

Zimowe Mistrzostwa Okręgu Łódzkiego
 Łódź, 22- - 23-2-2020

Konkurencja 33
 2020-02-23 - 11:30

Kobiet, 400m dowolny

Open
 Wyniki

Punkty: FINA 2019

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
14 lat							
1.	GOMUŁKA Weronika 06	UKS 190 Łódź	4:42.31 587	1:07.71	1:10.92	1:12.46	1:11.22
	50m: 32.45 32.45	150m: 1:42.94 35.23	250m: 2:54.75	36.12	350m: 4:07.44 36.35		
	100m: 1:07.71 35.26	200m: 2:18.63 35.69	300m: 3:31.09	36.34	400m: 4:42.31 34.87		
2.	OSTROWSKA Nina 06	UKS SP-149 Łódź	4:52.84 526	1:08.86	1:15.89	1:14.95	1:13.14
	50m: 32.55 32.55	150m: 1:47.32 38.46	250m: 3:03.77	39.02	350m: 4:16.27 36.57		
	100m: 1:08.86 36.31	200m: 2:24.75 37.43	300m: 3:39.70	35.93	400m: 4:52.84 36.57		
3.	PIEKARSKA Natalia 06	SKS 137 Delfin Łódź	4:55.03 514	1:11.11	1:15.34	1:16.61	1:11.97
	50m: 33.18 33.18	150m: 1:48.73 37.62	250m: 3:04.68	38.23	350m: 4:20.07 37.01		
	100m: 1:11.11 37.93	200m: 2:26.45 37.72	300m: 3:43.06	38.38	400m: 4:55.03 34.96		
4.	LIPOWSKA Nadia 06	UKS Nawa Skierniewice	5:01.33 483	1:11.43	1:17.21	1:18.23	1:14.46
	50m: 34.30 34.30	150m: 1:49.80 38.37	250m: 3:07.50	38.86	350m: 4:25.89 39.02		
	100m: 1:11.43 37.13	200m: 2:28.64 38.84	300m: 3:46.87	39.37	400m: 5:01.33 35.44		
5.	OLCZAK Liwia 06	UKS 190 Łódź	5:10.26 442	1:12.88	1:18.79	1:19.96	1:18.63
	50m: 34.71 34.71	150m: 1:52.13 39.25	250m: 3:11.27	39.60	350m: 4:32.01 40.38		
	100m: 1:12.88 38.17	200m: 2:31.67 39.54	300m: 3:51.63	40.36	400m: 5:10.26 38.25		
6.	JASI SKA Michalina 06	Tomaszowskie SP OLIMPIJ	5:13.79 427	1:16.29	1:22.03	1:20.01	1:15.46
	50m: 35.52 35.52	150m: 1:57.02 40.73	250m: 3:18.53	40.21	350m: 4:36.99 38.66		
	100m: 1:16.29 40.77	200m: 2:38.32 41.30	300m: 3:58.33	39.80	400m: 5:13.79 36.80		
15 lat							
1.	MARCINKOWSKA Maja 05	MKS Jedynka Łódź	4:47.10 558	1:08.90	1:13.19	1:13.40	1:11.61
	50m: 33.48 33.48	150m: 1:45.36 36.46	250m: 2:58.87	36.78	350m: 4:11.94 36.45		
	100m: 1:08.90 35.42	200m: 2:22.09 36.73	300m: 3:35.49	36.62	400m: 4:47.10 35.16		
2.	KIERUZEL Martyna 05	MKS Jedynka Łódź	4:58.35 497	1:10.70	1:16.17	1:16.80	1:14.68
	50m: 33.83 33.83	150m: 1:48.64 37.94	250m: 3:05.31	38.44	350m: 4:22.02 38.35		
	100m: 1:10.70 36.87	200m: 2:26.87 38.23	300m: 3:43.67	38.36	400m: 4:58.35 36.33		
3.	JAWOR Sandra 05	MKS Trójka Łódź	5:21.47 397	1:17.12	1:22.19	1:22.82	1:19.34
	50m: 36.51 36.51	150m: 1:57.78 40.66	250m: 3:20.98	41.67	350m: 4:42.53 40.40		
	100m: 1:17.12 40.61	200m: 2:39.31 41.53	300m: 4:02.13	41.15	400m: 5:21.47 38.94		
Open							
1.	KNOP Aleksandra 03	UKS 190 Łódź	4:19.90 753	1:01.68	1:05.08	1:07.02	1:06.12
	50m: 30.11 30.11	150m: 1:33.95 32.27	250m: 2:39.61	32.85	350m: 3:47.09 33.31		
	100m: 1:01.68 31.57	200m: 2:06.76 32.81	300m: 3:13.78	34.17	400m: 4:19.90 32.81		
2.	PIECHOTA Paulina 99	UKS 190 Łódź	4:24.28 716	1:02.88	1:07.05	1:08.01	1:06.34
	50m: 30.47 30.47	150m: 1:36.29 33.41	250m: 2:43.95	34.02	350m: 3:51.42 33.48		
	100m: 1:02.88 32.41	200m: 2:09.93 33.64	300m: 3:17.94	33.99	400m: 4:24.28 32.86		
3.	W GRZYNOWSKA A. 01	WKS I sk Wrocław	4:25.33 707	1:03.69	1:06.99	1:08.33	1:06.32
	50m: 30.61 30.61	150m: 1:36.78 33.09	250m: 2:44.77	34.09	350m: 3:52.77 33.76		
	100m: 1:03.69 33.08	200m: 2:10.68 33.90	300m: 3:19.01	34.24	400m: 4:25.33 32.56		
4.	D BROWSKA Tatiana 02	WKS I sk Wrocław	4:34.68 637	1:06.46	1:10.29	1:09.96	1:07.97
	50m: 31.98 31.98	150m: 1:41.48 35.02	250m: 2:51.58	34.83	350m: 4:01.79 35.08		
	100m: 1:06.46 34.48	200m: 2:16.75 35.27	300m: 3:26.71	35.13	400m: 4:34.68 32.89		
5.	SZL K Katarzyna 02	KU AZS Politechniki Łódzkiej	4:36.11 628	1:07.28	1:11.36	1:10.31	1:07.16
	50m: 32.29 32.29	150m: 1:43.13 35.85	250m: 2:53.50	34.86	350m: 4:02.92 33.97		
	100m: 1:07.28 34.99	200m: 2:18.64 35.51	300m: 3:28.95	35.45	400m: 4:36.11 33.19		
6.	HELLAK Emilia 03	WKS I sk Wrocław	4:36.94 622	1:06.75	1:10.10	1:10.49	1:09.60
	50m: 32.17 32.17	150m: 1:41.80 35.05	250m: 2:51.95	35.10	350m: 4:02.66 35.32		
	100m: 1:06.75 34.58	200m: 2:16.85 35.05	300m: 3:27.34	35.39	400m: 4:36.94 34.28		
7.	WRZESI SKA Wiktoria 04	UKS 190 Łódź	4:39.29 606	1:07.82	1:11.84	1:10.88	1:08.75
	50m: 32.67 32.67	150m: 1:44.03 36.21	250m: 2:55.42	35.76	350m: 4:05.44 34.90		
	100m: 1:07.82 35.15	200m: 2:19.66 35.63	300m: 3:30.54	35.12	400m: 4:39.29 33.85		
8.	HAŁADYN Karolina 03	UKS 190 Łódź	4:42.06 589	1:07.73	1:11.45	1:11.64	1:11.24
	50m: 32.41 32.41	150m: 1:43.39 35.66	250m: 2:54.81	35.63	350m: 4:06.82 36.00		
	100m: 1:07.73 35.32	200m: 2:19.18 35.79	300m: 3:30.82	36.01	400m: 4:42.06 35.24		

Zimowe Mistrzostwa Okręgu Łódzkiego
Łódź, 22- - 23-2-2020

Konkurencja 33, Kobiety, 400m dowolny, Open

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
9. GOMUŁKA Weronika	06	UKS 190 Łódź	4:42.31 587	1:07.71	1:10.92	1:12.46	1:11.22
50m:	32.45	32.45	150m:	1:42.94	35.23	250m:	2:54.75
100m:	1:07.71	35.26	200m:	2:18.63	35.69	300m:	3:31.09
36.12	350m:	4:07.44	36.35	36.34	400m:	4:42.31	34.87
10. MARCINKOWSKA Maja	05	MKS Jedynka Łódź	4:47.10 558	1:08.90	1:13.19	1:13.40	1:11.61
50m:	33.48	33.48	150m:	1:45.36	36.46	250m:	2:58.87
100m:	1:08.90	35.42	200m:	2:22.09	36.73	300m:	3:35.49
36.78	350m:	4:11.94	36.45	36.62	400m:	4:47.10	35.16
11. BEDNAREK Aleksandra	98	UKS SP-149 Łódź	4:50.24 540	1:07.89	1:13.25	1:15.56	1:13.54
50m:	32.84	32.84	150m:	1:44.45	36.56	250m:	2:58.68
100m:	1:07.89	35.05	200m:	2:21.14	36.69	300m:	3:36.70
37.54	350m:	4:13.64	36.94	38.02	400m:	4:50.24	36.60
12. KOSTRZEWSKA Maria	03	UKS 190 Łódź	4:50.64 538	1:09.52	1:14.03	1:14.80	1:12.29
50m:	33.40	33.40	150m:	1:46.25	36.73	250m:	3:00.95
100m:	1:09.52	36.12	200m:	2:23.55	37.30	300m:	3:38.35
37.40	350m:	4:14.76	36.41	37.40	400m:	4:50.64	35.88
13. OSTROWSKA Nina	06	UKS SP-149 Łódź	4:52.84 526	1:08.86	1:15.89	1:14.95	1:13.14
50m:	32.55	32.55	150m:	1:47.32	38.46	250m:	3:03.77
100m:	1:08.86	36.31	200m:	2:24.75	37.43	300m:	3:39.70
39.02	350m:	4:16.27	36.57	35.93	400m:	4:52.84	36.57
14. PIEKARSKA Natalia	06	SKS 137 Delfin Łódź	4:55.03 514	1:11.11	1:15.34	1:16.61	1:11.97
50m:	33.18	33.18	150m:	1:48.73	37.62	250m:	3:04.68
100m:	1:11.11	37.93	200m:	2:26.45	37.72	300m:	3:43.06
38.23	350m:	4:20.07	37.01	38.38	400m:	4:55.03	34.96
15. BAŁDYGA Kamila	06	MTP Kormoran Olsztyn	4:56.29 508	1:10.25	1:15.57	1:15.57	1:14.90
50m:	33.70	33.70	150m:	1:48.01	37.76	250m:	3:03.35
100m:	1:10.25	36.55	200m:	2:25.82	37.81	300m:	3:41.39
37.53	350m:	4:19.31	37.92	38.04	400m:	4:56.29	36.98
16. GOMUŁKA Natalia	04	UKS 190 Łódź	4:57.10 504	1:12.02	1:15.34	1:15.34	1:14.40
50m:	35.17	35.17	150m:	1:49.56	37.54	250m:	3:04.86
100m:	1:12.02	36.85	200m:	2:27.36	37.80	300m:	3:42.70
37.50	350m:	4:20.39	37.69	37.84	400m:	4:57.10	36.71
17. KIERUZEL Martyna	05	MKS Jedynka Łódź	4:58.35 497	1:10.70	1:16.17	1:16.80	1:14.68
50m:	33.83	33.83	150m:	1:48.64	37.94	250m:	3:05.31
100m:	1:10.70	36.87	200m:	2:26.87	38.23	300m:	3:43.67
38.44	350m:	4:22.02	38.35	38.36	400m:	4:58.35	36.33
18. LIPOWSKA Nadia	06	UKS Nawa Skierniewice	5:01.33 483	1:11.43	1:17.21	1:18.23	1:14.46
50m:	34.30	34.30	150m:	1:49.80	38.37	250m:	3:07.50
100m:	1:11.43	37.13	200m:	2:28.64	38.84	300m:	3:46.87
38.86	350m:	4:25.89	39.02	39.37	400m:	5:01.33	35.44
19. OLCZAK Liwia	06	UKS 190 Łódź	5:10.26 442	1:12.88	1:18.79	1:19.96	1:18.63
50m:	34.71	34.71	150m:	1:52.13	39.25	250m:	3:11.27
100m:	1:12.88	38.17	200m:	2:31.67	39.54	300m:	3:51.63
39.60	350m:	4:32.01	40.38	40.36	400m:	5:10.26	38.25
20. JASI SKA Michalina	06	Tomaszowskie SP OLIMPIJ	5:13.79 427	1:16.29	1:22.03	1:20.01	1:15.46
50m:	35.52	35.52	150m:	1:57.02	40.73	250m:	3:18.53
100m:	1:16.29	40.77	200m:	2:38.32	41.30	300m:	3:58.33
40.21	350m:	4:36.99	38.66	39.80	400m:	5:13.79	36.80
21. JAWOR Sandra	05	MKS Trójka Łódź	5:21.47 397	1:17.12	1:22.19	1:22.82	1:19.34
50m:	36.51	36.51	150m:	1:57.78	40.66	250m:	3:20.98
100m:	1:17.12	40.61	200m:	2:39.31	41.53	300m:	4:02.13
41.67	350m:	4:42.53	40.40	41.15	400m:	5:21.47	38.94
22. KOWALSKA Wiktoria	06	MTP Kormoran Olsztyn	5:22.20 395	1:17.88	1:22.89	1:22.71	1:18.72
50m:	36.90	36.90	150m:	1:59.53	41.65	250m:	3:22.42
100m:	1:17.88	40.98	200m:	2:40.77	41.24	300m:	4:03.48
41.65	350m:	4:43.81	40.33	41.06	400m:	5:22.20	38.39
NIE UK. SZCZUDŁO Alicja	06	MTP Kormoran Olsztyn					
50m:	1:26.99	1:26.99	150m:			250m:	
100m:			200m:			300m:	
						350m:	
						400m:	