



OGÓLNOPOLSKIE MISTRZOSTWA RADOMIA W PŁYWANIU 2023

Radom, 28.10.2023

Konkurencja 5
28.10.2023 - 10:30

Kobiet, 400m dowolny

9 - 18 lat
Wyniki

Punkty: FINA 2023

| Pozycja | Rok ur. | Czas | Pkt. |
|------------------------|------------------------|-----------------------|-----------------------|
| 9 lat | | | |
| 1. LEPA Zofia | 14 MKS Piaseczno | 5:52.48 | 282 |
| 50m: 37.89 37.89 | 150m: 2:07.77 46.20 | 250m: 3:39.12 44.56 | 350m: 5:12.81 46.76 |
| 100m: 1:21.57 43.68 | 200m: 2:54.56 46.79 | 300m: 4:26.05 46.93 | 400m: 5:52.48 39.67 |
| 2. CIE LIK Magdalena | 14 Wodnik Radom | 8:21.22 | 98 |
| 50m: 51.31 51.31 | 150m: 3:01.25 1:05.10 | 250m: 5:09.92 1:04.08 | 350m: 7:19.92 1:03.22 |
| 100m: 1:56.15 1:04.84 | 200m: 4:05.84 1:04.59 | 300m: 6:16.70 1:06.78 | 400m: 8:21.22 1:01.30 |
| 10 lat | | | |
| 1. BALCERCZAK Gabriela | 13 MKS Ochota Warszawa | 5:32.00 | 338 |
| 50m: 37.50 37.50 | 150m: 2:01.71 42.37 | 250m: 3:26.10 41.86 | 350m: 4:50.64 41.13 |
| 100m: 1:19.34 41.84 | 200m: 2:44.24 42.53 | 300m: 4:09.51 43.41 | 400m: 5:32.00 41.36 |
| 2. ZALEGA Lena | 13 LKS „Opocznianka” | 6:33.29 | 203 |
| 50m: 43.18 43.18 | 150m: 2:21.92 49.30 | 250m: 4:02.07 50.70 | 350m: 5:43.64 51.51 |
| 100m: 1:32.62 49.44 | 200m: 3:11.37 49.45 | 300m: 4:52.13 50.06 | 400m: 6:33.29 49.65 |
| 3. UK Patrycja | 13 MKS Piaseczno | 6:50.82 | 178 |
| 50m: 47.01 47.01 | 150m: 2:36.47 56.12 | 250m: 4:21.71 52.28 | 350m: 6:04.54 51.03 |
| 100m: 1:40.35 53.34 | 200m: 3:29.43 52.96 | 300m: 5:13.51 51.80 | 400m: 6:50.82 46.28 |
| 11 lat | | | |
| 1. KOWALSKA Dominika | 12 LKS „Opocznianka” | 5:36.32 | 325 |
| 50m: 37.29 37.29 | 150m: 2:02.85 43.75 | 250m: 3:30.70 43.42 | 350m: 4:56.04 43.35 |
| 100m: 1:19.10 41.81 | 200m: 2:47.28 44.43 | 300m: 4:12.69 41.99 | 400m: 5:36.32 40.28 |
| 2. LEPA Natalia | 12 MKS Piaseczno | 5:36.95 | 323 |
| 50m: 38.10 38.10 | 150m: 2:03.33 43.45 | 250m: 3:30.83 43.37 | 350m: 4:56.86 42.61 |
| 100m: 1:19.88 41.78 | 200m: 2:47.46 44.13 | 300m: 4:14.25 43.42 | 400m: 5:36.95 40.09 |
| 3. JÓ WIAK Nela | 12 LKS „Opocznianka” | 5:51.48 | 284 |
| 50m: 38.50 38.50 | 150m: 2:06.81 45.07 | 250m: 3:38.49 46.40 | 350m: 5:09.65 45.00 |
| 100m: 1:21.74 43.24 | 200m: 2:52.09 45.28 | 300m: 4:24.65 46.16 | 400m: 5:51.48 41.83 |
| 4. MRÓZ Hanna | 12 UKS 190 Łódź | 6:18.94 | 227 |
| 50m: 43.55 43.55 | 150m: 2:20.84 49.04 | 250m: 3:57.50 48.84 | 350m: 5:35.15 48.26 |
| 100m: 1:31.80 48.25 | 200m: 3:08.66 47.82 | 300m: 4:46.89 49.39 | 400m: 6:18.94 43.79 |
| 12 lat | | | |
| 1. LACH Maria | 11 MKS Ochota Warszawa | 5:08.66 | 420 |
| 50m: 33.37 33.37 | 150m: 1:51.10 39.28 | 250m: 3:10.48 39.85 | 350m: 4:30.73 39.99 |
| 100m: 1:11.82 38.45 | 200m: 2:30.63 39.53 | 300m: 3:50.74 40.26 | 400m: 5:08.66 37.93 |
| 2. MOROZOWICZ Nadia | 11 MKS Ochota Warszawa | 5:11.88 | 407 |
| 50m: 34.53 34.53 | 150m: 1:52.87 39.70 | 250m: 3:13.17 40.01 | 350m: 4:32.83 39.51 |
| 100m: 1:13.17 38.64 | 200m: 2:33.16 40.29 | 300m: 3:53.32 40.15 | 400m: 5:11.88 39.05 |

Pomiar czasu i obsługa informatyczna : Sławomir Grabiec, zawody@wmozp.pl



OGÓLNOPOLSKIE MISTRZOSTWA RADOMIA W PŁYWANIU 2023

Radom, 28.10.2023

Konkurencja 5, Dziewcz t, 400m dowolny, 12 lat

| Pozycja | | Rok ur. | | | | | | | Czas | Pkt. |
|---------|-----------------------|---------------|----------------------------|---------------|-------|---------------|--|--|----------------|------|
| 3. | KUSZTYKIEWICZ Barbara | 11 | AQUA-TEAM GRÓJEC | | | | | | 5:15.66 | 393 |
| | 50m: 37.33 37.33 | 150m: 2:00.25 | 41.32 | 250m: 3:21.01 | 39.99 | 350m: 4:39.95 | | | 39.04 | |
| | 100m: 1:18.93 41.60 | 200m: 2:41.02 | 40.77 | 300m: 4:00.91 | 39.90 | 400m: 5:15.66 | | | 35.71 | |
| 4. | SZPAK Jagoda | 11 | AQUA-TEAM GRÓJEC | | | | | | 5:27.12 | 353 |
| | 50m: 36.31 36.31 | 150m: 2:00.18 | 42.37 | 250m: 3:24.75 | 42.15 | 350m: 4:48.39 | | | 41.08 | |
| | 100m: 1:17.81 41.50 | 200m: 2:42.60 | 42.42 | 300m: 4:07.31 | 42.56 | 400m: 5:27.12 | | | 38.73 | |
| 5. | OSICZKO Kaja | 11 | MKS Ochota Warszawa | | | | | | 5:28.20 | 350 |
| | 50m: 34.06 34.06 | 150m: 1:57.14 | 42.88 | 250m: 3:22.59 | 42.73 | 350m: 4:47.68 | | | 42.61 | |
| | 100m: 1:14.26 40.20 | 200m: 2:39.86 | 42.72 | 300m: 4:05.07 | 42.48 | 400m: 5:28.20 | | | 40.52 | |
| 6. | WITTBRODT Alicja | 11 | UKP „Polonia Warszawa” | | | | | | 5:35.92 | 326 |
| | 50m: 37.41 37.41 | 150m: 2:04.03 | 44.19 | 250m: 3:32.74 | 43.99 | 350m: 4:58.57 | | | 41.83 | |
| | 100m: 1:19.84 42.43 | 200m: 2:48.75 | 44.72 | 300m: 4:16.74 | 44.00 | 400m: 5:35.92 | | | 37.35 | |
| 7. | KRYCZKA Zuzanna | 11 | LKS „Opocznianka” | | | | | | 5:56.41 | 273 |
| | 50m: 39.29 39.29 | 150m: 2:10.11 | 45.54 | 250m: 3:42.81 | 46.14 | 350m: 5:13.45 | | | 44.76 | |
| | 100m: 1:24.57 45.28 | 200m: 2:56.67 | 46.56 | 300m: 4:28.69 | 45.88 | 400m: 5:56.41 | | | 42.96 | |
| 8. | GOSZCZY SKA Maja | 11 | AQUA-TEAM GRÓJEC | | | | | | 5:56.84 | 272 |
| | 50m: 38.77 38.77 | 150m: 2:08.10 | 45.53 | 250m: 3:40.81 | 46.66 | 350m: 5:13.44 | | | 46.06 | |
| | 100m: 1:22.57 43.80 | 200m: 2:54.15 | 46.05 | 300m: 4:27.38 | 46.57 | 400m: 5:56.84 | | | 43.40 | |
| 9. | SATERNUS Kalina | 11 | LKS „Opocznianka” | | | | | | 5:58.36 | 268 |
| | 50m: 41.02 41.02 | 150m: 2:12.18 | 45.99 | 250m: 3:44.09 | 45.45 | 350m: 5:15.22 | | | 44.87 | |
| | 100m: 1:26.19 45.17 | 200m: 2:58.64 | 46.46 | 300m: 4:30.35 | 46.26 | 400m: 5:58.36 | | | 43.14 | |
| 10. | STANIK Nina | 11 | LKS „Opocznianka” | | | | | | 6:31.81 | 205 |
| | 50m: 43.74 43.74 | 150m: 2:24.51 | 51.30 | 250m: 4:07.08 | 51.42 | 350m: 5:47.65 | | | 49.56 | |
| | 100m: 1:33.21 49.47 | 200m: 3:15.66 | 51.15 | 300m: 4:58.09 | 51.01 | 400m: 6:31.81 | | | 44.16 | |
| 13 lat | | | | | | | | | | |
| 1. | SZOTEK Isabella | 10 | UKS Kapry-Armexim Pruszków | | | | | | 5:18.88 | 381 |
| | 50m: 35.17 35.17 | 150m: 1:54.37 | 40.59 | 250m: 3:17.35 | 42.03 | 350m: 4:39.33 | | | 40.27 | |
| | 100m: 1:13.78 38.61 | 200m: 2:35.32 | 40.95 | 300m: 3:59.06 | 41.71 | 400m: 5:18.88 | | | 39.55 | |
| 2. | DZIEWANOWSKA Nikola | 10 | UKS Delfin Garwolin | | | | | | 5:37.20 | 322 |
| | 50m: 38.10 38.10 | 150m: 2:03.24 | 43.37 | 250m: 3:32.47 | 44.25 | 350m: 4:58.10 | | | 41.75 | |
| | 100m: 1:19.87 41.77 | 200m: 2:48.22 | 44.98 | 300m: 4:16.35 | 43.88 | 400m: 5:37.20 | | | 39.10 | |
| 14 lat | | | | | | | | | | |
| 1. | JADOWSKA Lena | 09 | MKS Piaseczno | | | | | | 5:02.39 | 447 |
| | 50m: 33.87 33.87 | 150m: 1:50.13 | 38.56 | 250m: 3:08.16 | 39.11 | 350m: 4:25.86 | | | 38.46 | |
| | 100m: 1:11.57 37.70 | 200m: 2:29.05 | 38.92 | 300m: 3:47.40 | 39.24 | 400m: 5:02.39 | | | 36.53 | |
| 2. | WO NIAK Zuzanna | 09 | UKS 190 Łódź | | | | | | 5:06.39 | 430 |
| | 50m: 35.34 35.34 | 150m: 1:51.70 | 38.68 | 250m: 3:09.77 | 39.33 | 350m: 4:27.84 | | | 39.11 | |
| | 100m: 1:13.02 37.68 | 200m: 2:30.44 | 38.74 | 300m: 3:48.73 | 38.96 | 400m: 5:06.39 | | | 38.55 | |



mosir
MIEJSKI OŚRODEK SPORTU I REKREACJI W RADOMIU

radom
siła w precyzji

OGÓLNOPOLSKIE MISTRZOSTWA RADOMIA W PŁYWANIU 2023

Radom, 28.10.2023

Konkurencja 5, Kobiety, 400m dowolny

15 - 18 lat

| | | | | |
|-----------------------|---------------------|----------------------------|---------------------|-----|
| 1. TRAFALSKA Zuzanna | 07 | UKS 190 Łód | 4:44.97 | 534 |
| 50m: 33.63 33.63 | 150m: 1:42.14 34.84 | 250m: 2:54.26 36.35 | 350m: 4:08.14 37.34 | |
| 100m: 1:07.30 33.67 | 200m: 2:17.91 35.77 | 300m: 3:30.80 36.54 | 400m: 4:44.97 36.83 | |
| 2. TRAFALSKA Antonina | 08 | UKS 190 Łód | 4:54.35 | 485 |
| 50m: 34.80 34.80 | 150m: 1:50.34 38.06 | 250m: 3:04.71 37.31 | 350m: 4:18.22 37.08 | |
| 100m: 1:12.28 37.48 | 200m: 2:27.40 37.06 | 300m: 3:41.14 36.43 | 400m: 4:54.35 36.13 | |
| 3. ST PKA Amelia | 08 | UKS 190 Łód | 4:55.56 | 479 |
| 50m: 34.24 34.24 | 150m: 1:48.00 36.95 | 250m: 3:02.91 37.62 | 350m: 4:19.95 38.80 | |
| 100m: 1:11.05 36.81 | 200m: 2:25.29 37.29 | 300m: 3:41.15 38.24 | 400m: 4:55.56 35.61 | |
| 4. LUCKNER Alicja | 07 | UKS "Wodnik Gośćaw" | 5:39.80 | 315 |
| 50m: 33.42 33.42 | 150m: 1:56.96 43.29 | 250m: 3:24.79 43.57 | 350m: 4:55.17 45.41 | |
| 100m: 1:13.67 40.25 | 200m: 2:41.22 44.26 | 300m: 4:09.76 44.97 | 400m: 5:39.80 44.63 | |
| 5. ZIELI SKA Alicja | 08 | UKS Kapry-Armexim Pruszków | 5:54.76 | 277 |
| 50m: 37.29 37.29 | 150m: 2:05.19 45.29 | 250m: 3:36.99 46.12 | 350m: 5:11.45 46.75 | |
| 100m: 1:19.90 42.61 | 200m: 2:50.87 45.68 | 300m: 4:24.70 47.71 | 400m: 5:54.76 43.31 | |