

Letnie Mistrzostwa Okręgu Wielkopolskiego
Poznań, 16. - 17.6.2023

Konkurencja 20
2023.06.16 - 15:36

Kobiet, 400m dowolny

10 lat i starsi
Wyniki

Punkty: FINA 2023

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
10 lat i starsi							
1.	MAIK Julia 03	Kaliski Klub Sportowy „Włóczęgi” Kalisz	4:34.11	1:04.26	1:09.61	1:11.10	1:09.14
	50m: 30.68 30.68	150m: 1:38.76 34.50	250m: 2:49.16 35.29	350m: 4:00.18 35.21			
	100m: 1:04.26 33.58	200m: 2:13.87 35.11	300m: 3:24.97 35.81	400m: 4:34.11 33.93			
2.	GULCZY SKA Natalia 07	Uks Cityzen	4:42.55	1:07.72	1:11.35	1:14.56	1:08.92
	50m: 32.28 32.28	150m: 1:43.49 35.77	250m: 2:55.33 36.26	350m: 4:10.25 36.62			
	100m: 1:07.72 35.44	200m: 2:19.07 35.58	300m: 3:33.63 38.30	400m: 4:42.55 32.30			
3.	BUDZE Monika 07	MKP Astromal-Leszno	4:43.88	1:08.84	1:13.32	1:13.22	1:08.50
	50m: 32.90 32.90	150m: 1:45.16 36.32	250m: 2:58.41 36.25	350m: 4:11.38 36.00			
	100m: 1:08.84 35.94	200m: 2:22.16 37.00	300m: 3:35.38 36.97	400m: 4:43.88 32.50			
4.	GRYKO Patrycja 09	KS Warta Pozna	4:53.56	1:08.28	1:14.84	1:15.88	1:14.56
	50m: 32.05 32.05	150m: 1:45.33 37.05	250m: 3:01.03 37.91	350m: 4:17.11 38.11			
	100m: 1:08.28 36.23	200m: 2:23.12 37.79	300m: 3:39.00 37.97	400m: 4:53.56 36.45			
5.	BOGIELCZYK Natalia 09	KS Neptun widnica	4:57.40	1:09.78	1:14.76	1:16.29	1:16.57
	50m: 33.34 33.34	150m: 1:46.67 36.89	250m: 3:02.26 37.72	350m: 4:19.33 38.50			
	100m: 1:09.78 36.44	200m: 2:24.54 37.87	300m: 3:40.83 38.57	400m: 4:57.40 38.07			
6.	WOLNA Aleksandra 09	MKP Astromal-Leszno	5:02.46	1:13.03	1:17.45	1:17.59	1:14.39
	50m: 34.42 34.42	150m: 1:51.99 38.96	250m: 3:09.61 39.13	350m: 4:27.00 38.93			
	100m: 1:13.03 38.61	200m: 2:30.48 38.49	300m: 3:48.07 38.46	400m: 5:02.46 35.46			
7.	JACUK Julia 07	MKS „Astoria” Bydgoszcz	5:02.51	1:11.34	1:17.08	1:18.46	1:15.63
	50m: 33.77 33.77	150m: 1:49.41 38.07	250m: 3:07.50 39.08	350m: 4:25.84 38.96			
	100m: 1:11.34 37.57	200m: 2:28.42 39.01	300m: 3:46.88 39.38	400m: 5:02.51 36.67			
8.	BALICKA Ada 09	KS Warta Pozna	5:05.21	1:12.05	1:18.47	1:18.85	1:15.84
	50m: 34.54 34.54	150m: 1:51.34 39.29	250m: 3:09.88 39.36	350m: 4:28.43 39.06			
	100m: 1:12.05 37.51	200m: 2:30.52 39.18	300m: 3:49.37 39.49	400m: 5:05.21 36.78			
9.	MAY Matylda 08	MKP Astromal-Leszno	5:05.28	1:12.10	1:19.10	1:19.56	1:14.52
	50m: 34.37 34.37	150m: 1:51.65 39.55	250m: 3:11.22 40.02	350m: 4:29.38 38.62			
	100m: 1:12.10 37.73	200m: 2:31.20 39.55	300m: 3:50.76 39.54	400m: 5:05.28 35.90			
10.	SIEDLECKA Alicja 07	KS Warta Pozna	5:10.93	1:13.56	1:20.30	1:20.71	1:16.36
	50m: 34.80 34.80	150m: 1:53.19 39.63	250m: 3:14.02 40.16	350m: 4:34.29 39.72			
	100m: 1:13.56 38.76	200m: 2:33.86 40.67	300m: 3:54.57 40.55	400m: 5:10.93 36.64			
11.	STAMBUŁA Joanna 09	MKS Oceanik Ostrzeszów	5:11.06	1:12.65	1:21.03	1:20.58	1:16.80
	50m: 34.53 34.53	150m: 1:53.15 40.50	250m: 3:14.19 40.51	350m: 4:34.40 40.14			
	100m: 1:12.65 38.12	200m: 2:33.68 40.53	300m: 3:54.26 40.07	400m: 5:11.06 36.66			
12.	PILARSKA Maja 08	KP Aquapark W growiec	5:30.12	1:15.69	1:23.85	1:25.16	1:25.42
	50m: 34.88 34.88	150m: 1:57.72 42.03	250m: 3:22.16 42.62	350m: 4:46.97 42.27			
	100m: 1:15.69 40.81	200m: 2:39.54 41.82	300m: 4:04.70 42.54	400m: 5:30.12 43.15			
13.	OCZKOWSKA Damroka 12	"UKS - Jedyńka Kórnik"	5:31.46	1:17.28	1:23.71	1:25.92	1:24.55
	50m: 37.01 37.01	150m: 1:58.78 41.50	250m: 3:24.02 43.03	350m: 4:48.70 41.79			
	100m: 1:17.28 40.27	200m: 2:40.99 42.21	300m: 4:06.91 42.89	400m: 5:31.46 42.76			
14.	PAWLAK Jagoda 08	UKS Marato czyk Ostrów W	5:36.39	1:18.11	1:26.25	1:28.49	1:23.54
	50m: 37.03 37.03	150m: 2:00.56 42.45	250m: 3:28.39 44.03	350m: 4:56.04 43.19			
	100m: 1:18.11 41.08	200m: 2:44.36 43.80	300m: 4:12.85 44.46	400m: 5:36.39 40.35			
15.	KAMI SKA Małgorzata 10	UKS "Krońnicka Przysła"	5:42.17	1:19.84	1:28.51	1:28.73	1:25.09
	50m: 37.16 37.16	150m: 2:03.99 44.15	250m: 3:33.38 45.03	350m: 5:00.99 43.91			
	100m: 1:19.84 42.68	200m: 2:48.35 44.36	300m: 4:17.08 43.70	400m: 5:42.17 41.18			
16.	CZECHYRA Joanna 06	KS Warta Pozna	6:00.07	1:25.25	1:31.84	1:32.04	1:30.94
	50m: 40.32 40.32	150m: 2:11.23 45.98	250m: 3:43.03 45.94	350m: 5:15.17 46.04			
	100m: 1:25.25 44.93	200m: 2:57.09 45.86	300m: 4:29.13 46.10	400m: 6:00.07 44.90			
17.	MIKOŁAJCZAK Helena 12	IUKS Jedyńka Pozna	6:02.34	1:25.33	1:33.57	1:34.14	1:29.30
	50m: 39.93 39.93	150m: 2:12.24 46.91	250m: 3:46.05 47.15	350m: 5:19.29 46.25			
	100m: 1:25.33 45.40	200m: 2:58.90 46.66	300m: 4:33.04 46.99	400m: 6:02.34 43.05			
18.	WIESZACZEWSKA Nikola 12	KS Warta Pozna	6:52.02	1:38.55	1:45.52	1:47.38	1:40.57
	50m: 47.35 47.35	150m: 2:32.19 53.64	250m: 4:19.26 55.19	350m: 6:05.01 53.56			
	100m: 1:38.55 51.20	200m: 3:24.07 51.88	300m: 5:11.45 52.19	400m: 6:52.02 47.01			
19.	HAAK Maja 12	KS Warta Pozna	7:05.37	1:37.97	1:50.59	1:53.73	1:43.08
	50m: 44.20 44.20	150m: 2:32.56 51.88	250m: 4:19.26 55.19	350m: 6:05.01 53.56			
	100m: 1:37.97 53.77	200m: 3:28.56 51.88	300m: 5:22.29 52.19	400m: 7:05.37 47.01			

Letnie Mistrzostwa Okręgu Wielkopolskiego
Poznań, 16. - 17.6.2023

Konkurencja 20, Kobiet, 400m dowolny, 10 lat i starsi

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m				
20. KOPCZY SKA Oliwia	12	KS Warta Poznań	7:10.52 165	1:31.74	1:50.80	1:56.14	1:51.84				
50m:	41.23	41.23	150m:	2:26.81	55.07	250m:	4:19.77	57.23	350m:	6:15.27	56.59
100m:	1:31.74	50.51	200m:	3:22.54	55.73	300m:	5:18.68	58.91	400m:	7:10.52	55.25

14 - 16 lat

1. GULCZY SKA Natalia	07	Uks Cityzen	4:42.55 585	1:07.72	1:11.35	1:14.56	1:08.92				
50m:	32.28	32.28	150m:	1:43.49	35.77	250m:	2:55.33	36.26	350m:	4:10.25	36.62
100m:	1:07.72	35.44	200m:	2:19.07	35.58	300m:	3:33.63	38.30	400m:	4:42.55	32.30
2. BUDZE Monika	07	MKP Astromal-Leszno	4:43.88 577	1:08.84	1:13.32	1:13.22	1:08.50				
50m:	32.90	32.90	150m:	1:45.16	36.32	250m:	2:58.41	36.25	350m:	4:11.38	36.00
100m:	1:08.84	35.94	200m:	2:22.16	37.00	300m:	3:35.38	36.97	400m:	4:43.88	32.50
3. GRYKO Patrycja	09	KS Warta Poznań	4:53.56 522	1:08.28	1:14.84	1:15.88	1:14.56				
50m:	32.05	32.05	150m:	1:45.33	37.05	250m:	3:01.03	37.91	350m:	4:17.11	38.11
100m:	1:08.28	36.23	200m:	2:23.12	37.79	300m:	3:39.00	37.97	400m:	4:53.56	36.45
4. BOGIELCZYK Natalia	09	KS Neptun widnica	4:57.40 502	1:09.78	1:14.76	1:16.29	1:16.57				
50m:	33.34	33.34	150m:	1:46.67	36.89	250m:	3:02.26	37.72	350m:	4:19.33	38.50
100m:	1:09.78	36.44	200m:	2:24.54	37.87	300m:	3:40.83	38.57	400m:	4:57.40	38.07
5. WOLNA Aleksandra	09	MKP Astromal-Leszno	5:02.46 477	1:13.03	1:17.45	1:17.59	1:14.39				
50m:	34.42	34.42	150m:	1:51.99	38.96	250m:	3:09.61	39.13	350m:	4:27.00	38.93
100m:	1:13.03	38.61	200m:	2:30.48	38.49	300m:	3:48.07	38.46	400m:	5:02.46	35.46
6. JACUK Julia	07	MKS „Astoria” Bydgoszcz	5:02.51 477	1:11.34	1:17.08	1:18.46	1:15.63				
50m:	33.77	33.77	150m:	1:49.41	38.07	250m:	3:07.50	39.08	350m:	4:25.84	38.96
100m:	1:11.34	37.57	200m:	2:28.42	39.01	300m:	3:46.88	39.38	400m:	5:02.51	36.67
7. BALICKA Ada	09	KS Warta Poznań	5:05.21 464	1:12.05	1:18.47	1:18.85	1:15.84				
50m:	34.54	34.54	150m:	1:51.34	39.29	250m:	3:09.88	39.36	350m:	4:28.43	39.06
100m:	1:12.05	37.51	200m:	2:30.52	39.18	300m:	3:49.37	39.49	400m:	5:05.21	36.78
8. MAY Matylda	08	MKP Astromal-Leszno	5:05.28 464	1:12.10	1:19.10	1:19.56	1:14.52				
50m:	34.37	34.37	150m:	1:51.65	39.55	250m:	3:11.22	40.02	350m:	4:29.38	38.62
100m:	1:12.10	37.73	200m:	2:31.20	39.55	300m:	3:50.76	39.54	400m:	5:05.28	35.90
9. SIEDLECKA Alicja	07	KS Warta Poznań	5:10.93 439	1:13.56	1:20.30	1:20.71	1:16.36				
50m:	34.80	34.80	150m:	1:53.19	39.63	250m:	3:14.02	40.16	350m:	4:34.29	39.72
100m:	1:13.56	38.76	200m:	2:33.86	40.67	300m:	3:54.57	40.55	400m:	5:10.93	36.64
10. STAMBUŁA Joanna	09	MKS Oceanik Ostrzeszów	5:11.06 438	1:12.65	1:21.03	1:20.58	1:16.80				
50m:	34.53	34.53	150m:	1:53.15	40.50	250m:	3:14.19	40.51	350m:	4:34.40	40.14
100m:	1:12.65	38.12	200m:	2:33.68	40.53	300m:	3:54.26	40.07	400m:	5:11.06	36.66
11. PILARSKA Maja	08	KP Aquapark W growiec	5:30.12 367	1:15.69	1:23.85	1:25.16	1:25.42				
50m:	34.88	34.88	150m:	1:57.72	42.03	250m:	3:22.16	42.62	350m:	4:46.97	42.27
100m:	1:15.69	40.81	200m:	2:39.54	41.82	300m:	4:04.70	42.54	400m:	5:30.12	43.15
12. PAWLAK Jagoda	08	UKS Marato czyk Ostrów W	5:36.39 347	1:18.11	1:26.25	1:28.49	1:23.54				
50m:	37.03	37.03	150m:	2:00.56	42.45	250m:	3:28.39	44.03	350m:	4:56.04	43.19
100m:	1:18.11	41.08	200m:	2:44.36	43.80	300m:	4:12.85	44.46	400m:	5:36.39	40.35

10 - 13 lat

1. OCZKOWSKA Damroka	12	"UKS - Jedyńka Kórnik"	5:31.46 362	1:17.28	1:23.71	1:25.92	1:24.55				
50m:	37.01	37.01	150m:	1:58.78	41.50	250m:	3:24.02	43.03	350m:	4:48.70	41.79
100m:	1:17.28	40.27	200m:	2:40.99	42.21	300m:	4:06.91	42.89	400m:	5:31.46	42.76
2. KAMI SKA Małgorzata	10	UKS "Krońnicka Przysła"	5:42.17 329	1:19.84	1:28.51	1:28.73	1:25.09				
50m:	37.16	37.16	150m:	2:03.99	44.15	250m:	3:33.38	45.03	350m:	5:00.99	43.91
100m:	1:19.84	42.68	200m:	2:48.35	44.36	300m:	4:17.08	43.70	400m:	5:42.17	41.18
3. MIKOŁAJCZAK Helena	12	IUKS Jedyńka Poznań	6:02.34 277	1:25.33	1:33.57	1:34.14	1:29.30				
50m:	39.93	39.93	150m:	2:12.24	46.91	250m:	3:46.05	47.15	350m:	5:19.29	46.25
100m:	1:25.33	45.40	200m:	2:58.90	46.66	300m:	4:33.04	46.99	400m:	6:02.34	43.05
4. WIESZACZEWSKA Nikola	12	KS Warta Poznań	6:52.02 188	1:38.55	1:45.52	1:47.38	1:40.57				
50m:	47.35	47.35	150m:	2:32.19	53.64	250m:	4:19.26	55.19	350m:	6:05.01	53.56
100m:	1:38.55	51.20	200m:	3:24.07	51.88	300m:	5:11.45	52.19	400m:	6:52.02	47.01
5. HAAK Maja	12	KS Warta Poznań	7:05.37 171	1:37.97	1:50.59	1:53.73	1:43.08				
50m:	44.20	44.20	150m:			250m:			350m:		
100m:	1:37.97	53.77	200m:	3:28.56		300m:	5:22.29		400m:	7:05.37	

Letnie Mistrzostwa Okręgu Wielkopolskiego
Poznań, 16. - 17.6.2023

Konkurencja 20, Dziewcząt, 400m dowolny, 10 - 13 lat

Pozycja		Rok ur.				Czas	Pkt.	100m	200m	300m	400m	
6.	KOPCZY	SKA Oliwia	12	KS Warta Poznań		7:10.52	165	1:31.74	1:50.80	1:56.14	1:51.84	
	50m:	41.23	41.23	150m:	2:26.81	55.07	250m:	4:19.77	57.23	350m:	6:15.27	56.59
	100m:	1:31.74	50.51	200m:	3:22.54	55.73	300m:	5:18.68	58.91	400m:	7:10.52	55.25