



Międzywojewódzkie Drużynowe Mistrzostwa Młodzików 12,13 lat
Ostrowiec Świętokrzyski, 12. - 13.4.2025



Konkurencja 7
12.04.2025 - 17:00

Dziewcząt, 400m dowolny

12 - 13 lat
Wyniki

Rekord Okręgu Święt. Młodz. 12 lat dziewcz4:43.86 WOŁOSZYN Sonia
Rekord Okręgu Święt. Młodz. 13 lat dziewcz4:35.47 WOŁOSZYN Sonia 00612 Ostrowiec Sw.
Saint Dizier (FRA) 09.12.2007 15.11.2008

Punkty: AQUA 2024

Pozycja	Rok ur.										Czas	Pkt.
12 lat												
1.	KRASOWSKA Blanka				13	UKS Delfin Tarnobrzeg				5:08.59	421	
	50m:	32.96	32.96	150m:	1:50.45	39.42	250m:	3:09.62	39.87	350m:	4:30.37	40.51
	100m:	1:11.03	38.07	200m:	2:29.75	39.30	300m:	3:49.86	40.24	400m:	5:08.59	38.22
2.	LIS Wiktoria				13	MUKP MOSiR Orka Kielce				5:21.08	373	
	50m:	36.64	36.64	150m:	1:56.79	40.63	250m:	3:19.70	41.01	350m:	4:42.20	40.81
	100m:	1:16.16	39.52	200m:	2:38.69	41.90	300m:	4:01.39	41.69	400m:	5:21.08	38.88
3.	HAJDUK Maja				13	UKP Gryf Dębica				5:23.37	365	
	50m:	36.43	36.43	150m:	1:57.11	40.84	250m:	3:20.62	41.53	350m:	4:43.95	41.56
	100m:	1:16.27	39.84	200m:	2:39.09	41.98	300m:	4:02.39	41.77	400m:	5:23.37	39.42
4.	KARPOWICZ Aurelia				13	MUKP MOSiR Orka Kielce				5:24.02	363	
	50m:	36.60	36.60	150m:	1:58.29	40.89	250m:	3:21.56	41.58	350m:	4:44.75	41.16
	100m:	1:17.40	40.80	200m:	2:39.98	41.69	300m:	4:03.59	42.03	400m:	5:24.02	39.27
5.	PIETRAS Zuzanna				13	MKS "IKAR" Stal Mielec				5:27.81	351	
	50m:	36.25	36.25	150m:	1:58.28	41.00	250m:	3:21.69	41.91	350m:	4:47.04	42.53
	100m:	1:17.28	41.03	200m:	2:39.78	41.50	300m:	4:04.51	42.82	400m:	5:27.81	40.77
6.	KAMECZURA Róża				13	UKS SP AQUARIUS Lesko				5:29.72	345	
	50m:	36.97	36.97	150m:	2:00.91	42.25	250m:	3:24.86	42.32	350m:	4:49.70	42.43
	100m:	1:18.66	41.69	200m:	2:42.54	41.63	300m:	4:07.27	42.41	400m:	5:29.72	40.02
7.	SAWICKA Liliana				13	Kajman Połaniec				5:33.28	334	
	50m:	36.93	36.93	150m:	2:01.99	42.88	250m:	3:27.76	43.10	350m:	4:53.92	43.08
	100m:	1:19.11	42.18	200m:	2:44.66	42.67	300m:	4:10.84	43.08	400m:	5:33.28	39.36
8.	BASZCZUK Maja				13	UKS "Feniks" Dębica				5:34.66	330	
	50m:	36.26	36.26	150m:	2:01.21	43.39	250m:	3:27.62	42.88	350m:	4:53.09	43.74
	100m:	1:17.82	41.56	200m:	2:44.74	43.53	300m:	4:09.35	41.73	400m:	5:34.66	41.57
9.	KACPRZYK Nikola				13	MUKP MOSiR Orka Kielce				5:35.34	328	
	50m:	37.19	37.19	150m:	2:01.48	43.26	250m:	3:28.99	44.00	350m:	4:55.33	42.62
	100m:	1:18.22	41.03	200m:	2:44.99	43.51	300m:	4:12.71	43.72	400m:	5:35.34	40.01
10.	KOBA Magdalena				13	MKS "IKAR" Stal Mielec				5:40.41	313	
	50m:	37.25	37.25	150m:	2:00.76	42.52	250m:	3:28.22	44.64	350m:	4:56.54	44.47
	100m:	1:18.24	40.99	200m:	2:43.58	42.82	300m:	4:12.07	43.85	400m:	5:40.41	43.87
11.	WORWA Alicja				13	MUKP MOSiR Orka Kielce				5:40.68	312	
	50m:	38.07	38.07	150m:	2:04.14	44.22	250m:	3:31.83	43.83	350m:	4:59.21	43.90
	100m:	1:19.92	41.85	200m:	2:48.00	43.86	300m:	4:15.31	43.48	400m:	5:40.68	41.47
12.	ŻYGUŁA Amelia				13	UKP Gryf Dębica				5:43.54	305	
	50m:	37.10	37.10	150m:	2:04.89	44.87	250m:	3:35.86	45.00	350m:	5:03.98	43.30
	100m:	1:20.02	42.92	200m:	2:50.86	45.97	300m:	4:20.68	44.82	400m:	5:43.54	39.56
13.	BIEŃ Laura				13	UKS "Feniks" Dębica				5:53.28	280	
	50m:	38.20	38.20	150m:	2:07.61	45.33	250m:	3:39.83	45.90	350m:	5:10.33	44.52
	100m:	1:22.28	44.08	200m:	2:53.93	46.32	300m:	4:25.81	45.98	400m:	5:53.28	42.95
14.	GRZELKA Michalina				13	MUKP MOSiR Orka Kielce				5:53.66	279	
	50m:	40.00	40.00	150m:	2:08.47	44.86	250m:	3:38.59	44.74	350m:	5:09.81	45.20
	100m:	1:23.61	43.61	200m:	2:53.85	45.38	300m:	4:24.61	46.02	400m:	5:53.66	43.85
15.	CHMURA Klaudia				13	KP Sokół Rzeszów				5:55.34	275	
	50m:	39.65	39.65	150m:	2:09.47	45.59	250m:	3:41.46	45.48	350m:	5:13.57	45.49
	100m:	1:23.88	44.23	200m:	2:55.98	46.51	300m:	4:28.08	46.62	400m:	5:55.34	41.77
16.	GAWROŃSKA Zofia				13	MUKS Unia Busko Zdrój				5:56.73	272	
	50m:	40.85	40.85	150m:	2:11.16	45.15	250m:	3:42.41	45.75	350m:	5:14.48	46.29
	100m:	1:26.01	45.16	200m:	2:56.66	45.50	300m:	4:28.19	45.78	400m:	5:56.73	42.25



Międzywojewódzkie Drużynowe Mistrzostwa Młodzików 12,13 lat
Ostrowiec Świętokrzyski, 12. - 13.4.2025



Konkurencja 7, Dziewcząt, 400m dowolny, 12 lat

Pozycja	Rok ur.								Czas	Pkt.		
17.	ŁUSZCZ Nicola		13	Kajman Połaniec					5:58.34	268		
	50m:	39.90	39.90	150m:	2:09.09	45.06	250m:	3:40.94	45.96	350m:	5:14.27	47.21
	100m:	1:24.03	44.13	200m:	2:54.98	45.89	300m:	4:27.06	46.12	400m:	5:58.34	44.07
18.	OSYPKA Amelia		13	KP Sokół Rzeszów					6:10.11	244		
	50m:	38.81	38.81	150m:	2:13.11	47.17	250m:	3:48.99	48.10	350m:	5:25.18	47.84
	100m:	1:25.94	47.13	200m:	3:00.89	47.78	300m:	4:37.34	48.35	400m:	6:10.11	44.93
19.	ŚLAPCZYŃSKA Kinga		13	SP Motyl Stalowa Wola					6:14.78	235		
	50m:	41.47	41.47	150m:	2:15.57	47.84	250m:	3:52.32	47.79	350m:	5:30.05	48.67
	100m:	1:27.73	46.26	200m:	3:04.53	48.96	300m:	4:41.38	49.06	400m:	6:14.78	44.73
20.	JAJUGA Oliwia		13	KSW Stal Rzeszów					6:20.62	224		
	50m:	41.02	41.02	150m:	2:16.55	48.45	250m:	3:55.73	49.65	350m:	5:33.39	48.53
	100m:	1:28.10	47.08	200m:	3:06.08	49.53	300m:	4:44.86	49.13	400m:	6:20.62	47.23
21.	GUBERNAT Matylda		13	KSW Stal Rzeszów					6:21.54	222		
	50m:	39.83	39.83	150m:	2:17.78	49.60	250m:	3:56.52	49.36	350m:	5:35.18	48.52
	100m:	1:28.18	48.35	200m:	3:07.16	49.38	300m:	4:46.66	50.14	400m:	6:21.54	46.36
22.	ZAJĄC Oliwia		13	Kajman Połaniec					6:34.99	200		
	50m:	41.34	41.34	150m:	2:22.51	50.84	250m:	4:05.76	51.80	350m:	5:46.73	50.73
	100m:	1:31.67	50.33	200m:	3:13.96	51.45	300m:	4:56.00	50.24	400m:	6:34.99	48.26
23.	BOBECKA Aleksandra		13	KSW Stal Rzeszów					6:37.90	196		
	50m:	44.66	44.66	150m:	2:25.31	50.23	250m:	4:06.46	50.51	350m:	5:47.34	49.53
	100m:	1:35.08	50.42	200m:	3:15.95	50.64	300m:	4:57.81	51.35	400m:	6:37.90	50.56
24.	KACZMARSKA Klaudia		13	KS KSZO Ostrowiec Św.					6:39.26	194		
	50m:	43.16	43.16	150m:	2:22.58	50.35	250m:	4:04.75	51.73	350m:	5:49.87	52.19
	100m:	1:32.23	49.07	200m:	3:13.02	50.44	300m:	4:57.68	52.93	400m:	6:39.26	49.39
25.	FUTRYK Emilia		13	UKS SP AQUARIUS Lesko					6:40.34	192		
	50m:	42.02	42.02	150m:	2:22.32	51.35	250m:	4:05.79	52.67	350m:	5:51.77	52.65
	100m:	1:30.97	48.95	200m:	3:13.12	50.80	300m:	4:59.12	53.33	400m:	6:40.34	48.57
26.	WÓJCIK Łucja		13	UKS "Feniks" Dębica					6:42.71	189		
	50m:	42.50	42.50	150m:	2:25.11	52.20	250m:	4:09.92	52.27	350m:	5:54.23	52.48
	100m:	1:32.91	50.41	200m:	3:17.65	52.54	300m:	5:01.75	51.83	400m:	6:42.71	48.48
27.	PIKOR Rozalia		13	SP Motyl Stalowa Wola					6:45.22	185		
	50m:	47.58	47.58	150m:	2:31.76	52.13	250m:	4:15.97	51.58	350m:	5:58.92	51.40
	100m:	1:39.63	52.05	200m:	3:24.39	52.63	300m:	5:07.52	51.55	400m:	6:45.22	46.30
28.	JÓZEFIAK Amelia		13	KS KSZO Ostrowiec Św.					6:45.98	184		
	50m:	39.32	39.32	150m:	2:20.90	52.24	250m:	4:08.14	53.37	350m:	5:55.13	53.02
	100m:	1:28.66	49.34	200m:	3:14.77	53.87	300m:	5:02.11	53.97	400m:	6:45.98	50.85
29.	BANDURA Maja		13	MUKP MOSiR Orka Kielce					6:46.06	184		
	50m:	42.47	42.47	150m:	2:26.30	52.98	250m:	4:10.39	52.30	350m:	5:57.64	54.22
	100m:	1:33.32	50.85	200m:	3:18.09	51.79	300m:	5:03.42	53.03	400m:	6:46.06	48.42
30.	BEDNARZ Magdalena		13	SP Motyl Stalowa Wola					6:46.26	184		
	50m:	44.26	44.26	150m:	2:28.17	52.20	250m:	4:13.08	52.68	350m:	5:59.35	52.75
	100m:	1:35.97	51.71	200m:	3:20.40	52.23	300m:	5:06.60	53.52	400m:	6:46.26	46.91
31.	WÓJCIK Laura		13	UKS "Feniks" Dębica					6:47.34	183		
	50m:	42.51	42.51	150m:	2:25.77	52.86	250m:	4:11.34	52.65	350m:	5:59.47	53.72
	100m:	1:32.91	50.40	200m:	3:18.69	52.92	300m:	5:05.75	54.41	400m:	6:47.34	47.87
32.	WOJNAROWSKA Róża		13	MUKS Unia Busko Zdrój					6:52.15	176		
	50m:	45.36	45.36	150m:	2:31.02	53.22	250m:	4:17.25	53.56	350m:	6:01.08	51.83
	100m:	1:37.80	52.44	200m:	3:23.69	52.67	300m:	5:09.25	52.00	400m:	6:52.15	51.07



Międzywojewódzkie Drużynowe Mistrzostwa Młodzików 12,13 lat
Ostrowiec Świętokrzyski, 12. - 13.4.2025



Konkurencja 7, Dziewcząt, 400m dowolny

13 lat

1.	BEDNARSKA Antonina	12	KS KSZO Ostrowiec Św.	4:56.26	475
	50m: 32.31 32.31	150m: 1:47.80 38.32	250m: 3:04.04 37.98	350m: 4:19.31 37.93	
	100m: 1:09.48 37.17	200m: 2:26.06 38.26	300m: 3:41.38 37.34	400m: 4:56.26 36.95	
2.	CZUDEK Florentyna	12	KP Sokół Rzeszów	4:59.97	458
	50m: 32.52 32.52	150m: 1:48.97 39.06	250m: 3:05.61 38.03	350m: 4:23.24 38.70	
	100m: 1:09.91 37.39	200m: 2:27.58 38.61	300m: 3:44.54 38.93	400m: 4:59.97 36.73	
3.	SZKUTA Hanna	12	MUKP MOSiR Orka Kielce	5:12.23	406
	50m: 35.42 35.42	150m: 1:54.83 40.11	250m: 3:16.99 40.93	350m: 4:35.68 38.35	
	100m: 1:14.72 39.30	200m: 2:36.06 41.23	300m: 3:57.33 40.34	400m: 5:12.23 36.55	
4.	NOWAK Oliwia	12	Proswim	5:18.61	382
	50m: 34.90 34.90	150m: 1:55.19 40.40	250m: 3:17.47 41.09	350m: 4:39.44 40.96	
	100m: 1:14.79 39.89	200m: 2:36.38 41.19	300m: 3:58.48 41.01	400m: 5:18.61 39.17	
5.	GRODZICKA Milena	12	St. Lok. SALOS Cortile Kielce	5:21.00	374
	50m: 34.89 34.89	150m: 1:55.29 40.48	250m: 3:17.90 40.69	350m: 4:41.59 41.69	
	100m: 1:14.81 39.92	200m: 2:37.21 41.92	300m: 3:59.90 42.00	400m: 5:21.00 39.41	
6.	MENET Maria	12	UKS SP AQUARIUS Lesko	5:23.37	365
	50m: 35.85 35.85	150m: 1:56.15 40.80	250m: 3:18.93 41.19	350m: 4:42.72 41.99	
	100m: 1:15.35 39.50	200m: 2:37.74 41.59	300m: 4:00.73 41.80	400m: 5:23.37 40.65	
7.	GRZEGORCZYK Amelia	12	MUKP Korona-Swim Kielce	5:25.49	358
	50m: 35.42 35.42	150m: 1:57.40 41.65	250m: 3:21.02 41.30	350m: 4:44.85 41.94	
	100m: 1:15.75 40.33	200m: 2:39.72 42.32	300m: 4:02.91 41.89	400m: 5:25.49 40.64	
8.	BAK Zofia	12	St. Lok. SALOS Cortile Kielce	5:27.96	350
	50m: 36.32 36.32	150m: 1:59.01 41.83	250m: 3:23.09 41.80	350m: 4:48.94 42.68	
	100m: 1:17.18 40.86	200m: 2:41.29 42.28	300m: 4:06.26 43.17	400m: 5:27.96 39.02	
9.	NYLEC Aleksandra	12	UKP Gryf Dębica	5:28.06	350
	50m: 36.93 36.93	150m: 1:58.03 41.18	250m: 3:21.81 41.62	350m: 4:46.99 42.72	
	100m: 1:16.85 39.92	200m: 2:40.19 42.16	300m: 4:04.27 42.46	400m: 5:28.06 41.07	
10.	WARCHOŁ Amelia	12	SP Motyl Stalowa Wola	5:29.36	346
	50m: 36.11 36.11	150m: 1:58.93 41.96	250m: 3:22.97 42.26	350m: 4:49.25 43.14	
	100m: 1:16.97 40.86	200m: 2:40.71 41.78	300m: 4:06.11 43.14	400m: 5:29.36 40.11	
11.	CZACHOR Kornelia	12	UKS "Feniks" Dębica	5:30.83	341
	50m: 34.46 34.46	150m: 1:56.90 42.35	250m: 3:23.95 43.61	350m: 4:49.75 43.21	
	100m: 1:14.55 40.09	200m: 2:40.34 43.44	300m: 4:06.54 42.59	400m: 5:30.83 41.08	
12.	GŁASEK Anna	12	SP Motyl Stalowa Wola	5:32.09	337
	50m: 36.45 36.45	150m: 1:59.41 42.24	250m: 3:24.81 42.70	350m: 4:51.35 43.35	
	100m: 1:17.17 40.72	200m: 2:42.11 42.70	300m: 4:08.00 43.19	400m: 5:32.09 40.74	
13.	KOWALSKA Milena	12	SP Motyl Stalowa Wola	5:35.21	328
	50m: 35.79 35.79	150m: 2:00.30 43.67	250m: 3:27.42 43.27	350m: 4:54.76 43.29	
	100m: 1:16.63 40.84	200m: 2:44.15 43.85	300m: 4:11.47 44.05	400m: 5:35.21 40.45	
14.	GRZEGORCZYK Helena	12	MUKP Korona-Swim Kielce	5:35.37	328
	50m: 35.98 35.98	150m: 1:59.52 42.53	250m: 3:26.52 43.24	350m: 4:53.50 43.44	
	100m: 1:16.99 41.01	200m: 2:43.28 43.76	300m: 4:10.06 43.54	400m: 5:35.37 41.87	
15.	BOBECKA Zuzanna	12	KSW Stal Rzeszów	5:40.95	312
	50m: 36.17 36.17	150m: 2:00.49 43.33	250m: 3:29.24 44.50	350m: 4:58.53 44.90	
	100m: 1:17.16 40.99	200m: 2:44.74 44.25	300m: 4:13.63 44.39	400m: 5:40.95 42.42	
16.	GIERLA Sara	12	UKS SP AQUARIUS Lesko	5:42.89	306
	50m: 38.84 38.84	150m: 2:04.76 43.79	250m: 3:33.94 44.76	350m: 5:03.20 44.66	
	100m: 1:20.97 42.13	200m: 2:49.18 44.42	300m: 4:18.54 44.60	400m: 5:42.89 39.69	
17.	STRZĄBAŁA Oliwia	12	MUKP MOSiR Orka Kielce	5:44.17	303
	50m: 38.67 38.67	150m: 2:07.48 44.52	250m: 3:36.15 43.88	350m: 5:04.12 43.74	
	100m: 1:22.96 44.29	200m: 2:52.27 44.79	300m: 4:20.38 44.23	400m: 5:44.17 40.05	
18.	ŁACH Stella	12	MUKP MOSiR Orka Kielce	5:46.15	298
	50m: 37.96 37.96	150m: 2:05.83 45.04	250m: 3:34.94 44.50	350m: 5:04.18 44.19	
	100m: 1:20.79 42.83	200m: 2:50.44 44.61	300m: 4:19.99 45.05	400m: 5:46.15 41.97	



Międzywojewódzkie Drużynowe Mistrzostwa Młodzików 12,13 lat
Ostrowiec Świętokrzyski, 12. - 13.4.2025



Konkurencja 7, Dziewcząt, 400m dowolny, 13 lat

Pozycja	Rok ur.								Czas	Pkt.		
19.	DROGOSZ Emilia			12	MUKP MOSiR Orka Kielce				5:52.32	282		
	50m:	38.86	38.86	150m:	2:08.43	45.23	250m:	3:38.82	45.09	350m:	5:09.38	44.73
	100m:	1:23.20	44.34	200m:	2:53.73	45.30	300m:	4:24.65	45.83	400m:	5:52.32	42.94
20.	BARNIAK Milena			12	UKS "Delfinek" Ustrzyki Dolne				5:55.14	276		
	50m:	37.89	37.89	150m:	2:05.84	45.19	250m:	3:38.05	46.25	350m:	5:10.09	45.68
	100m:	1:20.65	42.76	200m:	2:51.80	45.96	300m:	4:24.41	46.36	400m:	5:55.14	45.05
21.	KIPA Julia			12	MUKP Fala Ropczyce				6:00.37	264		
	50m:	39.08	39.08	150m:	2:09.86	46.06	250m:	3:42.52	46.57	350m:	5:15.86	46.54
	100m:	1:23.80	44.72	200m:	2:55.95	46.09	300m:	4:29.32	46.80	400m:	6:00.37	44.51
22.	ŁAZARZ Wiktoria			12	UKS "Feniks" Dębica				6:45.75	185		
	50m:	42.67	42.67	150m:	2:27.13	52.90	250m:	4:11.55	52.89	350m:	5:56.98	52.95
	100m:	1:34.23	51.56	200m:	3:18.66	51.53	300m:	5:04.03	52.48	400m:	6:45.75	48.77