

Otwarte Letnie Mistrzostwa Okręgu Łódzkiego 2021 oraz Letnie Mistrzostwa Masters  
 Łódź, 29. - 30.5.2021

Konkurencja 29  
 30.05.2021 - 10:50

Kobiet, 400m dowolny

12 lat i starsi  
 Wyniki

Punkty: FINA 2021

Pozycja			Rok ur.					Czas	Pkt.	
<b>12 lat</b>										
1.	RUTKOWSKA Maja		09	UKS SP-149 Łódź				<b>5:01.36</b>	483	
	50m:	33.50 33.50	150m:	1:50.68	38.66	250m:	3:08.49	38.79	350m:	4:25.39 37.71
	100m:	1:12.02 38.52	200m:	2:29.70	39.02	300m:	3:47.68	39.19	400m:	5:01.36 35.97
2.	ELASKOWSKA Wiktoria		09	MKS Trójka Łódź				<b>5:11.67</b>	436	
	50m:	33.64 33.64	150m:	1:52.27	40.26	250m:	3:13.90	41.46	350m:	4:34.21 40.17
	100m:	1:12.01 38.37	200m:	2:32.44	40.17	300m:	3:54.04	40.14	400m:	5:11.67 37.46
3.	JANCZAK Karolina		09	SKS 137 Delfin Łódź				<b>5:47.96</b>	313	
	50m:	38.20 38.20	150m:	2:06.66	44.83	250m:	3:35.92	44.46	350m:	5:05.51 44.62
	100m:	1:21.83 43.63	200m:	2:51.46	44.80	300m:	4:20.89	44.97	400m:	5:47.96 42.45
4.	ADAMCZYK Zofia		09	SKS 137 Delfin Łódź				<b>5:49.49</b>	309	
	50m:	38.58 38.58	150m:	2:07.52	45.21	250m:	3:38.25	45.23	350m:	5:07.60 44.18
	100m:	1:22.31 43.73	200m:	2:53.02	45.50	300m:	4:23.42	45.17	400m:	5:49.49 41.89
5.	WO NIAK Zuzanna		09	SKS 137 Delfin Łódź				<b>6:01.21</b>	280	
	50m:	41.32 41.32	150m:	2:14.01	46.86	250m:	3:47.31	46.35	350m:	5:18.21 45.28
	100m:	1:27.15 45.83	200m:	3:00.96	46.95	300m:	4:32.93	45.62	400m:	6:01.21 43.00
6.	RUDNICKA Zofia		09	UKS SP-149 Łódź				<b>6:06.82</b>	267	
	50m:	40.99 40.99	150m:	2:14.33	47.28	250m:	3:48.08	46.18	350m:	5:20.88 45.91
	100m:	1:27.05 46.06	200m:	3:01.90	47.57	300m:	4:34.97	46.89	400m:	6:06.82 45.94
<b>13 - 14 lat</b>										
1.	W GRZYCKA Małgorzata		07	MKS Trójka Łódź				<b>5:05.92</b>	461	
	50m:	33.58 33.58	150m:	1:51.01	38.90	250m:	3:08.79	39.39	350m:	4:28.13 39.11
	100m:	1:12.11 38.53	200m:	2:29.40	38.39	300m:	3:49.02	40.23	400m:	5:05.92 37.79
2.	RUTKOWSKA Aneta		07	UKS SP-149 Łódź				<b>5:08.40</b>	450	
	50m:	34.08 34.08	150m:	1:52.16	39.44	250m:	3:11.55	39.85	350m:	4:30.26 39.12
	100m:	1:12.72 38.64	200m:	2:31.70	39.54	300m:	3:51.14	39.59	400m:	5:08.40 38.14
3.	DR KIEWICZ Pola		07	UKS Nawa Skierniewice				<b>5:16.05</b>	418	
	50m:	35.22 35.22	150m:	1:55.09	40.76	250m:	3:16.92	40.37	350m:	4:38.57 40.58
	100m:	1:14.33 39.11	200m:	2:36.55	41.46	300m:	3:57.99	41.07	400m:	5:16.05 37.48
4.	KRYSTEK Jagoda		08	SKS 137 Delfin Łódź				<b>5:25.74</b>	382	
	50m:	35.64 35.64	150m:	1:57.51	41.79	250m:	3:22.33	42.81	350m:	4:46.62 42.26
	100m:	1:15.72 40.08	200m:	2:39.52	42.01	300m:	4:04.36	42.03	400m:	5:25.74 39.12
5.	W GRZYCKA Agnieszka		08	MKS Trójka Łódź				<b>5:46.29</b>	318	
	50m:	36.56 36.56	150m:	2:05.27	45.30	250m:	3:35.71	45.49	350m:	5:04.48 44.06
	100m:	1:19.97 43.41	200m:	2:50.22	44.95	300m:	4:20.42	44.71	400m:	5:46.29 41.81
6.	KOWALSKA Marta		08	SKS 137 Delfin Łódź				<b>5:53.92</b>	298	
	50m:	39.42 39.42	150m:	2:09.79	45.33	250m:	3:41.27	45.99	350m:	5:13.52 46.63
	100m:	1:24.46 45.04	200m:	2:55.28	45.49	300m:	4:26.89	45.62	400m:	5:53.92 40.40
7.	LI KIEWICZ Lena		08	MKS Jedyńka Łódź				<b>6:20.55</b>	239	
	50m:	41.24 41.24	150m:	2:18.26	49.26	250m:	3:56.55	49.25	350m:	5:34.74 48.29
	100m:	1:29.00 47.76	200m:	3:07.30	49.04	300m:	4:46.45	49.90	400m:	6:20.55 45.81
<b>15 - 16 lat</b>										
1.	KOSSOWSKA Julita		05	UKS 190 Łódź				<b>4:38.50</b>	612	
	50m:	31.61 31.61	150m:	1:40.93	35.28	250m:	2:52.34	35.86	350m:	4:04.07 36.04
	100m:	1:05.65 34.04	200m:	2:16.48	35.55	300m:	3:28.03	35.69	400m:	4:38.50 34.43
2.	PIEKARSKA Natalia		06	UKS 190 Łódź				<b>4:40.87</b>	596	
	50m:	33.14 33.14	150m:	1:45.14	35.74	250m:	2:56.99	35.69	350m:	4:07.09 34.43
	100m:	1:09.40 36.26	200m:	2:21.30	36.16	300m:	3:32.66	35.67	400m:	4:40.87 33.78

Otwarte Letnie Mistrzostwa Okręgu Łódzkiego 2021 oraz Letnie Mistrzostwa Masters  
 Łódź, 29. - 30.5.2021

Konkurencja 29, Dziewcząt, 400m dowolny, 15 - 16 lat

Pozycja	Rok ur.	Czas	Pkt.
3. ŁYSAKOWSKA Karina	06	<b>4:45.64</b>	567
50m: 32.23 32.23	150m: 1:43.32 35.97	250m: 2:56.40 36.44	350m: 4:10.35 37.02
100m: 1:07.35 35.12	200m: 2:19.96 36.64	300m: 3:33.33 36.93	400m: 4:45.64 35.29
4. LIPOWSKA Nadia	06	<b>4:48.87</b>	548
50m: 32.80 32.80	150m: 1:45.62 37.04	250m: 3:00.17 37.38	350m: 4:14.23 36.80
100m: 1:08.58 35.78	200m: 2:22.79 37.17	300m: 3:37.43 37.26	400m: 4:48.87 34.64
5. KIERUZEL Martyna	05	<b>4:54.53</b>	517
50m: 33.69 33.69	150m: 1:47.43 37.16	250m: 3:02.74 37.53	350m: 4:18.76 37.99
100m: 1:10.27 36.58	200m: 2:25.21 37.78	300m: 3:40.77 38.03	400m: 4:54.53 35.77
6. FURMA SKA Julia	06	<b>4:59.89</b>	490
50m: 34.30 34.30	150m: 1:50.32 38.36	250m: 3:07.26 38.52	350m: 4:23.45 37.85
100m: 1:11.96 37.66	200m: 2:28.74 38.42	300m: 3:45.60 38.34	400m: 4:59.89 36.44

17 - 24 lat

1. WRZESI SKA Wiktoria	04	<b>4:32.88</b>	650
50m: 31.42 31.42	150m: 1:40.49 34.96	250m: 2:49.81 34.44	350m: 3:58.77 34.35
100m: 1:05.53 34.11	200m: 2:15.37 34.88	300m: 3:24.42 34.61	400m: 4:32.88 34.11
2. KOWALCZYK Gabriela	04	<b>4:42.41</b>	586
50m: 31.64 31.64	150m: 1:43.56 36.13	250m: 2:55.16 35.72	350m: 4:07.57 36.25
100m: 1:07.43 35.79	200m: 2:19.44 35.88	300m: 3:31.32 36.16	400m: 4:42.41 34.84
3. HAŁADYN Kamila	04	<b>4:45.98</b>	565
50m: 32.48 32.48	150m: 1:44.28 35.92	250m: 2:57.97 36.68	350m: 4:11.79 36.56
100m: 1:08.36 35.88	200m: 2:21.29 37.01	300m: 3:35.23 37.26	400m: 4:45.98 34.19
4. POTEMKA Justyna	04	<b>5:02.55</b>	477
50m: 33.51 33.51	150m: 1:49.13 38.65	250m: 3:06.86 38.91	350m: 4:24.87 38.99
100m: 1:10.48 36.97	200m: 2:27.95 38.82	300m: 3:45.88 39.02	400m: 5:02.55 37.68
5. GOMUŁKA Natalia	04	<b>5:05.50</b>	463
50m: 36.15 36.15	150m: 1:53.06 38.69	250m: 3:10.63 38.82	350m: 4:28.00 38.70
100m: 1:14.37 38.22	200m: 2:31.81 38.75	300m: 3:49.30 38.67	400m: 5:05.50 37.50

Open Masters

1. KLARECKA Monika	77	<b>7:44.11</b>	132
50m: 48.59 48.59	150m: 2:45.65 59.81	250m: 4:46.30 1:00.85	350m: 6:47.16 1:00.98
100m: 1:45.84 57.25	200m: 3:45.45 59.80	300m: 5:46.18 59.88	400m: 7:44.11 56.95
PK ADAMCZYK Karolina	06	<b>4:53.65</b>	522
50m: 33.08 33.08	150m: 1:48.35 37.93	250m: 3:03.27 37.16	350m: 4:17.74 37.07
100m: 1:10.42 37.34	200m: 2:26.11 37.76	300m: 3:40.67 37.40	400m: 4:53.65 35.91
PK KRUPKA Katarzyna	07	<b>5:48.03</b>	313
50m: 35.99 35.99	150m: 2:03.40 44.58	250m: 3:34.89 45.66	350m: 5:05.61 44.53
100m: 1:18.82 42.83	200m: 2:49.23 45.83	300m: 4:21.08 46.19	400m: 5:48.03 42.42