

Ciechanów, 4. - 5.3.2023

Konkurencja 9
04.03.2023 - 12:21

Kobiet, 400m dowolny

11 lat i starsi
Wyniki

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.
11 lat									
1.	PITUS, Anna		12	UKS Fala Nieporet				6:14.20	244
	50m:	40.51 40.51	150m:	2:15.75 47.57	250m:	3:52.07 48.39	350m:	5:28.42 46.79	
	100m:	1:28.18 47.67	200m:	3:03.68 47.93	300m:	4:41.63 49.56	400m:	6:14.20 45.78	
2.	GOŁ BIEWSKA, Natalia		12	Klub Pływacki Ciechanów				6:20.24	232
	50m:	44.15 44.15	150m:	2:20.74 48.82	250m:	4:00.56 50.49	350m:	5:38.66 48.40	
	100m:	1:31.92 47.77	200m:	3:10.07 49.33	300m:	4:50.26 49.70	400m:	6:20.24 41.58	
3.	SZLEJTER, Zuzanna		12	UKS „Frog” Gi ycko				6:38.49	202
	50m:	43.32 43.32	150m:	2:24.66 51.24	250m:	4:08.13 52.56	350m:	5:50.38 51.05	
	100m:	1:33.42 50.10	200m:	3:15.57 50.91	300m:	4:59.33 51.20	400m:	6:38.49 48.11	
4.	KAMI SKA, Nadia		12	MKS „Astoria” Bydgoszcz				7:00.42	172
	50m:	45.27 45.27	150m:	2:32.08 53.70	250m:	4:21.62 55.03	350m:	6:12.02 55.25	
	100m:	1:38.38 53.11	200m:	3:26.59 54.51	300m:	5:16.77 55.15	400m:	7:00.42 48.40	
12 lat									
1.	KAROLEWSKA, Julia		11	MTP Kormoran Olsztyn				5:21.85	383
	50m:	37.07 37.07	150m:	1:59.16 41.48	250m:	3:20.81 40.34	350m:	4:44.10 41.15	
	100m:	1:17.68 40.61	200m:	2:40.47 41.31	300m:	4:02.95 42.14	400m:	5:21.85 37.75	
2.	JURSKA, Hanna		11	Klub Pływacki Ciechanów				5:22.19	382
	50m:	36.45 36.45	150m:	1:57.82 41.13	250m:	3:22.34 42.75	350m:	4:47.73 43.13	
	100m:	1:16.69 40.24	200m:	2:39.59 41.77	300m:	4:04.60 42.26	400m:	5:22.19 34.46	
3.	LACH, Maria		11	MKS Ochota Warszawa				5:24.27	375
	50m:	35.02 35.02	150m:	1:57.21 41.60	250m:	3:21.36 41.94	350m:	4:44.72 41.38	
	100m:	1:15.61 40.59	200m:	2:39.42 42.21	300m:	4:03.34 41.98	400m:	5:24.27 39.55	
4.	OSICZKO, Kaja		11	MKS Ochota Warszawa				5:25.10	372
	50m:	37.01 37.01	150m:	1:58.93 41.58	250m:	3:22.52 41.80	350m:	4:45.30 41.25	
	100m:	1:17.35 40.34	200m:	2:40.72 41.79	300m:	4:04.05 41.53	400m:	5:25.10 39.80	
5.	MOROZOWICZ, Nadia		11	MKS Ochota Warszawa				5:30.27	355
	50m:	36.33 36.33	150m:	2:00.84 41.94	250m:	3:27.11 42.28	350m:	4:53.83 43.35	
	100m:	1:18.90 42.57	200m:	2:44.83 43.99	300m:	4:10.48 43.37	400m:	5:30.27 36.44	
6.	SZCZERBA, Sonia		11	UKS G-8 Bielany				5:35.24	339
	50m:	36.47 36.47	150m:	1:59.39 42.25	250m:	3:26.64 43.51	350m:	4:54.00 44.48	
	100m:	1:17.14 40.67	200m:	2:43.13 43.74	300m:	4:09.52 42.88	400m:	5:35.24 41.24	

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Konkurencja 9, Dziewcz t, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.		
7.	BARCZAK, Karolina		11	MTP Kormoran Olsztyn				5:37.36	333		
	50m:	37.31 37.31	150m:	2:03.04	43.13	250m:	3:32.02	44.58	350m:	4:58.74	42.49
	100m:	1:19.91 42.60	200m:	2:47.44	44.40	300m:	4:16.25	44.23	400m:	5:37.36	38.62
8.	GRZEGORZEWSKA, Weronika		11	UKS G-8 Bielany				5:57.08	281		
	50m:	37.63 37.63	150m:	2:08.78	46.63	250m:	3:41.03	46.36	350m:	5:12.69	46.09
	100m:	1:22.15 44.52	200m:	2:54.67	45.89	300m:	4:26.60	45.57	400m:	5:57.08	44.39
9.	ŁOPACI SKA, Lena		11	UKP Jedyńka Elbl g				6:01.80	270		
	50m:	41.18 41.18	150m:	2:12.55	46.12	250m:	3:44.17	45.42	350m:	5:17.03	46.02
	100m:	1:26.43 45.25	200m:	2:58.75	46.20	300m:	4:31.01	46.84	400m:	6:01.80	44.77
10.	TATAREK, Zuzanna		11	Klub Pływacki Ciechanów				6:32.90	211		
	50m:	46.25 46.25	150m:	2:26.41	51.36	250m:	4:08.94	51.37	350m:	5:48.46	49.91
	100m:	1:35.05 48.80	200m:	3:17.57	51.16	300m:	4:58.55	49.61	400m:	6:32.90	44.44
11.	SZYMA CZYK, Maja		11	Klub Pływacki Ciechanów				6:37.56	203		
	50m:	46.18 46.18	150m:	2:25.76	50.08	250m:	4:07.24	50.31	350m:	5:50.85	51.27
	100m:	1:35.68 49.50	200m:	3:16.93	51.17	300m:	4:59.58	52.34	400m:	6:37.56	46.71
12.	DYMERSKA, Helena		11	Klub Pływacki Ciechanów				7:02.82	169		
	50m:	45.25 45.25	150m:	2:31.11	53.92	250m:	4:21.26	54.45	350m:	6:13.16	56.65
	100m:	1:37.19 51.94	200m:	3:26.81	55.70	300m:	5:16.51	55.25	400m:	7:02.82	49.66

13 lat

1.	LIPI SKA, Natalia		10	UKS „Ósemka" Toru				4:46.99	541		
	50m:	31.59 31.59	150m:	1:42.30	36.08	250m:	2:55.73	36.77	350m:	4:10.66	37.52
	100m:	1:06.22 34.63	200m:	2:18.96	36.66	300m:	3:33.14	37.41	400m:	4:46.99	36.33
2.	JENDRZEJ, Klara		10	DOKiS SP Vega Dobrodzie				5:15.91	405		
	50m:	35.16 35.16	150m:	1:54.46	40.55	250m:	3:17.23	41.15	350m:	4:38.36	39.88
	100m:	1:13.91 38.75	200m:	2:36.08	41.62	300m:	3:58.48	41.25	400m:	5:15.91	37.55
3.	DZIAPKA, Lena		10	MTP Kormoran Olsztyn				5:29.84	356		
	50m:	37.63 37.63	150m:	2:00.16	41.30	250m:	3:23.51	41.71	350m:	4:48.85	42.50
	100m:	1:18.86 41.23	200m:	2:41.80	41.64	300m:	4:06.35	42.84	400m:	5:29.84	40.99
4.	MY LI SKA, Martyna		10	UKS „Frog" Gi ycko				6:04.96	263		
	50m:	40.78 40.78	150m:	2:14.05	46.40	250m:	3:48.55	47.24	350m:	5:21.09	46.29
	100m:	1:27.65 46.87	200m:	3:01.31	47.26	300m:	4:34.80	46.25	400m:	6:04.96	43.87
5.	ZALEWSKA, Lena		10	UKS „Frog" Gi ycko				6:10.15	252		
	50m:	40.71 40.71	150m:	2:14.47	48.23	250m:	3:48.63	47.68	350m:	5:23.51	46.72
	100m:	1:26.24 45.53	200m:	3:00.95	46.48	300m:	4:36.79	48.16	400m:	6:10.15	46.64

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14 lat

1.	SOWI SKA, Wiktoria	09	Klub Pływacki Ciechanów	4:54.62	500
	50m: 32.20 32.20	150m: 1:46.25 37.26	250m: 3:02.81 38.66	350m: 4:19.44 38.14	
	100m: 1:08.99 36.79	200m: 2:24.15 37.90	300m: 3:41.30 38.49	400m: 4:54.62 35.18	
2.	MAKOWSKA, Natasza	09	MKS „Jagiellonka” Warszawa	4:59.01	478
	50m: 32.85 32.85	150m: 1:48.31 38.51	250m: 3:05.92 38.62	350m: 4:23.36 38.37	
	100m: 1:09.80 36.95	200m: 2:27.30 38.99	300m: 3:44.99 39.07	400m: 4:59.01 35.65	
3.	MŁOTEK, Hanna	09	DOKiS SP Vega Dobrodzie	5:01.11	468
	50m: 33.72 33.72	150m: 1:50.45 38.54	250m: 3:07.99 38.94	350m: 4:24.49 37.92	
	100m: 1:11.91 38.19	200m: 2:29.05 38.60	300m: 3:46.57 38.58	400m: 5:01.11 36.62	
4.	STACHEWICZ, Aleksandra	09	MTP Kormoran Olsztyn	5:11.95	421
	50m: 35.53 35.53	150m: 1:54.63 39.91	250m: 3:14.50 39.73	350m: 4:33.99 39.37	
	100m: 1:14.72 39.19	200m: 2:34.77 40.14	300m: 3:54.62 40.12	400m: 5:11.95 37.96	
5.	MILEWSKA, Dorota	09	MTP Kormoran Olsztyn	5:12.31	420
	50m: 36.46 36.46	150m: 1:57.07 40.38	250m: 3:16.29 39.78	350m: 4:35.06 39.00	
	100m: 1:16.69 40.23	200m: 2:36.51 39.44	300m: 3:56.06 39.77	400m: 5:12.31 37.25	
6.	KOWNACKA, Katarzyna	09	UKS Pirania Targówek	5:14.76	410
	50m: 33.06 33.06	150m: 1:50.52 39.74	250m: 3:12.00 40.70	350m: 4:34.52 41.47	
	100m: 1:10.78 37.72	200m: 2:31.30 40.78	300m: 3:53.05 41.05	400m: 5:14.76 40.24	
7.	PIKO , Julia	09	MKS „Jagiellonka” Warszawa	5:15.71	406
	50m: 35.72 35.72	150m: 1:56.19 40.86	250m: 3:17.18 40.02	350m: 4:37.51 39.78	
	100m: 1:15.33 39.61	200m: 2:37.16 40.97	300m: 3:57.73 40.55	400m: 5:15.71 38.20	
8.	GOŁ BIEWSKA, Alicja	09	Klub Pływacki Ciechanów	5:17.40	400
	50m: 37.76 37.76	150m: 1:59.34 40.49	250m: 3:18.93 39.46	350m: 4:39.68 40.23	
	100m: 1:18.85 41.09	200m: 2:39.47 40.13	300m: 3:59.45 40.52	400m: 5:17.40 37.72	
9.	WALKOWIAK, Aleksandra	09	MTP Kormoran Olsztyn	5:31.38	351
	50m: 35.99 35.99	150m: 1:57.33 41.39	250m: 3:22.83 43.47	350m: 4:49.91 43.36	
	100m: 1:15.94 39.95	200m: 2:39.36 42.03	300m: 4:06.55 43.72	400m: 5:31.38 41.47	
10.	ZIELI SKA, Dominika	09	UKP Jedyńka Elbl g	5:34.35	342
	50m: 36.74 36.74	150m: 2:00.68 42.75	250m: 3:26.58 42.85	350m: 4:54.12 43.87	
	100m: 1:17.93 41.19	200m: 2:43.73 43.05	300m: 4:10.25 43.67	400m: 5:34.35 40.23	
11.	LI SKA, Natalia	09	UKS Delfin Garwolin	6:00.58	273
	50m: 35.63 35.63	150m: 2:02.47 44.95	250m: 3:35.79 46.74	350m: 5:12.99 48.63	
	100m: 1:17.52 41.89	200m: 2:49.05 46.58	300m: 4:24.36 48.57	400m: 6:00.58 47.59	

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15 lat

1.	JARMOŁOWICZ, Gabriela	08	UKS „Frog” Gi ycko	5:28.53	360
	50m: 36.37 36.37	150m: 1:57.40 40.99	250m: 3:22.12 42.23	350m: 4:47.38 42.60	
	100m: 1:16.41 40.04	200m: 2:39.89 42.49	300m: 4:04.78 42.66	400m: 5:28.53 41.15	
2.	KONGIEL, Amelia	08	Uzniowski Klub Sportowy Delfin Legionc	5:30.26	355
	50m: 35.06 35.06	150m: 1:57.69 42.31	250m: 3:25.16 43.91	350m: 4:50.14 42.18	
	100m: 1:15.38 40.32	200m: 2:41.25 43.56	300m: 4:07.96 42.80	400m: 5:30.26 40.12	
3.	GZELLA, Emilia	08	UKS „Ósemka” Toru	5:33.36	345
	50m: 38.69 38.69	150m: 2:03.24 43.37	250m: 3:30.38 43.62	350m: 4:54.08 41.62	
	100m: 1:19.87 41.18	200m: 2:46.76 43.52	300m: 4:12.46 42.08	400m: 5:33.36 39.28	

16 lat i starsi

1.	MACIAK, Julia	06	IUKS „Muszelka” Warszawa	4:31.60	638
	50m: 31.43 31.43	150m: 1:40.12 34.59	250m: 2:49.10 34.21	350m: 3:57.85 34.33	
	100m: 1:05.53 34.10	200m: 2:14.89 34.77	300m: 3:23.52 34.42	400m: 4:31.60 33.75	
2.	ADAMCZYK, Karolina	06	Mokotowski UKP Warszawianka- Wodny	4:32.47	632
	50m: 30.72 30.72	150m: 1:39.32 34.95	250m: 2:48.38 34.30	350m: 3:58.07 34.97	
	100m: 1:04.37 33.65	200m: 2:14.08 34.76	300m: 3:23.10 34.72	400m: 4:32.47 34.40	
3.	JASI SKA, Michalina	06	Mokotowski UKP Warszawianka- Wodny	4:41.17	575
	50m: 31.14 31.14	150m: 1:41.22 35.31	250m: 2:52.18 35.66	350m: 4:05.26 36.66	
	100m: 1:05.91 34.77	200m: 2:16.52 35.30	300m: 3:28.60 36.42	400m: 4:41.17 35.91	
4.	TARASZKIEWICZ, Zofia	07	Mokotowski UKP Warszawianka- Wodny	4:43.45	562
	50m: 31.59 31.59	150m: 1:42.15 35.68	250m: 2:54.64 36.05	350m: 4:07.86 36.74	
	100m: 1:06.47 34.88	200m: 2:18.59 36.44	300m: 3:31.12 36.48	400m: 4:43.45 35.59	
5.	MICHALSKA, Pola	07	Mokotowski UKP Warszawianka- Wodny	4:44.41	556
	50m: 32.02 32.02	150m: 1:42.94 35.82	250m: 2:55.70 36.31	350m: 4:08.50 36.54	
	100m: 1:07.12 35.10	200m: 2:19.39 36.45	300m: 3:31.96 36.26	400m: 4:44.41 35.91	
6.	KARCZMARCZYK, Julia	06	UKS Delfin Garwolin	4:48.17	534
	50m: 32.28 32.28	150m: 1:43.91 36.19	250m: 2:58.11 37.29	350m: 4:12.20 37.21	
	100m: 1:07.72 35.44	200m: 2:20.82 36.91	300m: 3:34.99 36.88	400m: 4:48.17 35.97	
7.	BADURA, Oliwia	07	UKS G-8 Bielany	4:53.44	506
	50m: 32.60 32.60	150m: 1:46.67 37.45	250m: 3:40.20 37.51	350m:	
	100m: 1:09.22 36.62	200m: 3:02.69 1:16.02	300m: 4:53.86 1:13.66	400m: 4:53.44	
8.	VYSATA, Zuzanna	07	Mokotowski UKP Warszawianka- Wodny	5:01.82	465
	50m: 32.21 32.21	150m: 1:46.64 37.63	250m: 3:03.95 39.08	350m: 4:23.43 39.64	
	100m: 1:09.01 36.80	200m: 2:24.87 38.23	300m: 3:43.79 39.84	400m: 5:01.82 38.39	

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Pozycja	Rok ur.								Czas	Pkt.	
9. WALCZAK, Nadia	06 TP Olimpijczyk Aleksandrów Łódzki								5:23.03	379	
50m:	33.25	33.25	150m:	1:50.91	39.60	250m:	3:15.49	42.48	350m:	4:42.43	43.67
100m:	1:11.31	38.06	200m:	2:33.01	42.10	300m:	3:58.76	43.27	400m:	5:23.03	40.60
10. SUSKA, Zuzanna	07 UKP Jedyńka Elbląg								5:27.08	365	
50m:	35.21	35.21	150m:	1:58.06	42.15	250m:	3:22.90	43.02	350m:	4:47.86	42.16
100m:	1:15.91	40.70	200m:	2:39.88	41.82	300m:	4:05.70	42.80	400m:	5:27.08	39.22