



Konkurencja 7
16.03.2025 - 11:56

Dziewcz t, 400m dowolny

Rocznik 2012 - 2013
Wyniki

Punkty: AQUA 2024

Pozycja	Rok ur.	Czas	Pkt.
Rocznik 2013			
1. Mianowska Amelia	13	5:11.15	410
50m: 36.22 36.22	150m: 1:57.76 41.58	250m: 3:17.70 39.84	350m: 4:36.38 38.61
100m: 1:16.18 39.96	200m: 2:37.86 40.10	300m: 3:57.77 40.07	400m: 5:11.15 34.77
2. Semeniuk Jagoda	13	5:12.93	403
50m: 38.53 38.53	150m: 2:09.18 45.73	250m: 3:41.51 46.09	350m: 5:10.42 43.83
100m: 1:23.45 44.92	200m: 2:55.42 46.24	300m: 4:26.59 45.08	400m: 5:12.93 2.51
3. Czapnik Bianka	13	5:13.12	403
50m: 35.85 35.85	150m: 1:55.68 40.22	250m: 3:16.22 40.03	350m: 4:35.80 39.74
100m: 1:15.46 39.61	200m: 2:36.19 40.51	300m: 3:56.06 39.84	400m: 5:13.12 37.32
4. Galus Konstancja	13	5:22.64	368
50m: 37.03 37.03	150m: 1:59.29 41.18	250m: 3:22.35 41.96	350m: 4:43.61 40.55
100m: 1:18.11 41.08	200m: 2:40.39 41.10	300m: 4:03.06 40.71	400m: 5:22.64 39.03
5. Purzycka Katarzyna	13	5:28.07	350
50m: 35.88 35.88	150m: 1:58.95 42.09	250m: 3:24.01 42.47	350m: 4:48.18 41.67
100m: 1:16.86 40.98	200m: 2:41.54 42.59	300m: 4:06.51 42.50	400m: 5:28.07 39.89
6. Baranowska Rozalia	13	5:31.36	340
50m: 37.48 37.48	150m: 2:00.89 41.81	250m: 3:26.32 42.93	350m: 4:50.92 42.47
100m: 1:19.08 41.60	200m: 2:43.39 42.50	300m: 4:08.45 42.13	400m: 5:31.36 40.44
7. Kowalska Stella	13	5:44.32	303
50m: 38.22 38.22	150m: 2:08.22 45.57	250m: 3:39.63 45.37	350m: 5:05.41 42.96
100m: 1:22.65 44.43	200m: 2:54.26 46.04	300m: 4:22.45 42.82	400m: 5:44.32 38.91
8. Dejko Nadia	13	5:49.19	290
50m: 38.32 38.32	150m: 2:07.68 45.98	250m: 3:38.33 45.32	350m: 5:08.24 44.24
100m: 1:21.70 43.38	200m: 2:53.01 45.33	300m: 4:24.00 45.67	400m: 5:49.19 40.95
9. Skulimowska Zuzanna	13	5:50.25	287
50m: 40.07 40.07	150m: 2:09.90 45.87	250m: 3:41.52 45.93	350m: 5:10.60 44.67
100m: 1:24.03 43.96	200m: 2:55.59 45.69	300m: 4:25.93 44.41	400m: 5:50.25 39.65
10. Górka Zofia	13	5:54.30	278
50m: 39.80 39.80	150m: 2:11.96 46.12	250m: 3:45.50 47.24	350m: 5:13.95 43.76
100m: 1:25.84 46.04	200m: 2:58.26 46.30	300m: 4:30.19 44.69	400m: 5:54.30 40.35
11. Czerwi ska Anna	13	5:54.75	277
50m: 40.84 40.84	150m: 2:18.77 49.64	250m: 3:58.94 48.90	350m: 5:35.44 47.23
100m: 1:29.13 48.29	200m: 3:10.04 51.27	300m: 4:48.21 49.27	400m: 5:54.75 19.31
12. Cycak Pola	13	5:59.48	266
50m: 39.53 39.53	150m: 2:12.34 46.26	250m: 3:46.00 46.76	350m: 5:17.20 43.97
100m: 1:26.08 46.55	200m: 2:59.24 46.90	300m: 4:33.23 47.23	400m: 5:59.48 42.28
13. Lewandowska Pola	13	6:12.93	238
50m: 44.92 44.92	150m: 2:21.03 47.62	250m: 3:56.63 47.73	350m: 5:30.26 46.39
100m: 1:33.41 48.49	200m: 3:08.90 47.87	300m: 4:43.87 47.24	400m: 6:12.93 42.67
14. Chrostek Karolina	13	6:14.48	235
50m: 40.63 40.63	150m: 2:15.03 47.74	250m: 3:52.40 48.65	350m: 5:29.16 48.51
100m: 1:27.29 46.66	200m: 3:03.75 48.72	300m: 4:40.65 48.25	400m: 6:14.48 45.32
15. Karkulowska Tola	13	6:23.94	218
50m: 42.32 42.32	150m: 2:18.31 48.54	250m: 3:57.84 50.34	350m: 5:34.97 47.65
100m: 1:29.77 47.45	200m: 3:07.50 49.19	300m: 4:47.32 49.48	400m: 6:23.94 48.97
16. Postro na Michalina	13	6:30.14	208
50m: 47.31 47.31	150m: 2:27.02 50.06	250m: 4:07.81 50.12	350m: 5:44.62
100m: 1:36.96 49.65	200m: 3:17.69 50.67	300m:	400m: 6:30.14 45.52
17. Steczowicz Malwina	13	6:34.61	201
50m: 43.75 43.75	150m: 2:24.21 50.63	250m: 4:04.29 49.90	350m: 5:37.62 44.04
100m: 1:33.58 49.83	200m: 3:14.39 50.18	300m: 4:53.58 49.29	400m: 6:34.61 56.99



Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików w pływaniu 12-13 lat
Wrocław, 16.3.2025



Konkurencja 7, Dziewcz t, 400m dowolny, Roczniak 2013

Pozycja				Rok ur.					Czas	Pkt.		
18.	P cherska Oliwia			13	KS Neptun widnica				6:35.03	200		
	50m:	43.54	43.54	150m:	2:21.56	50.02	250m:	4:02.74	50.95	350m:	5:48.75	54.79
	100m:	1:31.54	48.00	200m:	3:11.79	50.23	300m:	4:53.96	51.22	400m:	6:35.03	46.28
19.	Stankiewicz Iga			13	UKS KORAL Wrocław				6:38.01	196		
	50m:	44.58	44.58	150m:	2:24.76	51.00	250m:	4:07.71	50.92	350m:	5:49.55	50.02
	100m:	1:33.76	49.18	200m:	3:16.79	52.03	300m:	4:59.53	51.82	400m:	6:38.01	48.46
20.	Wozi ska Hanna			13	WKS I sk Wrocław				6:39.24	194		
	50m:	45.65	45.65	150m:	2:27.26	50.19	250m:	4:09.04	51.25	350m:	5:50.62	50.03
	100m:	1:37.07	51.42	200m:	3:17.79	50.53	300m:	5:00.59	51.55	400m:	6:39.24	48.62
21.	Kozyra Patrycja			13	MKS Karkonosze Jelenia Góra				6:45.77	185		
	50m:	46.40	46.40	150m:	2:29.95	52.36	250m:	4:15.34	52.79	350m:	5:59.83	51.74
	100m:	1:37.59	51.19	200m:	3:22.55	52.60	300m:	5:08.09	52.75	400m:	6:45.77	45.94
22.	Jankowska Zuzanna			13	MKS Karkonosze Jelenia Góra				6:46.50	184		
	50m:	43.68	43.68	150m:	2:27.00	52.58	250m:	4:11.85	53.12	350m:	5:55.36	50.50
	100m:	1:34.42	50.74	200m:	3:18.73	51.73	300m:	5:04.86	53.01	400m:	6:46.50	51.14
23.	Torbina Anastasiia			13	WKS I sk Wrocław				6:46.73	183		
	50m:	43.77	43.77	150m:	2:26.53	52.61	250m:	4:08.75	52.65	350m:		
	100m:	1:33.92	50.15	200m:	3:16.10	49.57	300m:	5:01.05	52.30	400m:	6:46.73	
24.	Sikora Magdalena			13	UKS KORAL Wrocław				6:49.44	180		
	50m:	46.38	46.38	150m:	2:28.76	50.95	250m:	5:05.11	52.30	350m:	6:49.37	51.91
	100m:	1:37.81	51.43	200m:	4:12.81	1:44.05	300m:	5:57.46	52.35	400m:	6:49.44	0.07
25.	Kułakowska Maja			13	KS Neptun widnica				6:53.31	175		
	50m:	48.98	48.98	150m:	2:34.39	52.76	250m:	4:19.75	52.20	350m:	6:03.42	51.57
	100m:	1:41.63	52.65	200m:	3:27.55	53.16	300m:	5:11.85	52.10	400m:	6:53.31	49.89
26.	Hojka Maja			13	UKS KORAL Wrocław				6:57.04	170		
	50m:	51.25	51.25	150m:	2:37.53	52.92	250m:	4:25.01	54.64	350m:	6:10.01	52.28
	100m:	1:44.61	53.36	200m:	3:30.37	52.84	300m:	5:17.73	52.72	400m:	6:57.04	47.03
27.	Bepirszcz Natalia			13	MKS Karkonosze Jelenia Góra				7:00.19	166		
	50m:	46.51	46.51	150m:	2:32.48	53.78	250m:	4:20.06	53.67	350m:	6:09.69	54.79
	100m:	1:38.70	52.19	200m:	3:26.39	53.91	300m:	5:14.90	54.84	400m:	7:00.19	50.50
28.	Rozhkovska Arina			13	UKS KORAL Wrocław				7:11.48	154		
	50m:	48.18	48.18	150m:	2:39.53	56.76	250m:	4:31.85	56.68	350m:	6:23.16	56.04
	100m:	1:42.77	54.59	200m:	3:35.17	55.64	300m:	5:27.12	55.27	400m:	7:11.48	48.32
29.	Lewi ska Inka			13	WKS I sk Wrocław				7:14.76	150		
	50m:	48.82	48.82	150m:	2:41.81	57.39	250m:	4:34.45	55.79	350m:	6:26.77	55.61
	100m:	1:44.42	55.60	200m:	3:38.66	56.85	300m:	5:31.16	56.71	400m:	7:14.76	47.99
30.	ukowska Julia			13	UKS KORAL Wrocław				7:15.57	149		
	50m:	50.32	50.32	150m:	2:44.52	57.10	250m:	4:37.80	55.97	350m:	6:24.97	52.93
	100m:	1:47.42	57.10	200m:	3:41.83	57.31	300m:	5:32.04	54.24	400m:	7:15.57	50.60
31.	Drewniak Nel			13	UKS KORAL Wrocław				7:45.49	122		
	50m:	51.70	51.70	150m:	2:50.21	59.19	250m:	4:50.65	1:00.02	350m:	6:49.95	1:00.03
	100m:	1:51.02	59.32	200m:	3:50.63	1:00.42	300m:	5:49.92	59.27	400m:	7:45.49	55.54

Roczniak 2012

1.	Nosal Lena			12	MKS Juvenia Wrocław				4:58.07	467		
	50m:	32.22	32.22	150m:	1:48.58	39.18	250m:	3:05.43	38.63	350m:	4:21.95	38.07
	100m:	1:09.40	37.18	200m:	2:26.80	38.22	300m:	3:43.88	38.45	400m:	4:58.07	36.12
2.	Wereszczy ska Lila			12	WKS I sk Wrocław				5:08.32	422		
	50m:	33.54	33.54	150m:	1:50.76	39.23	250m:	3:10.78	40.34	350m:	4:30.93	40.22
	100m:	1:11.53	37.99	200m:	2:30.44	39.68	300m:	3:50.71	39.93	400m:	5:08.32	37.39
3.	Moczulska Marcelina			12	KS BALTI Bielawa				5:08.79	420		
	50m:	33.85	33.85	150m:	1:51.74	39.82	250m:	3:11.83	40.06	350m:	4:31.73	40.06
	100m:	1:11.92	38.07	200m:	2:31.77	40.03	300m:	3:51.67	39.84	400m:	5:08.79	37.06



Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików w pływaniu 12-13 lat
Wrocław, 16.3.2025



Konkurencja 7, Dziewcz t, 400m dowolny, Roczniak 2012

Pozycja			Rok ur.				Czas				Pkt.
4.	Le niowska Marketa		12	WKS I sk Wrocław			5:13.20				402
	50m:	34.21 34.21	150m:	1:53.66	40.27	250m:	3:15.60	41.41	350m:	4:36.72	40.57
	100m:	1:13.39 39.18	200m:	2:34.19	40.53	300m:	3:56.15	40.55	400m:	5:13.20	36.48
5.	Goł biewska Helena		12	WKS I sk Wrocław			5:16.16				391
	50m:	35.18 35.18	150m:	1:55.98	41.09	250m:	3:17.16	40.69	350m:	4:38.20	40.43
	100m:	1:14.89 39.71	200m:	2:36.47	40.49	300m:	3:57.77	40.61	400m:	5:16.16	37.96
6.	Traczyk Maja		12	MKS Juvenia Wrocław			5:16.47				390
	50m:	35.98 35.98	150m:	1:55.62	39.90	250m:	3:16.56	40.60	350m:	4:37.70	40.36
	100m:	1:15.72 39.74	200m:	2:35.96	40.34	300m:	3:57.34	40.78	400m:	5:16.47	38.77
7.	Wojewódzka Zofia		12	WKS I sk Wrocław			5:20.09				377
	50m:	34.60 34.60	150m:	1:54.84	41.37	250m:	3:17.79	41.59	350m:	4:41.02	41.67
	100m:	1:13.47 38.87	200m:	2:36.20	41.36	300m:	3:59.35	41.56	400m:	5:20.09	39.07
8.	Romanowicz Ewa		12	WKS I sk Wrocław			5:20.39				376
	50m:	36.06 36.06	150m:	1:56.49	40.70	250m:	3:18.77	41.50	350m:	4:42.09	41.59
	100m:	1:15.79 39.73	200m:	2:37.27	40.78	300m:	4:00.50	41.73	400m:	5:20.39	38.30
9.	Górska Emilia		12	UKS KORAL Wrocław			5:22.72				368
	50m:	36.57 36.57	150m:	1:59.07	42.02	250m:	3:21.85	41.32	350m:	4:43.74	40.62
	100m:	1:17.05 40.48	200m:	2:40.53	41.46	300m:	4:03.12	41.27	400m:	5:22.72	38.98
10.	Mycek Zuzanna		12	UKS KORAL Wrocław			5:25.37				359
	50m:	36.84 36.84	150m:	1:59.25	41.73	250m:	3:23.08	41.20	350m:	4:45.97	41.33
	100m:	1:17.52 40.68	200m:	2:41.88	42.63	300m:	4:04.64	41.56	400m:	5:25.37	39.40
11.	Zmarzła Lena		12	UKS KORAL Wrocław			5:31.16				340
	50m:	37.09 37.09	150m:	2:00.55	42.44	250m:	3:24.83	42.96	350m:	4:49.84	42.79
	100m:	1:18.11 41.02	200m:	2:41.87	41.32	300m:	4:07.05	42.22	400m:	5:31.16	41.32
12.	Krupska Hanna		12	Just Swim Jelenia Góra			5:31.63				339
	50m:	36.45 36.45	150m:	1:59.60	42.47	250m:	3:25.08	43.00	350m:	4:51.63	43.35
	100m:	1:17.13 40.68	200m:	2:42.08	42.48	300m:	4:08.28	43.20	400m:	5:31.63	40.00
13.	Jurczak El bieta		12	UKS KORAL Wrocław			5:34.08				331
	50m:	38.77 38.77	150m:	2:05.13	42.87	250m:	3:29.68	42.43	350m:	4:54.18	42.21
	100m:	1:22.26 43.49	200m:	2:47.25	42.12	300m:	4:11.97	42.29	400m:	5:34.08	39.90
14.	Ja wi ska D browska Kinga		12	WKS I sk Wrocław			5:34.52				330
	50m:	36.63 36.63	150m:	2:01.84	43.37	250m:	3:28.62	43.21	350m:	4:55.30	43.85
	100m:	1:18.47 41.84	200m:	2:45.41	43.57	300m:	4:11.45	42.83	400m:	5:34.52	39.22
15.	Bielous Lena		12	KS Rekin wiebodzice			5:38.66				318
	50m:	37.33 37.33	150m:	2:01.02	42.48	250m:	3:28.41	43.95	350m:	4:56.60	44.23
	100m:	1:18.54 41.21	200m:	2:44.46	43.44	300m:	4:12.37	43.96	400m:	5:38.66	42.06
16.	muda Liwia		12	UKS ZSMS Zielona Góra			5:45.29				300
	50m:	39.30 39.30	150m:	2:08.50	45.45	250m:	3:39.08	44.79	350m:	5:07.66	43.42
	100m:	1:23.05 43.75	200m:	2:54.29	45.79	300m:	4:24.24	45.16	400m:	5:45.29	37.63
17.	Piwkowska Iga		12	WKS I sk Wrocław			5:46.98				296
	50m:	38.44 38.44	150m:	2:07.11	45.92	250m:	3:37.33	45.86	350m:	5:06.92	44.50
	100m:	1:21.19 42.75	200m:	2:51.47	44.36	300m:	4:22.42	45.09	400m:	5:46.98	40.06
18.	G siorek Milena		12	UKS KORAL Wrocław			6:00.30				264
	50m:	40.11 40.11	150m:	2:11.13	46.20	250m:	3:42.47	45.29	350m:	5:15.62	46.55
	100m:	1:24.93 44.82	200m:	2:57.18	46.05	300m:	4:29.07	46.60	400m:	6:00.30	44.68
19.	Bucktowar Ella		12	KS OSIR Bielawa			6:00.92				263
	50m:	34.19 34.19	150m:	2:04.20	46.34	250m:	3:39.77	48.45	350m:	5:15.13	47.82
	100m:	1:17.86 43.67	200m:	2:51.32	47.12	300m:	4:27.31	47.54	400m:	6:00.92	45.79
20.	D bek Kornelia		12	UKS KORAL Wrocław			6:05.41				253
	50m:	39.22 39.22	150m:	2:11.37	47.03	250m:	3:45.86	47.58	350m:	5:20.66	47.66
	100m:	1:24.34 45.12	200m:	2:58.28	46.91	300m:	4:33.00	47.14	400m:	6:05.41	44.75
21.	Wytrwał Julia		12	UKS KORAL Wrocław			6:13.28				237
	50m:	41.82 41.82	150m:	2:17.19	47.84	250m:	3:53.39	47.72	350m:	5:28.71	47.43
	100m:	1:29.35 47.53	200m:	3:05.67	48.48	300m:	4:41.28	47.89	400m:	6:13.28	44.57



Międzywojewódzkie Drużynowe Mistrzostwa Młodzików w pływaniu 12-13 lat
Wrocław, 16.3.2025



Konkurencja 7, Dziewcząt, 400m dowolny, Roczniak 2012

Pozycja	Rok ur.								Czas	Pkt.	
22. Zagórska Julia	12 UKS KORAL Wrocław								6:26.32	214	
50m:	43.95	43.95	150m:	2:21.71	49.55	250m:	4:02.06	50.10	350m:	5:41.19	49.16
100m:	1:32.16	48.21	200m:	3:11.96	50.25	300m:	4:52.03	49.97	400m:	6:26.32	45.13