

ZIMOWE MISTRZOSTWA DOZP W PŁYWANIU 2022  
, 25. - 26.11.2022

Konkurencja 38  
26.11.2022 - 13:12

Kobiet, 400m dowolny

12 - 50 lat  
Wyniki

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Punkty: FINA 2022

Pozycja	Rok ur.	Czas	Pkt.	Rud
<b>A-2010</b>				
1. BERDECHOWSKA Martyna	10 WKS I sk	<b>4:52.46</b>	511	14,2
50m: 33.36 33.36 150m: 1:48.45 37.56 250m: 3:04.31 37.97 350m: 4:19.64 37.55				
100m: 1:10.89 37.53 200m: 2:26.34 37.89 300m: 3:42.09 37.78 400m: 4:52.46 32.82				
2. JAWORSKA Aleksandra	10 WKS I sk	<b>4:54.32</b>	502	13,8
50m: 33.38 33.38 150m: 1:48.75 38.10 250m: 3:05.22 37.92 350m: 4:19.99 36.99				
100m: 1:10.65 37.27 200m: 2:27.30 38.55 300m: 3:43.00 37.78 400m: 4:54.32 34.33				
3. KAMI SKA Małgorzata	10 UKS "Kro nicka Przysta "	<b>5:12.69</b>	418	9,3
50m: 36.55 36.55 150m: 1:55.87 39.73 250m: 3:15.26 39.86 350m: 4:35.40 40.01				
100m: 1:16.14 39.59 200m: 2:35.40 39.53 300m: 3:55.39 40.13 400m: 5:12.69 37.29				
4. URAKOWSKA Zuzanna	10 KS Neptun widnica	<b>5:24.98</b>	372	6,4
50m: 36.63 36.63 150m: 1:58.70 41.58 250m: 3:22.46 41.61 350m: 4:45.82 41.13				
100m: 1:17.12 40.49 200m: 2:40.85 42.15 300m: 4:04.69 42.23 400m: 5:24.98 39.16				
5. KOZI SKA Łucja	10 WKS I sk	<b>5:27.23</b>	365	5,8
50m: 37.02 37.02 150m: 2:00.96 42.19 250m: 3:25.25 42.61 350m: 4:46.25 40.71				
100m: 1:18.77 41.75 200m: 2:42.64 41.68 300m: 4:05.54 40.29 400m: 5:27.23 40.98				
6. HOŁDYS Gabriela	10 KS Neptun widnica	<b>5:34.35</b>	342	4,1
50m: 38.98 38.98 150m: 2:06.02 44.10 250m: 3:32.06 42.22 350m: 4:56.38 40.71				
100m: 1:21.92 42.94 200m: 2:49.84 43.82 300m: 4:15.67 43.61 400m: 5:34.35 37.97				
7. KOZŁOWSKA Milena	10 KS JUST SWIM Jelenia Góra	<b>5:39.00</b>	328	3,0
50m: 35.93 35.93 150m: 2:00.12 42.80 250m: 3:27.83 44.23 350m: 4:56.38 44.43				
100m: 1:17.32 41.39 200m: 2:43.60 43.48 300m: 4:11.95 44.12 400m: 5:39.00 42.62				
8. ZAGDA SKA Jagoda	10 MKS Juvenia Wrocław	<b>5:47.19</b>	305	1,0
50m: 38.48 38.48 150m: 2:07.44 44.65 250m: 3:36.61 44.30 350m: 5:05.18 44.18				
100m: 1:22.79 44.31 200m: 2:52.31 44.87 300m: 4:21.00 44.39 400m: 5:47.19 42.01				
9. PASTUSZKA Maja	10 UKS KORAL Wrocław	<b>5:51.76</b>	294	
50m: 39.40 39.40 150m: 2:09.19 45.21 250m: 3:39.53 45.38 350m: 5:08.84 44.56				
100m: 1:23.98 44.58 200m: 2:54.15 44.96 300m: 4:24.28 44.75 400m: 5:51.76 42.92				
10. CZEREP Magdalena	10 WKS I sk	<b>6:04.15</b>	265	
50m: 40.32 40.32 150m: 2:13.84 47.77 250m: 3:47.26 46.74 350m: 5:20.67 46.96				
100m: 1:26.07 45.75 200m: 3:00.52 46.68 300m: 4:33.71 46.45 400m: 6:04.15 43.48				
11. SIKORA Natalia	10 UKS KORAL Wrocław	<b>6:16.35</b>	240	
50m: 40.35 40.35 150m: 2:15.80 48.89 250m: 3:55.06 49.64 350m: 5:31.46 46.85				
100m: 1:26.91 46.56 200m: 3:05.42 49.62 300m: 4:44.61 49.55 400m: 6:16.35 44.89				
<b>B-2009</b>				
1. KAMI SKA Zofia	09 UKS "Kro nicka Przysta "	<b>4:54.11</b>	503	11,0
50m: 33.27 33.27 150m: 1:47.26 37.24 250m: 3:01.96 37.25 350m: 4:17.76 38.08				
100m: 1:10.02 36.75 200m: 2:24.71 37.45 300m: 3:39.68 37.72 400m: 4:54.11 36.35				
2. BOGIELCZYK Natalia	09 KS Neptun widnica	<b>4:55.37</b>	496	10,7
50m: 33.94 33.94 150m: 1:47.69 37.17 250m: 3:03.37 37.73 350m: 4:19.06 38.07				
100m: 1:10.52 36.58 200m: 2:25.64 37.95 300m: 3:40.99 37.62 400m: 4:55.37 36.31				

ZIMOWE MISTRZOSTWA DOZP W PŁYWANIU 2022  
, 25. - 26.11.2022

Konkurencja 38, Dziewcz t, 400m dowolny, B-2009

Pozycja			Rok ur.					Czas	Pkt.	Rud	
3.	GROCKA Natalia		09	MKS Juvenia Wrocław				<b>4:56.60</b>	490	10,3	
	50m:	32.43 32.43	150m:	1:46.45	37.58	250m:	3:02.00	37.43	350m:	4:18.99	38.81
	100m:	1:08.87 36.44	200m:	2:24.57	38.12	300m:	3:40.18	38.18	400m:	4:56.60	37.61
4.	KO CIELNIK Kalina		09	UKP "Na Fali"				<b>5:07.46</b>	440	7,6	
	50m:	34.42 34.42	150m:	1:52.31	39.17	250m:	3:10.72	39.29	350m:	4:29.75	38.93
	100m:	1:13.14 38.72	200m:	2:31.43	39.12	300m:	3:50.82	40.10	400m:	5:07.46	37.71
5.	WAJSBERG Hanna		09	KS Rekin wiebodzice				<b>5:09.29</b>	432	7,2	
	50m:	32.91 32.91	150m:	1:51.38	39.56	250m:	3:10.74	39.94	350m:	4:31.75	39.81
	100m:	1:11.82 38.91	200m:	2:30.80	39.42	300m:	3:51.94	41.20	400m:	5:09.29	37.54
6.	STAMBUŁA Joanna		09	UKS Marato czyk Ostrów Wlkp.				<b>5:14.94</b>	409	5,7	
	50m:	35.25 35.25	150m:	1:54.27	40.66	250m:	3:14.98	40.35	350m:	4:36.27	40.07
	100m:	1:13.61 38.36	200m:	2:34.63	40.36	300m:	3:56.20	41.22	400m:	5:14.94	38.67
7.	PNIACZEK Aleksandra		09	UKS KORAL Wrocław				<b>5:15.55</b>	407	5,6	
	50m:	33.49 33.49	150m:	1:51.58	40.28	250m:	3:14.68	41.61	350m:	4:36.78	40.89
	100m:	1:11.30 37.81	200m:	2:33.07	41.49	300m:	3:55.89	41.21	400m:	5:15.55	38.77
8.	HEŁKA Małgorzata		09	UKS KORAL Wrocław				<b>5:37.79</b>	332		
	50m:	36.21 36.21	150m:	2:00.23	42.64	250m:	3:27.52	43.85	350m:	4:55.88	43.92
	100m:	1:17.59 41.38	200m:	2:43.67	43.44	300m:	4:11.96	44.44	400m:	5:37.79	41.91
9.	ZHURA Anastasiya		09	UKS KORAL Wrocław				<b>5:47.96</b>	303		
	50m:	35.72 35.72	150m:	2:03.09	44.61	250m:	3:33.39	45.71	350m:	5:04.92	45.50
	100m:	1:18.48 42.76	200m:	2:47.68	44.59	300m:	4:19.42	46.03	400m:	5:47.96	43.04

C-2008

1.	WI TEK Amelia		08	WKS I sk				<b>4:39.41</b>	586	12,9	
	50m:	31.39 31.39	150m:	1:42.13	35.68	250m:	2:53.95	35.99	350m:	4:04.61	35.12
	100m:	1:06.45 35.06	200m:	2:17.96	35.83	300m:	3:29.49	35.54	400m:	4:39.41	34.80
2.	KOCHA SKA Aleksandra		08	MKS Juvenia Wrocław				<b>4:48.70</b>	531	10,5	
	50m:	32.34 32.34	150m:	1:44.52	36.52	250m:	2:58.34	36.89	350m:	4:12.50	36.66
	100m:	1:08.00 35.66	200m:	2:21.45	36.93	300m:	3:35.84	37.50	400m:	4:48.70	36.20
3.	WŁODARCZYK Maja		08	UKP Manta Jelcz-Laskowice				<b>4:50.47</b>	522	10,1	
	50m:	32.35 32.35	150m:	1:45.27	36.96	250m:	3:00.25	37.39	350m:	4:14.95	37.41
	100m:	1:08.31 35.96	200m:	2:22.86	37.59	300m:	3:37.54	37.29	400m:	4:50.47	35.52
4.	ROZIEL Natasza		08	UKS KORAL Wrocław				<b>5:10.61</b>	427	4,9	
	50m:	35.01 35.01	150m:	1:52.15	39.41	250m:	3:10.76	39.88	350m:	4:31.56	40.48
	100m:	1:12.74 37.73	200m:	2:30.88	38.73	300m:	3:51.08	40.32	400m:	5:10.61	39.05
5.	SKOCZYLAS Natalia		08	UKS Energetyk Zgorzelec				<b>5:14.77</b>	410	3,8	
	50m:	33.72 33.72	150m:	1:51.64	40.11	250m:	3:14.44	41.31	350m:	4:36.77	41.18
	100m:	1:11.53 37.81	200m:	2:33.13	41.49	300m:	3:55.59	41.15	400m:	5:14.77	38.00
6.	K DZIERSKA Michalina		08	KS WANKAN Legnica				<b>5:17.80</b>	398	3,1	
	50m:	34.46 34.46	150m:	1:53.95	40.21	250m:	3:15.60	40.82	350m:	4:36.40	40.84
	100m:	1:13.74 39.28	200m:	2:34.78	40.83	300m:	3:55.56	39.96	400m:	5:17.80	41.40
7.	GRABOWSKA Natalia		08	MKS Juvenia Wrocław				<b>5:44.72</b>	312		
	50m:	37.55 37.55	150m:	2:02.18	43.28	250m:	3:31.55	44.72	350m:	5:01.61	45.17
	100m:	1:18.90 41.35	200m:	2:46.83	44.65	300m:	4:16.44	44.89	400m:	5:44.72	43.11

D-2007

1.	GRZESIAK Oliwia		07	WKS I sk				<b>4:30.61</b>	645	14,0	
	50m:	30.12 30.12	150m:	1:37.53	34.21	250m:	2:47.44	34.92	350m:	3:57.46	35.02
	100m:	1:03.32 33.20	200m:	2:12.52	34.99	300m:	3:22.44	35.00	400m:	4:30.61	33.15
2.	JAROS Aleksandra		07	KS Neptun widnica				<b>4:45.84</b>	548	10,0	
	50m:	31.73 31.73	150m:	1:42.94	35.83	250m:	2:56.00	36.69	350m:	4:09.83	37.14
	100m:	1:07.11 35.38	200m:	2:19.31	36.37	300m:	3:32.69	36.69	400m:	4:45.84	36.01

ZIMOWE MISTRZOSTWA DOZP W PŁYWANIU 2022  
, 25. - 26.11.2022

Konkurencja 38, Dziewcz t, 400m dowolny, D-2007

Pozycja			Rok ur.					Czas	Pkt.	Rud
3.	ZABRZESKA Kinga		07	MKS Juwenia Wrocław			<b>4:51.38</b>	517	8,6	
	50m: 31.71 31.71	150m: 1:44.64	36.76	250m: 2:59.55	37.42	350m: 4:14.73	37.39			
	100m: 1:07.88 36.17	200m: 2:22.13	37.49	300m: 3:37.34	37.79	400m: 4:51.38	36.65			
4.	CISŁOWICZ Kinga		07	KS Neptun widnica			<b>4:52.26</b>	512	8,3	
	50m: 35.14 35.14	150m: 1:51.67	37.56	250m: 3:04.91	36.21	350m: 4:17.66	36.17			
	100m: 1:14.11 38.97	200m: 2:28.70	37.03	300m: 3:41.49	36.58	400m: 4:52.26	34.60			
5.	GÓRNY Maja		07	WKS I sk			<b>4:54.89</b>	499	7,6	
	50m: 32.99 32.99	150m: 1:44.85	36.43	250m: 3:00.19	37.94	350m: 4:16.95	38.55			
	100m: 1:08.42 35.43	200m: 2:22.25	37.40	300m: 3:38.40	38.21	400m: 4:54.89	37.94			
6.	KULAS Anna		07	MKS Juwenia Wrocław			<b>4:57.63</b>	485	6,9	
	50m: 32.58 32.58	150m: 1:47.05	37.63	250m: 3:03.94	38.48	350m: 4:20.72	38.74			
	100m: 1:09.42 36.84	200m: 2:25.46	38.41	300m: 3:41.98	38.04	400m: 4:57.63	36.91			
7.	GAWRO SKA Gabriela		07	UKP "Na Fali"			<b>5:15.31</b>	408	2,3	
	50m: 35.54 35.54	150m: 1:54.66	40.04	250m: 3:14.19	39.86	350m: 4:34.96	40.43			
	100m: 1:14.62 39.08	200m: 2:34.33	39.67	300m: 3:54.53	40.34	400m: 5:15.31	40.35			
8.	DZIEDZI SKA Amelia		07	MKS „Jedenastka"			<b>6:06.45</b>	260		
	50m: 38.15 38.15	150m: 2:07.95	46.51	250m: 3:44.83	49.09	350m: 5:22.03	48.34			
	100m: 1:21.44 43.29	200m: 2:55.74	47.79	300m: 4:33.69	48.86	400m: 6:06.45	44.42			

E-2006 i starsi

1.	LECHOWSKA Magdalena		06	WKS I sk			<b>4:24.76</b>	689	14,8
	50m: 29.32 29.32	150m: 1:34.97	33.25	250m: 2:42.85	34.20	350m: 3:51.45	34.43		
	100m: 1:01.72 32.40	200m: 2:08.65	33.68	300m: 3:17.02	34.17	400m: 4:24.76	33.31		
2.	TRACZYK Anna		06	MKS Juwenia Wrocław			<b>4:25.82</b>	681	14,6
	50m: 30.49 30.49	150m: 1:37.51	33.71	250m: 2:46.00	34.30	350m: 3:53.68	33.61		
	100m: 1:03.80 33.31	200m: 2:11.70	34.19	300m: 3:20.07	34.07	400m: 4:25.82	32.14		
3.	SZWABI KA Alicja		06	UKP „TORPEDA" Ole nica			<b>4:36.84</b>	603	11,6
	50m: 31.23 31.23	150m: 1:40.92	35.09	250m: 2:52.04	35.60	350m: 4:03.23	35.62		
	100m: 1:05.83 34.60	200m: 2:16.44	35.52	300m: 3:27.61	35.57	400m: 4:36.84	33.61		
4.	L GA Maja		05	KS Neptun widnica			<b>4:49.40</b>	528	8,1
	50m: 31.85 31.85	150m: 1:43.88	36.43	250m: 2:57.60	37.02	350m: 4:12.64	37.49		
	100m: 1:07.45 35.60	200m: 2:20.58	36.70	300m: 3:35.15	37.55	400m: 4:49.40	36.76		
5.	NOWALI SKA Julia		06	KS JUST SWIM Jelenia Góra			<b>4:49.48</b>	527	8,3
	50m: 30.36 30.36	150m: 1:42.80	37.35	250m: 2:58.01	37.37	350m: 4:14.23	37.53		
	100m: 1:05.45 35.09	200m: 2:20.64	37.84	300m: 3:36.70	38.69	400m: 4:49.48	35.25		
6.	WASYLISZYN Julia		04	UKS "ORKA" Luba			<b>5:14.95</b>	409	
	50m: 32.97 32.97	150m: 1:51.17	40.17	250m: 3:13.36	40.81	350m: 4:36.00	41.92		
	100m: 1:11.00 38.03	200m: 2:32.55	41.38	300m: 3:54.08	40.72	400m: 5:14.95	38.95		
7.	BARCZY SKA Julia		06	MKS „Jedenastka"			<b>6:10.22</b>	252	
	50m: 39.12 39.12	150m: 2:12.31	47.67	250m: 3:49.18	48.66	350m: 5:25.17	47.96		
	100m: 1:24.64 45.52	200m: 3:00.52	48.21	300m: 4:37.21	48.03	400m: 6:10.22	45.05		