

Podkarpacka Liga Pływacka Dzieci 11-12 lat - 3 edycja wiosna 2026  
Mielec, 16.05.2026

Konkurencja 15  
16.05.2026 - 12:27

Dziewcz t, 400m dowolny

12 lat  
Wyniki

Punkty: AQUA 2025

| Pozycja |                      |         |       |       | Rok ur. |                        |       |         |       | Czas           | Pkt.    |       |
|---------|----------------------|---------|-------|-------|---------|------------------------|-------|---------|-------|----------------|---------|-------|
| 1.      | MIŁO Izabela         |         |       |       | 14      | MKS IKAR STAL Mielec   |       |         |       | <b>5:16.30</b> | 385     |       |
|         | 50m:                 | 33.35   | 33.35 | 150m: | 1:55.91 | 41.88                  | 250m: | 3:17.78 | 40.65 | 350m:          | 4:35.34 | 40.12 |
|         | 100m:                | 1:14.03 | 40.68 | 200m: | 2:37.13 | 41.22                  | 300m: | 3:55.22 | 37.44 | 400m:          | 5:16.30 | 40.96 |
| 2.      | RUTKOWSKA Aleksandra |         |       |       | 14      | MKS IKAR STAL Mielec   |       |         |       | <b>5:21.96</b> | 365     |       |
|         | 50m:                 | 35.83   | 35.83 | 150m: | 1:56.12 | 40.66                  | 250m: | 3:20.82 | 43.44 | 350m:          | 4:41.76 | 41.10 |
|         | 100m:                | 1:15.46 | 39.63 | 200m: | 2:37.38 | 41.26                  | 300m: | 4:00.66 | 39.84 | 400m:          | 5:21.96 | 40.20 |
| 3.      | KOZIK Kaja           |         |       |       | 14      | UKS Aqua Sport         |       |         |       | <b>5:24.79</b> | 356     |       |
|         | 50m:                 | 36.36   | 36.36 | 150m: | 1:59.66 | 41.85                  | 250m: | 3:23.67 | 42.20 | 350m:          | 4:47.19 | 42.21 |
|         | 100m:                | 1:17.81 | 41.45 | 200m: | 2:41.47 | 41.81                  | 300m: | 4:04.98 | 41.31 | 400m:          | 5:24.79 | 37.60 |
| 4.      | GŁOWA Lidia          |         |       |       | 14      | KP SOKÓŁ Reszów        |       |         |       | <b>5:26.37</b> | 351     |       |
|         | 50m:                 | 36.81   | 36.81 | 150m: | 2:01.07 | 42.20                  | 250m: | 3:26.16 | 42.75 | 350m:          | 4:49.87 | 41.49 |
|         | 100m:                | 1:18.87 | 42.06 | 200m: | 2:43.41 | 42.34                  | 300m: | 4:08.38 | 42.22 | 400m:          | 5:26.37 | 36.50 |
| 5.      | MARCHUT Lena         |         |       |       | 14      | SP MOTYL Stalowa Wola  |       |         |       | <b>5:27.93</b> | 346     |       |
|         | 50m:                 | 36.47   | 36.47 | 150m: | 2:00.62 | 41.97                  | 250m: | 3:26.12 | 42.94 | 350m:          | 4:48.80 | 42.10 |
|         | 100m:                | 1:18.65 | 42.18 | 200m: | 2:43.18 | 42.56                  | 300m: | 4:06.70 | 40.58 | 400m:          | 5:27.93 | 39.13 |
| 6.      | SUPERSON Wiktoria    |         |       |       | 14      | UKS FENIKS D bica      |       |         |       | <b>5:37.48</b> | 317     |       |
|         | 50m:                 | 37.96   | 37.96 | 150m: | 2:03.34 | 43.21                  | 250m: | 3:29.60 | 43.08 | 350m:          | 5:01.54 | 47.92 |
|         | 100m:                | 1:20.13 | 42.17 | 200m: | 2:46.52 | 43.18                  | 300m: | 4:13.62 | 44.02 | 400m:          | 5:37.48 | 35.94 |
| 7.      | MAZURUK Milena       |         |       |       | 14      | MKS IKAR STAL Mielec   |       |         |       | <b>5:41.54</b> | 306     |       |
|         | 50m:                 | 40.10   | 40.10 | 150m: | 2:10.08 | 45.63                  | 250m: | 3:37.84 | 44.34 | 350m:          | 5:11.47 | 50.28 |
|         | 100m:                | 1:24.45 | 44.35 | 200m: | 2:53.50 | 43.42                  | 300m: | 4:21.19 | 43.35 | 400m:          | 5:41.54 | 30.07 |
| 8.      | CZERWI SKA Magdalena |         |       |       | 14      | MKS IKAR STAL Mielec   |       |         |       | <b>5:42.37</b> | 304     |       |
|         | 50m:                 | 40.14   | 40.14 | 150m: | 2:08.25 | 44.27                  | 250m: | 3:36.99 | 44.62 | 350m:          | 5:06.24 | 44.61 |
|         | 100m:                | 1:23.98 | 43.84 | 200m: | 2:52.37 | 44.12                  | 300m: | 4:21.63 | 44.64 | 400m:          | 5:42.37 | 36.13 |
| 9.      | NYLEC Zuzanna        |         |       |       | 14      | UKP GRYF D bica        |       |         |       | <b>5:44.24</b> | 299     |       |
|         | 50m:                 | 40.25   | 40.25 | 150m: | 2:07.60 | 43.88                  | 250m: | 3:35.57 | 43.59 | 350m:          | 5:04.31 | 44.28 |
|         | 100m:                | 1:23.72 | 43.47 | 200m: | 2:51.98 | 44.38                  | 300m: | 4:20.03 | 44.46 | 400m:          | 5:44.24 | 39.93 |
| 10.     | ZAŁOCHA Klaudia      |         |       |       | 14      | KP SOKÓŁ Reszów        |       |         |       | <b>6:08.05</b> | 244     |       |
|         | 50m:                 | 41.26   | 41.26 | 150m: | 2:15.22 | 47.59                  | 250m: | 3:51.41 | 48.14 | 350m:          | 5:28.08 | 48.30 |
|         | 100m:                | 1:27.63 | 46.37 | 200m: | 3:03.27 | 48.05                  | 300m: | 4:39.78 | 48.37 | 400m:          | 6:08.05 | 39.97 |
| 11.     | RUG Natalia          |         |       |       | 14      | Stow. Sportowe PROSWIM |       |         |       | <b>6:14.07</b> | 233     |       |
|         | 50m:                 | 41.26   | 41.26 | 150m: | 2:15.55 | 47.47                  | 250m: | 3:51.55 | 48.07 | 350m:          | 5:28.25 | 48.31 |
|         | 100m:                | 1:28.08 | 46.82 | 200m: | 3:03.48 | 47.93                  | 300m: | 4:39.94 | 48.39 | 400m:          | 6:14.07 | 45.82 |
| 12.     | GAJDA Matylda        |         |       |       | 14      | UKS FENIKS D bica      |       |         |       | <b>6:17.36</b> | 227     |       |
|         | 50m:                 | 42.66   | 42.66 | 150m: | 2:19.27 | 48.70                  | 250m: | 3:57.10 | 48.97 | 350m:          | 5:33.77 | 47.80 |
|         | 100m:                | 1:30.57 | 47.91 | 200m: | 3:08.13 | 48.86                  | 300m: | 4:45.97 | 48.87 | 400m:          | 6:17.36 | 43.59 |
| 13.     | GAWORECKA Zuzanna    |         |       |       | 14      | UKS REKINY MOSiR Sanok |       |         |       | <b>6:28.49</b> | 208     |       |
|         | 50m:                 | 41.33   | 41.33 | 150m: | 2:24.09 | 52.35                  | 250m: | 4:05.51 | 51.55 | 350m:          |         |       |
|         | 100m:                | 1:31.74 | 50.41 | 200m: | 3:13.96 | 49.87                  | 300m: | 4:56.25 | 50.74 | 400m:          | 6:28.49 |       |
| 14.     | FIC Rita             |         |       |       | 14      | UKS Aqua Sport         |       |         |       | <b>6:28.75</b> | 207     |       |
|         | 50m:                 | 41.99   | 41.99 | 150m: | 2:19.80 | 49.93                  | 250m: | 4:01.84 | 51.05 | 350m:          | 5:43.96 | 51.00 |
|         | 100m:                | 1:29.87 | 47.88 | 200m: | 3:10.79 | 50.99                  | 300m: | 4:52.96 | 51.12 | 400m:          | 6:28.75 | 44.79 |
| 15.     | KUŁAGA Julia         |         |       |       | 14      | SP MOTYL Stalowa Wola  |       |         |       | <b>6:32.02</b> | 202     |       |
|         | 50m:                 | 44.75   | 44.75 | 150m: | 2:25.16 | 50.24                  | 250m: | 4:07.04 | 50.72 | 350m:          | 5:47.17 | 49.56 |
|         | 100m:                | 1:34.92 | 50.17 | 200m: | 3:16.32 | 51.16                  | 300m: | 4:57.61 | 50.57 | 400m:          | 6:32.02 | 44.85 |
| 16.     | CENCORA Zofia        |         |       |       | 14      | KP REKIN Lubaczów      |       |         |       | <b>6:52.53</b> | 173     |       |
|         | 50m:                 | 45.57   | 45.57 | 150m: | 2:29.66 | 53.25                  | 250m: | 4:17.77 | 54.39 | 350m:          | 6:08.10 | 55.85 |
|         | 100m:                | 1:36.41 | 50.84 | 200m: | 3:23.38 | 53.72                  | 300m: | 5:12.25 | 54.48 | 400m:          | 6:52.53 | 44.43 |

Podkarpacka Liga Pływacka Dzieci 11-12 lat - 3 edycja wiosna 2026  
Mielec, 16.05.2026

Konkurencja 15, Dziewcz t, 400m dowolny, 12 lat

| Pozycja |                     |         |       | Rok ur. |                        |         |       |         | Czas           | Pkt.  |         |       |
|---------|---------------------|---------|-------|---------|------------------------|---------|-------|---------|----------------|-------|---------|-------|
| 17.     | WOJDYŁO Julia       |         |       | 14      | Błysk Jarosław         |         |       |         | <b>6:53.16</b> | 173   |         |       |
|         | 50m:                | 43.13   | 43.13 | 150m:   | 2:27.68                | 53.23   | 250m: | 4:15.30 | 54.04          | 350m: | 6:02.96 | 53.69 |
|         | 100m:               | 1:34.45 | 51.32 | 200m:   | 3:21.26                | 53.58   | 300m: | 5:09.27 | 53.97          | 400m: | 6:53.16 | 50.20 |
| 18.     | FERET Emilia        |         |       | 14      | Stow. Sportowe PROSWIM |         |       |         | <b>7:17.66</b> | 145   |         |       |
|         | 50m:                | 48.69   | 48.69 | 150m:   | 2:40.66                | 57.24   | 250m: | 4:34.24 | 56.97          | 350m: | 6:26.25 | 54.98 |
|         | 100m:               | 1:43.42 | 54.73 | 200m:   | 3:37.27                | 56.61   | 300m: | 5:31.27 | 57.03          | 400m: | 7:17.66 | 51.41 |
| 19.     | WOJCIECHOWSKA Laura |         |       | 14      | Błysk Jarosław         |         |       |         | <b>7:46.66</b> | 120   |         |       |
|         | 50m:                | 48.63   | 48.63 | 150m:   | 2:45.41                | 59.97   | 250m: | 4:52.88 | 1:05.49        | 350m: | 6:50.75 | 58.83 |
|         | 100m:               | 1:45.44 | 56.81 | 200m:   | 3:47.39                | 1:01.98 | 300m: | 5:51.92 | 59.04          | 400m: | 7:46.66 | 55.91 |