

Wielkopolskie Rozgrywki Pływackie w kategorii 11/12/13 – latków.  
Pozna , 27.1. - 20.10.2023

Konkurencja 24  
2023.04.28 - 14:40

Dziewcz t, 400m dowolny

11 - 13 lat  
Wyniki

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.	
<b>13 lat</b>										
1.	KORDALSKA Maja		10	KS Warta Pozna				<b>4:57.28</b>	487	
	50m:	33.63 33.63	150m:	1:49.74	38.22	250m:	3:06.65	38.10	350m:	4:22.17 37.26
	100m:	1:11.52 37.89	200m:	2:28.55	38.81	300m:	3:44.91	38.26	400m:	4:57.28 35.11
2.	UK Hanna		10	KS Warta Pozna				<b>5:01.92</b>	465	
	50m:	34.16 34.16	150m:	1:51.16	38.87	250m:	3:07.83	37.93	350m:	4:23.53 37.56
	100m:	1:12.29 38.13	200m:	2:29.90	38.74	300m:	3:45.97	38.14	400m:	5:01.92 38.39
3.	KOPER Julia		10	KU AZS UAM Pozna				<b>5:10.08</b>	429	
	50m:	33.89 33.89	150m:	1:50.62	38.80	250m:	3:09.77	39.99	350m:	4:31.06 40.52
	100m:	1:11.82 37.93	200m:	2:29.78	39.16	300m:	3:50.54	40.77	400m:	5:10.08 39.02
4.	SZŁAPKA Antonina		10	UKS Cityzen				<b>5:19.14</b>	393	
	50m:	36.22 36.22	150m:	1:57.58	40.90	250m:	3:19.82	41.17	350m:	4:41.28 40.68
	100m:	1:16.68 40.46	200m:	2:38.65	41.07	300m:	4:00.60	40.78	400m:	5:19.14 37.86
5.	SALZMAN Kornelia		10	Grupa 5Styl				<b>5:23.64</b>	377	
	50m:	36.59 36.59	150m:	1:58.69	41.35	250m:	3:22.96	41.19	350m:	4:44.63 40.69
	100m:	1:17.34 40.75	200m:	2:41.77	43.08	300m:	4:03.94	40.98	400m:	5:23.64 39.01
6.	SIEPKA Zofia		10	KS Posnania Pozna				<b>5:40.45</b>	324	
	50m:	36.56 36.56	150m:	2:00.79	42.62	250m:	3:29.15	44.33	350m:	4:58.00 44.49
	100m:	1:18.17 41.61	200m:	2:44.82	44.03	300m:	4:13.51	44.36	400m:	5:40.45 42.45
7.	BŁAJET Nikola		10	KS Warta Pozna				<b>5:51.34</b>	295	
	50m:	37.94 37.94	150m:	2:08.66	45.67	250m:	3:40.80	45.63	350m:	5:10.98 44.02
	100m:	1:22.99 45.05	200m:	2:55.17	46.51	300m:	4:26.96	46.16	400m:	5:51.34 40.36
8.	MA KOWIAK Matylda		10	UKS Niagara Jedyńka Wolsztyn				<b>5:54.83</b>	286	
	50m:	40.11 40.11	150m:	2:10.37	45.23	250m:	3:41.55	45.41	350m:	5:12.74 45.94
	100m:	1:25.14 45.03	200m:	2:56.14	45.77	300m:	4:26.80	45.25	400m:	5:54.83 42.09
9.	CIE LA Iga		10	UKS Niagara Jedyńka Wolsztyn				<b>6:01.96</b>	269	
	50m:	37.87 37.87	150m:	2:10.09	47.68	250m:	3:46.02	48.10	350m:	5:21.35 47.79
	100m:	1:22.41 44.54	200m:	2:57.92	47.83	300m:	4:33.56	47.54	400m:	6:01.96 40.61
10.	RAMA Elena		10	MUKS „HURAGAN” Koło				<b>6:05.74</b>	261	
	50m:	38.66 38.66	150m:	2:11.56	47.66	250m:	3:46.39	47.14	350m:	5:20.77 45.92
	100m:	1:23.90 45.24	200m:	2:59.25	47.69	300m:	4:34.85	48.46	400m:	6:05.74 44.97
11.	BIAŁEK Katarzyna		10	UKS 3-Wodnik Wolsztyn				<b>6:06.85</b>	259	
	50m:	40.45 40.45	150m:	2:14.88	48.85	250m:	3:50.27	47.95	350m:	5:23.66 46.69
	100m:	1:26.03 45.58	200m:	3:02.32	47.44	300m:	4:36.97	46.70	400m:	6:06.85 43.19
12.	BARTZ Ewa		10	KU AZS UAM Pozna				<b>6:16.67</b>	239	
	50m:	39.54 39.54	150m:	2:13.20	47.71	250m:	3:51.08	49.13	350m:	5:29.56 49.52
	100m:	1:25.49 45.95	200m:	3:01.95	48.75	300m:	4:40.04	48.96	400m:	6:16.67 47.11
13.	TKACHUK Yeva		10	KS Posnania Pozna				<b>6:17.73</b>	237	
	50m:	39.84 39.84	150m:	2:20.00	50.20	250m:	3:58.98	48.99	350m:	5:36.82 48.26
	100m:	1:29.80 49.96	200m:	3:09.99	49.99	300m:	4:48.56	49.58	400m:	6:17.73 40.91
<b>12 lat</b>										
1.	SADŁOCHA Amelia		11	KTP Iskra Konin				<b>5:13.33</b>	416	
	50m:	35.14 35.14	150m:	1:55.80	39.76	250m:	3:16.46	40.34	350m:	4:37.02 40.09
	100m:	1:16.04 40.90	200m:	2:36.12	40.32	300m:	3:56.93	40.47	400m:	5:13.33 36.31
2.	MICHALAK Maria		11	KS Warta Pozna				<b>5:18.18</b>	397	
	50m:	35.41 35.41	150m:	1:56.50	40.90	250m:	3:18.05	40.64	350m:	4:39.36 40.58
	100m:	1:15.60 40.19	200m:	2:37.41	40.91	300m:	3:58.78	40.73	400m:	5:18.18 38.82
3.	GRABOWSKA Małgorzata		11	KS Posnania Pozna				<b>5:33.85</b>	343	
	50m:	36.82 36.82	150m:	2:00.35	41.96	250m:	3:25.27	42.71	350m:	4:52.83 43.78
	100m:	1:18.39 41.57	200m:	2:42.56	42.21	300m:	4:09.05	43.78	400m:	5:33.85 41.02

Wielkopolskie Rozgrywki Pływackie w kategorii 11/12/13 – latków.  
Poznań, 27.1. - 20.10.2023

Konkurencja 24, Dziewcz. t., 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.		
4.	NOWAK Aleksandra		11	KS Wodnik rem				<b>5:42.57</b>	318		
	50m:	37.02 37.02	150m:	2:02.92	43.74	250m:	3:31.97	45.14	350m:	5:00.22	43.91
	100m:	1:19.18 42.16	200m:	2:46.83	43.91	300m:	4:16.31	44.34	400m:	5:42.57	42.35
5.	ŁACZEK Wiktoria		11	Sp1 Swarzędz				<b>5:51.91</b>	293		
	50m:	38.03 38.03	150m:	2:07.67	45.87	250m:	3:39.59	45.86	350m:	5:10.55	45.55
	100m:	1:21.80 43.77	200m:	2:53.73	46.06	300m:	4:25.00	45.41	400m:	5:51.91	41.36
6.	RUMIEJOWSKA Aleksandra		11	MUKS „HURAGAN” Koło				<b>5:57.48</b>	280		
	50m:	37.69 37.69	150m:	2:08.64	46.38	250m:	3:41.42	46.31	350m:	5:12.96	45.56
	100m:	1:22.26 44.57	200m:	2:55.11	46.47	300m:	4:27.40	45.98	400m:	5:57.48	44.52
7.	OLKOWSKA Oliwia		11	KTP Iskra Konin				<b>5:59.61</b>	275		
	50m:	40.26 40.26	150m:	2:12.61	46.86	250m:	3:44.95	46.12	350m:	5:17.59	46.50
	100m:	1:25.75 45.49	200m:	2:58.83	46.22	300m:	4:31.09	46.14	400m:	5:59.61	42.02
8.	SZYMA SKA Julia		11	KS Warta Poznań				<b>6:01.49</b>	270		
	50m:	41.20 41.20	150m:	2:13.55	46.79	250m:	3:46.48	46.37	350m:	5:19.02	45.95
	100m:	1:26.76 45.56	200m:	3:00.11	46.56	300m:	4:33.07	46.59	400m:	6:01.49	42.47
9.	STASIAKIEWICZ Helena		11	UKS Niagara Jedyńka Wolsztyn				<b>6:16.03</b>	240		
	50m:	40.78 40.78	150m:	2:13.41	47.23	250m:	3:49.87	47.78	350m:	5:27.92	50.49
	100m:	1:26.18 45.40	200m:	3:02.09	48.68	300m:	4:37.43	47.56	400m:	6:16.03	48.11
10.	GRZESIK Dominika		11	UKS Fala Swarzędz				<b>6:27.35</b>	220		
	50m:	39.07 39.07	150m:	2:14.87	49.10	250m:	3:55.74	50.84	350m:	5:37.70	51.30
	100m:	1:25.77 46.70	200m:	3:04.90	50.03	300m:	4:46.40	50.66	400m:	6:27.35	49.65
11.	FLEISZEROWICZ Zofia		11	Klub Sportowy Extreme Team Oborniki				<b>6:31.03</b>	214		
	50m:	40.81 40.81	150m:	2:20.20	50.22	250m:	4:01.85	51.99	350m:	5:43.83	51.10
	100m:	1:29.98 49.17	200m:	3:09.86	49.66	300m:	4:52.73	50.88	400m:	6:31.03	47.20
12.	JAMROZIK Amelia		11	MUKS „HURAGAN” Koło				<b>7:21.98</b>	148		
	50m:	48.38 48.38	150m:	2:43.59	58.86	250m:	4:38.05	57.86	350m:	6:28.46	55.19
	100m:	1:44.73 56.35	200m:	3:40.19	56.60	300m:	5:33.27	55.22	400m:	7:21.98	53.52

11 lat

1.	SADŁOCHA Marcelina		12	KTP Iskra Konin				<b>5:29.20</b>	358		
	50m:	35.22 35.22	150m:	2:00.99	43.19	250m:	3:26.25	42.83	350m:	4:50.46	42.11
	100m:	1:17.80 42.58	200m:	2:43.42	42.43	300m:	4:08.35	42.10	400m:	5:29.20	38.74
2.	MIKOŁAJCZAK Helena		12	IUKS Jedyńka Poznań				<b>5:51.26</b>	295		
	50m:	39.11 39.11	150m:	2:08.42	45.17	250m:	3:39.99	45.44	350m:	5:10.71	45.67
	100m:	1:23.25 44.14	200m:	2:54.55	46.13	300m:	4:25.04	45.05	400m:	5:51.26	40.55
3.	KANTEK - WALIGÓRSKA Maja		12	UKS Niagara Jedyńka Wolsztyn				<b>6:08.13</b>	256		
	50m:	38.63 38.63	150m:	2:13.04	47.92	250m:	3:49.17	47.34	350m:	5:24.52	47.70
	100m:	1:25.12 46.49	200m:	3:01.83	48.79	300m:	4:36.82	47.65	400m:	6:08.13	43.61
4.	RAJCZYK Lena		12	KTP Iskra Konin				<b>6:14.39</b>	243		
	50m:	41.69 41.69	150m:	2:16.85	48.24	250m:	3:53.81	48.52	350m:	5:28.45	46.56
	100m:	1:28.61 46.92	200m:	3:05.29	48.44	300m:	4:41.89	48.08	400m:	6:14.39	45.94
5.	PIASECKA Gabriela		12	Klub Sportowy Extreme Team Oborniki				<b>6:29.53</b>	216		
	50m:	41.98 41.98	150m:	2:20.45	50.01	250m:	4:01.59	49.42	350m:	5:42.18	49.83
	100m:	1:30.44 48.46	200m:	3:12.17	51.72	300m:	4:52.35	50.76	400m:	6:29.53	47.35
6.	LEOPOLD Maja		12	UKS Cityzen				<b>6:35.24</b>	207		
	50m:	45.33 45.33	150m:	2:29.47	52.59	250m:	4:12.24	50.39	350m:	5:49.18	48.49
	100m:	1:36.88 51.55	200m:	3:21.85	52.38	300m:	5:00.69	48.45	400m:	6:35.24	46.06
7.	LATANOWICZ Natalia		12	IUKS Jedyńka Poznań				<b>6:46.08</b>	191		
	50m:	42.12 42.12	150m:	2:26.16	52.72	250m:	4:11.32	51.91	350m:	5:59.48	55.68
	100m:	1:33.44 51.32	200m:	3:19.41	53.25	300m:	5:03.80	52.48	400m:	6:46.08	46.60
8.	NOWAK Julia		12	IUKS Jedyńka Poznań				<b>7:05.18</b>	166		
	50m:	45.65 45.65	150m:	2:33.36	54.66	250m:	5:21.14	1:52.10	350m:		
	100m:	1:38.70 53.05	200m:	3:29.04	55.68	300m:	6:16.02	54.88	400m:	7:05.18	

Wielkopolskie Rozgrywki Pływackie w kategorii 11/12/13 – latków.  
Pozna , 27.1. - 20.10.2023

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Konkurencja 24, Dziewcz t, 400m dowolny, 11 lat

Pozycja				Rok ur.					Czas	Pkt.		
9.	HAAK Maja			12	KS Warta Pozna				<b>7:09.27</b>	161		
	50m:	46.88	46.88	150m:	2:37.52	55.42	250m:	4:30.36	56.76	350m:	6:23.12	55.89
	100m:	1:42.10	55.22	200m:	3:33.60	56.08	300m:	5:27.23	56.87	400m:	7:09.27	46.15
10.	WOJTOWICZ Martyna			12	Klub Sportowy Extreme Team Oborniki				<b>7:47.90</b>	124		
	50m:	46.51	46.51	150m:	2:44.84	1:00.43	250m:	4:47.64	1:02.27	350m:	6:50.36	1:01.00
	100m:	1:44.41	57.90	200m:	3:45.37	1:00.53	300m:	5:49.36	1:01.72	400m:	7:47.90	57.54