



Mistrzostwa Warmińsko-Mazurskiego Okręgu Pływackiego 2021
Olsztyn, 20. - 21.11.2021

Konkurencja 11
2021.11.20 - 10:51

Kobiet, 400m dowolny

Open
Wyniki

Rekord Okręgu Open	4:07.59	Czerniak Monika	01113	Ostrowiec Sw	2014.12.19
Rekord Okręgu 19+	4:07.59	Czerniak Monika	01113	Ostrowiec Sw	2014.12.19
Rekord Okręgu 18	4:26.82	Chodyna Monika	00213	Szczecin	2010.12.03
Rekord Okręgu 17	4:25.44	Chodyna Monika	00213	Olsztyn	2009.12.12
Rekord Okręgu 16	4:20.70	Jaszczuk Ewa	00213	Lodz	2018.11.10
Rekord Okręgu 15	4:23.10	Jaszczuk Ewa	00213	Poznan	2017.11.25
Rekord Okręgu 14	4:28.26	Jaszczuk Ewa		Olsztyn	2016.12.03
Rekord Okręgu 13	4:42.75	Zgiet Karina	00813	Elk	2008.12.14
Rekord Okręgu 12	4:51.45	Maciesza Agata	00813	Elk	2008.12.14
Rekord Okręgu - 11	5:08.22	Łukasik Wiktoria	00713	Gizycko	2010.11.20

Punkty: FINA 2021

Pozycja	Rok ur.	Czas	Pkt.
11 lat i młodsi			
1. Nitschka Lena	10	UKS „Frog” Giżycko	6:21.09
50m: 41.96 41.96	150m: 2:18.81 48.85	250m: 3:57.34 49.73	350m: 5:34.81 48.81
100m: 1:29.96 48.00	200m: 3:07.61 48.80	300m: 4:46.00 48.66	400m: 6:21.09 46.28
2. Dziapka Lena	10	MTP Kormoran Olsztyn	6:23.47
50m: 42.41 42.41	150m: 2:19.24 49.83	250m: 3:58.07 49.89	350m: 5:37.98 49.88
100m: 1:29.41 47.00	200m: 3:08.18 48.94	300m: 4:48.10 50.03	400m: 6:23.47 45.49
12 lat			
1. Dzik Zoja	09	SWIMLAND Olsztyn	5:15.32
50m: 35.80 35.80	150m: 1:56.46 41.03	250m: 3:18.00 41.09	350m: 4:38.32 39.65
100m: 1:15.43 39.63	200m: 2:36.91 40.45	300m: 3:58.67 40.67	400m: 5:15.32 37.00
2. Stachewicz Magdalena	09	MTP Kormoran Olsztyn	5:24.43
50m: 35.89 35.89	150m: 1:56.66 40.97	250m: 3:18.81 41.18	350m: 4:41.77 41.62
100m: 1:15.69 39.80	200m: 2:37.63 40.97	300m: 4:00.15 41.34	400m: 5:24.43 42.66
3. Naszkiewicz Inga	09	MUKS Piorun Gołdap	5:42.53
50m: 36.95 36.95	150m: 2:03.54 43.81	250m: 3:31.95 43.87	350m: 4:59.50 43.20
100m: 1:19.73 42.78	200m: 2:48.08 44.54	300m: 4:16.30 44.35	400m: 5:42.53 43.03
4. Gritzner Milena	09	MKS Medyk Giżycko	5:51.02
50m: 37.53 37.53	150m: 2:06.98 45.10	250m: 3:37.34 44.39	350m: 5:07.47 45.84
100m: 1:21.88 44.35	200m: 2:52.95 45.97	300m: 4:21.63 44.29	400m: 5:51.02 43.55
5. Chrzanowska Amelia	09	MTP Kormoran Olsztyn	6:10.15
50m: 39.66 39.66	150m: 2:13.33 47.72	250m: 3:47.39 47.47	350m: 5:22.12 47.98
100m: 1:25.61 45.95	200m: 2:59.92 46.59	300m: 4:34.14 46.75	400m: 6:10.15 48.03
6. Zielińska Dominika	09	UKP Jedyńka Elbląg	6:11.37
50m: 41.04 41.04	150m: 2:14.94 48.03	250m: 3:50.82 48.35	350m: 5:27.92 47.87
100m: 1:26.91 45.87	200m: 3:02.47 47.53	300m: 4:40.05 49.23	400m: 6:11.37 43.45
13 lat			
1. Zalech Agata	08	MTP Kormoran Olsztyn	5:17.75
50m: 35.72 35.72	150m: 1:55.34 40.72	250m: 3:16.97 40.94	350m: 4:38.37 40.57
100m: 1:14.62 38.90	200m: 2:36.03 40.69	300m: 3:57.80 40.83	400m: 5:17.75 39.38
2. Walc Alicja	08	KS Płetwał Szczętyno	5:24.09
50m: 34.92 34.92	150m: 1:57.72 42.48	250m: 3:21.34 41.87	350m: 4:44.25 42.11
100m: 1:15.24 40.32	200m: 2:39.47 41.75	300m: 4:02.14 40.80	400m: 5:24.09 39.84



Mistrzostwa Warmińsko-Mazurskiego Okręgu Pływackiego 2021
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Konkurencja 11, Dziewcząt, 400m dowolny, 13 lat

Pozycja		Rok ur.					Czas	Pkt.
3.	Puchalska Roksana	08	MUKS Piorun Gołdap				5:51.42	
	50m: 36.47 36.47	150m: 2:03.46	44.45	250m: 3:34.49	45.11	350m: 5:06.58	46.18	
	100m: 1:19.01 42.54	200m: 2:49.38	45.92	300m: 4:20.40	45.91	400m: 5:51.42	44.84	
4.	Szostawicka Karolina	08	MTP Kormoran Olsztyn				6:07.01	
	50m: 40.65 40.65	150m: 2:12.85	46.95	250m: 3:48.13	47.25	350m: 5:21.84	46.66	
	100m: 1:25.90 45.25	200m: 3:00.88	48.03	300m: 4:35.18	47.05	400m: 6:07.01	45.17	
5.	Konopko Liliana	08	UKP Jedyńka Elbląg				6:17.47	
	50m: 39.43 39.43	150m: 2:13.56	48.39	250m: 3:52.70	49.92	350m: 5:31.12	48.73	
	100m: 1:25.17 45.74	200m: 3:02.78	49.22	300m: 4:42.39	49.69	400m: 6:17.47	46.35	

14 lat

1.	uchowska Antonina	07	SWIMLAND Olsztyn				4:58.65	
	50m: 32.76 32.76	150m: 1:47.27	37.93	250m: 3:03.97	38.57	350m: 4:21.18	38.65	
	100m: 1:09.34 36.58	200m: 2:25.40	38.13	300m: 3:42.53	38.56	400m: 4:58.65	37.47	
2.	Kraszewska Dominika	07	MTP Kormoran Olsztyn				5:09.27	
	50m: 34.05 34.05	150m: 1:51.19	39.32	250m: 3:10.76	39.86	350m: 4:31.40	40.48	
	100m: 1:11.87 37.82	200m: 2:30.90	39.71	300m: 3:50.92	40.16	400m: 5:09.27	37.87	
3.	Rojek Hanna	07	MTP Kormoran Olsztyn				5:32.96	
	50m: 37.33 37.33	150m: 1:59.96	41.99	250m: 3:26.11	42.71	350m: 4:51.59	42.54	
	100m: 1:17.97 40.64	200m: 2:43.40	43.44	300m: 4:09.05	42.94	400m: 5:32.96	41.37	
4.	Pazik Dominika	07	SWIMLAND Olsztyn				5:36.86	
	50m: 38.72 38.72	150m: 2:03.91	42.79	250m: 3:30.62	43.82	350m: 4:56.97	43.32	
	100m: 1:21.12 42.40	200m: 2:46.80	42.89	300m: 4:13.65	43.03	400m: 5:36.86	39.89	
5.	Juchniewicz Maja	07	MKS Medyk Giżycko				5:44.79	
	50m: 37.59 37.59	150m: 2:03.48	43.95	250m: 3:32.65	44.59	350m: 5:02.29	44.53	
	100m: 1:19.53 41.94	200m: 2:48.06	44.58	300m: 4:17.76	45.11	400m: 5:44.79	42.50	

15 lat i starsi

1.	Ważewska Martyna	04	UKP Jedyńka Elbląg				4:42.58	
	50m: 31.09 31.09	150m: 1:41.70	35.44	250m: 2:54.15	36.33	350m: 4:07.01	36.27	
	100m: 1:06.26 35.17	200m: 2:17.82	36.12	300m: 3:30.74	36.59	400m: 4:42.58	35.57	
2.	Bałdyga Kamila	06	MTP Kormoran Olsztyn				4:43.54	
	50m: 31.59 31.59	150m: 1:42.11	35.63	250m: 2:54.31	36.11	350m: 4:07.50	36.87	
	100m: 1:06.48 34.89	200m: 2:18.20	36.09	300m: 3:30.63	36.32	400m: 4:43.54	36.04	
3.	Szczudło Alicja	06	SWIMLAND Olsztyn				4:59.21	
	50m: 33.09 33.09	150m: 1:47.37	37.66	250m: 3:04.47	38.53	350m: 4:22.83	39.41	
	100m: 1:09.71 36.62	200m: 2:25.94	38.57	300m: 3:43.42	38.95	400m: 4:59.21	36.38	
4.	Kwiatkowska Agata	04	UKP Jedyńka Elbląg				5:42.80	
	50m: 37.32 37.32	150m: 2:01.19	42.69	250m: 3:29.33	44.35	350m: 4:59.30	45.41	
	100m: 1:18.50 41.18	200m: 2:44.98	43.79	300m: 4:13.89	44.56	400m: 5:42.80	43.50	



Mistrzostwa Warmińsko-Mazurskiego Okręgu Pływackiego 2021
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Konkurencja 11, Kobiet, 400m dowolny

Open

1.	Wańewska Martyna	04	UKP Jedyńka Elbląg	4:42.58	
	50m: 31.09 31.09	150m: 1:41.70 35.44	250m: 2:54.15 36.33	350m: 4:07.01 36.27	
	100m: 1:06.26 35.17	200m: 2:17.82 36.12	300m: 3:30.74 36.59	400m: 4:42.58 35.57	
2.	Bałdyga Kamila	06	MTP Kormoran Olsztyn	4:43.54	
	50m: 31.59 31.59	150m: 1:42.11 35.63	250m: 2:54.31 36.11	350m: 4:07.50 36.87	
	100m: 1:06.48 34.89	200m: 2:18.20 36.09	300m: 3:30.63 36.32	400m: 4:43.54 36.04	
3.	uchowska Antonina	07	SWIMLAND Olsztyn	4:58.65	
	50m: 32.76 32.76	150m: 1:47.27 37.93	250m: 3:03.97 38.57	350m: 4:21.18 38.65	
	100m: 1:09.34 36.58	200m: 2:25.40 38.13	300m: 3:42.53 38.56	400m: 4:58.65 37.47	
4.	Szczudło Alicja	06	SWIMLAND Olsztyn	4:59.21	
	50m: 33.09 33.09	150m: 1:47.37 37.66	250m: 3:04.47 38.53	350m: 4:22.83 39.41	
	100m: 1:09.71 36.62	200m: 2:25.94 38.57	300m: 3:43.42 38.95	400m: 4:59.21 36.38	
5.	Borowska Wiktoria	08	UKS Piłka Konstantynów Łódzki	5:02.60	
	50m: 33.97 33.97	150m: 1:50.26 38.64	250m: 3:09.01 39.50	350m: 5:02.60 35.98	
	100m: 1:11.62 37.65	200m: 2:29.51 39.25	300m: 4:26.62 1:17.61	400m: 5:02.60	
6.	Kraszewska Dominika	07	MTP Kormoran Olsztyn	5:09.27	
	50m: 34.05 34.05	150m: 1:51.19 39.32	250m: 3:10.76 39.86	350m: 4:31.40 40.48	
	100m: 1:11.87 37.82	200m: 2:30.90 39.71	300m: 3:50.92 40.16	400m: 5:09.27 37.87	
7.	Dzik Zoja	09	SWIMLAND Olsztyn	5:15.32	
	50m: 35.80 35.80	150m: 1:56.46 41.03	250m: 3:18.00 41.09	350m: 4:38.32 39.65	
	100m: 1:15.43 39.63	200m: 2:36.91 40.45	300m: 3:58.67 40.67	400m: 5:15.32 37.00	
8.	Zalech Agata	08	MTP Kormoran Olsztyn	5:17.75	
	50m: 35.72 35.72	150m: 1:55.34 40.72	250m: 3:16.97 40.94	350m: 4:38.37 40.57	
	100m: 1:14.62 38.90	200m: 2:36.03 40.69	300m: 3:57.80 40.83	400m: 5:17.75 39.38	
9.	Walc Alicja	08	KS Płetwal Szczytno	5:24.09	
	50m: 34.92 34.92	150m: 1:57.72 42.48	250m: 3:21.34 41.87	350m: 4:44.25 42.11	
	100m: 1:15.24 40.32	200m: 2:39.47 41.75	300m: 4:02.14 40.80	400m: 5:24.09 39.84	
10.	Stachewicz Magdalena	09	MTP Kormoran Olsztyn	5:24.43	
	50m: 35.89 35.89	150m: 1:56.66 40.97	250m: 3:18.81 41.18	350m: 4:41.77 41.62	
	100m: 1:15.69 39.80	200m: 2:37.63 40.97	300m: 4:00.15 41.34	400m: 5:24.43 42.66	
11.	Rojek Hanna	07	MTP Kormoran Olsztyn	5:32.96	
	50m: 37.33 37.33	150m: 1:59.96 41.99	250m: 3:26.11 42.71	350m: 4:51.59 42.54	
	100m: 1:17.97 40.64	200m: 2:43.40 43.44	300m: 4:09.05 42.94	400m: 5:32.96 41.37	
12.	Pazik Dominika	07	SWIMLAND Olsztyn	5:36.86	
	50m: 38.72 38.72	150m: 2:03.91 42.79	250m: 3:30.62 43.82	350m: 4:56.97 43.32	
	100m: 1:21.12 42.40	200m: 2:46.80 42.89	300m: 4:13.65 43.03	400m: 5:36.86 39.89	
13.	Ciszyk Hanna	08	UKS Piłka Konstantynów Łódzki	5:38.81	
	50m: 38.11 38.11	150m: 2:02.66 42.52	250m: 3:29.87 44.21	350m: 4:57.04 43.20	
	100m: 1:20.14 42.03	200m: 2:45.66 43.00	300m: 4:13.84 43.97	400m: 5:38.81 41.77	
14.	Naszkiewicz Inga	09	MUKS Piorun Gołdap	5:42.53	
	50m: 36.95 36.95	150m: 2:03.54 43.81	250m: 3:31.95 43.87	350m: 4:59.50 43.20	
	100m: 1:19.73 42.78	200m: 2:48.08 44.54	300m: 4:16.30 44.35	400m: 5:42.53 43.03	
15.	Kwiatkowska Agata	04	UKP Jedyńka Elbląg	5:42.80	
	50m: 37.32 37.32	150m: 2:01.19 42.69	250m: 3:29.33 44.35	350m: 4:59.30 45.41	
	100m: 1:18.50 41.18	200m: 2:44.98 43.79	300m: 4:13.89 44.56	400m: 5:42.80 43.50	
16.	Juchniewicz Maja	07	MKS Medyk Giżycko	5:44.79	
	50m: 37.59 37.59	150m: 2:03.48 43.95	250m: 3:32.65 44.59	350m: 5:02.29 44.53	
	100m: 1:19.53 41.94	200m: 2:48.06 44.58	300m: 4:17.76 45.11	400m: 5:44.79 42.50	



Mistrzostwa Warmińsko-Mazurskiego Okręgu Pływackiego 2021
Olsztyn, 20. - 21.11.2021

Konkurencja 11, Kobiety, 400m dowolny, Open

Pozycja			Rok ur.					Czas	Pkt.
17.	Gritzner Milena		09	MKS Medyk Gi	ycko			5:51.02	
	50m: 37.53	37.53	150m: 2:06.98	45.10	250m: 3:37.34	44.39	350m: 5:07.47	45.84	
	100m: 1:21.88	44.35	200m: 2:52.95	45.97	300m: 4:21.63	44.29	400m: 5:51.02	43.55	
18.	Puchalska Roksana		08	MUKS Piorun Gołdap				5:51.42	
	50m: 36.47	36.47	150m: 2:03.46	44.45	250m: 3:34.49	45.11	350m: 5:06.58	46.18	
	100m: 1:19.01	42.54	200m: 2:49.38	45.92	300m: 4:20.40	45.91	400m: 5:51.42	44.84	
19.	Szostawicka Karolina		08	MTP Kormoran Olsztyn				6:07.01	
	50m: 40.65	40.65	150m: 2:12.85	46.95	250m: 3:48.13	47.25	350m: 5:21.84	46.66	
	100m: 1:25.90	45.25	200m: 3:00.88	48.03	300m: 4:35.18	47.05	400m: 6:07.01	45.17	
20.	Chrzanowska Amelia		09	MTP Kormoran Olsztyn				6:10.15	
	50m: 39.66	39.66	150m: 2:13.33	47.72	250m: 3:47.39	47.47	350m: 5:22.12	47.98	
	100m: 1:25.61	45.95	200m: 2:59.92	46.59	300m: 4:34.14	46.75	400m: 6:10.15	48.03	
21.	Zielińska Dominika		09	UKP Jedyńka Elbląg				6:11.37	
	50m: 41.04	41.04	150m: 2:14.94	48.03	250m: 3:50.82	48.35	350m: 5:27.92	47.87	
	100m: 1:26.91	45.87	200m: 3:02.47	47.53	300m: 4:40.05	49.23	400m: 6:11.37	43.45	
22.	Konopko Liliana		08	UKP Jedyńka Elbląg				6:17.47	
	50m: 39.43	39.43	150m: 2:13.56	48.39	250m: 3:52.70	49.92	350m: 5:31.12	48.73	
	100m: 1:25.17	45.74	200m: 3:02.78	49.22	300m: 4:42.39	49.69	400m: 6:17.47	46.35	
23.	Nitschka Lena		10	UKS „Frog” Gi	ycko			6:21.09	
	50m: 41.96	41.96	150m: 2:18.81	48.85	250m: 3:57.34	49.73	350m: 5:34.81	48.81	
	100m: 1:29.96	48.00	200m: 3:07.61	48.80	300m: 4:46.00	48.66	400m: 6:21.09	46.28	
24.	Dziapka Lena		10	MTP Kormoran Olsztyn				6:23.47	
	50m: 42.41	42.41	150m: 2:19.24	49.83	250m: 3:58.07	49.89	350m: 5:37.98	49.88	
	100m: 1:29.41	47.00	200m: 3:08.18	48.94	300m: 4:48.10	50.03	400m: 6:23.47	45.49	