

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12 - 13 lat, I runda
Pozna , 17. - 18.3.2023

Konkurencja 7
2023.03.17 - 12:02

Dziewcz t, 400m dowolny

12 - 13 lat
Wyniki

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.	
12 lat										
1.	MICHALAK Maria		11	KS Warta Pozna				5:16.14	405	
	50m:	35.37 35.37	150m:	1:54.84	40.15	250m:	3:15.96	40.30	350m:	4:37.55 41.04
	100m:	1:14.69 39.32	200m:	2:35.66	40.82	300m:	3:56.51	40.55	400m:	5:16.14 38.59
2.	ONICHIMIUK Maria		11	KU AZS UAM Pozna				5:21.40	385	
	50m:	36.15 36.15	150m:	1:57.76	41.70	250m:	3:20.38	41.32	350m:	4:44.00 41.34
	100m:	1:16.06 39.91	200m:	2:39.06	41.30	300m:	4:02.66	42.28	400m:	5:21.40 37.40
3.	SADŁOCHA Amelia		11	KTP Iskra Konin				5:25.95	369	
	50m:	36.96 36.96	150m:	2:02.19	43.15	250m:	3:25.57	42.07	350m:	4:48.30 41.62
	100m:	1:19.04 42.08	200m:	2:43.50	41.31	300m:	4:06.68	41.11	400m:	5:25.95 37.65
4.	NOWAK Aleksandra		11	KS Wodnik rem				5:48.47	302	
	50m:	38.79 38.79	150m:	2:06.50	44.71	250m:	3:36.27	44.40	350m:	5:05.82 44.58
	100m:	1:21.79 43.00	200m:	2:51.87	45.37	300m:	4:21.24	44.97	400m:	5:48.47 42.65
5.	JANKOWSKA Magdalena		11	KTP Iskra Konin				5:54.14	288	
	50m:	37.98 37.98	150m:	2:09.65	46.71	250m:	3:40.54	45.74	350m:	5:10.65 45.99
	100m:	1:22.94 44.96	200m:	2:54.80	45.15	300m:	4:24.66	44.12	400m:	5:54.14 43.49
6.	PLUTA Agata		11	MKP Astromal-Leszno				5:59.14	276	
	50m:	37.45 37.45	150m:	2:05.17	46.57	250m:	3:40.08	47.77	350m:	5:15.87 48.27
	100m:	1:18.60 41.15	200m:	2:52.31	47.14	300m:	4:27.60	47.52	400m:	5:59.14 43.27
7.	JUSZCZAK Maria		11	MKP Astromal-Leszno				6:01.20	271	
	50m:	41.64 41.64	150m:	2:15.46	46.98	250m:	3:47.68	45.46	350m:	5:19.48 45.45
	100m:	1:28.48 46.84	200m:	3:02.22	46.76	300m:	4:34.03	46.35	400m:	6:01.20 41.72
8.	SZYMA SKA Julia		11	KS Warta Pozna				6:05.99	261	
	50m:	41.30 41.30	150m:	2:15.47	47.25	250m:	3:49.83	47.78	350m:	5:23.36 46.51
	100m:	1:28.22 46.92	200m:	3:02.05	46.58	300m:	4:36.85	47.02	400m:	6:05.99 42.63
9.	ZHORNITSKA Oleksandra		11	KS Posnania Pozna				6:07.58	257	
	50m:	40.71 40.71	150m:	2:17.62	49.28	250m:	3:52.11	47.37	350m:	5:26.48 47.28
	100m:	1:28.34 47.63	200m:	3:04.74	47.12	300m:	4:39.20	47.09	400m:	6:07.58 41.10
10.	STASIAKIEWICZ Helena		11	UKS Niagara Jedyńka Wolsztyn				6:09.64	253	
	50m:	40.31 40.31	150m:	2:14.99	48.58	250m:	3:51.32	47.79	350m:	5:26.07 46.40
	100m:	1:26.41 46.10	200m:	3:03.53	48.54	300m:	4:39.67	48.35	400m:	6:09.64 43.57
11.	R YSKO Amelia		11	KS Posnania Pozna				6:09.91	252	
	50m:	41.16 41.16	150m:	2:16.69	48.48	250m:	3:52.84	47.97	350m:	5:27.25 47.13
	100m:	1:28.21 47.05	200m:	3:04.87	48.18	300m:	4:40.12	47.28	400m:	6:09.91 42.66
12.	BOCHE SKA Aleksandra		11	UKS „GROT” Koziegłowy				6:12.52	247	
	50m:	39.37 39.37	150m:	2:13.97	48.02	250m:	3:51.62	48.79	350m:	5:27.95 47.34
	100m:	1:25.95 46.58	200m:	3:02.83	48.86	300m:	4:40.61	48.99	400m:	6:12.52 44.57
13.	BYLEWSKA Lena		11	UKS „GROT” Koziegłowy				6:23.37	227	
	50m:	43.75 43.75	150m:	2:20.73	49.85	250m:	4:01.00	50.03	350m:	5:41.87 50.11
	100m:	1:30.88 47.13	200m:	3:10.97	50.24	300m:	4:51.76	50.76	400m:	6:23.37 41.50
14.	OLKOWSKA Oliwia		11	KTP Iskra Konin				6:23.86	226	
	50m:	39.59 39.59	150m:	2:15.43	49.47	250m:	3:55.96	51.04	350m:	5:37.57 50.98
	100m:	1:25.96 46.37	200m:	3:04.92	49.49	300m:	4:46.59	50.63	400m:	6:23.86 46.29
15.	WI NIEWSKA Kalina		11	MKP Astromal-Leszno				6:32.92	211	
	50m:	42.40 42.40	150m:	2:24.08	51.06	250m:	4:06.88	50.99	350m:	5:47.69 49.74
	100m:	1:33.02 50.62	200m:	3:15.89	51.81	300m:	4:57.95	51.07	400m:	6:32.92 45.23
16.	MICHALSKA Aleksandra		11	UKS 3-Wodnik Wolsztyn				6:39.47	200	
	50m:	43.26 43.26	150m:	2:24.14	51.90	250m:	4:07.70	52.05	350m:	
	100m:	1:32.24 48.98	200m:	3:15.65	51.51	300m:	5:00.34	52.64	400m:	6:39.47
17.	SCHMIDT Amelia		11	KU AZS UAM Pozna				6:45.60	191	
	50m:	47.32 47.32	150m:	2:31.64	52.39	250m:	4:16.41	51.79	350m:	6:02.05 52.78
	100m:	1:39.25 51.93	200m:	3:24.62	52.98	300m:	5:09.27	52.86	400m:	6:45.60 43.55

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12 - 13 lat, I runda
Pozna , 17. - 18.3.2023

Konkurencja 7, Dziewcz t, 400m dowolny, 12 lat

Pozycja			Rok ur.						Czas	Pkt.		
18.	LAMBRYCZAK	Maria	11	KU AZS UAM Pozna					6:47.47	189		
	50m:	41.36	41.36	150m:	2:24.62	53.35	250m:	4:09.50	51.80	350m:	5:54.45	52.89
	100m:	1:31.27	49.91	200m:	3:17.70	53.08	300m:	5:01.56	52.06	400m:	6:47.47	53.02
19.	WO NIAK	Maria	11	MKP Astromal-Leszno					7:04.04	167		
	50m:	41.04	41.04	150m:	2:26.20	54.63	250m:	4:17.81	56.03	350m:	6:09.28	55.66
	100m:	1:31.57	50.53	200m:	3:21.78	55.58	300m:	5:13.62	55.81	400m:	7:04.04	54.76
20.	LANGWERSKA	Olga	11	Kaliski Klub Sportowy „Włókniarz” 192					7:11.09	159		
	50m:	47.82	47.82	150m:	2:35.04	54.01	250m:	4:25.34	55.56	350m:	6:17.29	56.34
	100m:	1:41.03	53.21	200m:	3:29.78	54.74	300m:	5:20.95	55.61	400m:	7:11.09	53.80
21.	WIERZBICKA	Anita	11	Kaliski Klub Sportowy „Włókniarz” 192					7:19.14	151		
	50m:	48.09	48.09	150m:	2:39.65	56.28	250m:	5:32.59	58.01	350m:	7:19.14	48.53
	100m:	1:43.37	55.28	200m:	4:34.58	1:54.93	300m:	6:30.61	58.02	400m:	7:19.14	
22.	WOJTKOWIAK	Nina	11	UKS Niagara Jedyńka Wolsztyn					7:21.99	148		
	50m:	46.11	46.11	150m:	2:40.17	58.21	250m:	4:35.37	56.53	350m:	6:30.98	56.77
	100m:	1:41.96	55.85	200m:	3:38.84	58.67	300m:	5:34.21	58.84	400m:	7:21.99	51.01
23.	RUPNICKA	Maja	11	Kaliski Klub Sportowy „Włókniarz” 192					7:24.15	146		
	50m:	45.91	45.91	150m:	2:40.03	57.92	250m:	4:35.72	58.31	350m:	6:33.65	58.31
	100m:	1:42.11	56.20	200m:	3:37.41	57.38	300m:	5:35.34	59.62	400m:	7:24.15	50.50

13 lat

1.	KORDALSKA	Maja	10	KS Warta Pozna					5:03.26	458		
	50m:	34.43	34.43	150m:	1:51.65	38.92	250m:	3:10.11	38.87	350m:	4:28.85	39.59
	100m:	1:12.73	38.30	200m:	2:31.24	39.59	300m:	3:49.26	39.15	400m:	5:03.26	34.41
2.	OLSCHOWKA	Julia	10	KS Warta Pozna					5:08.27	436		
	50m:	34.37	34.37	150m:	1:52.89	39.77	250m:	3:13.82	40.42	350m:	4:31.94	38.58
	100m:	1:13.12	38.75	200m:	2:33.40	40.51	300m:	3:53.36	39.54	400m:	5:08.27	36.33
3.	UK	Hanna	10	KS Warta Pozna					5:09.05	433		
	50m:	35.54	35.54	150m:	1:54.81	40.26	250m:	3:14.13	57.35	350m:	4:31.95	38.28
	100m:	1:14.55	39.01	200m:	2:16.78	21.97	300m:	3:53.67	39.54	400m:	5:09.05	37.10
4.	KOPER	Julia	10	KU AZS UAM Pozna					5:13.68	414		
	50m:	34.80	34.80	150m:	1:54.21	40.33	250m:	3:14.51	40.33	350m:	4:34.72	40.29
	100m:	1:13.88	39.08	200m:	2:34.18	39.97	300m:	3:54.43	39.92	400m:	5:13.68	38.96
5.	GWÓ D	Estera	10	UKS Niagara Jedyńka Wolsztyn					5:21.72	384		
	50m:	37.23	37.23	150m:	2:00.54	42.26	250m:	3:23.80	41.27	350m:	4:44.82	39.94
	100m:	1:18.28	41.05	200m:	2:42.53	41.99	300m:	4:04.88	41.08	400m:	5:21.72	36.90
6.	SOBO	Ewa	10	UKS Niagara Jedyńka Wolsztyn					5:23.03	379		
	50m:	34.63	34.63	150m:	1:56.18	41.41	250m:	3:19.95	42.20	350m:	4:44.29	41.90
	100m:	1:14.77	40.14	200m:	2:37.75	41.57	300m:	4:02.39	42.44	400m:	5:23.03	38.74
7.	SZŁAPKA	Antonina	10	Uks Cityzen					5:24.01	376		
	50m:	37.71	37.71	150m:	2:00.04	41.06	250m:	3:23.04	41.98	350m:	4:46.53	41.97
	100m:	1:18.98	41.27	200m:	2:41.06	41.02	300m:	4:04.56	41.52	400m:	5:24.01	37.48
8.	Ł KOWSKA	Maja	10	UKS „GROT” Koziegłowy					5:29.95	356		
	50m:	36.27	36.27	150m:	1:59.71	42.24	250m:	3:24.75	42.76	350m:	4:49.90	42.24
	100m:	1:17.47	41.20	200m:	2:41.99	42.28	300m:	4:07.66	42.91	400m:	5:29.95	40.05
9.	MADELSKA	Natalia	10	KS Posnania Pozna					5:30.69	353		
	50m:	37.43	37.43	150m:	2:02.00	42.66	250m:	3:26.61	41.91	350m:	4:50.93	42.07
	100m:	1:19.34	41.91	200m:	2:44.70	42.70	300m:	4:08.86	42.25	400m:	5:30.69	39.76
10.	HOROWSKA	Zuzanna	10	KS Posnania Pozna					5:30.86	353		
	50m:	35.95	35.95	150m:	2:02.31	44.70	250m:	3:29.61	43.53	350m:	4:54.53	41.61
	100m:	1:17.61	41.66	200m:	2:46.08	43.77	300m:	4:12.92	43.31	400m:	5:30.86	36.33
11.	SALZMAN	Kornelia	10	Grupa 5Styl					5:31.81	350		
	50m:	37.69	37.69	150m:	2:03.09	43.16	250m:	3:28.14	42.00	350m:	4:52.01	42.07
	100m:	1:19.93	42.24	200m:	2:46.14	43.05	300m:	4:09.94	41.80	400m:	5:31.81	39.80

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12 - 13 lat, I runda
Pozna , 17. - 18.3.2023

Konkurencja 7, Dziewcz t, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.			
12.	FIGASZEWSKA	Natalia	10	Kaliski Klub Sportowy „Włókniarz” 192				5:33.19	346			
	50m:	37.17	37.17	150m:	2:01.69	42.74	250m:	3:27.65	43.39	350m:	4:52.36	41.68
	100m:	1:18.95	41.78	200m:	2:44.26	42.57	300m:	4:10.68	43.03	400m:	5:33.19	40.83
13.	OLKOWSKA	Antonina	10	KTP Iskra Konin				5:37.73	332			
	50m:	36.60	36.60	150m:	2:00.77	42.68	250m:	3:27.74	43.89	350m:	4:56.37	44.41
	100m:	1:18.09	41.49	200m:	2:43.85	43.08	300m:	4:11.96	44.22	400m:	5:37.73	41.36
14.	SIEPKA	Zofia	10	KS Posnania Pozna				5:38.67	329			
	50m:	37.24	37.24	150m:	2:03.13	43.39	250m:	3:31.20	44.65	350m:	4:58.57	43.66
	100m:	1:19.74	42.50	200m:	2:46.55	43.42	300m:	4:14.91	43.71	400m:	5:38.67	40.10
15.	ANDRYS	Gabriela	10	UKS Niagara Jedyńka Wolsztyn				5:40.63	323			
	50m:	36.00	36.00	150m:	1:59.94	43.08	250m:	3:29.77	45.11	350m:	4:59.82	44.94
	100m:	1:16.86	40.86	200m:	2:44.66	44.72	300m:	4:14.88	45.11	400m:	5:40.63	40.81
16.	PABIEROWSKA	Lena	10	MKP Astromal-Leszno				5:44.93	311			
	50m:	35.85	35.85	150m:	2:02.40	44.92	250m:	3:32.33	45.07	350m:	5:02.21	44.74
	100m:	1:17.48	41.63	200m:	2:47.26	44.86	300m:	4:17.47	45.14	400m:	5:44.93	42.72
17.	PAWLAK	Łucja	10	KS Warta Pozna				5:46.39	307			
	50m:	37.92	37.92	150m:	2:06.27	44.63	250m:	3:35.68	44.54	350m:	5:04.49	44.14
	100m:	1:21.64	43.72	200m:	2:51.14	44.87	300m:	4:20.35	44.67	400m:	5:46.39	41.90
18.	NOCULAK	Tamara	10	St. Rekreacyjno-Sportowe MKS Oceanik				5:50.40	297			
	50m:	39.39	39.39	150m:	2:11.45	46.01	250m:	3:42.54	45.21	350m:	5:10.90	43.56
	100m:	1:25.44	46.05	200m:	2:57.33	45.88	300m:	4:27.34	44.80	400m:	5:50.40	39.50
19.	MICHALSKA	Maja	10	MKP Astromal-Leszno				5:53.48	289			
	50m:	37.41	37.41	150m:	2:04.58	44.75	250m:	3:36.66	46.21	350m:	5:09.69	46.78
	100m:	1:19.83	42.42	200m:	2:50.45	45.87	300m:	4:22.91	46.25	400m:	5:53.48	43.79
20.	CIE LAK	Maja	10	Kaliski Klub Sportowy „Włókniarz” 192				5:55.88	283			
	50m:	39.71	39.71	150m:	2:09.50	44.52	250m:	3:41.36	45.64	350m:	5:10.84	43.61
	100m:	1:24.98	45.27	200m:	2:55.72	46.22	300m:	4:27.23	45.87	400m:	5:55.88	45.04
21.	WACOWSKA	Wiktoria	10	Kaliski Klub Sportowy „Włókniarz” 192				6:01.28	271			
	50m:	39.54	39.54	150m:	2:11.53	46.59	250m:	3:45.70	46.71	350m:	5:19.25	46.05
	100m:	1:24.94	45.40	200m:	2:58.99	47.46	300m:	4:33.20	47.50	400m:	6:01.28	42.03
22.	BŁAJET	Nikola	10	KS Warta Pozna				6:04.51	264			
	50m:	38.69	38.69	150m:	2:13.01	47.56	250m:	3:47.61	46.81	350m:	5:21.39	46.51
	100m:	1:25.45	46.76	200m:	3:00.80	47.79	300m:	4:34.88	47.27	400m:	6:04.51	43.12
23.	SZKUDLARCZYK	Kinga	10	MKP Astromal-Leszno				6:06.47	260			
	50m:	38.44	38.44	150m:	2:12.28	48.66	250m:	3:46.14	45.88	350m:	5:23.63	49.91
	100m:	1:23.62	45.18	200m:	3:00.26	47.98	300m:	4:33.72	47.58	400m:	6:06.47	42.84
24.	BARTZ	Ewa	10	KU AZS UAM Pozna				6:16.19	240			
	50m:	40.53	40.53	150m:	2:13.89	48.09	250m:	3:52.24	49.50	350m:	5:30.84	49.25
	100m:	1:25.80	45.27	200m:	3:02.74	48.85	300m:	4:41.59	49.35	400m:	6:16.19	45.35
25.	JURASZEK	Nadia	10	Kaliski Klub Sportowy „Włókniarz” 192				6:16.20	240			
	50m:	40.35	40.35	150m:	2:14.28	48.05	250m:	3:50.11	47.43	350m:	5:27.10	48.84
	100m:	1:26.23	45.88	200m:	3:02.68	48.40	300m:	4:38.26	48.15	400m:	6:16.20	49.10
26.	KMIECIK	Alicja	10	UKS 3-Wodnik Wolsztyn				6:16.90	239			
	50m:	40.82	40.82	150m:	2:16.11	48.70	250m:	3:54.30	49.71	350m:	5:33.22	49.05
	100m:	1:27.41	46.59	200m:	3:04.59	48.48	300m:	4:44.17	49.87	400m:	6:16.90	43.68
27.	BERG	Maria	10	KS Posnania Pozna				6:19.19	234			
	50m:	42.38	42.38	150m:	2:17.84	47.92	250m:	3:56.57	49.46	350m:	5:33.25	47.92
	100m:	1:29.92	47.54	200m:	3:07.11	49.27	300m:	4:45.33	48.76	400m:	6:19.19	45.94
28.	JASKUŁA	Marta	10	St. Rekreacyjno-Sportowe MKS Oceanik				6:32.44	211			
	50m:	43.20	43.20	150m:	2:22.16	50.51	250m:	4:05.01	51.46	350m:	5:45.19	49.02
	100m:	1:31.65	48.45	200m:	3:13.55	51.39	300m:	4:56.17	51.16	400m:	6:32.44	47.25
29.	CEGIELSKA	Lena	10	KU AZS UAM Pozna				6:42.45	196			
	50m:	39.31	39.31	150m:			250m:			350m:		
	100m:	1:26.20	46.89	200m:	3:13.37		300m:	5:01.71		400m:	6:42.45	

Międzywojewódzkie Drużynowe Mistrzostwa Młodzików 12 - 13 lat, I runda
Poznań, 17. - 18.3.2023

Konkurencja 7, Dziewcząt, 400m dowolny, 13 lat

Pozycja				Rok ur.					Czas	Pkt.		
30.	OCH DZAN Gabriela			10	St. Rekreacyjno-Sportowe MKS Oceanik	6:49.14	szc186					
	50m:	41.91	41.91	150m:	2:27.97	54.70	250m:	4:15.21	53.63	350m:	6:02.12	52.48
	100m:	1:33.27	51.36	200m:	3:21.58	53.61	300m:	5:09.64	54.43	400m:	6:49.14	47.02
DYSKW.	MIASKOWSKA Magdalena			10	Kaliski Klub Sportowy „Włókniarz” 1925 Kalisz							
	<i>O1 - Pływak zainicjował start przed sygnałem startu.</i>											
	50m:	36.30	36.30	150m:	1:58.45	41.24	250m:	3:21.04	41.47	350m:	4:43.66	41.09
	100m:	1:17.21	40.91	200m:	2:39.57	41.12	300m:	4:02.57	41.53	400m:		