

Ogólnopolskie Zawody Pływackie - Otwarcie Sezonu na Termach
Pozna , 23.9.2023

Konkurencja 11
2023.09.23 - 13:58

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.
16 lat i starsi									
1.	JACH Tamara		06	WKS	I sk		4:36.95	602	
	50m:	31.72 31.72	150m:	1:41.90 35.54	250m:	2:53.06 35.50	350m:	4:03.20 34.69	
	100m:	1:06.36 34.64	200m:	2:17.56 35.66	300m:	3:28.51 35.45	400m:	4:36.95 33.75	
2.	WŁADYCZKA Amelia		07	WKS	I sk		4:47.27	539	
	50m:	31.55 31.55	150m:	1:41.94 35.53	250m:	2:51.39 34.47	350m:	3:58.93 33.26	
	100m:	1:06.41 34.86	200m:	2:16.92 34.98	300m:	3:25.67 34.28	400m:	4:47.27 48.34	
14 - 15 lat									
1.	WI TEK Amelia		08	WKS	I sk		4:37.00	602	
	50m:	31.52 31.52	150m:	1:41.85 35.44	250m:	2:52.70 35.26	350m:	4:03.04 35.32	
	100m:	1:06.41 34.89	200m:	2:17.44 35.59	300m:	3:27.72 35.02	400m:	4:37.00 33.96	
2.	CHYCZEWSKA Pola		09	UKS "Olimp"	Gorzów Wlkp.		4:44.22	557	
	50m:	31.79 31.79	150m:	1:43.74 36.33	250m:	2:56.50 36.41	350m:	4:09.15 36.39	
	100m:	1:07.41 35.62	200m:	2:20.09 36.35	300m:	3:32.76 36.26	400m:	4:44.22 35.07	
3.	TOMASZEWSKA Maria		08	UKS "Olimp"	Gorzów Wlkp.		4:44.41	556	
	50m:	31.79 31.79	150m:	1:44.04 36.58	250m:	2:57.91 36.99	350m:	4:10.90 36.19	
	100m:	1:07.46 35.67	200m:	2:20.92 36.88	300m:	3:34.71 36.80	400m:	4:44.41 33.51	
4.	WEGNER Julia		09	UKS "Olimp"	Gorzów Wlkp.		4:44.49	555	
	50m:	31.24 31.24	150m:	1:43.16 36.27	250m:	2:56.80 36.91	350m:	4:09.09 35.81	
	100m:	1:06.89 35.65	200m:	2:19.89 36.73	300m:	3:33.28 36.48	400m:	4:44.49 35.40	
5.	GRZECH Maja		08	UKS abianka Gda	sk		4:48.13	535	
	50m:	32.68 32.68	150m:	1:44.33 36.34	250m:	2:57.63 36.93	350m:	4:11.77 36.95	
	100m:	1:07.99 35.31	200m:	2:20.70 36.37	300m:	3:34.82 37.19	400m:	4:48.13 36.36	
6.	SZCZEPANIK Nikola		09	UKS "Olimp"	Gorzów Wlkp.		4:57.39	486	
	50m:	33.60 33.60	150m:	1:49.50 38.33	250m:	3:06.12 38.20	350m:	4:22.62 38.03	
	100m:	1:11.17 37.57	200m:	2:27.92 38.42	300m:	3:44.59 38.47	400m:	4:57.39 34.77	
7.	WŁODARCZYK Maja		08	UKP Manta Jelcz-Laskowice			5:02.53	462	
	50m:	33.83 33.83	150m:	1:49.22 38.19	250m:	3:06.56 38.53	350m:	4:24.87 39.13	
	100m:	1:11.03 37.20	200m:	2:28.03 38.81	300m:	3:45.74 39.18	400m:	5:02.53 37.66	
8.	KOZIEJSKA Zuzanna		08	UKS "Olimp"	Gorzów Wlkp.		5:10.73	426	
	50m:	34.99 34.99	150m:	1:53.69 39.59	250m:	3:13.69 39.94	350m:	4:32.22 39.38	
	100m:	1:14.10 39.11	200m:	2:33.75 40.06	300m:	3:52.84 39.15	400m:	5:10.73 38.51	
13 lat									
1.	LIPI SKA Natalia		10	UKS „Ósemka"	Toru		4:51.83	515	
	50m:	32.86 32.86	150m:	1:44.32 36.28	250m:	2:58.75 37.39	350m:	4:14.26 37.65	
	100m:	1:08.04 35.18	200m:	2:21.36 37.04	300m:	3:36.61 37.86	400m:	4:51.83 37.57	
2.	BERDECHOWSKA Martyna		10	WKS	I sk		4:52.35	512	
	50m:	33.24 33.24	150m:	1:47.09 37.00	250m:	3:02.34 37.86	350m:	4:17.53 37.33	
	100m:	1:10.09 36.85	200m:	2:24.48 37.39	300m:	3:40.20 37.86	400m:	4:52.35 34.82	
3.	JESSA Zuzanna		10	MKP „SŁOWIANKA"	Gorzów Wlkp.		4:57.54	485	
	50m:	32.87 32.87	150m:	1:49.14 38.79	250m:	3:07.16 38.98	350m:	4:23.38 37.69	
	100m:	1:10.35 37.48	200m:	2:28.18 39.04	300m:	3:45.69 38.53	400m:	4:57.54 34.16	
4.	NOSAL Nela		10	WKS	I sk		4:59.00	478	
	50m:	33.47 33.47	150m:	1:49.18 38.64	250m:	3:06.73 39.03	350m:	4:23.10 37.63	
	100m:	1:10.54 37.07	200m:	2:27.70 38.52	300m:	3:45.47 38.74	400m:	4:59.00 35.90	
5.	HARTWIG Michalina		10	WKS	I sk		5:10.47	427	
	50m:	35.57 35.57	150m:	1:55.23 40.41	250m:	3:14.69 39.45	350m:	4:32.81 39.19	
	100m:	1:14.82 39.25	200m:	2:35.24 40.01	300m:	3:53.62 38.93	400m:	5:10.47 37.66	

Ogólnopolskie Zawody Pływackie - Otwarcie Sezonu na Termach
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Konkurencja 11, Dziewcz t, 400m dowolny, 13 lat

Pozycja			Rok ur.							Czas	Pkt.
6.	JAWORSKA Aleksandra		10	WKS	I sk					5:11.45	423
	50m:	34.52 34.52	150m:	1:53.39	39.84	250m:	3:13.92	40.10	350m:	4:33.68	39.65
	100m:	1:13.55 39.03	200m:	2:33.82	40.43	300m:	3:54.03	40.11	400m:	5:11.45	37.77
7.	KOZI SKA Łucja		10	WKS	I sk					5:21.75	384
	50m:	35.88 35.88	150m:	1:59.38	41.47	250m:	3:22.41	41.21	350m:	4:44.33	40.95
	100m:	1:17.91 42.03	200m:	2:41.20	41.82	300m:	4:03.38	40.97	400m:	5:21.75	37.42
8.	WINIAREK Lena		10	TP Skalar, Słupsk						5:21.97	383
	50m:	37.11 37.11	150m:	1:59.24	41.25	250m:	3:22.08	41.68	350m:	4:43.90	40.56
	100m:	1:17.99 40.88	200m:	2:40.40	41.16	300m:	4:03.34	41.26	400m:	5:21.97	38.07
9.	SKAWI SKA Lena		10	WKS	I sk					5:23.20	379
	50m:	35.74 35.74	150m:	1:57.34	41.30	250m:	3:21.50	42.07	350m:	4:45.75	41.31
	100m:	1:16.04 40.30	200m:	2:39.43	42.09	300m:	4:04.44	42.94	400m:	5:23.20	37.45
10.	WO NIAK Maja		10	MKP „SŁOWIANKA” Gorzów Wlkp.						5:26.41	368
	50m:	36.58 36.58	150m:	1:59.77	41.69	250m:	3:24.01	42.42	350m:	4:48.33	41.22
	100m:	1:18.08 41.50	200m:	2:41.59	41.82	300m:	4:07.11	43.10	400m:	5:26.41	38.08
11.	LATOSZEWSKA Maria		10	MKP „SŁOWIANKA” Gorzów Wlkp.						5:28.37	361
	50m:	37.66 37.66	150m:	2:01.90	42.68	250m:	3:26.66	42.23	350m:	4:51.40	41.14
	100m:	1:19.22 41.56	200m:	2:44.43	42.53	300m:	4:10.26	43.60	400m:	5:28.37	36.97
12.	ŁUKASZEWICZ Weronika		10	MKP „SŁOWIANKA” Gorzów Wlkp.						5:48.56	302
	50m:	38.13 38.13	150m:	2:05.10	44.03	250m:	3:34.18	44.41	350m:	5:04.66	44.35
	100m:	1:21.07 42.94	200m:	2:49.77	44.67	300m:	4:20.31	46.13	400m:	5:48.56	43.90
13.	SŁOMI SKA Martyna		10	TP Skalar, Słupsk						5:49.90	298
	50m:	37.85 37.85	150m:	2:07.24	44.89	250m:	3:37.80	45.65	350m:	5:06.38	44.15
	100m:	1:22.35 44.50	200m:	2:52.15	44.91	300m:	4:22.23	44.43	400m:	5:49.90	43.52

12 lat

1.	PIÓR Julia		11	Grudzi dzki KP „Orka”						5:05.21	450
	50m:	33.26 33.26	150m:	1:50.16	38.90	250m:	3:08.98	39.39	350m:	4:27.56	39.12
	100m:	1:11.26 38.00	200m:	2:29.59	39.43	300m:	3:48.44	39.46	400m:	5:05.21	37.65
2.	KUNDA Marika		11	TP Skalar, Słupsk						5:27.93	362
	50m:	35.43 35.43	150m:	1:58.54	42.35	250m:	3:24.87	43.25	350m:	4:47.55	40.70
	100m:	1:16.19 40.76	200m:	2:41.62	43.08	300m:	4:06.85	41.98	400m:	5:27.93	40.38
3.	PALICKA Patrycja		11	TP Skalar, Słupsk						5:34.70	341
	50m:	37.55 37.55	150m:	2:01.77	42.14	250m:	3:28.04	43.38	350m:	4:53.18	42.00
	100m:	1:19.63 42.08	200m:	2:44.66	42.89	300m:	4:11.18	43.14	400m:	5:34.70	41.52
4.	MICHALAK Maria		11	KS Warta Pozna						5:38.81	329
	50m:	37.67 37.67	150m:	2:01.45	42.58	250m:	3:29.05	44.16	350m:	4:57.29	43.93
	100m:	1:18.87 41.20	200m:	2:44.89	43.44	300m:	4:13.36	44.31	400m:	5:38.81	41.52
5.	JANKOWSKA Magdalena		11	KTP Iskra Konin						5:47.56	304
	50m:	36.01 36.01	150m:	2:03.29	45.43	250m:	3:32.40	44.85	350m:	5:01.99	44.40
	100m:	1:17.86 41.85	200m:	2:47.55	44.26	300m:	4:17.59	45.19	400m:	5:47.56	45.57
6.	MAJZA - WAWRZY SKA Barbara		11	UKS 3-Wodnik Wolsztyn						6:06.32	260
	50m:	40.71 40.71	150m:	2:12.95	46.56	250m:	3:47.52	46.82	350m:	5:21.22	46.74
	100m:	1:26.39 45.68	200m:	3:00.70	47.75	300m:	4:34.48	46.96	400m:	6:06.32	45.10

11 lat

1.	RAJCZYK Lena		12	KTP Iskra Konin						6:26.11	222
	50m:	42.56 42.56	150m:	2:21.89	49.55	250m:	4:00.25	49.58	350m:	5:39.30	49.93
	100m:	1:32.34 49.78	200m:	3:10.67	48.78	300m:	4:49.37	49.12	400m:	6:26.11	46.81
2.	LEOPOLD Maja		12	UKS Cityzen						6:32.99	210
	50m:	43.54 43.54	150m:	2:24.03	50.60	250m:	4:55.46	1:40.91	350m:		
	100m:	1:33.43 49.89	200m:	3:14.55	50.52	300m:	5:45.08	49.62	400m:	6:32.99	

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Pozna , 23.9.2023

Konkurencja 11, Kobiet, 400m dowolny

10 lat i młodsi

1.	F	FEREK Julia		15	MUKS "TUREKin pływa"			5:45.11	311				
		50m:	37.97	37.97	150m:	2:05.76	44.58	250m:	3:34.21	44.32	350m:	5:02.77	44.25
		100m:	1:21.18	43.21	200m:	2:49.89	44.13	300m:	4:18.52	44.31	400m:	5:45.11	42.34
2.		ENO Milena		14	Aquarius			6:03.22	267				
		50m:	39.38	39.38	150m:	2:11.78	46.37	250m:	3:46.51	47.58	350m:	5:20.62	47.59
		100m:	1:25.41	46.03	200m:	2:58.93	47.15	300m:	4:33.03	46.52	400m:	6:03.22	42.60