

Otwarte Mistrzostwa Okręgu Łódzkiego 2021
 Łódź, 20. - 21.3.2021

Konkurencja 33
 21.03.2021 - 15:23

Kobiet, 400m dowolny

Open
 Wyniki

Punkty: FINA 2018

Pozycja	Rok ur.	Z czas	Pkt.	100m	200m	300m	400m	
14 lat								
1.	W grzycka Małgorzata 07	MKS Trójka Łód	4:58.15	498	1:09.91	1:16.37	1:17.60	1:14.27
	50m: 32.73	32.73	150m: 1:47.65	37.74	250m: 3:04.97	38.69	350m: 4:21.39	37.51
	100m: 1:09.91	37.18	200m: 2:26.28	38.63	300m: 3:43.88	38.91	400m: 4:58.15	36.76
2.	Rutkowska Aneta 07	UKS SP-149 Łód	5:05.63	463	1:12.31	1:17.75	1:18.13	1:17.44
	50m: 34.34	34.34	150m: 1:51.05	38.74	250m: 3:09.05	38.99	350m: 4:27.09	38.90
	100m: 1:12.31	37.97	200m: 2:30.06	39.01	300m: 3:48.19	39.14	400m: 5:05.63	38.54
3.	Trafalska Zuzanna 07	TP Olimpijczyk Aleksandrów	5:07.58	454	1:09.82	1:18.22	1:20.46	1:19.08
	50m: 33.10	33.10	150m: 1:48.14	38.32	250m: 3:08.61	40.57	350m: 4:28.84	40.34
	100m: 1:09.82	36.72	200m: 2:28.04	39.90	300m: 3:48.50	39.89	400m: 5:07.58	38.74
4.	Gadzalska Maja 07	Sekcja Pływacka Meduza P	5:19.54	405	1:14.57	1:21.25	1:23.28	1:20.44
	50m: 35.40	35.40	150m: 1:54.89	40.32	250m: 3:17.38	41.56	350m: 4:41.19	42.09
	100m: 1:14.57	39.17	200m: 2:35.82	40.93	300m: 3:59.10	41.72	400m: 5:19.54	38.35

15 lat

1.	Mikuła Natalia 06	TP Olimpijczyk Aleksandrów	4:47.56	556	1:08.69	1:13.51	1:15.20	1:10.16
	50m: 32.78	32.78	150m: 1:45.16	36.47	250m: 3:00.07	37.87	350m: 4:13.54	36.14
	100m: 1:08.69	35.91	200m: 2:22.20	37.04	300m: 3:37.40	37.33	400m: 4:47.56	34.02
2.	Gomułka Weronika 06	UKS 190 Łód	4:52.83	526	1:10.75	1:15.18	1:15.47	1:11.43
	50m: 33.37	33.37	150m: 1:48.43	37.68	250m: 3:03.61	37.68	350m: 4:17.96	36.56
	100m: 1:10.75	37.38	200m: 2:25.93	37.50	300m: 3:41.40	37.79	400m: 4:52.83	34.87
3.	Lipowska Nadia 06	UKS Nawa Skierniewice	4:53.21	524	1:09.20	1:13.61	1:16.29	1:14.11
	50m:		150m:		250m: 3:01.15	38.34	350m: 4:17.64	38.54
	100m: 1:09.20		200m: 2:22.81		300m: 3:39.10	37.95	400m: 4:53.21	35.57
4.	Furmańska Julia 06	UKS Nawa Skierniewice	5:02.25	478	1:12.86	1:17.67	1:17.21	1:14.51
	50m: 35.04	35.04	150m: 1:51.70	38.84	250m: 3:09.25	38.72	350m: 4:25.94	38.20
	100m: 1:12.86	37.82	200m: 2:30.53	38.83	300m: 3:47.74	38.49	400m: 5:02.25	36.31
5.	Dudek Paulina 06	UKS Nawa Skierniewice	5:06.50	459	1:14.18	1:17.95	1:17.69	1:16.68
	50m: 35.11	35.11	150m: 1:52.87	38.69	250m: 3:11.33	39.20	350m: 4:28.78	38.96
	100m: 1:14.18	39.07	200m: 2:32.13	39.26	300m: 3:49.82	38.49	400m: 5:06.50	37.72
6.	Furmaniak Oliwia 06	MKS Trójka Łód	5:11.97	435	1:15.30	1:18.97	1:19.88	1:17.82
	50m: 36.47	36.47	150m: 1:55.25	39.95	250m: 3:13.53	39.26	350m: 4:33.87	39.72
	100m: 1:15.30	38.83	200m: 2:34.27	39.02	300m: 3:54.15	40.62	400m: 5:11.97	38.10
7.	Rutkowska Michalina 06	UKS Nawa Skierniewice	5:14.62	424	1:13.88	1:20.40	1:21.47	1:18.87
	50m: 35.54	35.54	150m: 1:53.93	40.05	250m: 3:14.96	40.68	350m: 4:35.40	39.65
	100m: 1:13.88	38.34	200m: 2:34.28	40.35	300m: 3:55.75	40.79	400m: 5:14.62	39.22

16 lat

1.	Kossowska Julita 05	UKS 190 Łód	4:45.84	566	1:07.04	1:12.88	1:13.95	1:11.97
	50m: 31.99	31.99	150m: 1:43.28	36.24	250m: 2:56.69	36.77	350m: 4:10.31	36.44
	100m: 1:07.04	35.05	200m: 2:19.92	36.64	300m: 3:33.87	37.18	400m: 4:45.84	35.53
2.	Kieruzel Martyna 05	UKS 190 Łód	4:59.91	490	1:13.18	1:18.10	1:15.90	1:12.73
	50m: 34.87	34.87	150m: 1:52.65	39.47	250m: 3:09.31	38.03	350m: 4:24.60	37.42
	100m: 1:13.18	38.31	200m: 2:31.28	38.63	300m: 3:47.18	37.87	400m: 4:59.91	35.31
3.	Jawor Sandra 05	MKS Trójka Łód	5:17.53	412	1:14.96	1:20.83	1:21.32	1:20.42
	50m: 35.38	35.38	150m: 1:54.97	40.01	250m: 3:16.37	40.58	350m: 4:37.69	40.58
	100m: 1:14.96	39.58	200m: 2:35.79	40.82	300m: 3:57.11	40.74	400m: 5:17.53	39.84

Open

1.	Wrzesińska Wiktoria 04	UKS 190 Łód	4:30.70	666	1:05.55	1:08.51	1:09.12	1:07.52
	50m: 31.40	31.40	150m: 1:39.63	34.08	250m: 2:48.36	34.30	350m: 3:57.17	33.99
	100m: 1:05.55	34.15	200m: 2:14.06	34.43	300m: 3:23.18	34.82	400m: 4:30.70	33.53
2.	Szłucka Katarzyna 02	UKS 190 Łód	4:31.21	662	1:05.40	1:09.32	1:09.80	1:06.69
	50m: 31.03	31.03	150m: 1:40.00	34.60	250m: 2:49.59	34.87	350m: 3:59.02	34.50
	100m: 1:05.40	34.37	200m: 2:14.72	34.72	300m: 3:24.52	34.93	400m: 4:31.21	32.19

Otwarte Mistrzostwa Okręgu Łódzkiego 2021
 Łódź, 20. - 21.3.2021

Konkurencja 33, Kobiety, 400m dowolny, Open

Pozycja	Rok	ur.	Czas			Pkt.	100m	200m	300m	400m	
3. Maciak Julia	06	IUKS „Muszelka” Warszawa	4:37.63	617		1:06.83	1:10.47	1:10.97	1:09.36		
50m:	31.83	31.83	150m:	1:42.03	35.20	250m:	2:52.69	35.39	350m:	4:03.25	34.98
100m:	1:06.83	35.00	200m:	2:17.30	35.27	300m:	3:28.27	35.58	400m:	4:37.63	34.38
4. Maciejewska Beata	03	UKS SP-149 Łódź	4:42.10	588		1:07.72	1:12.39	1:11.98	1:10.01		
50m:	32.40	32.40	150m:	1:43.96	36.24	250m:	2:56.16	36.05	350m:	4:07.57	35.48
100m:	1:07.72	35.32	200m:	2:20.11	36.15	300m:	3:32.09	35.93	400m:	4:42.10	34.53
5. Kossowska Julita	05	UKS 190 Łódź	4:45.84	566		1:07.04	1:12.88	1:13.95	1:11.97		
50m:	31.99	31.99	150m:	1:43.28	36.24	250m:	2:56.69	36.77	350m:	4:10.31	36.44
100m:	1:07.04	35.05	200m:	2:19.92	36.64	300m:	3:33.87	37.18	400m:	4:45.84	35.53
6. Zajczkowska Ewa	04	MKS Trójka Łódź	4:47.08	558		1:08.95	1:13.11	1:14.02	1:11.00		
50m:	32.80	32.80	150m:	1:45.69	36.74	250m:	2:58.84	36.78	350m:	4:12.93	36.85
100m:	1:08.95	36.15	200m:	2:22.06	36.37	300m:	3:36.08	37.24	400m:	4:47.08	34.15
7. Miłkowska Natalia	06	TP Olimpijczyk Aleksandrów	4:47.56	556		1:08.69	1:13.51	1:15.20	1:10.16		
50m:	32.78	32.78	150m:	1:45.16	36.47	250m:	3:00.07	37.87	350m:	4:13.54	36.14
100m:	1:08.69	35.91	200m:	2:22.20	37.04	300m:	3:37.40	37.33	400m:	4:47.56	34.02
8. Bednarek Aleksandra	98	MKS Jedynka Łódź	4:49.43	545		1:08.76	1:13.30	1:14.28	1:13.09		
50m:	33.04	33.04	150m:	1:45.36	36.60	250m:	2:58.98	36.92	350m:	4:13.58	37.24
100m:	1:08.76	35.72	200m:	2:22.06	36.70	300m:	3:36.34	37.36	400m:	4:49.43	35.85
9. Gomułka Weronika	06	UKS 190 Łódź	4:52.83	526		1:10.75	1:15.18	1:15.47	1:11.43		
50m:	33.37	33.37	150m:	1:48.43	37.68	250m:	3:03.61	37.68	350m:	4:17.96	36.56
100m:	1:10.75	37.38	200m:	2:25.93	37.50	300m:	3:41.40	37.79	400m:	4:52.83	34.87
10. Lipowska Nadia	06	UKS Nawa Skierniewice	4:53.21	524		1:09.20	1:13.61	1:16.29	1:14.11		
50m:			150m:			250m:	3:01.15	38.34	350m:	4:17.64	38.54
100m:	1:09.20		200m:	2:22.81		300m:	3:39.10	37.95	400m:	4:53.21	35.57
11. Wgrzycka Małgorzata	07	MKS Trójka Łódź	4:58.15	498		1:09.91	1:16.37	1:17.60	1:14.27		
50m:	32.73	32.73	150m:	1:47.65	37.74	250m:	3:04.97	38.69	350m:	4:21.39	37.51
100m:	1:09.91	37.18	200m:	2:26.28	38.63	300m:	3:43.88	38.91	400m:	4:58.15	36.76
12. Kieruzel Martyna	05	UKS 190 Łódź	4:59.91	490		1:13.18	1:18.10	1:15.90	1:12.73		
50m:	34.87	34.87	150m:	1:52.65	39.47	250m:	3:09.31	38.03	350m:	4:24.60	37.42
100m:	1:13.18	38.31	200m:	2:31.28	38.63	300m:	3:47.18	37.87	400m:	4:59.91	35.31
13. Wodecka Roksana	03	UKS 190 Łódź	5:00.89	485		1:11.53	1:16.83	1:17.00	1:15.53		
50m:	33.92	33.92	150m:	1:49.66	38.13	250m:	3:06.76	38.40	350m:	4:23.58	38.22
100m:	1:11.53	37.61	200m:	2:28.36	38.70	300m:	3:45.36	38.60	400m:	5:00.89	37.31
14. Furmaszka Julia	06	UKS Nawa Skierniewice	5:02.25	478		1:12.86	1:17.67	1:17.21	1:14.51		
50m:	35.04	35.04	150m:	1:51.70	38.84	250m:	3:09.25	38.72	350m:	4:25.94	38.20
100m:	1:12.86	37.82	200m:	2:30.53	38.83	300m:	3:47.74	38.49	400m:	5:02.25	36.31
15. Rutkowska Aneta	07	UKS SP-149 Łódź	5:05.63	463		1:12.31	1:17.75	1:18.13	1:17.44		
50m:	34.34	34.34	150m:	1:51.05	38.74	250m:	3:09.05	38.99	350m:	4:27.09	38.90
100m:	1:12.31	37.97	200m:	2:30.06	39.01	300m:	3:48.19	39.14	400m:	5:05.63	38.54
16. Dudek Paulina	06	UKS Nawa Skierniewice	5:06.50	459		1:14.18	1:17.95	1:17.69	1:16.68		
50m:	35.11	35.11	150m:	1:52.87	38.69	250m:	3:11.33	39.20	350m:	4:28.78	38.96
100m:	1:14.18	39.07	200m:	2:32.13	39.26	300m:	3:49.82	38.49	400m:	5:06.50	37.72
17. Trafalska Zuzanna	07	TP Olimpijczyk Aleksandrów	5:07.58	454		1:09.82	1:18.22	1:20.46	1:19.08		
50m:	33.10	33.10	150m:	1:48.14	38.32	250m:	3:08.61	40.57	350m:	4:28.84	40.34
100m:	1:09.82	36.72	200m:	2:28.04	39.90	300m:	3:48.50	39.89	400m:	5:07.58	38.74
18. Furmaniak Oliwia	06	MKS Trójka Łódź	5:11.97	435		1:15.30	1:18.97	1:19.88	1:17.82		
50m:	36.47	36.47	150m:	1:55.25	39.95	250m:	3:13.53	39.26	350m:	4:33.87	39.72
100m:	1:15.30	38.83	200m:	2:34.27	39.02	300m:	3:54.15	40.62	400m:	5:11.97	38.10
19. Rutkowska Michalina	06	UKS Nawa Skierniewice	5:14.62	424		1:13.88	1:20.40	1:21.47	1:18.87		
50m:	35.54	35.54	150m:	1:53.93	40.05	250m:	3:14.96	40.68	350m:	4:35.40	39.65
100m:	1:13.88	38.34	200m:	2:34.28	40.35	300m:	3:55.75	40.79	400m:	5:14.62	39.22
20. Jawor Sandra	05	MKS Trójka Łódź	5:17.53	412		1:14.96	1:20.83	1:21.32	1:20.42		
50m:	35.38	35.38	150m:	1:54.97	40.01	250m:	3:16.37	40.58	350m:	4:37.69	40.58
100m:	1:14.96	39.58	200m:	2:35.79	40.82	300m:	3:57.11	40.74	400m:	5:17.53	39.84
21. Gadzalska Maja	07	Sekcja Pływacka Meduza P	5:19.54	405		1:14.57	1:21.25	1:23.28	1:20.44		
50m:	35.40	35.40	150m:	1:54.89	40.32	250m:	3:17.38	41.56	350m:	4:41.19	42.09
100m:	1:14.57	39.17	200m:	2:35.82	40.93	300m:	3:59.10	41.72	400m:	5:19.54	38.35
22. Borowska Wiktoria	08	UKS Piłkarska Konstancja	5:25.18	384		1:17.14	1:23.30	1:23.84	1:20.90		
50m:			150m:			250m:			350m:		
100m:	1:17.14		200m:	2:40.44		300m:	4:04.28		400m:	5:25.18	

Otwarte Mistrzostwa Okręgu Łódzkiego 2021
Łódź, 20. - 21.3.2021

Konkurencja 33, Kobiety, 400m dowolny, Open

Pozycja	Rok ur.		Czas		Pkt.	100m	200m	300m	400m		
23. Krystek Jagoda	08	SKS 137 Delfin Łódź	5:39.91	336		1:22.55	1:27.78	1:26.72	1:22.86		
50m:	38.83	38.83	150m:	2:06.46	43.91	250m:	3:33.35	43.02	350m:	5:00.27	43.22
100m:	1:22.55	43.72	200m:	2:50.33	43.87	300m:	4:17.05	43.70	400m:	5:39.91	39.64