

OTWARTE LETNIE MISTRZOSTWA DOLNEGO L SKA
Wrocław, 28. - 29.5.2022

Konkurencja 26
29.05.2022 - 9:28

Kobiet, 400m dowolny

13 - 50 lat
Wyniki

Punkty: FINA 2022

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
JUNIOR MŁODSZY							
1.	BA KOWSKA Wiktoria 08	UKS MOS w Opolu	4:52.67 527	1:09.30	1:13.39	1:14.72	1:15.26
	50m: 33.44 33.44	150m: 1:45.59 36.29	250m: 2:59.93	37.24	350m: 4:15.04	37.63	
	100m: 1:09.30 35.86	200m: 2:22.69 37.10	300m: 3:37.41	37.48	400m: 4:52.67	37.63	
2.	NAPIERALCZYK Martyna 08	WKS I sk	5:05.38 464	1:12.52	1:15.56	1:18.93	1:18.37
	50m: 34.98 34.98	150m: 1:49.54 37.02	250m: 3:06.92	38.84	350m: 4:27.66	40.65	
	100m: 1:12.52 37.54	200m: 2:28.08 38.54	300m: 3:47.01	40.09	400m: 5:05.38	37.72	
3.	KOCHA SKA Aleksandra 08	KS SWIM-ART Wrocław	5:12.02 435	1:13.40	1:19.37	1:21.60	1:17.65
	50m: 35.11 35.11	150m: 1:52.61 39.21	250m: 3:13.42	40.65	350m: 4:34.27	39.90	
	100m: 1:13.40 38.29	200m: 2:32.77 40.16	300m: 3:54.37	40.95	400m: 5:12.02	37.75	
4.	ROZIEL Natasza 08	UKS KORAL Wrocław	5:12.80 431	1:12.20	1:19.93	1:21.22	1:19.45
	50m: 34.20 34.20	150m: 1:51.84 39.64	250m: 3:12.29	40.16	350m: 4:33.73	40.38	
	100m: 1:12.20 38.00	200m: 2:32.13 40.29	300m: 3:53.35	41.06	400m: 5:12.80	39.07	
5.	WŁODARCZYK Maja 08	UKP Manta Jelcz-Laskowice	5:17.03 414	1:17.03	1:22.21	1:20.96	1:16.83
	50m: 36.17 36.17	150m: 1:58.38 41.35	250m: 3:19.44	40.20	350m: 4:39.93	39.73	
	100m: 1:17.03 40.86	200m: 2:39.24 40.86	300m: 4:00.20	40.76	400m: 5:17.03	37.10	
6.	PIETRYK Pola 08	KS "Swimmers I za"	5:17.61 412	1:13.06	1:21.66	1:23.87	1:19.02
	50m: 34.02 34.02	150m: 1:53.65 40.59	250m: 3:16.57	41.85	350m: 4:39.98	41.39	
	100m: 1:13.06 39.04	200m: 2:34.72 41.07	300m: 3:58.59	42.02	400m: 5:17.61	37.63	
7.	MICHAŁOWSKA Adrianna 08	MKS Juvenia Wrocław	5:25.70 382	1:19.26	1:23.78	1:25.35	1:17.31
	50m: 36.94 36.94	150m: 2:01.57 42.31	250m: 3:26.03	42.99	350m: 4:49.46	41.07	
	100m: 1:19.26 42.32	200m: 2:43.04 41.47	300m: 4:08.39	42.36	400m: 5:25.70	36.24	
8.	WRONA Natalia 08	KS "Swimmers I za"	5:38.50 340	1:17.36	1:26.45	1:27.25	1:27.44
	50m: 35.88 35.88	150m: 2:00.35 42.99	250m: 3:27.49	43.68	350m: 4:55.25	44.19	
	100m: 1:17.36 41.48	200m: 2:43.81 43.46	300m: 4:11.06	43.57	400m: 5:38.50	43.25	
9.	GRABOWSKA Natalia 08	MKS Juvenia Wrocław	5:46.61 317	1:20.27	1:29.25	1:29.99	1:27.10
	50m: 37.65 37.65	150m: 2:04.75 44.48	250m: 3:34.63	45.11	350m: 5:04.60	45.09	
	100m: 1:20.27 42.62	200m: 2:49.52 44.77	300m: 4:19.51	44.88	400m: 5:46.61	42.01	
10.	J DRYCZKO Ida 08	KS WANKAN Legnica	6:26.41 229	1:30.96	1:39.71	1:39.01	1:36.73
	50m: 42.50 42.50	150m: 2:21.22 50.26	250m: 3:59.72	49.05	350m: 5:38.80	49.12	
	100m: 1:30.96 48.46	200m: 3:10.67 49.45	300m: 4:49.68	49.96	400m: 6:26.41	47.61	

JUNIOR

1.	R CZKOWSKA Maja 07	LKS Jedno 32 Przyszowice	4:42.64 585	1:07.54	1:10.94	1:12.75	1:11.41
	50m: 32.66 32.66	150m: 1:42.93 35.39	250m: 2:54.47	35.99	350m: 4:07.34	36.11	
	100m: 1:07.54 34.88	200m: 2:18.48 35.55	300m: 3:31.23	36.76	400m: 4:42.64	35.30	
2.	MAŁOLEPSZA Weronika 07	MKP Szczecin	4:47.98 553	1:07.74	1:13.93	1:14.54	1:11.77
	50m: 32.14 32.14	150m: 1:44.71 36.97	250m: 2:58.69	37.02	350m: 4:13.78	37.57	
	100m: 1:07.74 35.60	200m: 2:21.67 36.96	300m: 3:36.21	37.52	400m: 4:47.98	34.20	
3.	JAROS Aleksandra 07	KS Neptun widnica	4:56.04 509	1:10.44	1:16.38	1:16.42	1:12.80
	50m: 33.13 33.13	150m: 1:48.16 37.72	250m: 3:05.00	38.18	350m: 4:20.60	37.36	
	100m: 1:10.44 37.31	200m: 2:26.82 38.66	300m: 3:43.24	38.24	400m: 4:56.04	35.44	
4.	KULAS Anna 07	MKS Juvenia Wrocław	5:09.39 446	1:11.04	1:19.63	1:20.42	1:18.30
	50m: 32.63 32.63	150m: 1:50.83 39.79	250m: 3:10.82	40.15	350m: 4:31.14	40.05	
	100m: 1:11.04 38.41	200m: 2:30.67 39.84	300m: 3:51.09	40.27	400m: 5:09.39	38.25	
5.	PLUTA Aleksandra 07	WKS I sk	5:14.17 426	1:12.71	1:19.94	1:21.98	1:19.54
	50m: 34.20 34.20	150m: 1:52.58 39.87	250m: 3:13.55	40.90	350m: 4:35.98	41.35	
	100m: 1:12.71 38.51	200m: 2:32.65 40.07	300m: 3:54.63	41.08	400m: 5:14.17	38.19	
6.	TURBA SKA Marta 07	WKS I sk	5:50.36 307	1:17.18	1:29.63	1:33.56	1:29.99
	50m: 35.59 35.59	150m: 2:01.10 43.92	250m: 3:33.46	46.65	350m: 5:07.14	46.77	
	100m: 1:17.18 41.59	200m: 2:46.81 45.71	300m: 4:20.37	46.91	400m: 5:50.36	43.22	

OTWARTE LETNIE MISTRZOSTWA DOLNEGO L SKA
Wrocław, 28. - 29.5.2022

Konkurencja 26, Kobiet, 400m dowolny

SENIOR

1. TRACZYK Anna	06	MKS Juwenia Wrocław	4:37.77	616	1:06.28	1:11.41	1:10.99	1:09.09
50m: 31.67	31.67	150m: 1:41.93	35.65	250m: 2:53.39	35.70	350m: 4:03.65	34.97	
100m: 1:06.28	34.61	200m: 2:17.69	35.76	300m: 3:28.68	35.29	400m: 4:37.77	34.12	
2. ZAGDA SKA Oliwia	05	MKS Juwenia Wrocław	4:41.47	592	1:07.58	1:11.31	1:11.51	1:11.07
50m: 32.49	32.49	150m: 1:43.14	35.56	250m: 2:54.57	35.68	350m: 4:06.37	35.97	
100m: 1:07.58	35.09	200m: 2:18.89	35.75	300m: 3:30.40	35.83	400m: 4:41.47	35.10	
3. WIDNICKA Kamila	06	MKS Juwenia Wrocław	4:46.57	561	1:06.02	1:14.03	1:14.29	1:12.23
50m: 30.92	30.92	150m: 1:42.94	36.92	250m: 2:57.30	37.25	350m: 4:11.13	36.79	
100m: 1:06.02	35.10	200m: 2:20.05	37.11	300m: 3:34.34	37.04	400m: 4:46.57	35.44	
4. CHŁ D Zuzanna	06	UKS MOS w Opolu	4:50.14	541	1:07.09	1:12.86	1:14.18	1:16.01
50m: 32.07	32.07	150m: 1:43.12	36.03	250m: 2:56.78	36.83	350m: 4:12.10	37.97	
100m: 1:07.09	35.02	200m: 2:19.95	36.83	300m: 3:34.13	37.35	400m: 4:50.14	38.04	
5. L GA Maja	05	KS Neptun widnica	4:53.31	523	1:09.39	1:16.18	1:15.71	1:12.03
50m: 32.98	32.98	150m: 1:47.30	37.91	250m: 3:03.10	37.53	350m: 4:18.59	37.31	
100m: 1:09.39	36.41	200m: 2:25.57	38.27	300m: 3:41.28	38.18	400m: 4:53.31	34.72	
6. MA LEJ Iga	03	UKS "Kro nicka Przysa "	4:54.17	519	1:09.22	1:16.10	1:15.87	1:12.98
50m: 32.71	32.71	150m: 1:47.09	37.87	250m: 3:03.21	37.89	350m: 4:18.38	37.19	
100m: 1:09.22	36.51	200m: 2:25.32	38.23	300m: 3:41.19	37.98	400m: 4:54.17	35.79	
7. NOWALI SKA Julia	06	KS JUST SWIM Jelenia Góra	4:55.78	510	1:08.32	1:16.20	1:17.03	1:14.23
50m: 32.00	32.00	150m: 1:46.70	38.38	250m: 3:03.09	38.57	350m: 4:19.72	38.17	
100m: 1:08.32	36.32	200m: 2:24.52	37.82	300m: 3:41.55	38.46	400m: 4:55.78	36.06	
8. TUSZY SKA Matylda	05	AZS AWF Katowice	4:58.73	495	1:08.24	1:16.52	1:18.15	1:15.82
50m: 31.48	31.48	150m: 1:46.21	37.97	250m: 3:03.65	38.89	350m: 4:21.19	38.28	
100m: 1:08.24	36.76	200m: 2:24.76	38.55	300m: 3:42.91	39.26	400m: 4:58.73	37.54	
9. SZWABI KA Alicja	06	UKP „TORPEDA” Ole nica	4:59.72	491	1:10.44	1:16.59	1:17.50	1:15.19
50m: 33.70	33.70	150m: 1:48.69	38.25	250m: 3:05.85	38.82	350m: 4:22.83	38.30	
100m: 1:10.44	36.74	200m: 2:27.03	38.34	300m: 3:44.53	38.68	400m: 4:59.72	36.89	
10. ZAKRZEWSKA Barbara	05	UKS "Kro nicka Przysa "	5:24.07	388	1:11.92	1:22.70	1:26.75	1:22.70
50m: 33.74	33.74	150m: 1:52.47	40.55	250m: 3:18.36	43.74	350m: 4:44.39	43.02	
100m: 1:11.92	38.18	200m: 2:34.62	42.15	300m: 4:01.37	43.01	400m: 5:24.07	39.68	
11. GOŁ BIEWSKA Maja	06	KS JUST SWIM Jelenia Góra	5:47.46	315	1:18.07	1:30.41	1:31.06	1:27.92
50m: 35.72	35.72	150m: 2:02.73	44.66	250m: 3:34.42	45.94	350m: 5:04.60	45.06	
100m: 1:18.07	42.35	200m: 2:48.48	45.75	300m: 4:19.54	45.12	400m: 5:47.46	42.86	
12. BARCZY SKA Julia	06	MKS „Jedenastka"	6:18.38	244	1:24.01	1:38.40	1:40.91	1:35.06
50m: 39.21	39.21	150m: 2:12.52	48.51	250m: 3:52.57	50.16	350m: 5:32.06	48.74	
100m: 1:24.01	44.80	200m: 3:02.41	49.89	300m: 4:43.32	50.75	400m: 6:18.38	46.32	

Start PK

1. GROCKA Natalia	09	MKS Juwenia Wrocław	5:07.90	452	1:13.77	1:20.07	1:19.30	1:14.76
50m: 34.39	34.39	150m: 1:53.79	40.02	250m: 3:13.49	39.65	350m: 4:31.60	38.46	
100m: 1:13.77	39.38	200m: 2:33.84	40.05	300m: 3:53.14	39.65	400m: 5:07.90	36.30	
2. KO CIELNIK Kalina	09	UKP "Na Fali"	5:09.97	443	1:15.19	1:20.83	1:19.21	1:14.74
50m: 35.42	35.42	150m: 1:55.69	40.50	250m: 3:16.19	40.17	350m: 4:33.71	38.48	
100m: 1:15.19	39.77	200m: 2:36.02	40.33	300m: 3:55.23	39.04	400m: 5:09.97	36.26	
3. BOGIELCZYK Natalia	09	KS Neptun widnica	5:09.98	443	1:14.14	1:19.72	1:18.82	1:17.30
50m: 35.26	35.26	150m: 1:53.87	39.73	250m: 3:12.96	39.10	350m: 4:32.47	39.79	
100m: 1:14.14	38.88	200m: 2:33.86	39.99	300m: 3:52.68	39.72	400m: 5:09.98	37.51	
4. K DZIA Hanna	09	MKS Juwenia Wrocław	5:25.67	382	1:17.56	1:24.01	1:24.83	1:19.27
50m: 36.22	36.22	150m: 1:59.19	41.63	250m: 3:22.84	41.27	350m: 4:47.92	41.52	
100m: 1:17.56	41.34	200m: 2:41.57	42.38	300m: 4:06.40	43.56	400m: 5:25.67	37.75	
5. CIKOTO Zofia	09	UKS „SZAFIR” Wałbrzych	5:51.57	304	1:24.76	1:31.93	1:30.87	1:24.01
50m: 39.80	39.80	150m: 2:10.52	45.76	250m: 3:42.36	45.67	350m: 5:11.77	44.21	
100m: 1:24.76	44.96	200m: 2:56.69	46.17	300m: 4:27.56	45.20	400m: 5:51.57	39.80	