

Otwarte Letnie Mistrzostwa Warszawy  
Warszawa, 2. - 3.6.2023

Konkurencja 29  
03.06.2023 - 13:23

Dziewcz t, 400m zmienny

11 - 16 lat  
Wyniki

Punkty: FINA 2023

Pozycja			Rok ur.					Czas	Pkt.
11 lat									
1.	NOSAL Lena		12	MKS Juvenia Wrocław				<b>5:53.84</b>	426
	50m:	37.04 37.04	150m:	2:09.73 48.79	250m:	3:45.35 49.77	350m:	5:16.53 39.74	
	100m:	1:20.94 43.90	200m:	2:55.58 45.85	300m:	4:36.79 51.44	400m:	5:53.84 37.31	
2.	KRYSZKIEWICZ Lidia		12	Mks Jagiellonka				<b>6:19.10</b>	346
	50m:	40.30 40.30	150m:	2:19.97 49.72	250m:	3:59.97 51.69	350m:	5:37.34 43.81	
	100m:	1:30.25 49.95	200m:	3:08.28 48.31	300m:	4:53.53 53.56	400m:	6:19.10 41.76	
3.	KLAUS Helena		12	MKS Piaseczno				<b>6:47.33</b>	279
	50m:	48.39 48.39	150m:	2:38.97 52.73	250m:	4:26.23 56.32	350m:	6:05.83 44.56	
	100m:	1:46.24 57.85	200m:	3:29.91 50.94	300m:	5:21.27 55.04	400m:	6:47.33 41.50	
4.	FRYSZKOWSKA Pola		12	UKS „Victoria Józefów”				<b>7:20.11</b>	221
	50m:	49.44 49.44	150m:	2:51.99 59.09	250m:	4:44.45 58.40	350m:	6:31.51 48.98	
	100m:	1:52.90 1:03.46	200m:	3:46.05 54.06	300m:	5:42.53 58.08	400m:	7:20.11 48.60	
12 lat									
1.	SULKOWSKA Hanna		11	Uks Jagiellonia Swim				<b>6:14.40</b>	360
	50m:	40.99 40.99	150m:	2:18.69 49.26	250m:	4:00.46 54.33	350m:	5:35.15 40.62	
	100m:	1:29.43 48.44	200m:	3:06.13 47.44	300m:	4:54.53 54.07	400m:	6:14.40 39.25	
2.	KANIEWSKA Lena		11	MUKP Warszawianka Wodny Park				<b>6:16.10</b>	355
	50m:	40.36 40.36	150m:	2:18.68 46.62	250m:	3:59.72 55.81	350m:	5:37.40 42.26	
	100m:	1:32.06 51.70	200m:	3:03.91 45.23	300m:	4:55.14 55.42	400m:	6:16.10 38.70	
3.	KRASOWSKA Maja		11	Uks Jagiellonia Swim				<b>6:21.12</b>	341
	50m:	42.11 42.11	150m:	2:23.05 47.67	250m:	4:02.34 53.74	350m:	5:39.14 42.85	
	100m:	1:35.38 53.27	200m:	3:08.60 45.55	300m:	4:56.29 53.95	400m:	6:21.12 41.98	
4.	JAWORSKA Krystyna		11	UKS „Victoria Józefów”				<b>6:25.36</b>	330
	50m:	39.83 39.83	150m:	2:20.47 50.54	250m:	4:06.81 56.09	350m:	5:46.87 43.39	
	100m:	1:29.93 50.10	200m:	3:10.72 50.25	300m:	5:03.48 56.67	400m:	6:25.36 38.49	
5.	ONEILL Kiera		11	Ukp Polonia Warszawa				<b>6:27.52</b>	324
	50m:	41.67 41.67	150m:	2:21.55 49.98	250m:	4:07.57 56.81	350m:	5:46.72 42.67	
	100m:	1:31.57 49.90	200m:	3:10.76 49.21	300m:	5:04.05 56.48	400m:	6:27.52 40.80	
6.	KAMI SKA Oliwia		11	Mks Jagiellonka				<b>6:53.87</b>	266
	50m:	41.44 41.44	150m:	2:33.90 56.80	250m:	4:20.60 56.41	350m:	6:07.59 47.34	
	100m:	1:37.10 55.66	200m:	3:24.19 50.29	300m:	5:20.25 59.65	400m:	6:53.87 46.28	
7.	K PKA Maja		11	UKS „Victoria Józefów”				<b>6:56.09</b>	262
	50m:	45.04 45.04	150m:	2:34.05 56.22	250m:	4:21.85 57.19	350m:	6:10.02 49.99	
	100m:	1:37.83 52.79	200m:	3:24.66 50.61	300m:	5:20.03 58.18	400m:	6:56.09 46.07	
8.	K KOLECKA Karolina		11	Buks				<b>7:03.72</b>	248
	50m:	48.59 48.59	150m:	2:43.68 54.32	250m:	4:33.71 58.54	350m:	6:18.75 46.72	
	100m:	1:49.36 1:00.77	200m:	3:35.17 51.49	300m:	5:32.03 58.32	400m:	7:03.72 44.97	

Otwarte Letnie Mistrzostwa Warszawy  
Warszawa, 2. - 3.6.2023

Konkurencja 29, Dziewcz t, 400m zmienny

13 lat

1.	NEUHORN Diana	10	Mks Jagiellonka	<b>5:47.49</b>	450
	50m: 35.60 35.60	150m: 2:04.85 47.45	250m: 3:38.91 49.15	350m: 5:09.61 39.69	
	100m: 1:17.40 41.80	200m: 2:49.76 44.91	300m: 4:29.92 51.01	400m: 5:47.49 37.88	
2.	KOPP Zuzanna	10	Mks Jagiellonka	<b>6:00.61</b>	402
	50m: 38.95 38.95	150m: 2:13.96 45.93	250m: 3:48.92 48.29	350m: 5:20.77 41.70	
	100m: 1:28.03 49.08	200m: 3:00.63 46.67	300m: 4:39.07 50.15	400m: 6:00.61 39.84	
3.	FRYSZKOWSKA Sonia	10	UKS „Victoria Józefów”	<b>6:04.61</b>	389
	50m: 41.05 41.05	150m: 2:15.65 46.08	250m: 3:53.15 51.49	350m: 5:26.03 41.50	
	100m: 1:29.57 48.52	200m: 3:01.66 46.01	300m: 4:44.53 51.38	400m: 6:04.61 38.58	
4.	POLSAKOVA Nina	10	IUKS „Muszelka” Warszawa	<b>6:10.13</b>	372
	50m: 36.58 36.58	150m: 2:10.35 49.46	250m: 3:52.31 54.80	350m: 5:29.47 42.03	
	100m: 1:20.89 44.31	200m: 2:57.51 47.16	300m: 4:47.44 55.13	400m: 6:10.13 40.66	
5.	RZ SA Amelia	10	Mks Jagiellonka	<b>6:13.32</b>	363
	50m: 38.55 38.55	150m: 2:12.30 47.95	250m: 3:52.54 54.36	350m: 5:31.82 45.14	
	100m: 1:24.35 45.80	200m: 2:58.18 45.88	300m: 4:46.68 54.14	400m: 6:13.32 41.50	
6.	HORBATY Antonina	10	UKS „GIM 92 Ursynów”	<b>6:18.98</b>	347
	50m: 45.04 45.04	150m: 2:23.86 46.39	250m: 4:02.13 52.60	350m: 5:39.37 43.46	
	100m: 1:37.47 52.43	200m: 3:09.53 45.67	300m: 4:55.91 53.78	400m: 6:18.98 39.61	
7.	SZOTEK Isabella	10	UKS Kapry-Armexim Pruszków	<b>6:20.94</b>	341
	50m: 39.11 39.11	150m: 2:20.49 50.03	250m: 4:03.34 56.13	350m: 5:42.53 42.59	
	100m: 1:30.46 51.35	200m: 3:07.21 46.72	300m: 4:59.94 56.60	400m: 6:20.94 38.41	
8.	SZUSTAK Lena	10	KS Barakuda Mi sk Mazowiecki	<b>6:25.17</b>	330
	50m: 38.31 38.31	150m: 2:17.31 50.12	250m: 4:02.98 56.40	350m: 5:44.97 43.28	
	100m: 1:27.19 48.88	200m: 3:06.58 49.27	300m: 5:01.69 58.71	400m: 6:25.17 40.20	
9.	DAMI CKA Blanka	10	Mks Jagiellonka	<b>6:25.87</b>	328
	50m: 43.48 43.48	150m: 2:27.91 50.12	250m: 4:07.62 51.62	350m: 5:44.86 45.05	
	100m: 1:37.79 54.31	200m: 3:16.00 48.09	300m: 4:59.81 52.19	400m: 6:25.87 41.01	
10.	DZIEWANOWSKA Nikola	10	UKS Delfin Garwolin	<b>6:28.89</b>	321
	50m: 39.95 39.95	150m: 2:19.61 52.00	250m: 4:06.56 57.21	350m: 5:47.36 44.43	
	100m: 1:27.61 47.66	200m: 3:09.35 49.74	300m: 5:02.93 56.37	400m: 6:28.89 41.53	
DYSKW.	ZYCH Martyna	10	Mks Jagiellonka		
	<i>K15 - Pływak nie dotkn ł ciany dwiema dł mi przy nawrocie lub na zako czenie wy cigu.</i>				
	50m: 43.60 43.60	150m: 2:30.88 54.17	250m: 4:21.35 59.40	350m: 6:04.30 43.08	
	100m: 1:36.71 53.11	200m: 3:21.95 51.07	300m: 5:21.22 59.87	400m:	

14 lat

1.	KUCZMAR Aleksandra	09	MKS Ochota Warszawa	<b>5:21.32</b>	569
	50m: 34.11 34.11	150m: 1:55.04 41.04	250m: 3:23.37 47.20	350m: 4:46.79 35.98	
	100m: 1:14.00 39.89	200m: 2:36.17 41.13	300m: 4:10.81 47.44	400m: 5:21.32 34.53	
2.	ROMANOWSKA Aleksandra	09	UKS „GIM 92 Ursynów”	<b>5:37.65</b>	490
	50m: 37.22 37.22	150m: 2:04.46 41.80	250m: 3:31.54 46.41	350m: 4:59.64 40.19	
	100m: 1:22.66 45.44	200m: 2:45.13 40.67	300m: 4:19.45 47.91	400m: 5:37.65 38.01	

Otwarte Letnie Mistrzostwa Warszawy  
Warszawa, 2. - 3.6.2023

Konkurencja 29, Dziewcz t, 400m zmienny

15 - 16 lat

1.	KIJEWSKA Wiktoria	08	Ukp Polonia Warszawa	<b>5:23.24</b>	559
	50m: 33.87 33.87	150m: 1:55.65 41.99	250m: 3:22.56 45.71	350m: 4:46.08 37.09	
	100m: 1:13.66 39.79	200m: 2:36.85 41.20	300m: 4:08.99 46.43	400m: 5:23.24 37.16	
2.	SADOWSKA Maria	08	UKS „GIM 92 Ursynów”	<b>5:27.58</b>	537
	50m: 37.06 37.06	150m: 2:02.39 41.53	250m: 3:27.67 44.79	350m: 4:51.10 37.79	
	100m: 1:20.86 43.80	200m: 2:42.88 40.49	300m: 4:13.31 45.64	400m: 5:27.58 36.48	
3.	KUCZMAR Zuzanna	07	Ukp Polonia Warszawa	<b>5:33.43</b>	509
	50m: 34.15 34.15	150m: 1:56.49 41.32	250m: 3:26.76 51.55	350m: 4:56.24 37.64	
	100m: 1:15.17 41.02	200m: 2:35.21 38.72	300m: 4:18.60 51.84	400m: 5:33.43 37.19	
4.	BARAN Agata	08	Ukp Polonia Warszawa	<b>5:44.20</b>	463
	50m: 36.40 36.40	150m: 2:03.25 44.48	250m: 3:34.65 47.86	350m: 5:04.30 40.82	
	100m: 1:18.77 42.37	200m: 2:46.79 43.54	300m: 4:23.48 48.83	400m: 5:44.20 39.90	
5.	GODLEWSKA Pola	08	Ukp Polonia Warszawa	<b>5:55.15</b>	421
	50m: 35.67 35.67	150m: 2:05.21 44.36	250m: 3:42.10 51.90	350m: 5:15.77 40.37	
	100m: 1:20.85 45.18	200m: 2:50.20 44.99	300m: 4:35.40 53.30	400m: 5:55.15 39.38	
6.	BŁACHNIO Karolina	08	UKS "V" Łomianki	<b>7:03.92</b>	248
	50m: 50.02 50.02	150m: 2:44.64 57.50	250m: 4:39.10 1:02.14	350m: 6:24.30 46.35	
	100m: 1:47.14 57.12	200m: 3:36.96 52.32	300m: 5:37.95 58.85	400m: 7:03.92 39.62	