

Otwarte Letnie Mistrzostwa Warszawy
Warszawa, 2. - 3.6.2023

Konkurencja 19
02.06.2023 - 19:45

Dziewcz t, 400m dowolny

10 - 16 lat
Wyniki

Punkty: FINA 2023

Pozycja	Rok ur.	Czas	Pkt.
10 lat			
1. BALCERCZAK Gabriela	13 MKS Ochota Warszawa	5:52.83	300
50m: 40.23 40.23	150m: 2:10.63 45.06	250m: 3:41.19 44.67	350m: 5:11.47 44.17
100m: 1:25.57 45.34	200m: 2:56.52 45.89	300m: 4:27.30 46.11	400m: 5:52.83 41.36
2. KACAŁA Hanna	13 MKS Ochota Warszawa	5:54.60	296
50m: 38.54 38.54	150m: 2:08.78 46.48	250m: 3:41.27 46.28	350m: 5:12.67 44.74
100m: 1:22.30 43.76	200m: 2:54.99 46.21	300m: 4:27.93 46.66	400m: 5:54.60 41.93
3. AK Julia	13 UKS Szkoła Pływania 23 Lublin	6:50.87	190
50m: 43.18 43.18	150m: 2:29.37 54.22	250m: 4:17.28 53.66	350m: 6:04.07 52.46
100m: 1:35.15 51.97	200m: 3:23.62 54.25	300m: 5:11.61 54.33	400m: 6:50.87 46.80
4. ONEILL Cecilia	13 Ukp Polonia Warszawa	6:52.90	187
50m: 48.20 48.20	150m: 2:34.75 54.10	250m: 4:20.71 53.26	350m: 6:06.34 52.59
100m: 1:40.65 52.45	200m: 3:27.45 52.70	300m: 5:13.75 53.04	400m: 6:52.90 46.56
5. MALEC Kinga	13 UKS „Victoria Józefów”	7:28.62	146
50m: 47.41 47.41	150m: 2:41.30 56.72	250m: 4:35.96 56.70	350m: 6:35.01 59.29
100m: 1:44.58 57.17	200m: 3:39.26 57.96	300m: 5:35.72 59.76	400m: 7:28.62 53.61
11 lat			
1. NOSAL Lena	12 MKS Juvenia Wrocław	5:18.62	408
50m: 35.13 35.13	150m: 1:56.34 41.01	250m: 3:19.67 41.30	350m: 4:40.64 40.32
100m: 1:15.33 40.20	200m: 2:38.37 42.03	300m: 4:00.32 40.65	400m: 5:18.62 37.98
2. KRYSZKIEWICZ Lidia	12 Mks Jagiellonka	5:32.15	360
50m: 36.17 36.17	150m: 2:00.65 42.72	250m: 3:25.56 41.88	350m: 4:50.91 42.47
100m: 1:17.93 41.76	200m: 2:43.68 43.03	300m: 4:08.44 42.88	400m: 5:32.15 41.24
3. KLAUS Helena	12 MKS Piaseczno	5:47.14	315
50m: 40.24 40.24	150m: 2:08.31 44.86	250m: 3:37.93 45.35	350m: 5:06.08 45.49
100m: 1:23.45 43.21	200m: 2:52.58 44.27	300m: 4:20.59 42.66	400m: 5:47.14 41.06
4. RYMARCZUK Alicja	12 UKS „GIM 92 Ursynów”	5:47.39	315
50m: 38.06 38.06	150m: 2:05.83 44.86	250m: 3:34.94 44.43	350m: 5:05.50 45.13
100m: 1:20.97 42.91	200m: 2:50.51 44.68	300m: 4:20.37 45.43	400m: 5:47.39 41.89
5. LEPA Natalia	12 MKS Piaseczno	5:58.89	285
50m: 40.97 40.97	150m: 2:11.83 46.13	250m: 3:45.21 47.21	350m: 5:15.48 45.05
100m: 1:25.70 44.73	200m: 2:58.00 46.17	300m: 4:30.43 45.22	400m: 5:58.89 43.41
6. PITUS Anna	12 UKS Fala Niepor t	6:00.92	281
50m: 38.42 38.42	150m: 2:08.88 46.32	250m: 3:42.38 45.92	350m: 5:16.07 45.73
100m: 1:22.56 44.14	200m: 2:56.46 47.58	300m: 4:30.34 47.96	400m: 6:00.92 44.85
7. M KOSZA Amelia	12 UKS WAWER Warszawa	6:13.25	254
50m: 40.70 40.70	150m: 2:15.80 49.11	250m: 3:54.82 49.95	350m: 5:31.08 49.33
100m: 1:26.69 45.99	200m: 3:04.87 49.07	300m: 4:41.75 46.93	400m: 6:13.25 42.17



Warszawa



Otwarte Letnie Mistrzostwa Warszawy
Warszawa, 2. - 3.6.2023

Konkurencja 19, Dziewcz t, 400m dowolny

12 lat

1.	KOKOSZKA Paulina	11	UKS „GIM 92 Ursynów”	5:07.44	454
	50m: 32.53 32.53	150m: 1:51.29	40.35 250m: 3:10.96 39.93	350m: 4:29.89	38.57
	100m: 1:10.94 38.41	200m: 2:31.03	39.74 300m: 3:51.32 40.36	400m: 5:07.44	37.55
2.	SULKOWSKA Hanna	11	Uks Jagiellonia Swim	5:15.83	419
	50m: 35.51 35.51	150m: 1:54.77	40.09 250m: 3:16.05 40.62	350m: 4:36.71	40.04
	100m: 1:14.68 39.17	200m: 2:35.43	40.66 300m: 3:56.67 40.62	400m: 5:15.83	39.12
3.	KANIEWSKA Lena	11	MUKP Warszawianka Wodny Park	5:26.67	378
	50m: 35.92 35.92	150m: 1:59.27	42.27 250m: 3:24.05 42.23	350m: 4:47.91	41.60
	100m: 1:17.00 41.08	200m: 2:41.82	42.55 300m: 4:06.31 42.26	400m: 5:26.67	38.76
4.	OSICZKO Kaja	11	MKS Ochota Warszawa	5:27.24	377
	50m: 35.32 35.32	150m: 1:57.24	41.59 250m: 3:22.29 42.44	350m: 4:46.95	42.06
	100m: 1:15.65 40.33	200m: 2:39.85	42.61 300m: 4:04.89 42.60	400m: 5:27.24	40.29
5.	KABAŁA Marta	11	UKS 48 Warszawa ródmi cie	5:33.82	355
	50m: 36.04 36.04	150m: 1:58.89	42.59 250m: 3:25.14 43.65	350m: 4:52.25	43.90
	100m: 1:16.30 40.26	200m: 2:41.49	42.60 300m: 4:08.35 43.21	400m: 5:33.82	41.57
6.	ŁYSIUK Lidia	11	UKS „GIM 92 Ursynów”	5:34.52	352
	50m: 35.43 35.43	150m: 1:59.54	43.30 250m: 3:26.78 43.82	350m: 4:53.77	43.22
	100m: 1:16.24 40.81	200m: 2:42.96	43.42 300m: 4:10.55 43.77	400m: 5:34.52	40.75
7.	SZCZERBA Sonia	11	UKS G-8 Bielany	5:37.63	343
	50m: 36.51 36.51	150m: 2:01.41	43.50 250m: 3:28.84 43.93	350m: 4:56.21	43.90
	100m: 1:17.91 41.40	200m: 2:44.91	43.50 300m: 4:12.31 43.47	400m: 5:37.63	41.42
8.	STREFNER Laura	11	UKS G-8 Bielany	5:39.47	337
	50m: 37.71 37.71	150m: 2:04.85	44.51 250m: 3:32.83 44.58	350m: 4:58.89	42.26
	100m: 1:20.34 42.63	200m: 2:48.25	43.40 300m: 4:16.63 43.80	400m: 5:39.47	40.58
9.	IWA SKA Wiktoria	11	Mks Jagiellonka	5:41.18	332
	50m: 35.88 35.88	150m: 2:03.50	45.28 250m: 3:33.29 44.72	350m: 5:01.83	43.88
	100m: 1:18.22 42.34	200m: 2:48.57	45.07 300m: 4:17.95 44.66	400m: 5:41.18	39.35
10.	KRASOWSKA Maja	11	Uks Jagiellonia Swim	5:41.69	331
	50m: 37.33 37.33	150m: 2:03.88	43.93 250m: 3:32.69 44.57	350m: 4:59.91	42.70
	100m: 1:19.95 42.62	200m: 2:48.12	44.24 300m: 4:17.21 44.52	400m: 5:41.69	41.78
11.	WI CEK Alicja	11	UKS WAWER Warszawa	5:44.11	324
	50m: 38.72 38.72	150m: 2:07.42	44.46 250m: 3:37.20 44.94	350m: 5:05.39	43.99
	100m: 1:22.96 44.24	200m: 2:52.26	44.84 300m: 4:21.40 44.20	400m: 5:44.11	38.72
12.	BOROWSKA Natalia	11	Uks Jagiellonia Swim	5:44.55	322
	50m: 40.40 40.40	150m: 2:08.30	44.13 250m: 3:37.26 44.18	350m: 5:05.29	43.84
	100m: 1:24.17 43.77	200m: 2:53.08	44.78 300m: 4:21.45 44.19	400m: 5:44.55	39.26
13.	KASI SKA Michalina	11	UKS 307 Warszawa	5:52.98	300
	50m: 37.45 37.45	150m: 2:08.71	46.54 250m: 3:40.54 45.90	350m: 5:10.68	43.45
	100m: 1:22.17 44.72	200m: 2:54.64	45.93 300m: 4:27.23 46.69	400m: 5:52.98	42.30
14.	PACYK Alexandra	11	IUKS „Muszelka” Warszawa	5:55.15	294
	50m: 37.60 37.60	150m: 2:09.12	46.06 250m: 3:42.08 46.26	350m: 5:13.93	45.19
	100m: 1:23.06 45.46	200m: 2:55.82	46.70 300m: 4:28.74 46.66	400m: 5:55.15	41.22



Warszawa



Otwarte Letnie Mistrzostwa Warszawy
Warszawa, 2. - 3.6.2023

Konkurencja 19, Dziewcz t, 400m dowolny, 12 lat

Pozycja	Rok ur.	Czas	Pkt.
15. WASZKIEWICZ Julia	11 Uks Jagiellonia Swim	6:00.28	282
50m: 39.71 39.71	150m: 2:10.94 46.32	250m: 3:44.52 46.46	350m: 5:16.22 45.16
100m: 1:24.62 44.91	200m: 2:58.06 47.12	300m: 4:31.06 46.54	400m: 6:00.28 44.06
16. K KOLECKA Karolina	11 Buks	6:08.27	264
50m: 38.35 38.35	150m: 2:11.24 46.60	250m: 3:46.63 47.59	350m: 5:22.33 47.42
100m: 1:24.64 46.29	200m: 2:59.04 47.80	300m: 4:34.91 48.28	400m: 6:08.27 45.94
17. WITTBRODT Alicja	11 IUKS „Muszelka” Warszawa	6:18.36	243
50m: 42.42 42.42	150m: 2:19.64 48.69	250m: 3:56.76 49.30	350m: 5:33.39 47.65
100m: 1:30.95 48.53	200m: 3:07.46 47.82	300m: 4:45.74 48.98	400m: 6:18.36 44.97
18. ZAKRZEWSKA Zofia	11 KP Płetwal Mława	6:43.78	200
50m: 43.49 43.49	150m: 2:27.48 52.71	250m: 4:13.54 52.90	350m: 5:58.85 52.51
100m: 1:34.77 51.28	200m: 3:20.64 53.16	300m: 5:06.34 52.80	400m: 6:43.78 44.93

13 lat

1. SOBÓTKA Oliwia	10 UKS „GIM 92 Ursynów”	4:48.67	549
50m: 32.28 32.28	150m: 1:45.52 37.36	250m: 2:59.54 36.86	350m: 4:13.03 36.50
100m: 1:08.16 35.88	200m: 2:22.68 37.16	300m: 3:36.53 36.99	400m: 4:48.67 35.64
2. KOPP Zuzanna	10 Mks Jagiellonia	5:06.97	456
50m: 34.41 34.41	150m: 1:53.89 39.91	250m: 3:12.50 38.94	350m: 4:30.32 38.60
100m: 1:13.98 39.57	200m: 2:33.56 39.67	300m: 3:51.72 39.22	400m: 5:06.97 36.65
3. TOBOŁA PERTKIEWICZ Zofia	10 Uks „Pingwiny”	5:13.92	427
50m: 34.72 34.72	150m: 1:53.91 40.45	250m: 3:14.37 39.96	350m: 4:35.83 39.93
100m: 1:13.46 38.74	200m: 2:34.41 40.50	300m: 3:55.90 41.53	400m: 5:13.92 38.09
4. ZYDRO Wiktoria	10 MUKP Warszawianka Wodny Park	5:15.08	422
50m: 35.21 35.21	150m: 1:54.86 40.62	250m: 3:16.33 40.20	350m: 4:37.30 39.75
100m: 1:14.24 39.03	200m: 2:36.13 41.27	300m: 3:57.55 41.22	400m: 5:15.08 37.78
5. GERASIMOVA Nicole	10 MUKP Warszawianka Wodny Park	5:22.26	394
50m: 34.49 34.49	150m: 1:57.71 42.76	250m: 3:21.43 41.67	350m: 4:45.19 42.26
100m: 1:14.95 40.46	200m: 2:39.76 42.05	300m: 4:02.93 41.50	400m: 5:22.26 37.07
6. MIECI SKA Anna	10 UKS „GIM 92 Ursynów”	5:24.16	387
50m: 37.17 37.17	150m: 2:00.09 41.34	250m: 3:22.60 40.90	350m: 4:44.20 40.70
100m: 1:18.75 41.58	200m: 2:41.70 41.61	300m: 4:03.50 40.90	400m: 5:24.16 39.96
7. SADOWSKA Zofia	10 UKS 307 Warszawa	5:25.18	384
50m: 34.00 34.00	150m: 1:54.48 40.88	250m: 3:19.59 42.80	350m: 4:45.03 42.33
100m: 1:13.60 39.60	200m: 2:36.79 42.31	300m: 4:02.70 43.11	400m: 5:25.18 40.15
8. SZOTEK Isabella	10 UKS Kapry-Armexim Pruszków	5:27.78	375
50m: 35.58 35.58	150m: 1:59.09 43.12	250m: 3:24.84 43.42	350m: 4:49.95 42.99
100m: 1:15.97 40.39	200m: 2:41.42 42.33	300m: 4:06.96 42.12	400m: 5:27.78 37.83
9. KANCLERZ Maja	10 Mks Jagiellonia	5:28.02	374
50m: 34.98 34.98	150m: 1:59.09 42.69	250m: 3:23.72 42.33	350m: 4:46.94 41.34
100m: 1:16.40 41.42	200m: 2:41.39 42.30	300m: 4:05.60 41.88	400m: 5:28.02 41.08



Warszawa



Otwarte Letnie Mistrzostwa Warszawy
Warszawa, 2. - 3.6.2023

Konkurencja 19, Dziewcz t, 400m dowolny, 13 lat

Pozycja	Rok ur.	Time	Points
10. DZIEWANOWSKA Nikola	10	UKS Delfin Garwolin	5:32.51 359
50m: 36.77 36.77	150m: 2:02.78 43.42	250m: 3:29.81 43.62	350m: 4:53.82 40.54
100m: 1:19.36 42.59	200m: 2:46.19 43.41	300m: 4:13.28 43.47	400m: 5:32.51 38.69
11. OSADNIK Emilia	10	Kłobucki KP „Delfin”	5:36.05 348
50m: 35.57 35.57	150m: 1:58.95 42.43	250m: 3:27.30 43.82	350m: 4:54.65 43.66
100m: 1:16.52 40.95	200m: 2:43.48 44.53	300m: 4:10.99 43.69	400m: 5:36.05 41.40
12. CIBOROWSKA Anna	10	MUKP Warszawianka Wodny Park	5:40.97 333
50m: 36.66 36.66	150m: 2:04.89 44.58	250m: 3:33.49 43.96	350m: 5:00.68 42.68
100m: 1:20.31 43.65	200m: 2:49.53 44.64	300m: 4:18.00 44.51	400m: 5:40.97 40.29
13. PIETRASZEWICZ Roksana	10	MKS Juwenia Białystok	5:43.23 326
50m: 38.05 38.05	150m: 2:04.06 43.84	250m: 3:33.42 44.63	350m: 5:01.43 43.76
100m: 1:20.22 42.17	200m: 2:48.79 44.73	300m: 4:17.67 44.25	400m: 5:43.23 41.80
14. JAKUBOWSKA Barbara	10	KP Płetwal Mława	6:20.72 239
50m: 39.76 39.76	150m: 2:14.38 48.90	250m: 3:54.52 50.16	350m: 5:35.59 50.39
100m: 1:25.48 45.72	200m: 3:04.36 49.98	300m: 4:45.20 50.68	400m: 6:20.72 45.13

14 lat

1. RESZKO Lena	09	Ukp Polonia Warszawa	4:38.76 609
50m: 31.80 31.80	150m: 1:43.05 36.21	250m: 2:54.61 35.92	350m: 4:05.80 35.40
100m: 1:06.84 35.04	200m: 2:18.69 35.64	300m: 3:30.40 35.79	400m: 4:38.76 32.96
2. KUCZMAR Aleksandra	09	MKS Ochota Warszawa	4:43.78 578
50m: 31.82 31.82	150m: 1:42.97 36.07	250m: 2:54.73 35.74	350m: 4:08.55 37.14
100m: 1:06.90 35.08	200m: 2:18.99 36.02	300m: 3:31.41 36.68	400m: 4:43.78 35.23
3. GŁA EWSKA Zofia	09	UKS „GIM 92 Ursynów”	4:59.61 491
50m: 34.48 34.48	150m: 1:50.45 38.14	250m: 3:07.38 38.32	350m: 4:23.90 38.50
100m: 1:12.31 37.83	200m: 2:29.06 38.61	300m: 3:45.40 38.02	400m: 4:59.61 35.71
4. SOWI SKA Wiktoria	09	Klub Pływacki Ciechanów	5:07.84 452
50m: 33.95 33.95	150m: 1:52.38 40.21	250m: 3:11.98 40.22	350m: 4:31.00 39.48
100m: 1:12.17 38.22	200m: 2:31.76 39.38	300m: 3:51.52 39.54	400m: 5:07.84 36.84
5. JADOWSKA Lena	09	MKS Piaseczno	5:18.46 409
50m: 36.00 36.00	150m: 1:56.96 40.73	250m: 3:18.59 40.62	350m: 4:39.79 40.38
100m: 1:16.23 40.23	200m: 2:37.97 41.01	300m: 3:59.41 40.82	400m: 5:18.46 38.67
6. GOŁ BIEWSKA Alicja	09	Klub Pływacki Ciechanów	5:22.36 394
50m: 36.49 36.49	150m: 1:58.07 40.68	250m: 3:20.68 41.40	350m: 4:42.87 41.47
100m: 1:17.39 40.90	200m: 2:39.28 41.21	300m: 4:01.40 40.72	400m: 5:22.36 39.49
7. KRA Alicja	09	MKS Piaseczno	5:34.32 353
50m: 38.40 38.40	150m: 2:04.27 43.19	250m: 3:31.20 43.62	350m: 4:55.42 41.39
100m: 1:21.08 42.68	200m: 2:47.58 43.31	300m: 4:14.03 42.83	400m: 5:34.32 38.90
8. LARY Monika	09	IUKS „Muszelka” Warszawa	5:48.05 313
50m: 37.96 37.96	150m: 2:05.18 44.18	250m: 3:34.54 44.62	350m: 5:04.56 44.79
100m: 1:21.00 43.04	200m: 2:49.92 44.74	300m: 4:19.77 45.23	400m: 5:48.05 43.49



Warszawa



Otwarte Letnie Mistrzostwa Warszawy
Warszawa, 2. - 3.6.2023

Konkurencja 19, Dziewcz t, 400m dowolny, 14 lat

Pozycja			Rok ur.			Czas	Pkt.	
DYSKW.	CHAŁUPKA Amelia		09	MKS Piaseczno				
<i>D2 - Pływak zanurzył się całkowicie w trakcie wy cigu (z wyj tkiem 15 m po starcie lub nawrocie).</i>								
	50m:	37.55 37.55	150m:	2:06.32 44.00	250m:	3:39.19 49.39	350m:	5:09.63 39.76
	100m:	1:22.32 44.77	200m:	2:49.80 43.48	300m:	4:29.87 50.68	400m:	

15 - 16 lat

1.	KUCZMAR Zuzanna	07	Ukp Polonia Warszawa	4:38.63	610			
	50m:	31.86 31.86	150m:	1:43.04 35.82	250m:	2:53.53 34.77	350m:	4:04.25 35.46
	100m:	1:07.22 35.36	200m:	2:18.76 35.72	300m:	3:28.79 35.26	400m:	4:38.63 34.38
2.	BAKUN Maja	07	UKS G-8 Bielany	4:52.81	526			
	50m:	32.12 32.12	150m:	1:45.96 37.39	250m:	3:01.83 38.17	350m:	4:16.90 37.15
	100m:	1:08.57 36.45	200m:	2:23.66 37.70	300m:	3:39.75 37.92	400m:	4:52.81 35.91
3.	MICHALUK Wiktoria	08	Ukp Polonia Warszawa	4:54.19	518			
	50m:	33.29 33.29	150m:	1:47.50 37.53	250m:	3:02.91 37.74	350m:	4:18.09 37.15
	100m:	1:09.97 36.68	200m:	2:25.17 37.67	300m:	3:40.94 38.03	400m:	4:54.19 36.10
4.	PR CIK Amelia	08	UKP Bychawa	5:10.63	440			
	50m:	35.33 35.33	150m:	1:54.50 40.10	250m:	3:14.28 39.59	350m:	4:32.99 39.44
	100m:	1:14.40 39.07	200m:	2:34.69 40.19	300m:	3:53.55 39.27	400m:	5:10.63 37.64
5.	FR CZEK Łucja	08	UKP Bychawa	5:25.80	382			
	50m:	35.36 35.36	150m:	1:58.27 41.88	250m:	3:22.29 41.76	350m:	4:46.24 41.67
	100m:	1:16.39 41.03	200m:	2:40.53 42.26	300m:	4:04.57 42.28	400m:	5:25.80 39.56
6.	BŁACHNIO Karolina	08	UKS "V" Łomianki	6:07.77	265			
	50m:	40.23 40.23	150m:	2:13.28 48.56	250m:	3:49.41 48.71	350m:	5:24.53 47.26
	100m:	1:24.72 44.49	200m:	3:00.70 47.42	300m:	4:37.27 47.86	400m:	6:07.77 43.24
7.	HWANG Yubin	08	KP Płetwal Mława	6:59.10	179			
	50m:	43.73 43.73	150m:	2:29.10 54.00	250m:	4:19.01 55.06	350m:	6:08.64 54.60
	100m:	1:35.10 51.37	200m:	3:23.95 54.85	300m:	5:14.04 55.03	400m:	6:59.10 50.46
PK	WILANOWSKA Karina	06	Ukp Polonia Warszawa	5:13.34	429			
	50m:	33.70 33.70	150m:	1:51.80 39.55	250m:	3:12.90 40.57	350m:	4:34.33 40.77
	100m:	1:12.25 38.55	200m:	2:32.33 40.53	300m:	3:53.56 40.66	400m:	5:13.34 39.01



Warszawa

