

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12 – II Runda
Warszawa, 15. - 16.6.2023

Konkurencja 7
15.06.2023 - 11:21

Dziewcz t, 400m dowolny

12 lat
Wyniki

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.		
1.	KOKOSZKA, Paulina		11	UKS „GIM 92 Ursynów”				4:55.81	494		
	50m:	32.21 32.21	150m:	1:48.12	38.65	250m:	3:04.50	37.96	350m:	4:21.04	37.59
	100m:	1:09.47 37.26	200m:	2:26.54	38.42	300m:	3:43.45	38.95	400m:	4:55.81	34.77
2.	ST PNIAK, Julia		11	PSP SWIM Płock				5:03.31	458		
	50m:	32.72 32.72	150m:	1:49.74	38.97	250m:	3:08.84	39.37	350m:	4:27.52	39.38
	100m:	1:10.77 38.05	200m:	2:29.47	39.73	300m:	3:48.14	39.30	400m:	5:03.31	35.79
3.	PRZYWARA, Laura		11	UKS „Skalar” Warszawa				5:07.85	438		
	50m:	35.07 35.07	150m:	1:54.54	39.74	250m:	3:13.75	39.31	350m:	4:32.68	39.50
	100m:	1:14.80 39.73	200m:	2:34.44	39.90	300m:	3:53.18	39.43	400m:	5:07.85	35.17
4.	ZIELINSKA, Wiktoria		11	UKS 48 Warszawa ródmi cie				5:08.34	436		
	50m:	33.31 33.31	150m:	1:51.08	39.13	250m:	3:10.75	40.03	350m:	4:31.01	40.10
	100m:	1:11.95 38.64	200m:	2:30.72	39.64	300m:	3:50.91	40.16	400m:	5:08.34	37.33
5.	ŁYSIUK, Karina		11	UKS „GIM 92 Ursynów”				5:09.89	430		
	50m:	33.96 33.96	150m:	1:51.17	39.18	250m:	3:10.56	39.87	350m:	4:30.79	40.17
	100m:	1:11.99 38.03	200m:	2:30.69	39.52	300m:	3:50.62	40.06	400m:	5:09.89	39.10
6.	MOROZOWICZ, Nadia		11	MKS Ochota Warszawa				5:14.25	412		
	50m:	35.75 35.75	150m:	1:55.49	40.95	250m:	3:16.62	40.65	350m:	4:35.14	39.29
	100m:	1:14.54 38.79	200m:	2:35.97	40.48	300m:	3:55.85	39.23	400m:	5:14.25	39.11
7.	OSICZKO, Kaja		11	MKS Ochota Warszawa				5:17.49	399		
	50m:	33.92 33.92	150m:	1:53.41	40.59	250m:	3:16.05	41.70	350m:	4:37.81	41.18
	100m:	1:12.82 38.90	200m:	2:34.35	40.94	300m:	3:56.63	40.58	400m:	5:17.49	39.68
8.	LACH, Maria		11	MKS Ochota Warszawa				5:17.89	398		
	50m:	34.30 34.30	150m:	1:54.51	40.47	250m:	3:14.97	40.30	350m:	4:37.12	41.76
	100m:	1:14.04 39.74	200m:	2:34.67	40.16	300m:	3:55.36	40.39	400m:	5:17.89	40.77
9.	SZCZERBA, Sonia		11	UKS G-8 Bielany Warszawa				5:19.97	390		
	50m:	35.30 35.30	150m:	1:55.16	40.94	250m:	3:17.72	41.31	350m:	4:40.32	41.03
	100m:	1:14.22 38.92	200m:	2:36.41	41.25	300m:	3:59.29	41.57	400m:	5:19.97	39.65
10.	KANIEWSKA, Lena		11	Mokotowski UKP Warszawianka- Wodny				5:22.27	382		
	50m:	36.29 36.29	150m:	1:57.96	41.44	250m:	3:21.25	41.48	350m:	4:43.01	40.66
	100m:	1:16.52 40.23	200m:	2:39.77	41.81	300m:	4:02.35	41.10	400m:	5:22.27	39.26
11.	SOSNOWSKA, Natalia		11	Buks				5:23.56	377		
	50m:	36.83 36.83	150m:	1:59.43	41.91	250m:	3:21.56	41.27	350m:	4:44.85	41.45
	100m:	1:17.52 40.69	200m:	2:40.29	40.86	300m:	4:03.40	41.84	400m:	5:23.56	38.71
12.	IWA SKA, Wiktoria		11	MKS „Jagiellonka” Warszawa				5:27.17	365		
	50m:	35.04 35.04	150m:	1:56.97	42.02	250m:	3:21.15	41.84	350m:	4:45.07	40.84
	100m:	1:14.95 39.91	200m:	2:39.31	42.34	300m:	4:04.23	43.08	400m:	5:27.17	42.10
13.	STREFNER, Laura		11	UKS G-8 Bielany Warszawa				5:28.65	360		
	50m:	36.18 36.18	150m:	1:57.96	41.73	250m:	3:21.75	42.07	350m:	4:47.23	42.62
	100m:	1:16.23 40.05	200m:	2:39.68	41.72	300m:	4:04.61	42.86	400m:	5:28.65	41.42
14.	SUWARA, Aleksandra		11	MKS Piaseczno				5:35.05	340		
	50m:	38.05 38.05	150m:	2:03.61	43.01	250m:	3:31.06	43.16	350m:	4:55.54	42.50
	100m:	1:20.60 42.55	200m:	2:47.90	44.29	300m:	4:13.04	41.98	400m:	5:35.05	39.51
15.	ROSZCZYK, Kamila		11	UKS G-8 Bielany Warszawa				5:42.51	318		
	50m:	38.39 38.39	150m:	2:06.39	44.66	250m:	3:34.04	43.23	350m:	4:59.44	42.62
	100m:	1:21.73 43.34	200m:	2:50.81	44.42	300m:	4:16.82	42.78	400m:	5:42.51	43.07
16.	DANISZEWSKA, Aleksandra		11	UKS „GIM 92 Ursynów”				5:42.92	317		
	50m:	39.64 39.64	150m:	2:07.52	44.23	250m:	3:34.71	42.94	350m:	5:00.90	42.71
	100m:	1:23.29 43.65	200m:	2:51.77	44.25	300m:	4:18.19	43.48	400m:	5:42.92	42.02
17.	TSOKH, Milena		11	Mokotowski UKP Warszawianka- Wodny				5:43.82	314		
	50m:	35.23 35.23	150m:	2:03.24	45.08	250m:	3:33.54	44.87	350m:	5:02.68	44.74
	100m:	1:18.16 42.93	200m:	2:48.67	45.43	300m:	4:17.94	44.40	400m:	5:43.82	41.14

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Pozycja			Rok ur.					Czas	Pkt.
18.	MATUZEWICZ, Lena		11	UKS „Skalar” Warszawa				5:46.51	307
	50m: 39.22	39.22	150m: 2:10.72	45.45	250m: 3:39.45	44.36	350m: 5:07.41	43.43	
	100m: 1:25.27	46.05	200m: 2:55.09	44.37	300m: 4:23.98	44.53	400m: 5:46.51	39.10	
19.	OSADCZUK, Laura		11	UKS 48 Warszawa ródmi cie				5:50.11	298
	50m: 38.61	38.61	150m: 2:08.29	45.24	250m: 3:38.99	44.81	350m: 5:08.69	44.57	
	100m: 1:23.05	44.44	200m: 2:54.18	45.89	300m: 4:24.12	45.13	400m: 5:50.11	41.42	
20.	RZ SA, Antonina		11	MKS „Jagiellonka” Warszawa				5:50.71	296
	50m: 39.05	39.05	150m: 2:08.02	44.44	250m: 3:40.11	45.75	350m: 5:05.35	41.99	
	100m: 1:23.58	44.53	200m: 2:54.36	46.34	300m: 4:23.36	43.25	400m: 5:50.71	45.36	
21.	SOBIECH, Maria		11	UKS „GIM 92 Ursynów”				5:52.51	292
	50m: 36.89	36.89	150m: 2:05.57	45.28	250m: 3:37.79	46.35	350m: 5:09.46	45.78	
	100m: 1:20.29	43.40	200m: 2:51.44	45.87	300m: 4:23.68	45.89	400m: 5:52.51	43.05	
22.	POCHWALSKA, Zuzanna		11	UKP „Polonia Warszawa”				5:52.80	291
	50m: 37.52	37.52	150m: 2:07.23	45.47	250m: 3:38.48	45.76	350m: 5:10.74	45.97	
	100m: 1:21.76	44.24	200m: 2:52.72	45.49	300m: 4:24.77	46.29	400m: 5:52.80	42.06	
23.	CIE LIKOWSKA, Hanna		11	UKS 307 Warszawa				5:54.00	288
	50m: 39.46	39.46	150m: 2:08.61	44.90	250m: 3:39.18	45.09	350m: 5:10.73	45.65	
	100m: 1:23.71	44.25	200m: 2:54.09	45.48	300m: 4:25.08	45.90	400m: 5:54.00	43.27	
24.	GERC, Jagoda		11	UKS 307 Warszawa				5:56.51	282
	50m: 41.49	41.49	150m: 2:13.03	46.40	250m: 3:44.70	45.79	350m: 5:15.59	44.94	
	100m: 1:26.63	45.14	200m: 2:58.91	45.88	300m: 4:30.65	45.95	400m: 5:56.51	40.92	
25.	SZERSZE -NIEW GŁOWSKA, Zofia		11	UKS „GIM 92 Ursynów”				5:57.36	280
	50m: 39.15	39.15	150m: 2:08.73	45.24	250m: 3:40.09	45.68	350m: 5:12.42	46.33	
	100m: 1:23.49	44.34	200m: 2:54.41	45.68	300m: 4:26.09	46.00	400m: 5:57.36	44.94	
26.	K KOLECKA, Karolina		11	Buks				6:03.24	267
	50m: 40.36	40.36	150m: 2:12.83	46.73	250m: 3:45.21	45.91	350m: 5:17.89	47.06	
	100m: 1:26.10	45.74	200m: 2:59.30	46.47	300m: 4:30.83	45.62	400m: 6:03.24	45.35	
27.	GRZEGORZEWSKA, Weronika		11	UKS G-8 Bielany Warszawa				6:03.28	266
	50m: 40.03	40.03	150m: 2:12.86	46.83	250m: 3:45.68	46.20	350m: 5:19.70	47.23	
	100m: 1:26.03	46.00	200m: 2:59.48	46.62	300m: 4:32.47	46.79	400m: 6:03.28	43.58	
28.	ZEMAN, Antonina		11	Mokotowski UKP Warszawianka- Wodny				6:13.18	246
	50m: 41.42	41.42	150m: 2:13.36	46.28	250m: 3:48.43	47.92	350m: 5:26.22	49.15	
	100m: 1:27.08	45.66	200m: 3:00.51	47.15	300m: 4:37.07	48.64	400m: 6:13.18	46.96	
29.	TATAREK, Zuzanna		11	Klub Pływacki Ciechanów				6:22.69	228
	50m: 43.04	43.04	150m: 2:20.38	49.27	250m: 4:00.00	50.05	350m: 5:37.67	48.56	
	100m: 1:31.11	48.07	200m: 3:09.95	49.57	300m: 4:49.11	49.11	400m: 6:22.69	45.02	
30.	OBORSKA, Wanda		11	UKS Ostrobramska				6:24.24	225
	50m: 39.16	39.16	150m: 2:15.63	49.70	250m: 3:56.51	50.00	350m: 5:37.00	50.42	
	100m: 1:25.93	46.77	200m: 3:06.51	50.88	300m: 4:46.58	50.07	400m: 6:24.24	47.24	
31.	PARZUCHOWSKA, Alicja		11	MKS Piaseczno				6:38.99	201
	50m: 42.90	42.90	150m: 2:23.87	51.38	250m: 4:07.14	52.07	350m: 5:51.24	52.18	
	100m: 1:32.49	49.59	200m: 3:15.07	51.20	300m: 4:59.06	51.92	400m: 6:38.99	47.75	
32.	P KALA, Zofia		11	UKS Kapry-Armexim Pruszków				6:41.22	198
	50m: 41.88	41.88	150m: 2:25.08	52.77	250m: 4:09.57	52.69	350m: 5:52.77	51.11	
	100m: 1:32.31	50.43	200m: 3:16.88	51.80	300m: 5:01.66	52.09	400m: 6:41.22	48.45	
DYSKW.	ZIÓLKOWSKA, Zofia		11	MKS Ochota Warszawa					
	<i>O3 - Pływak nie miał kontaktu ze cian podczas nawrotu</i>								
	50m: 38.29	38.29	150m: 2:10.32	47.23	250m: 3:49.13	50.49	350m: 5:29.01	49.47	
	100m: 1:23.09	44.80	200m: 2:58.64	48.32	300m: 4:39.54	50.41	400m:		