



SWIM BIOSIS



Norco



Warszawa

OTWARTE LETNIE MISTRZOSTWA WARSZAWY
Warszawa, 7. - 8.6.2024

KLUBBEN.pl

Konkurencja 19
07.06.2024 - 18:43

Dziewcz t, 400m dowolny

10 - 16 lat
Wyniki

Punkty: FINA 2024

Pozycja	Rok ur.	Czas	Pkt.
10 lat			
1. BUDNER Hanna	14	5:51.31	300
50m: 37.44 37.44	150m: 2:06.85 45.44	250m: 3:40.21 47.23	350m: 5:11.48 45.63
100m: 1:21.41 43.97	200m: 2:52.98 46.13	300m: 4:25.85 45.64	400m: 5:51.31 39.83
11 lat			
1. GOLON Izabela	13	5:56.34	288
50m: 40.82 40.82	150m: 2:11.91 46.07	250m: 3:44.89 46.73	350m: 5:15.99 45.27
100m: 1:25.84 45.02	200m: 2:58.16 46.25	300m: 4:30.72 45.83	400m: 5:56.34 40.35
12 lat			
1. KRYSZKIEWICZ Lidia	12	5:16.84	410
50m: 34.87 34.87	150m: 1:53.34 39.65	250m: 3:15.38 41.56	350m: 4:36.92 40.47
100m: 1:13.69 38.82	200m: 2:33.82 40.48	300m: 3:56.45 41.07	400m: 5:16.84 39.92
2. KLAUS Helena	12	5:31.20	358
50m: 36.47 36.47	150m: 1:59.58 42.09	250m: 3:25.46 43.05	350m: 4:50.82 42.29
100m: 1:17.49 41.02	200m: 2:42.41 42.83	300m: 4:08.53 43.07	400m: 5:31.20 40.38
3. CIESIELSKA Amelia	12	5:38.20	337
50m: 37.97 37.97	150m: 2:03.10 42.70	250m: 3:29.25 43.07	350m: 4:56.00 43.34
100m: 1:20.40 42.43	200m: 2:46.18 43.08	300m: 4:12.66 43.41	400m: 5:38.20 42.20
4. LEPA Natalia	12	5:43.82	320
50m: 36.60 36.60	150m: 2:00.52 42.31	250m: 3:29.16 44.10	350m: 4:59.34 44.82
100m: 1:18.21 41.61	200m: 2:45.06 44.54	300m: 4:14.52 45.36	400m: 5:43.82 44.48
5. CIE LAK Aleksandra	12	6:23.02	232
50m: 41.89 41.89	150m: 2:19.46 49.39	250m: 3:59.56 50.29	350m: 5:38.69 48.87
100m: 1:30.07 48.18	200m: 3:09.27 49.81	300m: 4:49.82 50.26	400m: 6:23.02 44.33
6. JASI SKA Aleksandra	12	6:41.17	201
50m: 42.92 42.92	150m: 2:22.36 50.06	250m: 4:07.02 53.28	350m: 5:52.16 52.50
100m: 1:32.30 49.38	200m: 3:13.74 51.38	300m: 4:59.66 52.64	400m: 6:41.17 49.01
13 lat			
1. PACYK Alexandra	11	5:12.80	426
50m: 34.06 34.06	150m: 1:53.11 40.18	250m: 3:13.92 40.60	350m: 4:34.15 39.78
100m: 1:12.93 38.87	200m: 2:33.32 40.21	300m: 3:54.37 40.45	400m: 5:12.80 38.65
2. IWA SKA Wiktoria	11	5:13.75	422
50m: 34.58 34.58	150m: 1:52.76 40.06	250m: 3:14.94 41.07	350m: 4:35.87 40.21
100m: 1:12.70 38.12	200m: 2:33.87 41.11	300m: 3:55.66 40.72	400m: 5:13.75 37.88
3. ROKICKA Alicja	11	5:33.69	350
50m: 37.81 37.81	150m: 2:01.45 41.67	250m: 3:26.70 42.13	350m: 4:51.90 41.79
100m: 1:19.78 41.97	200m: 2:44.57 43.12	300m: 4:10.11 43.41	400m: 5:33.69 41.79



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OTWARTE LETNIE MISTRZOSTWA WARSZAWY

Warszawa, 7. - 8.6.2024

KLUBPUNK

Konkurencja 19, Dziewcz t, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.
4.	RZ SA Antonina		11	MKS „Jagiellonka” Warszawa				5:38.74	335
	50m:	37.82 37.82	150m:	2:03.38	43.32	250m:	3:30.71 43.45	350m:	4:57.51 43.55
	100m:	1:20.06 42.24	200m:	2:47.26	43.88	300m:	4:13.96 43.25	400m:	5:38.74 41.23
5.	TSOKH Milena		11	MUKP Warszawianka				5:48.27	308
	50m:	37.01 37.01	150m:	2:05.74	45.53	250m:	3:36.80 45.70	350m:	5:07.33 45.18
	100m:	1:20.21 43.20	200m:	2:51.10	45.36	300m:	4:22.15 45.35	400m:	5:48.27 40.94
6.	DUCHNA Katarzyna		11	UKS Delfin Garwolin				6:10.47	256
	50m:	35.70 35.70	150m:	2:08.33	47.88	250m:	3:45.64 48.29	350m:	5:24.53 48.89
	100m:	1:20.45 44.75	200m:	2:57.35	49.02	300m:	4:35.64 50.00	400m:	6:10.47 45.94
7.	RONGIERS Pola		11	MKS „Jagiellonka” Warszawa				6:10.49	256
	50m:	39.58 39.58	150m:	2:13.36	47.67	250m:	3:50.43 48.85	350m:	5:27.20 48.48
	100m:	1:25.69 46.11	200m:	3:01.58	48.22	300m:	4:38.72 48.29	400m:	6:10.49 43.29
14 lat									
1.	SOBÓTKA Oliwia		10	UKS Gim 92 Ursynow				4:40.21	592
	50m:	32.71 32.71	150m:	1:44.51	35.05	250m:	2:55.26 34.72	350m:	4:06.69 35.17
	100m:	1:09.46 36.75	200m:	2:20.54	36.03	300m:	3:31.52 36.26	400m:	4:40.21 33.52
2.	LE NIEWSKA Barbara		10	UKS Gim 92 Ursynow				4:41.89	582
	50m:	32.46 32.46	150m:	1:44.44	35.83	250m:	2:56.42 35.99	350m:	4:07.30 34.92
	100m:	1:08.61 36.15	200m:	2:20.43	35.99	300m:	3:32.38 35.96	400m:	4:41.89 34.59
3.	SZUSTAK Lena		10	KS Barakuda Mi sk Mazowiecki				5:01.80	474
	50m:	35.30 35.30	150m:	1:51.85	38.55	250m:	3:09.63 38.67	350m:	4:25.79 37.90
	100m:	1:13.30 38.00	200m:	2:30.96	39.11	300m:	3:47.89 38.26	400m:	5:01.80 36.01
4.	CZECHMA SKA Antonina		10	UKS Manta Warszawa Włochy				5:01.88	474
	50m:	33.40 33.40	150m:	1:49.90	38.38	250m:	3:08.54 38.46	350m:	4:26.52 38.12
	100m:	1:11.52 38.12	200m:	2:30.08	40.18	300m:	3:48.40 39.86	400m:	5:01.88 35.36
5.	STEFA SKA Alicja		10	KS Fenix O arów Mazowiecki				5:06.26	453
	50m:	33.77 33.77	150m:	1:50.32	38.48	250m:	3:09.46 39.20	350m:	4:28.36 39.34
	100m:	1:11.84 38.07	200m:	2:30.26	39.94	300m:	3:49.02 39.56	400m:	5:06.26 37.90
6.	STANISZEWSKA Maja		10	UKS G-8 Bielany Warszawa				5:11.83	430
	50m:	35.73 35.73	150m:	1:55.83	40.56	250m:	3:16.77 40.20	350m:	4:36.09 38.95
	100m:	1:15.27 39.54	200m:	2:36.57	40.74	300m:	3:57.14 40.37	400m:	5:11.83 35.74
7.	GERASIMOVA Nicole		10	MUKP Warszawianka				5:15.40	415
	50m:	33.95 33.95	150m:	1:55.34	41.13	250m:	3:18.11 41.05	350m:	4:38.17 39.41
	100m:	1:14.21 40.26	200m:	2:37.06	41.72	300m:	3:58.76 40.65	400m:	5:15.40 37.23
8.	FRANASZCZAK Zofia		10	UKS "V" Łomianki				5:16.43	411
	50m:	34.77 34.77	150m:	1:53.77	40.17	250m:	3:16.15 41.43	350m:	4:37.82 39.93
	100m:	1:13.60 38.83	200m:	2:34.72	40.95	300m:	3:57.89 41.74	400m:	5:16.43 38.61
9.	DZIEWANOWSKA Nikola		10	UKS Delfin Garwolin				5:19.28	400
	50m:	35.54 35.54	150m:	1:56.30	41.32	250m:	3:18.69 41.33	350m:	4:41.16 40.62
	100m:	1:14.98 39.44	200m:	2:37.36	41.06	300m:	4:00.54 41.85	400m:	5:19.28 38.12
10.	ZYDRO Wiktoria		10	MUKP Warszawianka				5:22.83	387
	50m:	34.68 34.68	150m:	1:54.54	40.92	250m:	3:19.11 42.35	350m:	4:42.51 42.17
	100m:	1:13.62 38.94	200m:	2:36.76	42.22	300m:	4:00.34 41.23	400m:	5:22.83 40.32



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KLUBPUNK

Konkurencja 19, Dziewcz t, 400m dowolny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.			
11.	SZOTEK Isabella		10	UKS "SMS KAPRY Pruszków"				5:28.41	368			
	50m:	36.51 36.51	150m:	1:59.27	42.35	250m:	3:25.66	43.46	350m:	4:51.34	42.08	
	100m:	1:16.92	40.41	200m:	2:42.20	42.93	300m:	4:09.26	43.60	400m:	5:28.41	37.07
12.	SZARLIK Eliza		10	UKS "SMS KAPRY Pruszków"				5:38.46	336			
	50m:	36.00 36.00	150m:	2:01.19	43.18	250m:	3:28.32	43.52	350m:	4:57.00	44.09	
	100m:	1:18.01	42.01	200m:	2:44.80	43.61	300m:	4:12.91	44.59	400m:	5:38.46	41.46
13.	KOPE Wiktoria		10	UKS "SMS KAPRY Pruszków"				5:49.22	306			
	50m:	40.15 40.15	150m:	2:08.23	44.26	250m:	3:38.48	45.36	350m:	5:09.46	44.96	
	100m:	1:23.97	43.82	200m:	2:53.12	44.89	300m:	4:24.50	46.02	400m:	5:49.22	39.76
14.	ANDRUSZKIEWICZ Zuzanna		10	Uks „Pingwiny"				5:49.36	305			
	50m:	39.64 39.64	150m:	2:08.60	44.63	250m:	3:38.77	44.51	350m:	5:08.58	43.92	
	100m:	1:23.97	44.33	200m:	2:54.26	45.66	300m:	4:24.66	45.89	400m:	5:49.36	40.78

15 - 16 lat

1.	RESZKO Lena		09	UKP Polonia Warszawa				4:32.32	645			
	50m:	31.03 31.03	150m:	1:40.16	34.93	250m:	2:50.09	34.71	350m:	3:59.22	34.22	
	100m:	1:05.23	34.20	200m:	2:15.38	35.22	300m:	3:25.00	34.91	400m:	4:32.32	33.10
2.	MICHALUK Wiktoria		08	UKP Polonia Warszawa				4:50.60	531			
	50m:	32.40 32.40	150m:	1:44.91	36.61	250m:	2:59.19	37.32	350m:	4:14.56	37.82	
	100m:	1:08.30	35.90	200m:	2:21.87	36.96	300m:	3:36.74	37.55	400m:	4:50.60	36.04
3.	SKORYKOW Lena		08	MUKP Warszawianka				4:51.56	526			
	50m:	33.70 33.70	150m:	1:47.31	36.77	250m:	3:01.30	36.61	350m:	4:15.31	36.45	
	100m:	1:10.54	36.84	200m:	2:24.69	37.38	300m:	3:38.86	37.56	400m:	4:51.56	36.25
4.	TOMASZEWSKA Maria		08	UKS "Olimp" Gorzów Wlkp.				4:51.76	525			
	50m:	32.46 32.46	150m:	1:47.04	37.91	250m:	3:02.55	37.80	350m:	4:17.13	37.13	
	100m:	1:09.13	36.67	200m:	2:24.75	37.71	300m:	3:40.00	37.45	400m:	4:51.76	34.63
5.	BARAN Agata		08	UKP Polonia Warszawa				4:52.63	520			
	50m:	34.13 34.13	150m:	1:47.84	36.63	250m:	3:01.66	36.57	350m:	4:16.29	36.96	
	100m:	1:11.21	37.08	200m:	2:25.09	37.25	300m:	3:39.33	37.67	400m:	4:52.63	36.34
6.	KIEŁKIEWICZ Małgorzata		08	UKS "V" Łomianki				5:29.34	365			
	50m:	36.56 36.56	150m:	2:01.72	42.77	250m:	3:27.75	42.74	350m:	4:51.64	41.32	
	100m:	1:18.95	42.39	200m:	2:45.01	43.29	300m:	4:10.32	42.57	400m:	5:29.34	37.70
7.	ZIELI SKA Alicja		08	UKS "SMS KAPRY Pruszków"				6:07.04	263			
	50m:	38.37 38.37	150m:	2:10.56	47.63	250m:	3:47.48	47.98	350m:	5:23.12	47.15	
	100m:	1:22.93	44.56	200m:	2:59.50	48.94	300m:	4:35.97	48.49	400m:	6:07.04	43.92
PK	CZUBAK Maria		06	IKS Konstancin				4:29.69	664			
	50m:	30.21 30.21	150m:	1:37.52	34.10	250m:	2:46.53	34.55	350m:	3:56.07	34.89	
	100m:	1:03.42	33.21	200m:	2:11.98	34.46	300m:	3:21.18	34.65	400m:	4:29.69	33.62
PK	HERBREDEK Gabriela		03	UKS Gim 92 Ursynow				4:32.49	644			
	50m:	31.65 31.65	150m:	1:40.54	35.02	250m:	2:50.32	34.87	350m:	4:00.10	34.66	
	100m:	1:05.52	33.87	200m:	2:15.45	34.91	300m:	3:25.44	35.12	400m:	4:32.49	32.39
PK	MICHALSKA Pola		07	MUKP Warszawianka				5:08.06	446			
	50m:	34.11 34.11	150m:	1:51.92	39.35	250m:	3:11.54	39.60	350m:	4:30.34	39.37	
	100m:	1:12.57	38.46	200m:	2:31.94	40.02	300m:	3:50.97	39.43	400m:	5:08.06	37.72



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OTWARTE LETNIE MISTRZOSTWA WARSZAWY Warszawa, 7. - 8.6.2024

Konkurencja 19, Dziewcz t, 400m dowolny

Pozycja			Rok ur.					Czas	Pkt.		
PK	KORNACKA Kesja		06	MUKP Warszawianka				5:10.85	434		
	50m:	34.08 34.08	150m:	1:53.14	40.36	250m:	3:12.84	39.83	350m:	4:32.31	39.80
	100m:	1:12.78 38.70	200m:	2:33.01	39.87	300m:	3:52.51	39.67	400m:	5:10.85	38.54