



Ogólnopolski sprawdzian wytrzymałości i wszechstronności stylowej dzieci 11-12 letnich
Wrocław, 21.11.2025

Konkurencja 5
21.11.2025 - 11:44

Dziewcząt, 400m dowolny

11 lat
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.								Czas		Pkt.	
1.	PIĄTEK Natalia			14	WKS Śląsk					5:22.67	363	
	50m:	35.90	35.90	150m:	1:59.86	42.70	250m:	3:22.70	41.00	350m:	4:44.16	40.09
	100m:	1:17.16	41.26	200m:	2:41.70	41.84	300m:	4:04.07	41.37	400m:	5:22.67	38.51
2.	LENARSKA Ewa			14	WKS Śląsk					5:24.51	357	
	50m:	36.56	36.56	150m:	1:58.86	41.57	250m:	3:22.22	41.51	350m:	4:45.69	41.39
	100m:	1:17.29	40.73	200m:	2:40.71	41.85	300m:	4:04.30	42.08	400m:	5:24.51	38.82
3.	KOSIAREK Maja			14	WKS Śląsk					5:28.32	344	
	50m:	36.91	36.91	150m:	2:00.96	42.59	250m:	3:24.23	41.52	350m:	4:49.17	42.28
	100m:	1:18.37	41.46	200m:	2:42.71	41.75	300m:	4:06.89	42.66	400m:	5:28.32	39.15
4.	KUCZENKO Oliwia			14	MKS Juwenia Wrocław					5:29.63	340	
	50m:	37.35	37.35	150m:	2:02.37	42.90	250m:	3:27.93	42.08	350m:	4:51.35	41.19
	100m:	1:19.47	42.12	200m:	2:45.85	43.48	300m:	4:10.16	42.23	400m:	5:29.63	38.28
5.	KUCHARCZYK Pola			14	WKS Śląsk					5:34.49	326	
	50m:	36.92	36.92	150m:	2:01.32	42.79	250m:	3:28.48	43.41	350m:	4:53.69	42.84
	100m:	1:18.53	41.61	200m:	2:45.07	43.75	300m:	4:10.85	42.37	400m:	5:34.49	40.80
6.	DOMOSŁAWSKA Maria			14	WKS Śląsk					5:41.53	306	
	50m:	35.81	35.81	150m:	2:03.02	44.35	250m:	3:31.67	44.23	350m:	5:00.75	44.01
	100m:	1:18.67	42.86	200m:	2:47.44	44.42	300m:	4:16.74	45.07	400m:	5:41.53	40.78
7.	NOWACKA Aurelia			14	KS "BALTI" Bielawa					5:47.44	291	
	50m:	36.44	36.44	150m:	2:02.73	43.44	250m:	3:30.94	44.58	350m:	5:01.79	44.95
	100m:	1:19.29	42.85	200m:	2:46.36	43.63	300m:	4:16.84	45.90	400m:	5:47.44	45.65
8.	MARCINIAK Milena			14	WKS Śląsk					5:48.06	289	
	50m:	38.62	38.62	150m:	2:09.87	45.96	250m:	3:39.20	44.26	350m:	5:08.55	44.13
	100m:	1:23.91	45.29	200m:	2:54.94	45.07	300m:	4:24.42	45.22	400m:	5:48.06	39.51
9.	ŚWIDWA Zuzanna			14	UKS Energetyk Zgorzelec					5:48.83	287	
	50m:	38.34	38.34	150m:	2:06.71	45.20	250m:	3:38.67	45.71	350m:	5:08.81	45.10
	100m:	1:21.51	43.17	200m:	2:52.96	46.25	300m:	4:23.71	45.04	400m:	5:48.83	40.02
10.	KURIATA Matylda			14	KS "Swimmers Ślęza"					5:54.88	273	
	50m:	38.15	38.15	150m:	2:07.95	45.74	250m:	3:39.97	46.16	350m:	5:11.28	45.36
	100m:	1:22.21	44.06	200m:	2:53.81	45.86	300m:	4:25.92	45.95	400m:	5:54.88	43.60
11.	WOJNIAK Agata			14	MKS Juwenia Wrocław					5:56.81	268	
	50m:	39.67	39.67	150m:	2:09.01	45.50	250m:	3:40.66	45.97	350m:	5:13.17	46.62
	100m:	1:23.51	43.84	200m:	2:54.69	45.68	300m:	4:26.55	45.89	400m:	5:56.81	43.64
12.	DUSZYŃSKA Wiktoria			14	KS "Swimmers Ślęza"					5:57.17	267	
	50m:	38.24	38.24	150m:	2:07.73	45.82	250m:	3:41.01	45.96	350m:	5:12.97	45.27
	100m:	1:21.91	43.67	200m:	2:55.05	47.32	300m:	4:27.70	46.69	400m:	5:57.17	44.20
13.	ZIELKE Pola			14	WKS Śląsk					6:00.43	260	
	50m:			150m:			250m:			350m:		
	100m:	1:26.13		200m:	2:58.23		300m:	4:30.30		400m:	6:00.43	
14.	WOJEWÓDZKA Iga			14	WKS Śląsk					6:03.85	253	
	50m:	40.76	40.76	150m:	2:13.49	46.66	250m:	3:46.21	46.45	350m:	5:19.79	46.79
	100m:	1:26.83	46.07	200m:	2:59.76	46.27	300m:	4:33.00	46.79	400m:	6:03.85	44.06
15.	ROZIEL Nina			14	UKS KORAL Wrocław					6:05.48	250	
	50m:	39.00	39.00	150m:	2:10.36	46.82	250m:	3:46.46	47.55	350m:	5:21.33	47.26
	100m:	1:23.54	44.54	200m:	2:58.91	48.55	300m:	4:34.07	47.61	400m:	6:05.48	44.15
16.	MOŁYŃ Amelia			14	WKS Śląsk					6:10.82	239	
	50m:	40.72	40.72	150m:	2:14.76	47.85	250m:	3:50.22	47.41	350m:	5:27.21	48.42
	100m:	1:26.91	46.19	200m:	3:02.81	48.05	300m:	4:38.79	48.57	400m:	6:10.82	43.61



Ogólnopolski sprawdzian wytrzymałości i wszechstronności stylowej dzieci 11-12 letnich
Wrocław, 21.11.2025

Konkurencja 5, Dziewcząt, 400m dowolny, 11 lat

Pozycja	Rok ur.										Czas	Pkt.
17.	MEŻYK Małgorzata			14	MKS Juvenia Wrocław						6:10.96	239
	50m:	39.29	39.29	150m:	2:13.39	47.34	250m:	3:51.51	48.99	350m:	5:26.98	47.51
	100m:	1:26.05	46.76	200m:	3:02.52	49.13	300m:	4:39.47	47.96	400m:	6:10.96	43.98
18.	PARKA Aleksandra			14	UKS KORAL Wrocław						6:12.94	235
	50m:	41.90	41.90	150m:	2:16.87	48.17	250m:	3:52.75	47.87	350m:	5:28.42	46.97
	100m:	1:28.70	46.80	200m:	3:04.88	48.01	300m:	4:41.45	48.70	400m:	6:12.94	44.52
19.	WOLNA Kornelia			14	KS "Swimmers Ślęza"						6:15.98	229
	50m:	39.12	39.12	150m:	2:12.38	47.60	250m:	3:50.34	49.13	350m:	5:29.36	49.46
	100m:	1:24.78	45.66	200m:	3:01.21	48.83	300m:	4:39.90	49.56	400m:	6:15.98	46.62
20.	GŁÓWKA Martyna			14	KS "Swimmers Ślęza"						6:18.76	224
	50m:	38.52	38.52	150m:	2:12.21	48.62	250m:	3:50.43	49.30	350m:	5:26.84	46.68
	100m:	1:23.59	45.07	200m:	3:01.13	48.92	300m:	4:40.16	49.73	400m:	6:18.76	51.92
21.	BAŃKOWSKA Magda			14	UKS Delfinek Legnica						6:20.51	221
	50m:	40.46	40.46	150m:	2:17.11	49.53	250m:	3:56.36	49.79	350m:	5:31.16	45.62
	100m:	1:27.58	47.12	200m:	3:06.57	49.46	300m:	4:45.54	49.18	400m:	6:20.51	49.35
22.	PASZKOWSKA Pola			14	WKS Śląsk						6:24.77	214
	50m:	41.07	41.07	150m:	2:17.16	48.22	250m:	3:54.51	49.30	350m:	5:35.76	50.63
	100m:	1:28.94	47.87	200m:	3:05.21	48.05	300m:	4:45.13	50.62	400m:	6:24.77	49.01
23.	DUSZA Oliwia			14	KS "Swimmers Ślęza"						6:28.73	207
	50m:	39.96	39.96	150m:	2:19.10	50.09	250m:	4:01.82	51.47	350m:	5:43.25	49.96
	100m:	1:29.01	49.05	200m:	3:10.35	51.25	300m:	4:53.29	51.47	400m:	6:28.73	45.48
24.	STEC Emilia			14	KS "Swimmers Ślęza"						6:29.67	206
	50m:	40.43	40.43	150m:	2:18.48	50.58	250m:	4:02.02	51.57	350m:	5:42.66	49.94
	100m:	1:27.90	47.47	200m:	3:10.45	51.97	300m:	4:52.72	50.70	400m:	6:29.67	47.01
25.	ZARZYCKA Karolina			14	MKS Juvenia Wrocław						6:30.26	205
	50m:	44.03	44.03	150m:	2:20.97	49.07	250m:	4:01.12	50.28	350m:	5:42.27	50.91
	100m:	1:31.90	47.87	200m:	3:10.84	49.87	300m:	4:51.36	50.24	400m:	6:30.26	47.99
26.	PISZKO Maja			14	UKS KORAL Wrocław						6:30.31	205
	50m:	43.79	43.79	150m:	2:22.66	50.16	250m:	4:03.69	50.74	350m:	5:45.08	50.65
	100m:	1:32.50	48.71	200m:	3:12.95	50.29	300m:	4:54.43	50.74	400m:	6:30.31	45.23
27.	KOPKA Alicja			14	UKS KORAL Wrocław						6:31.57	203
	50m:	43.25	43.25	150m:	2:20.62	49.04	250m:	4:00.78	50.62	350m:	5:43.01	50.34
	100m:	1:31.58	48.33	200m:	3:10.16	49.54	300m:	4:52.67	51.89	400m:	6:31.57	48.56
28.	MATSUKOVA Darya			14	MKS Juvenia Wrocław						6:31.74	203
	50m:	43.40	43.40	150m:	2:25.95	51.38	250m:	4:04.45	49.22	350m:	5:44.93	51.43
	100m:	1:34.57	51.17	200m:	3:15.23	49.28	300m:	4:53.50	49.05	400m:	6:31.74	46.81
29.	GROCHOWSKA Kinga			14	Uks Rapid						6:33.56	200
	50m:	41.62	41.62	150m:	2:20.96	50.39	250m:	4:04.18	52.21	350m:	5:47.92	51.78
	100m:	1:30.57	48.95	200m:	3:11.97	51.01	300m:	4:56.14	51.96	400m:	6:33.56	45.64
30.	BIARYNCHYK Alisa			14	MKS Juvenia Wrocław						6:36.99	195
	50m:	48.26	48.26	150m:	2:45.31	59.93	250m:	4:42.92	57.90	350m:	6:36.36	54.17
	100m:	1:45.38	57.12	200m:	3:45.02	59.71	300m:	5:42.19	59.27	400m:	6:36.99	0.63
31.	SZARCZYŃSKA Jaśmina			14	WKS Śląsk						6:37.53	194
	50m:	46.46	46.46	150m:	2:26.95	50.60	250m:	4:09.38	51.17	350m:	5:51.55	51.06
	100m:	1:36.35	49.89	200m:	3:18.21	51.26	300m:	5:00.49	51.11	400m:	6:37.53	45.98
32.	DROBNIK Apolonia			14	MKS Juvenia Wrocław						6:37.55	194
	50m:	43.23	43.23	150m:	2:23.63	50.43	250m:	4:05.90	50.35	350m:	5:45.33	48.72
	100m:	1:33.20	49.97	200m:	3:15.55	51.92	300m:	4:56.61	50.71	400m:	6:37.55	52.22
33.	BOKAL Liliia			14	WKS Śląsk						6:41.13	189
	50m:	45.54	45.54	150m:	2:28.12	50.97	250m:	4:11.48	49.79	350m:	5:53.44	51.27
	100m:	1:37.15	51.61	200m:	3:21.69	53.57	300m:	5:02.17	50.69	400m:	6:41.13	47.69



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Wrocław, 21.11.2025

Konkurencja 5, Dziewcząt, 400m dowolny, 11 lat

Pozycja	Rok ur.								Czas	Pkt.		
34.	PIEKARZ Alicja		14		Uks Rapid				6:45.03	183		
	50m:	42.02	42.02	150m:	2:23.58	51.72	250m:	4:08.54	53.83	350m:	5:55.31	53.43
	100m:	1:31.86	49.84	200m:	3:14.71	51.13	300m:	5:01.88	53.34	400m:	6:45.03	49.72
35.	KUŹMICKA Zofia		14		Uks Rapid				6:50.21	176		
	50m:	43.26	43.26	150m:	2:27.05	53.33	250m:	4:14.13	53.93	350m:	6:00.08	53.28
	100m:	1:33.72	50.46	200m:	3:20.20	53.15	300m:	5:06.80	52.67	400m:	6:50.21	50.13
36.	ANDRIICHUK Mirra		14		UKS Delfinek Legnica				6:52.02	174		
	50m:	44.28	44.28	150m:			250m:	4:14.69	52.25	350m:	6:02.81	
	100m:	1:36.48	52.20	200m:	3:22.44		300m:			400m:	6:52.02	49.21
37.	DAMJAN Julia		14		MKS Juvenia Wrocław				6:55.87	169		
	50m:	44.97	44.97	150m:	2:32.02	54.03	250m:			350m:	6:06.81	53.80
	100m:	1:37.99	53.02	200m:	3:27.45	55.43	300m:	5:13.01		400m:	6:55.87	49.06
38.	PISARSKA Zofia		14		WKS Śląsk				6:55.89	169		
	50m:	44.67	44.67	150m:	2:30.79	54.14	250m:	4:18.86	53.76	350m:	6:06.37	53.37
	100m:	1:36.65	51.98	200m:	3:25.10	54.31	300m:	5:13.00	54.14	400m:	6:55.89	49.52
39.	CZAJA Hanna		14		MKS Juvenia Wrocław				6:59.56	165		
	50m:	47.38	47.38	150m:	2:35.48	55.07	250m:	4:26.33	55.37	350m:	6:15.02	53.38
	100m:	1:40.41	53.03	200m:	3:30.96	55.48	300m:	5:21.64	55.31	400m:	6:59.56	44.54
40.	MICHNIEWSKA Liliana		14		UKS KORAL Wrocław				7:00.84	163		
	50m:	46.05	46.05	150m:	2:31.76	53.51	250m:	4:17.70	52.92	350m:	6:02.56	52.06
	100m:	1:38.25	52.20	200m:	3:24.78	53.02	300m:	5:10.50	52.80	400m:	7:00.84	58.28
41.	OKUNIEWICZ Lena		14		MKS Juvenia Wrocław				7:01.82	162		
	50m:	47.28	47.28	150m:	2:35.25	54.95	250m:	4:25.44	55.25	350m:	6:15.53	
	100m:	1:40.30	53.02	200m:	3:30.19	54.94	300m:			400m:	7:01.82	46.29
42.	RYCZEK Maria		14		UKS KORAL Wrocław				7:03.25	160		
	50m:	48.33	48.33	150m:	2:36.09	54.18	250m:	4:24.74	54.28	350m:	6:12.60	53.35
	100m:	1:41.91	53.58	200m:	3:30.46	54.37	300m:	5:19.25	54.51	400m:	7:03.25	50.65
43.	STRYCHARZ Hanna		14		MKS Juvenia Wrocław				7:06.35	157		
	50m:	46.06	46.06	150m:	2:33.43	53.76	250m:	4:23.25	55.62	350m:	6:14.82	56.27
	100m:	1:39.67	53.61	200m:	3:27.63	54.20	300m:	5:18.55	55.30	400m:	7:06.35	51.53
44.	MOSENDZ Valerii		14		UKS Delfinek Legnica				7:09.30	154		
	50m:	49.07	49.07	150m:	2:42.34	56.19	250m:	4:32.95	55.30	350m:	6:22.10	55.61
	100m:	1:46.15	57.08	200m:	3:37.65	55.31	300m:	5:26.49	53.54	400m:	7:09.30	47.20
45.	LEONARSKA Alicja		14		UKS KORAL Wrocław				7:17.81	145		
	50m:	48.93	48.93	150m:	2:39.67	56.25	250m:	4:32.64	55.88	350m:	6:27.92	57.82
	100m:	1:43.42	54.49	200m:	3:36.76	57.09	300m:	5:30.10	57.46	400m:	7:17.81	49.89
46.	GARKUN Kristina		14		MKS Juvenia Wrocław				7:19.96	143		
	50m:	44.79	44.79	150m:	2:37.09	57.25	250m:	4:30.79	56.75	350m:	6:26.67	56.84
	100m:	1:39.84	55.05	200m:	3:34.04	56.95	300m:	5:29.83	59.04	400m:	7:19.96	53.29
47.	RYGIEL Zuzanna		14		WKS Śląsk				7:20.33	142		
	50m:	49.70	49.70	150m:	2:44.07	56.86	250m:	4:36.61	56.26	350m:	6:29.63	56.96
	100m:	1:47.21	57.51	200m:	3:40.35	56.28	300m:	5:32.67	56.06	400m:	7:20.33	50.70
48.	RUDY Lena		14		MKS Juvenia Wrocław				7:21.00	142		
	50m:	49.76	49.76	150m:	2:44.90	58.38	250m:	4:37.46	55.74	350m:	6:26.04	53.43
	100m:	1:46.52	56.76	200m:	3:41.72	56.82	300m:	5:32.61	55.15	400m:	7:21.00	54.96
49.	ZALEWSKA Zofia		14		MKS Juvenia Wrocław				7:43.82	122		
	50m:	49.64	49.64	150m:	2:50.80	1:01.16	250m:	4:55.09	1:03.39	350m:	6:48.31	53.04
	100m:	1:49.64	1:00.00	200m:	3:51.70	1:00.90	300m:	5:55.27	1:00.18	400m:	7:43.82	55.51
50.	DZIADUŚ Dorota		14		KS "Swimmers Ślęza"				7:45.08	121		
	50m:	49.88	49.88	150m:	2:46.68	1:00.32	250m:	4:48.94	1:01.80	350m:	6:50.60	1:00.81
	100m:	1:46.36	56.48	200m:	3:47.14	1:00.46	300m:	5:49.79	1:00.85	400m:	7:45.08	54.48



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Wrocław, 21.11.2025

Konkurencja 5, Dziewcząt, 400m dowolny, 11 lat

Pozycja	Rok ur.								Czas	Pkt.
51. LEWICKA Julia	14 UKS KORAL Wrocław								7:49.38	118
50m:	52.51	52.51	150m:	2:53.91	1:00.88	250m:	4:54.74	1:00.62	350m:	6:55.77 59.51
100m:	1:53.03	1:00.52	200m:	3:54.12	1:00.21	300m:	5:56.26	1:01.52	400m:	7:49.38 53.61
52. KALINOWSKA Maria	14 UKS KORAL Wrocław								8:01.90	109
50m:	56.13	56.13	150m:	3:00.24	1:02.82	250m:	5:05.15	1:04.14	350m:	7:09.19 1:02.39
100m:	1:57.42	1:01.29	200m:	4:01.01	1:00.77	300m:	6:06.80	1:01.65	400m:	8:01.90 52.71
53. IZDEBSKA Hanna	14 UKS KORAL Wrocław								8:04.77	107
50m:	48.41	48.41	150m:	2:48.73	1:01.56	250m:	4:59.38	1:06.18	350m:	7:13.25 1:07.83
100m:	1:47.17	58.76	200m:	3:53.20	1:04.47	300m:	6:05.42	1:06.04	400m:	8:04.77 51.52
54. MRÓZ Zuzanna	14 UKS KORAL Wrocław								8:15.65	100
50m:	52.12	52.12	150m:	2:54.14	1:02.82	250m:	5:01.10	1:03.07	350m:	6:59.71 58.45
100m:	1:51.32	59.20	200m:	3:58.03	1:03.89	300m:	6:01.26	1:00.16	400m:	8:15.65 1:15.94
55. OLEJNIK Zuzanna	14 UKS KORAL Wrocław								8:15.68	100
50m:	56.27	56.27	150m:	3:03.62	1:06.32	250m:	5:13.16	1:05.26	350m:	7:22.65 1:03.60
100m:	1:57.30	1:01.03	200m:	4:07.90	1:04.28	300m:	6:19.05	1:05.89	400m:	8:15.68 53.03
56. KRÓL Urszula	14 UKS KORAL Wrocław								8:53.55	80
50m:	54.73	54.73	150m:	3:13.14	1:10.49	250m:	5:31.61	1:09.74	350m:	7:47.80 1:08.55
100m:	2:02.65	1:07.92	200m:	4:21.87	1:08.73	300m:	6:39.25	1:07.64	400m:	8:53.55 1:05.75
57. ANDRZEJCZUK Alena	14 UKS KORAL Wrocław								8:53.59	80
50m:	58.73	58.73	150m:	3:16.98	1:09.37	250m:	5:36.46	1:10.14	350m:	7:51.28 1:05.56
100m:	2:07.61	1:08.88	200m:	4:26.32	1:09.34	300m:	6:45.72	1:09.26	400m:	8:53.59 1:02.31
58. CHABECKA Aleksandra	14 UKS Delfinek Legnica								9:21.01	69
50m:	58.87	58.87	150m:	3:22.50	1:15.49	250m:	5:47.06	1:13.50	350m:	8:11.70 1:11.99
100m:	2:07.01	1:08.14	200m:	4:33.56	1:11.06	300m:	6:59.71	1:12.65	400m:	9:21.01 1:09.31
PK MODZELEWSKA Hanna	13 Uks Rapid								6:06.17	248
50m:	40.05	40.05	150m:	2:12.98	47.07	250m:	3:47.21	46.65	350m:	5:21.50 46.88
100m:	1:25.91	45.86	200m:	3:00.56	47.58	300m:	4:34.62	47.41	400m:	6:06.17 44.67
PK PARSIEGLA Julia	13 Uks Rapid								6:58.66	166
50m:	45.48	45.48	150m:	2:34.97	55.05	250m:	4:23.14	53.81	350m:	6:04.23 48.32
100m:	1:39.92	54.44	200m:	3:29.33	54.36	300m:	5:15.91	52.77	400m:	6:58.66 54.43