

# WARSZAWSKO-MAZOWIECKI OKRĘGOWY ZWIĄZEK PŁYWACKI

OTWARTE WIOSENNE MISTRZOSTWA OKR. GU WMOZP I WARSZAWY

Warszawa, 15. - 16.4.2023

Konkurencja 25

Kobiet, 400m dowolny

Open

15.04.2023 - 19:45

Wyniki

REKORD WMOZP Open	4:04.23	Jedrzejczak Otylia	00114	Melbourne (AUS)	25.03.2007
REKORD WMOZP 19 +	4:04.23	Jedrzejczak Otylia	00114	Melbourne (AUS)	25.03.2007
REKORD WMOZP 18	4:16.05	Budzis Joanna	00914	Prague (CZE)	21.06.2008
REKORD WMOZP 17	4:15.39	Tarasiewicz Klaudia	09514	Lublin	30.04.2021
REKORD WMOZP 16	4:16.00	Budzis Joanna	00414	Palma de Mallorca (ESP)	08.07.2006
REKORD WMOZP 15	4:19.46	Tarasiewicz Klaudia	09514	Olsztyn	17.05.2019
REKORD WMOZP 14	4:25.68	Tarasiewicz Klaudia	09514	Olsztyn	30.06.2018
REKORD WMOZP 13	4:32.28	Kamińska Aleksandra	00414	Ostrowiec	10.12.2005
REKORD WMOZP 12	4:42.05	Kamińska Aleksandra	00414	Warsaw	04.12.2004
REKORD WMOZP - 11	4:56.96	Sobótka Oliwia	04114	Warszawa	03.12.2021

Punkty: Rudolph Table 2022

Pozycja	Rok ur.	Czas	Pkt.
<b>13 lat i młodszy</b>			
1. Sobótka Oliwia	10	<b>4:54.08</b>	11,0
50m: 32.95 32.95	150m: 1:49.09 38.81	250m: 3:03.98 36.98	350m: 4:19.22 37.49
100m: 1:10.28 37.33	200m: 2:27.00 37.91	300m: 3:41.73 37.75	400m: 4:54.08 34.86
2. Matowicka Maja	10	<b>5:05.90</b>	8,0
50m: 33.08 33.08	150m: 1:49.82 39.07	250m: 3:08.88 40.32	350m: 4:28.67 39.76
100m: 1:10.75 37.67	200m: 2:28.56 38.74	300m: 3:48.91 40.03	400m: 5:05.90 37.23
3. Czechmańska Antonina	10	<b>5:08.64</b>	7,3
50m: 33.80 33.80	150m: 1:52.91 40.31	250m: 3:13.81 40.27	350m: 4:33.58 40.20
100m: 1:12.60 38.80	200m: 2:33.54 40.63	300m: 3:53.38 39.57	400m: 5:08.64 35.06
4. Tobiła Pertkiewicz Zofia	10	<b>5:15.28</b>	5,7
50m: 34.99 34.99	150m: 1:55.64 41.08	250m: 3:16.52 40.25	350m: 4:37.16 40.36
100m: 1:14.56 39.57	200m: 2:36.27 40.63	300m: 3:56.80 40.28	400m: 5:15.28 38.12
5. Zydro Wiktoria	10	<b>5:17.28</b>	5,2
50m: 35.35 35.35	150m: 1:57.02 41.43	250m: 3:19.77 41.44	350m: 4:39.50 39.61
100m: 1:15.59 40.24	200m: 2:38.33 41.31	300m: 3:59.89 40.12	400m: 5:17.28 37.78
6. Zielinska Wiktoria	11	<b>5:20.92</b>	7,4
50m: 34.47 34.47	150m: 1:55.45 41.45	250m: 3:18.67 41.74	350m: 4:42.13 40.44
100m: 1:14.00 39.53	200m: 2:36.93 41.48	300m: 4:01.69 43.02	400m: 5:20.92 38.79
7. Kwaczek Maria	11	<b>5:21.10</b>	7,3
50m: 35.37 35.37	150m: 1:57.50 41.52	250m: 3:19.70 40.98	350m: 4:41.45 40.95
100m: 1:15.98 40.61	200m: 2:38.72 41.22	300m: 4:00.50 40.80	400m: 5:21.10 39.65
8. Stefańska Alicja	10	<b>5:26.60</b>	2,8
50m: 37.86 37.86	150m: 2:02.10 42.08	250m: 3:25.50 41.78	350m: 4:47.92 41.67
100m: 1:20.02 42.16	200m: 2:43.72 41.62	300m: 4:06.25 40.75	400m: 5:26.60 38.68
9. Szotek Isabella	10	<b>5:28.06</b>	2,5
50m: 37.14 37.14	150m: 2:00.06 41.77	250m: 3:24.60 41.56	350m: 4:49.69 42.21
100m: 1:18.29 41.15	200m: 2:43.04 42.98	300m: 4:07.48 42.88	400m: 5:28.06 38.37

# WARSZAWSKO-MAZOWIECKI OKRĘGOWY ZWIĄZEK PŁYWACKI

OTWARTE WIOSENNE MISTRZOSTWA OKR GU WMOZP I WARSZAWY

Warszawa, 15. - 16.4.2023

## Konkurencja 25, Dziewcz t, 400m dowolny, 13 lat i młods

Pozycja	Rok ur.				Czas	Pkt.	
10. Kryszkiewicz Lidia	12	JAGIELLONKA Warszawa			<b>5:29.34</b>	9,4	
50m: 36.18	36.18	150m: 2:00.79	42.58	250m: 3:26.30	42.60	350m: 4:50.68	41.42
100m: 1:18.21	42.03	200m: 2:43.70	42.91	300m: 4:09.26	42.96	400m: 5:29.34	38.66
11. Szustak Lena	10	BARAKUDA Mi sk Mazowiecki			<b>5:34.02</b>		
50m: 36.92	36.92	150m: 2:00.37	42.60	250m: 3:27.38	43.25	350m: 4:52.68	43.16
100m: 1:17.77	40.85	200m: 2:44.13	43.76	300m: 4:09.52	42.14	400m: 5:34.02	41.34
12. Kaniewska Lena	11	Warszawianka- Wodny Park			<b>5:38.75</b>	3,1	
50m: 37.57	37.57	150m: 2:02.38	43.52	250m: 3:30.14	43.89	350m: 4:57.09	43.05
100m: 1:18.86	41.29	200m: 2:46.25	43.87	300m: 4:14.04	43.90	400m: 5:38.75	41.66
13. mieci ska Anna	10	GIM 92 Ursynów			<b>5:39.84</b>		
50m: 39.77	39.77	150m: 2:06.12	43.29	250m: 3:34.45	43.20	350m: 4:59.33	40.46
100m: 1:22.83	43.06	200m: 2:51.25	45.13	300m: 4:18.87	44.42	400m: 5:39.84	40.51
14. Otulak Julia	10	POLONIA Warszawa			<b>5:41.89</b>		
50m: 36.33	36.33	150m: 2:03.31	44.19	250m: 3:30.55	42.74	350m: 4:59.68	43.90
100m: 1:19.12	42.79	200m: 2:47.81	44.50	300m: 4:15.78	45.23	400m: 5:41.89	42.21
15. Klaus Helena	12	MKS Piaseczno			<b>5:50.54</b>	4,5	
50m: 40.11	40.11	150m: 2:09.19	45.07	250m: 3:39.74	44.88	350m: 5:10.38	44.07
100m: 1:24.12	44.01	200m: 2:54.86	45.67	300m: 4:26.31	46.57	400m: 5:50.54	40.16
16. Lepa Natalia	12	MKS Piaseczno			<b>5:50.77</b>	4,5	
50m: 37.62	37.62	150m: 2:05.82	45.26	250m: 3:37.33	45.58	350m: 5:08.80	45.40
100m: 1:20.56	42.94	200m: 2:51.75	45.93	300m: 4:23.40	46.07	400m: 5:50.77	41.97

## 14 - 15 lat

1. Kondrasiuk Zofia	08	GIM 92 Ursynów			<b>4:44.98</b>	10,2	
50m: 32.15	32.15	150m: 1:43.62	35.86	250m: 2:56.33	36.13	350m: 4:09.62	36.59
100m: 1:07.76	35.61	200m: 2:20.20	36.58	300m: 3:33.03	36.70	400m: 4:44.98	35.36
2. Reszko Lena	09	POLONIA Warszawa			<b>4:54.58</b>	9,0	
50m: 32.28	32.28	150m: 1:47.82	37.91	250m: 3:03.94	38.02	350m: 4:18.29	36.08
100m: 1:09.91	37.63	200m: 2:25.92	38.10	300m: 3:42.21	38.27	400m: 4:54.58	36.29
3. Balas Maria	08	UKS 307 Warszawa			<b>4:57.04</b>	7,1	
50m: 33.07	33.07	150m: 1:48.76	38.35	250m: 3:05.03	38.50	350m: 4:21.37	38.18
100m: 1:10.41	37.34	200m: 2:26.53	37.77	300m: 3:43.19	38.16	400m: 4:57.04	35.67
4. Sobolak Gabriela	09	OLIMPIJCZYK Aleksandrów Łódzki			<b>4:58.67</b>	8,0	
50m: 33.92	33.92	150m: 1:49.65	37.85	250m: 3:05.52	37.50	350m: 4:22.18	38.16
100m: 1:11.80	37.88	200m: 2:28.02	38.37	300m: 3:44.02	38.50	400m: 4:58.67	36.49
5. Ornowska Zuzanna	08	JUVENIA Białystok			<b>4:58.76</b>	6,6	
50m: 32.40	32.40	150m: 1:47.39	38.09	250m: 3:04.12	38.45	350m: 4:21.44	38.41
100m: 1:09.30	36.90	200m: 2:25.67	38.28	300m: 3:43.03	38.91	400m: 4:58.76	37.32
6. Sadowska Maria	08	GIM 92 Ursynów			<b>4:59.67</b>	6,4	
50m: 33.84	33.84	150m: 1:49.70	38.20	250m: 3:07.13	38.52	350m: 4:23.56	38.28
100m: 1:11.50	37.66	200m: 2:28.61	38.91	300m: 3:45.28	38.15	400m: 4:59.67	36.11

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Warszawa, 15. - 16.4.2023

Konkurencja 25, Dziewcz t, 400m dowolny, 14 - 15 lat

Pozycja					Rok ur.					Czas	Pkt.	
7.	Brzozowska Julia				08	JUVENIA Białystok				<b>5:01.17</b>	6,0	
	50m:	35.23	35.23	150m:	1:53.63	39.52	250m:	3:10.83	38.60	350m:	4:25.67	36.80
	100m:	1:14.11	38.88	200m:	2:32.23	38.60	300m:	3:48.87	38.04	400m:	5:01.17	35.50
8.	Skorykow Lena				08	OSTROBRAMSKA Warszawa				<b>5:01.27</b>	6,0	
	50m:	33.21	33.21	150m:	1:48.72	38.26	250m:	3:06.87	39.27	350m:	4:24.39	38.69
	100m:	1:10.46	37.25	200m:	2:27.60	38.88	300m:	3:45.70	38.83	400m:	5:01.27	36.88
9.	Kijewska Wiktoria				08	POLONIA Warszawa				<b>5:01.89</b>	5,8	
	50m:	32.85	32.85	150m:	1:50.14	38.83	250m:	3:07.93	38.90	350m:	4:24.95	37.90
	100m:	1:11.31	38.46	200m:	2:29.03	38.89	300m:	3:47.05	39.12	400m:	5:01.89	36.94
10.	Głaewska Zofia				09	GIM 92 Ursynów				<b>5:05.87</b>	6,1	
	50m:	34.69	34.69	150m:	1:51.67	38.61	250m:	3:09.60	39.26	350m:	4:27.75	39.09
	100m:	1:13.06	38.37	200m:	2:30.34	38.67	300m:	3:48.66	39.06	400m:	5:05.87	38.12
11.	Chałupka Amelia				09	MKS Piaseczno				<b>5:11.88</b>	4,6	
	50m:	34.38	34.38	150m:	1:54.48	40.44	250m:	3:14.95	40.61	350m:	4:34.66	39.50
	100m:	1:14.04	39.66	200m:	2:34.34	39.86	300m:	3:55.16	40.21	400m:	5:11.88	37.22
12.	Makowska Natasza				09	JAGIELLONKA Warszawa				<b>5:14.14</b>	4,0	
	50m:	34.89	34.89	150m:	1:56.48	41.40	250m:	3:17.98	40.52	350m:	4:38.67	39.42
	100m:	1:15.08	40.19	200m:	2:37.46	40.98	300m:	3:59.25	41.27	400m:	5:14.14	35.47
13.	Batory Helena				09	POLONIA Warszawa				<b>5:16.34</b>	3,4	
	50m:	35.24	35.24	150m:	1:57.26	42.21	250m:	3:18.91	40.38	350m:	4:38.69	39.62
	100m:	1:15.05	39.81	200m:	2:38.53	41.27	300m:	3:59.07	40.16	400m:	5:16.34	37.65
14.	Toboła Pertkiewicz Ewa				08	PINGWINY Warszawa				<b>5:17.35</b>	1,8	
	50m:	33.89	33.89	150m:	1:53.94	40.15	250m:	3:16.05	41.19	350m:	4:38.25	40.61
	100m:	1:13.79	39.90	200m:	2:34.86	40.92	300m:	3:57.64	41.59	400m:	5:17.35	39.10
15.	Markowska Justyna				08	Warszawianka- Wodny Park				<b>5:19.52</b>	1,2	
	50m:	35.72	35.72	150m:	2:00.15	42.15	250m:	3:22.54	40.79	350m:	4:44.50	41.36
	100m:	1:18.00	42.28	200m:	2:41.75	41.60	300m:	4:03.14	40.60	400m:	5:19.52	35.02
16.	Gołbiewska Alicja				09	KP Ciechanów				<b>5:20.54</b>	2,3	
	50m:	37.47	37.47	150m:	1:59.68	41.12	250m:	3:20.71	40.34	350m:	4:41.45	40.32
	100m:	1:18.56	41.09	200m:	2:40.37	40.69	300m:	4:01.13	40.42	400m:	5:20.54	39.09
17.	Kownacka Katarzyna				09	PIRANIA Targówek				<b>5:20.93</b>	2,2	
	50m:	34.45	34.45	150m:	1:55.07	41.00	250m:	3:18.31	41.76	350m:	4:41.42	41.21
	100m:	1:14.07	39.62	200m:	2:36.55	41.48	300m:	4:00.21	41.90	400m:	5:20.93	39.51
18.	Piko Julia				09	JAGIELLONKA Warszawa				<b>5:21.20</b>	2,2	
	50m:	35.39	35.39	150m:	1:57.31	41.11	250m:	3:20.18	41.18	350m:	4:43.57	41.50
	100m:	1:16.20	40.81	200m:	2:39.00	41.69	300m:	4:02.07	41.89	400m:	5:21.20	37.63
19.	Szynkiewicz Julia				09	KP Ciechanów				<b>5:23.31</b>	1,6	
	50m:	36.07	36.07	150m:	1:58.08	41.50	250m:	3:20.40	41.18	350m:	4:44.06	41.34
	100m:	1:16.58	40.51	200m:	2:39.22	41.14	300m:	4:02.72	42.32	400m:	5:23.31	39.25

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OTWARTE WIOSENNE MISTRZOSTWA OKR. GU WMOZP I WARSZAWY

Warszawa, 15. - 16.4.2023

Konkurencja 25, Dziewcz. t, 400m dowolny, 14 - 15 lat

Pozycja	Rok ur.	Czas	Pkt.
20. Jadowska Lena	09 MKS Piaseczno	<b>5:29.26</b>	
50m: 36.64 36.64	150m: 2:01.09 42.62	250m: 3:26.53 42.39	350m: 4:50.75 41.75
100m: 1:18.47 41.83	200m: 2:44.14 43.05	300m: 4:09.00 42.47	400m: 5:29.26 38.51
21. Zielińska Alicja	08 KAPRY-ARMEXIM Pruszków	<b>6:38.08</b>	
50m: 42.14 42.14	150m: 2:21.65 51.70	250m: 4:07.53 52.94	350m: 5:52.37 52.02
100m: 1:29.95 47.81	200m: 3:14.59 52.94	300m: 5:00.35 52.82	400m: 6:38.08 45.71

16 lat i starsi

1. Maciak Julia	06 MUSZELKA Warszawa	<b>4:27.38</b>	13,9
50m: 30.55 30.55	150m: 1:37.92 33.88	250m: 2:45.80 33.95	350m: 3:54.12 34.36
100m: 1:04.04 33.49	200m: 2:11.85 33.93	300m: 3:19.76 33.96	400m: 4:27.38 33.26
2. Czubak Maria	06 IKS Konstancin	<b>4:29.87</b>	13,3
50m: 29.43 29.43	150m: 1:36.69 34.10	250m: 2:45.23 34.34	350m: 3:55.73 35.59
100m: 1:02.59 33.16	200m: 2:10.89 34.20	300m: 3:20.14 34.91	400m: 4:29.87 34.14
3. Walczak Barbara	06 G-8 Bielany Warszawa	<b>4:34.17</b>	12,1
50m: 29.97 29.97	150m: 1:37.61 34.25	250m: 2:47.66 35.21	350m: 3:59.32 35.90
100m: 1:03.36 33.39	200m: 2:12.45 34.84	300m: 3:23.42 35.76	400m: 4:34.17 34.85
4. Szabrowska Oliwia	06 GIM 92 Ursynów	<b>4:46.91</b>	8,7
50m: 31.64 31.64	150m: 1:42.68 36.36	250m: 2:57.27 37.84	350m: 4:12.20 37.37
100m: 1:06.32 34.68	200m: 2:19.43 36.75	300m: 3:34.83 37.56	400m: 4:46.91 34.71
5. Adamczyk Karolina	06 Warszawianka- Wodny Park	<b>4:53.14</b>	7,1
50m: 30.74 30.74	150m: 1:41.65 36.38	250m: 2:57.20 38.26	350m: 4:14.97 39.02
100m: 1:05.27 34.53	200m: 2:18.94 37.29	300m: 3:35.95 38.75	400m: 4:53.14 38.17
6. Taraszkiewicz Zofia	07 Warszawianka- Wodny Park	<b>4:53.86</b>	7,2
50m: 32.58 32.58	150m: 1:46.53 37.24	250m: 3:01.83 37.47	350m: 4:17.60 37.67
100m: 1:09.29 36.71	200m: 2:24.36 37.83	300m: 3:39.93 38.10	400m: 4:53.86 36.26
7. Dziągwa Marta	07 MANTA Warszawa Włochy	<b>4:57.78</b>	6,1
50m: 33.54 33.54	150m: 1:48.24 37.78	250m: 3:05.55 38.79	350m: 4:22.20 38.07
100m: 1:10.46 36.92	200m: 2:26.76 38.52	300m: 3:44.13 38.58	400m: 4:57.78 35.58
8. Karczmarczyk Julia	06 DELFIN Garwolin	<b>5:00.25</b>	5,2
50m: 33.92 33.92	150m: 1:50.33 38.22	250m: 3:07.05 38.60	350m: 4:23.86 38.02
100m: 1:12.11 38.19	200m: 2:28.45 38.12	300m: 3:45.84 38.79	400m: 5:00.25 36.39
9. Wichulska Małgorzata	07 Warszawianka- Wodny Park	<b>5:18.24</b>	
50m: 33.63 33.63	150m: 1:53.93 40.92	250m: 3:16.62 41.64	350m: 4:38.27 40.99
100m: 1:13.01 39.38	200m: 2:34.98 41.05	300m: 3:57.28 40.66	400m: 5:18.24 39.97
10. Nowakowska Barbara	07 KAPRY-ARMEXIM Pruszków	<b>6:25.03</b>	
50m: 38.09 38.09	150m: 2:12.01 48.62	250m: 3:53.79 51.47	350m: 5:35.54 50.35
100m: 1:23.39 45.30	200m: 3:02.32 50.31	300m: 4:45.19 51.40	400m: 6:25.03 49.49