

Mi dzywojewództkie Dru ynowe Mistrzostwa Młodzików 12-13 lat Runda I  
Skierniewice, 31.3. - 1.4.2026

Konkurencja 7  
31.03.2026 - 11:11

Dziewcz t, 400m dowolny

12 - 13 lat  
Wyniki

Punkty: AQUA 2025

Pozycja			Rok ur.							Czas	Pkt.	
<b>12 lat</b>												
1.	Gajda Liliana		14	TP Olimpijczyk Aleksandrów Łódzki						<b>5:03.29</b>	437	
	50m:	34.14	34.14	150m:	1:51.44	38.96	250m:	3:09.10	38.97	350m:	4:26.56	38.90
	100m:	1:12.48	38.34	200m:	2:30.13	38.69	300m:	3:47.66	38.56	400m:	5:03.29	36.73
2.	Topa Gabriela		14	MTP Kormoran Olsztyn						<b>5:05.88</b>	426	
	50m:	34.82	34.82	150m:	1:52.07	39.32	250m:	3:10.96	39.78	350m:	4:30.19	39.73
	100m:	1:12.75	37.93	200m:	2:31.18	39.11	300m:	3:50.46	39.50	400m:	5:05.88	35.69
3.	Jagiełło Anna		14	MKS Trójka Łód						<b>5:13.89</b>	394	
	50m:	34.78	34.78	150m:	1:54.08	39.75	250m:	3:15.16	40.80	350m:	4:35.01	40.30
	100m:	1:14.33	39.55	200m:	2:34.36	40.28	300m:	3:54.71	39.55	400m:	5:13.89	38.88
4.	Reruch Zuzanna		14	UKS 190 Łód						<b>5:14.18</b>	393	
	50m:	35.48	35.48	150m:	1:54.04	39.61	250m:	3:14.41	40.49	350m:	4:37.42	41.79
	100m:	1:14.43	38.95	200m:	2:33.92	39.88	300m:	3:55.63	41.22	400m:	5:14.18	36.76
5.	Kotus Katarzyna		14	UKS Pi tka Konstantinów Łódzki						<b>5:14.59</b>	392	
	50m:	33.37	33.37	150m:	1:51.22	40.01	250m:	3:12.19	40.51	350m:	4:32.18	39.36
	100m:	1:11.21	37.84	200m:	2:31.68	40.46	300m:	3:52.82	40.63	400m:	5:14.59	42.41
6.	Ber Lena		14	UKS Pi tka Konstantinów Łódzki						<b>5:20.94</b>	369	
	50m:	36.29	36.29	150m:	1:59.15	41.36	250m:	3:20.82	40.47	350m:	4:42.57	40.84
	100m:	1:17.79	41.50	200m:	2:40.35	41.20	300m:	4:01.73	40.91	400m:	5:20.94	38.37
7.	Górecka Zofia		14	MKS Jedyńka Łód						<b>5:22.92</b>	362	
	50m:	34.68	34.68	150m:	1:55.38	41.23	250m:	3:20.12	41.97	350m:	4:42.86	41.46
	100m:	1:14.15	39.47	200m:	2:38.15	42.77	300m:	4:01.40	41.28	400m:	5:22.92	40.06
8.	Stakiewicz Pola		14	MTP Kormoran Olsztyn						<b>5:27.55</b>	347	
	50m:	36.57	36.57	150m:	1:58.23	41.22	250m:	3:22.08	42.30	350m:	4:47.90	42.78
	100m:	1:17.01	40.44	200m:	2:39.78	41.55	300m:	4:05.12	43.04	400m:	5:27.55	39.65
9.	Okachi Ella		14	MKS Jedyńka Łód						<b>5:28.03</b>	345	
	50m:	36.44	36.44	150m:	2:01.79	43.25	250m:	3:28.58	43.57	350m:	4:51.83	41.76
	100m:	1:18.54	42.10	200m:	2:45.01	43.22	300m:	4:10.07	41.49	400m:	5:28.03	36.20
10.	Kramek Maria		14	UKS Pi tka Konstantinów Łódzki						<b>5:31.27</b>	335	
	50m:	37.37	37.37	150m:	2:01.44	42.55	250m:	3:26.46	42.34	350m:	4:52.44	42.90
	100m:	1:18.89	41.52	200m:	2:44.12	42.68	300m:	4:09.54	43.08	400m:	5:31.27	38.83
11.	Rac Maria		14	MTP Kormoran Olsztyn						<b>5:31.83</b>	334	
	50m:	37.09	37.09	150m:	2:01.15		250m:			350m:	4:51.59	42.54
	100m:			200m:	2:43.91	42.76	300m:	4:09.05		400m:	5:31.83	40.24
12.	Pogoda Hanna		14	TP Olimpijczyk Aleksandrów Łódzki						<b>5:34.69</b>	325	
	50m:	39.47	39.47	150m:	2:05.51	43.44	250m:	3:31.96	43.72	350m:	4:57.95	43.04
	100m:	1:22.07	42.60	200m:	2:48.24	42.73	300m:	4:14.91	42.95	400m:	5:34.69	36.74
13.	Partyka Aleksandra		14	LKS „Opocznianka”						<b>5:39.45</b>	312	
	50m:	37.19	37.19	150m:	2:03.12	44.40	250m:	3:30.63	43.83	350m:	4:56.98	42.78
	100m:	1:18.72	41.53	200m:	2:46.80	43.68	300m:	4:14.20	43.57	400m:	5:39.45	42.47
14.	Gniotek Hanna		14	MKS Trójka Łód						<b>5:48.36</b>	288	
	50m:	35.64	35.64	150m:	2:03.79	45.20	250m:	3:34.79	46.32	350m:	5:06.83	46.84
	100m:	1:18.59	42.95	200m:	2:48.47	44.68	300m:	4:19.99	45.20	400m:	5:48.36	41.53
15.	Kosza ska Helena		14	UKS Pi tka Konstantinów Łódzki						<b>5:56.09</b>	270	
	50m:	40.24	40.24	150m:	2:09.80	45.60	250m:	3:42.65	46.35	350m:	5:14.99	46.18
	100m:	1:24.20	43.96	200m:	2:56.30	46.50	300m:	4:28.81	46.16	400m:	5:56.09	41.10
16.	Zdanowicz Hanna		14	UKS Pi tka Konstantinów Łódzki						<b>6:02.68</b>	255	
	50m:	42.44	42.44	150m:	2:16.64	47.09	250m:	3:49.90	46.56	350m:	5:20.87	45.78
	100m:	1:29.55	47.11	200m:	3:03.34	46.70	300m:	4:35.09	45.19	400m:	6:02.68	41.81
17.	Józefiak Joanna		14	LKS „Opocznianka”						<b>6:03.26</b>	254	
	50m:	39.50	39.50	150m:	2:11.17	46.97	250m:	3:46.31	47.50	350m:	5:20.32	46.02
	100m:	1:24.20	44.70	200m:	2:58.81	47.64	300m:	4:34.30	47.99	400m:	6:03.26	42.94

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12-13 lat Runda I  
Skierniewice, 31.3. - 1.4.2026

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

Pozycja			Rok ur.					Czas	Pkt.
18.	Panaszek Helena		14	LKS „Opocznianka”				<b>6:04.71</b>	251
	50m:	38.60 38.60	150m:	2:12.62 48.12	250m:	3:48.34 48.26	350m:	5:23.49 46.71	
	100m:	1:24.50 45.90	200m:	3:00.08 47.46	300m:	4:36.78 48.44	400m:	6:04.71 41.22	
19.	Macko Karolina		14	UKS 190 Łód				<b>6:12.39</b>	236
	50m:	42.64 42.64	150m:	2:18.87 49.37	250m:	3:54.95 48.11	350m:	5:28.58 46.21	
	100m:	1:29.50 46.86	200m:	3:06.84 47.97	300m:	4:42.37 47.42	400m:	6:12.39 43.81	
20.	Kubi Aleksandra		14	LKS „Opocznianka”				<b>6:14.18</b>	233
	50m:	41.45 41.45	150m:	2:15.67 47.80	250m:	3:52.52 48.16	350m:	5:28.07 47.51	
	100m:	1:27.87 46.42	200m:	3:04.36 48.69	300m:	4:40.56 48.04	400m:	6:14.18 46.11	
21.	Olberska Antonina		14	TP Olimpijczyk Aleksandrów Łódzki				<b>6:14.57</b>	232
	50m:	41.71 41.71	150m:	2:16.34 47.87	250m:	3:52.15 47.75	350m:	5:27.93 47.53	
	100m:	1:28.47 46.76	200m:	3:04.40 48.06	300m:	4:40.40 48.25	400m:	6:14.57 46.64	
22.	Pawlak Nina		14	TP Olimpijczyk Aleksandrów Łódzki				<b>6:15.35</b>	230
	50m:	42.17 42.17	150m:	2:14.96 47.24	250m:	3:52.45 48.89	350m:	5:29.35 48.45	
	100m:	1:27.72 45.55	200m:	3:03.56 48.60	300m:	4:40.90 48.45	400m:	6:15.35 46.00	
23.	Kochanowska Wiktoria		14	LKS „Opocznianka”				<b>6:38.06</b>	193
	50m:	39.64 39.64	150m:	2:20.36 52.68	250m:	4:06.49 54.24	350m:	5:51.77 52.95	
	100m:	1:27.68 48.04	200m:	3:12.25 51.89	300m:	4:58.82 52.33	400m:	6:38.06 46.29	
DYSKW.	Grylik Weronika		14	MKS Trójka Łód					
	<i>O2 - Pływak nie uko czył całego dystansu.</i>								

13 lat

1.	Michalak Natalia		13	Ks Assa				<b>4:58.60</b>	458
	50m:	34.14 34.14	150m:	1:50.25 38.12	250m:	3:06.48 37.96	350m:	4:21.68 37.40	
	100m:	1:12.13 37.99	200m:	2:28.52 38.27	300m:	3:44.28 37.80	400m:	4:58.60 36.92	
2.	Wojciechowska Julia		13	UKS SP-149 Łód				<b>4:59.95</b>	452
	50m:	33.00 33.00	150m:	1:49.82 39.02	250m:	3:07.16 38.28	350m:	4:25.00 39.54	
	100m:	1:10.80 37.80	200m:	2:28.88 39.06	300m:	3:45.46 38.30	400m:	4:59.95 34.95	
3.	Bieli ska Łucja		13	MTP Kormoran Olsztyn				<b>5:05.83</b>	426
	50m:	34.01 34.01	150m:	1:50.57 38.74	250m:	3:08.80 39.35	350m:	4:27.53 39.23	
	100m:	1:11.83 37.82	200m:	2:29.45 38.88	300m:	3:48.30 39.50	400m:	5:05.83 38.30	
4.	Najbert Matylda		13	Ks Assa				<b>5:13.88</b>	394
	50m:	34.20 34.20	150m:	1:54.51 40.98	250m:	3:15.47 40.58	350m:	4:35.75 39.99	
	100m:	1:13.53 39.33	200m:	2:34.89 40.38	300m:	3:55.76 40.29	400m:	5:13.88 38.13	
5.	Trzci ska Laura		13	MKS Jedyńka Łód				<b>5:18.13</b>	379
	50m:	35.11 35.11	150m:	1:55.90 41.17	250m:	3:18.65 40.93	350m:	4:40.83 41.43	
	100m:	1:14.73 39.62	200m:	2:37.72 41.82	300m:	3:59.40 40.75	400m:	5:18.13 37.30	
6.	Walczak Wiktoria		13	UKS 190 Łód				<b>5:19.99</b>	372
	50m:	35.61 35.61	150m:	1:57.40 41.38	250m:	3:20.58 41.44	350m:	4:42.18 40.59	
	100m:	1:16.02 40.41	200m:	2:39.14 41.74	300m:	4:01.59 41.01	400m:	5:19.99 37.81	
7.	Dzieja Hanna		13	MKS Jedyńka Łód				<b>5:22.39</b>	364
	50m:	36.65 36.65	150m:	1:57.77 41.18	250m:	3:19.16 40.54	350m:	4:42.18 41.80	
	100m:	1:16.59 39.94	200m:	2:38.62 40.85	300m:	4:00.38 41.22	400m:	5:22.39 40.21	
8.	Kubacka Lena		13	MTP Kormoran Olsztyn				<b>5:22.51</b>	363
	50m:	36.55 36.55	150m:	1:57.69 41.36	250m:	3:20.80 40.78	350m:	4:42.91 40.82	
	100m:	1:16.33 39.78	200m:	2:40.02 42.33	300m:	4:02.09 41.29	400m:	5:22.51 39.60	
9.	Kowalska Kornelia		13	MTP Kormoran Olsztyn				<b>5:26.15</b>	351
	50m:	35.24 35.24	150m:	1:57.36 42.27	250m:	3:22.46 42.92	350m:	4:47.11 42.16	
	100m:	1:15.09 39.85	200m:	2:39.54 42.18	300m:	4:04.95 42.49	400m:	5:26.15 39.04	
10.	Nowak Jagoda		13	UKS Pi tka Konstancynów Łódzki				<b>5:27.85</b>	346
	50m:	37.19 37.19	150m:	1:59.62 41.85	250m:	3:23.72 42.13	350m:	4:47.77 41.98	
	100m:	1:17.77 40.58	200m:	2:41.59 41.97	300m:	4:05.79 42.07	400m:	5:27.85 40.08	

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12-13 lat Runda I  
Skierniewice, 31.3. - 1.4.2026

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

Pozycja			Rok ur.					Czas	Pkt.
11.	Bojanowska Hanna		13	UKS 190 Łód				<b>5:33.16</b>	330
	50m:	36.72 36.72	150m:	1:59.97 42.11	250m:	3:25.40 42.81	350m:	4:51.12 42.82	
	100m:	1:17.86 41.14	200m:	2:42.59 42.62	300m:	4:08.30 42.90	400m:	5:33.16 42.04	
12.	Mordaka Natalia		13	Champion Tomaszów Maz.				<b>5:35.61</b>	322
	50m:	37.08 37.08	150m:	2:02.11 43.64	250m:	3:29.22 43.62	350m:	4:55.79 43.30	
	100m:	1:18.47 41.39	200m:	2:45.60 43.49	300m:	4:12.49 43.27	400m:	5:35.61 39.82	
13.	Plewi ska Maja		13	UKS Pi tka Konstantinów Łódzki				<b>5:36.01</b>	321
	50m:	37.67 37.67	150m:	2:03.09 43.22	250m:	3:30.85 44.34	350m:	4:56.61 42.03	
	100m:	1:19.87 42.20	200m:	2:46.51 43.42	300m:	4:14.58 43.73	400m:	5:36.01 39.40	
14.	Janeczek Katarzyna		13	MKS Trójka Łód				<b>5:37.44</b>	317
	50m:	37.37 37.37	150m:	2:04.21 44.22	250m:	3:32.19 43.82	350m:	4:59.42 42.83	
	100m:	1:19.99 42.62	200m:	2:48.37 44.16	300m:	4:16.59 44.40	400m:	5:37.44 38.02	
15.	Kleczewska Alicja		13	Seksja Pływacka Meduza Paj czno				<b>5:37.47</b>	317
	50m:	39.31 39.31	150m:	2:06.64 44.11	250m:	3:32.98 42.92	350m:	4:58.06 42.30	
	100m:	1:22.53 43.22	200m:	2:50.06 43.42	300m:	4:15.76 42.78	400m:	5:37.47 39.41	
16.	Mahrburg Izabela		13	Seksja Pływacka Meduza Paj czno				<b>5:42.44</b>	303
	50m:	36.29 36.29	150m:	2:01.76 43.12	250m:	3:30.64 44.63	350m:	4:56.64 40.91	
	100m:	1:18.64 42.35	200m:	2:46.01 44.25	300m:	4:15.73 45.09	400m:	5:42.44 45.80	
17.	G szczyk Alicja		13	MKS Trójka Łód				<b>5:53.61</b>	276
	50m:	38.73 38.73	150m:	2:09.17 46.02	250m:	3:40.84 45.86	350m:	5:13.05 45.00	
	100m:	1:23.15 44.42	200m:	2:54.98 45.81	300m:	4:28.05 47.21	400m:	5:53.61 40.56	
18.	Popecka Maja		13	LKS „Opocznianka”				<b>5:58.19</b>	265
	50m:	39.11 39.11	150m:	2:07.71 45.91	250m:	3:43.31 47.76	350m:	5:16.35 46.99	
	100m:	1:21.80 42.69	200m:	2:55.55 47.84	300m:	4:29.36 46.05	400m:	5:58.19 41.84	
19.	Plichta Zofia		13	TP Olimpijczyk Aleksandrów Łódzki				<b>6:07.89</b>	245
	50m:	41.00 41.00	150m:	2:15.23 47.77	250m:	3:49.60 46.82	350m:	5:24.12 47.00	
	100m:	1:27.46 46.46	200m:	3:02.78 47.55	300m:	4:37.12 47.52	400m:	6:07.89 43.77	