

Letnie Mistrzostwa Polski Juniorów Młodszych 14-lat w pływaniu
Olsztyn, 10. - 13.07.2025r.

Konkurencja 20
12.07.2025 - 9:34

Dziewcząt, 400m dowolny

14 lat

Wyniki Eliminacje

Rekod Polski Open	4:04.23	JEDRZEJCZAK Otylia	POL	Melbourne (AUS)	25.03.2007
Rekod Polski 14	4:16.54	KILIJAŃSKA Donata	POL	Tampere (FIN)	20.07.2009

Punkty: AQUA 2025

Pozycja	Rok ur.								Czas		Pkt.
1. RÓZGA Nina	11		CSiR MOS w Dąbrowie Górniczej				4:41.62		583	A	
50m:	31.11	31.11	150m:	1:42.29	36.18	250m:	2:55.03	36.69	350m:	4:07.73	36.36
100m:	1:06.11	35.00	200m:	2:18.34	36.05	300m:	3:31.37	36.34	400m:	4:41.62	33.89
2. BURANDT Hanna	11		KS "Swimmers Ślęza"				4:41.89		582	A	
50m:	31.63	31.63	150m:	1:42.86	35.74	250m:	2:55.49	36.42	350m:	4:07.61	35.76
100m:	1:07.12	35.49	200m:	2:19.07	36.21	300m:	3:31.85	36.36	400m:	4:41.89	34.28
3. KAROLEWSKA Julia	11		SWIMLAND Olsztyn				4:42.12		580	A	
50m:	31.10	31.10	150m:	1:41.69	35.87	250m:	2:55.12	36.52	350m:	4:08.09	36.36
100m:	1:05.82	34.72	200m:	2:18.60	36.91	300m:	3:31.73	36.61	400m:	4:42.12	34.03
4. KOKOSZKA Paulina	11		UKS „GIM 92 Ursynów"				4:42.76		576	A	
50m:	31.70	31.70	150m:	1:43.15	36.21	250m:	2:56.30	36.42	350m:	4:08.33	35.39
100m:	1:06.94	35.24	200m:	2:19.88	36.73	300m:	3:32.94	36.64	400m:	4:42.76	34.43
5. BARCZAK Karolina	11		MTP Kormoran Olsztyn				4:48.44		543	A	
50m:	32.29	32.29	150m:	1:44.42	36.42	250m:	2:58.45	36.97	350m:	4:12.66	37.03
100m:	1:08.00	35.71	200m:	2:21.48	37.06	300m:	3:35.63	37.18	400m:	4:48.44	35.78
6. FROŃ Kinga	11		UKS Victoria Kozy				4:49.31		538	A	
50m:	31.89	31.89	150m:	1:44.37	36.53	250m:	2:59.12	37.57	350m:	4:14.00	37.50
100m:	1:07.84	35.95	200m:	2:21.55	37.18	300m:	3:36.50	37.38	400m:	4:49.31	35.31
7. MICHALAK Maria	11		KS Warta Poznań				4:49.52		537	A	
50m:	33.38	33.38	150m:	1:45.69	36.53	250m:	3:00.06	37.25	350m:	4:14.31	36.64
100m:	1:09.16	35.78	200m:	2:22.81	37.12	300m:	3:37.67	37.61	400m:	4:49.52	35.21
8. SULKOWSKA Hanna	11		UKS Juvenia iSwim Białystok				4:50.82		530	A	
50m:	32.69	32.69	150m:	1:45.79	36.93	250m:	3:00.64	37.19	350m:	4:15.40	37.03
100m:	1:08.86	36.17	200m:	2:23.45	37.66	300m:	3:38.37	37.73	400m:	4:50.82	35.42
9. BĘTKOWSKA Emilia	11		CKiS w Skawinie				4:53.48		515	A	
50m:	32.99	32.99	150m:	1:46.45	37.49	250m:	3:01.89	37.86	350m:	4:17.91	37.76
100m:	1:08.96	35.97	200m:	2:24.03	37.58	300m:	3:40.15	38.26	400m:	4:53.48	35.57
10. LACH Maria	11		MKS Ochota Warszawa				4:55.64		504	A	
50m:	32.67	32.67	150m:	1:46.82	38.18	250m:	3:03.05	38.28	350m:	4:19.46	38.35
100m:	1:08.64	35.97	200m:	2:24.77	37.95	300m:	3:41.11	38.06	400m:	4:55.64	36.18
11. PALICKA Patrycja	11		TP Skalar, Słupsk				4:55.98		502	B	
50m:	33.03	33.03	150m:	1:46.56	37.46	250m:	3:02.43	37.54	350m:	4:18.81	38.12
100m:	1:09.10	36.07	200m:	2:24.89	38.33	300m:	3:40.69	38.26	400m:	4:55.98	37.17
12. MAJ Zuzanna	11		KS KSZO Ostrowiec Św.				4:56.62		499	B	
50m:	33.50	33.50	150m:	1:46.59	37.12	250m:	3:02.95	38.71	350m:	4:20.42	38.99
100m:	1:09.47	35.97	200m:	2:24.24	37.65	300m:	3:41.43	38.48	400m:	4:56.62	36.20
13. IWAŃSKA Wiktoria	11		MKS „Jagiellonka" Warszawa				4:57.29		496	B	
50m:	32.77	32.77	150m:	1:48.16	38.06	250m:	3:05.69	38.69	350m:	4:22.22	38.02
100m:	1:10.10	37.33	200m:	2:27.00	38.84	300m:	3:44.20	38.51	400m:	4:57.29	35.07
14. KANIEWSKA Lena	11		Mokotowski UKP Warszawianka- Wodny				4:57.42		495	B	
50m:	33.52	33.52	150m:	1:48.79	37.70	250m:	3:04.69	37.79	350m:	4:21.49	38.16
100m:	1:11.09	37.57	200m:	2:26.90	38.11	300m:	3:43.33	38.64	400m:	4:57.42	35.93
15. DEJANA Laura	11		UKS SMS Galicja Kraków				4:57.51		495	B	
50m:	34.63	34.63	150m:	1:49.87	37.88	250m:	3:06.66	38.35	350m:	4:23.11	38.29
100m:	1:11.99	37.36	200m:	2:28.31	38.44	300m:	3:44.82	38.16	400m:	4:57.51	34.40
16. GRZMOCIŃSKA Martyna	11		Toruński MKS CHAMPIONS				4:58.23		491	B	
50m:	34.00	34.00	150m:	1:50.18	38.45	250m:	3:07.55	38.50	350m:		
100m:	1:11.73	37.73	200m:	2:29.05	38.87	300m:	3:45.52	37.97	400m:	4:58.23	

Letnie Mistrzostwa Polski Juniorów Młodszych 14-lat w pływaniu
Olsztyn, 10. - 13.07.2025r.

Konkurencja 20, Dziewcząt, 400m dowolny, Eliminacje, 14 lat

Pozycja	Rok ur.								Czas		Pkt.	
17.	SZYMAŃSKA Julia			11	KS Warta Poznań				5:00.10	482	B	
	50m:	34.47	34.47	150m:	1:49.62	37.77	250m:	3:06.21	38.31	350m:	4:23.22	38.30
	100m:	1:11.85	37.38	200m:	2:27.90	38.28	300m:	3:44.92	38.71	400m:	5:00.10	36.88
18.	KRAUS Otylia			11	KS Neptun Świdnica				5:01.21	477	B	
	50m:	33.98	33.98	150m:	1:48.76	38.09	250m:	3:05.91	38.57	350m:	4:23.11	38.36
	100m:	1:10.67	36.69	200m:	2:27.34	38.58	300m:	3:44.75	38.84	400m:	5:01.21	38.10
19.	WOYTERSKA Lena			11	MKS "IKAR" Stal Mielec				5:01.93	473	B	
	50m:	33.97	33.97	150m:	1:50.60	38.53	250m:	3:08.43	39.17	350m:	4:25.94	38.17
	100m:	1:12.07	38.10	200m:	2:29.26	38.66	300m:	3:47.77	39.34	400m:	5:01.93	35.99
20.	CZARNECKA Maja			11	MKS Jordan Kraków				5:02.29	472	B	
	50m:	32.90	32.90	150m:	1:47.66	37.91	250m:	3:06.51	39.66	350m:	4:26.12	39.60
	100m:	1:09.75	36.85	200m:	2:26.85	39.19	300m:	3:46.52	40.01	400m:	5:02.29	36.17
21.	PACYK Alexandra			11	IUKS „Muszelka" Warszawa				5:02.50	471	R	
	50m:	33.34	33.34	150m:	1:49.29	38.49	250m:	3:06.98	39.09	350m:	4:25.52	39.31
	100m:	1:10.80	37.46	200m:	2:27.89	38.60	300m:	3:46.21	39.23	400m:	5:02.50	36.98
22.	DANISZEWSKA Aleksandra			11	UKS „GIM 92 Ursynów"				5:02.87	469	R	
	50m:	34.11	34.11	150m:	1:51.52	38.92	250m:	3:09.63	39.25	350m:	4:26.26	37.61
	100m:	1:12.60	38.49	200m:	2:30.38	38.86	300m:	3:48.65	39.02	400m:	5:02.87	36.61
23.	MIKOŁAJEK Adrianna			11	UKS DELFIN Krapkowice				5:03.66	465		
	50m:	34.30	34.30	150m:	1:52.57	39.77	250m:	3:12.58	39.58	350m:	4:30.26	38.18
	100m:	1:12.80	38.50	200m:	2:33.00	40.43	300m:	3:52.08	39.50	400m:	5:03.66	33.40
24.	ADAMUS Maja			11	UKS Ósemka Oświęcim				5:05.21	458		
	50m:	33.29	33.29	150m:	1:48.90	37.93	250m:	3:06.55	39.11	350m:	4:26.31	39.90
	100m:	1:10.97	37.68	200m:	2:27.44	38.54	300m:	3:46.41	39.86	400m:	5:05.21	38.90
25.	SELL Magdalena			11	MUKP Korona-Swim Kielce				5:06.85	451		
	50m:	35.25	35.25	150m:	1:53.72	39.05	250m:	3:12.41	38.73	350m:	4:30.03	38.64
	100m:	1:14.67	39.42	200m:	2:33.68	39.96	300m:	3:51.39	38.98	400m:	5:06.85	36.82
26.	SUWARA Aleksandra			11	MKS Piaseczno				5:07.08	450		
	50m:	35.57	35.57	150m:	1:55.72	40.37	250m:	3:14.13	38.28	350m:	4:29.93	37.86
	100m:	1:15.35	39.78	200m:	2:35.85	40.13	300m:	3:52.07	37.94	400m:	5:07.08	37.15
27.	KIEROŃSKA Maryla			11	Stowarzyszenie Olimpijczyk Brzesko				5:07.34	449		
	50m:	34.61	34.61	150m:	1:53.34	39.60	250m:	3:12.36	39.00	350m:	4:30.38	38.40
	100m:	1:13.74	39.13	200m:	2:33.36	40.02	300m:	3:51.98	39.62	400m:	5:07.34	36.96
28.	DOMERADZKA Łucja			11	UKS Żabianka Gdańsk				5:07.48	448		
	50m:	34.36	34.36	150m:	1:50.09	38.39	250m:	3:08.34	39.60	350m:	4:28.87	40.87
	100m:	1:11.70	37.34	200m:	2:28.74	38.65	300m:	3:48.00	39.66	400m:	5:07.48	38.61
29.	ROKICKA Alicja			11	MKS „Jagiellonka" Warszawa				5:08.82	442		
	50m:	34.12	34.12	150m:	1:52.61	39.67	250m:	3:13.81	40.55	350m:	4:32.38	38.34
	100m:	1:12.94	38.82	200m:	2:33.26	40.65	300m:	3:54.04	40.23	400m:	5:08.82	36.44
30.	LASOTA Lena			11	UKS Nawa Skierniewice				5:10.47	435		
	50m:	34.71	34.71	150m:	1:53.71	39.81	250m:	3:14.62	40.45	350m:	4:33.16	38.97
	100m:	1:13.90	39.19	200m:	2:34.17	40.46	300m:	3:54.19	39.57	400m:	5:10.47	37.31
31.	MAJZA - WAWRZYŃSKA Barbara			11	UKS 3-Wodnik Wolsztyn				5:10.86	434		
	50m:	35.35	35.35	150m:	1:53.25	39.86	250m:	3:12.61	39.36	350m:	4:32.14	39.59
	100m:	1:13.39	38.04	200m:	2:33.25	40.00	300m:	3:52.55	39.94	400m:	5:10.86	38.72
32.	WÓJTOWICZ Sandra			11	KS KSZO Ostrowiec Św.				5:12.01	429		
	50m:	33.93	33.93	150m:	1:51.60	39.57	250m:	3:12.58	40.41	350m:	4:33.00	39.92
	100m:	1:12.03	38.10	200m:	2:32.17	40.57	300m:	3:53.08	40.50	400m:	5:12.01	39.01
33.	WITTBRODT Alicja			11	UKP „Polonia Warszawa"				5:12.14	428		
	50m:	35.12	35.12	150m:	1:53.89	39.78	250m:	3:14.16	39.91	350m:	4:33.32	39.20
	100m:	1:14.11	38.99	200m:	2:34.25	40.36	300m:	3:54.12	39.96	400m:	5:12.14	38.82
34.	LYTVYNOVA Melaniia			11	UKS G-8 Bielany Warszawa				5:13.36	423		
	50m:	35.45	35.45	150m:	1:54.60	40.01	250m:	3:16.62	40.70	350m:	4:35.41	38.72
	100m:	1:14.59	39.14	200m:	2:35.92	41.32	300m:	3:56.69	40.07	400m:	5:13.36	37.95

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Olsztyn, 10. - 13.07.2025r.

Konkurencja 20, Dziewcząt, 400m dowolny, Eliminacje, 14 lat

Pozycja	Rok ur.										Czas	Pkt.
35.	BĘBAS Lena				11	Swim Team MOSiR Kędzierzyn-Koźle				5:13.46	423	
	50m:	33.27	33.27	150m:	1:51.99	40.24	250m:	3:12.54	40.41	350m:	4:33.23	39.98
	100m:	1:11.75	38.48	200m:	2:32.13	40.14	300m:	3:53.25	40.71	400m:	5:13.46	40.23
36.	KOŻUCH Lena				11	Stowarzyszenie "OLIMPIJCZYK KRAKÓW				5:14.30	420	
	50m:	35.31	35.31	150m:	1:55.35	40.53	250m:	3:18.20	41.54	350m:	4:37.29	38.60
	100m:	1:14.82	39.51	200m:	2:36.66	41.31	300m:	3:58.69	40.49	400m:	5:14.30	37.01
37.	SIEWIERSKA Paulina				11	MKS Znicz Koszalin				5:14.61	418	
	50m:	34.56	34.56	150m:	1:51.20	38.78	250m:	3:10.83	40.19	350m:	4:34.06	41.61
	100m:	1:12.42	37.86	200m:	2:30.64	39.44	300m:	3:52.45	41.62	400m:	5:14.61	40.55
38.	SKIERKA Magdalena				11	Dwójka Morena Gdańsk				5:14.97	417	
	50m:	33.97	33.97	150m:	1:51.24	39.67	250m:	3:14.29	41.50	350m:	4:37.38	41.14
	100m:	1:11.57	37.60	200m:	2:32.79	41.55	300m:	3:56.24	41.95	400m:	5:14.97	37.59
39.	ŁACZEK Wiktoria				11	KS Waterpolo Poznań				5:20.17	397	
	50m:	35.98	35.98	150m:	1:57.16	41.27	250m:	3:20.00	41.67	350m:	4:41.26	40.68
	100m:	1:15.89	39.91	200m:	2:38.33	41.17	300m:	4:00.58	40.58	400m:	5:20.17	38.91
40.	CZYŻYKOWSKA Magdalena				11	Dwójka Morena Gdańsk				5:23.02	386	
	50m:	36.96	36.96	150m:	2:01.12	42.12	250m:	3:24.78	41.58	350m:	4:45.63	38.61
	100m:	1:19.00	42.04	200m:	2:43.20	42.08	300m:	4:07.02	42.24	400m:	5:23.02	37.39
41.	TYMIŃSKA Adrianna				11	WKS Śląsk				5:23.65	384	
	50m:	37.27	37.27	150m:	2:01.64	42.25	250m:	3:25.56	41.55	350m:	4:46.59	40.31
	100m:	1:19.39	42.12	200m:	2:44.01	42.37	300m:	4:06.28	40.72	400m:	5:23.65	37.06
42.	HANUSZKO Natalia				11	MKS Juwenia Wrocław				5:24.53	381	
	50m:	34.27	34.27	150m:	1:54.94	41.73	250m:	3:20.50	42.75	350m:	4:45.58	41.98
	100m:	1:13.21	38.94	200m:	2:37.75	42.81	300m:	4:03.60	43.10	400m:	5:24.53	38.95
43.	JĘDRO Zuzanna				11	MKS Juwenia Wrocław				5:25.31	378	
	50m:	35.17	35.17	150m:	1:55.92	41.56	250m:	3:20.53	42.60	350m:	4:45.63	42.34
	100m:	1:14.36	39.19	200m:	2:37.93	42.01	300m:	4:03.29	42.76	400m:	5:25.31	39.68
44.	LEŚNIEWSKA Małgorzata				11	Stowarzyszenie "OLIMPIJCZYK KRAKÓW				5:25.67	377	
	50m:	35.84	35.84	150m:	1:58.20	42.05	250m:	3:23.67	42.42	350m:	4:46.42	40.91
	100m:	1:16.15	40.31	200m:	2:41.25	43.05	300m:	4:05.51	41.84	400m:	5:25.67	39.25
45.	SOSNOWSKA Natalia				11	UKS G-8 Bielany Warszawa				5:26.33	375	
	50m:	36.31	36.31	150m:	1:58.41	41.49	250m:	3:22.64	42.47	350m:	4:46.12	41.16
	100m:	1:16.92	40.61	200m:	2:40.17	41.76	300m:	4:04.96	42.32	400m:	5:26.33	40.21
46.	PROCHOWICZ Hanna				11	MUKS Piorun Gołdap				5:30.57	361	
	50m:	36.15	36.15	150m:	1:57.43	41.30	250m:	3:22.04	42.62	350m:	4:47.75	42.59
	100m:	1:16.13	39.98	200m:	2:39.42	41.99	300m:	4:05.16	43.12	400m:	5:30.57	42.82
47.	GONDZIK Olga				11	MKS MOS Katowice				5:31.75	357	
	50m:	37.10	37.10	150m:	2:01.69	42.73	250m:	3:28.09	42.97	350m:	4:53.04	42.51
	100m:	1:18.96	41.86	200m:	2:45.12	43.43	300m:	4:10.53	42.44	400m:	5:31.75	38.71
48.	KLIMEK Antonina				11	KP Totis Viribus Świebodzin				5:32.97	353	
	50m:	36.20	36.20	150m:	1:59.70	42.44	250m:	3:27.19	43.91	350m:	4:53.96	43.22
	100m:	1:17.26	41.06	200m:	2:43.28	43.58	300m:	4:10.74	43.55	400m:	5:32.97	39.01
49.	KALINOWSKA Agata				11	UKS „Siódemka" Brodnica				5:34.14	349	
	50m:	36.21	36.21	150m:	2:01.07	42.85	250m:	3:27.83	43.27	350m:	4:53.98	42.40
	100m:	1:18.22	42.01	200m:	2:44.56	43.49	300m:	4:11.58	43.75	400m:	5:34.14	40.16
50.	WÓJTOWICZ Lena				11	KU AZS UMCS Lublin				5:35.48	345	
	50m:	37.63	37.63	150m:	2:02.05	43.12	250m:	3:28.19	42.73	350m:	4:54.73	43.73
	100m:	1:18.93	41.30	200m:	2:45.46	43.41	300m:	4:11.00	42.81	400m:	5:35.48	40.75
51.	BIAŁCZAK Julia				11	Grudziądzki KP „Orka"				5:36.28	342	
	50m:	35.99	35.99	150m:	2:00.39	43.52	250m:	3:27.73	43.85	350m:	4:55.63	44.11
	100m:	1:16.87	40.88	200m:	2:43.88	43.49	300m:	4:11.52	43.79	400m:	5:36.28	40.65
52.	PIOTROWSKA Julia				11	MKS CKS-SMS Szczecin				5:36.88	341	
	50m:	36.26	36.26	150m:	2:00.43	43.09	250m:	3:28.06	43.34	350m:	4:55.16	42.60
	100m:	1:17.34	41.08	200m:	2:44.72	44.29	300m:	4:12.56	44.50	400m:	5:36.88	41.72

Letnie Mistrzostwa Polski Juniorów Młodszych 14-lat w pływaniu
Olsztyn, 10. - 13.07.2025r.

Konkurencja 20, Dziewcząt, 400m dowolny, Eliminacje, 14 lat

Pozycja	Rok ur.								Czas			Pkt.
53.	STENCEL Matylda			11	KS „Górnik” Sosnowiec					5:37.13	340	
	50m:	37.28	37.28	150m:	2:04.10	43.85	250m:	3:31.86	43.77	350m:	4:57.76	42.48
	100m:	1:20.25	42.97	200m:	2:48.09	43.99	300m:	4:15.28	43.42	400m:	5:37.13	39.37
54.	OLEKSIUK Natalia			11	KU AZS UMCS Lublin					5:38.38	336	
	50m:	36.05	36.05	150m:	1:59.92	42.70	250m:	3:27.74	44.50	350m:	4:55.97	44.18
	100m:	1:17.22	41.17	200m:	2:43.24	43.32	300m:	4:11.79	44.05	400m:	5:38.38	42.41
55.	CHUDY Gabriela			11	WKS Śląsk					5:39.31	333	
	50m:	37.79	37.79	150m:	2:03.58	44.06	250m:	3:31.16	44.08	350m:	4:58.83	43.87
	100m:	1:19.52	41.73	200m:	2:47.08	43.50	300m:	4:14.96	43.80	400m:	5:39.31	40.48
56.	RATASIEWICZ Ines			11	MKS Piast Głogów					5:57.72	284	
	50m:	37.79	37.79	150m:	2:09.08	46.60	250m:	3:41.65	46.81	350m:	5:13.93	46.15
	100m:	1:22.48	44.69	200m:	2:54.84	45.76	300m:	4:27.78	46.13	400m:	5:57.72	43.79
57.	MICHAŁOWSKA Lena			11	KU AZS UMCS Lublin					6:06.83	264	
	50m:	39.02	39.02	150m:	2:11.73	47.59	250m:	3:47.69	48.38	350m:	5:22.54	47.59
	100m:	1:24.14	45.12	200m:	2:59.31	47.58	300m:	4:34.95	47.26	400m:	6:06.83	44.29