



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

Konkurencja 6 Dziewcząt, 400m zmienny 14 lat
10.07.2026 - 17:08 Wyniki Finał

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

Posycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
Finał A							
1. KACER Maria	12	BOSiR Brzesko	5:05.25 644	1:07.41	1:20.50	1:28.85	1:08.49
50m: 31.67	31.67	150m: 1:48.06	40.65	250m: 3:12.14	44.23	350m: 4:31.73	34.97
100m: 1:07.41	35.74	200m: 2:27.91	39.85	300m: 3:56.76	44.62	400m: 5:05.25	33.52
2. WĄS Amelia	12	Stowarzyszenie Olimpijczyk	5:11.63/k605	1:12.33	1:22.73	1:24.71	1:11.86
50m: 33.60	33.60	150m: 1:53.67	41.34	250m: 3:16.71	41.65	350m: 4:35.86	36.09
100m: 1:12.33	38.73	200m: 2:35.06	41.39	300m: 3:59.77	43.06	400m: 5:11.63	35.77
3. SOSNOWSKA Agata	12	Toruński MKS CHAMPIONS	5:15.03 586	1:13.59	1:16.61	1:32.49	1:12.34
50m: 33.48	33.48	150m: 1:50.84	37.25	250m: 3:15.00	44.80	350m: 4:38.84	36.15
100m: 1:13.59	40.11	200m: 2:30.20	39.36	300m: 4:02.69	47.69	400m: 5:15.03	36.19
4. JAGODZIŃSKA Lena	12	UKS SP-149 Łódź	5:25.11 533	1:14.47	1:26.32	1:26.72	1:17.60
50m: 34.02	34.02	150m: 1:58.52	44.05	250m: 3:23.71	42.92	350m: 4:46.97	39.46
100m: 1:14.47	40.45	200m: 2:40.79	42.27	300m: 4:07.51	43.80	400m: 5:25.11	38.14
5. SIATKOWSKA Pola	12	MUKP MOSiR Orka Kielce	5:25.96 529	1:13.86	1:23.99	1:32.26	1:15.85
50m: 33.75	33.75	150m: 1:56.64	42.78	250m: 3:24.38	46.53	350m: 4:49.42	39.31
100m: 1:13.86	40.11	200m: 2:37.85	41.21	300m: 4:10.11	45.73	400m: 5:25.96	36.54
6. ZABORSKA Idalia	12	UKS Ósemka Oświęcim	5:31.13 504	1:21.17	1:24.37	1:30.80	1:14.79
50m: 36.14	36.14	150m: 2:03.02	41.85	250m: 3:30.55	45.01	350m: 4:54.31	37.97
100m: 1:21.17	45.03	200m: 2:45.54	42.52	300m: 4:16.34	45.79	400m: 5:31.13	36.82
7. DARŁAK Lena	12	CSiR MOS w Dąbrowie Górnic	5:32.02 500	1:15.94	1:30.50	1:31.83	1:13.75
50m: 34.32	34.32	150m: 2:01.64	45.70	250m: 3:31.54	45.10	350m: 4:55.91	37.64
100m: 1:15.94	41.62	200m: 2:46.44	44.80	300m: 4:18.27	46.73	400m: 5:32.02	36.11
8. SOCHA Małgorzata	12	CSiR MOS w Dąbrowie Górnic	5:32.98 496	1:17.76	1:26.08	1:35.48	1:13.66
50m: 35.55	35.55	150m: 2:01.49	43.73	250m: 3:31.11	47.27	350m: 4:57.52	38.20
100m: 1:17.76	42.21	200m: 2:43.84	42.35	300m: 4:19.32	48.21	400m: 5:32.98	35.46
9. GODLEWSKA Agata	12	UKP „Polonia Warszawa”	5:33.64 493	1:17.83	1:28.69	1:31.38	1:15.74
50m: 34.91	34.91	150m: 2:02.38	44.55	250m: 3:31.63	45.11	350m: 4:56.53	38.63
100m: 1:17.83	42.92	200m: 2:46.52	44.14	300m: 4:17.90	46.27	400m: 5:33.64	37.11
10. SKUBIS Weronika	12	UKS „Omega” Olkusz	5:39.98 466	1:16.06	1:27.41	1:36.62	1:19.89
50m: 34.22	34.22	150m: 2:00.39	44.33	250m: 3:31.06	47.59	350m: 5:02.02	41.93
100m: 1:16.06	41.84	200m: 2:43.47	43.08	300m: 4:20.09	49.03	400m: 5:39.98	37.96
Finał B							
11. CZUDEK Florentyna	12	KP Sokół Rzeszów	5:35.88 483	1:19.77	1:28.81	1:34.09	1:13.21
50m: 36.23	36.23	150m: 2:04.79	45.02	250m: 3:35.34	46.76	350m: 4:59.94	37.27
100m: 1:19.77	43.54	200m: 2:48.58	43.79	300m: 4:22.67	47.33	400m: 5:35.88	35.94
12. KLÓSEK Pola	12	UKS „Sokół-Mościce” Tarnów	5:36.10 482	1:12.10	1:29.59	1:39.60	1:14.81
50m: 33.22	33.22	150m: 1:57.73	45.63	250m: 3:30.78	49.09	350m: 5:00.22	38.93
100m: 1:12.10	38.88	200m: 2:41.69	43.96	300m: 4:21.29	50.51	400m: 5:36.10	35.88
13. MIKULSKA Aleksandra	12	MKS Juvenia Wrocław	5:41.93 458	1:17.32	1:29.84	1:37.41	1:17.36
50m: 34.31	34.31	150m: 2:02.52	45.20	250m: 3:34.84	47.68	350m: 5:04.21	39.64
100m: 1:17.32	43.01	200m: 2:47.16	44.64	300m: 4:24.57	49.73	400m: 5:41.93	37.72
14. TOPORCZYK Zuzanna	12	UKS Ósemka Oświęcim	5:47.36 437	1:14.14	1:32.41	1:42.31	1:18.50
50m: 33.60	33.60	150m: 2:01.27	47.13	250m: 3:37.04	50.49	350m: 5:09.59	40.73
100m: 1:14.14	40.54	200m: 2:46.55	45.28	300m: 4:28.86	51.82	400m: 5:47.36	37.77
15. KRYSZKIEWICZ Lidia	12	MKS „Jagiellonka” Warszawa	5:50.39 426	1:19.88	1:27.46	1:46.67	1:16.38
50m: 35.68	35.68	150m: 2:03.79	43.91	250m: 3:41.02	53.68	350m: 5:12.86	38.85
100m: 1:19.88	44.20	200m: 2:47.34	43.55	300m: 4:34.01	52.99	400m: 5:50.39	37.53
16. KRAMARZ Lena	12	UKS H2O Warszawa	5:51.06 423	1:21.59	1:34.81	1:35.91	1:18.75
50m: 36.42	36.42	150m: 2:10.20	48.61	250m: 3:44.43	48.03	350m: 5:13.71	41.40
100m: 1:21.59	45.17	200m: 2:56.40	46.20	300m: 4:32.31	47.88	400m: 5:51.06	37.35
17. NURZYŃSKA Zofia	12	UKP „Polonia Warszawa”	5:56.10 405	1:23.22	1:33.67	1:37.41	1:21.80
50m: 36.36	36.36	150m: 2:10.75	47.53	250m: 3:44.64	47.75	350m: 5:17.30	43.00
100m: 1:23.22	46.86	200m: 2:56.89	46.14	300m: 4:34.30	49.66	400m: 5:56.10	38.80
18. GRZEGORCZYK Helena	12	MUKP Korona-Swim Kielce	5:58.26 398	1:22.07	1:30.67	1:44.78	1:20.74
50m: 36.41	36.41	150m: 2:07.68	45.61	250m: 3:44.08	51.34	350m: 5:18.08	40.56
100m: 1:22.07	45.66	200m: 2:52.74	45.06	300m: 4:37.52	53.44	400m: 5:58.26	40.18



PREZYSTAWIENIE
Prezydent Olsztyna
Robert Sawicki

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Olsztyn, 09. - 12.07.2026r.

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

Pozycja	Rok ur.			Czas		Pkt.	100m	200m	300m	400m
19. BIEŁOUS Lena	12	KS Rekin Świebodzice	6:05.53	375	1:21.45	1:36.54	1:48.10	1:19.44		
50m: 36.14	36.14	150m: 2:09.92	48.47	250m: 3:51.29	53.30	350m: 5:27.23	41.14			
100m: 1:21.45	45.31	200m: 2:57.99	48.07	300m: 4:46.09	54.80	400m: 6:05.53	38.30			
20. ŚWIĘTEK Laura	12	UKS Wodnik Siemianowice Śląskie	6:07.76	368	1:22.94	1:40.82	1:42.71	1:21.29		
50m: 38.03	38.03	150m: 2:14.19	51.25	250m: 3:55.19	51.43	350m: 5:27.91	41.44			
100m: 1:22.94	44.91	200m: 3:03.76	49.57	300m: 4:46.47	51.28	400m: 6:07.76	39.85			