



Międzywojewódzkie Drużynowe Mistrzostwa Młodzików 12 – 13 lat
Ostrowiec w., 24. - 25.4.2026



Konkurencja 7
24.04.2026 - 18:05

Dziewcząt, 400m dowolny

12 - 13 lat
Wyniki

Rekordy w. 13	4:35.47	WOŁOSZYN Sonia	00612	Saint Dizier (FRA)	15.11.2008
Rekordy w. 12	4:43.86	WOŁOSZYN Sonia		Ostrowiec Sw.	9.12.2007

Punkty: AQUA 2025

Pozycja	Rok ur.	Czas	Pkt.
12 lat			
1. FELIKSIOWSKA Hanna	14	5:13.28	397
50m: 34.44 34.44	150m: 1:52.39 39.54	250m: 3:12.98 39.90	350m: 4:35.58 41.42
100m: 1:12.85 38.41	200m: 2:33.08 40.69	300m: 3:54.16 41.18	400m: 5:13.28 37.70
2. WYSOCKA Aleksandra	14	5:17.50	381
50m: 35.08 35.08	150m: 1:57.51 41.55	250m: 3:19.83 41.13	350m: 4:41.97 40.85
100m: 1:15.96 40.88	200m: 2:38.70 41.19	300m: 4:01.12 41.29	400m: 5:17.50 35.53
3. KAMI SKA Agata	14	5:22.83	362
50m: 35.87 35.87	150m: 1:58.57 41.45	250m: 3:22.20 41.31	350m: 4:45.10 41.34
100m: 1:17.12 41.25	200m: 2:40.89 42.32	300m: 4:03.76 41.56	400m: 5:22.83 37.73
4. MIŁO Izabela	14	5:24.18	358
50m: 35.40 35.40	150m: 2:00.31 42.91	250m: 3:25.42 42.43	350m: 4:46.87 40.72
100m: 1:17.40 42.00	200m: 2:42.99 42.68	300m: 4:06.15 40.73	400m: 5:24.18 37.31
5. KOZIK Kaja	14	5:32.68	331
50m: 38.23 38.23	150m: 2:03.60 42.59	250m: 3:29.74 42.47	350m: 4:54.89 42.85
100m: 1:21.01 42.78	200m: 2:47.27 43.67	300m: 4:12.04 42.30	400m: 5:32.68 37.79
6. KOWAL Sara	14	5:32.99	330
50m: 37.73 37.73	150m: 2:02.66 42.30	250m: 3:29.45 43.62	350m: 4:54.26 41.98
100m: 1:20.36 42.63	200m: 2:45.83 43.17	300m: 4:12.28 42.83	400m: 5:32.99 38.73
7. GŁOWA Lidia	14	5:33.31	329
50m: 36.43 36.43	150m: 2:02.27 43.04	250m: 3:29.97 43.85	350m: 4:55.63 41.92
100m: 1:19.23 42.80	200m: 2:46.12 43.85	300m: 4:13.71 43.74	400m: 5:33.31 37.68
8. KRUCZEK Aleksandra	14	5:34.48	326
50m: 37.06 37.06	150m: 1:59.28 42.29	250m: 3:26.93 43.98	350m: 4:54.39 43.52
100m: 1:16.99 39.93	200m: 2:42.95 43.67	300m: 4:10.87 43.94	400m: 5:34.48 40.09
9. BOROWSKA Lena	14	5:35.68	322
50m: 37.18 37.18	150m: 2:01.83 42.35	250m: 3:27.77 43.47	350m: 4:55.80 44.41
100m: 1:19.48 42.30	200m: 2:44.30 42.47	300m: 4:11.39 43.62	400m: 5:35.68 39.88
10. MARCHUT Lena	14	5:37.69	316
50m: 37.81 37.81	150m: 2:03.83 44.43	250m: 3:31.12 43.05	350m: 4:57.42 42.90
100m: 1:19.40 41.59	200m: 2:48.07 44.24	300m: 4:14.52 43.40	400m: 5:37.69 40.27
11. NYLEC Zuzanna	14	5:38.21	315
50m: 38.14 38.14	150m: 2:04.42 43.47	250m: 3:30.65 43.13	350m: 4:57.75 43.53
100m: 1:20.95 42.81	200m: 2:47.52 43.10	300m: 4:14.22 43.57	400m: 5:38.21 40.46
12. SUPERSON Wiktoria	14	5:38.33	315
50m: 38.60 38.60	150m: 2:04.91 43.23	250m: 3:32.88 44.30	350m: 4:59.28 42.71
100m: 1:21.68 43.08	200m: 2:48.58 43.67	300m: 4:16.57 43.69	400m: 5:38.33 39.05
13. CZERWI SKA Magdalena	14	5:38.89	313
50m: 38.65 38.65	150m: 2:06.78 44.11	250m: 3:36.33 44.65	350m: 5:03.46 43.44
100m: 1:22.67 44.02	200m: 2:51.68 44.90	300m: 4:20.02 43.69	400m: 5:38.89 35.43
14. SOŁTYSIAK Antonina	14	5:41.09	307
50m: 38.53 38.53	150m: 2:05.76 43.84	250m: 3:34.10 44.82	350m: 5:01.61 43.29
100m: 1:21.92 43.39	200m: 2:49.28 43.52	300m: 4:18.32 44.22	400m: 5:41.09 39.48
15. MAZURUK Milena	14	5:52.90	277
50m: 42.41 42.41	150m: 2:13.47 45.46	250m: 3:43.73 44.73	350m: 5:11.80 43.66
100m: 1:28.01 45.60	200m: 2:59.00 45.53	300m: 4:28.14 44.41	400m: 5:52.90 41.10
16. KUKUŁA Alicja	14	5:57.00	268
50m: 39.11 39.11	150m: 2:08.64 45.81	250m: 3:41.46 47.07	350m: 5:14.42 46.39
100m: 1:22.83 43.72	200m: 2:54.39 45.75	300m: 4:28.03 46.57	400m: 5:57.00 42.58



Konkurencja 7, Dziewcząt, 400m dowolny, 12 lat

Pozycja	Rok ur.				Czas	Pkt.
17. ZAŁOCHA Klaudia	14	14	14	14	6:07.88	245
50m: 41.36 41.36	150m: 2:13.40 47.22	250m: 3:48.80 48.20	350m: 5:24.95 48.18	400m: 6:07.88 42.93		
100m: 1:26.18 44.82	200m: 3:00.60 47.20	300m: 4:36.77 47.97				
18. KUŁAGA Julia	14	14	14	14	6:15.29	230
50m: 41.82 41.82	150m: 2:16.74 47.96	250m: 3:54.89 49.75	350m: 5:31.45 48.26	400m: 6:15.29 43.84		
100m: 1:28.78 46.96	200m: 3:05.14 48.40	300m: 4:43.19 48.30				
19. GAJ Urszula	14	14	14	14	6:16.73	228
50m: 41.38 41.38	150m: 2:17.08 48.59	250m: 3:55.04 47.63	350m: 5:31.95 48.68	400m: 6:16.73 44.78		
100m: 1:28.49 47.11	200m: 3:07.41 50.33	300m: 4:43.27 48.23				
20. RUG Natalia	14	14	14	14	6:19.63	223
50m: 43.76 43.76	150m: 2:22.06 49.57	250m: 4:00.08 49.12	350m: 5:35.64 47.31	400m: 6:19.63 43.99		
100m: 1:32.49 48.73	200m: 3:10.96 48.90	300m: 4:48.33 48.25				
21. KOT Maya	14	14	14	14	6:22.83	217
50m: 39.64 39.64	150m: 2:13.01 47.78	250m: 3:54.53 51.43	350m: 5:35.06 50.59	400m: 6:22.83 47.77		
100m: 1:25.23 45.59	200m: 3:03.10 50.09	300m: 4:44.47 49.94				
22. OGORZAŁEK Ida	14	14	14	14	6:23.10	217
50m: 43.36 43.36	150m: 2:22.82 50.47	250m: 4:03.08 50.35	350m: 5:41.01 48.36	400m: 6:23.10 42.09		
100m: 1:32.35 48.99	200m: 3:12.73 49.91	300m: 4:52.65 49.57				
23. OKO Julia	14	14	14	14	6:25.03	213
50m: 43.49 43.49	150m: 2:20.69 47.00	250m: 3:57.69 47.34	350m: 5:36.75 48.66	400m: 6:25.03 48.28		
100m: 1:33.69 50.20	200m: 3:10.35 49.66	300m: 4:48.09 50.40				
24. GAJDA Matylda	14	14	14	14	6:27.02	210
50m: 40.30 40.30	150m: 2:16.35 48.88	250m: 3:56.43 49.74	350m: 5:36.62 49.71	400m: 6:27.02 50.40		
100m: 1:27.47 47.17	200m: 3:06.69 50.34	300m: 4:46.91 50.48				
25. JUCIUTE Neringa	14	14	14	14	6:28.02	208
50m: 41.26 41.26	150m: 2:17.21 48.95	250m: 3:57.95 50.67	350m: 5:40.16 50.83	400m: 6:28.02 47.86		
100m: 1:28.26 47.00	200m: 3:07.28 50.07	300m: 4:49.33 51.38				
26. SMOLI SKA Liliana	14	14	14	14	6:43.17	186
50m: 48.38 48.38	150m: 2:32.33 52.29	250m: 4:15.93 51.99	350m: 5:58.47 51.11	400m: 6:43.17 44.70		
100m: 1:40.04 51.66	200m: 3:23.94 51.61	300m: 5:07.36 51.43				
27. GARDYNIK Ewa	14	14	14	14	6:52.31	174
50m: 44.14 44.14	150m: 2:30.40 53.74	250m: 4:18.60 55.18	350m: 6:03.97 52.54	400m: 6:52.31 48.34		
100m: 1:36.66 52.52	200m: 3:23.42 53.02	300m: 5:11.43 52.83				
28. FERET Emilia	14	14	14	14	7:13.41	149
50m: 48.20 48.20	150m: 2:38.82 56.07	250m: 4:30.42 56.06	350m: 6:22.18 55.32	400m: 7:13.41 51.23		
100m: 1:42.75 54.55	200m: 3:34.36 55.54	300m: 5:26.86 56.44				

13 lat

1. KRASOWSKA Blanka	13	13	13	13	4:55.55	472
50m: 31.89 31.89	150m: 1:44.36 36.85	250m: 3:00.50 38.29	350m: 4:18.15 38.49	400m: 4:55.55 37.40		
100m: 1:07.51 35.62	200m: 2:22.21 37.85	300m: 3:39.66 39.16				
2. LIS Wiktoria	13	13	13	13	5:01.19	446
50m: 33.29 33.29	150m: 1:48.48 38.65	250m: 3:07.50 39.55	350m: 4:24.93 38.76	400m: 5:01.19 36.26		
100m: 1:09.83 36.54	200m: 2:27.95 39.47	300m: 3:46.17 38.67				
3. KAMECZURA Ró a	13	13	13	13	5:03.62	436
50m: 33.34 33.34	150m: 1:49.43 39.07	250m: 3:08.72 39.83	350m: 4:27.50 39.62	400m: 5:03.62 36.12		
100m: 1:10.36 37.02	200m: 2:28.89 39.46	300m: 3:47.88 39.16				
4. SAWICKA Liliana	13	13	13	13	5:04.73	431
50m: 34.36 34.36	150m: 1:52.74 39.99	250m: 3:12.59 40.28	350m: 4:29.99 38.14	400m: 5:04.73 34.74		
100m: 1:12.75 38.39	200m: 2:32.31 39.57	300m: 3:51.85 39.26				
5. KARPOWICZ Aurelia	13	13	13	13	5:05.64	427
50m: 34.00 34.00	150m: 1:50.20 38.75	250m: 3:09.13 39.61	350m: 4:28.35 39.51	400m: 5:05.64 37.29		
100m: 1:11.45 37.45	200m: 2:29.52 39.32	300m: 3:48.84 39.71				



Międzywojewódzkie Drużynowe Mistrzostwa Młodzików 12 – 13 lat
Ostrowiec w., 24. - 25.4.2026



Konkurencja 7, Dziewcząt, 400m dowolny, 13 lat

Pozycja	Rok ur.	Czas	Pkt.
6. W GRZYN Gaja	13	5:10.98	405
50m: 34.79 34.79	150m: 1:52.87 39.87	250m: 3:13.71 40.75	350m: 4:33.99 39.92
100m: 1:13.00 38.21	200m: 2:32.96 40.09	300m: 3:54.07 40.36	400m: 5:10.98 36.99
7. CHMURA Klaudia	13	5:11.14	405
50m: 33.68 33.68	150m: 1:50.54 39.51	250m: 3:11.65 40.84	350m: 4:32.65 40.30
100m: 1:11.03 37.35	200m: 2:30.81 40.27	300m: 3:52.35 40.70	400m: 5:11.14 38.49
8. MUDRY Emilia	13	5:13.35	396
50m: 34.45 34.45	150m: 1:53.41 39.74	250m: 3:14.74 40.91	350m: 4:38.03 41.47
100m: 1:13.67 39.22	200m: 2:33.83 40.42	300m: 3:56.56 41.82	400m: 5:13.35 35.32
9. BIE Laura	13	5:15.10	390
50m: 34.05 34.05	150m: 1:53.15 40.23	250m: 3:15.81 41.55	350m: 4:37.84 40.10
100m: 1:12.92 38.87	200m: 2:34.26 41.11	300m: 3:57.74 41.93	400m: 5:15.10 37.26
10. KACPRZYK Nikola	13	5:15.66	388
50m: 35.35 35.35	150m: 1:57.40 41.36	250m: 3:18.49 40.58	350m: 4:40.06 40.25
100m: 1:16.04 40.69	200m: 2:37.91 40.51	300m: 3:59.81 41.32	400m: 5:15.66 35.60
11. STAWARZ Anna	13	5:17.80	380
50m: 34.56 34.56	150m: 1:53.33 40.28	250m: 3:15.23 41.14	350m: 4:37.43 40.95
100m: 1:13.05 38.49	200m: 2:34.09 40.76	300m: 3:56.48 41.25	400m: 5:17.80 40.37
12. PIETRAS Zuzanna	13	5:18.98	376
50m: 35.18 35.18	150m: 1:55.42 40.46	250m: 3:18.27 41.97	350m: 4:40.51 40.46
100m: 1:14.96 39.78	200m: 2:36.30 40.88	300m: 4:00.05 41.78	400m: 5:18.98 38.47
13. WORWA Alicja	13	5:19.20	375
50m: 36.65 36.65	150m: 1:58.58 41.29	250m: 3:21.62 41.32	350m: 4:42.67 40.41
100m: 1:17.29 40.64	200m: 2:40.30 41.72	300m: 4:02.26 40.64	400m: 5:19.20 36.53
14. SZCZEPANIK Inka	13	5:20.00	372
50m: 36.93 36.93	150m: 1:57.40 40.80	250m: 3:19.75 41.25	350m: 4:41.92 40.56
100m: 1:16.60 39.67	200m: 2:38.50 41.10	300m: 4:01.36 41.61	400m: 5:20.00 38.08
15. LORENC Lena	13	5:23.72	359
50m: 35.73 35.73	150m: 1:57.07 41.43	250m: 3:21.51 42.12	350m: 4:45.94 42.04
100m: 1:15.64 39.91	200m: 2:39.39 42.32	300m: 4:03.90 42.39	400m: 5:23.72 37.78
16. YGUŁA Amelia	13	5:26.92	349
50m: 35.81 35.81	150m: 1:59.73 42.23	250m: 3:24.83 42.37	350m: 4:48.59 41.32
100m: 1:17.50 41.69	200m: 2:42.46 42.73	300m: 4:07.27 42.44	400m: 5:26.92 38.33
17. GAWRO SKA Zofia	13	5:27.30	348
50m: 35.63 35.63	150m: 1:57.75 41.59	250m: 3:22.00 41.85	350m: 4:47.12 42.31
100m: 1:16.16 40.53	200m: 2:40.15 42.40	300m: 4:04.81 42.81	400m: 5:27.30 40.18
18. ŁUSZCZ Nicola	13	5:33.54	328
50m: 37.47 37.47	150m: 2:01.60 42.74	250m: 3:28.59 43.70	350m: 4:54.60 42.86
100m: 1:18.86 41.39	200m: 2:44.89 43.29	300m: 4:11.74 43.15	400m: 5:33.54 38.94
19. WOJNAROWSKA Ró a	13	5:37.15	318
50m: 38.26 38.26	150m: 2:03.83 43.61	250m: 3:30.58 43.57	350m: 4:57.71 43.79
100m: 1:20.22 41.96	200m: 2:47.01 43.18	300m: 4:13.92 43.34	400m: 5:37.15 39.44
20. PIERZAK Hanna	13	5:38.55	314
50m: 39.44 39.44	150m: 2:06.98 43.73	250m: 3:32.94 43.28	350m: 4:58.08 41.75
100m: 1:23.25 43.81	200m: 2:49.66 42.68	300m: 4:16.33 43.39	400m: 5:38.55 40.47
21. BANDURA Maja	13	5:42.42	304
50m: 38.32 38.32	150m: 2:05.49 44.57	250m: 3:35.25 45.47	350m: 5:03.67 43.79
100m: 1:20.92 42.60	200m: 2:49.78 44.29	300m: 4:19.88 44.63	400m: 5:42.42 38.75
22. KOB A Magdalena	13	5:42.46	303
50m: 36.80 36.80	150m: 2:00.83 42.60	250m: 3:29.09 44.42	350m: 4:58.71 44.79
100m: 1:18.23 41.43	200m: 2:44.67 43.84	300m: 4:13.92 44.83	400m: 5:42.46 43.75
23. OSYPKA Amelia	13	5:43.85	300
50m: 37.12 37.12	150m: 2:04.31 43.92	250m: 3:35.49 45.91	350m: 5:03.74 43.50
100m: 1:20.39 43.27	200m: 2:49.58 45.27	300m: 4:20.24 44.75	400m: 5:43.85 40.11



Międzywojewódzkie Drużynowe Mistrzostwa Młodzików 12 – 13 lat
Ostrowiec w., 24. - 25.4.2026



Konkurencja 7, Dziewcząt, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.
24.	CHUPTY Anna		13	UKS "Feniks" D bica				5:44.02	299
	50m: 37.22 37.22	150m: 2:04.51 44.53		250m: 3:34.43 44.47	350m: 5:03.42 44.48				
	100m: 1:19.98 42.76	200m: 2:49.96 45.45		300m: 4:18.94 44.51	400m: 5:44.02 40.60				
25.	SKOWRO SKA Hanna		13	St. Lok. SALOS Cortile Kielce				5:44.15	299
	50m: 39.41 39.41	150m: 2:07.78 44.68		250m: 3:39.01 45.45	350m: 5:07.73 43.57				
	100m: 1:23.10 43.69	200m: 2:53.56 45.78		300m: 4:24.16 45.15	400m: 5:44.15 36.42				
26.	GRZELKA Michalina		13	St. Lok. SALOS Cortile Kielce				5:45.87	295
	50m: 37.74 37.74	150m: 2:03.73 43.93		250m: 3:33.48 45.23	350m: 5:03.21 43.07				
	100m: 1:19.80 42.06	200m: 2:48.25 44.52		300m: 4:20.14 46.66	400m: 5:45.87 42.66				
27.	DUSAK Aleksandra		13	UKS Delfin Tarnobrzeg				5:47.75	290
	50m: 39.60 39.60	150m: 2:08.19 44.41		250m: 3:40.86 46.08	350m: 5:07.99 43.25				
	100m: 1:23.78 44.18	200m: 2:54.78 46.59		300m: 4:24.74 43.88	400m: 5:47.75 39.76				
28.	SZCZEPANIK Nikola		13	UKS "Feniks" D bica				5:48.11	289
	50m: 40.26 40.26	150m: 2:09.47 45.38		250m: 3:39.91 44.91	350m: 5:09.05 44.14				
	100m: 1:24.09 43.83	200m: 2:55.00 45.53		300m: 4:24.91 45.00	400m: 5:48.11 39.06				
29.	PIWNIK Izabela		13	KS KSZO Ostrowiec w.				5:50.02	284
	50m: 38.86 38.86	150m: 2:07.13 45.26		250m: 3:37.46 44.87	350m: 5:07.97 45.56				
	100m: 1:21.87 43.01	200m: 2:52.59 45.46		300m: 4:22.41 44.95	400m: 5:50.02 42.05				
30.	BOBECKA Aleksandra		13	KSW Stal Rzeszów				5:51.18	281
	50m: 37.21 37.21	150m: 2:06.47 45.75		250m: 3:38.42 46.09	350m: 5:09.59 45.38				
	100m: 1:20.72 43.51	200m: 2:52.33 45.86		300m: 4:24.21 45.79	400m: 5:51.18 41.59				
31.	SŁAPCZY SKA Kinga		13	SP Motyl Stalowa Wola				5:55.60	271
	50m: 37.32 37.32	150m: 2:05.24 45.02		250m: 3:37.77 46.54	350m: 5:11.15 46.71				
	100m: 1:20.22 42.90	200m: 2:51.23 45.99		300m: 4:24.44 46.67	400m: 5:55.60 44.45				
32.	GUBERNAT Matylda		13	KSW Stal Rzeszów				5:55.91	270
	50m: 38.48 38.48	150m: 2:08.71 46.20		250m: 3:40.69 45.65	350m: 5:13.12 45.78				
	100m: 1:22.51 44.03	200m: 2:55.04 46.33		300m: 4:27.34 46.65	400m: 5:55.91 42.79				
33.	JÓZEFIAK Amelia		13	KS KSZO Ostrowiec w.				5:56.73	268
	50m: 36.83 36.83	150m: 2:06.30 45.94		250m: 3:39.93 46.07	350m: 5:14.71 46.43				
	100m: 1:20.36 43.53	200m: 2:53.86 47.56		300m: 4:28.28 48.35	400m: 5:56.73 42.02				
34.	ZIELI SKA Maja		13	KSW Stal Rzeszów				5:58.91	264
	50m: 40.11 40.11	150m: 2:10.74 46.06		250m: 3:43.64 47.44	350m: 5:17.06 46.36				
	100m: 1:24.68 44.57	200m: 2:56.20 45.46		300m: 4:30.70 47.06	400m: 5:58.91 41.85				
35.	FUTRYK Emilia		13	UKS SP AQUARIUS Lesko				5:59.74	262
	50m: 38.42 38.42	150m: 2:08.90 46.07		250m: 3:42.36 46.87	350m: 5:15.61 46.27				
	100m: 1:22.83 44.41	200m: 2:55.49 46.59		300m: 4:29.34 46.98	400m: 5:59.74 44.13				
36.	BEDNARZ Maria		13	UKS Delfin Tarnobrzeg				6:07.68	245
	50m: 41.22 41.22	150m: 2:15.54 48.23		250m: 3:50.94 47.42	350m: 5:26.91 48.11				
	100m: 1:27.31 46.09	200m: 3:03.52 47.98		300m: 4:38.80 47.86	400m: 6:07.68 40.77				
37.	KUS Kinga		13	Proswim				6:12.23	236
	50m: 39.88 39.88	150m: 2:13.83 47.82		250m: 3:50.23 48.70	350m: 5:26.75 49.39				
	100m: 1:26.01 46.13	200m: 3:01.53 47.70		300m: 4:37.36 47.13	400m: 6:12.23 45.48				
38.	NOWAKOWSKA Anna		13	KS KSZO Ostrowiec w.				6:13.82	233
	50m: 39.55 39.55	150m: 2:14.13 48.01		250m: 3:51.38 48.41	350m: 5:28.91 48.17				
	100m: 1:26.12 46.57	200m: 3:02.97 48.84		300m: 4:40.74 49.36	400m: 6:13.82 44.91				
39.	WÓJCIK Łucja		13	UKS "Feniks" D bica				6:16.68	228
	50m: 40.04 40.04	150m: 2:15.46 48.96		250m: 3:53.03 48.66	350m: 5:30.18 48.53				
	100m: 1:26.50 46.46	200m: 3:04.37 48.91		300m: 4:41.65 48.62	400m: 6:16.68 46.50				
40.	MUCHA Zofia		13	KS KSZO Ostrowiec w.				6:20.63	221
	50m: 42.85 42.85	150m: 2:19.62 48.72		250m: 3:57.97 49.03	350m: 5:35.19 48.76				
	100m: 1:30.90 48.05	200m: 3:08.94 49.32		300m: 4:46.43 48.46	400m: 6:20.63 45.44				
41.	PIKOR Rozalia		13	SP Motyl Stalowa Wola				6:23.97	215
	50m: 43.22 43.22	150m: 2:21.62 49.38		250m: 4:00.37 49.33	350m: 5:39.85 49.65				
	100m: 1:32.24 49.02	200m: 3:11.04 49.42		300m: 4:50.20 49.83	400m: 6:23.97 44.12				



Międzywojewódzkie Drużynowe Mistrzostwa Młodzików 12 – 13 lat
Ostrowiec w., 24. - 25.4.2026



Konkurencja 7, Dziewcząt, 400m dowolny

PK	KOWALSKA Dominika		12	LKS Opocznianka				5:06.01	425			
	50m:	33.93	33.93	150m:	1:50.11	38.53	250m:	3:09.30	39.78	350m:	4:29.12	39.63
	100m:	1:11.58	37.65	200m:	2:29.52	39.41	300m:	3:49.49	40.19	400m:	5:06.01	36.89