

Konkurencja 38  
2023-11-18 - 11:47

Kobiet, 400m dowolny

Open  
Wyniki

Punkty: FINA 2023

Pozycja	Rok	ur.	Czas	Pkt.								
<b>13 lat</b>												
1.	BERDECHOWSKA	Martyna	10	WKS L SK Wrocław	<b>4:49.63</b>	509						
	50m:	33.05	33.05	150m:	1:45.48	36.44	250m:	2:59.87	37.42	350m:	4:14.56	37.22
	100m:	1:09.04	35.99	200m:	2:22.45	36.97	300m:	3:37.34	37.47	400m:	4:49.63	35.07
2.	NOSAL	Nela	10	WKS L SK Wrocław	<b>4:54.18</b>	486						
	50m:	33.02	33.02	150m:	1:48.15	37.80	250m:	3:05.33	39.44	350m:	4:19.61	37.00
	100m:	1:10.35	37.33	200m:	2:25.89	37.74	300m:	3:42.61	37.28	400m:	4:54.18	34.57
3.	PI TEK	Nadia	10	WKS L SK Wrocław	<b>5:02.86</b>	445						
	50m:	32.57	32.57	150m:	1:47.97	38.60	250m:	3:06.85	39.55	350m:	4:26.05	39.32
	100m:	1:09.37	36.80	200m:	2:27.30	39.33	300m:	3:46.73	39.88	400m:	5:02.86	36.81
4.	HARTWIG	Michalina	10	WKS L SK Wrocław	<b>5:02.97</b>	444						
	50m:	32.77	32.77	150m:	1:49.85	38.80	250m:	3:08.20	39.44	350m:	4:26.51	39.08
	100m:	1:11.05	38.28	200m:	2:28.76	38.91	300m:	3:47.43	39.23	400m:	5:02.97	36.46
5.	KOZI SKA	Łucja	10	WKS L SK Wrocław	<b>5:13.64</b>	401						
	50m:	34.14	34.14	150m:	1:52.45	39.92	250m:	3:12.68	40.01	350m:	4:33.82	40.73
	100m:	1:12.53	38.39	200m:	2:32.67	40.22	300m:	3:53.09	40.41	400m:	5:13.64	39.82
6.	URAKOWSKA	Zuzanna	10	KS NEPTUN widnica	<b>5:13.67</b>	400						
	50m:	35.75	35.75	150m:	1:52.95	38.86	250m:	3:12.49	39.63	350m:	4:33.73	40.38
	100m:	1:14.09	38.34	200m:	2:32.86	39.91	300m:	3:53.35	40.86	400m:	5:13.67	39.94
7.	KAMI SKA	Małgorzata	10	UKS Kro nicka Przysa	<b>5:16.07</b>	391						
	50m:	35.86	35.86	150m:	1:53.52	39.02	250m:	3:14.60	40.97	350m:	4:36.60	40.78
	100m:	1:14.50	38.64	200m:	2:33.63	40.11	300m:	3:55.82	41.22	400m:	5:16.07	39.47
8.	KOZŁOWSKA	Milena	10	Just Swim Beavers	<b>5:19.94</b>	377						
	50m:	35.96	35.96	150m:	1:54.90	40.03	250m:	3:16.63	41.10	350m:	4:39.89	41.58
	100m:	1:14.87	38.91	200m:	2:35.53	40.63	300m:	3:58.31	41.68	400m:	5:19.94	40.05
9.	CZEREK	Magdalena	10	WKS L SK Wrocław	<b>5:35.18</b>	328						
	50m:	37.47	37.47	150m:	2:02.31	43.21	250m:	3:29.12	43.27	350m:	4:55.44	42.43
	100m:	1:19.10	41.63	200m:	2:45.85	43.54	300m:	4:13.01	43.89	400m:	5:35.18	39.74
10.	GRZYBAŁA	Aleksandra	10	WKS L SK Wrocław	<b>5:44.83</b>	301						
	50m:	39.50	39.50	150m:	2:08.01	44.52	250m:	3:36.13	42.85	350m:	4:58.82	38.47
	100m:	1:23.49	43.99	200m:	2:53.28	45.27	300m:	4:20.35	44.22	400m:	5:44.83	46.01
11.	ZAGDA SKA	Jagoda	10	MKS JUVENIA Wrocław	<b>5:47.88</b>	293						
	50m:	39.61	39.61	150m:	2:08.10	44.29	250m:	3:38.04	44.73	350m:	5:06.71	44.38
	100m:	1:23.81	44.20	200m:	2:53.31	45.21	300m:	4:22.33	44.29	400m:	5:47.88	41.17
12.	ZI BA	Nicola	10	Sport Active	<b>5:54.51</b>	277						
	50m:	39.19	39.19	150m:	2:07.96	44.56	250m:	3:38.39	45.16	350m:	5:10.15	45.93
	100m:	1:23.40	44.21	200m:	2:53.23	45.27	300m:	4:24.22	45.83	400m:	5:54.51	44.36
13.	ALKHATIB	Maison	10	MKS JUVENIA Wrocław	<b>6:08.06</b>	248						
	50m:	40.40	40.40	150m:	2:13.51	47.56	250m:	3:49.12	48.18	350m:	5:23.39	46.49
	100m:	1:25.95	45.55	200m:	3:00.94	47.43	300m:	4:36.90	47.78	400m:	6:08.06	44.67
<b>14 lat</b>												
1.	BOGIELCZYK	Natalia	09	KS NEPTUN widnica	<b>4:51.74</b>	498						
	50m:	33.80	33.80	150m:	1:47.37	36.95	250m:	3:01.04	36.85	350m:	4:15.34	37.16
	100m:	1:10.42	36.62	200m:	2:24.19	36.82	300m:	3:38.18	37.14	400m:	4:51.74	36.40
2.	PNIACZEK	Aleksandra	09	UKS KORAL Wrocław	<b>5:27.53</b>	352						
	50m:	33.08	33.08	150m:	1:53.24	41.22	250m:	3:20.08	43.76	350m:	4:46.74	43.24
	100m:	1:12.02	38.94	200m:	2:36.32	43.08	300m:	4:03.50	43.42	400m:	5:27.53	40.79
3.	WITAN	Barbara	09	Sport Active	<b>6:52.18</b>	176						
	50m:	41.62	41.62	150m:	2:22.95	52.57	250m:	4:10.80	54.24	350m:	5:58.96	53.93
	100m:	1:30.38	48.76	200m:	3:16.56	53.61	300m:	5:05.03	54.23	400m:	6:52.18	53.22



Zimowe Mistrzostwa DOZP w kat. 13 lat i starsi w pływaniu  
Nowa Ruda-Stupiec, 17-18.11.2023

Konkurencja 38, Kobiet, 400m dowolny

15 lat

1. WŁODARCZYK Maja	08	UKP Manta Jelcz-Laskowice	<b>4:48.48</b>	515
50m: 33.57 33.57	150m: 1:46.73	36.74 250m: 2:59.55 36.60	350m: 4:12.81	36.53
100m: 1:09.99 36.42	200m: 2:22.95	36.22 300m: 3:36.28 36.73	400m: 4:48.48	35.67

15 lat i starsi

1. WŁADYCZKA Amelia	07	WKS L SK Wrocław	<b>4:24.12</b>	671
50m: 30.29 30.29	150m: 1:36.97	33.59 250m: 2:45.09 33.93	350m: 3:51.93	32.72
100m: 1:03.38 33.09	200m: 2:11.16	34.19 300m: 3:19.21 34.12	400m: 4:24.12	32.19
2. JAROS Aleksandra	07	KS NEPTUN widnica	<b>4:43.15</b>	545
50m: 33.03 33.03	150m: 1:44.39	35.44 250m: 2:57.45 36.28	350m: 4:09.34	36.08
100m: 1:08.95 35.92	200m: 2:21.17	36.78 300m: 3:33.26 35.81	400m: 4:43.15	33.81
3. ZABRZESKA Kinga	07	MKS JUVENIA Wrocław	<b>4:43.28</b>	544
50m: 32.54 32.54	150m: 1:44.27	36.25 250m: 2:56.27 36.01	350m: 4:08.33	35.80
100m: 1:08.02 35.48	200m: 2:20.26	35.99 300m: 3:32.53 36.26	400m: 4:43.28	34.95
4. WŁODARCZYK Maja	08	UKP Manta Jelcz-Laskowice	<b>4:48.48</b>	515
50m: 33.57 33.57	150m: 1:46.73	36.74 250m: 2:59.55 36.60	350m: 4:12.81	36.53
100m: 1:09.99 36.42	200m: 2:22.95	36.22 300m: 3:36.28 36.73	400m: 4:48.48	35.67
5. OBROCKA Zuzanna	07	Sport Active	<b>6:21.52</b>	222
50m: 40.52 40.52	150m: 2:14.35	47.77 250m: 3:52.35 48.94	350m: 5:32.96	51.01
100m: 1:26.58 46.06	200m: 3:03.41	49.06 300m: 4:41.95 49.60	400m: 6:21.52	48.56

Open

1. WŁADYCZKA Amelia	07	WKS L SK Wrocław	<b>4:24.12</b>	671
50m: 30.29 30.29	150m: 1:36.97	33.59 250m: 2:45.09 33.93	350m: 3:51.93	32.72
100m: 1:03.38 33.09	200m: 2:11.16	34.19 300m: 3:19.21 34.12	400m: 4:24.12	32.19
2. JAROS Aleksandra	07	KS NEPTUN widnica	<b>4:43.15</b>	545
50m: 33.03 33.03	150m: 1:44.39	35.44 250m: 2:57.45 36.28	350m: 4:09.34	36.08
100m: 1:08.95 35.92	200m: 2:21.17	36.78 300m: 3:33.26 35.81	400m: 4:43.15	33.81
3. ZABRZESKA Kinga	07	MKS JUVENIA Wrocław	<b>4:43.28</b>	544
50m: 32.54 32.54	150m: 1:44.27	36.25 250m: 2:56.27 36.01	350m: 4:08.33	35.80
100m: 1:08.02 35.48	200m: 2:20.26	35.99 300m: 3:32.53 36.26	400m: 4:43.28	34.95
4. WŁODARCZYK Maja	08	UKP Manta Jelcz-Laskowice	<b>4:48.48</b>	515
50m: 33.57 33.57	150m: 1:46.73	36.74 250m: 2:59.55 36.60	350m: 4:12.81	36.53
100m: 1:09.99 36.42	200m: 2:22.95	36.22 300m: 3:36.28 36.73	400m: 4:48.48	35.67
5. BERDECHOWSKA Martyna	10	WKS L SK Wrocław	<b>4:49.63</b>	509
50m: 33.05 33.05	150m: 1:45.48	36.44 250m: 2:59.87 37.42	350m: 4:14.56	37.22
100m: 1:09.04 35.99	200m: 2:22.45	36.97 300m: 3:37.34 37.47	400m: 4:49.63	35.07
6. BOGIELCZYK Natalia	09	KS NEPTUN widnica	<b>4:51.74</b>	498
50m: 33.80 33.80	150m: 1:47.37	36.95 250m: 3:01.04 36.85	350m: 4:15.34	37.16
100m: 1:10.42 36.62	200m: 2:24.19	36.82 300m: 3:38.18 37.14	400m: 4:51.74	36.40
7. NOSAL Nela	10	WKS L SK Wrocław	<b>4:54.18</b>	486
50m: 33.02 33.02	150m: 1:48.15	37.80 250m: 3:05.33 39.44	350m: 4:19.61	37.00
100m: 1:10.35 37.33	200m: 2:25.89	37.74 300m: 3:42.61 37.28	400m: 4:54.18	34.57
8. PI TEK Nadia	10	WKS L SK Wrocław	<b>5:02.86</b>	445
50m: 32.57 32.57	150m: 1:47.97	38.60 250m: 3:06.85 39.55	350m: 4:26.05	39.32
100m: 1:09.37 36.80	200m: 2:27.30	39.33 300m: 3:46.73 39.88	400m: 5:02.86	36.81
9. HARTWIG Michalina	10	WKS L SK Wrocław	<b>5:02.97</b>	444
50m: 32.77 32.77	150m: 1:49.85	38.80 250m: 3:08.20 39.44	350m: 4:26.51	39.08
100m: 1:11.05 38.28	200m: 2:28.76	38.91 300m: 3:47.43 39.23	400m: 5:02.97	36.46
10. KOZI SKA Łucja	10	WKS L SK Wrocław	<b>5:13.64</b>	401
50m: 34.14 34.14	150m: 1:52.45	39.92 250m: 3:12.68 40.01	350m: 4:33.82	40.73
100m: 1:12.53 38.39	200m: 2:32.67	40.22 300m: 3:53.09 40.41	400m: 5:13.64	39.82

Zimowe Mistrzostwa DOZP w kat. 13 lat i starsi w pływaniu  
Nowa Ruda-Stupiec, 17-18.11.2023

Konkurencja 38, Kobiet, 400m dowolny, Open

Pozycja					Rok ur.					Czas	Pkt.	
11.	URAKOWSKA Zuzanna				10	KS NEPTUN widnica				<b>5:13.67</b>	400	
	50m:	35.75	35.75	150m:	1:52.95	38.86	250m:	3:12.49	39.63	350m:	4:33.73	40.38
	100m:	1:14.09	38.34	200m:	2:32.86	39.91	300m:	3:53.35	40.86	400m:	5:13.67	39.94
12.	KAMI SKA Małgorzata				10	UKS Kro nicka Przysta				<b>5:16.07</b>	391	
	50m:	35.86	35.86	150m:	1:53.52	39.02	250m:	3:14.60	40.97	350m:	4:36.60	40.78
	100m:	1:14.50	38.64	200m:	2:33.63	40.11	300m:	3:55.82	41.22	400m:	5:16.07	39.47
13.	KOZŁOWSKA Milena				10	Just Swim Beavers				<b>5:19.94</b>	377	
	50m:	35.96	35.96	150m:	1:54.90	40.03	250m:	3:16.63	41.10	350m:	4:39.89	41.58
	100m:	1:14.87	38.91	200m:	2:35.53	40.63	300m:	3:58.31	41.68	400m:	5:19.94	40.05
14.	PNIACZEK Aleksandra				09	UKS KORAL Wrocław				<b>5:27.53</b>	352	
	50m:	33.08	33.08	150m:	1:53.24	41.22	250m:	3:20.08	43.76	350m:	4:46.74	43.24
	100m:	1:12.02	38.94	200m:	2:36.32	43.08	300m:	4:03.50	43.42	400m:	5:27.53	40.79
15.	CZEREK Magdalena				10	WKS L SK Wrocław				<b>5:35.18</b>	328	
	50m:	37.47	37.47	150m:	2:02.31	43.21	250m:	3:29.12	43.27	350m:	4:55.44	42.43
	100m:	1:19.10	41.63	200m:	2:45.85	43.54	300m:	4:13.01	43.89	400m:	5:35.18	39.74
16.	GRZYBAŁA Aleksandra				10	WKS L SK Wrocław				<b>5:44.83</b>	301	
	50m:	39.50	39.50	150m:	2:08.01	44.52	250m:	3:36.13	42.85	350m:	4:58.82	38.47
	100m:	1:23.49	43.99	200m:	2:53.28	45.27	300m:	4:20.35	44.22	400m:	5:44.83	46.01
17.	ZAGDA SKA Jagoda				10	MKS JUVENIA Wrocław				<b>5:47.88</b>	293	
	50m:	39.61	39.61	150m:	2:08.10	44.29	250m:	3:38.04	44.73	350m:	5:06.71	44.38
	100m:	1:23.81	44.20	200m:	2:53.31	45.21	300m:	4:22.33	44.29	400m:	5:47.88	41.17
18.	ZI BA Nicola				10	Sport Active				<b>5:54.51</b>	277	
	50m:	39.19	39.19	150m:	2:07.96	44.56	250m:	3:38.39	45.16	350m:	5:10.15	45.93
	100m:	1:23.40	44.21	200m:	2:53.23	45.27	300m:	4:24.22	45.83	400m:	5:54.51	44.36
19.	ALKHATIB Maison				10	MKS JUVENIA Wrocław				<b>6:08.06</b>	248	
	50m:	40.40	40.40	150m:	2:13.51	47.56	250m:	3:49.12	48.18	350m:	5:23.39	46.49
	100m:	1:25.95	45.55	200m:	3:00.94	47.43	300m:	4:36.90	47.78	400m:	6:08.06	44.67
20.	OBROCKA Zuzanna				07	Sport Active				<b>6:21.52</b>	222	
	50m:	40.52	40.52	150m:	2:14.35	47.77	250m:	3:52.35	48.94	350m:	5:32.96	51.01
	100m:	1:26.58	46.06	200m:	3:03.41	49.06	300m:	4:41.95	49.60	400m:	6:21.52	48.56
21.	WITAN Barbara				09	Sport Active				<b>6:52.18</b>	176	
	50m:	41.62	41.62	150m:	2:22.95	52.57	250m:	4:10.80	54.24	350m:	5:58.96	53.93
	100m:	1:30.38	48.76	200m:	3:16.56	53.61	300m:	5:05.03	54.23	400m:	6:52.18	53.22