

Ogólnopolskie Zawody Pływackie Gor ce ciganie na Termach
Pozna , 26.3.2022

Konkurencja 9
2022.03.26 - 13:34

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2021

Pozycja	Rok ur.	Czas Pkt.	100m	200m	300m	400m
Grupa A						
1.	LECHOWSKA Magdalena 06	WKS I sk 4:33.19 648	1:05.38	1:09.59	1:09.84	1:08.38
	50m: 31.30 31.30	150m: 1:40.18 34.80	250m: 2:49.98 35.01	350m: 3:59.77 34.96		
	100m: 1:05.38 34.08	200m: 2:14.97 34.79	300m: 3:24.81 34.83	400m: 4:33.19 33.42		
2.	R P Apolonia 06	Mokotowski UKP Warszawi 4:36.77 (c623) Park			1:11.83	1:08.38
	50m: 31.74 31.74	150m: 1:41.27 35.29	250m: 2:52.39 35.83	350m: 4:03.69 35.30		
	100m: 1:05.38 34.08	200m: 2:16.56 35.29	300m: 3:28.39 36.00	400m: 4:36.77 33.08		
3.	GERBIER Kiara 04	KS Warta Pozna 4:37.14 621	1:05.66	1:10.01	1:11.01	1:10.46
	50m: 31.60 31.60	150m: 1:40.20 34.54	250m: 2:51.08 35.41	350m: 4:02.70 36.02		
	100m: 1:05.66 34.06	200m: 2:15.67 35.47	300m: 3:26.68 35.60	400m: 4:37.14 34.44		
4.	ADAMCZYK Karolina 06	Mokotowski UKP Warszawi 4:40.80 (c597) Park	1:06.36	1:11.21	1:10.96	1:12.27
	50m: 31.42 31.42	150m: 1:42.05 35.69	250m: 2:52.72 35.15	350m: 4:04.52 35.99		
	100m: 1:06.36 34.94	200m: 2:17.57 35.52	300m: 3:28.53 35.81	400m: 4:40.80 36.28		
5.	HUBERT Julia 06	MKP Szczecin 4:44.43 574	1:06.76	1:12.01	1:12.74	1:12.92
	50m: 31.97 31.97	150m: 1:42.53 35.77	250m: 2:55.00 36.23	350m: 4:08.30 36.79		
	100m: 1:06.76 34.79	200m: 2:18.77 36.24	300m: 3:31.51 36.51	400m: 4:44.43 36.13		
6.	MAZUR Zuzanna 05	MKP „SŁOWIANKA" Gorzów 4:45.15 570	1:07.50	1:12.67	1:13.12	1:11.86
	50m: 32.51 32.51	150m: 1:43.71 36.21	250m: 2:56.75 36.58	350m: 4:09.97 36.68		
	100m: 1:07.50 34.99	200m: 2:20.17 36.46	300m: 3:33.29 36.54	400m: 4:45.15 35.18		
7.	PITY SKA Klara 06	WKS I sk 4:45.19 569	1:08.31	1:13.00	1:13.06	1:10.82
	50m: 32.23 32.23	150m: 1:44.66 36.35	250m: 3:00.00 36.50	350m: 4:10.19 35.82		
	100m: 1:08.31 36.08	200m: 2:21.31 36.65	300m: 3:34.37 36.50	400m: 4:45.19 35.00		
8.	KOWALCZYK Katarzyna 05	MKP Szczecin 4:48.88 548	1:09.64	1:13.10	1:13.12	1:13.02
	50m: 33.36 33.36	150m: 1:46.13 36.49	250m: 2:58.96 36.22	350m: 4:12.49 36.63		
	100m: 1:09.64 36.28	200m: 2:22.74 36.61	300m: 3:35.86 36.90	400m: 4:48.88 36.39		
9.	JAWORSKA Wiktoria 05	MUKS "Pi tnaстка" 4:52.83 526	1:09.59	1:15.25	1:15.73	1:12.26
	50m: 32.83 32.83	150m: 1:46.77 37.18	250m: 3:02.61 37.77	350m: 4:17.59 37.02		
	100m: 1:09.59 36.76	200m: 2:24.84 38.07	300m: 3:40.57 37.96	400m: 4:52.83 35.24		
10.	SZWABI KA Alicja 06	UKP „TORPEDA" Ole nica 4:54.14 519	1:08.76	1:15.61	1:16.02	1:13.75
	50m: 32.31 32.31	150m: 1:46.19 37.43	250m: 3:02.22 37.85	350m: 4:17.92 37.53		
	100m: 1:08.76 36.45	200m: 2:24.37 38.18	300m: 3:40.39 38.17	400m: 4:54.14 36.22		
11.	PIOTROWSKA Oliwia 06	MKP „SŁOWIANKA" Gorzów 4:56.10 509	1:09.93	1:14.67	1:15.39	1:16.11
	50m: 33.17 33.17	150m: 1:47.17 37.24	250m: 3:02.19 37.59	350m: 4:18.27 38.28		
	100m: 1:09.93 36.76	200m: 2:24.60 37.43	300m: 3:39.99 37.80	400m: 4:56.10 37.83		
12.	SZCZUDŁO Alicja 06	SWIMLAND Olsztyn 5:01.08 484	1:09.74	1:16.36	1:18.15	1:16.83
	50m: 32.90 32.90	150m: 1:47.39 37.65	250m: 3:04.98 38.88	350m: 4:23.34 39.09		
	100m: 1:09.74 36.84	200m: 2:26.10 38.71	300m: 3:44.25 39.27	400m: 5:01.08 37.74		
13.	NOWICKA Weronika 00	KS Pospolna Pozna 5:02.02 479	1:10.21	1:16.45	1:18.96	1:16.40
	50m: 33.48 33.48	150m: 1:48.23 38.02	250m: 3:06.06 39.40	350m: 4:25.03 39.41		
	100m: 1:10.21 36.73	200m: 2:26.66 38.43	300m: 3:45.62 39.56	400m: 5:02.02 36.99		
14.	KOWALSKA Oliwia 05	MKP „SŁOWIANKA" Gorzów 5:08.39 450	1:11.77	1:18.34	1:19.46	1:18.82
	50m: 33.78 33.78	150m: 1:50.70 38.93	250m: 3:09.77 39.66	350m: 4:29.62 40.05		
	100m: 1:11.77 37.99	200m: 2:30.11 39.41	300m: 3:49.57 39.80	400m: 5:08.39 38.77		
15.	ALEKSANDROWICZ Hanr06	MKP Szczecin 5:09.33 446	1:14.37	1:19.03	1:19.28	1:16.65
	50m: 35.74 35.74	150m: 1:53.30 38.93	250m: 3:12.67 39.27	350m: 4:32.00 39.32		
	100m: 1:14.37 38.63	200m: 2:33.40 40.10	300m: 3:52.68 40.01	400m: 5:09.33 37.33		
16.	CZECHYRA Joanna 06	KS Warta Pozna 5:19.34 405	1:17.69	1:21.91	1:21.81	1:17.93
	50m: 36.92 36.92	150m: 1:58.69 41.00	250m: 3:20.57 40.97	350m: 4:41.08 39.67		
	100m: 1:17.69 40.77	200m: 2:39.60 40.91	300m: 4:01.41 40.84	400m: 5:19.34 38.26		
17.	KOMOR Agata 05	MKP „SŁOWIANKA" Gorzów 5:23.81 389	1:13.77	1:23.51	1:23.90	1:22.63
	50m: 34.07 34.07	150m: 1:55.37 41.60	250m: 3:19.38 42.10	350m: 4:42.43 41.25		
	100m: 1:13.77 39.70	200m: 2:37.28 41.91	300m: 4:01.18 41.80	400m: 5:23.81 41.38		
18.	CHOR ZIAK Nikola 06	MKP „SŁOWIANKA" Gorzów 5:26.46 379	1:16.31	1:23.86	1:24.36	1:21.93
	50m: 36.15 36.15	150m: 1:58.09 41.78	250m: 3:22.05 41.88	350m: 4:46.90 42.37		
	100m: 1:16.31 40.16	200m: 2:40.17 42.08	300m: 4:04.53 42.48	400m: 5:26.46 39.56		
19.	MIZERSKA Anna 06	UKS „GROT" Kozięglowy 5:54.92 295	1:20.12	1:32.63	1:34.35	1:27.82
	50m: 37.24 37.24	150m: 2:05.42 45.30	250m: 3:39.95 47.20	350m: 5:12.76 45.66		
	100m: 1:20.12 42.88	200m: 2:52.75 47.33	300m: 4:27.10 47.15	400m: 5:54.92 42.16		

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach
Poznań, 26.3.2022

Konkurencja 9, Kobiet, 400m dowolny

Grupa B

1. DUDA Anna	07	MKP Szczecin	4:43.78	578	1:07.81	1:12.39	1:12.83	1:10.75
50m: 32.33	32.33	150m:	2:56.36	36.16	350m:	4:09.09	36.06	
100m: 1:07.81	35.48	200m: 2:20.20	300m: 3:33.03	36.67	400m: 4:43.78	34.69		
2. MICHALSKA Pola	07	Mokotowski UKP Warszawa	4:50.27	c540 Park	1:08.10	1:14.53	1:15.20	1:12.44
50m: 32.00	32.00	150m: 1:44.66	36.56	250m: 2:59.83	37.20	350m: 4:14.11	36.28	
100m: 1:08.10	36.10	200m: 2:22.63	37.97	300m: 3:37.83	38.00	400m: 4:50.27	36.16	
3. TARASZKIEWICZ Zofia	07	Mokotowski UKP Warszawa	4:50.91	c537 Park	1:07.23	1:13.72	1:14.84	1:15.12
50m: 31.94	31.94	150m: 1:44.13	36.90	250m: 2:58.33	37.38	350m: 4:13.92	38.13	
100m: 1:07.23	35.29	200m: 2:20.95	36.82	300m: 3:35.79	37.46	400m: 4:50.91	36.99	
4. GOLANOWSKA Gabriela	07	Kaliski Klub Sportowy „Włó	4:50.93	536 Kalisz	1:11.06	1:14.70	1:14.24	1:10.93
50m: 33.87	33.87	150m: 1:48.91	37.85	250m: 3:03.24	37.48	350m: 4:16.56	36.56	
100m: 1:11.06	37.19	200m: 2:25.76	36.85	300m: 3:40.00	36.76	400m: 4:50.93	34.37	
5. OWCZAREK Julia	07	MKP „SŁOWIANKA” Gorzów	5:03.36	473	1:12.46	1:16.83	1:18.12	1:15.95
50m: 34.39	34.39	150m: 1:50.90	38.44	250m: 3:08.41	39.12	350m: 4:26.33	38.92	
100m: 1:12.46	38.07	200m: 2:29.29	38.39	300m: 3:47.41	39.00	400m: 5:03.36	37.03	
6. WOJTKOWIAK Wiktoria	07	Kaliski Klub Sportowy „Włó	5:08.47	1450 Kalisz	1:10.83	1:19.25	1:19.99	1:18.40
50m: 33.27	33.27	150m: 1:50.24	39.41	250m: 3:10.09	40.01	350m: 4:29.65	39.58	
100m: 1:10.83	37.56	200m: 2:30.08	39.84	300m: 3:50.07	39.98	400m: 5:08.47	38.82	
7. DZI GIEL Marta	07	UKS Manta Warszawa Włoc	5:11.60	436	1:13.12	1:19.52	1:20.41	1:18.55
50m: 34.57	34.57	150m: 1:52.99	39.87	250m: 3:12.68	40.04	350m: 4:32.80	39.75	
100m: 1:13.12	38.55	200m: 2:32.64	39.65	300m: 3:53.05	40.37	400m: 5:11.60	38.80	
8. JACUK Julia	07	MKS „Astoria” Bydgoszcz	5:13.77	427	1:14.42	1:20.89	1:22.14	1:16.32
50m: 35.48	35.48	150m: 1:55.00	40.58	250m: 3:16.79	41.48	350m: 4:38.68	41.23	
100m: 1:14.42	38.94	200m: 2:35.31	40.31	300m: 3:57.45	40.66	400m: 5:13.77	35.09	
9. STAWECKA Maria	07	SWIMLAND Olsztyn	5:47.38	315	1:24.19	1:30.46	1:31.05	1:21.68
50m: 39.32	39.32	150m: 2:09.38	45.19	250m: 3:40.87	46.22	350m: 5:08.28	42.58	
100m: 1:24.19	44.87	200m: 2:54.65	45.27	300m: 4:25.70	44.83	400m: 5:47.38	39.10	
10. TURBA SKA Marta	07	WKS I sk	5:47.69	314	1:12.57	1:28.82	1:34.15	1:32.15
50m: 33.41	33.41	150m: 1:55.63	43.06	250m: 3:28.16	46.77	350m: 5:03.27	47.73	
100m: 1:12.57	39.16	200m: 2:41.39	45.76	300m: 4:15.54	47.38	400m: 5:47.69	44.42	
11. PAZIK Dominika	07	SWIMLAND Olsztyn	5:51.14	305	1:24.24	1:30.85	1:31.38	1:24.67
50m: 39.21	39.21	150m: 2:09.53	45.29	250m: 3:40.88	45.79	350m: 5:09.51	43.04	
100m: 1:24.24	45.03	200m: 2:55.09	45.56	300m: 4:26.47	45.59	400m: 5:51.14	41.63	

Grupa C

1. KORDALSKA Oliwia	08	KS Warta Poznań	4:58.69	496	1:10.46	1:16.13	1:17.17	1:14.93
50m: 33.35	33.35	150m: 1:48.43	37.97	250m: 3:05.14	38.55	350m: 4:22.27	38.51	
100m: 1:10.46	37.11	200m: 2:26.59	38.16	300m: 3:43.76	38.62	400m: 4:58.69	36.42	
2. UROWICZ Kornelia	08	KP Bałtyk Kołobrzeg	5:00.11	489	1:13.00	1:17.27	1:16.37	1:13.47
50m: 34.64	34.64	150m: 1:51.41	38.41	250m: 3:08.22	37.95	350m: 4:24.05	37.41	
100m: 1:13.00	38.36	200m: 2:30.27	38.86	300m: 3:46.64	38.42	400m: 5:00.11	36.06	
3. WI TEK Amelia	08	Kaliski Klub Sportowy „Włó	5:01.76	1481 Kalisz	1:11.62	1:17.06	1:18.38	1:14.70
50m: 34.26	34.26	150m: 1:50.06	38.44	250m: 3:07.91	39.23	350m: 4:25.62	38.56	
100m: 1:11.62	37.36	200m: 2:28.68	38.62	300m: 3:47.06	39.15	400m: 5:01.76	36.14	
4. NAPIERALCZYK Martyna	08	WKS I sk	5:02.16	479	1:10.07	1:16.74	1:19.73	1:15.62
50m: 32.62	32.62	150m: 1:47.91	37.84	250m: 3:06.41	39.60	350m: 4:25.93	39.39	
100m: 1:10.07	37.45	200m: 2:26.81	38.90	300m: 3:46.54	40.13	400m: 5:02.16	36.23	
5. ZABRANIAK Karina	08	MKP Szczecin	5:12.26	434	1:14.04	1:19.03	1:20.80	1:18.39
50m: 34.86	34.86	150m: 1:53.63	39.59	250m: 3:14.07	41.00	350m: 4:34.71	40.84	
100m: 1:14.04	39.18	200m: 2:33.07	39.44	300m: 3:53.87	39.80	400m: 5:12.26	37.55	
6. MAY Matylda	08	MKP Astromal-Leszno	5:18.14	410	1:17.45	1:21.94	1:21.68	1:17.07
50m: 36.40	36.40	150m: 1:58.30	40.85	250m: 3:19.83	40.44	350m: 4:40.80	39.73	
100m: 1:17.45	41.05	200m: 2:39.39	41.09	300m: 4:01.07	41.24	400m: 5:18.14	37.34	
7. WITKOWSKA Alicja	08	MKP „SŁOWIANKA” Gorzów	5:31.29	363	1:18.90	1:26.11	1:27.33	1:18.95
50m: 36.32	36.32	150m: 2:01.91	43.01	250m: 3:28.53	43.52	350m: 4:53.48	41.14	
100m: 1:18.90	42.58	200m: 2:45.01	43.10	300m: 4:12.34	43.81	400m: 5:31.29	37.81	

Ogólnopolskie Zawody Pływackie Gorące ciganie na Termach
Poznań, 26.3.2022

Konkurencja 9, Kobiety, 400m dowolny

Grupa D

1. WEGNER Julia	09	MKP „SŁOWIANKA” Gorzów	5:02.01	479	1:12.29	1:18.06	1:18.44	1:13.22
50m: 33.99	33.99	150m: 1:51.33	39.04	250m: 3:09.68	39.33	350m: 4:27.04	38.25	
100m: 1:12.29	38.30	200m: 2:30.35	39.02	300m: 3:48.79	39.11	400m: 5:02.01	34.97	
2. SKONIECZNA Anna	09	MKP „SŁOWIANKA” Gorzów	5:03.13	474	1:12.08	1:18.22	1:18.84	1:13.99
50m: 33.81	33.81	150m: 1:51.13	39.05	250m: 3:09.54	39.24	350m: 4:27.38	38.24	
100m: 1:12.08	38.27	200m: 2:30.30	39.17	300m: 3:49.14	39.60	400m: 5:03.13	35.75	
3. DZIK Zoja	09	SWIMLAND Olsztyn	5:26.97	378	1:18.12	1:23.75	1:25.64	1:19.46
50m: 36.49	36.49	150m: 2:00.59	42.47	250m: 3:25.49	43.62	350m: 4:48.32	40.81	
100m: 1:18.12	41.63	200m: 2:41.87	41.28	300m: 4:07.51	42.02	400m: 5:26.97	38.65	
4. WOJCIECHOWSKA A.	09	MKP Szczecin	5:30.71	365	1:21.20	1:27.48	1:25.37	1:16.66
50m: 38.37	38.37	150m: 2:05.05	43.85	250m: 3:30.95	42.27	350m: 4:55.10	41.05	
100m: 1:21.20	42.83	200m: 2:48.68	43.63	300m: 4:14.05	43.10	400m: 5:30.71	35.61	
5. CIKOTO Zofia	09	UKS „SZAFIR” Wałbrzych	5:37.09	345	1:22.02	1:26.86	1:26.33	1:21.88
50m: 39.06	39.06	150m: 2:05.20	43.18	250m: 3:32.10	43.22	350m: 4:57.19	41.98	
100m: 1:22.02	42.96	200m: 2:48.88	43.68	300m: 4:15.21	43.11	400m: 5:37.09	39.90	

Grupa E

1. OLSCHOWKA Julia	10	KS Warta Poznań	5:28.86	371	1:18.31	1:25.78	1:25.00	1:19.77
50m: 36.58	36.58	150m: 2:01.51	43.20	250m: 3:26.57	42.48	350m: 4:50.73	41.64	
100m: 1:18.31	41.73	200m: 2:44.09	42.58	300m: 4:09.09	42.52	400m: 5:28.86	38.13	
2. SUKIENNIK Anna	10	MUKS Wodnik Łask	5:52.27	302	1:23.06	1:30.78	1:31.81	1:26.62
50m: 38.89	38.89	150m: 2:07.82	44.76	250m: 3:39.24	45.40	350m: 5:09.72	44.07	
100m: 1:23.06	44.17	200m: 2:53.84	46.02	300m: 4:25.65	46.41	400m: 5:52.27	42.55	

Grupa F

1. KANIEWSKA Lena	11	MKP „Warszawianka”	5:40.78	334	1:21.00	1:28.20	1:27.04	1:24.54
50m: 37.97	37.97	150m: 2:04.87	43.87	250m: 3:32.92	43.72	350m: 4:59.80	43.56	
100m: 1:21.00	43.03	200m: 2:49.20	44.33	300m: 4:16.24	43.32	400m: 5:40.78	40.98	
2. BAŁABAN Zofia	12	UKS 48 Warszawa ródmię	5:53.51	299	1:20.44	1:33.37	1:31.56	1:28.14
50m: 37.13	37.13	150m: 2:07.18	46.74	250m: 3:40.03	46.22	350m: 5:11.30	45.93	
100m: 1:20.44	43.31	200m: 2:53.81	46.63	300m: 4:25.37	45.34	400m: 5:53.51	42.21	
3. ZIELINSKA Wiktoria	11	UKS 48 Warszawa ródmię	5:59.21	285	1:21.66	1:33.30	1:38.27	1:25.98
50m: 37.89	37.89	150m: 2:08.00	46.34	250m: 3:44.28	49.32	350m: 5:20.36	47.13	
100m: 1:21.66	43.77	200m: 2:54.96	46.96	300m: 4:33.23	48.95	400m: 5:59.21	38.85	