

Letnie Mistrzostwa Dolnego Śląska / VIII Memoriał imienia Andrzeja Wernera 26-27.05.2023 Wrocław
Wrocław, 26. - 27.5.2023

Konkurencja 7
26.05.2023 - 10:38

Kobiet, 400m dowolny

12 - 50 lat
Wyniki

Punkty: FINA 2023

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
MŁODZIK							
1.	BERDECHOWSKA Martyna 10	WKS I sk	4:53.26 523	1:09.92	1:15.45	1:15.50	1:12.39
	50m: 32.79 32.79	150m: 1:48.09 38.17	250m: 3:03.09 37.72	350m: 4:18.48 37.61			
	100m: 1:09.92 37.13	200m: 2:25.37 37.28	300m: 3:40.87 37.78	400m: 4:53.26 34.78			
2.	KO LAK Hanna 10	UKS „HS” Team Kryty Basen	5:00.79 485	1:10.16	1:16.70	1:18.01	1:15.92
	50m: 32.55 32.55	150m: 1:48.48 38.32	250m: 3:06.05 39.19	350m: 4:23.66 38.79			
	100m: 1:10.16 37.61	200m: 2:26.86 38.38	300m: 3:44.87 38.82	400m: 5:00.79 37.13			
3.	NOSAL Nela 10	WKS I sk	5:03.45 472	1:10.30	1:19.64	1:18.44	1:15.07
	50m: 32.94 32.94	150m: 1:49.95 39.65	250m: 3:09.47 39.53	350m: 4:26.43 38.05			
	100m: 1:10.30 37.36	200m: 2:29.94 39.99	300m: 3:48.38 38.91	400m: 5:03.45 37.02			
4.	JAWORSKA Aleksandra 10	WKS I sk	5:03.71 471	1:11.27	1:19.07	1:18.32	1:15.05
	50m: 32.92 32.92	150m: 1:50.46 39.19	250m: 3:09.50 39.16	350m: 4:27.36 38.70			
	100m: 1:11.27 38.35	200m: 2:30.34 39.88	300m: 3:48.66 39.16	400m: 5:03.71 36.35			
5.	HARTWIG Michalina 10	WKS I sk	5:05.61 462	1:12.94	1:18.38	1:17.50	1:16.79
	50m: 34.30 34.30	150m: 1:52.27 39.33	250m: 3:10.03 38.71	350m: 4:27.63 38.81			
	100m: 1:12.94 38.64	200m: 2:31.32 39.05	300m: 3:48.82 38.79	400m: 5:05.61 37.98			
6.	SKAWI SKA Lena 10	WKS I sk	5:28.66 372	1:16.98	1:24.59	1:24.03	1:23.06
	50m: 35.92 35.92	150m: 1:59.81 42.83	250m: 3:23.25 41.68	350m: 4:48.20 42.60			
	100m: 1:16.98 41.06	200m: 2:41.57 41.76	300m: 4:05.60 42.35	400m: 5:28.66 40.46			
7.	URAKOWSKA Zuzanna 10	KS Neptun widnica	5:29.44 369	1:18.63	1:24.24	1:24.25	1:22.32
	50m: 37.27 37.27	150m: 2:00.50 41.87	250m: 3:24.76 41.89	350m: 4:48.17 41.05			
	100m: 1:18.63 41.36	200m: 2:42.87 42.37	300m: 4:07.12 42.36	400m: 5:29.44 41.27			
8.	KLIMCZAK Natalia 10	MKS Juwenia Wrocław	5:35.60 349	1:16.92	1:27.55	1:27.88	1:23.25
	50m: 35.22 35.22	150m: 2:00.39 43.47	250m: 3:28.32 43.85	350m: 4:56.40 44.05			
	100m: 1:16.92 41.70	200m: 2:44.47 44.08	300m: 4:12.35 44.03	400m: 5:35.60 39.20			
9.	KOZI SKA Łucja 10	WKS I sk	5:37.41 343	1:17.79	1:25.97	1:27.14	1:26.51
	50m: 35.83 35.83	150m: 2:01.58 43.79	250m: 3:28.47 44.71	350m: 4:55.58 44.68			
	100m: 1:17.79 41.96	200m: 2:43.76 42.18	300m: 4:10.90 42.43	400m: 5:37.41 41.83			
10.	HOLDYS Gabriela 10	KS Neptun widnica	5:39.63 337	1:22.65	1:29.13	1:26.97	1:20.88
	50m: 39.26 39.26	150m: 2:06.99 44.34	250m: 3:35.09 43.31	350m: 5:01.06 42.31			
	100m: 1:22.65 43.39	200m: 2:51.78 44.79	300m: 4:18.75 43.66	400m: 5:39.63 38.57			
11.	ZAGDA SKA Jagoda 10	MKS Juwenia Wrocław	5:51.41 304	1:22.63	1:31.72	1:32.71	1:24.35
	50m: 37.75 37.75	150m: 2:08.31 45.68	250m: 3:40.85 46.50	350m: 5:11.48 44.42			
	100m: 1:22.63 44.88	200m: 2:54.35 46.04	300m: 4:27.06 46.21	400m: 5:51.41 39.93			
12.	SZEBYSTY Hanna 10	MKS Juwenia Wrocław	5:57.11 290	1:26.80	1:33.75	1:31.62	1:24.94
	50m: 40.93 40.93	150m: 2:13.57 46.77	250m: 3:46.62 46.07	350m: 5:16.10 43.93			
	100m: 1:26.80 45.87	200m: 3:00.55 46.98	300m: 4:32.17 45.55	400m: 5:57.11 41.01			
13.	NIEMIEC Marta 10	WKS I sk	6:11.08 258	1:24.14	1:35.12	1:36.13	1:35.69
	50m: 38.68 38.68	150m: 2:11.20 47.06	250m: 3:47.61 48.35	350m: 5:24.10 48.71			
	100m: 1:24.14 45.46	200m: 2:59.26 48.06	300m: 4:35.39 47.78	400m: 6:11.08 46.98			
14.	RYNDAK Julia 10	MKS Juwenia Wrocław	6:18.63 243	1:28.13	1:37.63	1:38.81	1:34.06
	50m: 41.33 41.33	150m: 2:16.82 48.69	250m: 3:55.17 49.41	350m: 5:33.40 48.83			
	100m: 1:28.13 46.80	200m: 3:05.76 48.94	300m: 4:44.57 49.40	400m: 6:18.63 45.23			
15.	ALKHATIB Maison 10	MKS Juwenia Wrocław	6:22.76 235	1:27.37	1:39.08	1:39.90	1:36.41
	50m: 40.09 40.09	150m: 2:17.00 49.63	250m: 3:56.38 49.93	350m: 5:36.29 49.94			
	100m: 1:27.37 47.28	200m: 3:06.45 49.45	300m: 4:46.35 49.97	400m: 6:22.76 46.47			
16.	ZI BA Nicola 10	Sport Active	6:25.96 229	1:30.56	1:40.32		
	50m: 42.27 42.27	150m: 2:20.04 49.48	250m: 4:00.58 49.70	350m: 5:40.88			
	100m: 1:30.56 48.29	200m: 3:10.88 50.84	300m: 4:30.00 49.70	400m: 6:25.96 45.08			
17.	KRUKOWSKA Wiktoria 10	Sport Active	6:53.11 187	1:37.35	1:47.99	1:49.32	1:38.45
	50m: 45.72 45.72	150m: 2:31.46 54.11	250m: 4:20.22 54.88	350m: 6:07.65 52.99			
	100m: 1:37.35 51.63	200m: 3:25.34 53.88	300m: 5:14.66 54.44	400m: 6:53.11 45.46			

Konkurencja 7, Kobiet, 400m dowolny

JUNIOR MŁODSZY

1. BOGIELCZYK Natalia	09	KS Neptun widnica	4:56.68	505	1:11.10	1:15.74	1:15.60	1:14.24
50m: 33.76	33.76	150m: 1:48.91	37.81	250m: 3:04.68	37.84	350m: 4:20.50	38.06	
100m: 1:11.10	37.34	200m: 2:26.84	37.93	300m: 3:42.44	37.76	400m: 4:56.68	36.18	
2. SUJKA Ewa	09	MKS Juvenia Wrocław	4:58.32	497	1:09.28	1:17.52	1:17.76	1:13.76
50m: 31.88	31.88	150m: 1:47.74	38.46	250m: 3:05.60	38.80	350m: 4:22.38	37.82	
100m: 1:09.28	37.40	200m: 2:26.80	39.06	300m: 3:44.56	38.96	400m: 4:58.32	35.94	
3. KO CIELNIK Kalina	09	UKP "Na Fali"	5:07.12	456	1:14.60	1:19.25	1:18.88	1:14.39
50m: 35.41	35.41	150m: 1:54.49	39.89	250m: 3:13.59	39.74	350m: 4:30.47	37.74	
100m: 1:14.60	39.19	200m: 2:33.85	39.36	300m: 3:52.73	39.14	400m: 5:07.12	36.65	
4. MONGIAŁŁO Zuzanna	09	UKS Shark Rudna	5:08.11	451	1:11.37	1:21.07	1:19.72	1:15.95
50m: 33.72	33.72	150m: 1:50.99	39.62	250m: 3:12.56	40.12	350m: 4:30.95	38.79	
100m: 1:11.37	37.65	200m: 2:32.44	41.45	300m: 3:52.16	39.60	400m: 5:08.11	37.16	
5. GROCKA Natalia	09	MKS Juvenia Wrocław	5:09.92	443	1:11.71	1:20.33	1:20.75	1:17.13
50m: 33.55	33.55	150m: 1:51.52	39.81	250m: 3:12.20	40.16	350m: 4:32.56	39.77	
100m: 1:11.71	38.16	200m: 2:32.04	40.52	300m: 3:52.79	40.59	400m: 5:09.92	37.36	
6. K DZIA Hanna	09	MKS Juvenia Wrocław	5:19.48	405	1:15.41	1:20.43	1:21.78	1:21.86
50m: 35.52	35.52	150m: 1:55.43	40.02	250m: 3:16.54	40.70	350m: 4:39.07	41.45	
100m: 1:15.41	39.89	200m: 2:35.84	40.41	300m: 3:57.62	41.08	400m: 5:19.48	40.41	
7. PAWLICKA Magdalena	09	UKS KORAL Wrocław	5:26.19	380	1:14.43	1:24.15	1:26.08	1:21.53
50m: 35.15	35.15	150m: 1:55.96	41.53	250m: 3:21.78	43.20	350m: 4:47.59	42.93	
100m: 1:14.43	39.28	200m: 2:38.58	42.62	300m: 4:04.66	42.88	400m: 5:26.19	38.60	
8. WAJSBERG Hanna	09	KS Rekin wiebodzice	5:32.37	359	1:15.41	1:25.46	1:27.75	1:23.75
50m: 34.28	34.28	150m: 1:58.18	42.77	250m: 3:24.36	43.49	350m: 4:51.30	42.68	
100m: 1:15.41	41.13	200m: 2:40.87	42.69	300m: 4:08.62	44.26	400m: 5:32.37	41.07	
9. BASIAK Martyna	09	UKS KORAL Wrocław	5:32.99	357	1:16.43	1:25.46	1:26.34	1:24.76
50m: 35.23	35.23	150m: 1:59.02	42.59	250m: 3:25.04	43.15	350m: 4:51.04	42.81	
100m: 1:16.43	41.20	200m: 2:41.89	42.87	300m: 4:08.23	43.19	400m: 5:32.99	41.95	
10. PNIACZEK Aleksandra	09	UKS KORAL Wrocław	5:37.30	344	1:12.97	1:28.13	1:31.05	1:25.15
50m: 33.27	33.27	150m: 1:56.15	43.18	250m: 3:27.01	45.91	350m: 4:57.24	45.09	
100m: 1:12.97	39.70	200m: 2:41.10	44.95	300m: 4:12.15	45.14	400m: 5:37.30	40.06	
11. DZI DZIOLA Zofia	09	UKP "Na Fali"	5:52.53	301	1:24.46	1:31.60	1:32.81	1:23.66
50m: 39.95	39.95	150m: 2:10.01	45.55	250m: 3:42.67	46.61	350m: 5:13.54	44.67	
100m: 1:24.46	44.51	200m: 2:56.06	46.05	300m: 4:28.87	46.20	400m: 5:52.53	38.99	
12. ZHURA Anastasiya	09	UKS KORAL Wrocław	6:00.21	282	1:20.54	1:32.81	1:33.71	1:33.15
50m: 35.95	35.95	150m: 2:06.52	45.98	250m: 3:40.39	47.04	350m: 5:13.34	46.28	
100m: 1:20.54	44.59	200m: 2:53.35	46.83	300m: 4:27.06	46.67	400m: 6:00.21	46.87	
13. WITAN Barbara	09	Sport Active	7:07.47	169	1:38.79	1:50.07	1:53.27	1:45.34
50m: 46.08	46.08	150m: 2:34.42	55.63	250m: 4:24.51	55.65	350m: 6:18.24	56.11	
100m: 1:38.79	52.71	200m: 3:28.86	54.44	300m: 5:22.13	57.62	400m: 7:07.47	49.23	

JUNIOR

1. PIEBIAK Nicola	08	MKS Juvenia Wrocław	4:42.26	587	1:08.10	1:12.92	1:11.27	1:09.97
50m: 32.40	32.40	150m: 1:44.53	36.43	250m: 2:56.24	35.22	350m: 4:07.93	35.64	
100m: 1:08.10	35.70	200m: 2:21.02	36.49	300m: 3:32.29	36.05	400m: 4:42.26	34.33	
2. WI TEK Amelia	08	WKS I sk	4:51.75	531	1:09.84	1:13.39	1:13.99	1:14.53
50m: 33.02	33.02	150m: 1:46.60	36.76	250m: 3:00.17	36.94	350m: 4:14.98	37.76	
100m: 1:09.84	36.82	200m: 2:23.23	36.63	300m: 3:37.22	37.05	400m: 4:51.75	36.77	
3. WŁODARCZYK Maja	08	UKP Manta Jelcz-Laskowice	4:56.42	507	1:08.56	1:15.82	1:16.72	1:15.32
50m: 32.55	32.55	150m: 1:46.36	37.80	250m: 3:02.83	38.45	350m: 4:20.08	38.98	
100m: 1:08.56	36.01	200m: 2:24.38	38.02	300m: 3:41.10	38.27	400m: 4:56.42	36.34	
4. CHOROSZY Amelia	08	MKS Juvenia Wrocław	5:06.63	458	1:12.75	1:18.73	1:19.07	1:16.08
50m: 33.85	33.85	150m: 1:52.09	39.34	250m: 3:10.66	39.18	350m: 4:29.28	38.73	
100m: 1:12.75	38.90	200m: 2:31.48	39.39	300m: 3:50.55	39.89	400m: 5:06.63	37.35	

Konkurencja 7, Dziewcząt, 400m dowolny, JUNIOR

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m
5.	08	UKS KORAL Wrocław	5:07.07	456	1:12.39	1:18.48	1:19.39	1:16.81
		50m: 34.35 34.35	150m: 1:51.29 38.90	250m: 3:10.38 39.51	350m: 4:29.93 39.67			
		100m: 1:12.39 38.04	200m: 2:30.87 39.58	300m: 3:50.26 39.88	400m: 5:07.07 37.14			
6.	08	UKS Shark Rudna	6:36.12	212	1:33.26	1:41.80	1:43.88	1:37.18
		50m: 43.06 43.06	150m: 2:23.58 50.32	250m: 4:06.60 51.54	350m: 5:49.12 50.18			
		100m: 1:33.26 50.20	200m: 3:15.06 51.48	300m: 4:58.94 52.34	400m: 6:36.12 47.00			

SENIOR

1.	01	WKS I sk	4:23.90	718	1:02.01	1:06.81	1:08.17	1:06.91
		50m: 29.78 29.78	150m: 1:35.21 33.20	250m: 2:42.67 33.85	350m: 3:50.71 33.72			
		100m: 1:02.01 32.23	200m: 2:08.82 33.61	300m: 3:16.99 34.32	400m: 4:23.90 33.19			
2.	07	WKS I sk	4:32.96	649	1:06.15	1:10.31	1:09.95	1:06.55
		50m: 31.72 31.72	150m: 1:41.19 35.04	250m: 2:51.50 35.04	350m: 4:00.26 33.85			
		100m: 1:06.15 34.43	200m: 2:16.46 35.27	300m: 3:26.41 34.91	400m: 4:32.96 32.70			
3.	06	MKS Juvenia Wrocław	4:33.10	648	1:05.76	1:10.67	1:10.57	1:06.10
		50m: 31.33 31.33	150m: 1:40.76 35.00	250m: 2:51.75 35.32	350m: 4:01.37 34.37			
		100m: 1:05.76 34.43	200m: 2:16.43 35.67	300m: 3:27.00 35.25	400m: 4:33.10 31.73			
4.	06	WKS I sk	4:38.74	610	1:06.95	1:11.18	1:10.92	1:09.69
		50m: 31.59 31.59	150m: 1:42.43 35.48	250m: 2:53.56 35.43	350m: 4:04.26 35.21			
		100m: 1:06.95 35.36	200m: 2:18.13 35.70	300m: 3:29.05 35.49	400m: 4:38.74 34.48			
5.	06	MKS Juvenia Wrocław	4:43.27	581	1:06.92	1:11.97	1:13.62	1:10.76
		50m: 31.79 31.79	150m: 1:42.84 35.92	250m: 2:55.76 36.87	350m: 4:09.18 36.67			
		100m: 1:06.92 35.13	200m: 2:18.89 36.05	300m: 3:32.51 36.75	400m: 4:43.27 34.09			
6.	07	MKS Juvenia Wrocław	4:49.42	544	1:07.94	1:13.12	1:14.62	1:13.74
		50m: 32.26 32.26	150m: 1:44.16 36.22	250m: 2:58.47 37.41	350m: 4:12.97 37.29			
		100m: 1:07.94 35.68	200m: 2:21.06 36.90	300m: 3:35.68 37.21	400m: 4:49.42 36.45			
7.	07	KS Neptun widnica	5:00.80	485	1:14.33	1:17.24	1:16.18	1:13.05
		50m: 35.45 35.45	150m: 1:52.44 38.11	250m: 3:09.53 37.96	350m: 4:25.64 37.89			
		100m: 1:14.33 38.88	200m: 2:31.57 39.13	300m: 3:47.75 38.22	400m: 5:00.80 35.16			
8.	07	WKS I sk	5:03.08	474	1:09.29	1:16.76	1:18.10	1:18.93
		50m: 32.97 32.97	150m: 1:47.25 37.96	250m: 3:04.66 38.61	350m: 4:23.89 39.74			
		100m: 1:09.29 36.32	200m: 2:26.05 38.80	300m: 3:44.15 39.49	400m: 5:03.08 39.19			
9.	06	Just Swim Beavers	5:05.53	463	1:10.26	1:18.45	1:20.04	1:16.78
		50m: 32.73 32.73	150m: 1:49.49 39.23	250m: 3:09.00 40.29	350m: 4:28.61 39.86			
		100m: 1:10.26 37.53	200m: 2:28.71 39.22	300m: 3:48.75 39.75	400m: 5:05.53 36.92			
10.	07	UKP "Na Fali"	5:50.70	306	1:21.75	1:30.70	1:30.97	1:27.28
		50m: 38.38 38.38	150m: 2:06.82 45.07	250m: 3:37.57 45.12	350m: 5:08.04 44.62			
		100m: 1:21.75 43.37	200m: 2:52.45 45.63	300m: 4:23.42 45.85	400m: 5:50.70 42.66			
11.	06	KS Rekin wiebodzice	6:00.33	282	1:17.76	1:31.56	1:36.35	1:34.66
		50m: 35.77 35.77	150m: 2:02.64 44.88	250m: 3:37.06 47.74	350m: 5:14.38 48.71			
		100m: 1:17.76 41.99	200m: 2:49.32 46.68	300m: 4:25.67 48.61	400m: 6:00.33 45.95			
12.	06	MKS „Jedenastka"	6:20.41	239	1:22.63	1:39.49	1:42.25	1:36.04
		50m: 37.47 37.47	150m: 2:11.61 48.98	250m: 3:53.44 51.32	350m: 5:34.27 49.90			
		100m: 1:22.63 45.16	200m: 3:02.12 50.51	300m: 4:44.37 50.93	400m: 6:20.41 46.14			
13.	07	Sport Active	6:31.98	219	1:30.68	1:39.62	1:41.90	1:39.78
		50m: 42.84 42.84	150m: 2:20.14 49.46	250m: 4:01.35 51.05	350m: 5:42.60 50.40			
		100m: 1:30.68 47.84	200m: 3:10.30 50.16	300m: 4:52.20 50.85	400m: 6:31.98 49.38			