

MIĘDZYWOJEWÓDZKIE DRUŻYNOWE MISTRZOSTWA MŁODZIKÓW 12-13 LAT – I RUNDA



Międzywojewódzkie Drużynowe Mistrzostwa Młodzików 12-13 lat – I runda OSiR oliborz
Warszawa, 21. - 22.4.2026

Konkurencja 7
21.04.2026 - 13:05

Dziewcząt, 400m dowolny

12 - 13 lat
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.	Czas	Pkt.
12 lat			
1. KU MICZ Aleksandra	14	5:06.37	424
50m: 32.53 32.53	150m: 1:49.45 39.06	250m: 3:10.50 40.84	350m: 4:29.37 39.28
100m: 1:10.39 37.86	200m: 2:29.66 40.21	300m: 3:50.09 39.59	400m: 5:06.37 37.00
2. MISHUSTSINA Kseniya	14	5:12.23	401
50m: 32.74 32.74	150m: 1:49.26 39.60	250m: 3:10.92 41.55	350m: 4:33.67 41.43
100m: 1:09.66 36.92	200m: 2:29.37 40.11	300m: 3:52.24 41.32	400m: 5:12.23 38.56
3. BŁASZCZYK Matylda	14	5:16.98	383
50m: 34.04 34.04	150m: 2:00.56 42.28	250m: 3:15.79 41.95	350m: 4:37.72 40.43
100m: 1:12.12 38.08	200m: 2:33.84 42.19	300m: 3:57.29 41.50	400m: 5:16.98 39.26
4. G SIOREK Maja	14	5:24.79	356
50m: 37.15 37.15	150m: 2:00.56 42.28	250m: 3:24.36 41.61	350m: 4:48.14 41.61
100m: 1:18.28 41.13	200m: 2:42.75 42.19	300m: 4:06.53 42.17	400m: 5:24.79 36.65
5. KUPNIEWSKA Zuzanna	14	5:36.02	321
50m: 38.71 38.71	150m: 2:06.35 43.84	250m: 3:33.43 43.47	350m: 4:56.76 40.99
100m: 1:22.51 43.80	200m: 2:49.96 43.61	300m: 4:15.77 42.34	400m: 5:36.02 39.26
6. JAKIEŁA Barbara	14	5:37.99	316
50m: 37.99 37.99	150m: 2:04.37 44.22	250m: 3:31.91 43.84	350m: 4:58.19 43.00
100m: 1:20.15 42.16	200m: 2:48.07 43.70	300m: 4:15.19 43.28	400m: 5:37.99 39.80
7. WERTENSTEIN - UŁAWSKA Matylda	14	5:43.26	301
50m: 38.38 38.38	150m: 2:05.15 43.99	250m: 3:34.44 44.08	350m: 5:01.84 43.83
100m: 1:21.16 42.78	200m: 2:50.36 45.21	300m: 4:18.01 43.57	400m: 5:43.26 41.42
8. SENTYCZ Zoe	14	5:44.75	297
50m: 37.15 37.15	150m: 2:05.72 45.62	250m: 3:34.49 43.82	350m: 5:03.40 44.95
100m: 1:20.10 42.95	200m: 2:50.67 44.95	300m: 4:18.45 43.96	400m: 5:44.75 41.35
9. KRAWCZYK Iga	14	5:49.91	284
50m: 39.57 39.57	150m: 2:08.55 44.54	250m: 3:38.67 44.33	350m: 5:08.80 45.17
100m: 1:24.01 44.44	200m: 2:54.34 45.79	300m: 4:23.63 44.96	400m: 5:49.91 41.11
10. LIWI SKA Alicja	14	5:52.38	278
50m: 37.68 37.68	150m: 2:04.94 44.76	250m: 3:36.34 45.80	350m: 5:08.96 46.51
100m: 1:20.18 42.50	200m: 2:50.54 45.60	300m: 4:22.45 46.11	400m: 5:52.38 43.42
11. WARDZYK Barbara	14	5:57.27	267
50m: 37.84 37.84	150m: 2:06.27 45.13	250m: 3:38.99 46.16	350m: 5:10.80 45.60
100m: 1:21.14 43.30	200m: 2:52.83 46.56	300m: 4:25.20 46.21	400m: 5:57.27 46.47
12. TOMASIK Zoja	14	6:01.19	259
50m: 37.72 37.72	150m: 2:09.05 46.65	250m: 3:41.83 47.28	350m: 5:16.60 47.80
100m: 1:22.40 44.68	200m: 2:54.55 45.50	300m: 4:28.80 46.97	400m: 6:01.19 44.59

MIĘDZYWOJEWÓDZKIE DRUŻYNOWE MISTRZOSTWA MŁODZIKÓW 12-13 LAT – I RUNDA



Warszawa

Międzywojewódzkie Drużynowe Mistrzostwa Młodzików 12-13 lat – I runda OSiR oliborz
Warszawa, 21. - 22.4.2026

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

Pozycja			Rok ur.			Czas	Pkt.	
13.	MRÓZ Weronika		14	Uks „Szesnastka”		6:05.45	250	
	50m: 39.09	39.09	150m: 2:12.43	47.68	250m: 3:46.97	46.89	350m: 5:21.99	47.27
	100m: 1:24.75	45.66	200m: 3:00.08	47.65	300m: 4:34.72	47.75	400m: 6:05.45	43.46
14.	SIEMASZKO Zofia		14	Mokotowski UKP Warszawianka- Wodny		6:07.47	245	
	50m: 42.27	42.27	150m: 2:15.41	47.08	250m: 3:51.05	47.66	350m: 5:25.68	47.08
	100m: 1:28.33	46.06	200m: 3:03.39	47.98	300m: 4:38.60	47.55	400m: 6:07.47	41.79
15.	SIENICKA Amelia		14	MKS „Jagiellonka” Warszawa		6:09.45	242	
	50m: 39.82	39.82	150m: 2:13.51	48.00	250m: 3:49.52	47.88	350m: 5:26.10	47.74
	100m: 1:25.51	45.69	200m: 3:01.64	48.13	300m: 4:38.36	48.84	400m: 6:09.45	43.35
16.	MARCZEWSKA Agata		14	UKS 307 Warszawa		6:11.47	238	
	50m: 40.91	40.91	150m: 2:15.80	48.10	250m: 3:54.57	49.36	350m: 5:30.41	47.09
	100m: 1:27.70	46.79	200m: 3:05.21	49.41	300m: 4:43.32	48.75	400m: 6:11.47	41.06
17.	WARTACZ Helena		14	UKS H2O Warszawa		6:12.16	236	
	50m: 39.85	39.85	150m: 2:15.25	48.33	250m: 3:51.40	47.88	350m: 5:28.36	48.27
	100m: 1:26.92	47.07	200m: 3:03.52	48.27	300m: 4:40.09	48.69	400m: 6:12.16	43.80
18.	ZI BA Marta		14	MKS „Jagiellonka” Warszawa		6:15.12	231	
	50m: 41.98	41.98	150m: 2:18.12	48.41	250m: 3:55.88	48.78	350m: 5:32.87	48.11
	100m: 1:29.71	47.73	200m: 3:07.10	48.98	300m: 4:44.76	48.88	400m: 6:15.12	42.25
19.	WSZOŁCZYK - LIPKA Marianna		14	UKS oliborz		6:15.55	230	
	50m: 40.04	40.04	150m: 2:16.36	48.91	250m: 3:55.84	49.34	350m: 5:33.38	48.80
	100m: 1:27.45	47.41	200m: 3:06.50	50.14	300m: 4:44.58	48.74	400m: 6:15.55	42.17
20.	RYSLER Kira		14	UKS 307 Warszawa		6:16.34	229	
	50m: 42.67	42.67	150m: 2:19.95	49.12	250m: 3:58.24	48.92	350m: 5:32.47	47.54
	100m: 1:30.83	48.16	200m: 3:09.32	49.37	300m: 4:44.93	46.69	400m: 6:16.34	43.87
21.	ABLEWICZ Amelia		14	UKS H2O Warszawa		6:17.76	226	
	50m: 39.36	39.36	150m: 2:13.29	48.06	250m: 3:52.78	49.95	350m: 5:33.19	50.19
	100m: 1:25.23	45.87	200m: 3:02.83	49.54	300m: 4:43.00	50.22	400m: 6:17.76	44.57
22.	KAGAN Urszula		14	UKS 307 Warszawa		6:22.22	218	
	50m: 42.75	42.75	150m: 2:18.49	49.05	250m: 3:57.00	49.07	350m: 5:35.73	49.57
	100m: 1:29.44	46.69	200m: 3:07.93	49.44	300m: 4:46.16	49.16	400m: 6:22.22	46.49
23.	FLAK Karolina		14	UKS 307 Warszawa		6:44.99	183	
	50m: 45.25	45.25	150m: 2:28.22	52.32	250m: 5:05.87	1:45.21	350m: 6:44.99	47.59
	100m: 1:35.90	50.65	200m: 3:20.66	52.44	300m: 5:57.40	51.53	400m: 6:44.99	
24.	CHODOROWSKA Aleksandra		14	UKS 307 Warszawa		6:45.12	183	
	50m: 44.53	44.53	150m: 2:28.35	52.19	250m: 4:14.16	53.49	350m: 5:56.87	50.61
	100m: 1:36.16	51.63	200m: 3:20.67	52.32	300m: 5:06.26	52.10	400m: 6:45.12	48.25
25.	SOBIECH Zuzanna		14	UKS H2O Warszawa		6:56.27	169	
	50m: 42.00	42.00	150m: 2:26.09	53.75	250m: 4:15.17	54.61	350m: 6:04.06	54.70
	100m: 1:32.34	50.34	200m: 3:20.56	54.47	300m: 5:09.36	54.19	400m: 6:56.27	52.21
26.	STYK Gabriela		14	Uks „Szesnastka”		7:08.13	155	
	50m: 44.26	44.26	150m: 2:33.92	57.13	250m: 4:26.92	56.68	350m: 6:18.44	54.41
	100m: 1:36.79	52.53	200m: 3:30.24	56.32	300m: 5:24.03	57.11	400m: 7:08.13	49.69

MIĘDZYWOJEWÓDZKIE DRUŻYNOWE MISTRZOSTWA MŁODZIKÓW 12-13 LAT – I RUNDA



Warszawa

Międzywojewódzkie Drużynowe Mistrzostwa Młodzików 12-13 lat – I runda OSiR oliborz
Warszawa, 21. - 22.4.2026

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

Pozycja			Rok ur.					Czas	Pkt.		
27.	ADAMCZYK Wiktoria		14	UKS H2O Warszawa				7:10.34	153		
	50m:	46.04 46.04	150m:	2:33.26	54.62	250m:	4:25.31	56.59	350m:	6:19.74	58.46
	100m:	1:38.64 52.60	200m:	3:28.72	55.46	300m:	5:21.28	55.97	400m:	7:10.34	50.60
28.	KIENIG Gabriela		14	Uks „Szesnastka”				7:12.50	150		
	50m:	45.27 45.27	150m:	2:36.12	55.94	250m:	4:27.91	56.41	350m:	6:21.24	56.89
	100m:	1:40.18 54.91	200m:	3:31.50	55.38	300m:	5:24.35	56.44	400m:	7:12.50	51.26

13 lat

1.	MALIK Ewa		13	UKS Swim Team Wilanów				4:54.57	477		
	50m:	32.13 32.13	150m:	1:45.72	37.25	250m:	3:01.30	37.98	350m:	4:17.44	38.14
	100m:	1:08.47 36.34	200m:	2:23.32	37.60	300m:	3:39.30	38.00	400m:	4:54.57	37.13
2.	SEREK Martyna		13	UKS „GIM 92 Ursynów”				4:55.44	473		
	50m:	33.33 33.33	150m:	1:48.29	37.53	250m:	3:03.84	37.97	350m:	4:19.15	37.72
	100m:	1:10.76 37.43	200m:	2:25.87	37.58	300m:	3:41.43	37.59	400m:	4:55.44	36.29
3.	MARKOWSKA Iga		13	MKS „Jagiellonka” Warszawa				4:56.63	467		
	50m:	32.29 32.29	150m:	1:47.13	37.84	250m:	3:05.03	39.28	350m:	4:22.10	38.17
	100m:	1:09.29 37.00	200m:	2:25.75	38.62	300m:	3:43.93	38.90	400m:	4:56.63	34.53
4.	STASZEWSKA Natasza		13	UKS „GIM 92 Ursynów”				5:04.80	431		
	50m:	32.13 32.13	150m:	1:48.06	38.84	250m:	3:07.36	39.93	350m:	4:27.57	39.86
	100m:	1:09.22 37.09	200m:	2:27.43	39.37	300m:	3:47.71	40.35	400m:	5:04.80	37.23
5.	RUDOLF Amelia		13	UKS Manta Warszawa Włochy				5:05.87	426		
	50m:	34.52 34.52	150m:	1:52.44	39.64	250m:	3:09.58	38.64	350m:	4:28.19	39.38
	100m:	1:12.80 38.28	200m:	2:30.94	38.50	300m:	3:48.81	39.23	400m:	5:05.87	37.68
6.	POT PA Alicja		13	MKS „Jagiellonka” Warszawa				5:09.36	412		
	50m:	34.25 34.25	150m:	1:54.06	40.21	250m:	3:13.93	39.51	350m:	4:33.04	39.31
	100m:	1:13.85 39.60	200m:	2:34.42	40.36	300m:	3:53.73	39.80	400m:	5:09.36	36.32
7.	MICHALAK Antonina		13	St. KF KS „Fenix” Oarów Mazowiecki				5:12.68	399		
	50m:	33.93 33.93	150m:	1:51.31	39.19	250m:	3:11.27	40.36	350m:	4:32.58	40.84
	100m:	1:12.12 38.19	200m:	2:30.91	39.60	300m:	3:51.74	40.47	400m:	5:12.68	40.10
8.	KOSTRO Julia		13	MKS „Jagiellonka” Warszawa				5:13.17	397		
	50m:	34.85 34.85	150m:	1:54.59	40.48	250m:	3:16.35	41.05	350m:	4:37.49	40.42
	100m:	1:14.11 39.26	200m:	2:35.30	40.71	300m:	3:57.07	40.72	400m:	5:13.17	35.68
9.	BŁACHNIO Hanna		13	UKS oliborz				5:13.43	396		
	50m:	31.54 31.54	150m:	1:49.25	40.72	250m:	3:14.34	42.96	350m:	4:37.09	40.53
	100m:	1:08.53 36.99	200m:	2:31.38	42.13	300m:	3:56.56	42.22	400m:	5:13.43	36.34
10.	MIERZEJEWSKA Alicja		13	St. KF KS „Fenix” Oarów Mazowiecki				5:14.31	393		
	50m:	34.50 34.50	150m:	1:54.04	40.20	250m:	3:56.03	1:20.70	350m:	5:14.31	37.85
	100m:	1:13.84 39.34	200m:	2:35.33	41.29	300m:	4:36.46	40.43	400m:	5:14.31	
11.	ST PI SKA Zofia		13	Mokotowski UKP Warszawianka- Wodny				5:16.29	385		
	50m:	35.31 35.31	150m:	1:57.51	41.52	250m:	3:20.44	41.40	350m:	4:40.54	39.90
	100m:	1:15.99 40.68	200m:	2:39.04	41.53	300m:	4:00.64	40.20	400m:	5:16.29	35.75

MIĘDZYWOJEWÓDZKIE DRUŻYNOWE MISTRZOSTWA MŁODZIKÓW 12-13 LAT – I RUNDA



Warszawa

Międzywojewódzkie Drużynowe Mistrzostwa Młodzików 12-13 lat – I runda OSiR Oliborz
Warszawa, 21. - 22.4.2026

Konkurencja 7, Dziewcząt, 400m dowolny, 13 lat

Pozycja			Rok ur.			Czas	Pkt.
12.	WRO SKA Karolina	13	UKS Manta Warszawa Włochy	5:16.76	384		
	50m: 35.50 35.50	150m: 1:55.78 40.86	250m: 3:17.51 41.26	350m: 4:40.00 40.51			
	100m: 1:14.92 39.42	200m: 2:36.25 40.47	300m: 3:59.49 41.98	400m: 5:16.76 36.76			
13.	AFTYKA Małgorzata	13	UKS 307 Warszawa	5:17.38	381		
	50m: 36.56 36.56	150m: 1:57.91 40.70	250m: 3:20.85 42.00	350m: 4:41.69 39.19			
	100m: 1:17.21 40.65	200m: 2:38.85 40.94	300m: 4:02.50 41.65	400m: 5:17.38 35.69			
14.	MIA KIEWICZ Michalina	13	SWIM Płock	5:18.96	376		
	50m: 33.71 33.71	150m: 1:53.76 40.84	250m: 3:16.33 41.16	350m: 4:39.62 41.37			
	100m: 1:12.92 39.21	200m: 2:35.17 41.41	300m: 3:58.25 41.92	400m: 5:18.96 39.34			
15.	JURZYK Maja	13	UKS „GIM 92 Ursynów”	5:27.93	346		
	50m: 34.25 34.25	150m: 1:53.34 40.47	250m: 3:19.13 42.81	350m: 4:46.81 43.88			
	100m: 1:12.87 38.62	200m: 2:36.32 42.98	300m: 4:02.93 43.80	400m: 5:27.93 41.12			
16.	OLESIK Zofia	13	SWIM Płock	5:28.92	343		
	50m: 37.49 37.49	150m: 2:01.34 42.39	250m: 3:25.75 41.98	350m: 4:50.90 42.38			
	100m: 1:18.95 41.46	200m: 2:43.77 42.43	300m: 4:08.52 42.77	400m: 5:28.92 38.02			
17.	DYBCIO Zuzanna	13	UKS Delfin Garwolin	5:29.90	339		
	50m: 34.84 34.84	150m: 1:57.03 41.92	250m: 3:23.60 43.52	350m: 4:50.49 44.19			
	100m: 1:15.11 40.27	200m: 2:40.08 43.05	300m: 4:06.30 42.70	400m: 5:29.90 39.41			
18.	JASKÓŁKA Maria	13	MKS „Jagiellonka” Warszawa	5:34.47	326		
	50m: 36.01 36.01	150m: 1:59.91 42.51	250m: 3:26.55 43.65	350m: 4:53.26 43.59			
	100m: 1:17.40 41.39	200m: 2:42.90 42.99	300m: 4:09.67 43.12	400m: 5:34.47 41.21			
19.	DOBEK Natalia	13	UKS „GIM 92 Ursynów”	5:34.65	325		
	50m: 37.12 37.12	150m: 2:01.64 42.78	250m: 3:25.03 41.91	350m: 4:51.70 43.65			
	100m: 1:18.86 41.74	200m: 2:43.12 41.48	300m: 4:08.05 43.02	400m: 5:34.65 42.95			
20.	ŁAPIENIECKA Wiktoria	13	MKS „Jagiellonka” Warszawa	5:38.16	315		
	50m: 37.26 37.26	150m: 2:02.75 43.38	250m: 3:31.37 44.40	350m: 4:58.39 43.52			
	100m: 1:19.37 42.11	200m: 2:46.97 44.22	300m: 4:14.87 43.50	400m: 5:38.16 39.77			
21.	B CZKOWSKA Sabina	13	UKS 307 Warszawa	5:47.42	291		
	50m: 38.35 38.35	150m: 2:07.01 45.03	250m: 3:39.01 46.09	350m: 5:08.05 43.34			
	100m: 1:21.98 43.63	200m: 2:52.92 45.91	300m: 4:24.71 45.70	400m: 5:47.42 39.37			
22.	JAROSZ Matylda	13	Mokotowski UKP Warszawianka- Wodny	5:48.63	288		
	50m: 38.22 38.22	150m: 2:07.27 45.51	250m: 3:37.97 45.43	350m: 5:08.05 43.34			
	100m: 1:21.76 43.54	200m: 2:52.54 45.27	300m: 4:22.72 44.75	400m: 5:48.63 39.37			
23.	KLECZ Marcelina	13	UKS Manta Warszawa Włochy	5:50.94	282		
	50m: 38.00 38.00	150m: 2:06.08 45.21	250m: 3:36.39 45.10	350m: 5:06.70 46.04			
	100m: 1:21.98 43.63	200m: 2:51.29 45.21	300m: 4:20.66 44.27	400m: 5:50.94 44.24			