



Liga Województwa Pomorskiego Juniorów i Młodzie ovców  
Gda sk, 23.2. - 19.5.2024

Konkurencja 34  
19.05.2024 - 11:29

Kobiet, 400m dowolny

14 - 23 lat  
Wyniki

Punkty: FINA 2023

Pozycja	Rok ur.	Czas	FINA	Pkt
<b>14 lat</b>				
1. Głomska Maja	10 Dwójka Tczew	<b>4:49.46</b>	510	15,00
50m: 35.03 35.03	150m: 1:49.82 37.48	250m: 3:04.85 37.38	350m: 4:17.03 35.24	
100m: 1:12.34 37.31	200m: 2:27.47 37.65	300m: 3:41.79 36.94	400m: 4:49.46 32.43	
2. Gruda Zofia	10 abianka Gda sk	<b>4:49.66</b>	509	12,00
50m: 32.57 32.57	150m: 1:45.13 36.77	250m: 3:00.49 37.63	350m: 4:15.37 37.38	
100m: 1:08.36 35.79	200m: 2:22.86 37.73	300m: 3:37.99 37.50	400m: 4:49.66 34.29	
3. Krawczyk Aleksandra	10 Dwójka Morena Gda sk	<b>4:51.70</b>	498	11,00
50m: 32.95 32.95	150m: 1:46.55 37.36	250m: 3:00.72 36.65	350m: 4:15.59 37.56	
100m: 1:09.19 36.24	200m: 2:24.07 37.52	300m: 3:38.03 37.31	400m: 4:51.70 36.11	
4. Pawełek Emilia	10 Dwójka Tczew	<b>5:02.11</b>	448	10,00
50m: 34.54 34.54	150m: 1:51.86 38.84	250m: 3:09.41 38.87	350m: 4:26.26 38.72	
100m: 1:13.02 38.48	200m: 2:30.54 38.68	300m: 3:47.54 38.13	400m: 5:02.11 35.85	
5. Giers Anna	10 MKP Gda sk	<b>5:04.11</b>	439	9,00
50m: 35.41 35.41	150m: 1:53.91 39.89	250m: 3:13.29 39.41	350m: 4:28.84 37.64	
100m: 1:14.02 38.61	200m: 2:33.88 39.97	300m: 3:51.20 37.91	400m: 5:04.11 35.27	
6. Kilikowska Julia	10 Dwójka Morena Gda sk	<b>5:09.48</b>	417	8,00
50m: 35.42 35.42	150m: 1:53.60 39.42	250m: 3:12.75 39.47	350m: 4:32.39 39.65	
100m: 1:14.18 38.76	200m: 2:33.28 39.68	300m: 3:52.74 39.99	400m: 5:09.48 37.09	
7. Krzy anowska Julia	10 abianka Gda sk	<b>5:14.60</b>	397	7,00
50m: 34.20 34.20	150m: 1:53.32 40.22	250m: 3:14.68 40.44	350m: 4:36.27 40.40	
100m: 1:13.10 38.90	200m: 2:34.24 40.92	300m: 3:55.87 41.19	400m: 5:14.60 38.33	
8. Klecha Magdalena	10 Ósemka Starogard Gd	<b>5:20.44</b>	376	6,00
50m: 37.05 37.05	150m: 1:58.66 40.78	250m: 3:21.47 41.74	350m: 4:42.77 40.34	
100m: 1:17.88 40.83	200m: 2:39.73 41.07	300m: 4:02.43 40.96	400m: 5:20.44 37.67	
9. Tyburska Martyna	10 Siódemka Sopot	<b>5:22.14</b>	370	5,00
50m: 36.93 36.93	150m: 1:56.98 40.56	250m: 3:18.87 41.09	350m: 4:42.10 41.69	
100m: 1:16.42 39.49	200m: 2:37.78 40.80	300m: 4:00.41 41.54	400m: 5:22.14 40.04	
<b>15 lat</b>				
1. Gna Nadia	09 TRI-Team Rumia	<b>4:40.74</b>	559	15,00
50m: 32.99 32.99	150m: 1:44.04 35.67	250m: 2:55.11 35.48	350m: 4:06.77 35.66	
100m: 1:08.37 35.38	200m: 2:19.63 35.59	300m: 3:31.11 36.00	400m: 4:40.74 33.97	
2. Jankowska Łucja	09 Barrakuda Gda sk	<b>5:12.64</b>	404	12,00
50m: 36.28 36.28	150m: 1:55.37 39.94	250m: 3:16.22 40.34	350m: 4:34.90 38.47	
100m: 1:15.43 39.15	200m: 2:35.88 40.51	300m: 3:56.43 40.21	400m: 5:12.64 37.74	
3. Czarnecka Oliwia	09 Delfin Gdynia	<b>5:14.35</b>	398	11,00
50m: 34.76 34.76	150m: 1:54.68 40.08	250m: 3:15.19 40.12	350m: 4:35.67 40.38	
100m: 1:14.60 39.84	200m: 2:35.07 40.39	300m: 3:55.29 40.10	400m: 5:14.35 38.68	
4. Szramke Michalina	09 Dwójka Tczew	<b>5:21.17</b>	373	10,00
50m: 35.89 35.89	150m: 1:57.74 41.39	250m: 3:20.47 41.13	350m: 4:42.71 40.92	
100m: 1:16.35 40.46	200m: 2:39.34 41.60	300m: 4:01.79 41.32	400m: 5:21.17 38.46	





Liga Województwa Pomorskiego Juniorów i Młodzie ovców  
Gda sk, 23.2. - 19.5.2024

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

Pozycja		Rok ur.						Czas	FINA	Pkt		
5.	Sosnowska Urszula	09	Delfin Gdynia					<b>5:30.94</b>	341	9,00		
	50m:	38.60	38.60	150m:	2:01.86	41.81	250m:	3:26.06	41.93	350m:	4:50.34	42.19
	100m:	1:20.05	41.45	200m:	2:44.13	42.27	300m:	4:08.15	42.09	400m:	5:30.94	40.60

16 lat

1.	Zieliska Małgorzata	08	abianka Gda sk					<b>4:34.30</b>	599	15,00		
	50m:	31.87	31.87	150m:	1:40.20	34.31	250m:	2:49.42	34.74	350m:	3:59.44	35.17
	100m:	1:05.89	34.02	200m:	2:14.68	34.48	300m:	3:24.27	34.85	400m:	4:34.30	34.86
2.	Grzech Maja	08	abianka Gda sk					<b>4:34.84</b>	596	12,00		
	50m:	31.78	31.78	150m:	1:40.66	34.98	250m:	2:50.21	35.01	350m:	4:01.61	36.02
	100m:	1:05.68	33.90	200m:	2:15.20	34.54	300m:	3:25.59	35.38	400m:	4:34.84	33.23
3.	Majewska Martyna	08	abianka Gda sk					<b>4:41.96</b>	552	11,00		
	50m:	30.84	30.84	150m:	1:42.58	36.37	250m:	2:55.70	36.79	350m:	4:08.92	36.41
	100m:	1:06.21	35.37	200m:	2:18.91	36.33	300m:	3:32.51	36.81	400m:	4:41.96	33.04
4.	Belzyt Maja	08	abianka Gda sk					<b>5:00.31</b>	456	10,00		
	50m:	33.57	33.57	150m:	1:49.21	38.20	250m:	3:06.49	38.37	350m:	4:23.33	38.27
	100m:	1:11.01	37.44	200m:	2:28.12	38.91	300m:	3:45.06	38.57	400m:	5:00.31	36.98
5.	Kowalska Lena	08	Delfin Gdynia					<b>5:14.74</b>	396	9,00		
	50m:	35.15	35.15	150m:	1:52.87	39.49	250m:	3:14.77	41.04	350m:	4:36.10	40.91
	100m:	1:13.38	38.23	200m:	2:33.73	40.86	300m:	3:55.19	40.42	400m:	5:14.74	38.64

17 - 18 lat

1.	Rudomina Agnieszka	06	MKP Gda sk					<b>4:30.88</b>	622	15,00		
	50m:	31.09	31.09	150m:	1:39.06	34.48	250m:	2:48.39	34.52	350m:	3:57.43	34.49
	100m:	1:04.58	33.49	200m:	2:13.87	34.81	300m:	3:22.94	34.55	400m:	4:30.88	33.45

19 - 23 lat

1.	Siennicka Kornelia	05	MKP Gda sk					<b>5:24.59</b>	361	15,00		
	50m:	35.36	35.36	150m:	1:55.00	40.11	250m:	3:17.89	42.06	350m:	4:43.21	42.80
	100m:	1:14.89	39.53	200m:	2:35.83	40.83	300m:	4:00.41	42.52	400m:	5:24.59	41.38

