

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach
Poznań, 9.3.2024

Konkurencja 9
2024.03.09 - 14:08

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2024

Pozycja			Rok ur.					Czas	Pkt.
Grupa A									
1.	SOBCZAK Zofia		06	UKS G-8 Bielany Warszawa				4:27.19	683
	50m:	30.32	30.32	150m:	1:37.44	33.70	250m:	2:45.58	33.79
	100m:	1:03.74	33.42	200m:	2:11.79	34.35	300m:	3:19.80	34.22
				350m:	3:54.27	34.47	400m:	4:27.19	32.92
2.	GERBIER Kiara		04	O AZS w Poznaniu				4:35.47	623
	50m:	30.40	30.40	150m:	1:39.40	35.02	250m:	2:49.76	35.06
	100m:	1:04.38	33.98	200m:	2:14.70	35.30	300m:	3:25.45	35.69
				350m:	4:00.73	35.28	400m:	4:35.47	34.74
3.	SZABRA SKA Oliwia		06	UKS „GIM 92 Ursynów”				4:46.39	555
	50m:	32.91	32.91	150m:	1:44.27	36.09	250m:	2:57.77	36.59
	100m:	1:08.18	35.27	200m:	2:21.18	36.91	300m:	3:34.54	36.77
				350m:	4:11.38	36.84	400m:	4:46.39	35.01
4.	BAKUN Maja		07	UKS G-8 Bielany Warszawa				4:46.96	551
	50m:	33.00	33.00	150m:	1:46.23	36.53	250m:	2:59.52	36.11
	100m:	1:09.70	36.70	200m:	2:23.41	37.18	300m:	3:36.67	37.15
				350m:	4:12.42	35.75	400m:	4:46.96	34.54
5.	PRÓBA Oliwia		06	UKS G-8 Bielany Warszawa				4:52.14	523
	50m:	34.46	34.46	150m:	1:48.47	37.44	250m:	3:01.53	36.77
	100m:	1:11.03	36.57	200m:	2:24.76	36.29	300m:	3:37.61	36.08
				350m:	4:15.81	38.20	400m:	4:52.14	36.33
6.	GÓRNY Maja		07	WKS I sk				4:59.70	484
	50m:	33.58	33.58	150m:	1:51.01	38.75	250m:	3:07.27	37.89
	100m:	1:12.26	38.68	200m:	2:29.38	38.37	300m:	3:45.47	38.20
				350m:	4:23.29	37.82	400m:	4:59.70	36.41
7.	GUZDEK Anna		07	UKS G-8 Bielany Warszawa				5:00.02	482
	50m:	34.23	34.23	150m:	1:50.39	38.01	250m:	3:07.32	38.08
	100m:	1:12.38	38.15	200m:	2:29.24	38.85	300m:	3:46.76	39.44
				350m:	4:24.79	38.03	400m:	5:00.02	35.23
8.	WALICKA Martyna		07	MKS „Astoria” Bydgoszcz				5:01.77	474
	50m:	33.11	33.11	150m:	1:48.87	38.27	250m:	3:07.50	39.16
	100m:	1:10.60	37.49	200m:	2:28.34	39.47	300m:	3:46.86	39.36
				350m:	4:25.72	38.86	400m:	5:01.77	36.05
9.	SIEDLECKA Alicja		07	O AZS w Poznaniu				5:14.86	417
	50m:	34.76	34.76	150m:	1:53.83	39.99	250m:	3:15.19	40.66
	100m:	1:13.84	39.08	200m:	2:34.53	40.70	300m:	3:56.18	40.99
				350m:	4:36.76	40.58	400m:	5:14.86	38.10
Grupa B									
1.	WI TEK Amelia		08	WKS I sk				4:46.10	556
	50m:	33.60	33.60	150m:	1:45.91	36.20	250m:	2:58.42	36.30
	100m:	1:09.71	36.11	200m:	2:22.12	36.21	300m:	3:34.71	36.29
				350m:	4:11.02	36.31	400m:	4:46.10	35.08
2.	IDZKIEWICZ Hanna		09	UKS „GIM 92 Ursynów”				4:46.82	552
	50m:	33.55	33.55	150m:	1:47.06	37.25	250m:	3:01.14	36.73
	100m:	1:09.81	36.26	200m:	2:24.41	37.35	300m:	3:37.65	36.51
				350m:	4:12.54	34.89	400m:	4:46.82	34.28
3.	RESZKO Lena		09	UKP „Polonia Warszawa”				4:46.88	552
	50m:	32.59	32.59	150m:	1:45.63	37.03	250m:	2:59.74	37.03
	100m:	1:08.60	36.01	200m:	2:22.71	37.08	300m:	3:36.92	37.18
				350m:	4:12.85	35.93	400m:	4:46.88	34.03
4.	BALAS Maria		08	UKS „GIM 92 Ursynów”				4:48.50	543
	50m:	32.23	32.23	150m:	1:44.73	37.01	250m:	2:59.43	37.54
	100m:	1:07.72	35.49	200m:	2:21.89	37.16	300m:	3:36.69	37.26
				350m:	4:13.63	36.94	400m:	4:48.50	34.87
5.	ROMANOWSKA Aleksandra		09	UKS „GIM 92 Ursynów”				4:52.07	523
	50m:	34.17	34.17	150m:	1:48.14	36.79	250m:	3:02.44	36.86
	100m:	1:11.35	37.18	200m:	2:25.58	37.44	300m:	3:39.51	37.07
				350m:	4:16.34	36.83	400m:	4:52.07	35.73
6.	CHAŁUPKA Amelia		09	MKS Piaseczno				4:53.31	516
	50m:	32.83	32.83	150m:	1:48.18	38.13	250m:	3:03.69	38.03
	100m:	1:10.05	37.22	200m:	2:25.66	37.48	300m:	3:40.88	37.19
				350m:	4:18.11	37.23	400m:	4:53.31	35.20
7.	GRYKO Patrycja		09	KS Poznania Poznań				4:54.69	509
	50m:	33.06	33.06	150m:	1:47.10	37.64	250m:	3:02.79	38.03
	100m:	1:09.46	36.40	200m:	2:24.76	37.66	300m:	3:40.88	38.09
				350m:	4:19.03	38.15	400m:	4:54.69	35.66

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach
Poznań, 9.3.2024

Konkurencja 9, Dziewcząt, 400m dowolny, Grupa B

Pozycja			Rok ur.					Czas	Pkt.
8.	SOBOLAK Gabriela		09	UKS „GIM 92 Ursynów”				5:00.59	480
	50m:	33.98 33.98	150m:	1:49.31 37.74	250m:	3:05.91 38.13	350m:	4:23.33 38.70	
	100m:	1:11.57 37.59	200m:	2:27.78 38.47	300m:	3:44.63 38.72	400m:	5:00.59 37.26	
9.	SZTREKER-WÓJCIK Iga		09	UKS G-8 Bielany Warszawa				5:01.53	475
	50m:	35.27 35.27	150m:	1:51.31 38.25	250m:	3:08.94 38.34	350m:	4:25.15 36.67	
	100m:	1:13.06 37.79	200m:	2:30.60 39.29	300m:	3:48.48 39.54	400m:	5:01.53 36.38	
10.	JADOWSKA Lena		09	MKS Piaseczno				5:07.12	450
	50m:	34.19 34.19	150m:	1:51.56 39.20	250m:	3:10.71 39.33	350m:	4:29.67 39.18	
	100m:	1:12.36 38.17	200m:	2:31.38 39.82	300m:	3:50.49 39.78	400m:	5:07.12 37.45	
11.	SADOWSKA Maria		08	UKS „GIM 92 Ursynów”				5:08.55	443
	50m:	35.60 35.60	150m:	1:54.81 39.83	250m:	3:13.94 39.03	350m:	4:31.96 38.64	
	100m:	1:14.98 39.38	200m:	2:34.91 40.10	300m:	3:53.32 39.38	400m:	5:08.55 36.59	
12.	BALICKA Ada		09	KS Warta Poznań				5:12.77	426
	50m:	34.58 34.58	150m:	1:52.01 39.29	250m:	3:12.31 40.35	350m:	4:33.57 40.44	
	100m:	1:12.72 38.14	200m:	2:31.96 39.95	300m:	3:53.13 40.82	400m:	5:12.77 39.20	
13.	PAWLAK Jagoda		08	UKS Maratończyk Ostrów Wlkp.				5:43.73	321
	50m:	37.13 37.13	150m:	2:03.34 43.59	250m:	3:31.71 44.07	350m:	5:00.84 44.53	
	100m:	1:19.75 42.62	200m:	2:47.64 44.30	300m:	4:16.31 44.60	400m:	5:43.73 42.89	
14.	SZEWCZYK Amelia		09	UKS Maratończyk Ostrów Wlkp.				5:47.67	310
	50m:	38.44 38.44	150m:	2:06.47 44.78	250m:	3:36.79 45.27	350m:	5:06.41 44.60	
	100m:	1:21.69 43.25	200m:	2:51.52 45.05	300m:	4:21.81 45.02	400m:	5:47.67 41.26	

Grupa C

1.	SOBÓTKA Oliwia		10	UKS „GIM 92 Ursynów”				4:45.49	560
	50m:		150m:	1:45.79 36.38	250m:	2:57.43 34.90	350m:	4:09.47 35.97	
	100m:	1:09.41	200m:	2:22.53 36.74	300m:	3:33.50 36.07	400m:	4:45.49 36.02	
2.	STANISŁAWIUK Maja		10	UKS „GIM 92 Ursynów”				4:48.86	541
	50m:	32.93 32.93	150m:	1:46.58 37.10	250m:	3:00.29 36.52	350m:	4:14.24 36.81	
	100m:	1:09.48 36.55	200m:	2:23.77 37.19	300m:	3:37.43 37.14	400m:	4:48.86 34.62	
3.	MATOWICKA Maja		10	MKS „Jagiellonka” Warszawa				4:54.06	512
	50m:	33.24 33.24	150m:	1:47.34 37.98	250m:	3:02.41 37.61	350m:	4:18.35 37.81	
	100m:	1:09.36 36.12	200m:	2:24.80 37.46	300m:	3:40.54 38.13	400m:	4:54.06 35.71	
4.	JAWORSKA Aleksandra		10	WKS I sk				4:55.78	503
	50m:	31.89 31.89	150m:	1:46.17 37.56	250m:	3:02.12 38.07	350m:	4:18.81 38.02	
	100m:	1:08.61 36.72	200m:	2:24.05 37.88	300m:	3:40.79 38.67	400m:	4:55.78 36.97	
5.	NEUHORN Diana		10	MKS „Jagiellonka” Warszawa				5:00.63	479
	50m:	34.56 34.56	150m:	1:51.89 39.20	250m:	3:09.25 38.70	350m:	4:25.25 37.88	
	100m:	1:12.69 38.13	200m:	2:30.55 38.66	300m:	3:47.37 38.12	400m:	5:00.63 35.38	
6.	KOPP Zuzanna		10	MKS „Jagiellonka” Warszawa				5:01.21	477
	50m:	33.33 33.33	150m:	1:51.15 39.55	250m:	3:09.89 39.36	350m:	4:26.10 37.98	
	100m:	1:11.60 38.27	200m:	2:30.53 39.38	300m:	3:48.12 38.23	400m:	5:01.21 35.11	
7.	HARTWIG Michalina		10	WKS I sk				5:08.61	443
	50m:	34.50 34.50	150m:	1:53.31 39.51	250m:	3:12.38 38.93	350m:	4:31.84 39.08	
	100m:	1:13.80 39.30	200m:	2:33.45 40.14	300m:	3:52.76 40.38	400m:	5:08.61 36.77	
8.	UK Hanna		10	KS Warta Poznań				5:13.71	422
	50m:	34.42 34.42	150m:	1:53.55 40.19	250m:	3:13.67 39.91	350m:	4:33.63 39.87	
	100m:	1:13.36 38.94	200m:	2:33.76 40.21	300m:	3:53.76 40.09	400m:	5:13.71 40.08	
9.	MIECI SKA Anna		10	UKS „GIM 92 Ursynów”				5:15.38	415
	50m:	35.38 35.38	150m:	1:55.30 40.80	250m:	3:16.76 41.27	350m:	4:36.86 40.09	
	100m:	1:14.50 39.12	200m:	2:35.49 40.19	300m:	3:56.77 40.01	400m:	5:15.38 38.52	
10.	ZYDRO Wiktoria		10	Mokotowski UKP Warszawianka- Wodny				5:15.76	414
	50m:	34.75 34.75	150m:	1:54.66 40.52	250m:	3:16.29 40.99	350m:	4:37.35 40.06	
	100m:	1:14.14 39.39	200m:	2:35.30 40.64	300m:	3:57.29 41.00	400m:	5:15.76 38.41	

Ogólnopolskie Zawody Pływackie Gorące ciganie na Termach
Poznań, 9.3.2024

Konkurencja 9, Dziewcząt, 400m dowolny, Grupa C

Pozycja			Rok ur.					Czas	Pkt.
11.	BARTNIKOWSKA Julia		10	UKS SP-149 Łódź				5:20.72	395
	50m:	37.21 37.21	150m:	2:00.34 41.20	250m:	3:22.62 41.31	350m:	4:43.77 40.60	
	100m:	1:19.14 41.93	200m:	2:41.31 40.97	300m:	4:03.17 40.55	400m:	5:20.72 36.95	
12.	KŁOSOWSKA Zofia		10	MKS Znicz Koszalin				5:28.51	367
	50m:	35.93 35.93	150m:	1:58.97 42.67	250m:	3:23.07 42.41	350m:	4:48.79 43.14	
	100m:	1:16.30 40.37	200m:	2:40.66 41.69	300m:	4:05.65 42.58	400m:	5:28.51 39.72	
13.	ZYCH Martyna		10	MKS „Jagiellonka” Warszawa				5:43.38	322
	50m:	37.75 37.75	150m:	2:06.16 44.61	250m:	3:34.12 43.89	350m:	5:01.17 43.12	
	100m:	1:21.55 43.80	200m:	2:50.23 44.07	300m:	4:18.05 43.93	400m:	5:43.38 42.21	
14.	CZEREK Magdalena		10	WKS I sk				5:47.63	310
	50m:	37.84 37.84	150m:	2:05.20 44.19	250m:	3:35.00 45.16	350m:	5:04.98 44.88	
	100m:	1:21.01 43.17	200m:	2:49.84 44.64	300m:	4:20.10 45.10	400m:	5:47.63 42.65	

Grupa D

1.	KOKOSZKA Paulina		11	UKS „GIM 92 Ursynów”				4:46.01	557
	50m:	31.03 31.03	150m:	1:42.37 36.52	250m:	2:56.09 36.90	350m:	4:10.14 36.75	
	100m:	1:05.85 34.82	200m:	2:19.19 36.82	300m:	3:33.39 37.30	400m:	4:46.01 35.87	
2.	BOMBA Julia		11	CSiR MOS w D. Browie Górniczej				4:53.90	513
	50m:	32.99 32.99	150m:	1:46.32 36.89	250m:	3:01.17 37.34	350m:	4:17.14 37.56	
	100m:	1:09.43 36.44	200m:	2:23.83 37.51	300m:	3:39.58 38.41	400m:	4:53.90 36.76	
3.	MICHALAK Maria		11	KS Warta Poznań				5:22.13	390
	50m:	36.24 36.24	150m:	1:56.19 40.67	250m:	3:19.35 41.78	350m:	4:42.35 41.07	
	100m:	1:15.52 39.28	200m:	2:37.57 41.38	300m:	4:01.28 41.93	400m:	5:22.13 39.78	
4.	IWA SKA Wiktoria		11	MKS „Jagiellonka” Warszawa				5:27.78	370
	50m:	36.03 36.03	150m:	2:00.69 43.08	250m:	3:25.84 43.03	350m:	4:50.35 41.23	
	100m:	1:17.61 41.58	200m:	2:42.81 42.12	300m:	4:09.12 43.28	400m:	5:27.78 37.43	
5.	RÓYCKA Wiktoria		11	Stowarzyszenie UKS Siódemka Sopot				5:30.00	362
	50m:	36.03 36.03	150m:	2:01.92 43.57	250m:	3:26.77 42.08	350m:	4:51.35 41.30	
	100m:	1:18.35 42.32	200m:	2:44.69 42.77	300m:	4:10.05 43.28	400m:	5:30.00 38.65	
6.	OŁDEK Julia		11	MKS Jedynka Łódź				5:34.11	349
	50m:	37.52 37.52	150m:	2:03.41 43.27	250m:	3:29.46 43.21	350m:	4:53.59 42.13	
	100m:	1:20.14 42.62	200m:	2:46.25 42.84	300m:	4:11.46 42.00	400m:	5:34.11 40.52	
7.	NAJDEWSKA Maria		11	Just Swim Beavers				5:40.29	330
	50m:	36.30 36.30	150m:	2:01.15 43.38	250m:	3:28.48 43.80	350m:	4:57.53 43.48	
	100m:	1:17.77 41.47	200m:	2:44.68 43.53	300m:	4:14.05 45.57	400m:	5:40.29 42.76	
8.	ROKICKA Alicja		11	MKS „Jagiellonka” Warszawa				5:43.55	321
	50m:	35.91 35.91	150m:	2:03.67 45.68	250m:	3:33.87 44.97	350m:	5:03.08 43.62	
	100m:	1:17.99 42.08	200m:	2:48.90 45.23	300m:	4:19.46 45.59	400m:	5:43.55 40.47	
9.	JANKOWSKA Magdalena		11	KTP Iskra Konin				5:45.44	316
	50m:	34.57 34.57	150m:	2:00.45 43.70	250m:	3:31.64 46.11	350m:	5:00.98 44.44	
	100m:	1:16.75 42.18	200m:	2:45.53 45.08	300m:	4:16.54 44.90	400m:	5:45.44 44.46	

Grupa E

1.	RYMARCZUK Alicja		12	UKS „GIM 92 Ursynów”				5:21.88	391
	50m:	35.21 35.21	150m:	1:58.23 41.65	250m:	3:20.88 40.87	350m:	4:41.58 40.62	
	100m:	1:16.58 41.37	200m:	2:40.01 41.78	300m:	4:00.96 40.08	400m:	5:21.88 40.30	
2.	ZYCH Agata		12	MKS „Jagiellonka” Warszawa				5:37.51	339
	50m:	36.08 36.08	150m:	2:03.56 44.46	250m:	3:32.21 44.26	350m:	4:57.60 42.03	
	100m:	1:19.10 43.02	200m:	2:47.95 44.39	300m:	4:15.57 43.36	400m:	5:37.51 39.91	
3.	MUSIATEWICZ Julia		12	MKS „Jagiellonka” Warszawa				5:49.02	306
	50m:	39.21 39.21	150m:	2:09.90 46.23	250m:	3:41.31 45.58	350m:	5:10.44 43.98	
	100m:	1:23.67 44.46	200m:	2:55.73 45.83	300m:	4:26.46 45.15	400m:	5:49.02 38.58	

Ogólnopolskie Zawody Pływackie Gorące ciganie na Termach
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Konkurencja 9, Dziewcząt, 400m dowolny, Grupa E

Pozycja			Rok ur.					Czas	Pkt.
4.	KRUPSKA Hanna		12	Just Swim Beavers				5:59.39	280
	50m:	38.83 38.83	150m:	2:10.98 47.09	250m:	3:44.12 46.86	350m:	5:16.08 46.08	
	100m:	1:23.89 45.06	200m:	2:57.26 46.28	300m:	4:30.00 45.88	400m:	5:59.39 43.31	
5.	RAJCZYK Lena		12	KTP Iskra Konin				6:19.09	239
	50m:	40.07 40.07	150m:	2:16.07 48.76	250m:	3:54.37 49.16	350m:	5:33.14 49.03	
	100m:	1:27.31 47.24	200m:	3:05.21 49.14	300m:	4:44.11 49.74	400m:	6:19.09 45.95	

Grupa F

1.	F FERREK Julia		15	MUKS "TUREKin pływa"				5:31.49	358
	50m:	35.52 35.52	150m:	1:58.64 42.13	250m:	3:24.32 42.63	350m:	4:50.16 42.88	
	100m:	1:16.51 40.99	200m:	2:41.69 43.05	300m:	4:07.28 42.96	400m:	5:31.49 41.33	
2.	MARKOWSKA Iga		13	MKS „Jagiellonka” Warszawa				5:45.83	315
	50m:	37.65 37.65	150m:	2:08.35 45.74	250m:	3:38.81 45.55	350m:	5:06.56 43.03	
	100m:	1:22.61 44.96	200m:	2:53.26 44.91	300m:	4:23.53 44.72	400m:	5:45.83 39.27	
3.	BUDNER Hanna		14	MUKS "TUREKin pływa"				5:46.43	313
	50m:	36.89 36.89	150m:	2:03.96 44.76	250m:	3:34.28 45.78	350m:	5:04.59 45.22	
	100m:	1:19.20 42.31	200m:	2:48.50 44.54	300m:	4:19.37 45.09	400m:	5:46.43 41.84	
4.	ZABŁOCKA Oliwia		13	KS Warta Poznań				5:51.04	301
	50m:	36.91 36.91	150m:	2:07.43 45.64	250m:	3:38.58 44.46	350m:	5:10.05 46.15	
	100m:	1:21.79 44.88	200m:	2:54.12 46.69	300m:	4:23.90 45.32	400m:	5:51.04 40.99	
5.	ENO Milena		14	Aquarius MOSIW Miedzyrzecz				5:55.56	290
	50m:	40.08 40.08	150m:	2:09.69 45.30	250m:	3:41.46 45.68	350m:	5:12.24 44.75	
	100m:	1:24.39 44.31	200m:	2:55.78 46.09	300m:	4:27.49 46.03	400m:	5:55.56 43.32	
6.	JASKÓŁKA Maria		13	MKS „Jagiellonka” Warszawa				5:57.67	285
	50m:	39.67 39.67	150m:	2:12.00 46.84	250m:	3:44.45 46.95	350m:	5:15.59 45.27	
	100m:	1:25.16 45.49	200m:	2:57.50 45.50	300m:	4:30.32 45.87	400m:	5:57.67 42.08	
7.	FAGASI SKA Natalia		14	KTP Iskra Konin				6:46.19	194
	50m:	44.24 44.24	150m:	2:23.99 50.30	250m:	4:06.92 51.83	350m:	5:53.99 53.63	
	100m:	1:33.69 49.45	200m:	3:15.09 51.10	300m:	5:00.36 53.44	400m:	6:46.19 52.20	
8.	WAWER Rozalia		13	UKS G-8 Bielany Warszawa				6:52.33	186
	50m:	46.65 46.65	150m:	2:33.47 53.75	250m:	4:21.27 53.94	350m:	6:05.70 51.27	
	100m:	1:39.72 53.07	200m:	3:27.33 53.86	300m:	5:14.43 53.16	400m:	6:52.33 46.63	
9.	BIENIAS Zuzanna		13	KS OSIR Bielawa				7:51.26	124
	50m:	48.33 48.33	150m:	2:50.69 1:02.31	250m:	4:53.77 1:00.87	350m:	6:52.12 58.49	
	100m:	1:48.38 1:00.05	200m:	3:52.90 1:02.21	300m:	5:53.63 59.86	400m:	7:51.26 59.14	