



SWIM BIOSIS



Norco



Warszawa

OTWARTE LETNIE MISTRZOSTWA WARSZAWY
Warszawa, 7. - 8.6.2024

KLUBBEN.pl

Konkurencja 30
08.06.2024 - 11:59

Dziewcz t, 400m zmienny

11 - 16 lat
Wyniki

Punkty: FINA 2024

| Pozycja | | | Rok ur. | | | | | Czas | Pkt. | | | |
|-------------|-----------------------|---------|---------|------------------------------|---------|-------|-------|----------------|---------|-------|---------|-------|
| 12 lat | | | | | | | | | | | | |
| 1. | GOŁDA Hanna | | 12 | UKS H2O Warszawa | | | | 6:34.17 | 306 | | | |
| | 50m: | 41.83 | 41.83 | 150m: | 2:28.16 | 52.21 | 250m: | 4:10.06 | 52.48 | 350m: | 5:53.00 | 48.45 |
| | 100m: | 1:35.95 | 54.12 | 200m: | 3:17.58 | 49.42 | 300m: | 5:04.55 | 54.49 | 400m: | 6:34.17 | 41.17 |
| 13 lat | | | | | | | | | | | | |
| 1. | DANCIK Laura | | 11 | UKS „Nowy Klub Pływacki” | | | | 5:39.25 | 481 | | | |
| | 50m: | 37.27 | 37.27 | 150m: | 2:06.70 | 43.78 | 250m: | 3:35.18 | 45.99 | 350m: | 5:01.21 | 39.71 |
| | 100m: | 1:22.92 | 45.65 | 200m: | 2:49.19 | 42.49 | 300m: | 4:21.50 | 46.32 | 400m: | 5:39.25 | 38.04 |
| 14 lat | | | | | | | | | | | | |
| 1. | NIZIO Kamila | | 10 | UKS Gim 92 Ursynow | | | | 5:23.83 | 553 | | | |
| | 50m: | 34.55 | 34.55 | 150m: | 1:58.90 | 43.91 | 250m: | 3:26.62 | 45.96 | 350m: | 4:49.61 | 37.20 |
| | 100m: | 1:14.99 | 40.44 | 200m: | 2:40.66 | 41.76 | 300m: | 4:12.41 | 45.79 | 400m: | 5:23.83 | 34.22 |
| 2. | LISOWSKA Zofia | | 10 | IKS Konstancin | | | | 5:32.68 | 510 | | | |
| | 50m: | 34.89 | 34.89 | 150m: | 1:59.28 | 43.04 | 250m: | 3:28.60 | 47.93 | 350m: | 4:56.33 | 39.46 |
| | 100m: | 1:16.24 | 41.35 | 200m: | 2:40.67 | 41.39 | 300m: | 4:16.87 | 48.27 | 400m: | 5:32.68 | 36.35 |
| 3. | SZUSTAK Lena | | 10 | KS Barakuda Mi sk Mazowiecki | | | | 5:57.11 | 412 | | | |
| | 50m: | 38.63 | 38.63 | 150m: | 2:07.81 | 44.75 | 250m: | 3:45.70 | 53.21 | 350m: | 5:18.45 | 39.93 |
| | 100m: | 1:23.06 | 44.43 | 200m: | 2:52.49 | 44.68 | 300m: | 4:38.52 | 52.82 | 400m: | 5:57.11 | 38.66 |
| 4. | POLSAKOVA Nina | | 10 | IUKS „Muszelka” Warszawa | | | | 6:01.00 | 399 | | | |
| | 50m: | 37.74 | 37.74 | 150m: | 2:08.91 | 46.51 | 250m: | 3:45.13 | 50.88 | 350m: | 5:19.52 | 42.44 |
| | 100m: | 1:22.40 | 44.66 | 200m: | 2:54.25 | 45.34 | 300m: | 4:37.08 | 51.95 | 400m: | 6:01.00 | 41.48 |
| 5. | DZIEWANOWSKA Nikola | | 10 | UKS Delfin Garwolin | | | | 6:08.98 | 374 | | | |
| | 50m: | 39.57 | 39.57 | 150m: | 2:15.17 | 49.66 | 250m: | 3:56.10 | 52.43 | 350m: | 5:29.97 | 40.49 |
| | 100m: | 1:25.51 | 45.94 | 200m: | 3:03.67 | 48.50 | 300m: | 4:49.48 | 53.38 | 400m: | 6:08.98 | 39.01 |
| 6. | SZOTEK Isabella | | 10 | UKS "SMS KAPRY Pruszków" | | | | 6:26.88 | 324 | | | |
| | 50m: | 40.99 | 40.99 | 150m: | 2:22.43 | 48.59 | 250m: | 4:06.47 | 57.02 | 350m: | 5:48.11 | 44.93 |
| | 100m: | 1:33.84 | 52.85 | 200m: | 3:09.45 | 47.02 | 300m: | 5:03.18 | 56.71 | 400m: | 6:26.88 | 38.77 |
| 7. | KOPE Wiktoria | | 10 | UKS "SMS KAPRY Pruszków" | | | | 6:54.63 | 263 | | | |
| | 50m: | 43.94 | 43.94 | 150m: | 2:29.23 | 52.48 | 250m: | 4:23.27 | 1:03.13 | 350m: | 6:12.70 | 44.88 |
| | 100m: | 1:36.75 | 52.81 | 200m: | 3:20.14 | 50.91 | 300m: | 5:27.82 | 1:04.55 | 400m: | 6:54.63 | 41.93 |
| 15 - 16 lat | | | | | | | | | | | | |
| 1. | KUCZMAR Aleksandra | | 09 | UKP Polonia Warszawa | | | | 5:18.13 | 583 | | | |
| | 50m: | 34.32 | 34.32 | 150m: | 1:55.08 | 40.50 | 250m: | 3:21.65 | 47.20 | 350m: | 4:43.88 | 34.68 |
| | 100m: | 1:14.58 | 40.26 | 200m: | 2:34.45 | 39.37 | 300m: | 4:09.20 | 47.55 | 400m: | 5:18.13 | 34.25 |
| 2. | ROMANOWSKA Aleksandra | | 09 | UKS Gim 92 Ursynow | | | | 5:20.08 | 573 | | | |
| | 50m: | 35.91 | 35.91 | 150m: | 1:58.72 | 40.53 | 250m: | 3:21.12 | 43.04 | 350m: | 4:44.28 | 36.56 |
| | 100m: | 1:18.19 | 42.28 | 200m: | 2:38.08 | 39.36 | 300m: | 4:07.72 | 46.60 | 400m: | 5:20.08 | 35.80 |



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OTWARTE LETNIE MISTRZOSTWA WARSZAWY

Warszawa, 7. - 8.6.2024

Konkurencja 30, Dziewcz t, 400m zmienny, 15 - 16 lat

| Pozycja | | | Rok ur. | | | | | Czas | Pkt. | | |
|---------|-----------------------|---------------|---------|------------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 3. | KIJEWSKA Wiktoria | | 08 | UKP Polonia Warszawa | | | | 5:27.83 | 533 | | |
| | 50m: | 33.36 33.36 | 150m: | 1:54.40 | 41.32 | 250m: | 3:22.77 | 47.45 | 350m: | 4:49.80 | 38.39 |
| | 100m: | 1:13.08 39.72 | 200m: | 2:35.32 | 40.92 | 300m: | 4:11.41 | 48.64 | 400m: | 5:27.83 | 38.03 |
| 4. | ORNOWSKA Zuzanna | | 08 | UKP Polonia Warszawa | | | | 5:36.10 | 494 | | |
| | 50m: | 35.57 35.57 | 150m: | 2:03.82 | 45.29 | 250m: | 3:34.03 | 47.42 | 350m: | 4:59.65 | 37.49 |
| | 100m: | 1:18.53 42.96 | 200m: | 2:46.61 | 42.79 | 300m: | 4:22.16 | 48.13 | 400m: | 5:36.10 | 36.45 |
| 5. | LIPKOWSKA Paulina | | 09 | UKP Polonia Warszawa | | | | 5:53.22 | 426 | | |
| | 50m: | 36.74 36.74 | 150m: | 2:08.28 | 46.61 | 250m: | 3:44.23 | 51.05 | 350m: | 5:15.04 | 39.60 |
| | 100m: | 1:21.67 44.93 | 200m: | 2:53.18 | 44.90 | 300m: | 4:35.44 | 51.21 | 400m: | 5:53.22 | 38.18 |
| 6. | WINDERICKX Franciszka | | 09 | KS Barakuda Mi sk Mazowiecki | | | | 6:18.19 | 347 | | |
| | 50m: | 40.57 40.57 | 150m: | 2:20.51 | 48.59 | 250m: | 3:58.64 | 50.79 | 350m: | 5:35.61 | 44.26 |
| | 100m: | 1:31.92 51.35 | 200m: | 3:07.85 | 47.34 | 300m: | 4:51.35 | 52.71 | 400m: | 6:18.19 | 42.58 |
| 7. | ZIELI SKA Alicja | | 08 | UKS "SMS KAPRY Pruszków" | | | | 7:22.50 | 216 | | |
| | 50m: | 43.45 43.45 | 150m: | 2:39.46 | 56.89 | 250m: | 4:34.22 | 1:00.11 | 350m: | 6:32.87 | 54.34 |
| | 100m: | 1:42.57 59.12 | 200m: | 3:34.11 | 54.65 | 300m: | 5:38.53 | 1:04.31 | 400m: | 7:22.50 | 49.63 |
| PK | HERBREder Gabriela | | 03 | UKS Gim 92 Ursynow | | | | 5:13.11 | 612 | | |
| | 50m: | 33.63 33.63 | 150m: | 1:55.68 | 42.55 | 250m: | 3:18.99 | 43.45 | 350m: | 4:38.73 | 37.41 |
| | 100m: | 1:13.13 39.50 | 200m: | 2:35.54 | 39.86 | 300m: | 4:01.32 | 42.33 | 400m: | 5:13.11 | 34.38 |
| PK | CZUBAK Maria | | 06 | IKS Konstancin | | | | 5:14.12 | 606 | | |
| | 50m: | 32.29 32.29 | 150m: | 1:50.55 | 40.78 | 250m: | 3:17.07 | 47.53 | 350m: | 4:39.15 | 35.83 |
| | 100m: | 1:09.77 37.48 | 200m: | 2:29.54 | 38.99 | 300m: | 4:03.32 | 46.25 | 400m: | 5:14.12 | 34.97 |