

Otwarte Mistrzostwa Województwa Łódzkiego 2023  
 Łódź, 5. - 6.4.2023

Konkurencja 17  
 06.04.2023 - 9:00

Kobiet, 400m dowolny

Open  
 Wyniki

Punkty: FINA 2018

Pozycja	Rok ur.	Zas	Pkt.	100m	200m	300m	400m
<b>14 lat</b>							
1.	ELASKOWSKA Wiktoria 09	MKS Trójka Łód	<b>5:01.97</b> 480	1:08.71	1:18.59	1:19.08	1:15.59
	50m: 32.64 32.64	150m: 1:46.72 38.01	250m: 3:06.96	39.66	350m: 4:25.59	39.21	
	100m: 1:08.71 36.07	200m: 2:27.30 40.58	300m: 3:46.38	39.42	400m: 5:01.97	36.38	
<b>15 lat</b>							
1.	HLUSHCHENKO Varvara 08	UKS 190 Łód	<b>4:52.19</b> 530	1:08.69	1:14.03	1:14.68	1:14.79
	50m: 32.89 32.89	150m: 1:45.86 37.17	250m: 3:00.11	37.39	350m: 4:15.44	38.04	
	100m: 1:08.69 35.80	200m: 2:22.72 36.86	300m: 3:37.40	37.29	400m: 4:52.19	36.75	
2.	BOROWSKA Wiktoria 08	UKS Pi tka Konstanyńów	<b>Ł5:04.60</b> 467	1:10.92	1:17.82	1:19.48	1:16.38
	50m: 33.71 33.71	150m: 1:49.40 38.48	250m: 3:08.50	39.76	350m: 4:27.74	39.52	
	100m: 1:10.92 37.21	200m: 2:28.74 39.34	300m: 3:48.22	39.72	400m: 5:04.60	36.86	
3.	KRYSTEK Jagoda 08	SKS 137 Delfin Łód	<b>5:05.49</b> 463	1:11.22	1:17.45	1:19.81	1:17.01
	50m: 33.95 33.95	150m: 1:49.49 38.27	250m: 3:08.52	39.85	350m: 4:28.00	39.52	
	100m: 1:11.22 37.27	200m: 2:28.67 39.18	300m: 3:48.48	39.96	400m: 5:05.49	37.49	
4.	BOGATEK Małgorzata 08	LKS „Opocznianka”	<b>5:19.25</b> 406	1:14.82	1:21.46	1:23.53	1:19.44
	50m: 35.14 35.14	150m: 1:55.30 40.48	250m: 3:17.84	41.56	350m: 4:40.72	40.91	
	100m: 1:14.82 39.68	200m: 2:36.28 40.98	300m: 3:59.81	41.97	400m: 5:19.25	38.53	
5.	NAWROCKA Natalia 08	MUKS Wodnik Łask	<b>5:21.77</b> 396	1:13.65	1:23.69	1:23.76	1:20.67
	50m: 34.41 34.41	150m: 1:55.33 41.68	250m: 3:19.27	41.93	350m: 4:42.21	41.11	
	100m: 1:13.65 39.24	200m: 2:37.34 42.01	300m: 4:01.10	41.83	400m: 5:21.77	39.56	
6.	CISZYK Hanna 08	UKS Pi tka Konstanyńów	<b>Ł5:22.79</b> 393	1:15.34	1:21.33	1:23.34	1:22.78
	50m: 36.15 36.15	150m: 1:55.60 40.26	250m: 3:18.42	41.75	350m: 4:41.10	41.09	
	100m: 1:15.34 39.19	200m: 2:36.67 41.07	300m: 4:00.01	41.59	400m: 5:22.79	41.69	
<b>16 lat</b>							
1.	TRAFALSKA Zuzanna 07	UKS 190 Łód	<b>4:46.33</b> 563	1:10.22	1:12.84	1:13.04	1:10.23
	50m: 33.38 33.38	150m: 1:46.95 36.73	250m: 2:59.40	36.34	350m: 4:11.47	35.37	
	100m: 1:10.22 36.84	200m: 2:23.06 36.11	300m: 3:36.10	36.70	400m: 4:46.33	34.86	
2.	W GRZYCKA Małgorzata 07	MKS Trójka Łód	<b>4:56.70</b> 506	1:09.32	1:15.23	1:17.27	1:14.88
	50m: 32.85 32.85	150m: 1:46.46 37.14	250m: 3:02.96	38.41	350m: 4:19.35	37.53	
	100m: 1:09.32 36.47	200m: 2:24.55 38.09	300m: 3:41.82	38.86	400m: 4:56.70	37.35	
3.	POŁE Hanna 07	MKS Trójka Łód	<b>4:58.97</b> 494	1:10.48	1:16.35	1:17.15	1:14.99
	50m: 33.72 33.72	150m: 1:48.68 38.20	250m: 3:05.18	38.35	350m: 4:22.98	39.00	
	100m: 1:10.48 36.76	200m: 2:26.83 38.15	300m: 3:43.98	38.80	400m: 4:58.97	35.99	
4.	BER Julia 07	UKS Pi tka Konstanyńów	<b>Ł5:17.22</b> 414	1:11.90	1:19.74	1:23.61	1:21.97
	50m: 34.23 34.23	150m: 1:51.33 39.43	250m: 3:13.32	41.68	350m: 4:37.00	41.75	
	100m: 1:11.90 37.67	200m: 2:31.64 40.31	300m: 3:55.25	41.93	400m: 5:17.22	40.22	
<b>Open</b>							
1.	KNOP Aleksandra 03	UKS 190 Łód	<b>4:21.91</b> 735	1:02.90	1:06.41	1:07.17	1:05.43
	50m: 30.03 30.03	150m: 1:36.32 33.42	250m: 2:42.91	33.60	350m: 3:49.35	32.87	
	100m: 1:02.90 32.87	200m: 2:09.31 32.99	300m: 3:16.48	33.57	400m: 4:21.91	32.56	
2.	PIEKARSKA Natalia 06	UKS 190 Łód	<b>4:29.45</b> 675	1:03.66	1:07.85	1:08.94	1:09.00
	50m: 30.66 30.66	150m: 1:37.46 33.80	250m: 2:45.91	34.40	350m: 3:55.43	34.98	
	100m: 1:03.66 33.00	200m: 2:11.51 34.05	300m: 3:20.45	34.54	400m: 4:29.45	34.02	
3.	WRZESI SKA Wiktoria 04	UKS 190 Łód	<b>4:31.93</b> 657	1:05.63	1:09.04	1:09.26	1:08.00
	50m: 31.62 31.62	150m: 1:40.30 34.67	250m: 2:49.43	34.76	350m: 3:58.26	34.33	
	100m: 1:05.63 34.01	200m: 2:14.67 34.37	300m: 3:23.93	34.50	400m: 4:31.93	33.67	
4.	KOSSOWSKA Julita 05	UKS 190 Łód	<b>4:37.35</b> 619	1:05.12	1:10.43	1:11.64	1:10.16
	50m: 31.10 31.10	150m: 1:40.15 35.03	250m: 2:51.24	35.69	350m: 4:02.87	35.68	
	100m: 1:05.12 34.02	200m: 2:15.55 35.40	300m: 3:27.19	35.95	400m: 4:37.35	34.48	
5.	TRAFALSKA Zuzanna 07	UKS 190 Łód	<b>4:46.33</b> 563	1:10.22	1:12.84	1:13.04	1:10.23
	50m: 33.38 33.38	150m: 1:46.95 36.73	250m: 2:59.40	36.34	350m: 4:11.47	35.37	
	100m: 1:10.22 36.84	200m: 2:23.06 36.11	300m: 3:36.10	36.70	400m: 4:46.33	34.86	

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Konkurencja 17, Kobiety, 400m dowolny, Open

Pozycja	Rok ur.		Czas		Pkt.	100m	200m	300m	400m			
6.	HLUSHCHENKO	Varvara	08	UKS 190 Łódź	<b>4:52.19</b>	530	1:08.69	1:14.03	1:14.68	1:14.79		
	50m:	32.89	32.89	150m:	1:45.86	37.17	250m:	3:00.11	37.39	350m:	4:15.44	38.04
	100m:	1:08.69	35.80	200m:	2:22.72	36.86	300m:	3:37.40	37.29	400m:	4:52.19	36.75
7.	W GRZYCKA	Małgorzata	07	MKS Trójka Łódź	<b>4:56.70</b>	506	1:09.32	1:15.23	1:17.27	1:14.88		
	50m:	32.85	32.85	150m:	1:46.46	37.14	250m:	3:02.96	38.41	350m:	4:19.35	37.53
	100m:	1:09.32	36.47	200m:	2:24.55	38.09	300m:	3:41.82	38.86	400m:	4:56.70	37.35
8.	POŁE	Hanna	07	MKS Trójka Łódź	<b>4:58.97</b>	494	1:10.48	1:16.35	1:17.15	1:14.99		
	50m:	33.72	33.72	150m:	1:48.68	38.20	250m:	3:05.18	38.35	350m:	4:22.98	39.00
	100m:	1:10.48	36.76	200m:	2:26.83	38.15	300m:	3:43.98	38.80	400m:	4:58.97	35.99
9.	ELASKOWSKA	Wiktoria	09	MKS Trójka Łódź	<b>5:01.97</b>	480	1:08.71	1:18.59	1:19.08	1:15.59		
	50m:	32.64	32.64	150m:	1:46.72	38.01	250m:	3:06.96	39.66	350m:	4:25.59	39.21
	100m:	1:08.71	36.07	200m:	2:27.30	40.58	300m:	3:46.38	39.42	400m:	5:01.97	36.38
10.	BOROWSKA	Wiktoria	08	UKS Pi tka Konstantinów	<b>5:04.60</b>	467	1:10.92	1:17.82	1:19.48	1:16.38		
	50m:	33.71	33.71	150m:	1:49.40	38.48	250m:	3:08.50	39.76	350m:	4:27.74	39.52
	100m:	1:10.92	37.21	200m:	2:28.74	39.34	300m:	3:48.22	39.72	400m:	5:04.60	36.86
11.	KRYSTEK	Jagoda	08	SKS 137 Delfin Łódź	<b>5:05.49</b>	463	1:11.22	1:17.45	1:19.81	1:17.01		
	50m:	33.95	33.95	150m:	1:49.49	38.27	250m:	3:08.52	39.85	350m:	4:28.00	39.52
	100m:	1:11.22	37.27	200m:	2:28.67	39.18	300m:	3:48.48	39.96	400m:	5:05.49	37.49
12.	SZKIŁ D	Klaudia	09	MKS Juwenia Białystok	<b>5:10.99</b>	439	1:12.24	1:20.83	1:20.63	1:17.29		
	50m:	33.91	33.91	150m:	1:51.94	39.70	250m:	3:13.06	39.99	350m:	4:33.14	39.44
	100m:	1:12.24	38.33	200m:	2:33.07	41.13	300m:	3:53.70	40.64	400m:	5:10.99	37.85
13.	BER	Julia	07	UKS Pi tka Konstantinów	<b>5:17.22</b>	414	1:11.90	1:19.74	1:23.61	1:21.97		
	50m:	34.23	34.23	150m:	1:51.33	39.43	250m:	3:13.32	41.68	350m:	4:37.00	41.75
	100m:	1:11.90	37.67	200m:	2:31.64	40.31	300m:	3:55.25	41.93	400m:	5:17.22	40.22
14.	BOGATEK	Małgorzata	08	LKS „Opocznianka”	<b>5:19.25</b>	406	1:14.82	1:21.46	1:23.53	1:19.44		
	50m:	35.14	35.14	150m:	1:55.30	40.48	250m:	3:17.84	41.56	350m:	4:40.72	40.91
	100m:	1:14.82	39.68	200m:	2:36.28	40.98	300m:	3:59.81	41.97	400m:	5:19.25	38.53
15.	NAWROCKA	Natalia	08	MUKS Wodnik Łask	<b>5:21.77</b>	396	1:13.65	1:23.69	1:23.76	1:20.67		
	50m:	34.41	34.41	150m:	1:55.33	41.68	250m:	3:19.27	41.93	350m:	4:42.21	41.11
	100m:	1:13.65	39.24	200m:	2:37.34	42.01	300m:	4:01.10	41.83	400m:	5:21.77	39.56
16.	CISZYK	Hanna	08	UKS Pi tka Konstantinów	<b>5:22.79</b>	393	1:15.34	1:21.33	1:23.34	1:22.78		
	50m:	36.15	36.15	150m:	1:55.60	40.26	250m:	3:18.42	41.75	350m:	4:41.10	41.09
	100m:	1:15.34	39.19	200m:	2:36.67	41.07	300m:	4:00.01	41.59	400m:	5:22.79	41.69