32.43	50.32	400m:	6:15.43	
25.	DZIEDZIC Emilia				12	SMS KAPRY Pruszków					6:48.91	180
	50m:	41.42	41.42	150m:	2:22.35	52.21	250m:	4:11.85	54.94	350m:	5:59.60	53.66
	100m:	1:30.14	48.72	200m:	3:16.91	54.56	300m:	5:05.94	54.09	400m:	6:48.91	49.31
DYSKW.	REDZISZ Natalia				12	"V" Łomianki						
	O2 - Pływak nie ukończył całego dystansu.											
	50m:	41.33	41.33	150m:	2:16.07	47.91	250m:	3:50.07	46.24	350m:	5:19.66	45.08
	100m:	1:28.16	46.83	200m:	3:03.83	47.76	300m:	4:34.58	44.51	400m:		