

Liga Dzieci i Młodzików Runda II Sezon 2023/2024
Łódź , 19.1.2024

Konkurencja 5
19.01.2024 - 9:10

Dziewcz t, 400m dowolny

12 - 13 lat
Wyniki

Punkty: FINA 2023

Pozycja	Rok ur.	Czas	Pkt.
12 lat			
1. KOWALSKA, Dominika	12 LKS „Opocznianka”	5:32.64	336
50m: 35.98 37.98	150m: 2:00.33 42.74	250m: 3:26.97 43.34	350m: 4:53.03 42.46
100m: 1:17.59 41.61	200m: 2:43.63 43.30	300m: 4:10.57 43.60	400m: 5:32.64 39.61
2. JAGODZI SKA, Lena	12 UKS SP-149 Łódź	5:38.11	320
50m: 37.49 37.49	150m: 2:02.85 43.60	250m: 3:30.53 44.07	350m: 4:57.27 43.72
100m: 1:19.25 41.76	200m: 2:46.46 43.61	300m: 4:13.55 43.02	400m: 5:38.11 40.84
3. GŁOWACKA, Anna	12 UKS Pi tka Konstantynów Łódzki	5:38.57	318
50m: 37.76 37.76	150m: 2:03.36 43.31	250m: 3:30.96 44.01	350m: 4:58.63 43.80
100m: 1:20.05 42.29	200m: 2:46.95 43.59	300m: 4:14.83 43.87	400m: 5:38.57 39.94
4. CIESIELSKA, Amelia	12 MKS Jedynka Łódź	5:41.51	310
50m: 37.57 37.57	150m: 2:03.17 43.40	250m: 3:32.27 44.93	350m: 4:59.49 43.97
100m: 1:19.77 42.20	200m: 2:47.34 44.17	300m: 4:15.52 43.25	400m: 5:41.51 42.02
5. GALI SKA, Hanna	12 KP Raw-Swim	5:44.15	303
50m: 38.10 38.10	150m: 2:07.23	250m: 3:38.26 45.22	350m: 5:06.67 44.41
100m:	200m: 2:53.04 45.81	300m: 4:22.26 44.00	400m: 5:44.15 37.48
6. KARCZ, Martyna	12 UKS 190 Łódź	5:47.17	295
50m: 38.62 38.62	150m: 2:04.99 44.35	250m: 3:33.40 44.09	350m: 5:02.88 45.09
100m: 1:20.64 42.02	200m: 2:49.31 44.32	300m: 4:17.79 44.39	400m: 5:47.17 44.29
7. JÓ WIAK, Nela	12 LKS „Opocznianka”	5:48.69	291
50m: 39.80 39.80	150m: 2:08.94 44.91	250m: 3:39.56 45.54	350m: 5:07.85 43.54
100m: 1:24.03 44.23	200m: 2:54.02 45.08	300m: 4:24.31 44.75	400m: 5:48.69 40.84
8. TYC, Zuzanna	12 MUKS Wodnik Łask	6:01.72	261
50m: 39.18 39.18	150m: 2:10.90 46.49	250m: 3:45.90 47.31	350m: 5:19.65 46.37
100m: 1:24.41 45.23	200m: 2:58.59 47.69	300m: 4:33.28 47.38	400m: 6:01.72 42.07
9. YDOWO, Zuzanna	12 UKS „Delfinek” w Kutnie	6:05.96	252
50m: 39.51 39.51	150m: 2:09.99 46.05	250m: 3:43.19 47.59	350m: 5:20.53 48.71
100m: 1:23.94 44.43	200m: 2:55.60 45.61	300m: 4:31.82 48.63	400m: 6:05.96 45.43
10. MRÓZ, Hanna	12 UKS 190 Łódź	6:08.01	248
50m: 39.92 39.92	150m: 2:14.38 47.94	250m: 3:49.49 47.51	350m: 5:23.65 46.99
100m: 1:26.44 46.52	200m: 3:01.98 47.60	300m: 4:36.66 47.17	400m: 6:08.01 44.36
11. NIADA, Oliwia	12 St. S. Nautilus Brzeziny	6:08.82	246
50m: 42.28 42.28	150m: 2:15.95 46.84	250m: 3:51.98 48.25	350m: 5:27.47 47.78
100m: 1:29.11 46.83	200m: 3:03.73 47.78	300m: 4:39.69 47.71	400m: 6:08.82 41.35
12. WOJTCZYK, Lena	12 TP Olimpijczyk Aleksandrów Łódzki	6:10.04	244
50m: 39.86 39.86	150m: 2:10.98 45.69	250m: 3:46.39 48.21	350m: 5:24.77 50.18
100m: 1:25.29 45.43	200m: 2:58.18 47.20	300m: 4:34.59 48.20	400m: 6:10.04 45.27
13. FRANK, Joanna	12 MKS Trójka Łódź	6:10.13	244
50m: 41.25 41.25	150m: 2:15.40 47.29	250m: 3:51.12 47.57	350m: 5:26.00 46.83
100m: 1:28.11 46.86	200m: 3:03.55 48.15	300m: 4:39.17 48.05	400m: 6:10.13 44.13
14. STARCZEWSKA, Zuzanna	12 MKS Trójka Łódź	6:14.87	234
50m: 42.28 42.28	150m: 2:17.50 47.98	250m: 3:53.29 48.13	350m: 5:26.23 44.20
100m: 1:29.52 47.24	200m: 3:05.16 47.66	300m: 4:42.03 48.74	400m: 6:14.87 48.64
15. SZYMA SKA, Małgorzata	12 UKS Pi tka Konstantynów Łódzki	6:20.03	225
50m: 42.40 42.40	150m: 2:21.44 50.23	250m: 4:00.76 49.35	350m: 5:37.57 47.75
100m: 1:31.21 48.81	200m: 3:11.41 49.97	300m: 4:49.82 49.06	400m: 6:20.03 42.46
16. MARCINKOWSKA, Oliwia	12 UKS SP-149 Łódź	6:22.57	221
50m: 42.05 42.05	150m: 2:19.17 49.29	250m: 3:56.98 49.45	350m: 5:36.12 49.62
100m: 1:29.88 47.83	200m: 3:07.53 48.36	300m: 4:46.50 49.52	400m: 6:22.57 46.45
17. STASIAK, Oliwia	12 TP Olimpijczyk Aleksandrów Łódzki	6:23.82	218
50m: 41.27 41.27	150m: 2:17.73 49.59	250m: 3:58.09 50.69	350m: 5:36.67 48.83
100m: 1:28.14 46.87	200m: 3:07.40 49.67	300m: 4:47.84 49.75	400m: 6:23.82 47.15

Liga Dzieci i Młodzików Runda II Sezon 2023/2024
Łódź , 19.1.2024

Konkurencja 5, Dziewcz t, 400m dowolny, 12 lat

Pozycja			Rok ur.						Czas	Pkt.	
18.	MARCINKOWSKA, Julia		12	Sekcja Pływacka Meduza Paj czno					6:32.75	204	
	50m:	42.31 42.31	150m:	2:21.88	50.85	250m:	4:02.58	50.09	350m:	5:45.15	51.31
	100m:	1:31.03 48.72	200m:	3:12.49	50.61	300m:	4:53.84	51.26	400m:	6:32.75	47.60
19.	CISZYK, Milena		12	UKS Pi tka Konstantynów Łódzki					6:34.16	202	
	50m:	42.95 42.95	150m:	2:22.24	50.48	250m:	4:03.78	50.12	350m:	5:45.14	50.89
	100m:	1:31.76 48.81	200m:	3:13.66	51.42	300m:	4:54.25	50.47	400m:	6:34.16	49.02
20.	BEDNAREK, Urszula		12	St. S. Nautilus Brzeziny					6:37.58	196	
	50m:	45.34 45.34	150m:	2:27.79	51.80	250m:	4:09.71	50.64	350m:	5:53.67	52.21
	100m:	1:35.99 50.65	200m:	3:19.07	51.28	300m:	5:01.46	51.75	400m:	6:37.58	43.91
21.	BŁ CKA, Pola		12	UKS SP-149 Łód					6:56.95	170	
	50m:	40.12 40.12	150m:	2:20.60	52.35	250m:	4:08.67	54.50	350m:	5:59.97	56.14
	100m:	1:28.25 48.13	200m:	3:14.17	53.57	300m:	5:03.83	55.16	400m:	6:56.95	56.98
22.	OLAS, Julia		12	UKS SP-149 Łód					7:26.04	139	
	50m:	45.15 45.15	150m:	2:36.16	56.99	250m:	4:32.42	58.29	350m:	6:29.88	58.31
	100m:	1:39.17 54.02	200m:	3:34.13	57.97	300m:	5:31.57	59.15	400m:	7:26.04	56.16

13 lat

1.	KRAKUS, Liliana		11	UKS SP-149 Łód					4:58.29	466	
	50m:	33.37 33.37	150m:	1:50.39	38.94	250m:	3:06.55	38.08	350m:	4:22.50	37.92
	100m:	1:11.45 38.08	200m:	2:28.47	38.08	300m:	3:44.58	38.03	400m:	4:58.29	35.79
2.	CYNAR, Milena		11	MKS Trójka Łód					5:19.32	380	
	50m:	34.79 34.79	150m:	1:54.36	40.43	250m:	3:16.59	41.28	350m:	4:39.62	41.37
	100m:	1:13.93 39.14	200m:	2:35.31	40.95	300m:	3:58.25	41.66	400m:	5:19.32	39.70
3.	OŁ DEK, Julia		11	MKS Jedyńka Łód					5:26.15	356	
	50m:	37.11 37.11	150m:	2:00.81	42.42	250m:	3:24.76	42.05	350m:	4:47.22	40.98
	100m:	1:18.39 41.28	200m:	2:42.71	41.90	300m:	4:06.24	41.48	400m:	5:26.15	38.93
4.	JUSZCZAK, Lena		11	MKS Trójka Łód					5:34.89	329	
	50m:	36.31 36.31	150m:	2:01.24	42.60	250m:	3:28.78	43.63	350m:	4:55.38	41.96
	100m:	1:18.64 42.33	200m:	2:45.15	43.91	300m:	4:13.42	44.64	400m:	5:34.89	39.51
5.	AMBRO , Maja		11	UKS Pi tka Konstantynów Łódzki					5:36.85	323	
	50m:	36.84 36.84	150m:	2:00.97	43.19	250m:	3:29.16	44.17	350m:	4:56.40	43.07
	100m:	1:17.78 40.94	200m:	2:44.99	44.02	300m:	4:13.33	44.17	400m:	5:36.85	40.45
6.	KRYCZKA, Zuzanna		11	LKS „Opocznianka”					5:37.01	323	
	50m:	36.03 36.03	150m:	2:00.02	42.87	250m:	3:28.40	44.45	350m:	4:55.85	43.73
	100m:	1:17.15 41.12	200m:	2:43.95	43.93	300m:	4:12.12	43.72	400m:	5:37.01	41.16
7.	KOWALCZYK, Helena		11	MKS Trójka Łód					5:43.30	305	
	50m:	37.29 37.29	150m:	2:03.45	43.69	250m:	3:33.83	44.82	350m:	5:02.67	44.91
	100m:	1:19.76 42.47	200m:	2:49.01	45.56	300m:	4:17.76	43.93	400m:	5:43.30	40.63
8.	SATERNUS, Kalina		11	LKS „Opocznianka”					5:48.26	292	
	50m:	39.56 39.56	150m:	2:08.95	45.16	250m:	3:39.13	45.28	350m:	5:07.89	44.05
	100m:	1:23.79 44.23	200m:	2:53.85	44.90	300m:	4:23.84	44.71	400m:	5:48.26	40.37
9.	HETKA, Jagoda		11	MKS Jedyńka Łód					6:00.23	264	
	50m:	38.59 38.59	150m:	2:09.92	47.35	250m:	3:45.57	48.50	350m:	5:18.01	45.60
	100m:	1:22.57 43.98	200m:	2:57.07	47.15	300m:	4:32.41	46.84	400m:	6:00.23	42.22
10.	STANIK, Nina		11	LKS „Opocznianka”					6:06.68	250	
	50m:	40.20 40.20	150m:	2:13.09	47.46	250m:	3:49.94	48.72	350m:	5:24.20	46.87
	100m:	1:25.63 45.43	200m:	3:01.22	48.13	300m:	4:37.33	47.39	400m:	6:06.68	42.48
11.	GÓRNIAK, Dominika		11	MKS Jedyńka Łód					6:14.51	235	
	50m:	40.11 40.11	150m:	2:14.93	47.42	250m:	3:50.52	47.87	350m:	5:29.16	49.45
	100m:	1:27.51 47.40	200m:	3:02.65	47.72	300m:	4:39.71	49.19	400m:	6:14.51	45.35
12.	MACHAŁOWSKA, Natalia		11	UKS Pi tka Konstantynów Łódzki					6:18.35	228	
	50m:	39.41 39.41	150m:	2:15.91	49.78	250m:	3:55.65	49.97	350m:	5:31.22	49.26
	100m:	1:26.13 46.72	200m:	3:05.68	49.77	300m:	4:41.96	46.31	400m:	6:18.35	47.13

Liga Dzieci i Młodzików Runda II Sezon 2023/2024
Łódź , 19.1.2024

Konkurencja 5, Dziewcz t, 400m dowolny, 13 lat

Pozycja				Rok ur.					Czas	Pkt.
13.	PIERZY SKA, Antonina			11	St. S. Nautilus Brzeziny				6:18.80	227
	50m: 40.43 40.43	150m: 2:12.80 47.94	250m: 3:51.36 49.75					350m: 5:31.02 49.83		
	100m: 1:24.86 44.43	200m: 3:01.61 48.81	300m: 4:41.19 49.83					400m: 6:18.80 47.78		
14.	JACHNIK, Maria			11	St. S. Nautilus Brzeziny				6:29.16	209
	50m: 43.74 43.74	150m: 2:20.97 49.71	250m: 3:59.96 50.75					350m: 5:41.20 50.28		
	100m: 1:31.26 47.52	200m: 3:09.21 48.24	300m: 4:50.92 50.96					400m: 6:29.16 47.96		
15.	KRÓLAK, Karolina			11	MKS Jedyńka Łódź				6:36.29	198
	50m: 41.57 41.57	150m: 2:24.44 51.97	250m: 4:07.21 52.08					350m: 5:49.29 51.17		
	100m: 1:32.47 50.90	200m: 3:15.13 50.69	300m: 4:58.12 50.91					400m: 6:36.29 47.00		
16.	GRELEWSKA, Hanna			11	MKS Trójka Łódź				6:36.90	197
	50m: 43.76 43.76	150m: 2:24.03 51.05	250m: 4:07.30 52.17					350m: 5:49.66 51.31		
	100m: 1:32.98 49.22	200m: 3:15.13 51.10	300m: 4:58.35 51.05					400m: 6:36.90 47.24		