

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12-13 lat Strefa Lubuska i Dolno l ska
Nowa Ruda, 17. - 18.3.2022

Konkurencja 7
17.03.2022 - 16:55

Dziewcz t, 400m dowolny

12 - 13 lat
Wyniki

Top Times DOZP akt 2019-03-22 2	4:33.36	TRACZYK Justyna	00201	Gorzow Wlkp	17.06.2017
Top Times DOZP akt 2019-03-22 1	4:42.53	ZIEBA Katarzyna	00401	Ostrowiec Sw.	27.06.2009

Punkty: FINA 2021

Pozycja			Rok ur.							Czas	Pkt.	
12 lat												
1.	BERDECHOWSKA Martyna		10	WKS l sk						5:05.43	449	
	50m:	33.98	33.98	150m:	1:51.20	39.26	250m:	3:10.12	39.37	350m:	4:28.76	39.04
	100m:	1:11.94	37.96	200m:	2:30.75	39.55	300m:	3:49.72	39.60	400m:	5:05.43	36.67
2.	JAWORSKA Aleksandra		10	WKS l sk						5:08.26	436	
	50m:	35.03	35.03	150m:	1:53.23	39.23	250m:	3:12.05	39.26	350m:	4:31.46	39.61
	100m:	1:14.00	38.97	200m:	2:32.79	39.56	300m:	3:51.85	39.80	400m:	5:08.26	36.80
3.	KO LAK Hanna		10	UKS „HS" Team Kryty Basen Kłodzko						5:16.16	405	
	50m:	31.95	31.95	150m:	1:45.81	37.79	250m:	3:03.26	38.99	350m:	4:18.06	36.42
	100m:	1:08.02	36.07	200m:	2:24.27	38.46	300m:	3:41.64	38.38	400m:	5:16.16	58.10
4.	PI TEK Nadia		10	WKS l sk						5:22.57	381	
	50m:	34.80	34.80	150m:	1:55.95	41.23	250m:	3:19.40	41.21	350m:	4:42.66	41.38
	100m:	1:14.72	39.92	200m:	2:38.19	42.24	300m:	4:01.28	41.88	400m:	5:22.57	39.91
5.	HARTWIG Michalina		10	WKS l sk						5:30.80	353	
	50m:	36.35	36.35	150m:	2:00.73	42.59	250m:	3:26.26	42.84	350m:	4:51.61	43.09
	100m:	1:18.14	41.79	200m:	2:43.42	42.69	300m:	4:08.52	42.26	400m:	5:30.80	39.19
6.	LIPIEC Nina		10	UKS KORAL Wrocław						5:39.59	326	
	50m:	35.35	35.35	150m:	1:59.87	43.65	250m:	3:28.41	44.31	350m:	4:56.99	43.54
	100m:	1:16.22	40.87	200m:	2:44.10	44.23	300m:	4:13.45	45.04	400m:	5:39.59	42.60
7.	KAMI SKA Małgorzata		10	UKS "Kro nicka Przysa "						5:40.79	323	
	50m:	37.88	37.88	150m:			250m:			350m:		
	100m:	1:20.72	42.84	200m:	2:47.20		300m:	4:12.86		400m:	5:40.79	
8.	NAJMAN Natalia		10	TP Zielona Góra						5:40.86	323	
	50m:	35.59	35.59	150m:	2:02.66	44.32	250m:	3:31.95	44.90	350m:	5:01.51	44.86
	100m:	1:18.34	42.75	200m:	2:47.05	44.39	300m:	4:16.65	44.70	400m:	5:40.86	39.35
9.	KOZŁOWSKA Milena		10	KS JUST SWIM Jelenia Góra						5:44.51	313	
	50m:	34.93	34.93	150m:	2:00.10	43.80	250m:	3:30.59	44.96	350m:	4:59.65	44.79
	100m:	1:16.30	41.37	200m:	2:45.63	45.53	300m:	4:14.86	44.27	400m:	5:44.51	44.86
10.	ŁADO Natalia		10	UKS KORAL Wrocław						5:44.74	312	
	50m:	38.28	38.28	150m:	2:06.68	45.11	250m:	3:36.09	45.60	350m:	5:05.44	44.84
	100m:	1:21.57	43.29	200m:	2:50.49	43.81	300m:	4:20.60	44.51	400m:	5:44.74	39.30
11.	SZKLENNIK Lena		10	MKS Juvenia Wrocław						5:46.35	308	
	50m:	37.29	37.29	150m:	2:04.42	44.33	250m:	3:34.58	45.13	350m:	5:04.63	44.70
	100m:	1:20.09	42.80	200m:	2:49.45	45.03	300m:	4:19.93	45.35	400m:	5:46.35	41.72
12.	URAKOWSKA Zuzanna		10	KS Neptun widnica						5:46.78	306	
	50m:	37.73	37.73	150m:			250m:			350m:		
	100m:	1:21.29	43.56	200m:	2:49.32		300m:	4:18.19		400m:	5:46.78	
13.	MIELCZAREK Oliwia		10	UKS KORAL Wrocław						5:49.38	300	
	50m:	38.09	38.09	150m:	2:04.22	43.46	250m:	3:34.44	45.65	350m:	5:04.69	45.48
	100m:	1:20.76	42.67	200m:	2:48.79	44.57	300m:	4:19.21	44.77	400m:	5:49.38	44.69
14.	KOZI SKA Łucja		10	UKS KORAL Wrocław						5:55.13	285	
	50m:	37.75	37.75	150m:	2:05.38	44.65	250m:	3:39.99	47.68	350m:	5:12.53	46.72
	100m:	1:20.73	42.98	200m:	2:52.31	46.93	300m:	4:25.81	45.82	400m:	5:55.13	42.60
15.	LEPCZAK Wiktoria		10	KS WANKAN Legnica						5:56.54	282	
	50m:	37.19	37.19	150m:	2:06.09	45.72	250m:	3:35.98	44.83	350m:	5:09.90	47.36
	100m:	1:20.37	43.18	200m:	2:51.15	45.06	300m:	4:22.54	46.56	400m:	5:56.54	46.64

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12-13 lat Strefa Lubuska i Dolno l ska
Nowa Ruda, 17. - 18.3.2022

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

Pozycja		Rok ur.						Czas	Pkt.
16.	TOMCZAK Zuzanna	10	TP Zielona Góra					6:00.15	274
	50m: 39.54 39.54		150m: 2:10.62 45.97	250m: 3:43.05 46.68	350m: 5:16.58 47.40				
	100m: 1:24.65 45.11		200m: 2:56.37 45.75	300m: 4:29.18 46.13	400m: 6:00.15 43.57				
17.	SZAŁAJ Zuzanna	10	UKS KORAL Wrocław					6:02.68	268
	50m: 36.63 36.63		150m: 2:06.43 46.04	250m: 3:40.03 46.78	350m: 5:16.51 47.97				
	100m: 1:20.39 43.76		200m: 2:53.25 46.82	300m: 4:28.54 48.51	400m: 6:02.68 46.17				
18.	KAJDA Katarzyna	10	KS JUST SWIM Jelenia Góra					6:03.62	266
	50m:		150m:	250m:	350m:				
	100m: 1:23.30		200m: 2:57.00	300m: 4:32.00	400m: 6:03.62				
19.	ŁOSI SKA Roksana	10	TP Zielona Góra					6:14.61	243
	50m: 43.28 43.28		150m: 2:21.42 48.98	250m: 3:58.20 48.32	350m: 5:31.65 45.11				
	100m: 1:32.44 49.16		200m: 3:09.88 48.46	300m: 4:46.54 48.34	400m: 6:14.61 42.96				
20.	BRANOWICZ Wiktoria	10	Sp " aga skie Boberki"					6:15.20	242
	50m: 38.76 38.76		150m: 2:12.48 48.10	250m: 3:49.25 48.24	350m: 5:26.22 47.87				
	100m: 1:24.38 45.62		200m: 3:01.01 48.53	300m: 4:38.35 49.10	400m: 6:15.20 48.98				
21.	HURIANOVA Mariia	10	KS WANKAN Legnica					6:19.58	234
	50m: 38.12 38.12		150m: 2:12.48 48.32	250m: 3:50.94 49.26	350m: 5:29.32 48.25				
	100m: 1:24.16 46.04		200m: 3:01.68 49.20	300m: 4:41.07 50.13	400m: 6:19.58 50.26				
22.	ZAGDA SKA Jagoda	10	UKS "ORKA" Luba					6:24.39	225
	50m: 43.10 43.10		150m: 2:23.41 50.88	250m: 4:03.54 49.92	350m: 5:39.87 46.63				
	100m: 1:32.53 49.43		200m: 3:13.62 50.21	300m: 4:53.24 49.70	400m: 6:24.39 44.52				
23.	KU MA Natasza	10	UKS Energetyk Zgorzelec					6:32.42	211
	50m: 41.84 41.84		150m: 2:21.06 50.21	250m: 4:04.69 51.86	350m: 5:48.46 51.71				
	100m: 1:30.85 49.01		200m: 3:12.83 51.77	300m: 4:56.75 52.06	400m: 6:32.42 43.96				
24.	PIOTROWSKA Nadia	10	UKS KORAL Wrocław					6:32.63	211
	50m: 43.34 43.34		150m: 2:22.91 49.75	250m: 4:05.36 49.20	350m: 5:48.23 51.67				
	100m: 1:33.16 49.82		200m: 3:16.16 53.25	300m: 4:56.56 51.20	400m: 6:32.63 44.40				
25.	SOROKA Maja	10	KS WANKAN Legnica					6:45.75	191
	50m: 43.33 43.33		150m: 2:31.01 53.06	250m: 4:15.97 51.30	350m: 5:57.98 49.25				
	100m: 1:37.95 54.62		200m: 3:24.67 53.66	300m: 5:08.73 52.76	400m: 6:45.75 47.77				
26.	SIKORA Natalia	10	UKS KORAL Wrocław					7:22.56	147
	50m: 48.26 48.26		150m: 2:40.32 56.51	250m: 4:37.66 58.82	350m:				
	100m: 1:43.81 55.55		200m: 3:38.84 58.52	300m: 5:36.41 58.75	400m: 7:22.56				
27.	POLITACHA Emilia	10	UKS KORAL Wrocław					7:22.72	147
	50m: 46.77 46.77		150m: 2:39.28 58.14	250m: 4:39.58 1:00.38	350m: 6:36.12 56.79				
	100m: 1:41.14 54.37		200m: 3:39.20 59.92	300m: 5:39.33 59.75	400m: 7:22.72 46.60				
28.	NOWAK Maja	10	UKS KORAL Wrocław					7:39.05	132
	50m: 46.11 46.11		150m: 2:43.56 1:00.21	250m: 4:44.65 1:01.02	350m:				
	100m: 1:43.35 57.24		200m: 3:43.63 1:00.07	300m: 5:46.06 1:01.41	400m: 7:39.05				

13 lat

1.	GROCKA Natalia	09	MKS Juvenia Wrocław					5:06.58	444
	50m: 32.30 32.30		150m: 1:47.07 38.11	250m: 3:03.99 38.60	350m: 4:19.04 37.24				
	100m: 1:08.96 36.66		200m: 2:25.39 38.32	300m: 3:41.80 37.81	400m: 5:06.58 47.54				
2.	KAMI SKA Zofia	09	UKS "Kro nicka Przysa "					5:06.97	442
	50m: 32.43 32.43		150m: 1:47.32 38.18	250m: 3:05.69 39.68	350m: 4:23.91 38.93				
	100m: 1:09.14 36.71		200m: 2:26.01 38.69	300m: 3:44.98 39.29	400m: 5:06.97 43.06				
3.	BOGIELCZYK Natalia	09	KS Neptun widnica					5:07.23	441
	50m: 33.89 33.89		150m: 1:50.76 39.00	250m: 3:09.99 39.50	350m: 4:30.30 40.22				
	100m: 1:11.76 37.87		200m: 2:30.49 39.73	300m: 3:50.08 40.09	400m: 5:07.23 36.93				

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12-13 lat Strefa Lubuska i Dolno l ska
Nowa Ruda, 17. - 18.3.2022

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

Pozycja				Rok ur.					Czas	Pkt.
4.	KO CIELNIK Kalina			09	UKP "Na Fali"				5:07.28	441
	50m: 34.64	34.64	150m: 1:51.08		38.73	250m: 3:09.18	38.63	350m: 4:26.66	38.13	
	100m: 1:12.35	37.71	200m: 2:30.55		39.47	300m: 3:48.53	39.35	400m: 5:07.28	40.62	
5.	K DZIA Hanna			09	MKS Juvenia Wrocław				5:16.68	403
	50m: 36.89	36.89	150m: 1:58.59		41.45	250m: 3:18.13	38.10	350m: 4:38.86	40.18	
	100m: 1:17.14	40.25	200m: 2:40.03		41.44	300m: 3:58.68	40.55	400m: 5:16.68	37.82	
6.	CIKOTO Zofia			09	UKS „SZAFIR” Wałbrzych				5:20.35	389
	50m: 36.46	36.46	150m: 1:57.84		41.09	250m: 3:19.98	41.55	350m: 4:42.03	40.66	
	100m: 1:16.75	40.29	200m: 2:38.43		40.59	300m: 4:01.37	41.39	400m: 5:20.35	38.32	
7.	PAROSSA Ewa			09	MKS Juvenia Wrocław				5:21.49	385
	50m: 35.45	35.45	150m: 1:56.61		41.19	250m: 3:20.68	42.02	350m: 4:43.75	41.12	
	100m: 1:15.42	39.97	200m: 2:38.66		42.05	300m: 4:02.63	41.95	400m: 5:21.49	37.74	
8.	BAWOLSKA Milena			09	UKS KORAL Wrocław				5:25.39	371
	50m: 35.05	35.05	150m: 1:56.63		41.45	250m: 3:20.96	41.97	350m: 4:44.89	42.03	
	100m: 1:15.18	40.13	200m: 2:38.99		42.36	300m: 4:02.86	41.90	400m: 5:25.39	40.50	
9.	PNIACZEK Aleksandra			09	UKS KORAL Wrocław				5:28.44	361
	50m: 35.85	35.85	150m: 1:56.18		40.91	250m: 3:19.78	41.75	350m: 4:46.56	43.69	
	100m: 1:15.27	39.42	200m: 2:38.03		41.85	300m: 4:02.87	43.09	400m: 5:28.44	41.88	
10.	VARYVONCHYK Julia			09	MKS Juvenia Wrocław				5:34.17	343
	50m: 36.55	36.55	150m: 1:58.28		41.22	250m: 3:24.29		350m: 4:51.38		
	100m: 1:17.06	40.51	200m:			300m:		400m: 5:34.17	42.79	
11.	PAWLICKA Magdalena			09	UKS KORAL Wrocław				5:38.16	331
	50m: 37.61	37.61	150m: 2:02.12		42.96	250m:		350m: 4:56.35	43.60	
	100m: 1:19.16	41.55	200m: 2:45.37		43.25	300m: 4:12.75		400m: 5:38.16	41.81	
12.	TARASIEWICZ Bianka			09	UKS Energetyk Zgorzelec				5:40.22	325
	50m: 36.87	36.87	150m: 2:03.83		44.86	250m: 3:32.92	44.68	350m: 5:01.81	44.74	
	100m: 1:18.97	42.10	200m: 2:48.24		44.41	300m: 4:17.07	44.15	400m: 5:40.22	38.41	
13.	GŁAZ Nina			09	MKS Juvenia Wrocław				5:41.01	322
	50m: 37.77	37.77	150m: 2:02.91		43.09	250m: 3:30.64	43.83	350m: 4:58.23	43.34	
	100m: 1:19.82	42.05	200m: 2:46.81		43.90	300m: 4:14.89	44.25	400m: 5:41.01	42.78	
14.	GROMALA Anastazja			09	KS JUST SWIM Jelenia Góra				5:41.31	321
	50m: 35.78	35.78	150m: 2:00.58		42.87	250m: 3:29.84	45.05	350m: 4:58.45	44.15	
	100m: 1:17.71	41.93	200m: 2:44.79		44.21	300m: 4:14.30	44.46	400m: 5:41.31	42.86	
15.	BIDOWANIEC Amelia			09	UKS „HS” Team Kryty Basen Kłodzko				5:42.62	318
	50m: 36.48	36.48	150m: 2:03.48		44.20	250m: 3:34.07	45.37	350m: 5:03.41	44.39	
	100m: 1:19.28	42.80	200m: 2:48.70		45.22	300m: 4:19.02	44.95	400m: 5:42.62	39.21	
16.	BRY Marta			09	TP Zielona Góra				5:45.14	311
	50m: 40.37	40.37	150m: 2:07.99		43.91	250m: 3:37.13	44.11	350m: 5:03.76	42.14	
	100m: 1:24.08	43.71	200m: 2:53.02		45.03	300m: 4:21.62	44.49	400m: 5:45.14	41.38	
17.	JAROSŁAWSKA Zofia			09	TP Zielona Góra				5:45.49	310
	50m: 36.99	36.99	150m:			250m:		350m:		
	100m: 1:19.56	42.57	200m: 2:49.42			300m: 4:19.34		400m: 5:45.49		
18.	ZAJ CZKOWSKA Daria			09	UKS „HS” Team Kryty Basen Kłodzko				5:46.71	307
	50m: 35.51	35.51	150m: 2:03.00		44.88	250m: 3:33.70	45.80	350m: 5:03.41	45.06	
	100m: 1:18.12	42.61	200m: 2:47.90		44.90	300m: 4:18.35	44.65	400m: 5:46.71	43.30	
19.	PRZYSIEK Natalia			09	UKS KORAL Wrocław				6:05.45	262
	50m: 38.38	38.38	150m: 2:11.10		47.82	250m: 3:44.67	47.08	350m: 5:20.63	47.65	
	100m: 1:23.28	44.90	200m: 2:57.59		46.49	300m: 4:32.98	48.31	400m: 6:05.45	44.82	
20.	DZI DZIOŁA Zofia			09	UKP "Na Fali"				6:06.36	260
	50m: 39.76	39.76	150m: 2:11.62		46.77	250m: 3:48.06	48.21	350m: 5:23.90	46.52	
	100m: 1:24.85	45.09	200m: 2:59.85		48.23	300m: 4:37.38	49.32	400m: 6:06.36	42.46	

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

Pozycja			Rok ur.						Czas	Pkt.
21.	ZHURA Anastasiya		09	UKS KORAL Wrocław				6:11.18	250	
	50m:	38.24 38.24	150m:	2:09.83 47.06	250m:	3:45.13 47.77	350m:	5:24.34 49.28		
	100m:	1:22.77 44.53	200m:	2:57.36 47.53	300m:	4:35.06 49.93	400m:	6:11.18 46.84		
22.	SZAREK Nikola		09	MKS Juvenia Wrocław				6:12.97	246	
	50m:		150m:		250m:		350m:			
	100m:		200m:		300m:		400m:	6:12.97		
23.	CALI SKA Lena		09	MKS Juvenia Wrocław				6:14.51	243	
	50m:	40.15 40.15	150m:	2:12.01 46.94	250m:	3:48.98 49.07	350m:	5:26.93 48.89		
	100m:	1:25.07 44.92	200m:	2:59.91 47.90	300m:	4:38.04 49.06	400m:	6:14.51 47.58		
24.	WILK Natalia		09	MKS Juvenia Wrocław				6:28.15	218	
	50m:	43.12 43.12	150m:		250m:		350m:			
	100m:	1:32.15 49.03	200m:	3:09.70	300m:	4:56.20	400m:	6:28.15		
25.	CHRIST Wiktoria		09	MKS Juvenia Wrocław				6:28.64	218	
	50m:	45.49 45.49	150m:	2:25.35 45.46	250m:	4:04.79 50.47	350m:	5:44.39 49.40		
	100m:	1:39.89 54.40	200m:	3:14.32 48.97	300m:	4:54.99 50.20	400m:	6:28.64 44.25		
26.	OLEKSY Alicja		09	KS Neptun widnica				6:37.80	203	
	50m:		150m:		250m:		350m:			
	100m:		200m:		300m:		400m:	6:37.80		
27.	KARAPETYAN Lusya		09	MKS Juvenia Wrocław				7:03.88	168	
	50m:	46.06 46.06	150m:	2:34.40 53.88	250m:	4:21.39 53.43	350m:	6:14.04 55.89		
	100m:	1:40.52 54.46	200m:	3:27.96 53.56	300m:	5:18.15 56.76	400m:	7:03.88 49.84		
28.	GUSZPIT Julia		09	MKS Juvenia Wrocław				7:30.89	139	
	50m:	45.94 45.94	150m:	2:39.00 57.97	250m:	4:38.41 1:00.95	350m:	6:36.02 57.82		
	100m:	1:41.03 55.09	200m:	3:37.46 58.46	300m:	5:38.20 59.79	400m:	7:30.89 54.87		