

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12-13 lat – I runda - Pruszków  
Pruszków, 20. - 21.3.2024

Konkurencja 7  
20.03.2024 - 11:32

Dziewcz t, 400m dowolny

12 - 13 lat  
Wyniki

Punkty: FINA 2023

Pozycja			Rok ur.					Czas	Pkt.
<b>12 lat</b>									
1.	KRYSZKIEWICZ Lidia		12	MKS „Jagiellonka” Warszawa				<b>5:12.45</b>	405
	50m:	33.97 34.67	150m:	1:51.58 39.47	250m:	3:11.36 40.03	350m:	4:32.54 40.10	
	100m:	1:12.11 38.14	200m:	2:31.33 39.75	300m:	3:52.44 41.08	400m:	5:12.45 39.91	
2.	RYMARCZUK Alicja		12	UKS „GIM 92 Ursynów”				<b>5:19.07</b>	380
	50m:	34.67 34.67	150m:	1:55.25 41.30	250m:	3:18.09 41.55	350m:	4:41.12 41.69	
	100m:	1:13.95 39.28	200m:	2:36.54 41.29	300m:	3:59.43 41.34	400m:	5:19.07 37.95	
3.	ZYCH Agata		12	MKS „Jagiellonka” Warszawa				<b>5:29.41</b>	346
	50m:	34.51 34.51	150m:	1:57.32 43.00	250m:	3:24.27 43.11	350m:	4:48.81 41.81	
	100m:	1:14.32 39.81	200m:	2:41.16 43.84	300m:	4:07.00 42.73	400m:	5:29.41 40.60	
4.	R CZKA Maja		12	UKS „GIM 92 Ursynów”				<b>5:37.07</b>	323
	50m:	37.60 37.60	150m:	2:01.82 43.13	250m:	3:28.69 43.88	350m:	4:55.98 43.55	
	100m:	1:18.69 41.09	200m:	2:44.81 42.99	300m:	4:12.43 43.74	400m:	5:37.07 41.09	
5.	WIDERSKA Natalia		12	MKS „Jagiellonka” Warszawa				<b>5:41.27</b>	311
	50m:	40.51 40.51	150m:	2:12.85 47.26	250m:	3:41.02 43.33	350m:	5:06.65 42.58	
	100m:	1:25.59 45.08	200m:	2:57.69 44.84	300m:	4:24.07 43.05	400m:	5:41.27 34.62	
6.	FR CZEK Natasza		12	UKS „GIM 92 Ursynów”				<b>5:43.48</b>	305
	50m:	36.82 36.82	150m:	2:03.59 44.08	250m:	3:32.02 44.18	350m:	5:00.81 44.44	
	100m:	1:19.51 42.69	200m:	2:47.84 44.25	300m:	4:16.37 44.35	400m:	5:43.48 42.67	
7.	MUSIATEWICZ Julia		12	MKS „Jagiellonka” Warszawa				<b>5:43.52</b>	305
	50m:	39.32 39.32	150m:	2:08.56 44.67	250m:	3:39.04 45.39	350m:	5:06.78 43.38	
	100m:	1:23.89 44.57	200m:	2:53.65 45.09	300m:	4:23.40 44.36	400m:	5:43.52 36.74	
8.	KOTLARZ Zuzanna		12	MKS „Jagiellonka” Warszawa				<b>5:51.61</b>	284
	50m:	37.65 37.65	150m:	2:07.48 45.82	250m:	3:38.98 46.24	350m:	5:09.13 44.97	
	100m:	1:21.66 44.01	200m:	2:52.74 45.26	300m:	4:24.16 45.18	400m:	5:51.61 42.48	
9.	RYPINA Hanna		12	MKS „Jagiellonka” Warszawa				<b>5:54.62</b>	277
	50m:	39.58 39.58	150m:	2:09.44 45.31	250m:	3:40.84 45.78	350m:	5:14.10 46.53	
	100m:	1:24.13 44.55	200m:	2:55.06 45.62	300m:	4:27.57 46.73	400m:	5:54.62 40.52	
10.	PYC Oliwia		12	UKS „GIM 92 Ursynów”				<b>5:57.11</b>	271
	50m:	39.18 39.18	150m:	2:07.81 44.84	250m:	3:41.02 46.98	350m:	5:12.91 45.43	
	100m:	1:22.97 43.79	200m:	2:54.04 46.23	300m:	4:27.48 46.46	400m:	5:57.11 44.20	
11.	GONTARCZYK Honorata		12	UKS "SMS KAPRY Pruszków"				<b>5:59.16</b>	267
	50m:	39.22 39.22	150m:	2:10.62 45.69	250m:	3:43.03 45.46	350m:	5:16.24 46.15	
	100m:	1:24.93 45.71	200m:	2:57.57 46.95	300m:	4:30.09 47.06	400m:	5:59.16 42.92	
12.	DZIEDZIC Lena		12	UKS „GIM 92 Ursynów”				<b>5:59.49</b>	266
	50m:	38.40 38.40	150m:	2:08.64 45.92	250m:	3:40.78 46.30	350m:	5:15.50 46.91	
	100m:	1:22.72 44.32	200m:	2:54.48 45.84	300m:	4:28.59 47.81	400m:	5:59.49 43.99	
13.	SURAWSKA Zofia		12	UKS oliborz				<b>6:01.51</b>	261
	50m:	39.17 39.17	150m:	2:09.25 45.75	250m:	3:42.27 45.93	350m:	5:15.97 46.75	
	100m:	1:23.50 44.33	200m:	2:56.34 47.09	300m:	4:29.22 46.95	400m:	6:01.51 45.54	
14.	KALINOWSKA Alina		12	UKS Delfin Legionowo				<b>6:02.76</b>	259
	50m:	40.22 40.22	150m:	2:13.16 46.89	250m:	3:47.25 46.86	350m:	5:19.66 45.26	
	100m:	1:26.27 46.05	200m:	3:00.39 47.23	300m:	4:34.40 47.15	400m:	6:02.76 43.10	
15.	DZIEHEL Nadzeya		12	UKS oliborz				<b>6:13.16</b>	238
	50m:	39.59 39.59	150m:	2:14.26 48.16	250m:	3:52.33 48.92	350m:	5:29.04 48.44	
	100m:	1:26.10 46.51	200m:	3:03.41 49.15	300m:	4:40.60 48.27	400m:	6:13.16 44.12	
16.	CIE LAK Aleksandra		12	MUKP Warszawianka Wodny Park				<b>6:20.75</b>	224
	50m:	42.26 42.26	150m:	2:17.79 48.78	250m:	3:56.04 49.06	350m:	5:34.88 49.43	
	100m:	1:29.01 46.75	200m:	3:06.98 49.19	300m:	4:45.45 49.41	400m:	6:20.75 45.87	
17.	KRAWCZY SKA Lidia		12	MKS „Jagiellonka” Warszawa				<b>6:28.78</b>	210
	50m:	43.34 43.34	150m:	2:24.94 50.30	250m:	4:04.33 50.06	350m:	5:44.62 50.18	
	100m:	1:34.64 51.30	200m:	3:14.27 49.33	300m:	4:54.44 50.11	400m:	6:28.78 44.16	

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12-13 lat – I runda - Pruszków  
Pruszków, 20. - 21.3.2024

Konkurencja 7, Dziewcz t, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	PROCHOWICZ Mira		12	UKS "SMS KAPRY Pruszków"				<b>6:32.10</b>	205
	50m:	43.50 43.50	150m:	2:21.59 49.80	250m:	4:03.08 50.90	350m:	5:43.89 50.65	
	100m:	1:31.79 48.29	200m:	3:12.18 50.59	300m:	4:53.24 50.16	400m:	6:32.10 48.21	
19.	JASI SKA Aleksandra		12	MUKP Warszawianka Wodny Park				<b>6:37.52</b>	196
	50m:	44.36 44.36	150m:	2:26.36 51.80	250m:	4:08.78 51.23	350m:	5:51.25 51.09	
	100m:	1:34.56 50.20	200m:	3:17.55 51.19	300m:	5:00.16 51.38	400m:	6:37.52 46.27	
20.	REWERSKA Nikola		12	UKS oliborz				<b>6:52.53</b>	176
	50m:	44.01 44.01	150m:	2:28.93 53.22	250m:	4:18.21 55.42	350m:	6:06.33 54.11	
	100m:	1:35.71 51.70	200m:	3:22.79 53.86	300m:	5:12.22 54.01	400m:	6:52.53 46.20	
21.	STA KIEWICZ Gabriela		12	MUKP Warszawianka Wodny Park				<b>6:55.96</b>	171
	50m:	45.37 45.37	150m:	2:33.50 54.90	250m:	4:21.85 54.37	350m:	6:08.78 53.55	
	100m:	1:38.60 53.23	200m:	3:27.48 53.98	300m:	5:15.23 53.38	400m:	6:55.96 47.18	
22.	KULIK Zofia		12	UKS oliborz				<b>7:01.48</b>	165
	50m:	45.65 45.65	150m:	2:31.12 53.13	250m:	4:20.46 55.97	350m:	6:09.91 54.31	
	100m:	1:37.99 52.34	200m:	3:24.49 53.37	300m:	5:15.60 55.14	400m:	7:01.48 51.57	

13 lat

1.	KOKOSZKA Paulina		11	UKS „GIM 92 Ursynów"				<b>4:41.97</b>	551
	50m:	30.68 30.68	150m:	1:41.22 35.71	250m:	2:53.07 36.24	350m:	4:06.94 37.05	
	100m:	1:05.51 34.83	200m:	2:16.83 35.61	300m:	3:29.89 36.82	400m:	4:41.97 35.03	
2.	ST PNIAK Julia		11	PSP SWIM Płock				<b>5:01.10</b>	453
	50m:	31.51 31.51	150m:	1:45.49 37.84	250m:	3:03.59 39.44	350m:	4:23.32 39.78	
	100m:	1:07.65 36.14	200m:	2:24.15 38.66	300m:	3:43.54 39.95	400m:	5:01.10 37.78	
3.	ŁYSIUK Lidia		11	UKS „GIM 92 Ursynów"				<b>5:03.48</b>	442
	50m:	33.23 33.23	150m:	1:50.16 39.09	250m:	3:07.30 38.12	350m:	4:27.74 40.84	
	100m:	1:11.07 37.84	200m:	2:29.18 39.02	300m:	3:46.90 39.60	400m:	5:03.48 35.74	
4.	MOROZOWICZ Nadia		11	MKS Ochota Warszawa				<b>5:07.94</b>	423
	50m:	34.37 34.37	150m:	1:52.40 39.69	250m:	3:10.78 39.55	350m:	4:30.99 39.89	
	100m:	1:12.71 38.34	200m:	2:31.23 38.83	300m:	3:51.10 40.32	400m:	5:07.94 36.95	
5.	LACH Maria		11	MKS Ochota Warszawa				<b>5:07.97</b>	423
	50m:	33.15 33.15	150m:	1:50.37 39.13	250m:	3:10.24 39.95	350m:	4:29.73 39.60	
	100m:	1:11.24 38.09	200m:	2:30.29 39.92	300m:	3:50.13 39.89	400m:	5:07.97 38.24	
6.	IWA SKA Wiktoria		11	MKS „Jagiellonka" Warszawa				<b>5:17.69</b>	385
	50m:	34.65 34.65	150m:	1:56.10 41.57	250m:	3:18.50 41.58	350m:	4:39.52 40.16	
	100m:	1:14.53 39.88	200m:	2:36.92 40.82	300m:	3:59.36 40.86	400m:	5:17.69 38.17	
7.	SZERSZE -NIEW GŁOWSKA Zofia		11	UKS „GIM 92 Ursynów"				<b>5:20.09</b>	377
	50m:	37.69 37.69	150m:	2:01.19 42.40	250m:	3:22.83 40.42	350m:	4:42.49 39.79	
	100m:	1:18.79 41.10	200m:	2:42.41 41.22	300m:	4:02.70 39.87	400m:	5:20.09 37.60	
8.	ROKICKA Alicja		11	MKS „Jagiellonka" Warszawa				<b>5:21.99</b>	370
	50m:	36.11 36.11	150m:	1:59.22 42.01	250m:	3:22.56 41.69	350m:	4:45.14 41.42	
	100m:	1:17.21 41.10	200m:	2:40.87 41.65	300m:	4:03.72 41.16	400m:	5:21.99 36.85	
9.	ZIÓŁKOWSKA Zofia		11	MKS Ochota Warszawa				<b>5:22.49</b>	368
	50m:	36.43 36.43	150m:	1:57.93 41.29	250m:	3:20.06 41.11	350m:	4:43.57 41.69	
	100m:	1:16.64 40.21	200m:	2:38.95 41.02	300m:	4:01.88 41.82	400m:	5:22.49 38.92	
10.	WOJDAK Emilia		11	UKS „GIM 92 Ursynów"				<b>5:26.32</b>	356
	50m:	35.62 35.62	150m:	1:56.92 41.12	250m:	3:21.11 42.03	350m:	4:43.41 40.18	
	100m:	1:15.80 40.18	200m:	2:39.08 42.16	300m:	4:03.23 42.12	400m:	5:26.32 42.91	
11.	DANISZEWSKA Aleksandra		11	UKS „GIM 92 Ursynów"				<b>5:29.08</b>	347
	50m:	36.20 36.20	150m:	2:00.68 42.81	250m:	3:24.80 41.35	350m:	4:48.49 42.36	
	100m:	1:17.87 41.67	200m:	2:43.45 42.77	300m:	4:06.13 41.33	400m:	5:29.08 40.59	
12.	TSOKH Milena		11	MUKP Warszawianka Wodny Park				<b>5:37.84</b>	320
	50m:	36.44 36.44	150m:	2:02.51 43.79	250m:	3:30.76 44.36	350m:	4:58.29 42.98	
	100m:	1:18.72 42.28	200m:	2:46.40 43.89	300m:	4:15.31 44.55	400m:	5:37.84 39.55	

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12-13 lat – I runda - Pruszków  
Pruszków, 20. - 21.3.2024

Konkurencja 7, Dziewcz t, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.
13.	GŁUCHOWSKA Ewa		11	Buks				<b>5:40.60</b>	313
	50m:	36.00 36.00	150m:	2:02.09 43.60	250m:	3:32.22 44.77	350m:	5:02.09 44.37	
	100m:	1:18.49 42.49	200m:	2:47.45 45.36	300m:	4:17.72 45.50	400m:	5:40.60 38.51	
14.	K PKA Maja		11	UKS „Victoria Józefów”				<b>5:45.95</b>	298
	50m:	38.05 38.05	150m:	2:06.61 44.06	250m:	3:36.01 44.71	350m:	5:05.93 44.79	
	100m:	1:22.55 44.50	200m:	2:51.30 44.69	300m:	4:21.14 45.13	400m:	5:45.95 40.02	
15.	GDAWIEC Anda		11	Buks				<b>5:51.74</b>	284
	50m:	39.58 39.58	150m:	2:06.51 43.92	250m:	3:36.64 45.34	350m:	5:08.27 45.83	
	100m:	1:22.59 43.01	200m:	2:51.30 44.79	300m:	4:22.44 45.80	400m:	5:51.74 43.47	
16.	RZ SA Antonina		11	MKS „Jagiellonka” Warszawa				<b>5:51.99</b>	283
	50m:	38.77 38.77	150m:	2:06.32 44.99	250m:	3:37.72 45.81	350m:	5:08.79 45.86	
	100m:	1:21.33 42.56	200m:	2:51.91 45.59	300m:	4:22.93 45.21	400m:	5:51.99 43.20	
17.	DUCHNA Katarzyna		11	UKS Delfin Garwolin				<b>5:58.65</b>	268
	50m:	35.96 35.96	150m:	2:05.47 46.45	250m:	3:39.78 47.28	350m:	5:15.29 48.24	
	100m:	1:19.02 43.06	200m:	2:52.50 47.03	300m:	4:27.05 47.27	400m:	5:58.65 43.36	
18.	BARTCZAK Rozalia		11	UKS „Victoria Józefów”				<b>6:01.11</b>	262
	50m:	38.39 38.39	150m:	2:08.88 46.74	250m:	3:44.45 48.17	350m:	5:18.85 47.17	
	100m:	1:22.14 43.75	200m:	2:56.28 47.40	300m:	4:31.68 47.23	400m:	6:01.11 42.26	
19.	SOBIECH Maria		11	UKS „GIM 92 Ursynów”				<b>6:04.11</b>	256
	50m:	36.65 36.65	150m:	2:08.55 47.87	250m:	3:43.42 47.20	350m:	5:19.02 47.92	
	100m:	1:20.68 44.03	200m:	2:56.22 47.67	300m:	4:31.10 47.68	400m:	6:04.11 45.09	
20.	P KALA Zofia		11	UKS "SMS KAPRY Pruszków"				<b>6:15.85</b>	233
	50m:	37.08 37.08	150m:	2:08.85 47.49	250m:	3:48.89 50.84	350m:	5:29.39 50.19	
	100m:	1:21.36 44.28	200m:	2:58.05 49.20	300m:	4:39.20 50.31	400m:	6:15.85 46.46	
21.	ZEMAN Antonina		11	MUKP Warszawianka Wodny Park				<b>6:19.56</b>	226
	50m:	39.74 39.74	150m:	2:11.81 47.16	250m:	3:49.11 49.67	350m:	5:30.60 51.61	
	100m:	1:24.65 44.91	200m:	2:59.44 47.63	300m:	4:38.99 49.88	400m:	6:19.56 48.96	
22.	RONGIERS Pola		11	MKS „Jagiellonka” Warszawa				<b>6:26.88</b>	213
	50m:	40.46 40.46	150m:	2:18.34 49.47	250m:	3:59.39 50.77	350m:	5:38.92 49.47	
	100m:	1:28.87 48.41	200m:	3:08.62 50.28	300m:	4:49.45 50.06	400m:	6:26.88 47.96	
23.	SOKOŁOWSKA Hanna		11	UKS oliborz				<b>6:44.70</b>	186
	50m:	44.34 44.34	150m:	2:23.47 50.85	250m:	4:06.67 52.10	350m:	5:47.11 49.02	
	100m:	1:32.62 48.28	200m:	3:14.57 51.10	300m:	4:58.09 51.42	400m:	6:44.70 57.59	
24.	BORMAN Weronika		11	UKS oliborz				<b>7:01.07</b>	165
	50m:	46.08 46.08	150m:	2:31.25 53.86	250m:	4:22.09 56.18	350m:	6:12.05 54.23	
	100m:	1:37.39 51.31	200m:	3:25.91 54.66	300m:	5:17.82 55.73	400m:	7:01.07 49.02	
25.	CHMIELECKA Zoja		11	UKS oliborz				<b>7:10.79</b>	154
	50m:	47.43 47.43	150m:	2:35.41 54.57	250m:	4:26.98 55.85	350m:	6:20.17 56.23	
	100m:	1:40.84 53.41	200m:	3:31.13 55.72	300m:	5:23.94 56.96	400m:	7:10.79 50.62	
26.	KOZERSKA Antonina		11	UKS oliborz				<b>7:17.38</b>	147
	50m:	47.10 47.10	150m:	2:36.40 55.63	250m:	4:31.20 58.57	350m:	6:26.34 57.78	
	100m:	1:40.77 53.67	200m:	3:32.63 56.23	300m:	5:28.56 57.36	400m:	7:17.38 51.04	