

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach
Poznań, 15.4.2023

Konkurencja 9
2023.04.15 - 13:56

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2023

Pozycja	Rok ur.	Zas	Pkt.	100m	200m	300m	400m
Grupa A							
1. MICHALSKA Julia	05	WKS I sk	4:46.65 560	1:08.25	1:13.25	1:13.68	1:11.47
50m: 32.10	32.10	150m: 1:44.95	36.70	250m: 2:58.36	36.86	350m: 4:11.83	36.65
100m: 1:08.25	36.15	200m: 2:21.50	36.55	300m: 3:35.18	36.82	400m: 4:46.65	34.82
Grupa B							
1. GULCZY SKA Natalia	07	Uks Cityzen	4:41.97 589	1:07.10	1:13.47	1:12.18	1:09.22
50m: 32.01	32.01	150m: 1:43.63	36.53	250m: 2:56.36	35.79	350m: 4:09.04	36.29
100m: 1:07.10	35.09	200m: 2:20.57	36.94	300m: 3:32.75	36.39	400m: 4:41.97	32.93
2. WI TEK Amelia	08	WKS I sk	4:45.78 566	1:07.05	1:13.18	1:13.72	1:11.83
50m: 31.61	31.61	150m: 1:43.76	36.71	250m: 2:57.03	36.80	350m: 4:10.67	36.72
100m: 1:07.05	35.44	200m: 2:20.23	36.47	300m: 3:33.95	36.92	400m: 4:45.78	35.11
3. BUDZE Monika	07	MKP Astromal Leszno	4:48.00 553	1:07.91	1:14.52	1:14.11	1:11.46
50m: 32.24	32.24	150m: 1:44.60	36.69	250m: 2:59.80	37.37	350m: 4:13.28	36.74
100m: 1:07.91	35.67	200m: 2:22.43	37.83	300m: 3:36.54	36.74	400m: 4:48.00	34.72
4. BORYCZKA Amelia	08	WKS I sk	4:58.85 494	1:08.77	1:15.57	1:17.27	1:17.24
50m: 32.29	32.29	150m: 1:46.73	37.96	250m: 3:02.80	38.46	350m: 4:20.54	38.93
100m: 1:08.77	36.48	200m: 2:24.34	37.61	300m: 3:41.61	38.81	400m: 4:58.85	38.31
5. TOMASZEWSKA Maria	08	MKP „SŁOWIANKA” Gorzów	4:59.15 493	1:10.06	1:16.58	1:17.35	1:15.16
50m: 32.74	32.74	150m: 1:48.39	38.33	250m: 3:05.42	38.78	350m: 4:22.06	38.07
100m: 1:10.06	37.32	200m: 2:26.64	38.25	300m: 3:43.99	38.57	400m: 4:59.15	37.09
6. GÓRNY Maja	07	WKS I sk	5:01.89 480	1:10.07	1:18.20	1:18.27	1:15.35
50m: 33.21	33.21	150m: 1:49.08	39.01	250m: 3:07.45	39.18	350m: 4:25.83	39.29
100m: 1:10.07	36.86	200m: 2:28.27	39.19	300m: 3:46.54	39.09	400m: 5:01.89	36.06
7. JACUK Julia	07	MKS „Astoria” Bydgoszcz	5:04.96 465	1:12.91	1:17.75	1:18.40	1:15.90
50m: 35.31	35.31	150m: 1:51.81	38.90	250m: 3:09.95	39.29	350m: 4:28.23	39.17
100m: 1:12.91	37.60	200m: 2:30.66	38.85	300m: 3:49.06	39.11	400m: 5:04.96	36.73
8. MAY Matylda	08	MKP Astromal Leszno	5:08.97 447	1:14.92	1:19.52	1:19.26	1:15.27
50m: 35.85	35.85	150m: 1:54.76	39.84	250m: 3:13.96	39.52	350m: 4:32.23	38.53
100m: 1:14.92	39.07	200m: 2:34.44	39.68	300m: 3:53.70	39.74	400m: 5:08.97	36.74
9. SIEDLECKA Alicja	07	KS Warta Poznań	5:11.80 435	1:12.82	1:21.30	1:20.22	1:17.46
50m: 33.74	33.74	150m: 1:53.61	40.79	250m: 3:14.37	40.25	350m: 4:35.04	40.70
100m: 1:12.82	39.08	200m: 2:34.12	40.51	300m: 3:54.34	39.97	400m: 5:11.80	36.76
10. O KA Nina	08	KS Delfin Gdynia	5:14.67 424	1:11.93	1:20.69	1:22.62	1:19.43
50m: 33.85	33.85	150m: 1:52.42	40.49	250m: 3:14.13	41.51	350m: 4:35.55	40.31
100m: 1:11.93	38.08	200m: 2:32.62	40.20	300m: 3:55.24	41.11	400m: 5:14.67	39.12
11. DORO Y SKA Zuzanna	08	MTKP Delfin Toru	5:15.01 422	1:16.62	1:19.70	1:20.71	1:17.98
50m: 36.16	36.16	150m: 1:55.92	39.30	250m: 3:16.16	39.84	350m: 4:36.37	39.34
100m: 1:16.62	40.46	200m: 2:36.32	40.40	300m: 3:57.03	40.87	400m: 5:15.01	38.64
12. KRÓLAK Michalina	08	MKS „Astoria” Bydgoszcz	5:21.09 399	1:15.64	1:23.76	1:23.78	1:17.91
50m: 35.84	35.84	150m: 1:57.03	41.39	250m: 3:20.92	41.52	350m: 4:43.88	40.70
100m: 1:15.64	39.80	200m: 2:39.40	42.37	300m: 4:03.18	42.26	400m: 5:21.09	37.21
13. IWANOWSKA Zuzanna	08	MUKS "Piłastka"	5:22.33 394	1:17.91	1:23.82	1:23.25	1:17.35
50m: 36.57	36.57	150m: 2:00.05	42.14	250m: 3:23.24	41.51	350m: 4:44.33	39.35
100m: 1:17.91	41.34	200m: 2:41.73	41.68	300m: 4:04.98	41.74	400m: 5:22.33	38.00
14. KULI SKA Weronika	08	UKP Wodnik Włocławek	5:25.21 384	1:15.42	1:24.55	1:24.93	1:20.31
50m: 35.08	35.08	150m: 1:56.95	41.53	250m: 3:21.75	41.78	350m: 4:45.69	40.79
100m: 1:15.42	40.34	200m: 2:39.97	43.02	300m: 4:04.90	43.15	400m: 5:25.21	39.52
15. ORZECH Marta	08	UKS „SPORTOWIEC” Oborniki	5:49.15 310	1:18.50	1:30.43	1:30.87	1:29.35
50m: 35.79	35.79	150m: 2:03.53	45.03	250m:		350m:	
100m: 1:18.50	42.71	200m: 2:48.93	45.40	300m: 4:19.80		400m: 5:49.15	

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach
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Konkurencja 9, Kobiety, 400m dowolny

Grupa C

1.	KUCZMAR Aleksandra	09	MKS Ochota Warszawa	4:44.94	571	1:06.79	1:12.85	1:13.60	1:11.70
	50m:	31.87	31.87	150m:	1:43.53	36.74	250m:	2:56.23	36.59
	100m:	1:06.79	34.92	200m:	2:19.64	36.11	300m:	3:33.24	37.01
							350m:	4:09.92	36.68
							400m:	4:44.94	35.02
2.	CHYCZEWSKA Pola	09	MKP „SŁOWIANKA” Gorzów	4:54.82	515	1:09.97	1:15.49	1:15.46	1:13.90
	50m:	33.14	33.14	150m:	1:47.55	37.58	250m:	3:03.15	37.69
	100m:	1:09.97	36.83	200m:	2:25.46	37.91	300m:	3:40.92	37.77
							350m:	4:17.88	36.96
							400m:	4:54.82	36.94
3.	WITO Anna	09	UKS MOS w Opolu	5:01.88	480	1:09.39	1:17.35	1:18.64	1:16.50
	50m:	32.50	32.50	150m:	1:47.76	38.37	250m:	3:05.81	39.07
	100m:	1:09.39	36.89	200m:	2:26.74	38.98	300m:	3:45.38	39.57
							350m:	4:25.05	39.67
							400m:	5:01.88	36.83
4.	BALICKA Ada	09	KS Warta Poznań	5:06.01	461	1:11.55	1:18.33	1:18.83	1:17.30
	50m:	33.94	33.94	150m:	1:50.16	38.61	250m:	3:09.20	39.32
	100m:	1:11.55	37.61	200m:	2:29.88	39.72	300m:	3:48.71	39.51
							350m:	4:28.07	39.36
							400m:	5:06.01	37.94
5.	CZARNOMSKA Natalia	09	UKS „Ósemka” Toru	5:12.05	434	1:13.92	1:19.31	1:21.95	1:16.87
	50m:	35.19	35.19	150m:	1:53.59	39.67	250m:	3:14.07	40.84
	100m:	1:13.92	38.73	200m:	2:33.23	39.64	300m:	3:55.18	41.11
							350m:	4:34.28	39.10
							400m:	5:12.05	37.77
6.	L CZEK Zuzanna	09	UKS DRAGON Sosnowiec	5:18.02	410	1:14.83	1:23.00	1:22.29	1:17.90
	50m:	34.92	34.92	150m:	1:56.13	41.30	250m:	3:19.12	41.29
	100m:	1:14.83	39.91	200m:	2:37.83	41.70	300m:	4:00.12	41.00
							350m:	4:41.02	40.90
							400m:	5:18.02	37.00
7.	STACHEWICZ Aleksandra	09	MTP Kormoran Olsztyn	5:18.90	407	1:15.77	1:22.10	1:21.57	1:19.46
	50m:	35.78	35.78	150m:	1:56.98	41.21	250m:	3:18.68	40.81
	100m:	1:15.77	39.99	200m:	2:37.87	40.89	300m:	3:59.44	40.76
							350m:	4:40.07	40.63
							400m:	5:18.90	38.83
8.	M DRY Maja	09	St. KP Olimpia wiecie	5:21.49	397	1:13.29	1:21.99	1:23.83	1:22.38
	50m:	34.20	34.20	150m:	1:54.10	40.81	250m:	3:16.67	41.39
	100m:	1:13.29	39.09	200m:	2:35.28	41.18	300m:	3:59.11	42.44
							350m:	4:41.40	42.29
							400m:	5:21.49	40.09
9.	GRAMALA Zofia	09	KS Posenania Poznań	5:36.60	346	1:17.65	1:26.49	1:27.90	1:24.56
	50m:	35.61	35.61	150m:	2:00.60	42.95	250m:	3:28.09	43.95
	100m:	1:17.65	42.04	200m:	2:44.14	43.54	300m:	4:12.04	43.95
							350m:	4:57.13	45.09
							400m:	5:36.60	39.47
10.	WALKOWIAK Aleksandra	09	MTP Kormoran Olsztyn	5:44.83	322	1:17.80	1:26.12	1:28.70	1:32.21
	50m:	36.29	36.29	150m:	2:00.42	42.62	250m:	3:27.58	43.66
	100m:	1:17.80	41.51	200m:	2:43.92	43.50	300m:	4:12.62	45.04
							350m:	4:59.29	46.67
							400m:	5:44.83	45.54

Grupa D

1.	BERDECHOWSKA Martyna	10	WKS I sk	4:54.00	519	1:09.93	1:16.59	1:15.82	1:11.66
	50m:	33.26	33.26	150m:	1:48.60	38.67	250m:	3:04.12	37.60
	100m:	1:09.93	36.67	200m:	2:26.52	37.92	300m:	3:42.34	38.22
							350m:	4:18.94	36.60
							400m:	4:54.00	35.06
2.	LIPI SKA Natalia	10	UKS „Ósemka” Toru	4:58.48	496	1:08.58	1:14.74	1:16.58	1:18.58
	50m:	32.62	32.62	150m:	1:45.59	37.01	250m:	3:01.51	38.19
	100m:	1:08.58	35.96	200m:	2:23.32	37.73	300m:	3:39.90	38.39
							350m:	4:18.89	38.99
							400m:	4:58.48	39.59
3.	HARTWIG Michalina	10	WKS I sk	5:07.65	453	1:13.65	1:19.80	1:18.44	1:15.76
	50m:	34.12	34.12	150m:	1:53.49	39.84	250m:	3:13.63	40.18
	100m:	1:13.65	39.53	200m:	2:33.45	39.96	300m:	3:51.89	38.26
							350m:	4:32.12	40.23
							400m:	5:07.65	35.53
4.	SZKRABA Julia	10	MTP Kormoran Olsztyn	5:11.88	435	1:14.05	1:21.29	1:21.52	1:15.02
	50m:	34.04	34.04	150m:	1:54.77	40.72	250m:	3:15.87	40.53
	100m:	1:14.05	40.01	200m:	2:35.34	40.57	300m:	3:56.86	40.99
							350m:	4:35.80	38.94
							400m:	5:11.88	36.08
5.	DZIAPKA Lena	10	MTP Kormoran Olsztyn	5:30.62	365	1:17.79	1:25.46	1:25.32	1:22.05
	50m:	36.76	36.76	150m:	2:00.44	42.65	250m:	3:25.83	42.58
	100m:	1:17.79	41.03	200m:	2:43.25	42.81	300m:	4:08.57	42.74
							350m:	4:50.50	41.93
							400m:	5:30.62	40.12
6.	BARTYZEL Nadia	10	MKP Kołobrzeg	5:32.13	360	1:19.42	1:24.93	1:26.10	1:21.68
	50m:	36.92	36.92	150m:	2:01.53	42.11	250m:	3:27.56	43.21
	100m:	1:19.42	42.50	200m:	2:44.35	42.82	300m:	4:10.45	42.89
							350m:	4:52.51	42.06
							400m:	5:32.13	39.62
7.	ŁUKASZUK Nela	10	MKS Neptun Stargard	6:18.87	242	1:30.57	1:37.22	1:37.94	1:33.14
	50m:	41.69	41.69	150m:	2:19.30	48.73	250m:	3:56.73	48.94
	100m:	1:30.57	48.88	200m:	3:07.79	48.49	300m:	4:45.73	49.00
							350m:	5:33.83	48.10
							400m:	6:18.87	45.04

Ogólnopolskie Zawody Pływackie Gorące ciganie na Termach
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Grupa E

1. BOMBA Julia	11	CSiR MOS w D browie Gór	5:13.65	428	1:15.51	1:21.39	1:21.09	1:15.66			
50m:	35.84	35.84	150m:	1:56.09	40.58	250m:	3:16.91	40.01	350m:	4:35.84	37.85
100m:	1:15.51	39.67	200m:	2:36.90	40.81	300m:	3:57.99	41.08	400m:	5:13.65	37.81
2. OSICZKO Kaja	11	MKS Ochota Warszawa	5:24.33	387	1:17.97	1:21.86	1:23.95	1:20.55			
50m:	36.55	36.55	150m:	1:58.48	40.51	250m:	3:21.68	41.85	350m:	4:45.19	41.41
100m:	1:17.97	41.42	200m:	2:39.83	41.35	300m:	4:03.78	42.10	400m:	5:24.33	39.14
3. MOROZOWICZ Nadia	11	MKS Ochota Warszawa	5:29.93	367	1:19.57	1:25.08	1:25.93	1:19.35			
50m:	36.95	36.95	150m:	2:02.36	42.79	250m:	3:27.86	43.21	350m:	4:52.48	41.90
100m:	1:19.57	42.62	200m:	2:44.65	42.29	300m:	4:10.58	42.72	400m:	5:29.93	37.45
4. MICHALAK Maria	11	KS Warta Poznań	5:33.68	355	1:17.79	1:24.31	1:27.13	1:24.45			
50m:	36.70	36.70	150m:	1:59.55	41.76	250m:	3:25.66	43.56	350m:	4:52.51	43.28
100m:	1:17.79	41.09	200m:	2:42.10	42.55	300m:	4:09.23	43.57	400m:	5:33.68	41.17
5. SZYMA SKA Julia	11	KS Warta Poznań	6:11.89	256	1:28.33	1:35.20	1:37.09	1:31.27			
50m:	41.83	41.83	150m:	2:16.11	47.78	250m:	3:52.32	48.79	350m:	5:28.05	47.43
100m:	1:28.33	46.50	200m:	3:03.53	47.42	300m:	4:40.62	48.30	400m:	6:11.89	43.84

Grupa F

1. F FERREK Julia	15	MUKS "TUREKin pływa"	6:03.77	274	1:23.52	1:33.43	1:33.28	1:33.54			
50m:	38.67	38.67	150m:	2:09.50	45.98	250m:	3:43.44	46.49	350m:	5:16.90	46.67
100m:	1:23.52	44.85	200m:	2:56.95	47.45	300m:	4:30.23	46.79	400m:	6:03.77	46.87