



Konkurencja 7
24.03.2023 - 17:15

Dziewcząt, 400m dowolny

9 - 13 lat
Wyniki

Rekordy DOZP stan 13.02.2023 2 4:33.36 TRACZYK Justyna 00201 Gorzów Wlkp 17.06.2017
Rekordy DOZP stan 13.02.2023 1 4:42.53 ZIEBA Katarzyna 00401 Ostrowiec Sw. 27.06.2009

Punkty: FINA 2021

Pozycja	Rok ur.	Czas	Pkt.
12 lat			
1. BURANDT Hanna	11	5:26.11	369
50m: 36.53 36.53	150m: 2:00.25 41.63	250m: 3:24.09 41.90	350m: 4:42.56 37.28
100m: 1:18.62 42.09	200m: 2:42.19 41.94	300m: 4:05.28 41.19	400m: 5:26.11 43.55
2. RÓNICKA Aleksandra	11	5:27.16	365
50m: 32.82 32.82	150m: 1:53.18 41.77	250m: 3:18.37 42.47	350m: 4:44.77 43.49
100m: 1:11.41 38.59	200m: 2:35.90 42.72	300m: 4:01.28 42.91	400m: 5:27.16 42.39
3. STRAP Blanka	11	5:35.20	339
50m: 36.66 36.66	150m: 2:01.66 42.72	250m: 3:29.08 43.98	350m: 4:55.03 42.64
100m: 1:18.94 42.28	200m: 2:45.10 43.44	300m: 4:12.39 43.31	400m: 5:35.20 40.17
4. KRAUS Otylia	11	5:37.27	333
50m: 38.37 38.37	150m: 2:03.38 42.96	250m: 3:29.86 43.40	350m: 4:55.27 42.03
100m: 1:20.42 42.05	200m: 2:46.46 43.08	300m: 4:13.24 43.38	400m: 5:37.27 42.00
5. KOZHUKHAR Mariia	11	5:39.52	327
50m: 37.98 37.98	150m: 2:06.20 44.71	250m: 3:33.62 43.78	350m: 4:59.64 42.68
100m: 1:21.49 43.51	200m: 2:49.84 43.64	300m: 4:16.96 43.34	400m: 5:39.52 39.88
6. SZŁABOWICZ Emilia	11	5:40.81	323
50m: 35.18 35.18	150m: 2:01.44 44.64	250m: 3:31.77 45.57	350m: 5:00.34 44.35
100m: 1:16.80 41.62	200m: 2:46.20 44.76	300m: 4:15.99 44.22	400m: 5:40.81 40.47
7. TYMIŃSKA Adrianna	11	5:40.88	323
50m: 37.80 37.80	150m: 2:05.81 44.51	250m: 3:35.15 44.93	350m: 5:00.32 41.85
100m: 1:21.30 43.50	200m: 2:50.22 44.41	300m: 4:18.47 43.32	400m: 5:40.88 40.56
8. TRAM Hanna	11	5:41.95	320
50m: 35.61 35.61	150m: 1:59.56 42.96	250m: 3:28.71 45.12	350m: 4:59.03 45.38
100m: 1:16.60 40.99	200m: 2:43.59 44.03	300m: 4:13.65 44.94	400m: 5:41.95 42.92
9. BIAŁEK Emilia	11	5:49.74	299
50m: 35.82 35.82	150m: 2:03.51 45.41	250m: 3:34.47	350m: 5:05.98 45.90
100m: 1:18.10 42.28	200m:	300m: 4:20.08 45.61	400m: 5:49.74 43.76
10. TULSKA Aleksandra	11	5:55.72	284
50m: 38.02 38.02	150m: 2:07.20 45.82	250m: 3:40.06 47.19	350m: 5:14.60 46.53
100m: 1:21.38 43.36	200m: 2:52.87 45.67	300m: 4:28.07 48.01	400m: 5:55.72 41.12
11. SUCHAR Aleksandra	11	6:02.31	269
50m: 40.49 40.49	150m: 2:12.03 46.13	250m: 3:44.76 46.02	350m: 5:17.59 46.88
100m: 1:25.90 45.41	200m: 2:58.74 46.71	300m: 4:30.71 45.95	400m: 6:02.31 44.72
12. TARASIEWICZ Ines	11	6:04.55	264
50m: 39.89 39.89	150m: 2:11.41 46.89	250m: 3:42.98 46.43	350m: 5:18.18 48.76
100m: 1:24.52 44.63	200m: 2:56.55 45.14	300m: 4:29.42 46.44	400m: 6:04.55 46.37
13. RORAT Zuzanna	11	6:06.42	260
50m: 37.03 37.03	150m: 2:09.02 48.07	250m: 3:44.37 48.22	350m: 5:20.15 48.18
100m: 1:20.95 43.92	200m: 2:56.15 47.13	300m: 4:31.97 47.60	400m: 6:06.42 46.27
14. MAŁYCH Emilia	11	6:08.38	256
50m: 39.63 39.63	150m: 2:12.86 47.16	250m: 3:48.99	350m: 5:24.26 47.55
100m: 1:25.70 46.07	200m:	300m: 4:36.71 47.72	400m: 6:08.38 44.12



Konkurencja 7, Dziewcząt, 400m dowolny, 12 lat

Pozycja			Rok ur.							Czas	Pkt.	
15.	KOWALSKA Ewa		11	TP Zielona Góra						6:12.43	247	
	50m:	39.97	39.97	150m:	2:12.81	47.30	250m:	3:50.94	49.47	350m:	5:28.45	48.55
	100m:	1:25.51	45.54	200m:	3:01.47	48.66	300m:	4:39.90	48.96	400m:	6:12.43	43.98
16.	J DRO Zuzanna		11	MKS Juwenia Wrocław						6:18.72	235	
	50m:	40.59	40.59	150m:	2:15.52	48.33	250m:	3:53.58	49.49	350m:	5:31.98	48.02
	100m:	1:27.19	46.60	200m:	3:04.09	48.57	300m:	4:43.96	50.38	400m:	6:18.72	46.74
17.	HAMRYSZAK Julia		11	UKS KORAL Wrocław						6:19.08	234	
	50m:	41.69	41.69	150m:	2:18.21	49.80	250m:	3:57.94	50.11	350m:	5:36.92	49.61
	100m:	1:28.41	46.72	200m:	3:07.83	49.62	300m:	4:47.31	49.37	400m:	6:19.08	42.16
18.	GUTOWSKA Adriana		11	TP Zielona Góra						6:33.13	210	
	50m:	41.01	41.01	150m:	2:19.07	50.58	250m:	4:02.26	51.85	350m:	5:45.31	51.53
	100m:	1:28.49	47.48	200m:	3:10.41	51.34	300m:	4:53.78	51.52	400m:	6:33.13	47.82
19.	KUCYPERA Hanna		11	WKS I sk						6:33.48	210	
	50m:	43.45	43.45	150m:	2:22.73	50.48	250m:	4:04.38	51.01	350m:	5:47.16	51.10
	100m:	1:32.25	48.80	200m:	3:13.37	50.64	300m:	4:56.06	51.68	400m:	6:33.48	46.32
20.	TRUSZKOWSKA Ada		11	MKS Juwenia Wrocław						6:38.71	201	
	50m:	44.26	44.26	150m:	2:26.65	51.99	250m:	4:10.79	52.24	350m:	5:52.26	49.41
	100m:	1:34.66	50.40	200m:	3:18.55	51.90	300m:	5:02.85	52.06	400m:	6:38.71	46.45
21.	MIGIELSKA Joanna		11	MKS Juwenia Wrocław						7:02.81	169	
	50m:	46.75	46.75	150m:	2:35.34	54.79	250m:	4:25.05	54.80	350m:	6:13.62	53.34
	100m:	1:40.55	53.80	200m:	3:30.25	54.91	300m:	5:20.28	55.23	400m:	7:02.81	49.19

13 lat

1.	KO LAK Hanna		10	UKS „HS” Team Kryty Basen Kłodzko						4:44.45	556	
	50m:	30.95	30.95	150m:	1:41.63	35.97	250m:	2:55.27	37.08	350m:	4:08.75	36.84
	100m:	1:05.66	34.71	200m:	2:18.19	36.56	300m:	3:31.91	36.64	400m:	4:44.45	35.70
2.	BERDECHOWSKA Martyna		10	WKS I sk						4:45.40	550	
	50m:	32.42	32.42	150m:	1:45.07	36.67	250m:	2:58.11	36.72	350m:	4:11.73	36.82
	100m:	1:08.40	35.98	200m:	2:21.39	36.32	300m:	3:34.91	36.80	400m:	4:45.40	33.67
3.	JAWORSKA Aleksandra		10	WKS I sk						4:59.64	475	
	50m:	33.81	33.81	150m:	1:49.01	37.93	250m:	3:05.99	38.82	350m:	4:23.56	38.73
	100m:	1:11.08	37.27	200m:	2:27.17	38.16	300m:	3:44.83	38.84	400m:	4:59.64	36.08
4.	HARTWIG Michalina		10	WKS I sk						5:01.18	468	
	50m:	34.17	34.17	150m:	1:51.33	38.90	250m:	3:08.58	38.25	350m:	4:25.80	38.52
	100m:	1:12.43	38.26	200m:	2:30.33	39.00	300m:	3:47.28	38.70	400m:	5:01.18	35.38
5.	NAJMAN Natalia		10	TP Zielona Góra						5:08.96	434	
	50m:	33.50	33.50	150m:	1:50.92	39.22	250m:	3:10.87	39.92	350m:	4:31.57	40.52
	100m:	1:11.70	38.20	200m:	2:30.95	40.03	300m:	3:51.05	40.18	400m:	5:08.96	37.39
6.	SZEL Zuzanna		10	MKS Dziewięćka Dzieńoniów						5:11.47	423	
	50m:	32.52	32.52	150m:	1:51.15	40.24	250m:	3:14.11	41.63	350m:	4:35.40	40.41
	100m:	1:10.91	38.39	200m:	2:32.48	41.33	300m:	3:54.99	40.88	400m:	5:11.47	36.07
7.	GŁOWACKA Julia		10	MKS Juwenia Wrocław						5:13.19	416	
	50m:	35.11	35.11	150m:	1:53.35	39.38	250m:	3:13.54	39.57	350m:	4:33.96	40.25
	100m:	1:13.97	38.86	200m:	2:33.97	40.62	300m:	3:53.71	40.17	400m:	5:13.19	39.23
8.	ŁADO Natalia		10	UKS KORAL Wrocław						5:23.98	376	
	50m:	34.99	34.99	150m:	1:56.91	42.18	250m:	3:20.67	42.55	350m:	4:45.10	41.52
	100m:	1:14.73	39.74	200m:	2:38.12	41.21	300m:	4:03.58	42.91	400m:	5:23.98	38.88



Konkurencja 7, Dziewcząt, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.			
9.	URAKOWSKA Zuzanna		10	KS Neptun widnica				5:25.55	370			
	50m:	38.21 38.21	150m:	2:01.03	41.76	250m:	3:22.99	41.76	350m:	4:46.10	40.90	
	100m:	1:19.27	41.06	200m:	2:41.23	40.20	300m:	4:05.20	42.21	400m:	5:25.55	39.45
10.	ZHYTENKO Viktoriya		10	MKS Juvenia Wrocław				5:27.42	364			
	50m:	35.57 35.57	150m:	1:58.80	42.53	250m:	3:24.11	42.57	350m:	4:48.83	42.63	
	100m:	1:16.27	40.70	200m:	2:41.54	42.74	300m:	4:06.20	42.09	400m:	5:27.42	38.59
11.	KLIMCZAK Natalia		10	MKS Juvenia Wrocław				5:29.24	358			
	50m:	35.98 35.98	150m:	1:57.99	41.50	250m:	3:24.43	42.85	350m:	4:49.38	42.15	
	100m:	1:16.49	40.51	200m:	2:41.58	43.59	300m:	4:07.23	42.80	400m:	5:29.24	39.86
12.	KOZI SKA Łucja		10	WKS I sk				5:31.48	351			
	50m:	35.99 35.99	150m:	2:00.30	43.39	250m:	3:25.22	42.76	350m:			
	100m:	1:16.91	40.92	200m:	2:42.46	42.16	300m:	4:06.98	41.76	400m:	5:31.48	
13.	LIPIEC Nina		10	UKS KORAL Wrocław				5:37.45	333			
	50m:	34.74 34.74	150m:	1:58.22	43.35	250m:	3:26.99	44.77	350m:	4:54.94	43.20	
	100m:	1:14.87	40.13	200m:	2:42.22	44.00	300m:	4:11.74	44.75	400m:	5:37.45	42.51
14.	KOZŁOWSKA Milena		10	JUST Swim Beavers				5:38.05	331			
	50m:	34.88 34.88	150m:	1:58.57	43.85	250m:	3:27.03	44.63	350m:	4:54.95	43.81	
	100m:	1:14.72	39.84	200m:	2:42.40	43.83	300m:	4:11.14	44.11	400m:	5:38.05	43.10
15.	ZAGDA SKA Jagoda		10	MKS Juvenia Wrocław				5:40.16	325			
	50m:	36.58 36.58	150m:	2:03.64	44.39	250m:	3:33.14	44.75	350m:	5:00.08	42.45	
	100m:	1:19.25	42.67	200m:	2:48.39	44.75	300m:	4:17.63	44.49	400m:	5:40.16	40.08
16.	POR BA Martyna		10	UKS „HS” Team Kryty Basen Kłodzko				5:41.35	321			
	50m:	36.54 36.54	150m:	2:05.60	45.20	250m:	3:34.16	43.39	350m:	5:02.58	44.06	
	100m:	1:20.40	43.86	200m:	2:50.77	45.17	300m:	4:18.52	44.36	400m:	5:41.35	38.77
17.	CZEREPA Magdalena		10	WKS I sk				5:49.17	300			
	50m:	38.42 38.42	150m:	2:06.56	44.72	250m:	3:36.11	44.96	350m:	5:05.78	44.78	
	100m:	1:21.84	43.42	200m:	2:51.15	44.59	300m:	4:21.00	44.89	400m:	5:49.17	43.39
18.	GRZYBAŁA Aleksandra		10	WKS I sk				5:51.39	295			
	50m:	41.34 41.34	150m:	2:12.38	46.10	250m:	3:42.66	45.45	350m:	5:12.87	45.25	
	100m:	1:26.28	44.94	200m:	2:57.21	44.83	300m:	4:27.62	44.96	400m:	5:51.39	38.52
19.	ALKHATIB Maison		10	MKS Juvenia Wrocław				6:22.77	228			
	50m:	40.55 40.55	150m:	2:19.10	49.68	250m:	4:00.00	51.35	350m:	5:38.89	48.97	
	100m:	1:29.42	48.87	200m:	3:08.65	49.55	300m:	4:49.92	49.92	400m:	6:22.77	43.88
20.	RYNDAK Julia		10	MKS Juvenia Wrocław				6:23.93	226			
	50m:	42.85 42.85	150m:	2:18.52	48.48	250m:	3:57.73	49.64	350m:	5:38.12	49.93	
	100m:	1:30.04	47.19	200m:	3:08.09	49.57	300m:	4:48.19	50.46	400m:	6:23.93	45.81
21.	SIKORA Natalia		10	UKS KORAL Wrocław				6:24.37	225			
	50m:	39.54 39.54	150m:	2:15.18	49.05	250m:	3:56.70	50.05	350m:	5:37.25	48.13	
	100m:	1:26.13	46.59	200m:	3:06.65	51.47	300m:	4:49.12	52.42	400m:	6:24.37	47.12
22.	WI NIEWSKA Aleksandra		10	KS Rekin wiebodzice				6:28.75	217			
	50m:	40.72 40.72	150m:	2:19.85	50.16	250m:	4:01.68	51.30	350m:	5:44.22	51.31	
	100m:	1:29.69	48.97	200m:	3:10.38	50.53	300m:	4:52.91	51.23	400m:	6:28.75	44.53
23.	KOWALCZYK Martyna		10	KS Rekin wiebodzice				6:42.75	195			
	50m:	41.03 41.03	150m:	2:21.32	52.35	250m:	4:07.33	53.25	350m:	5:53.51		
	100m:	1:28.97	47.94	200m:	3:14.08	52.76	300m:			400m:	6:42.75	49.24
24.	DOBROCHOWSKA Julia		10	KS Rekin wiebodzice				6:43.43	194			
	50m:	42.69 42.69	150m:	2:22.05	51.02	250m:	4:06.81	52.20	350m:	5:53.49	52.81	
	100m:	1:31.03	48.34	200m:	3:14.61	52.56	300m:	5:00.68	53.87	400m:	6:43.43	49.94



Konkurencja 7, Dziewcząt, 400m dowolny, 13 lat

Pozycja			Rok ur.							Czas	Pkt.		
25.	DUŁAWSKA Lena		10	WKS	I	sk						6:54.59	179
	50m:	46.14	46.14	150m:	2:30.98	53.18	250m:	4:17.55	53.34	350m:	6:05.40	53.30	
	100m:	1:37.80	51.66	200m:	3:24.21	53.23	300m:	5:12.10	54.55	400m:	6:54.59	49.19	
DYSKW.	KACZOROWSKA Emilia		10	WKS	I	sk							
	O-1												
PK	NOSAL Lena			WKS	I	sk						5:29.61	357
	50m:	36.22	36.22	150m:	2:00.05	41.80	250m:	3:26.45	43.22	350m:	4:51.93	42.00	
	100m:	1:18.25	42.03	200m:	2:43.23	43.18	300m:	4:09.93	43.48	400m:	5:29.61	37.68	