



Gdański  
Ośrodek Sportu



Liga Województwa Pomorskiego Juniorów i Młodzie ovców  
Gda sk, 17.2. - 26.5.2023

Konkurencja 34  
26.05.2023 - 11:42

Kobiet, 400m dowolny

14 - 23 lat  
Wyniki

Punkty: FINA 2022

Pozycja	Rok ur.	Czas	FINA	Pkt
<b>14 lat</b>				
1. Gna Nadia	09 TRI-Team Rumia	<b>4:47.03</b>	541	15,00
50m: 33.84 33.84	150m: 1:46.68 36.61	250m: 2:59.40 36.28	350m: 4:11.97 36.21	
100m: 1:10.07 36.23	200m: 2:23.12 36.44	300m: 3:35.76 36.36	400m: 4:47.03 35.06	
2. Czarnecka Oliwia	09 TRI-Team Rumia	<b>4:59.72</b>	475	12,00
50m: 34.31 34.31	150m: 1:50.53 38.86	250m: 3:07.10 38.42	350m: 4:23.93 38.26	
100m: 1:11.67 37.36	200m: 2:28.68 38.15	300m: 3:45.67 38.57	400m: 4:59.72 35.79	
3. Kochanik Izabela	09 TRI-Team Rumia	<b>5:00.09</b>	473	11,00
50m: 34.14 34.14	150m: 1:48.51 37.44	250m: 3:05.00 38.25	350m: 4:22.07 38.31	
100m: 1:11.07 36.93	200m: 2:26.75 38.24	300m: 3:43.76 38.76	400m: 5:00.09 38.02	
4. Sadłowska Maja	09 Dwójka Morena Gda sk	<b>5:03.53</b>	457	10,00
50m: 34.93 34.93	150m: 1:50.51 38.13	250m: 3:07.54 38.76	350m: 4:25.79 39.10	
100m: 1:12.38 37.45	200m: 2:28.78 38.27	300m: 3:46.69 39.15	400m: 5:03.53 37.74	
5. mudzi ska Milena	09 Barrakuda Gda sk	<b>5:14.28</b>	412	9,00
50m: 33.89 33.89	150m: 1:53.62 40.78	250m: 3:15.72 41.03	350m: 4:36.20 40.38	
100m: 1:12.84 38.95	200m: 2:34.69 41.07	300m: 3:55.82 40.10	400m: 5:14.28 38.08	
6. Luhovska Daria	09 1 Solex L bork	<b>5:27.24</b>	365	8,00
50m: 36.61 36.61	150m: 1:58.60 41.81	250m: 3:22.42 41.89	350m: 4:46.24 41.36	
100m: 1:16.79 40.18	200m: 2:40.53 41.93	300m: 4:04.88 42.46	400m: 5:27.24 41.00	
7. Tatkowska Oliwia	09 Dwójka Morena Gda sk	<b>5:31.55</b>	351	7,00
50m: 38.28 38.28	150m: 2:01.26 41.81	250m: 3:25.88 42.42	350m: 4:50.69 42.37	
100m: 1:19.45 41.17	200m: 2:43.46 42.20	300m: 4:08.32 42.44	400m: 5:31.55 40.86	
<b>15 lat</b>				
1. Chabowska Gabriela	08 abianka Gda sk	<b>4:35.68</b>	610	15,00
50m: 32.01 32.01	150m: 1:41.20 34.72	250m: 2:51.54 35.28	350m: 4:01.78 35.17	
100m: 1:06.48 34.47	200m: 2:16.26 35.06	300m: 3:26.61 35.07	400m: 4:35.68 33.90	
2. Grzech Maja	08 abianka Gda sk	<b>4:43.39</b>	562	12,00
50m: 32.43 32.43	150m: 1:44.06 36.19	250m: 2:56.28 36.12	350m: 4:08.56 36.24	
100m: 1:07.87 35.44	200m: 2:20.16 36.10	300m: 3:32.32 36.04	400m: 4:43.39 34.83	
3. Zieli ska Małgorzata	08 abianka Gda sk	<b>4:44.35</b>	556	11,00
50m: 33.27 33.27	150m: 1:44.29 35.89	250m: 2:56.35 36.47	350m: 4:09.11 36.65	
100m: 1:08.40 35.13	200m: 2:19.88 35.59	300m: 3:32.46 36.11	400m: 4:44.35 35.24	
4. Olender Lena	08 Delfin Gdynia	<b>4:56.52</b>	490	10,00
50m: 33.87 33.87	150m: 1:48.79 37.52	250m: 3:06.15 38.55	350m: 4:20.50 37.17	
100m: 1:11.27 37.40	200m: 2:27.60 38.81	300m: 3:43.33 37.18	400m: 4:56.52 36.02	
5. O ka Nina	08 Delfin Gdynia	<b>4:57.82</b>	484	9,00
50m: 32.58 32.58	150m: 1:45.01 37.29	250m: 3:01.74 38.91	350m: 4:19.83 39.15	
100m: 1:07.72 35.14	200m: 2:22.83 37.82	300m: 3:40.68 38.94	400m: 4:57.82 37.99	
6. Kowalska Lena	08 abianka Gda sk	<b>5:01.54</b>	466	8,00
50m: 34.12 34.12	150m: 1:51.17 38.96	250m: 3:09.26 38.95	350m: 4:25.23 38.01	
100m: 1:12.21 38.09	200m: 2:30.31 39.14	300m: 3:47.22 37.96	400m: 5:01.54 36.31	



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Konkurencja 34, Dziewcz t, 400m dowolny, 15 lat

Pozycja	Rok ur.	Czas	FINA	Pkt
7. Belzyt Maja	08 abianka Gda sk	<b>5:03.41</b>	458	7,00
50m: 35.76 35.76	150m: 1:53.16 38.83	250m: 3:10.99 38.80	350m: 4:27.19 37.75	
100m: 1:14.33 38.57	200m: 2:32.19 39.03	300m: 3:49.44 38.45	400m: 5:03.41 36.22	
8. Kunkel Celina	08 Dwójka Morena Gda sk	<b>5:29.92</b>	356	6,00
50m: 38.52 38.52	150m: 2:01.92 42.37	250m: 3:25.68 42.11	350m: 4:49.64 41.61	
100m: 1:19.55 41.03	200m: 2:43.57 41.65	300m: 4:08.03 42.35	400m: 5:29.92 40.28	

16 lat

1. Ntребko Maria	07 Delfin Gdynia	<b>4:36.26</b>	607	15,00
50m: 31.86 31.86	150m: 1:42.16 35.56	250m: 2:52.82 34.97	350m: 4:02.76 34.87	
100m: 1:06.60 34.74	200m: 2:17.85 35.69	300m: 3:27.89 35.07	400m: 4:36.26 33.50	

17 - 18 lat

1. Rudomina Agnieszka	06 MKP Gda sk	<b>4:28.81</b>	658	15,00
50m: 30.94 30.94	150m: 1:38.31 34.09	250m: 2:47.14 34.34	350m: 3:56.00 34.04	
100m: 1:04.22 33.28	200m: 2:12.80 34.49	300m: 3:21.96 34.82	400m: 4:28.81 32.81	
2. Szachmytowska Lena	06 abianka Gda sk	<b>4:44.62</b>	555	12,00
50m: 32.75 32.75	150m: 1:43.91 35.94	250m: 2:56.76 36.49	350m: 4:09.52 36.12	
100m: 1:07.97 35.22	200m: 2:20.27 36.36	300m: 3:33.40 36.64	400m: 4:44.62 35.10	
3. Olko Zuzanna	06 Delfin Gdynia	<b>4:45.71</b>	548	11,00
50m: 32.07 32.07	150m: 1:44.04 36.46	250m: 2:57.84 37.02	350m: 4:11.04 36.37	
100m: 1:07.58 35.51	200m: 2:20.82 36.78	300m: 3:34.67 36.83	400m: 4:45.71 34.67	
4. Eron Marta	06 MKP Gda sk	<b>5:05.25</b>	450	10,00
50m: 35.46 35.46	150m: 1:52.82 38.70	250m: 3:10.18 38.41	350m: 4:27.33 38.94	
100m: 1:14.12 38.66	200m: 2:31.77 38.95	300m: 3:48.39 38.21	400m: 5:05.25 37.92	

19 - 23 lat

1. Krauze Alicja	01 AZS AWFIS Gda sk	<b>4:48.09</b>	535	15,00
50m: 31.40 31.40	150m: 1:42.41 36.04	250m: 2:56.72 37.67	350m: 4:12.27 37.79	
100m: 1:06.37 34.97	200m: 2:19.05 36.64	300m: 3:34.48 37.76	400m: 4:48.09 35.82	

