

Ogólnopolski Sprawdzian Wszechstronno ci Stylowej
Lublin, 16.9.2023

Konkurencja 17
16.09.2023 - 16:15

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Rekord LOZP Open	4:39.71	ZUKOWSKA Paula	03103	Bydgoszcz	01.12.2021
Rekord LOZP 19 +	4:39.71	ZUKOWSKA Paula	03103	Bydgoszcz	01.12.2021
Rekord LOZP 18	4:41.29	ADAMCZYK Julia	03103	Gorzow Wilkp	10.03.2017
Rekord LOZP 17	4:42.09	ADAMCZYK Julia	03103	Olsztyn	18.12.2016
Rekord LOZP 16	4:46.27	SIE CZYK Jowita	00903	Ostrowiec Sw	22.12.2013
Rekord LOZP 15	4:47.21	BERNAT Laura	03103	Lodz	11.12.2020
Rekord LOZP 14	4:53.86	SIE CZYK Jowita	00903	Poznan	18.12.2011

Punkty: FINA 2022

Pozycja Wiek Czas Pkt.

JUNIOR MŁODSZY

1. BRZOZOWSKA Julia	15	KU AZS UMCS Lublin	5:16.89	545
50m: 33.33 33.33	150m: 1:51.99 39.85	250m: 3:16.39 46.22	350m: 4:41.23 38.60	
100m: 1:12.14 38.81	200m: 2:30.17 38.18	300m: 4:02.63 46.24	400m: 5:16.89 35.66	
2. SZABAŁA Antonina	14	UKS SP5 Swim	5:20.03	529
50m: 32.58 32.58	150m: 1:52.09 40.95	250m: 3:17.82 45.77	350m: 4:43.49 38.37	
100m: 1:11.14 38.56	200m: 2:32.05 39.96	300m: 4:05.12 47.30	400m: 5:20.03 36.54	
3. MAZUREK Dagmara	14	KU AZS UMCS Lublin	5:28.20	491
50m: 34.83 34.83	150m: 1:57.28 42.31	250m: 3:26.90 49.18	350m: 4:53.37 37.15	
100m: 1:14.97 40.14	200m: 2:37.72 40.44	300m: 4:16.22 49.32	400m: 5:28.20 34.83	
4. GR CZAK Oliwia	15	UKS SP5 Swim	5:36.04	457
50m: 33.39 33.39	150m: 1:57.03 43.92	250m: 3:27.02 47.95	350m: 4:57.59 41.35	
100m: 1:13.11 39.72	200m: 2:39.07 42.04	300m: 4:16.24 49.22	400m: 5:36.04 38.45	
5. KAZANOWSKA Klaudia	15	KU AZS UMCS Lublin	5:39.50	443
50m: 35.08 35.08	150m: 2:00.03 43.44	250m: 3:33.66 51.44	350m: 5:04.53 38.70	
100m: 1:16.59 41.51	200m: 2:42.22 42.19	300m: 4:25.83 52.17	400m: 5:39.50 34.97	
6. BIELAK Kamila	15	UKS SP5 Swim	5:40.39	440
50m: 35.96 35.96	150m: 2:04.12 46.60	250m: 3:34.77 45.95	350m: 5:03.02 40.75	
100m: 1:17.52 41.56	200m: 2:48.82 44.70	300m: 4:22.27 47.50	400m: 5:40.39 37.37	
7. FR CZEK Łucja	15	UKP Bychawa	5:48.04	411
50m: 39.72 39.72	150m: 2:06.06 40.92	250m: 3:38.34 53.20	350m: 5:10.50 39.41	
100m: 1:25.14 45.42	200m: 2:45.14 39.08	300m: 4:31.09 52.75	400m: 5:48.04 37.54	
8. KLIM Oliwia	15	KU AZS UMCS Lublin	5:48.80	409
50m: 36.58 36.58	150m: 2:08.89 47.10	250m: 3:40.43 48.13	350m: 5:10.28 41.84	
100m: 1:21.79 45.21	200m: 2:52.30 43.41	300m: 4:28.44 48.01	400m: 5:48.80 38.52	
9. BATYRA Julia	15	UKS SP5 Swim	5:52.76	395
50m: 39.78 39.78	150m: 2:11.46 45.19	250m: 3:45.53 50.17	350m: 5:14.88 38.15	
100m: 1:26.27 46.49	200m: 2:55.36 43.90	300m: 4:36.73 51.20	400m: 5:52.76 37.88	
10. MUCHA Martyna	14	UKS „ORKA” Zamo	6:27.56	298
50m: 40.58 40.58	150m: 2:21.89 51.87	250m: 4:06.68 53.86	350m: 5:46.82 45.51	
100m: 1:30.02 49.44	200m: 3:12.82 50.93	300m: 5:01.31 54.63	400m: 6:27.56 40.74	

OPEN

1. KOWALSKA Klara	18	KU AZS UMCS Lublin	5:00.76	638
50m: 31.29 31.29	150m: 1:46.16 39.48	250m: 3:08.54 44.81	350m: 4:28.04 34.45	
100m: 1:06.68 35.39	200m: 2:23.73 37.57	300m: 3:53.59 45.05	400m: 5:00.76 32.72	
2. PRZYBYLSKA Oliwia	16	KU AZS UMCS Lublin	5:04.20	616
50m: 33.00 33.00	150m: 1:51.23 39.20	250m: 3:10.87 41.60	350m: 4:29.21 36.14	
100m: 1:12.03 39.03	200m: 2:29.27 38.04	300m: 3:53.07 42.20	400m: 5:04.20 34.99	
3. RYFKA Maja	17	UKP Fala Kra nik	5:06.24	604
50m: 31.38 31.38	150m: 1:47.22 39.68	250m: 3:10.63 45.12	350m: 4:32.31 36.44	
100m: 1:07.54 36.16	200m: 2:25.51 38.29	300m: 3:55.87 45.24	400m: 5:06.24 33.93	
4. WI NIEWSKA Aleksandra	19	KU AZS UMCS Lublin	5:14.09	560
50m: 33.23 33.23	150m: 1:52.42 40.16	250m: 3:16.86 46.29	350m: 4:38.90 35.94	
100m: 1:12.26 39.03	200m: 2:30.57 38.15	300m: 4:02.96 46.10	400m: 5:14.09 35.19	

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Konkurencja 17, Kobiet, 400m zmienny, OPEN

Pozycja			Wiek					Czas	Pkt.		
5.	GAWEŁKO Zuzanna		17	KU AZS UMCS Lublin				5:14.67	557		
	50m:	34.99 34.99	150m:	1:54.24	40.50	250m:	3:19.44	45.42	350m:	4:40.66	36.28
	100m:	1:13.74 38.75	200m:	2:34.02	39.78	300m:	4:04.38	44.94	400m:	5:14.67	34.01
6.	SIWKO Natalia		19	KU AZS UMCS Lublin				5:14.89	556		
	50m:	33.12 33.12	150m:	1:53.55	42.08	250m:	3:19.11	46.03	350m:	4:41.47	35.65
	100m:	1:11.47 38.35	200m:	2:33.08	39.53	300m:	4:05.82	46.71	400m:	5:14.89	33.42
7.	WIERNICKA Julia		16	KU AZS UMCS Lublin				5:15.49	552		
	50m:	34.73 34.73	150m:	1:55.99	40.69	250m:	3:20.56	45.57	350m:	4:42.43	35.82
	100m:	1:15.30 40.57	200m:	2:34.99	39.00	300m:	4:06.61	46.05	400m:	5:15.49	33.06
8.	BRZozowska Julia		15	KU AZS UMCS Lublin				5:16.89	545		
	50m:	33.33 33.33	150m:	1:51.99	39.85	250m:	3:16.39	46.22	350m:	4:41.23	38.60
	100m:	1:12.14 38.81	200m:	2:30.17	38.18	300m:	4:02.63	46.24	400m:	5:16.89	35.66
9.	POPPE Marta		16	KU AZS UMCS Lublin				5:18.78	535		
	50m:	33.86 33.86	150m:	1:55.92	42.15	250m:	3:21.96	46.00	350m:	4:44.06	36.06
	100m:	1:13.77 39.91	200m:	2:35.96	40.04	300m:	4:08.00	46.04	400m:	5:18.78	34.72
10.	SZABAŁA Antonina		14	UKS SP5 Swim				5:20.03	529		
	50m:	32.58 32.58	150m:	1:52.09	40.95	250m:	3:17.82	45.77	350m:	4:43.49	38.37
	100m:	1:11.14 38.56	200m:	2:32.05	39.96	300m:	4:05.12	47.30	400m:	5:20.03	36.54
11.	WO AKOWSKA Zofia		16	KU AZS UMCS Lublin				5:22.60	517		
	50m:	35.97 35.97	150m:	2:03.13	43.85	250m:	3:28.56	43.01	350m:	4:48.00	35.36
	100m:	1:19.28 43.31	200m:	2:45.55	42.42	300m:	4:12.64	44.08	400m:	5:22.60	34.60
12.	ZIELI SKA Maja		16	KU AZS UMCS Lublin				5:23.48	512		
	50m:	34.53 34.53	150m:	1:59.36	44.09	250m:	3:25.81	43.86	350m:	4:48.05	38.05
	100m:	1:15.27 40.74	200m:	2:41.95	42.59	300m:	4:10.00	44.19	400m:	5:23.48	35.43
13.	DANILEWICZ Julia		16	KS „OLIMPIA” Lublin				5:23.82	511		
	50m:	32.85 32.85	150m:	1:53.63	42.38	250m:	3:21.41	45.92	350m:	4:48.13	39.18
	100m:	1:11.25 38.40	200m:	2:35.49	41.86	300m:	4:08.95	47.54	400m:	5:23.82	35.69
14.	MAZUREK Dagmara		14	KU AZS UMCS Lublin				5:28.20	491		
	50m:	34.83 34.83	150m:	1:57.28	42.31	250m:	3:26.90	49.18	350m:	4:53.37	37.15
	100m:	1:14.97 40.14	200m:	2:37.72	40.44	300m:	4:16.22	49.32	400m:	5:28.20	34.83
15.	GR CZAK Oliwia		15	UKS SP5 Swim				5:36.04	457		
	50m:	33.39 33.39	150m:	1:57.03	43.92	250m:	3:27.02	47.95	350m:	4:57.59	41.35
	100m:	1:13.11 39.72	200m:	2:39.07	42.04	300m:	4:16.24	49.22	400m:	5:36.04	38.45
16.	KAZANOWSKA Klaudia		15	KU AZS UMCS Lublin				5:39.50	443		
	50m:	35.08 35.08	150m:	2:00.03	43.44	250m:	3:33.66	51.44	350m:	5:04.53	38.70
	100m:	1:16.59 41.51	200m:	2:42.22	42.19	300m:	4:25.83	52.17	400m:	5:39.50	34.97
17.	BIELAK Kamila		15	UKS SP5 Swim				5:40.39	440		
	50m:	35.96 35.96	150m:	2:04.12	46.60	250m:	3:34.77	45.95	350m:	5:03.02	40.75
	100m:	1:17.52 41.56	200m:	2:48.82	44.70	300m:	4:22.27	47.50	400m:	5:40.39	37.37
18.	BIERNACKA Lena		16	KU AZS UMCS Lublin				5:44.04	426		
	50m:	36.46 36.46	150m:	2:04.32	45.67	250m:	3:37.49	49.47	350m:	5:06.94	39.62
	100m:	1:18.65 42.19	200m:	2:48.02	43.70	300m:	4:27.32	49.83	400m:	5:44.04	37.10
19.	FR CZEK Łucja		15	UKP Bychawa				5:48.04	411		
	50m:	39.72 39.72	150m:	2:06.06	40.92	250m:	3:38.34	53.20	350m:	5:10.50	39.41
	100m:	1:25.14 45.42	200m:	2:45.14	39.08	300m:	4:31.09	52.75	400m:	5:48.04	37.54
20.	KLIM Oliwia		15	KU AZS UMCS Lublin				5:48.80	409		
	50m:	36.58 36.58	150m:	2:08.89	47.10	250m:	3:40.43	48.13	350m:	5:10.28	41.84
	100m:	1:21.79 45.21	200m:	2:52.30	43.41	300m:	4:28.44	48.01	400m:	5:48.80	38.52
21.	BATYRA Julia		15	UKS SP5 Swim				5:52.76	395		
	50m:	39.78 39.78	150m:	2:11.46	45.19	250m:	3:45.53	50.17	350m:	5:14.88	38.15
	100m:	1:26.27 46.49	200m:	2:55.36	43.90	300m:	4:36.73	51.20	400m:	5:52.76	37.88
22.	BRZYSZKO Paula		16	UKS SP5 Swim				6:22.61	309		
	50m:	39.07 39.07	150m:	2:21.29	55.80	250m:	4:07.03	52.68	350m:	5:42.55	42.97
	100m:	1:25.49 46.42	200m:	3:14.35	53.06	300m:	4:59.58	52.55	400m:	6:22.61	40.06

Konkurencja 17, Kobiet, 400m zmienny, OPEN

Pozycja				Wiek					Czas	Pkt.		
23.	MUCHA	Martyna		14	UKS „ORKA”	Zamo			6:27.56	298		
	50m:	40.58	40.58	150m:	2:21.89	51.87	250m:	4:06.68	53.86	350m:	5:46.82	45.51
	100m:	1:30.02	49.44	200m:	3:12.82	50.93	300m:	5:01.31	54.63	400m:	6:27.56	40.74
DYSKW.	ADAMOWSKA	Nadia		16	KU AZS UMCS	Lublin						
	<i>K1 - Pływak wykonał więcej ni jedno kopni cie delfinowe przed pierwszym kopni ciem do stylu klasycznego - 7.1, 7.5</i>											