



Letnie Mistrzostwa Okręgu Świętokrzyskiego
Ostrowiec Św., 27. - 28.6.2026



Konkurencja 18
27.06.2026 - 16:55

Kobiet, 400m dowolny

Open
Wyniki

Rek.okr. 19 +	4:15.00	KILIJAŃSKA Donata	KSOST	Olsztyn	07.06.2014
Rek.okr. 18	4:15.07	KILIJAŃSKA Donata	KSOST	Olsztyn	14.05.2012
Rek.okr. 17	4:15.07	KILIJAŃSKA DONATA	KSOST	Olsztyn	14.05.2012
Rek.okr. 16	4:16.10	KILIJAŃSKA DONATA	KSOST	Belgrad (SRB)	06.07.2011
Rek.okr. 15	4:16.54	KILIJAŃSKA DONATA	KSOST	Tampere (FIN)	20.07.2009
Rek.okr. 14	4:16.54	KILIJAŃSKA DONATA	KSOST	Tampere (FIN)	20.07.2009
Rek.okr. 13	4:37.09	WOŁOSZYN SONIA	ARKIE	Ostrowiec Św.	18.05.2008
Rek.okr. 12	4:53.37	WOŁOSZYN SONIA	ARKIE	Dębica	24.11.2007
Rek.okr. - 11	5:31.80	BRZEZIŃSKA DOMINIKA	KSOST	Ostrowiec Św.	05.06.2021

Punkty: AQUA 2025

Pozycja Rok ur. Czas Pkt.

12 lat

1.	WYSOCKA Aleksandra	14	MUKP MOSiR Orka Kielce	5:15.31	416
	50m: 35.37 35.37	150m: 1:55.35 40.77	250m: 3:16.84 40.74	350m: 4:37.78 39.74	
	100m: 1:14.58 39.21	200m: 2:36.10 40.75	300m: 3:58.04 41.20	400m: 5:15.31 37.53	
2.	FELIKSIOWSKA Hanna	14	KS KSZO Ostrowiec Św.	5:21.65	391
	50m: 34.92 34.92	150m: 1:55.57 41.22	250m: 3:18.97 42.10	350m: 4:42.78 41.64	
	100m: 1:14.35 39.43	200m: 2:36.87 41.30	300m: 4:01.14 42.17	400m: 5:21.65 38.87	
3.	KAMIŃSKA Agata	14	Kajman Połaniec	5:29.88	363
	50m: 36.36 36.36	150m: 2:02.02 43.38	250m: 3:27.53 42.36	350m: 4:49.98 40.51	
	100m: 1:18.64 42.28	200m: 2:45.17 43.15	300m: 4:09.47 41.94	400m: 5:29.88 39.90	
4.	SZYMANIEWICZ Marcelina	14	MUKP MOSiR Orka Kielce	5:30.76	360
	50m: 38.01 38.01	150m: 2:03.62 43.09	250m: 3:27.77 42.31	350m: 4:51.42 41.45	
	100m: 1:20.53 42.52	200m: 2:45.46 41.84	300m: 4:09.97 42.20	400m: 5:30.76 39.34	
5.	SOŁTYSIAK Antonina	14	MUKS Unia Busko Zdrój	6:03.86	270
	50m: 39.25 39.25	150m: 2:11.32 45.99	250m: 3:45.61 47.32	350m: 5:19.64 47.55	
	100m: 1:25.33 46.08	200m: 2:58.29 46.97	300m: 4:32.09 46.48	400m: 6:03.86 44.22	

13 lat

1.	LIS Wiktoria	13	MUKP MOSiR Orka Kielce	5:05.59	456
	50m: 34.66 34.66	150m: 1:51.51 37.97	250m: 3:09.04 38.73	350m: 4:28.31 39.60	
	100m: 1:13.54 38.88	200m: 2:30.31 38.80	300m: 3:48.71 39.67	400m: 5:05.59 37.28	
2.	WORWA Alicja	13	MUKP MOSiR Orka Kielce	5:15.76	414
	50m: 35.03 35.03	150m: 1:55.83 41.11	250m: 3:17.80 41.35	350m: 4:38.19 39.91	
	100m: 1:14.72 39.69	200m: 2:36.45 40.62	300m: 3:58.28 40.48	400m: 5:15.76 37.57	
3.	KACPRZYK Nikola	13	MUKP MOSiR Orka Kielce	5:21.19	393
	50m: 35.43 35.43	150m: 1:58.37 42.41	250m: 3:21.84 42.18	350m: 4:43.50 40.15	
	100m: 1:15.96 40.53	200m: 2:39.66 41.29	300m: 4:03.35 41.51	400m: 5:21.19 37.69	
4.	GAWROŃSKA Zofia	13	MUKS Unia Busko Zdrój	5:31.85	356
	50m: 37.46 37.46	150m: 2:02.32 42.79	250m: 3:28.00 42.56	350m: 4:52.39 1:10.95	
	100m: 1:19.53 42.07	200m: 2:45.44 43.12	300m: 3:41.44 13.44	400m: 5:31.85 39.46	
5.	ŁUSZCZ Nicola	13	Kajman Połaniec	5:33.89	350
	50m: 37.82 37.82	150m: 2:02.67 43.35	250m: 3:28.91 43.29	350m: 4:53.53 42.62	
	100m: 1:19.32 41.50	200m: 2:45.62 42.95	300m: 4:10.91 42.00	400m: 5:33.89 40.36	
6.	PIERZAK Hanna	13	St. Lok. SALOS Cortile Kielce	5:45.81	315
	50m: 38.44 38.44	150m: 2:06.14 44.66	250m: 3:34.74 44.76	350m: 5:03.34 44.39	
	100m: 1:21.48 43.04	200m: 2:49.98 43.84	300m: 4:18.95 44.21	400m: 5:45.81 42.47	
7.	MUCHA Zofia	13	KS KSZO Ostrowiec Św.	6:28.62	222
	50m: 42.17 42.17	150m: 2:18.34 49.44	250m: 3:58.30 50.17	350m: 5:39.61 51.83	
	100m: 1:28.90 46.73	200m: 3:08.13 49.79	300m: 4:47.78 49.48	400m: 6:28.62 49.01	



Letnie Mistrzostwa Okręgu Świętokrzyskiego
Ostrowiec Św., 27. - 28.6.2026



Konkurencja 18, Kobiet, 400m dowolny

14 lat

1.	BAK Zofia	12	St. Lok. SALOS Cortile Kielce	5:25.19	379
	50m: 36.49 36.49	150m: 1:58.11 41.51	250m: 3:21.96 41.81	350m: 4:45.75 41.52	
	100m: 1:16.60 40.11	200m: 2:40.15 42.04	300m: 4:04.23 42.27	400m: 5:25.19 39.44	
2.	KUNDERA Lena	12	St. Lok. SALOS Cortile Kielce	5:48.76	307
	50m: 38.24 38.24	150m: 2:04.89 44.01	250m: 3:34.82 45.18	350m: 5:05.07 45.32	
	100m: 1:20.88 42.64	200m: 2:49.64 44.75	300m: 4:19.75 44.93	400m: 5:48.76 43.69	
3.	STRZĄBAŁA Oliwia	12	MUKP MOSiR Orka Kielce	6:08.08	261
	50m: 40.92 40.92	150m: 2:17.36 48.84	250m: 3:53.92 48.02	350m: 5:25.99 45.76	
	100m: 1:28.52 47.60	200m: 3:05.90 48.54	300m: 4:40.23 46.31	400m: 6:08.08 42.09	

15 lat

1.	MAJ Zuzanna	11	KS KSZO Ostrowiec Św.	4:41.23	586
	50m: 33.53 33.53	150m: 1:43.97 35.51	250m: 2:55.03 35.81	350m: 4:06.96 36.20	
	100m: 1:08.46 34.93	200m: 2:19.22 35.25	300m: 3:30.76 35.73	400m: 4:41.23 34.27	

Open

1.	MAJ Zuzanna	11	KS KSZO Ostrowiec Św.	4:41.23	586
	50m: 33.53 33.53	150m: 1:43.97 35.51	250m: 2:55.03 35.81	350m: 4:06.96 36.20	
	100m: 1:08.46 34.93	200m: 2:19.22 35.25	300m: 3:30.76 35.73	400m: 4:41.23 34.27	
2.	WÓJTOWICZ Aleksandra	10	Kajman Połaniec	4:59.02	487
	50m: 35.42 35.42	150m: 1:51.52 38.44	250m: 3:07.60 38.05	350m: 4:23.21 37.60	
	100m: 1:13.08 37.66	200m: 2:29.55 38.03	300m: 3:45.61 38.01	400m: 4:59.02 35.81	
3.	SOKÓŁ Sara	10	KS KSZO Ostrowiec Św.	4:59.16	487
	50m: 34.92 34.92	150m: 1:52.01 39.04	250m: 3:08.43 37.85	350m: 4:24.20 37.31	
	100m: 1:12.97 38.05	200m: 2:30.58 38.57	300m: 3:46.89 38.46	400m: 4:59.16 34.96	
4.	LIS Wiktoria	13	MUKP MOSiR Orka Kielce	5:05.59	456
	50m: 34.66 34.66	150m: 1:51.51 37.97	250m: 3:09.04 38.73	350m: 4:28.31 39.60	
	100m: 1:13.54 38.88	200m: 2:30.31 38.80	300m: 3:48.71 39.67	400m: 5:05.59 37.28	
5.	WYSOCKA Aleksandra	14	MUKP MOSiR Orka Kielce	5:15.31	416
	50m: 35.37 35.37	150m: 1:55.35 40.77	250m: 3:16.84 40.74	350m: 4:37.78 39.74	
	100m: 1:14.58 39.21	200m: 2:36.10 40.75	300m: 3:58.04 41.20	400m: 5:15.31 37.53	
6.	WORWA Alicja	13	MUKP MOSiR Orka Kielce	5:15.76	414
	50m: 35.03 35.03	150m: 1:55.83 41.11	250m: 3:17.80 41.35	350m: 4:38.19 39.91	
	100m: 1:14.72 39.69	200m: 2:36.45 40.62	300m: 3:58.28 40.48	400m: 5:15.76 37.57	
7.	KACPRZYK Nikola	13	MUKP MOSiR Orka Kielce	5:21.19	393
	50m: 35.43 35.43	150m: 1:58.37 42.41	250m: 3:21.84 42.18	350m: 4:43.50 40.15	
	100m: 1:15.96 40.53	200m: 2:39.66 41.29	300m: 4:03.35 41.51	400m: 5:21.19 37.69	
8.	FELIKSIOWSKA Hanna	14	KS KSZO Ostrowiec Św.	5:21.65	391
	50m: 34.92 34.92	150m: 1:55.57 41.22	250m: 3:18.97 42.10	350m: 4:42.78 41.64	
	100m: 1:14.35 39.43	200m: 2:36.87 41.30	300m: 4:01.14 42.17	400m: 5:21.65 38.87	
9.	BAK Zofia	12	St. Lok. SALOS Cortile Kielce	5:25.19	379
	50m: 36.49 36.49	150m: 1:58.11 41.51	250m: 3:21.96 41.81	350m: 4:45.75 41.52	
	100m: 1:16.60 40.11	200m: 2:40.15 42.04	300m: 4:04.23 42.27	400m: 5:25.19 39.44	
10.	KAMIŃSKA Agata	14	Kajman Połaniec	5:29.88	363
	50m: 36.36 36.36	150m: 2:02.02 43.38	250m: 3:27.53 42.36	350m: 4:49.98 40.51	
	100m: 1:18.64 42.28	200m: 2:45.17 43.15	300m: 4:09.47 41.94	400m: 5:29.88 39.90	
11.	SZYMANIEWICZ Marcelina	14	MUKP MOSiR Orka Kielce	5:30.76	360
	50m: 38.01 38.01	150m: 2:03.62 43.09	250m: 3:27.77 42.31	350m: 4:51.42 41.45	
	100m: 1:20.53 42.52	200m: 2:45.46 41.84	300m: 4:09.97 42.20	400m: 5:30.76 39.34	
12.	GAWROŃSKA Zofia	13	MUKS Unia Busko Zdrój	5:31.85	356
	50m: 37.46 37.46	150m: 2:02.32 42.79	250m: 3:28.00 42.56	350m: 4:52.39 1:10.95	
	100m: 1:19.53 42.07	200m: 2:45.44 43.12	300m: 3:41.44 13.44	400m: 5:31.85 39.46	



Letnie Mistrzostwa Okręgu Świętokrzyskiego
Ostrowiec Św., 27. - 28.6.2026



Konkurencja 18, Kobiety, 400m dowolny, Open

Pozycja	Rok ur.								Czas	Pkt.
13. ŁUSZCZ Nicola	13	Kajman Połaniec								350
50m: 37.82	37.82	150m: 2:02.67	43.35	250m: 3:28.91	43.29	350m: 4:53.53	42.62			
100m: 1:19.32	41.50	200m: 2:45.62	42.95	300m: 4:10.91	42.00	400m: 5:33.89	40.36			
14. LIS Alicja	15	MUKP MOSiR Orka Kielce								332
50m: 39.44	39.44	150m: 2:07.22	44.55	250m: 3:35.38	43.74	350m: 5:01.88	42.77			
100m: 1:22.67	43.23	200m: 2:51.64	44.42	300m: 4:19.11	43.73	400m: 5:39.77	37.89			
15. PIERZAK Hanna	13	St. Lok. SALOS Cortile Kielce								315
50m: 38.44	38.44	150m: 2:06.14	44.66	250m: 3:34.74	44.76	350m: 5:03.34	44.39			
100m: 1:21.48	43.04	200m: 2:49.98	43.84	300m: 4:18.95	44.21	400m: 5:45.81	42.47			
16. KUNDERA Lena	12	St. Lok. SALOS Cortile Kielce								307
50m: 38.24	38.24	150m: 2:04.89	44.01	250m: 3:34.82	45.18	350m: 5:05.07	45.32			
100m: 1:20.88	42.64	200m: 2:49.64	44.75	300m: 4:19.75	44.93	400m: 5:48.76	43.69			
17. SOŁTYSIAK Antonina	14	MUKS Unia Busko Zdrój								270
50m: 39.25	39.25	150m: 2:11.32	45.99	250m: 3:45.61	47.32	350m: 5:19.64	47.55			
100m: 1:25.33	46.08	200m: 2:58.29	46.97	300m: 4:32.09	46.48	400m: 6:03.86	44.22			
18. STRZĄBAŁA Oliwia	12	MUKP MOSiR Orka Kielce								261
50m: 40.92	40.92	150m: 2:17.36	48.84	250m: 3:53.92	48.02	350m: 5:25.99	45.76			
100m: 1:28.52	47.60	200m: 3:05.90	48.54	300m: 4:40.23	46.31	400m: 6:08.08	42.09			
19. DUDEK Martyna	15	St. Lok. SALOS Cortile Kielce								257
50m: 42.21	42.21	150m: 2:18.87	48.41	250m: 3:54.16	46.29	350m: 5:26.14	46.04			
100m: 1:30.46	48.25	200m: 3:07.87	49.00	300m: 4:40.10	45.94	400m: 6:09.89	43.75			
20. MUCHA Zofia	13	KS KSZO Ostrowiec Św.								222
50m: 42.17	42.17	150m: 2:18.34	49.44	250m: 3:58.30	50.17	350m: 5:39.61	51.83			
100m: 1:28.90	46.73	200m: 3:08.13	49.79	300m: 4:47.78	49.48	400m: 6:28.62	49.01			