



Zimowe Mistrzostwa DOZP w kategorii 11-13 lat w pływaniu
Wrocław, 15.11.2025

Konkurencja 12
15.11.2025 - 14:00

Dziewcząt, 400m dowolny

11 - 13 lat
Wyniki

Rekordy DOZP	4:08.92	Wegrzynowska Aleksandra	00601	Olsztyn	18.12.2020
Rekordy DOZP	4:08.92	Wegrzynowska Aleksandra	00601	Olsztyn	18.12.2020

Punkty: AQUA 2025

Pozycja	Rok ur.										Czas	Pkt.
11 lat												
1.	Żeno Milena			14	Aquarius MOSIW Międzyrzecz					5:17.66	380	
	50m:	34.89	34.89	150m:	1:55.03	40.43	250m:	3:17.38	40.86	350m:	4:39.04	40.99
	100m:	1:14.60	39.71	200m:	2:36.52	41.49	300m:	3:58.05	40.67	400m:	5:17.66	38.62
2.	Kuczenko Oliwia			14	MKS JUVENIA Wrocław					5:36.56	320	
	50m:	38.78	38.78	150m:	2:05.92	44.03	250m:	3:34.06	43.66	350m:	4:59.80	40.83
	100m:	1:21.89	43.11	200m:	2:50.40	44.48	300m:	4:18.97	44.91	400m:	5:36.56	36.76
3.	Kempny Zofia			14	UKS SALMO Żory					5:43.60	300	
	50m:	34.05	34.05	150m:	2:00.73	45.39	250m:	3:30.93	44.90	350m:	5:00.70	45.41
	100m:	1:15.34	41.29	200m:	2:46.03	45.30	300m:	4:15.29	44.36	400m:	5:43.60	42.90
4.	Obajtek Helena			14	KS REKIN Świebodzice					5:48.57	288	
	50m:	39.36	39.36	150m:	2:07.44	44.62	250m:	3:38.43	45.49	350m:	5:07.77	44.64
	100m:	1:22.82	43.46	200m:	2:52.94	45.50	300m:	4:23.13	44.70	400m:	5:48.57	40.80
5.	Pszczółkowska Natalia			14	UKS ALFA Wałbrzych					5:49.86	285	
	50m:	39.79	39.79	150m:	2:08.97	45.16	250m:	3:39.76	44.61	350m:	5:10.34	45.12
	100m:	1:23.81	44.02	200m:	2:55.15	46.18	300m:	4:25.22	45.46	400m:	5:49.86	39.52
6.	Kuriata Matylda			14	KS SWIMMERS Ślęza					5:58.74	264	
	50m:	38.49	38.49	150m:	2:10.49	46.92	250m:	3:44.02	47.11	350m:	5:15.25	45.47
	100m:	1:23.57	45.08	200m:	2:56.91	46.42	300m:	4:29.78	45.76	400m:	5:58.74	43.49
7.	Duszyńska Wiktoria			14	KS SWIMMERS Ślęza					5:59.78	262	
	50m:	38.23	38.23	150m:	2:06.91	44.74	250m:	3:40.16	47.83	350m:	5:14.80	47.34
	100m:	1:22.17	43.94	200m:	2:52.33	45.42	300m:	4:27.46	47.30	400m:	5:59.78	44.98
8.	Parka Aleksandra			14	UKS KORAL Wrocław					6:08.52	243	
	50m:	41.31	41.31	150m:	2:14.66	47.22	250m:	3:49.47	47.67	350m:	5:24.37	47.42
	100m:	1:27.44	46.13	200m:	3:01.80	47.14	300m:	4:36.95	47.48	400m:	6:08.52	44.15
9.	Rorat Lena			14	Stow. HYDRA Legnica					6:09.50	241	
	50m:	39.98	39.98	150m:	2:12.85	47.23	250m:	3:48.52	47.83	350m:	5:25.05	48.56
	100m:	1:25.62	45.64	200m:	3:00.69	47.84	300m:	4:36.49	47.97	400m:	6:09.50	44.45
10.	Kopka Alicja			14	UKS KORAL Wrocław					6:53.27	172	
	50m:	45.42	45.42	150m:	2:28.48	51.90	250m:	4:14.09	53.01	350m:	6:00.33	53.58
	100m:	1:36.58	51.16	200m:	3:21.08	52.60	300m:	5:06.75	52.66	400m:	6:53.27	52.94

12 lat

1.	Mianowska Amelia			13	UKS RAPID Wrocław						4:53.67	481
	50m:	33.10	33.10	150m:	1:46.62	37.51	250m:	3:02.54	37.96	350m:	4:17.58	37.26
	100m:	1:09.11	36.01	200m:	2:24.58	37.96	300m:	3:40.32	37.78	400m:	4:53.67	36.09
2.	Czapnik Bianka			13	MKS JUVENIA Wrocław						5:02.16	442
	50m:	33.99	33.99	150m:	1:50.95	39.64	250m:	3:08.04	38.17	350m:	4:25.24	38.62
	100m:	1:11.31	37.32	200m:	2:29.87	38.92	300m:	3:46.62	38.58	400m:	5:02.16	36.92
3.	Galus Konstancja			13	WKS ŚLĄSK Wrocław						5:08.45	415
	50m:	35.97	35.97	150m:	1:54.94	39.68	250m:	3:13.82	39.19	350m:	4:31.37	38.55
	100m:	1:15.26	39.29	200m:	2:34.63	39.69	300m:	3:52.82	39.00	400m:	5:08.45	37.08
4.	Fischer Julia			13	WKS ŚLĄSK Wrocław						5:21.96	365
	50m:	33.88	33.88	150m:	1:56.26	41.89	250m:	3:20.65	41.92	350m:	4:40.29	37.36
	100m:	1:14.37	40.49	200m:	2:38.73	42.47	300m:	4:02.93	42.28	400m:	5:21.96	41.67



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Wrocław, 15.11.2025

Konkurencja 12, Dziewcząt, 400m dowolny, 12 lat

Pozycja			Rok ur.						Czas	Pkt.
5.	Kowalska Stella		13	MKS JUVENIA Wrocław					5:23.82	359
	50m:	34.93 34.93	150m:	1:56.71 41.49	250m:	3:20.87 42.28	350m:	4:45.02 41.81		
	100m:	1:15.22 40.29	200m:	2:38.59 41.88	300m:	4:03.21 42.34	400m:	5:23.82 38.80		
6.	Baranowska Rozalia		13	KS SWIMMERS Ślęza					5:25.24	354
	50m:	36.67 36.67	150m:	1:59.08 41.63	250m:	3:22.77 41.50	350m:	4:45.92 41.45		
	100m:	1:17.45 40.78	200m:	2:41.27 42.19	300m:	4:04.47 41.70	400m:	5:25.24 39.32		
7.	Górka Zofia		13	UKS KORAL Wrocław					5:35.73	322
	50m:	38.48 38.48	150m:	2:04.73 44.11	250m:	3:31.40 42.72	350m:	4:56.34 42.31		
	100m:	1:20.62 42.14	200m:	2:48.68 43.95	300m:	4:14.03 42.63	400m:	5:35.73 39.39		
8.	Semeniuk Jagoda		13	UKS KORAL Wrocław					5:35.99	321
	50m:	39.30 39.30	150m:	2:10.54 45.66	250m:	3:38.09 43.07	350m:	5:00.46 39.90		
	100m:	1:24.88 45.58	200m:	2:55.02 44.48	300m:	4:20.56 42.47	400m:	5:35.99 35.53		
9.	Bielińska Wiktoria		13	WKS ŚLĄSK Wrocław					5:40.17	310
	50m:	34.88 34.88	150m:	1:58.59 43.25	250m:	3:27.42 44.60	350m:	4:57.14 44.45		
	100m:	1:15.34 40.46	200m:	2:42.82 44.23	300m:	4:12.69 45.27	400m:	5:40.17 43.03		
10.	Cycak Pola		13	WKS ŚLĄSK Wrocław					5:41.66	306
	50m:	36.90 36.90	150m:	2:05.05 44.74	250m:	3:34.47 44.98	350m:	5:01.31 42.86		
	100m:	1:20.31 43.41	200m:	2:49.49 44.44	300m:	4:18.45 43.98	400m:	5:41.66 40.35		
11.	Skulimowska Zuzanna		13	UKS KORAL Wrocław					5:45.13	296
	50m:	38.14 38.14	150m:	2:06.14 44.87	250m:	3:36.40 45.61	350m:	5:05.86 43.73		
	100m:	1:21.27 43.13	200m:	2:50.79 44.65	300m:	4:22.13 45.73	400m:	5:45.13 39.27		
12.	Skowron Liliana		13	UKS KORAL Wrocław					5:53.12	277
	50m:	39.85 39.85	150m:	2:11.63 46.61	250m:	3:44.41 45.69	350m:	5:12.83 43.98		
	100m:	1:25.02 45.17	200m:	2:58.72 47.09	300m:	4:28.85 44.44	400m:	5:53.12 40.29		
13.	Sikora Magdalena		13	UKS KORAL Wrocław					5:56.91	268
	50m:	39.80 39.80	150m:	2:10.45 45.85	250m:	3:42.78 46.36	350m:	5:14.28 45.58		
	100m:	1:24.60 44.80	200m:	2:56.42 45.97	300m:	4:28.70 45.92	400m:	5:56.91 42.63		
14.	Postrożna Michalina		13	UKS KORAL Wrocław					6:02.12	257
	50m:	41.16 41.16	150m:		250m:		350m:			
	100m:	6:02.12 5:20.96	200m:		300m:		400m:	6:02.12		
15.	Wystrychowska Adela		13	WKS ŚLĄSK Wrocław					6:02.27	256
	50m:	39.58 39.58	150m:	2:13.52 47.87	250m:	3:47.43 47.08	350m:	5:18.64 45.19		
	100m:	1:25.65 46.07	200m:	3:00.35 46.83	300m:	4:33.45 46.02	400m:	6:02.27 43.63		
16.	Żyża Małgorzata		13	Aquarius MOSIW Międzyrzecz					6:09.91	241
	50m:	40.15 40.15	150m:	2:13.19 47.36	250m:	3:48.21 47.28	350m:	5:19.36 44.66		
	100m:	1:25.83 45.68	200m:	3:00.93 47.74	300m:	4:34.70 46.49	400m:	6:09.91 50.55		
17.	Kułakowska Maja		13	KS NEPTUN Świdnica					6:10.30	240
	50m:	43.21 43.21	150m:		250m:		350m:			
	100m:	6:10.30 5:27.09	200m:		300m:		400m:	6:10.30		
18.	Steczowicz Malwina		13	UKS KORAL Wrocław					6:11.95	237
	50m:	38.04 38.04	150m:		250m:		350m:			
	100m:	6:11.95 5:33.91	200m:		300m:		400m:	6:11.95		
19.	Pęcherska Oliwia		13	KS NEPTUN Świdnica					6:18.20	225
	50m:	41.48 41.48	150m:		250m:		350m:			
	100m:	6:18.20 5:36.72	200m:		300m:		400m:	6:18.20		
20.	Woznińska Hanna		13	WKS ŚLĄSK Wrocław					6:19.93	222
	50m:	44.16 44.16	150m:	2:21.73 49.38	250m:	3:58.53 48.47	350m:	5:35.03 47.57		
	100m:	1:32.35 48.19	200m:	3:10.06 48.33	300m:	4:47.46 48.93	400m:	6:19.93 44.90		
21.	Stankiewicz Iga		13	UKS KORAL Wrocław					6:27.16	210
	50m:	42.06 42.06	150m:		250m:		350m:			
	100m:	6:27.16 5:45.10	200m:		300m:		400m:	6:27.16		



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Wrocław, 15.11.2025

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Pozycja			Rok ur.						Czas	Pkt.
22.	Rozhkovska Arina		13	UKS KORAL Wrocław					6:30.89	204
	50m:	43.20	43.20	150m:		250m:		350m:		
	100m:	6:30.89	5:47.69	200m:		300m:		400m:	6:30.89	
23.	Opatowska Zuzanna		13	UKP Manta Jelcz-Laskowice					6:30.97	204
	50m:	42.55	42.55	150m:	2:22.01	50.74	250m:	4:05.38	51.85	350m: 5:44.41 48.53
	100m:	1:31.27	48.72	200m:	3:13.53	51.52	300m:	4:55.88	50.50	400m: 6:30.97 46.56
24.	Lauko Maja		13	UKS KORAL Wrocław					6:33.09	200
	50m:	43.67	43.67	150m:		250m:		350m:		
	100m:	6:33.09	5:49.42	200m:		300m:		400m:	6:33.09	

13 lat

1.	Dziubińska-Gałkowska Laura		12	WKS ŚLĄSK Wrocław					4:53.26	483
	50m:	32.28	32.28	150m:	1:46.32	37.72	250m:	3:02.53	37.88	350m: 4:18.07 37.81
	100m:	1:08.60	36.32	200m:	2:24.65	38.33	300m:	3:40.26	37.73	400m: 4:53.26 35.19
2.	Wereszczyńska Lila		12	WKS ŚLĄSK Wrocław					4:53.73	481
	50m:	31.76	31.76	150m:	1:46.22	37.95	250m:	3:02.96	38.52	350m: 4:18.78 37.95
	100m:	1:08.27	36.51	200m:	2:24.44	38.22	300m:	3:40.83	37.87	400m: 4:53.73 34.95
3.	Romanowicz Ewa		12	WKS ŚLĄSK Wrocław					4:58.05	461
	50m:	31.87	31.87	150m:	1:46.47	38.12	250m:	3:03.02	38.27	350m: 4:17.39 36.25
	100m:	1:08.35	36.48	200m:	2:24.75	38.28	300m:	3:41.14	38.12	400m: 4:58.05 40.66
4.	Górska Emilia		12	UKS KORAL Wrocław					5:05.23	429
	50m:	33.20	33.20	150m:	1:50.40	39.14	250m:	3:09.04	39.21	350m: 4:27.99 39.59
	100m:	1:11.26	38.06	200m:	2:29.83	39.43	300m:	3:48.40	39.36	400m: 5:05.23 37.24
5.	Traczyk Maja		12	MKS JUVENIA Wrocław					5:09.66	411
	50m:	33.57	33.57	150m:	1:51.67	39.80	250m:	3:10.39	39.25	350m: 4:30.76 40.50
	100m:	1:11.87	38.30	200m:	2:31.14	39.47	300m:	3:50.26	39.87	400m: 5:09.66 38.90
6.	Moczulska Marcelina		12	KS BALTI Bielawa					5:14.94	390
	50m:	33.31	33.31	150m:	1:51.20	39.54	250m:	3:13.53	41.25	350m: 4:35.91 41.20
	100m:	1:11.66	38.35	200m:	2:32.28	41.08	300m:	3:54.71	41.18	400m: 5:14.94 39.03
7.	Mycek Zuzanna		12	UKS KORAL Wrocław					5:16.32	385
	50m:	35.02	35.02	150m:	1:55.60	40.79	250m:	3:17.12	40.39	350m: 4:38.91 40.27
	100m:	1:14.81	39.79	200m:	2:36.73	41.13	300m:	3:58.64	41.52	400m: 5:16.32 37.41
8.	Jurczak Elżbieta		12	UKS KORAL Wrocław					5:18.50	377
	50m:	35.13	35.13	150m:	1:54.79	40.79	250m:	3:16.98	40.99	350m: 4:40.02 41.28
	100m:	1:14.00	38.87	200m:	2:35.99	41.20	300m:	3:58.74	41.76	400m: 5:18.50 38.48
9.	Bodziony Anna		12	WKS ŚLĄSK Wrocław					5:27.99	345
	50m:	35.26	35.26	150m:	1:57.01	41.65	250m:	3:21.59	42.46	350m: 4:47.22 41.62
	100m:	1:15.36	40.10	200m:	2:39.13	42.12	300m:	4:05.60	44.01	400m: 5:27.99 40.77
10.	Piwkowska Iga		12	WKS ŚLĄSK Wrocław					5:30.80	337
	50m:	34.40	34.40	150m:	1:57.35	42.64	250m:	3:23.74	43.22	350m: 4:50.15 42.78
	100m:	1:14.71	40.31	200m:	2:40.52	43.17	300m:	4:07.37	43.63	400m: 5:30.80 40.65
11.	Wołodko Iga		12	UKP Manta Jelcz-Laskowice					5:34.38	326
	50m:	33.71	33.71	150m:	1:53.41	41.30	250m:	3:20.61	44.20	350m: 4:50.46 45.78
	100m:	1:12.11	38.40	200m:	2:36.41	43.00	300m:	4:04.68	44.07	400m: 5:34.38 43.92
12.	Bielous Lena		12	KS REKIN Świebodzice					5:38.19	315
	50m:	36.56	36.56	150m:	2:00.60	43.00	250m:	3:28.07	43.65	350m: 4:55.91 44.18
	100m:	1:17.60	41.04	200m:	2:44.42	43.82	300m:	4:11.73	43.66	400m: 5:38.19 42.28
13.	Makarska Maja		12	UKS DELFINEK Legnica					5:40.12	310
	50m:	39.07	39.07	150m:	2:07.35	44.24	250m:	3:35.66	43.82	350m: 5:03.11 43.64
	100m:	1:23.11	44.04	200m:	2:51.84	44.49	300m:	4:19.47	43.81	400m: 5:40.12 37.01



Zimowe Mistrzostwa DOZP w kategorii 11-13 lat w pływaniu
Wrocław, 15.11.2025

Konkurencja 12, Dziewcząt, 400m dowolny, 13 lat

Pozycja	Rok ur.								Czas		Pkt.	
14.	Narkiewicz Martyna				12	Stow. HYDRA Legnica				5:55.08	272	
	50m:	36.35	36.35	150m:	5:55.08	4:36.82	250m:		350m:			
	100m:	1:18.26	41.91	200m:			300m:		400m:	5:55.08		
15.	Szczepańska Laura				12	AQUAPARK Strzelin				6:14.32	232	
	50m:	41.86	41.86	150m:	2:16.12	47.85	250m:	3:53.11	48.77	350m:	5:29.35	48.34
	100m:	1:28.27	46.41	200m:	3:04.34	48.22	300m:	4:41.01	47.90	400m:	6:14.32	44.97
16.	Matysiak-Jędrzejak Martyna				12	KS NEPTUN Świdnica				7:12.95	150	
	50m:	46.81	46.81	150m:	2:34.49	55.01	250m:	4:26.08	55.55	350m:	6:18.86	56.24
	100m:	1:39.48	52.67	200m:	3:30.53	56.04	300m:	5:22.62	56.54	400m:	7:12.95	54.09