

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12,13 lat
Skierniewice, 20. - 22.3.2024

Konkurencja 7
20.03.2024 - 11:36

Dziewcz t, 400m dowolny

12 - 13 lat
Wyniki

Punkty: FINA 2023

Pozycja			Rok ur.					Czas	Pkt.
12 lat									
1.	Jagodzi ska	Lena	12	UKS SP-149 Łód				5:21.01	374
	50m:	36.96	36.96	150m:	1:58.92	40.80	250m:	3:20.84	40.95
	100m:	1:18.12	41.16	200m:	2:39.89	40.97	300m:	4:02.13	41.29
							350m:	4:43.33	41.20
							400m:	5:21.01	37.68
2.	Kowalska	Dominika	12	LKS „Opocznianka”				5:26.70	354
	50m:	34.99	34.99	150m:	1:57.89	42.39	250m:	3:22.90	42.31
	100m:	1:15.50	40.51	200m:	2:40.59	42.70	300m:	4:05.61	42.71
							350m:	4:47.26	41.65
							400m:	5:26.70	39.44
3.	Jó wiak	Nela	12	LKS „Opocznianka”				5:31.82	338
	50m:	37.87	37.87	150m:	2:01.58	42.54	250m:	3:27.83	43.33
	100m:	1:19.04	41.17	200m:	2:44.50	42.92	300m:	4:10.06	42.23
							350m:	4:48.86	38.80
							400m:	5:31.82	42.96
4.	Gali ska	Hanna	12	KP Raw-Swim				5:31.84	338
	50m:	36.23	36.23	150m:	2:00.06	41.95	250m:	3:27.48	43.95
	100m:	1:18.11	41.88	200m:	2:43.53	43.47	300m:	4:13.38	45.90
							350m:	4:54.27	40.89
							400m:	5:31.84	37.57
5.	Karcz	Martyna	12	UKS 190 Łód				5:52.55	282
	50m:	40.09	40.09	150m:	2:08.39	44.88	250m:	3:39.43	45.49
	100m:	1:23.51	43.42	200m:	2:53.94	45.55	300m:	4:24.50	45.07
							350m:	5:09.47	44.97
							400m:	5:52.55	43.08
6.	Frank	Joanna	12	MKS Trójka Łód				5:56.16	273
	50m:	38.63	38.63	150m:	2:07.58	45.82	250m:	3:40.39	47.20
	100m:	1:21.76	43.13	200m:	2:53.19	45.61	300m:	4:26.16	45.77
							350m:	5:12.65	46.49
							400m:	5:56.16	43.51
7.	niada	Oliwia	12	St. S. Nautilus Brzeziny				5:56.29	273
	50m:	41.04	41.04	150m:	2:11.63	46.23	250m:	3:44.59	46.38
	100m:	1:25.40	44.36	200m:	2:58.21	46.58	300m:	4:30.57	45.98
							350m:	5:16.10	45.53
							400m:	5:56.29	40.19
8.	Tyc	Zuzanna	12	MUKS Wodnik Łask				5:56.72	272
	50m:	39.66	39.66	150m:	2:10.45	45.69	250m:	3:44.10	47.49
	100m:	1:24.76	45.10	200m:	2:56.61	46.16	300m:	4:30.86	46.76
							350m:	5:16.11	45.25
							400m:	5:56.72	40.61
9.	Stefaniw	Natalia	12	Sekcja Pływacka Meduza Paj czno				5:57.67	270
	50m:	40.57	40.57	150m:	2:11.79	45.03	250m:	3:42.53	45.74
	100m:	1:26.76	46.19	200m:	2:56.79	45.00	300m:	4:28.49	45.96
							350m:	5:14.58	46.09
							400m:	5:57.67	43.09
10.	Krak	Pola	12	UKS 190 Łód				5:58.63	268
	50m:	40.19	40.19	150m:	2:12.34	46.77	250m:	3:47.62	47.94
	100m:	1:25.57	45.38	200m:	2:59.68	47.34	300m:	4:34.49	46.87
							350m:	5:21.15	46.66
							400m:	5:58.63	37.48
11.	Chłodnicka	Nikola	12	MKS Jedynka Łód				5:59.70	265
	50m:	38.52	38.52	150m:	2:08.71	45.98	250m:	3:41.25	46.76
	100m:	1:22.73	44.21	200m:	2:54.49	45.78	300m:	4:27.83	46.58
							350m:	5:13.26	45.43
							400m:	5:59.70	46.44
12.	ydowo	Zuzanna	12	UKS „Delfinek” w Kutnie				6:03.26	258
	50m:	38.40	38.40	150m:	2:08.03	45.84	250m:	3:42.80	47.93
	100m:	1:22.19	43.79	200m:	2:54.87	46.84	300m:	4:30.20	47.40
							350m:	5:17.70	47.50
							400m:	6:03.26	45.56
13.	Wojtczyk	Lena	12	Ks Assa				6:04.74	255
	50m:	39.19	39.19	150m:	2:12.13	47.67	250m:	3:46.59	47.19
	100m:	1:24.46	45.27	200m:	2:59.40	47.27	300m:	4:34.33	47.74
							350m:	5:20.88	46.55
							400m:	6:04.74	43.86
14.	Bobowska	Lena	12	MKS Trójka Łód				6:08.38	247
	50m:	42.17	42.17	150m:	2:16.13	47.08	250m:	3:52.44	47.77
	100m:	1:29.05	46.88	200m:	3:04.67	48.54	300m:	4:40.24	47.80
							350m:	5:25.70	45.46
							400m:	6:08.38	42.68
15.	Marcinkowska	Oliwia	12	UKS SP-149 Łód				6:10.71	242
	50m:	41.37	41.37	150m:	2:16.80	48.42	250m:	3:51.57	47.24
	100m:	1:28.38	47.01	200m:	3:04.33	47.53	300m:	4:38.38	46.81
							350m:	5:26.40	48.02
							400m:	6:10.71	44.31
16.	Koch	Lena	12	MKS Trójka Łód				6:11.96	240
	50m:	40.28	40.28	150m:	2:13.42	47.50	250m:	3:49.26	48.22
	100m:	1:25.92	45.64	200m:	3:01.04	47.62	300m:	4:37.70	48.44
							350m:	5:25.47	47.77
							400m:	6:11.96	46.49
17.	Błachowicz	Amelia	12	Sekcja Pływacka Meduza Paj czno				6:13.88	236
	50m:	40.98	40.98	150m:	2:13.58	46.91	250m:	3:50.22	48.59
	100m:	1:26.67	45.69	200m:	3:01.63	48.05	300m:	4:38.02	47.80
							350m:	5:27.07	49.05
							400m:	6:13.88	46.81

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12,13 lat
Skierniewice, 20. - 22.3.2024

Konkurencja 7, Dziewcz t, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	Bayeshka Ahneshka		12	MKS Trójka Łód				6:14.49	235
	50m:	41.80 41.80	150m:	2:16.54 48.10	250m:	3:54.88 50.20	350m:	5:30.01 46.08	
	100m:	1:28.44 46.64	200m:	3:04.68 48.14	300m:	4:43.93 49.05	400m:	6:14.49 44.48	
19.	Bednarek Urszula		12	St. S. Nautilus Brzeziny				6:20.52	224
	50m:	44.01 44.01	150m:	2:21.49 49.27	250m:	3:59.97 49.77	350m:	5:38.84 49.11	
	100m:	1:32.22 48.21	200m:	3:10.20 48.71	300m:	4:49.73 49.76	400m:	6:20.52 41.68	
20.	Bł cka Pola		12	UKS SP-149 Łód				6:20.62	224
	50m:	40.49 40.49	150m:	2:13.35 47.24	250m:	3:52.20 49.32	350m:	5:33.34 50.76	
	100m:	1:26.11 45.62	200m:	3:02.88 49.53	300m:	4:42.58 50.38	400m:	6:20.62 47.28	
21.	Stasiak Oliwia		12	Ks Assa				6:23.30	219
	50m:	43.04 43.04	150m:	2:22.29 50.33	250m:	4:00.85 49.85	350m:	5:37.41 48.08	
	100m:	1:31.96 48.92	200m:	3:11.00 48.71	300m:	4:49.33 48.48	400m:	6:23.30 45.89	
22.	Szadkowska Lena		12	MKS Trójka Łód				6:23.42	219
	50m:	39.79 39.79	150m:	2:14.36 48.64	250m:	3:51.83 49.11	350m:	5:33.96 50.73	
	100m:	1:25.72 45.93	200m:	3:02.72 48.36	300m:	4:43.23 51.40	400m:	6:23.42 49.46	
23.	Rutkowska Ola		12	Ks Assa				6:23.60	219
	50m:	40.53 40.53	150m:	2:15.89 47.90	250m:	3:54.95 49.79	350m:	5:34.53 49.28	
	100m:	1:27.99 47.46	200m:	3:05.16 49.27	300m:	4:45.25 50.30	400m:	6:23.60 49.07	
24.	Marcinkowska Julia		12	Seksja Pływacka Meduza Paj czno				6:27.42	212
	50m:	41.67 41.67	150m:	2:20.12 50.26	250m:	4:00.50 50.86	350m:	5:41.23 49.98	
	100m:	1:29.86 48.19	200m:	3:09.64 49.52	300m:	4:51.25 50.75	400m:	6:27.42 46.19	
25.	Krzak Barbara		12	Seksja Pływacka Meduza Paj czno				6:28.70	210
	50m:	41.39 41.39	150m:	2:19.14 49.79	250m:	3:58.66 50.22	350m:	5:42.61 51.24	
	100m:	1:29.35 47.96	200m:	3:08.44 49.30	300m:	4:51.37 52.71	400m:	6:28.70 46.09	
26.	Pacholik Lena		12	Seksja Pływacka Meduza Paj czno				6:32.65	204
	50m:	43.27 43.27	150m:	2:20.61 49.34	250m:	4:02.14 51.80	350m:	5:42.81 49.52	
	100m:	1:31.27 48.00	200m:	3:10.34 49.73	300m:	4:53.29 51.15	400m:	6:32.65 49.84	
27.	Maciejewska Otylia		12	MKS Jedyńka Łód				6:41.32	191
	50m:	44.06 44.06	150m:	2:25.79 51.07	250m:	4:08.46 51.48	350m:	5:52.05 51.73	
	100m:	1:34.72 50.66	200m:	3:16.98 51.19	300m:	5:00.32 51.86	400m:	6:41.32 49.27	

13 lat

1.	Krakus Liliana		11	UKS SP-149 Łód				4:55.78	478
	50m:	33.39 33.39	150m:	1:49.19 38.41	250m:	3:04.67 37.41	350m:	4:20.48 37.72	
	100m:	1:10.78 37.39	200m:	2:27.26 38.07	300m:	3:42.76 38.09	400m:	4:55.78 35.30	
2.	Cynar Milena		11	MKS Trójka Łód				5:13.32	402
	50m:	34.72 34.72	150m:	1:52.36 39.41	250m:	3:13.30 40.52	350m:	4:34.26 40.14	
	100m:	1:12.95 38.23	200m:	2:32.78 40.42	300m:	3:54.12 40.82	400m:	5:13.32 39.06	
3.	Banaszek Blanka		11	MKS Trójka Łód				5:16.81	389
	50m:	34.89 34.89	150m:	1:58.40 42.39	250m:	3:21.12 41.15	350m:	4:40.89 39.34	
	100m:	1:16.01 41.12	200m:	2:39.97 41.57	300m:	4:01.55 40.43	400m:	5:16.81 35.92	
4.	Lamecka Kornelia		11	Champion Tomaszów Maz.				5:21.62	371
	50m:	37.92 37.92	150m:	2:00.42 41.27	250m:	3:23.47 40.94	350m:	4:45.23 40.72	
	100m:	1:19.15 41.23	200m:	2:42.53 42.11	300m:	4:04.51 41.04	400m:	5:21.62 36.39	
5.	Firlit Lena		11	UKS SP-149 Łód				5:21.89	371
	50m:	37.69 37.69	150m:	1:57.56 39.80	250m:	3:19.60 41.14	350m:	4:42.15 41.15	
	100m:	1:17.76 40.07	200m:	2:38.46 40.90	300m:	4:01.00 41.40	400m:	5:21.89 39.74	
6.	oł dek Julia		11	MKS Jedyńka Łód				5:22.60	368
	50m:	36.77 36.77	150m:	1:59.34 41.49	250m:	3:21.86 41.08	350m:	4:43.31 40.67	
	100m:	1:17.85 41.08	200m:	2:40.78 41.44	300m:	4:02.64 40.78	400m:	5:22.60 39.29	
7.	Marciniak Julia		11	UKS SP-149 Łód				5:23.48	365
	50m:	36.98 36.98	150m:	2:00.34 42.56	250m:	3:24.04 41.40	350m:	4:45.44 40.14	
	100m:	1:17.78 40.80	200m:	2:42.64 42.30	300m:	4:05.30 41.26	400m:	5:23.48 38.04	

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12,13 lat
Skierniewice, 20. - 22.3.2024

Konkurencja 7, Dziewcz t, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.			
8.	Hetka Jagoda		11	MKS Jedyńka Łód				5:35.68	327			
	50m:	36.73	36.73	150m:	2:01.51	43.50	250m:	3:28.01	43.53	350m:	4:52.10	41.09
	100m:	1:18.01	41.28	200m:	2:44.48	42.97	300m:	4:11.01	43.00	400m:	5:35.68	43.58
9.	Juszczak Lena		11	MKS Trójka Łód				5:39.48	316			
	50m:	37.67	37.67	150m:	2:02.41	42.64	250m:	3:29.82	43.56	350m:	4:58.28	43.98
	100m:	1:19.77	42.10	200m:	2:46.26	43.85	300m:	4:14.30	44.48	400m:	5:39.48	41.20
10.	Kowalczyk Helena		11	MKS Trójka Łód				5:44.12	303			
	50m:	38.72	38.72	150m:	2:06.17	43.80	250m:	3:35.35	44.20	350m:	5:02.34	43.90
	100m:	1:22.37	43.65	200m:	2:51.15	44.98	300m:	4:18.44	43.09	400m:	5:44.12	41.78
11.	Saternus Kalina		11	LKS „Opocznianka”				5:47.01	296			
	50m:	38.43	38.43	150m:	2:07.53	45.36	250m:	3:37.86	45.40	350m:	5:06.37	44.25
	100m:	1:22.17	43.74	200m:	2:52.46	44.93	300m:	4:22.12	44.26	400m:	5:47.01	40.64
12.	Górniak Dominika		11	MKS Jedyńka Łód				6:01.04	262			
	50m:	39.93	39.93	150m:	2:10.65	46.37	250m:	3:42.17	46.28	350m:	5:14.72	46.03
	100m:	1:24.28	44.35	200m:	2:55.89	45.24	300m:	4:28.69	46.52	400m:	6:01.04	46.32
13.	Stanik Nina		11	LKS „Opocznianka”				6:01.12	262			
	50m:	40.08	40.08	150m:	2:12.68	47.64	250m:	3:46.64	46.35	350m:	5:18.40	45.27
	100m:	1:25.04	44.96	200m:	3:00.29	47.61	300m:	4:33.13	46.49	400m:	6:01.12	42.72
14.	Pierzy ska Antonina		11	St. S. Nautilus Brzeziny				6:15.92	232			
	50m:	42.91	42.91	150m:	2:18.46	48.09	250m:	3:56.00	48.69	350m:	5:33.40	48.43
	100m:	1:30.37	47.46	200m:	3:07.31	48.85	300m:	4:44.97	48.97	400m:	6:15.92	42.52
15.	Królak Karolina		11	MKS Jedyńka Łód				6:21.70	222			
	50m:			150m:	2:19.69	49.12	250m:	3:57.56	49.40	350m:	5:35.72	48.79
	100m:	1:30.57		200m:	3:08.16	48.47	300m:	4:46.93	49.37	400m:	6:21.70	45.98
16.	Grelewska Hanna		11	MKS Trójka Łód				6:40.07	193			
	50m:	43.24	43.24	150m:	2:23.51	51.30	250m:			350m:	5:53.49	52.16
	100m:	1:32.21	48.97	200m:	3:15.19	51.68	300m:	5:01.33		400m:	6:40.07	46.58
PK	Lewandowska Ada		09	Champion Tomaszów Maz.				4:49.27	511			
	50m:	31.27	31.27	150m:	1:44.06	37.03	250m:	2:58.71	37.60	350m:	4:14.54	38.03
	100m:	1:07.03	35.76	200m:	2:21.11	37.05	300m:	3:36.51	37.80	400m:	4:49.27	34.73