

Zimowe Otwarte Mistrzostwa Warszawy

1-2 grudnia 2023



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OTWARTE ZIMOWE MISTRZOSTWA WARSZAWY Warszawa, 1. - 2.12.2023

Konkurencja 13

01.12.2023 - 18:53

Dziewcz t, 400m dowolny

11 - 16 lat

Wyniki

Punkty: FINA 2023

| Pozycja | Rok ur. | Czas | Pkt. |
|------------------------|---------------------|------------------------------|---------------------|
| 11 lat | | | |
| 1. KRYSZKIEWICZ Lidia | 12 | MKS „Jagiellonka” Warszawa | 5:28.19 373 |
| 50m: 34.96 34.96 | 150m: 1:55.61 41.41 | 250m: 3:20.84 42.65 | 350m: 4:47.62 43.94 |
| 100m: 1:14.20 39.24 | 200m: 2:38.19 42.58 | 300m: 4:03.68 42.84 | 400m: 5:28.19 40.57 |
| 2. KLAUS Helena | 12 | MKS Piaseczno | 5:32.18 360 |
| 50m: 37.02 37.02 | 150m: 2:00.85 42.66 | 250m: 3:26.96 43.61 | 350m: 4:52.11 42.51 |
| 100m: 1:18.19 41.17 | 200m: 2:43.35 42.50 | 300m: 4:09.60 42.64 | 400m: 5:32.18 40.07 |
| 3. WITKOWSKA Blanka | 12 | Dwójka Morena Gdańsk | 5:40.55 334 |
| 50m: 37.06 37.06 | 150m: 2:04.42 44.56 | 250m: 3:32.02 43.75 | 350m: 4:59.64 43.48 |
| 100m: 1:19.86 42.80 | 200m: 2:48.27 43.85 | 300m: 4:16.16 44.14 | 400m: 5:40.55 40.91 |
| 4. LEPA Natalia | 12 | MKS Piaseczno | 5:41.24 332 |
| 50m: 36.97 36.97 | 150m: 2:01.18 42.67 | 250m: 3:28.73 44.69 | 350m: 4:58.67 45.66 |
| 100m: 1:18.51 41.54 | 200m: 2:44.04 42.86 | 300m: 4:13.01 44.28 | 400m: 5:41.24 42.57 |
| 5. CIESIELSKA Amelia | 12 | MKS Jedyńka Łódź | 5:55.03 295 |
| 50m: 38.30 38.30 | 150m: 2:08.03 45.32 | 250m: 3:39.46 45.71 | 350m: 5:10.98 45.46 |
| 100m: 1:22.71 44.41 | 200m: 2:53.75 45.72 | 300m: 4:25.52 46.06 | 400m: 5:55.03 44.05 |
| 6. GONTARCZYK Honorata | 12 | UKS Kapry-Armexim Pruszków | 6:09.91 261 |
| 50m: 40.06 40.06 | 150m: 2:14.19 47.53 | 250m: 3:50.22 48.40 | 350m: 5:25.79 47.62 |
| 100m: 1:26.66 46.60 | 200m: 3:01.82 47.63 | 300m: 4:38.17 47.95 | 400m: 6:09.91 44.12 |
| 7. WITEK Wiktoria | 12 | Buks | 6:11.67 257 |
| 50m: 38.53 38.53 | 150m: 2:11.18 47.91 | 250m: 5:27.70 2:28.04 | 350m: |
| 100m: 1:23.27 44.74 | 200m: 2:59.66 48.48 | 300m: 4:38.61 | 400m: 6:11.67 |
| 8. JAREMEK Magdalena | 12 | Buks | 6:23.54 234 |
| 50m: 41.64 41.64 | 150m: 2:17.99 48.87 | 250m: 3:56.89 50.10 | 350m: 5:35.98 49.42 |
| 100m: 1:29.12 47.48 | 200m: 3:06.79 48.80 | 300m: 4:46.56 49.67 | 400m: 6:23.54 47.56 |
| 9. MARANDA Karolina | 12 | UKS Ostrobramska | 7:31.32 143 |
| 50m: 45.72 45.72 | 150m: 2:41.92 59.66 | 250m: 4:39.95 59.77 | 350m: |
| 100m: 1:42.26 56.54 | 200m: 3:40.18 58.26 | 300m: 5:39.15 59.20 | 400m: 7:31.32 |
| 12 lat | | | |
| 1. KRAKUS Liliana | 11 | UKS SP-149 Łódź | 5:15.13 422 |
| 50m: 35.90 35.90 | 150m: 1:57.57 41.15 | 250m: 3:18.74 40.39 | 350m: 4:38.30 38.92 |
| 100m: 1:16.42 40.52 | 200m: 2:38.35 40.78 | 300m: 3:59.38 40.64 | 400m: 5:15.13 36.83 |
| 2. MOROZOWICZ Nadia | 11 | MKS Ochota Warszawa | 5:16.13 418 |
| 50m: 34.84 34.84 | 150m: 1:54.18 40.37 | 250m: 3:16.26 41.31 | 350m: 4:37.07 40.00 |
| 100m: 1:13.81 38.97 | 200m: 2:34.95 40.77 | 300m: 3:57.07 40.81 | 400m: 5:16.13 39.06 |
| 3. KANIEWSKA Lena | 11 | MUKP Warszawianka Wodny Park | 5:16.54 416 |
| 50m: 35.47 35.47 | 150m: 1:55.58 40.58 | 250m: 3:17.27 40.48 | 350m: 4:38.31 39.87 |
| 100m: 1:15.00 39.53 | 200m: 2:36.79 41.21 | 300m: 3:58.44 41.17 | 400m: 5:16.54 38.23 |

Obsługa informatyczna : Sławomir Grabiec, zawody@wmozp.pl

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OTWARTE ZIMOWE MISTRZOSTWA WARSZAWY Warszawa, 1. - 2.12.2023

Konkurencja 13, Dziewcz t, 400m dowolny, 12 lat

| Pozycja | Rok ur. | Czas | Pkt. |
|----------------------|---------------------|----------------------------|---------------------|
| 4. PACYK Alexandra | 11 | IUKS „Muszelka” Warszawa | 5:26.17 380 |
| 50m: 34.81 34.81 | 150m: 1:57.00 41.46 | 250m: 3:21.90 42.51 | 350m: 4:46.41 41.64 |
| 100m: 1:15.54 40.73 | 200m: 2:39.39 42.39 | 300m: 4:04.77 42.87 | 400m: 5:26.17 39.76 |
| 5. IWA SKA Wiktoria | 11 | MKS „Jagiellonka” Warszawa | 5:30.78 365 |
| 50m: 35.67 35.67 | 150m: 2:00.71 43.74 | 250m: 3:26.70 43.22 | 350m: 4:51.81 41.99 |
| 100m: 1:16.97 41.30 | 200m: 2:43.48 42.77 | 300m: 4:09.82 43.12 | 400m: 5:30.78 38.97 |
| 6. JAWORSKA Krystyna | 11 | UKS „Victoria Józefów” | 5:37.42 343 |
| 50m: 36.39 36.39 | 150m: 2:00.19 42.78 | 250m: 3:28.16 44.88 | 350m: 4:56.42 43.65 |
| 100m: 1:17.41 41.02 | 200m: 2:43.28 43.09 | 300m: 4:12.77 44.61 | 400m: 5:37.42 41.00 |
| 7. ROKICKA Alicja | 11 | MKS „Jagiellonka” Warszawa | 5:45.37 320 |
| 50m: 37.34 37.34 | 150m: 2:04.50 44.54 | 250m: 3:36.28 45.91 | 350m: 5:06.16 42.67 |
| 100m: 1:19.96 42.62 | 200m: 2:50.37 45.87 | 300m: 4:23.49 47.21 | 400m: 5:45.37 39.21 |

13 lat

| | | | |
|---------------------|---------------------|------------------------------|---------------------|
| 1. MATOWICKA Maja | 10 | MKS „Jagiellonka” Warszawa | 4:56.10 508 |
| 50m: 32.93 32.93 | 150m: 1:46.29 37.36 | 250m: 3:02.81 37.99 | 350m: 4:19.48 38.17 |
| 100m: 1:08.93 36.00 | 200m: 2:24.82 38.53 | 300m: 3:41.31 38.50 | 400m: 4:56.10 36.62 |
| 2. NEUHORN Diana | 10 | MKS „Jagiellonka” Warszawa | 4:58.68 495 |
| 50m: 33.95 33.95 | 150m: 1:48.98 38.18 | 250m: 3:05.36 38.14 | 350m: 4:22.31 38.52 |
| 100m: 1:10.80 36.85 | 200m: 2:27.22 38.24 | 300m: 3:43.79 38.43 | 400m: 4:58.68 36.37 |
| 3. STEFA SKA Alicja | 10 | KS „Fenix” O arów Mazowiecki | 5:14.52 424 |
| 50m: 36.09 36.09 | 150m: 1:55.91 39.57 | 250m: 3:17.41 40.48 | 350m: 4:37.35 38.59 |
| 100m: 1:16.34 40.25 | 200m: 2:36.93 41.02 | 300m: 3:58.76 41.35 | 400m: 5:14.52 37.17 |
| 4. ZYDRO Wiktoria | 10 | MUKP Warszawianka Wodny Park | 5:14.87 423 |
| 50m: 35.57 35.57 | 150m: 1:55.44 40.32 | 250m: 3:17.54 41.23 | 350m: 4:37.44 39.31 |
| 100m: 1:15.12 39.55 | 200m: 2:36.31 40.87 | 300m: 3:58.13 40.59 | 400m: 5:14.87 37.43 |
| 5. SZUSTAK Lena | 10 | KS Barakuda Mi sk Mazowiecki | 5:16.29 417 |
| 50m: 35.22 35.22 | 150m: 1:53.76 40.21 | 250m: 3:16.46 42.01 | 350m: 4:37.35 38.59 |
| 100m: 1:13.55 38.33 | 200m: 2:34.45 40.69 | 300m: 3:58.30 41.84 | 400m: 5:16.29 37.17 |
| 6. GRUDZI SKA Nadia | 10 | SKS 137 Delfin Łód | 5:31.79 361 |
| 50m: 36.06 36.06 | 150m: 1:59.97 42.99 | 250m: 3:25.51 42.68 | 350m: 4:50.57 42.79 |
| 100m: 1:16.98 40.92 | 200m: 2:42.83 42.86 | 300m: 4:07.78 42.27 | 400m: 5:31.79 41.22 |
| 7. SZOTEK Isabella | 10 | UKS Kapry-Armexim Pruszków | 5:34.21 353 |
| 50m: 36.28 36.28 | 150m: 1:58.96 42.34 | 250m: 3:26.34 44.23 | 350m: 4:55.08 45.02 |
| 100m: 1:16.62 40.34 | 200m: 2:42.11 43.15 | 300m: 4:10.06 43.72 | 400m: 5:34.21 39.13 |
| 8. UMI SKA Klara | 10 | SKS 137 Delfin Łód | 5:47.04 316 |
| 50m: 35.33 35.33 | 150m: 2:00.97 44.20 | 250m: 3:31.45 45.93 | 350m: 5:03.41 45.58 |
| 100m: 1:16.77 41.44 | 200m: 2:45.52 44.55 | 300m: 4:17.83 46.38 | 400m: 5:47.04 43.63 |

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Konkurencja 13, Dziewcz t, 400m dowolny

14 lat

| | | | | | | | | |
|------------------|---------|-------|-------|----------------------------|-------|-------|----------------|-------|
| 1. MUSIAŁ Nikola | | | 09 | UKS Kapry-Armexim Pruszków | | | 6:43.21 | 201 |
| 50m: | 41.61 | 41.61 | 150m: | 2:20.33 | 50.29 | 250m: | 4:06.46 | 53.18 |
| 100m: | 1:30.04 | 48.43 | 200m: | 3:12.52 | 52.19 | 300m: | 5:00.19 | 53.73 |
| | | | | | | 400m: | 6:43.21 | 49.84 |

15 - 16 lat

| | | | | | | | | |
|--------------------|---------|-------|-------|--------------------------|-------|-------|----------------|-------|
| 1. NYK Marianna | | | 08 | IUKS „Muszelka” Warszawa | | | 5:14.06 | 426 |
| 50m: | 35.53 | 35.53 | 150m: | 1:55.16 | 40.17 | 250m: | 3:15.41 | 40.33 |
| 100m: | 1:14.99 | 39.46 | 200m: | 2:35.08 | 39.92 | 300m: | 3:55.95 | 40.54 |
| | | | | | | 400m: | 5:14.06 | 38.22 |
| 2. WI NIEWSKA Maja | | | 08 | MKS Ochota Warszawa | | | 5:25.06 | 384 |
| 50m: | 34.54 | 34.54 | 150m: | 1:53.75 | 40.40 | 250m: | 3:17.35 | 42.24 |
| 100m: | 1:13.35 | 38.81 | 200m: | 2:35.11 | 41.36 | 300m: | 4:00.32 | 42.97 |
| | | | | | | 400m: | 5:25.06 | 41.82 |