

OTWARTE WIOSENNE MISTRZOSTWA OKR GU WMOZP I WARSZAWY  
Warszawa, 11. - 12.5.2024

Konkurencja 25  
11.05.2024 - 18:06

Kobiet, 400m dowolny

Open  
Wyniki

Punkty: Rudolph Table 2023

| Pozycja                 | Rok ur.             | Czas                | Pkt.                |
|-------------------------|---------------------|---------------------|---------------------|
| <b>13 lat i młodszy</b> |                     |                     |                     |
| 1. SULKOWSKA, Hanna     | 11                  | <b>5:09.56</b>      | 7,1                 |
| 50m: 34.76 34.76        | 150m: 1:53.63 40.05 | 250m: 3:13.81 40.32 | 350m: 5:09.56       |
| 100m: 1:13.58 38.82     | 200m: 2:33.49 39.86 | 300m: 3:54.36 40.55 | 400m: 5:09.56       |
| 2. PACYK, Alexandra     | 11                  | <b>5:13.69</b>      | 6,0                 |
| 50m: 34.72 34.72        | 150m: 1:54.15 40.24 | 250m: 3:14.28 39.86 | 350m: 4:35.23 40.26 |
| 100m: 1:13.91 39.19     | 200m: 2:34.42 40.27 | 300m: 3:54.97 40.69 | 400m: 5:13.69 38.46 |
| 3. KURZYP, Lena         | 11                  | <b>5:20.97</b>      | 4,2                 |
| 50m: 36.76 36.76        | 150m: 2:01.09 41.86 | 250m: 3:25.72 41.08 | 350m: 4:44.96 38.31 |
| 100m: 1:19.23 42.47     | 200m: 2:44.64 43.55 | 300m: 4:06.65 40.93 | 400m: 5:20.97 36.01 |
| 4. KRYSZKIEWICZ, Lidia  | 12                  | <b>5:22.75</b>      | 6,9                 |
| 50m: 35.86 35.86        | 150m: 1:57.37 41.23 | 250m: 3:19.87 41.62 | 350m: 4:42.84 41.69 |
| 100m: 1:16.14 40.28     | 200m: 2:38.25 40.88 | 300m: 4:01.15 41.28 | 400m: 5:22.75 39.91 |
| 5. F FERREK, Julia      | 15                  | <b>5:23.83</b>      | 20,0                |
| 50m: 35.40 35.40        | 150m: 1:56.37 41.02 | 250m: 3:19.89 41.62 | 350m: 4:43.59 41.80 |
| 100m: 1:15.35 39.95     | 200m: 2:38.27 41.90 | 300m: 4:01.79 41.90 | 400m: 5:23.83 40.24 |
| 6. WITTBRODT, Alicja    | 11                  | <b>5:25.21</b>      | 3,1                 |
| 50m: 38.03 38.03        | 150m: 2:03.53 42.44 | 250m: 3:26.13 41.28 | 350m: 4:46.43 39.59 |
| 100m: 1:21.09 43.06     | 200m: 2:44.85 41.32 | 300m: 4:06.84 40.71 | 400m: 5:25.21 38.78 |
| 7. ZI BA, Antonina      | 12                  | <b>5:34.88</b>      | 4,0                 |
| 50m: 36.35 36.35        | 150m: 2:00.49 43.29 | 250m: 3:28.12 44.27 | 350m: 5:34.88       |
| 100m: 1:17.20 40.85     | 200m: 2:43.85 43.36 | 300m: 4:12.04 43.92 | 400m: 5:34.88       |
| 8. BLUKACZ, Poła        | 12                  | <b>5:41.35</b>      | 2,4                 |
| 50m: 39.97 39.97        | 150m: 2:07.08 43.49 | 250m: 3:35.66 43.79 | 350m: 5:01.84 41.82 |
| 100m: 1:23.59 43.62     | 200m: 2:51.87 44.79 | 300m: 4:20.02 44.36 | 400m: 5:41.35 39.51 |
| 9. BUDNER, Hanna        | 14                  | <b>5:51.62</b>      | 9,2                 |
| 50m: 35.47 35.47        | 150m: 2:04.05 45.20 | 250m: 3:37.40 45.81 | 350m: 5:10.61 46.10 |
| 100m: 1:18.85 43.38     | 200m: 2:51.59 47.54 | 300m: 4:24.51 47.11 | 400m: 5:51.62 41.01 |
| 10. KRAWCZY SKA, Lidia  | 12                  | <b>6:08.41</b>      |                     |
| 50m: 41.94 41.94        | 150m: 2:17.78 48.00 | 250m: 3:54.19 49.00 | 350m: 5:27.15 47.17 |
| 100m: 1:29.78 47.84     | 200m: 3:05.19 47.41 | 300m: 4:39.98 45.79 | 400m: 6:08.41 41.26 |

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|                        |                     |                     |                     |
|------------------------|---------------------|---------------------|---------------------|
| 1. KUCZMAR, Aleksandra | 09                  | <b>4:41.24</b>      | 11,2                |
| 50m: 32.25 32.25       | 150m: 1:42.50 35.29 | 250m: 2:54.37 36.09 | 350m: 4:06.26 36.00 |
| 100m: 1:07.21 34.96    | 200m: 2:18.28 35.78 | 300m: 3:30.26 35.89 | 400m: 4:41.24 34.98 |
| 2. NEUHORN, Diana      | 10                  | <b>4:57.00</b>      | 8,4                 |
| 50m: 32.93 32.93       | 150m: 1:48.35 37.94 | 250m: 3:05.72 38.73 | 350m: 4:22.46 38.28 |
| 100m: 1:10.41 37.48    | 200m: 2:26.99 38.64 | 300m: 3:44.18 38.46 | 400m: 4:57.00 34.54 |
| 3. STEFA SKA, Alicja   | 10                  | <b>5:08.86</b>      | 5,3                 |
| 50m: 35.18 35.18       | 150m: 1:52.13 38.57 | 250m: 3:11.08 39.47 | 350m: 4:31.01 39.83 |
| 100m: 1:13.56 38.38    | 200m: 2:31.61 39.48 | 300m: 3:51.18 40.10 | 400m: 5:08.86 37.85 |



OTWARTE WIOSENNE MISTRZOSTWA OKR GU WMOZP I WARSZAWY  
Warszawa, 11. - 12.5.2024

Konkurencja 25, Dziewcz t, 400m dowolny, 14 - 15 lat

| Pozycja |                    |             | Rok ur. |                          |         |       |         | Czas           | Pkt.  |         |         |       |
|---------|--------------------|-------------|---------|--------------------------|---------|-------|---------|----------------|-------|---------|---------|-------|
| 4.      | MUDA, Zofia        |             | 09      | MKS Piaseczno            |         |       |         | <b>5:14.91</b> | 2,4   |         |         |       |
|         | 50m:               | 35.04 35.04 | 150m:   | 1:54.80                  | 40.31   | 250m: | 3:15.92 | 40.21          | 350m: | 4:36.85 | 40.32   |       |
|         | 100m:              | 1:14.49     | 39.45   | 200m:                    | 2:35.71 | 40.91 | 300m:   | 3:56.53        | 40.61 | 400m:   | 5:14.91 | 38.06 |
| 5.      | SZOTEK, Isabella   |             | 10      | UKS "SMS KAPRY Pruszków" |         |       |         | <b>5:24.92</b> | 1,2   |         |         |       |
|         | 50m:               |             | 150m:   | 1:58.56                  | 42.40   | 250m: | 3:23.15 | 42.31          | 350m: |         |         |       |
|         | 100m:              | 1:16.16     | 200m:   | 2:40.84                  | 42.28   | 300m: | 4:05.41 | 42.26          | 400m: | 5:24.92 |         |       |
| 6.      | POLSAKOVA, Nina    |             | 10      | IUKS „Muszelka” Warszawa |         |       |         | <b>5:38.99</b> |       |         |         |       |
|         | 50m:               | 38.41 38.41 | 150m:   | 2:04.79                  | 43.35   | 250m: | 3:31.18 | 43.64          | 350m: | 4:57.21 | 42.76   |       |
|         | 100m:              | 1:21.44     | 43.03   | 200m:                    | 2:47.54 | 42.75 | 300m:   | 4:14.45        | 43.27 | 400m:   | 5:38.99 | 41.78 |
| 7.      | MICHNIEWICZ, Laura |             | 10      | MPKS "Orka" Ciechanów    |         |       |         | <b>6:07.36</b> |       |         |         |       |
|         | 50m:               | 39.12 39.12 | 150m:   | 2:11.74                  | 47.31   | 250m: | 3:48.79 | 48.78          | 350m: | 5:23.43 | 46.62   |       |
|         | 100m:              | 1:24.43     | 45.31   | 200m:                    | 3:00.01 | 48.27 | 300m:   | 4:36.81        | 48.02 | 400m:   | 6:07.36 | 43.93 |

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|    |                   |             |       |                          |         |       |         |                |       |         |         |       |
|----|-------------------|-------------|-------|--------------------------|---------|-------|---------|----------------|-------|---------|---------|-------|
| 1. | KUCZMAR, Zuzanna  |             | 07    | UKP „Polonia Warszawa"   |         |       |         | <b>4:47.50</b> | 8,6   |         |         |       |
|    | 50m:              | 31.75 31.75 | 150m: | 1:43.50                  | 36.12   | 250m: | 2:56.74 | 37.48          | 350m: | 4:11.11 | 36.89   |       |
|    | 100m:             | 1:07.38     | 35.63 | 200m:                    | 2:19.26 | 35.76 | 300m:   | 3:34.22        | 37.48 | 400m:   | 4:47.50 | 36.39 |
| 2. | ORNOWSKA, Zuzanna |             | 08    | UKP „Polonia Warszawa"   |         |       |         | <b>4:49.20</b> | 8,4   |         |         |       |
|    | 50m:              | 32.44 32.44 | 150m: | 1:45.77                  | 36.98   | 250m: | 2:59.79 | 37.14          | 350m: | 4:14.06 | 36.64   |       |
|    | 100m:             | 1:08.79     | 36.35 | 200m:                    | 2:22.65 | 36.88 | 300m:   | 3:37.42        | 37.63 | 400m:   | 4:49.20 | 35.14 |
| 3. | MACIAK, Julia     |             | 06    | IUKS „Muszelka” Warszawa |         |       |         | <b>4:56.96</b> | 5,6   |         |         |       |
|    | 50m:              | 33.87 33.87 | 150m: |                          |         | 250m: |         |                | 350m: |         |         |       |
|    | 100m:             | 1:12.34     | 38.47 | 200m:                    | 2:29.59 |       | 300m:   | 3:44.89        |       | 400m:   | 4:56.96 |       |
| 4. | DZI GIEL, Marta   |             | 07    | AZS AWF Warszawa         |         |       |         | <b>5:01.19</b> | 5,0   |         |         |       |
|    | 50m:              | 34.33 34.33 | 150m: | 1:51.26                  | 38.85   | 250m: | 3:08.20 | 38.18          | 350m: | 4:24.50 | 38.19   |       |
|    | 100m:             | 1:12.41     | 38.08 | 200m:                    | 2:30.02 | 38.76 | 300m:   | 3:46.31        | 38.11 | 400m:   | 5:01.19 | 36.69 |
| 5. | KYLE, Bella       |             | 07    | IKS Konstancin           |         |       |         | <b>5:52.08</b> |       |         |         |       |
|    | 50m:              | 38.63 38.63 | 150m: | 2:06.07                  | 44.13   | 250m: | 3:36.62 | 45.77          | 350m: | 5:08.84 | 46.38   |       |
|    | 100m:             | 1:21.94     | 43.31 | 200m:                    | 2:50.85 | 44.78 | 300m:   | 4:22.46        | 45.84 | 400m:   | 5:52.08 | 43.24 |