

Mistrzostwa Zachodniopomorskiego Okręgowego Związku Pływackiego Szczecin
Szczecin, 2-12-2022

Konkurencja 15
2022-12-02 - 13:55

Dziewcząt, 400m dowolny

12 - 13 lat
Wyniki

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.		
13 lat											
1.	LESZCZEWSKA Lena		09	MKP Szczecin				4:49.06	529		
	50m:	32.65 32.65	150m:	1:46.99	38.01	250m:	3:00.85	36.11	350m:	4:14.62	36.34
	100m:	1:08.98 36.33	200m:	2:24.74	37.75	300m:	3:38.28	37.43	400m:	4:49.06	34.44
2.	POŁĘ Oliwia		09	MKS CKS-SMS Szczecin				4:58.49	481		
	50m:	32.51 32.51	150m:	1:46.71	38.00	250m:	3:05.21	39.60	350m:	4:22.42	38.50
	100m:	1:08.71 36.20	200m:	2:25.61	38.90	300m:	3:43.92	38.71	400m:	4:58.49	36.07
3.	ORŁOWSKA Celina		09	MKS Neptun Stargard				5:05.38	449		
	50m:	33.29 33.29	150m:	1:48.93	38.36	250m:	3:06.60	38.80	350m:	4:26.32	40.00
	100m:	1:10.57 37.28	200m:	2:27.80	38.87	300m:	3:46.32	39.72	400m:	5:05.38	39.06
4.	WOJCIECHOWSKA Zofia		09	MKS CKS-SMS Szczecin				5:15.41	407		
	50m:	34.35 34.35	150m:	1:54.16	40.67	250m:	3:17.03	41.50	350m:	4:37.48	41.04
	100m:	1:13.49 39.14	200m:	2:35.53	41.37	300m:	3:56.44	39.41	400m:	5:15.41	37.93
5.	NICIEJEWSKA Hanna		09	MKP Szczecin				5:23.98	376		
	50m:	35.44 35.44	150m:	1:55.82	40.84	250m:	3:18.74	41.48	350m:	4:42.69	41.86
	100m:	1:14.98 39.54	200m:	2:37.26	41.44	300m:	4:00.83	42.09	400m:	5:23.98	41.29
12 lat											
1.	DUDA Natalia		10	MKP Szczecin				4:41.00	576		
	50m:	30.50 30.50	150m:	1:39.86	35.26	250m:	2:51.99	35.79	350m:	4:04.36	35.68
	100m:	1:04.60 34.10	200m:	2:16.20	36.34	300m:	3:28.68	36.69	400m:	4:41.00	36.64
2.	KOSTECKA Emilia		10	MKS Neptun Stargard				5:25.12	372		
	50m:	34.90 34.90	150m:	1:54.63	40.81	250m:	3:17.96	41.97	350m:	4:43.90	43.46
	100m:	1:13.82 38.92	200m:	2:35.99	41.36	300m:	4:00.44	42.48	400m:	5:25.12	41.22
3.	WITKIEWICZ Lena		10	MKS Znicz Koszalin				5:26.47	367		
	50m:	34.82 34.82	150m:	1:56.27	41.59	250m:	3:21.12	42.26	350m:	4:46.50	42.55
	100m:	1:14.68 39.86	200m:	2:38.86	42.59	300m:	4:03.95	42.83	400m:	5:26.47	39.97
4.	BARTYZEL Nadia		10	MKP Kołobrzeg				5:30.54	354		
	50m:	36.52 36.52	150m:	2:00.76	42.79	250m:	3:27.22	43.32	350m:	4:51.58	40.96
	100m:	1:17.97 41.45	200m:	2:43.90	43.14	300m:	4:10.62	43.40	400m:	5:30.54	38.96
5.	KRUK Hanna		10	UKP „Marlin”				5:31.82	350		
	50m:	35.99 35.99	150m:	1:58.20	41.74	250m:	3:23.72	42.97	350m:	4:50.14	43.02
	100m:	1:16.46 40.47	200m:	2:40.75	42.55	300m:	4:07.12	43.40	400m:	5:31.82	41.68
6.	KAMIŃSKA Aleksandra		10	MKS CKS-SMS Szczecin				5:36.37	336		
	50m:	37.94 37.94	150m:	2:03.64	43.57	250m:	3:29.11	42.44	350m:	4:53.99	41.65
	100m:	1:20.07 42.13	200m:	2:46.67	43.03	300m:	4:12.34	43.23	400m:	5:36.37	42.38
7.	MURKOW Lilianna		10	MKS CKS-SMS Szczecin				5:36.61	335		
	50m:	36.94 36.94	150m:	2:02.75	43.46	250m:	3:29.14	43.32	350m:	4:55.84	43.47
	100m:	1:19.29 42.35	200m:	2:45.82	43.07	300m:	4:12.37	43.23	400m:	5:36.61	40.77
8.	CIESIELSKA Jagoda		10	MKP Szczecin				5:41.12	322		
	50m:	36.77 36.77	150m:	2:02.12	43.33	250m:	3:30.39	44.54	350m:	4:58.99	43.83
	100m:	1:18.79 42.02	200m:	2:45.85	43.73	300m:	4:15.16	44.77	400m:	5:41.12	42.13
9.	DUK Paula		10	MKP Szczecin				5:50.58	297		
	50m:	37.82 37.82	150m:	2:06.68	44.57	250m:			350m:	5:10.48	46.15
	100m:	1:22.11 44.29	200m:	2:52.45	45.77	300m:	4:24.33		400m:	5:50.58	40.10
10.	JAKUBCZAK Małgorzata		10	MKS Neptun Stargard				5:54.68	286		
	50m:	38.54 38.54	150m:	2:06.48	44.87	250m:	3:38.12	46.09	350m:	5:10.87	46.05
	100m:	1:21.61 43.07	200m:	2:52.03	45.55	300m:	4:24.82	46.70	400m:	5:54.68	43.81
11.	PILIPCZAK Syndia		10	MKS Neptun Stargard				6:04.23	264		
	50m:	40.31 40.31	150m:	2:12.88	47.36	250m:	3:48.80	48.74	350m:	5:23.29	47.08
	100m:	1:25.52 45.21	200m:	3:00.06	47.18	300m:	4:36.21	47.41	400m:	6:04.23	40.94

Mistrzostwa Zachodniopomorskiego Okręgowego Związku Pływackiego Szczecin
Szczecin, 2-12-2022

Konkurencja 15, Dziewcząt, 400m dowolny, 12 lat

Pozycja	Rok ur.						Czas	Pkt.			
12. ZAJLER Amelia	10 MKP Kołobrzeg						6:08.82	255			
50m:	39.55	39.55	150m:	2:11.27	46.70	250m:	3:48.27	48.41	350m:	5:23.50	46.98
100m:	1:24.57	45.02	200m:	2:59.86	48.59	300m:	4:36.52	48.25	400m:	6:08.82	45.32
13. ŁUKASZUK Nela	10 MKS Neptun Stargard						6:19.17	234			
50m:	41.73	41.73	150m:	2:16.63	48.53	250m:	3:53.75	48.57	350m:	5:32.01	49.03
100m:	1:28.10	46.37	200m:	3:05.18	48.55	300m:	4:42.98	49.23	400m:	6:19.17	47.16
14. NAZIEMIEC Katarzyna	10 MKP Szczecin						7:04.16	167			
50m:	42.88	42.88	150m:	2:23.44	53.48	250m:	4:16.09	57.42	350m:	6:07.97	54.76
100m:	1:29.96	47.08	200m:	3:18.67	55.23	300m:	5:13.21	57.12	400m:	7:04.16	56.19