



Letnie Mistrzostwa Polski Juniorów Młodszych 14-lat w pływaniu
Olsztyn, 09. - 12.07.2026r.

Konkurencja 6 Dziewcząt, 400m zmienny 14 lat
10.07.2026 - 9:54 Wyniki Eliminacje

Rekod Polski Open	4:36.95	BARANOWSKA Katarzyna	POL	Beijing (CHN)	09.08.2008
Rekod Polski 14	4:52.05	KNOP Aleksandra	POL	Lublin	19.05.2017

Punkty: AQUA 2026

Pozycja	Rok ur.				Czas				Pkt.
1. KACER Maria	12	BOSiR Brzesko	5:15.29	584	A				
50m: 31.56 31.56	150m: 1:49.39 41.50	250m: 3:16.10 45.06	350m: 4:39.07 36.84						
100m: 1:07.89 36.33	200m: 2:31.04 41.65	300m: 4:02.23 46.13	400m: 5:15.29 36.22						
2. SOSNOWSKA Agata	12	Toruński MKS CHAMPIONS	5:19.53	561	A				
50m: 34.13 34.13	150m: 1:52.74 39.98	250m: 3:17.65 44.68	350m: 4:42.30 37.03						
100m: 1:12.76 38.63	200m: 2:32.97 40.23	300m: 4:05.27 47.62	400m: 5:19.53 37.23						
3. WĄS Amelia	12	Stowarzyszenie Olimpijczyk Proszówki	5:21.33	552	A				
50m: 33.87 33.87	150m: 1:57.25 42.46	250m: 3:23.27 42.01	350m: 4:44.06 37.23						
100m: 1:14.79 40.92	200m: 2:41.26 44.01	300m: 4:06.83 43.56	400m: 5:21.33 37.27						
4. JAGODZIŃSKA Lena	12	UKS SP-149 Łódź	5:27.23	523	A				
50m: 34.64 34.64	150m: 1:59.57 44.09	250m: 3:24.24 42.05	350m: 4:49.35 40.83						
100m: 1:15.48 40.84	200m: 2:42.19 42.62	300m: 4:08.52 44.28	400m: 5:27.23 37.88						
5. SIATKOWSKA Pola	12	MUKP MOSiR Orka Kielce	5:30.32	508	A				
50m: 33.78 33.78	150m: 1:57.69 42.36	250m: 3:25.64 45.44	350m: 4:51.58 38.37						
100m: 1:15.33 41.55	200m: 2:40.20 42.51	300m: 4:13.21 47.57	400m: 5:30.32 38.74						
6. ZABORSKA Idalia	12	UKS Ósemka Oświęcim	5:33.37	494	A				
50m: 35.60 35.60	150m: 2:02.18 42.94	250m: 3:30.17 45.36	350m: 4:55.95 39.64						
100m: 1:19.24 43.64	200m: 2:44.81 42.63	300m: 4:16.31 46.14	400m: 5:33.37 37.42						
7. DARŁAK Lena	12	CSiR MOS w Dąbrowie Górniczej	5:34.51	489	A				
50m: 34.25 34.25	150m: 2:01.11 45.85	250m: 3:31.41 45.51	350m: 4:56.96 39.07						
100m: 1:15.26 41.01	200m: 2:45.90 44.79	300m: 4:17.89 46.48	400m: 5:34.51 37.55						
8. SOCHA Małgorzata	12	CSiR MOS w Dąbrowie Górniczej	5:36.50	480	A				
50m: 35.19 35.19	150m: 2:02.64 44.62	250m: 3:32.24 47.18	350m: 4:59.25 38.57						
100m: 1:18.02 42.83	200m: 2:45.06 42.42	300m: 4:20.68 48.44	400m: 5:36.50 37.25						
9. GODLEWSKA Agata	12	UKP „Polonia Warszawa”	5:39.46	468	A				
50m: 33.60 33.60	150m: 2:00.24 44.35	250m: 3:30.45 46.04	350m: 4:59.32 41.00						
100m: 1:15.89 42.29	200m: 2:44.41 44.17	300m: 4:18.32 47.87	400m: 5:39.46 40.14						
10. SKUBIS Weronika	12	UKS „Omega” Olkusz	5:39.50	468	A				
50m: 35.83 35.83	150m: 2:04.48 43.46	250m: 3:34.08 46.11	350m: 5:02.48 40.21						
100m: 1:21.02 45.19	200m: 2:47.97 43.49	300m: 4:22.27 48.19	400m: 5:39.50 37.02						
11. KLÓSEK Pola	12	UKS „Sokół-Mościce” Tarnów	5:41.33	460	B				
50m: 34.72 34.72	150m: 2:01.44 46.26	250m: 3:36.02 49.54	350m: 5:04.71 39.19						
100m: 1:15.18 40.46	200m: 2:46.48 45.04	300m: 4:25.52 49.50	400m: 5:41.33 36.62						
12. CZUDEK Florentyna	12	KP Sokół Rzeszów	5:43.50	452	B				
50m: 36.64 36.64	150m: 2:05.75 44.75	250m: 3:38.28 48.47	350m: 5:05.84 38.94						
100m: 1:21.00 44.36	200m: 2:49.81 44.06	300m: 4:26.90 48.62	400m: 5:43.50 37.66						
13. MIKULSKA Aleksandra	12	MKS Juvenia Wrocław	5:47.60	436	B				
50m: 33.99 33.99	150m: 2:02.46 46.78	250m: 3:35.51 48.27	350m: 5:08.47 42.80						
100m: 1:15.68 41.69	200m: 2:47.24 44.78	300m: 4:25.67 50.16	400m: 5:47.60 39.13						
14. ŁACHOWSKA Lena	12	KS „OLIMPIA” Lublin	5:48.97	431	B				
50m: 35.53 35.53	150m: 2:03.49 44.07	250m: 3:37.58 50.14	350m: 5:11.39 40.72						
100m: 1:19.42 43.89	200m: 2:47.44 43.95	300m: 4:30.67 53.09	400m: 5:48.97 37.58						
15. KRYSZKIEWICZ Lidia	12	MKS „Jagiellonka” Warszawa	5:49.20	430	B				
50m: 35.87 35.87	150m: 2:02.48 42.07	250m: 3:40.62 54.24	350m: 5:12.06 38.70						
100m: 1:20.41 44.54	200m: 2:46.38 43.90	300m: 4:33.36 52.74	400m: 5:49.20 37.14						
16. TOPORCZYK Zuzanna	12	UKS Ósemka Oświęcim	5:49.25	430	B				
50m: 33.68 33.68	150m: 2:04.04 49.20	250m: 3:40.04 50.43	350m: 5:11.41 40.76						
100m: 1:14.84 41.16	200m: 2:49.61 45.57	300m: 4:30.65 50.61	400m: 5:49.25 37.84						



PREZYSTAWIENIE
Prezydent Olsztyna
Robert Sawicki

Letnie Mistrzostwa Polski Juniorów Młodszych 14-lat w pływaniu
Olsztyn, 09. - 12.07.2026r.

Konkurencja 6, Dziewcząt, 400m zmienny, Eliminacje, 14 lat

Pozycja					Rok ur.					Czas	Pkt.	
17.	KRAMARZ Lena				12	UKS H2O Warszawa				5:58.01	399	B
	50m:	36.60	36.60	150m:	2:10.97	48.45	250m:	3:47.19	49.95	350m:	5:20.02	42.36
	100m:	1:22.52	45.92	200m:	2:57.24	46.27	300m:	4:37.66	50.47	400m:	5:58.01	37.99
18.	GRZEGORCZYK Helena				12	MUKP Korona-Swim Kielce				6:04.52	378	B
	50m:	36.69	36.69	150m:	2:08.42	45.71	250m:	3:46.16	52.94	350m:	5:23.19	42.30
	100m:	1:22.71	46.02	200m:	2:53.22	44.80	300m:	4:40.89	54.73	400m:	6:04.52	41.33
19.	NURZYŃSKA Zofia				12	UKP „Polonia Warszawa”				6:04.82	377	B
	50m:	37.69	37.69	150m:	2:14.02	48.56	250m:	3:48.63	48.13	350m:	5:25.30	44.39
	100m:	1:25.46	47.77	200m:	3:00.50	46.48	300m:	4:40.91	52.28	400m:	6:04.82	39.52
20.	BIEŁOUS Lena				12	KS Rekin Świebodzice				6:05.01	376	B
	50m:	35.54	35.54	150m:	2:09.80	49.16	250m:	3:49.06	51.94	350m:	5:25.47	41.78
	100m:	1:20.64	45.10	200m:	2:57.12	47.32	300m:	4:43.69	54.63	400m:	6:05.01	39.54
21.	ŚWIĘTEK Laura				12	UKS Wodnik Siemianowice Śląskie				6:08.98	364	R
	50m:	38.34	38.34	150m:	2:14.16	50.79	250m:	3:55.25	52.68	350m:	5:28.94	41.28
	100m:	1:23.37	45.03	200m:	3:02.57	48.41	300m:	4:47.66	52.41	400m:	6:08.98	40.04
22.	GRAŻAWSKA Pola				12	UKS „Siódemka” Brodnica				6:09.04	364	R
	50m:	37.80	37.80	150m:	2:12.68	50.12	250m:	3:49.37	49.29	350m:	5:26.84	45.64
	100m:	1:22.56	44.76	200m:	3:00.08	47.40	300m:	4:41.20	51.83	400m:	6:09.04	42.20
23.	KRYSEWSKA Oliwia				12	MUKS "Piętnastka"				6:11.17	358	
	50m:	36.79	36.79	150m:	2:11.19	50.11	250m:	3:53.33	54.01	350m:	5:30.02	43.72
	100m:	1:21.08	44.29	200m:	2:59.32	48.13	300m:	4:46.30	52.97	400m:	6:11.17	41.15
24.	KARKOWSKA Julia				12	UKS Wodnik Siemianowice Śląskie				6:16.35	343	
	50m:	37.57	37.57	150m:	2:15.85	53.03	250m:	4:02.52	55.32	350m:	5:37.47	39.68
	100m:	1:22.82	45.25	200m:	3:07.20	51.35	300m:	4:57.79	55.27	400m:	6:16.35	38.88
25.	CYGANIEK Ewa				12	Ognisko TKKF Szczygłowice				6:19.82	334	
	50m:	38.24	38.24	150m:	2:16.33	46.22	250m:	4:00.45	56.66	350m:	5:38.73	41.25
	100m:	1:30.11	51.87	200m:	3:03.79	47.46	300m:	4:57.48	57.03	400m:	6:19.82	41.09
26.	SZEWCZYK Blanka				12	PSP SWIM Płock				6:24.72	321	
	50m:	39.25	39.25	150m:	2:20.34	51.45	250m:	4:01.67	50.97	350m:	5:40.38	46.41
	100m:	1:28.89	49.64	200m:	3:10.70	50.36	300m:	4:53.97	52.30	400m:	6:24.72	44.34
27.	TRALEWSKA Wiktoria				12	MKS SP 63 Bydgoszcz				6:39.77	286	
	50m:	39.72	39.72	150m:	2:22.87	51.78	250m:	4:10.91	59.76	350m:	5:54.78	47.08
	100m:	1:31.09	51.37	200m:	3:11.15	48.28	300m:	5:07.70	56.79	400m:	6:39.77	44.99
28.	MARANDA Karolina				12	UKS Ostrobramska				6:44.64	276	
	50m:	39.74	39.74	150m:	2:25.53	55.24	250m:	4:13.91	57.68	350m:	6:01.71	47.45
	100m:	1:30.29	50.55	200m:	3:16.23	50.70	300m:	5:14.26	1:00.35	400m:	6:44.64	42.93
SKREŚL.	KOTUS Maria				12	UKS Piątka Konstantynów Łódzki						