



Letnie Mistrzostwa I ską 13 lat
Dąbrowa Górnicza, 29. - 30.5.2026



Konkurencja 11
29.05.2026 - 15:00

Dziewcz t, 400m dowolny

13 lat
Wyniki

Rekord I ską Open 4:07.67 ukowska Paulina - 2017 POL AZS AWF Katowice 01.01.1800
Rekord I ską 13 4:29.90 Bociek Wiktoria - 2017 POL KS Górnik Sosnowiec 01.01.1800

Punkty: AQUA 2025

Pozycja	Rok ur.	Czas	CR	Strata % popr.	FINA		
1. Go dziewska Lena <i>Mistrz I ską</i>	13 MKS Park Wodny Tarnowskie Góry	4:37.71	+0,79	98%	569		
50m: 30.31	30.31	150m: 1:38.35	34.73	250m: 2:49.99	36.12	350m: 4:02.94	36.53
100m: 1:03.62	33.31	200m: 2:13.87	35.52	300m: 3:26.41	36.42	400m: 4:37.71	34.77
2. Zaworska Zofia	13 CSiR MOS w D browie Górnicej	4:39.65	+0,70	+ 1.94 104%	558		
50m: 31.46	31.46	150m: 1:41.81	35.71	250m: 2:53.80	35.78	350m: 4:04.81	35.49
100m: 1:06.10	34.64	200m: 2:18.02	36.21	300m: 3:29.32	35.52	400m: 4:39.65	34.84
3. Korze Adrianna	13 CSiR MOS w D browie Górnicej	4:41.25	+0,64	+ 3.54 102%	548		
50m: 30.55	30.55	150m: 1:40.13	35.49	250m: 2:52.84	36.34	350m: 4:05.63	36.41
100m: 1:04.64	34.09	200m: 2:16.50	36.37	300m: 3:29.22	36.38	400m: 4:41.25	35.62
4. Dobrasz Magdalena	13 LKS Jedno 32 Przyszowice	4:56.11		+ 18.40 100%	470		
50m: 33.95	33.95	150m: 1:49.63	38.43	250m: 3:06.42	38.52	350m: 4:21.27	36.80
100m: 1:11.20	37.25	200m: 2:27.90	38.27	300m: 3:44.47	38.05	400m: 4:56.11	34.84
5. Wrze niak Barbara	13 CSiR MOS w D browie Górnicej	4:56.44	+0,69	+ 18.73 109%	468		
50m: 33.68	33.68	150m: 1:49.82	38.62	250m: 3:06.24	38.03	350m: 4:21.81	37.50
100m: 1:11.20	37.52	200m: 2:28.21	38.39	300m: 3:44.31	38.07	400m: 4:56.44	34.63
6. Swat Lena	13 MKS Park Wodny Tarnowskie Góry	5:04.56	+0,69	+ 26.85 103%	432		
50m: 34.58	34.58	150m: 1:52.35	38.44	250m: 3:10.40	39.03	350m: 4:27.42	38.49
100m: 1:13.91	39.33	200m: 2:31.37	39.02	300m: 3:48.93	38.53	400m: 5:04.56	37.14
7. Wieczorek Iga	13 CSiR MOS w D browie Górnicej	5:06.29	+0,66	+ 28.58 105%	424		
50m: 36.45	36.45	150m: 1:54.69	38.87	250m: 3:12.64	38.82	350m: 4:29.74	38.46
100m: 1:15.82	39.37	200m: 2:33.82	39.13	300m: 3:51.28	38.64	400m: 5:06.29	36.55
8. Mstowska Matylda	13 UKS Wodnik Siemianowice I skie	5:07.52		+ 29.81 103%	419		
50m: 35.10	35.10	150m: 1:53.51	39.15	250m: 3:12.03	39.11	350m: 4:29.96	39.05
100m: 1:14.36	39.26	200m: 2:32.92	39.41	300m: 3:50.91	38.88	400m: 5:07.52	37.56
9. Nowicka Lena	13 KP „Sukces” Chorzów	5:08.06		+ 30.35 98%	417		
50m: 32.26	32.26	150m: 1:49.24	39.47	250m: 3:09.60	40.17	350m: 4:30.42	40.16
100m: 1:09.77	37.51	200m: 2:29.43	40.19	300m: 3:50.26	40.66	400m: 5:08.06	37.64
10. Plura Wiktoria	13 Akademia Sms Racibórz	5:13.77	+0,72	+ 36.06 103%	395		
50m: 35.84	35.84	150m: 1:55.68	40.00	250m:		350m:	
100m: 1:15.68	39.84	200m: 2:34.62	38.94	300m:		400m: 5:13.77	
11. Nowi ską Iga	13 Akademia Sms Racibórz	5:15.29		+ 37.58 110%	389		
50m: 35.21	35.21	150m: 1:52.84	39.47	250m: 3:13.94	40.68	350m: 4:35.75	40.86
100m: 1:13.37	38.16	200m: 2:33.26	40.42	300m: 3:54.89	40.95	400m: 5:15.29	39.54
12. Kalinka Nina	13 UKS Wodnik Siemianowice I skie	5:23.41	+0,78	+ 45.70 105%	360		
50m: 34.47	34.47	150m: 1:54.50	40.24	250m: 3:17.72	42.01	350m:	
100m: 1:14.26	39.79	200m: 2:35.71	41.21	300m: 4:00.10	42.38	400m: 5:23.41	
13. Skupin Matylda	13 KS Pi tka Chorzów	5:26.84	+0,70	+ 49.13 100%	349		
50m: 36.82	36.82	150m: 1:59.03	41.91	250m: 3:23.50	42.29	350m: 4:47.45	41.93
100m: 1:17.12	40.30	200m: 2:41.21	42.18	300m: 4:05.52	42.02	400m: 5:26.84	39.39
14. Mercik Aleksandra	13 MOSM Tychy	5:28.50	+0,74	+ 50.79 98%	344		
50m: 36.44	36.44	150m: 1:58.37	41.04	250m: 3:23.48	42.84	350m: 4:49.31	42.88
100m: 1:17.33	40.89	200m: 2:40.64	42.27	300m: 4:06.43	42.95	400m: 5:28.50	39.19
15. Szpałek Martyna	13 CSiR MOS w D browie Górnicej	5:29.55		+ 51.84 103%	341		
50m: 38.29	38.29	150m: 2:01.66	41.96	250m: 3:24.89	41.40	350m: 4:48.64	41.70
100m: 1:19.70	41.41	200m: 2:43.49	41.83	300m: 4:06.94	42.05	400m: 5:29.55	40.91
16. Łokociejewska Oliwia	13 UKS Aquatica Pawłowice	5:29.66	+0,75	+ 51.95 110%	340		
50m: 36.03	36.03	150m: 1:59.47	42.74	250m: 3:25.39	43.52	350m: 4:51.59	42.95
100m: 1:16.73	40.70	200m: 2:41.87	42.40	300m: 4:08.64	43.25	400m: 5:29.66	38.07
17. Sydow Lena	13 Uks "Salmo ory"	5:33.38	+0,59	+ 55.67 105%	329		
50m: 38.15	38.15	150m: 2:02.53	42.40	250m: 3:28.55	43.30	350m: 4:54.31	42.34
100m: 1:20.13	41.98	200m: 2:45.25	42.72	300m: 4:11.97	43.42	400m: 5:33.38	39.07
18. Smolak Nina	13 CSiR MOS w D browie Górnicej	5:36.83	+0,88	+ 59.12 99%	319		
50m: 37.22	37.22	150m: 2:01.23	43.06	250m: 3:29.75	44.31	350m: 4:56.16	43.11
100m: 1:18.17	40.95	200m: 2:45.44	44.21	300m: 4:13.05	43.30	400m: 5:36.83	40.67

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19. Ko cielniak Joanna	13 KS Pi tka Chorzów		5:43.39			+ 1:05.68	97%	301
50m:	37.26	37.26	150m:	2:04.30	44.45	250m:	3:32.18	43.49
100m:	1:19.85	42.59	200m:	2:48.69	44.39	300m:	4:16.50	44.32
						350m:	5:00.93	44.43
						400m:	5:43.39	42.46
20. Walu Ewa	13 UKS Victoria Kozy		5:49.32		+0,82	+ 1:11.61	-	286
50m:	37.20	37.20	150m:	2:04.42	44.96	250m:	3:35.17	45.47
100m:	1:19.46	42.26	200m:	2:49.70	45.28	300m:	4:20.11	44.94
						350m:	5:05.19	45.08
						400m:	5:49.32	44.13
21. Ryszka Nikola	13 UKS "NKP Bielsko-Biała"		5:50.38		+0,54	+ 1:12.67	-	283
50m:	38.60	38.60	150m:	2:06.98	45.36	250m:	3:37.57	45.39
100m:	1:21.62	43.02	200m:	2:52.18	45.20	300m:	4:22.46	44.89
						350m:	5:08.21	45.75
						400m:	5:50.38	42.17
22. Wojdak Eliza	13 UKS Wodnik Siemianowice I skie		5:59.73		+0,61	+ 1:22.02	115%	262
50m:	40.51	40.51	150m:	2:13.08	46.41	250m:	3:46.13	46.56
100m:	1:26.67	46.16	200m:	2:59.57	46.49	300m:	4:33.04	46.91
						350m:	5:18.05	45.01
						400m:	5:59.73	41.68
23. Piwowar Alicja	13 Akademia Sms Racibórz		6:00.66			+ 1:22.95	126%	260
50m:	41.16	41.16	150m:	2:14.27	46.72	250m:	3:46.97	46.37
100m:	1:27.55	46.39	200m:	3:00.60	46.33	300m:	4:33.54	46.57
						350m:	5:18.40	44.86
						400m:	6:00.66	42.26
24. Sontag Zofia	13 UKS Wodnik Siemianowice I skie		6:01.62		+0,66	+ 1:23.91	107%	258
50m:	40.06	40.06	150m:	2:13.26	46.62	250m:	3:46.17	46.37
100m:	1:26.64	46.58	200m:	2:59.80	46.54	300m:	4:33.03	46.86
						350m:	5:19.22	46.19
						400m:	6:01.62	42.40
25. Szmuc Eliza	13 MKS Park Wodny Tarnowskie Góry		6:14.58		+0,81	+ 1:36.87	103%	232
50m:	40.67	40.67	150m:	2:15.21	47.79	250m:	3:51.43	48.35
100m:	1:27.42	46.75	200m:	3:03.08	47.87	300m:	4:39.67	48.24
						350m:	5:27.16	47.49
						400m:	6:14.58	47.42
26. Małek Zuzanna	13 MKS SMS Victoria Racibórz		6:51.42		+0,94	+ 2:13.71	98%	175
50m:	47.64	47.64	150m:	2:32.26	53.24	250m:	4:21.05	54.22
100m:	1:39.02	51.38	200m:	3:26.83	54.57	300m:	6:04.70	1:43.65
						350m:	6:51.42	