

Otwarte Jesienne Mistrzostwa Okręgu WMOZP i Warszawy – Zawody z okazji Narodowego Święta Niepodległości  
Warszawa, 11. - 12.11.2023

Konkurencja 33  
12.11.2023 - 10:51  
Kobiet, 400m dowolny  
12 lat i starsi  
Wyniki

Punkty: FINA 2023

Pozycja Rok ur. Czas Pkt.

12 - 13 lat

1.	STANISŁAWIUK Maja	10	UKS „GIM 92 Ursynów”	<b>4:45.40</b>	532
	50m: 31.45 31.45	150m: 1:43.75 36.51	250m: 2:57.39 36.92	350m: 4:11.57 36.97	
	100m: 1:07.24 35.79	200m: 2:20.47 36.72	300m: 3:34.60 37.21	400m: 4:45.40 33.83	
2.	MATOWICKA Maja	10	MKS „Jagiellonka” Warszawa	<b>4:50.48</b>	504
	50m: 31.65 31.65	150m: 1:42.89 36.52	250m: 2:58.15 37.87	350m: 4:13.64 37.91	
	100m: 1:06.37 34.72	200m: 2:20.28 37.39	300m: 3:35.73 37.58	400m: 4:50.48 36.84	
3.	KOKOSZKA Paulina	11	UKS „GIM 92 Ursynów”	<b>4:51.58</b>	499
	50m: 32.30 32.30	150m: 1:45.19 36.79	250m: 3:00.75 37.98	350m: 4:16.35 37.75	
	100m: 1:08.40 36.10	200m: 2:22.77 37.58	300m: 3:38.60 37.85	400m: 4:51.58 35.23	
4.	KOPP Zuzanna	10	MKS „Jagiellonka” Warszawa	<b>4:56.21</b>	476
	50m: 33.23 33.23	150m: 1:48.65 38.31	250m: 3:04.59 38.04	350m: 4:20.72 37.62	
	100m: 1:10.34 37.11	200m: 2:26.55 37.90	300m: 3:43.10 38.51	400m: 4:56.21 35.49	
5.	NIZIO Kamila	10	UKS „GIM 92 Ursynów”	<b>4:56.69</b>	473
	50m: 32.98 32.98	150m: 1:49.06 38.44	250m: 3:05.57 38.15	350m: 4:21.90 38.06	
	100m: 1:10.62 37.64	200m: 2:27.42 38.36	300m: 3:43.84 38.27	400m: 4:56.69 34.79	
6.	NEUHORN Diana	10	MKS „Jagiellonka” Warszawa	<b>4:59.84</b>	459
	50m: 33.53 33.53	150m: 1:50.01 38.65	250m: 3:07.18 38.71	350m: 4:24.65 38.37	
	100m: 1:11.36 37.83	200m: 2:28.47 38.46	300m: 3:46.28 39.10	400m: 4:59.84 35.19	
7.	CZECHMA SKA Antonina	10	UKS Manta Warszawa Włochy	<b>5:00.67</b>	455
	50m: 32.83 32.83	150m: 1:49.63 39.02	250m: 3:07.40 39.11	350m: 4:24.80 38.46	
	100m: 1:10.61 37.78	200m: 2:28.29 38.66	300m: 3:46.34 38.94	400m: 5:00.67 35.87	
8.	SULKOWSKA Hanna	11	Uks Jagiellonia Swim	<b>5:06.92</b>	428
	50m: 35.62 35.62	150m: 1:52.89 38.87	250m: 3:11.13 38.74	350m: 4:28.88 38.52	
	100m: 1:14.02 38.40	200m: 2:32.39 39.50	300m: 3:50.36 39.23	400m: 5:06.92 38.04	
9.	STEFA SKA Alicja	10	St. KF KS „Fenix” Oarów Mazowiecki	<b>5:08.24</b>	422
	50m: 35.01 35.01	150m: 1:53.54 39.52	250m: 3:12.29 39.24	350m: 4:31.43 39.07	
	100m: 1:14.02 39.01	200m: 2:33.05 39.51	300m: 3:52.36 40.07	400m: 5:08.24 36.81	
10.	MIECI SKA Anna	10	UKS „GIM 92 Ursynów”	<b>5:11.47</b>	409
	50m: 35.52 35.52	150m: 1:54.01 39.68	250m: 3:13.66 40.12	350m: 4:33.52 39.69	
	100m: 1:14.33 38.81	200m: 2:33.54 39.53	300m: 3:53.83 40.17	400m: 5:11.47 37.95	
11.	OTULAK Julia	10	UKP „Polonia Warszawa”	<b>5:12.07</b>	407
	50m: 35.30 35.30	150m: 1:53.19 39.22	250m: 3:13.61 40.00	350m: 4:34.09 40.28	
	100m: 1:13.97 38.67	200m: 2:33.61 40.42	300m: 3:53.81 40.20	400m: 5:12.07 37.98	
12.	SZOTEK Isabella	10	UKS Kapry-Armexim Pruszków	<b>5:14.01</b>	399
	50m: 33.54 33.54	150m: 1:53.05 40.67	250m: 3:14.93 41.64	350m: 4:36.75 40.68	
	100m: 1:12.38 38.84	200m: 2:33.29 40.24	300m: 3:56.07 41.14	400m: 5:14.01 37.26	
13.	BARCI SKA Ida	10	MKS „Jagiellonka” Warszawa	<b>5:19.38</b>	379
	50m: 34.73 34.73	150m: 1:54.27 40.60	250m: 3:17.26 41.40	350m: 4:39.80 41.55	
	100m: 1:13.67 38.94	200m: 2:35.86 41.59	300m: 3:58.25 40.99	400m: 5:19.38 39.58	
14.	TOBÓŁA PERTKIEWICZ Zofia	10	Uks „Pingwiny”	<b>5:19.43</b>	379
	50m: 35.07 35.07	150m: 1:55.22 40.81	250m: 3:17.78 41.81	350m: 4:40.23 41.25	
	100m: 1:14.41 39.34	200m: 2:35.97 40.75	300m: 3:58.98 41.20	400m: 5:19.43 39.20	
15.	SADOWSKA Zofia	10	UKS 307 Warszawa	<b>5:21.68</b>	371
	50m: 35.39 35.39	150m: 1:55.96 40.84	250m: 3:18.65 41.72	350m: 4:42.46 42.19	
	100m: 1:15.12 39.73	200m: 2:36.93 40.97	300m: 4:00.27 41.62	400m: 5:21.68 39.22	

wyaratujecie.pl

Obsługa informatyczna zawodów : [zawody@wmozp.pl](mailto:zawody@wmozp.pl)

Otwarte Jesienne Mistrzostwa Okręgu WMOZP i Warszawy – Zawody z okazji Narodowego Święta Niepodległości  
Warszawa, 11. - 12.11.2023

Konkurencja 33, Dziewczyny, 400m dowolny, 12 - 13 lat

Pozycja			Rok ur.			Czas	Pkt.	
16.	ZYCH	Martyna	10	MKS „Jagiellonka”	Warszawa	<b>5:26.31</b>	356	
	50m:	34.33 34.33	150m:	1:55.70 41.35	250m:	3:19.69 42.13	350m:	4:45.10 42.48
	100m:	1:14.35 40.02	200m:	2:37.56 41.86	300m:	4:02.62 42.93	400m:	5:26.31 41.21
17.	PIETRASZEWICZ	Roksana	10	MKS Juvenia	Białystok	<b>5:28.93</b>	347	
	50m:	36.63 36.63	150m:	1:58.44 41.58	250m:	3:23.02 42.54	350m:	4:47.96 42.17
	100m:	1:16.86 40.23	200m:	2:40.48 42.04	300m:	4:05.79 42.77	400m:	5:28.93 40.97
18.	DZIEWANOWSKA	Nikola	10	UKS Delfin	Garwolin	<b>5:33.04</b>	334	
	50m:	36.54 36.54	150m:	2:00.82 42.50	250m:	3:27.37 43.70	350m:	4:53.02 42.12
	100m:	1:18.32 41.78	200m:	2:43.67 42.85	300m:	4:10.90 43.53	400m:	5:33.04 40.02
19.	BOROWSKA	Natalia	11	Uks Jagiellonia	Swim	<b>5:36.09</b>	325	
	50m:	37.75 37.75	150m:	2:02.32 42.75	250m:	3:28.72 43.52	350m:	4:55.53 43.03
	100m:	1:19.57 41.82	200m:	2:45.20 42.88	300m:	4:12.50 43.78	400m:	5:36.09 40.56
20.	ONEILL	Kiera	11	UKP „Polonia	Warszawa”	<b>5:36.54</b>	324	
	50m:	36.59 36.59	150m:	2:00.38 42.48	250m:	3:28.23 44.34	350m:	4:56.05 43.34
	100m:	1:17.90 41.31	200m:	2:43.89 43.51	300m:	4:12.71 44.48	400m:	5:36.54 40.49
21.	DANISZEWSKA	Aleksandra	11	UKS „GIM 92	Ursynów”	<b>5:41.10</b>	311	
	50m:	37.19 37.19	150m:	2:01.95 43.25	250m:	3:30.45 44.26	350m:	4:59.27 44.83
	100m:	1:18.70 41.51	200m:	2:46.19 44.24	300m:	4:14.44 43.99	400m:	5:41.10 41.83
	WASZKIEWICZ	Julia	11	Uks Jagiellonia	Swim	<b>5:41.10</b>	311	
	50m:	38.20 38.20	150m:	2:03.78 43.46	250m:	3:32.41 44.35	350m:	5:00.62 44.17
	100m:	1:20.32 42.12	200m:	2:48.06 44.28	300m:	4:16.45 44.04	400m:	5:41.10 40.48
23.	OSADCZUK	Laura	11	UKS 48	Warszawa różmie cie	<b>5:42.59</b>	307	
	50m:	36.53 36.53	150m:	2:05.66 45.09	250m:	3:35.23 44.75	350m:	5:02.80 43.78
	100m:	1:20.57 44.04	200m:	2:50.48 44.82	300m:	4:19.02 43.79	400m:	5:42.59 39.79
24.	AK	Monika	10	Uks Jagiellonia	Swim	<b>5:45.56</b>	299	
	50m:	36.44 36.44	150m:	2:04.06 44.23	250m:	3:33.13 44.53	350m:	5:02.30 44.55
	100m:	1:19.83 43.39	200m:	2:48.60 44.54	300m:	4:17.75 44.62	400m:	5:45.56 43.26
25.	B	K Melania	10	UKS Kapry-Armexim	Pruszków	<b>5:49.55</b>	289	
	50m:	38.08 38.08	150m:	2:07.27 45.29	250m:	3:38.81 45.39	350m:	5:07.47 43.65
	100m:	1:21.98 43.90	200m:	2:53.42 46.15	300m:	4:23.82 45.01	400m:	5:49.55 42.08
26.	TUROWSKA	Izabela	11	Uks Jagiellonia	Swim	<b>6:20.79</b>	224	
	50m:	39.63 39.63	150m:	2:14.50 48.21	250m:	3:52.68 48.66	350m:	5:32.33 49.02
	100m:	1:26.29 46.66	200m:	3:04.02 49.52	300m:	4:43.31 50.63	400m:	6:20.79 48.46
27.	DUCHNA	Katarzyna	11	UKS Delfin	Garwolin	<b>6:30.59</b>	207	
	50m:	39.12 39.12	150m:	2:16.81 50.68	250m:	3:59.88 51.27	350m:	5:42.89 50.17
	100m:	1:26.13 47.01	200m:	3:08.61 51.80	300m:	4:52.72 52.84	400m:	6:30.59 47.70

14 - 15 lat

1.	HLUSHCHENKO	Varvara	08	UKS G-8	Bielany Warszawa	<b>4:35.77</b>	590	
	50m:	31.11 31.11	150m:	1:39.19 34.35	250m:	2:49.22 35.05	350m:	4:01.28 36.14
	100m:	1:04.84 33.73	200m:	2:14.17 34.98	300m:	3:25.14 35.92	400m:	4:35.77 34.49
2.	ORNOWSKA	Zuzanna	08	UKP „Polonia	Warszawa”	<b>4:39.00</b>	569	
	50m:	30.99 30.99	150m:	1:40.77 34.91	250m:	2:52.38 36.23	350m:	4:04.79 35.57
	100m:	1:05.86 34.87	200m:	2:16.15 35.38	300m:	3:29.22 36.84	400m:	4:39.00 34.21
3.	CHAŁUPKA	Amelia	09	MKS Piaseczno		<b>4:51.06</b>	501	
	50m:	32.67 32.67	150m:	1:46.69 37.68	250m:	3:02.52 38.00	350m:	4:16.39 37.01
	100m:	1:09.01 36.34	200m:	2:24.52 37.83	300m:	3:39.38 36.86	400m:	4:51.06 34.67



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Warszawa, 11. - 12.11.2023

Konkurencja 33, Dziewczyna, 400m dowolny, 14 - 15 lat

Pozycja	Rok ur.	Czas	Pkt.
4. CHRAB SZCZ Maja	09 MUKP Korona-Swim Kielce	<b>4:52.44</b>	494
50m: 33.49 33.49	150m: 1:48.23 37.57	250m: 3:02.50 37.37	350m: 4:17.06 36.84
100m: 1:10.66 37.17	200m: 2:25.13 36.90	300m: 3:40.22 37.72	400m: 4:52.44 35.38
5. GORSKA Liliana	08 UKS G-8 Bielany Warszawa	<b>4:55.82</b>	478
50m: 33.16 33.16	150m: 1:47.63 37.36	250m: 3:03.08 37.77	350m: 4:19.41 38.07
100m: 1:10.27 37.11	200m: 2:25.31 37.68	300m: 3:41.34 38.26	400m: 4:55.82 36.41
6. M DRY Maja	09 AZS AWF Warszawa	<b>4:56.52</b>	474
50m: 32.61 32.61	150m: 1:45.05 36.52	250m: 3:01.02 37.98	350m: 4:18.50 38.88
100m: 1:08.53 35.92	200m: 2:23.04 37.99	300m: 3:39.62 38.60	400m: 4:56.52 38.02
7. MAKOWSKA Natasza	09 UKS G-8 Bielany Warszawa	<b>5:01.04</b>	453
50m: 33.07 33.07	150m: 1:49.62 38.61	250m: 3:06.31 38.29	350m: 4:24.44 39.59
100m: 1:11.01 37.94	200m: 2:28.02 38.40	300m: 3:44.85 38.54	400m: 5:01.04 36.60
8. PIWO SKA Oliwia	09 MUKP Korona-Swim Kielce	<b>5:02.15</b>	448
50m: 34.65 34.65	150m: 1:52.34 38.91	250m: 3:09.66 38.22	350m: 4:26.06 38.45
100m: 1:13.43 38.78	200m: 2:31.44 39.10	300m: 3:47.61 37.95	400m: 5:02.15 36.09
9. NYK Marianna	08 IUKS „Muszelka” Warszawa	<b>5:09.82</b>	416
50m: 34.56 34.56	150m: 1:52.10 39.44	250m: 3:10.42 39.63	350m: 4:29.74 39.92
100m: 1:12.66 38.10	200m: 2:30.79 38.69	300m: 3:49.82 39.40	400m: 5:09.82 40.08
10. ZIELI SKA Alicja	08 UKS Kapry-Armexim Pruszków	<b>5:56.78</b>	272
50m: 36.93 36.93	150m: 2:03.43 44.15	250m: 3:35.36 46.26	350m: 5:09.41 47.23
100m: 1:19.28 42.35	200m: 2:49.10 45.67	300m: 4:22.18 46.82	400m: 5:56.78 47.37
11. MUSIAŁ Nikola	09 UKS Kapry-Armexim Pruszków	<b>6:38.04</b>	196
50m: 40.88 40.88	150m: 2:17.78 49.53	250m: 4:01.19 52.43	350m: 5:47.96 52.95
100m: 1:28.25 47.37	200m: 3:08.76 50.98	300m: 4:55.01 53.82	400m: 6:38.04 50.08

16 lat i starsi

1. PASIEROWSKA Wiktoria	05 UKS „GIM 92 Ursynów”	<b>4:30.53</b>	625
50m: 31.19 31.19	150m: 1:38.74 34.03	250m: 2:46.90 34.29	350m: 3:56.02 34.88
100m: 1:04.71 33.52	200m: 2:12.61 33.87	300m: 3:21.14 34.24	400m: 4:30.53 34.51
2. KUCZMAR Zuzanna	07 UKP „Polonia Warszawa”	<b>4:33.59</b>	604
50m: 31.45 31.45	150m: 1:40.26 34.68	250m: 2:49.25 34.66	350m: 3:59.24 34.70
100m: 1:05.58 34.13	200m: 2:14.59 34.33	300m: 3:24.54 35.29	400m: 4:33.59 34.35
3. DZI GIEL Marta	07 Stowarzyszenie Pływackie „SWIMMER”	<b>4:54.21</b>	485
50m: 33.21 33.21	150m: 1:46.90 36.87	250m: 3:01.54 37.44	350m: 4:17.48 38.01
100m: 1:10.03 36.82	200m: 2:24.10 37.20	300m: 3:39.47 37.93	400m: 4:54.21 36.73
4. SELL Karolina	07 MUKP Korona-Swim Kielce	<b>5:02.45</b>	447
50m: 31.92 31.92	150m: 1:45.37 38.00	250m: 3:04.04 39.67	350m: 4:23.92 39.99
100m: 1:07.37 35.45	200m: 2:24.37 39.00	300m: 3:43.93 39.89	400m: 5:02.45 38.53
PK KRYSZKIEWICZ Lidia	12 MKS „Jagiellonka” Warszawa	<b>5:16.10</b>	391
50m: 34.49 34.49	150m: 1:52.82 40.09	250m: 3:14.12 40.54	350m: 4:36.79 41.33
100m: 1:12.73 38.24	200m: 2:33.58 40.76	300m: 3:55.46 41.34	400m: 5:16.10 39.31



Obsługa informatyczna zawodów : [zawody@wmozp.pl](mailto:zawody@wmozp.pl)