



Mistrzostwa Województwa Warmińsko-Mazurskiego OZP  
OLSZTYN, 18. - 19.11.2023

Konkurencja 11  
18.11.2023 - 13:15

Kobiet, 400m dowolny

11 lat i starsi  
Wyniki

Punkty: FINA 2022

Pozycja			Wiek							Czas	Pkt.	
11 lat												
1.	KRYSZTOF Alicja		11		MTP Kormoran Olsztyn					<b>5:22.41</b>	381	
	50m:	36.37	36.37	150m:	2:00.25	42.11	250m:	3:22.59	40.96	350m:	4:44.15	40.35
	100m:	1:18.14	41.77	200m:	2:41.63	41.38	300m:	4:03.80	41.21	400m:	5:22.41	38.26
12 lat												
1.	KAROLEWSKA Julia		12		SWIMLAND Olsztyn					<b>5:06.11</b>	446	
	50m:	32.36	32.36	150m:	1:49.67	39.55	250m:	3:08.99	39.44	350m:	4:29.51	40.50
	100m:	1:10.12	37.76	200m:	2:29.55	39.88	300m:	3:49.01	40.02	400m:	5:06.11	36.60
2.	BARCZAK Karolina		12		MTP Kormoran Olsztyn					<b>5:15.22</b>	408	
	50m:	35.23	35.23	150m:	1:54.91	40.24	250m:	3:16.44	41.02	350m:	4:37.25	39.95
	100m:	1:14.67	39.44	200m:	2:35.42	40.51	300m:	3:57.30	40.86	400m:	5:15.22	37.97
3.	ŁOPACI SKA Lena		12		UKP Jedyńka Elbląg					<b>5:42.75</b>	317	
	50m:	39.38	39.38	150m:	2:06.46	43.56	250m:	3:34.78	44.11	350m:	5:02.55	44.06
	100m:	1:22.90	43.52	200m:	2:50.67	44.21	300m:	4:18.49	43.71	400m:	5:42.75	40.20
4.	PIOTROWSKA Daria		12		UKS MOS Elk					<b>5:45.31</b>	310	
	50m:	39.18	39.18	150m:	2:07.07	44.15	250m:	3:35.34	44.30	350m:	5:04.45	44.42
	100m:	1:22.92	43.74	200m:	2:51.04	43.97	300m:	4:20.03	44.69	400m:	5:45.31	40.86
5.	GORGOSZ Julia		12		MKS Medyk Giżycko					<b>5:45.93</b>	309	
	50m:	35.78	35.78	150m:	2:02.04	43.67	250m:	3:32.35	44.79	350m:	5:03.28	46.00
	100m:	1:18.37	42.59	200m:	2:47.56	45.52	300m:	4:17.28	44.93	400m:	5:45.93	42.65
13 lat												
1.	DZIAPKA Lena		13		MTP Kormoran Olsztyn					<b>5:27.15</b>	365	
	50m:	35.27	35.27	150m:	1:58.05	42.52	250m:	3:23.07	42.36	350m:	4:48.13	42.31
	100m:	1:15.53	40.26	200m:	2:40.71	42.66	300m:	4:05.82	42.75	400m:	5:27.15	39.02
2.	ZALEWSKA Lena		13		UKS „Frog” Giżycko					<b>5:30.21</b>	355	
	50m:	36.16	36.16	150m:	1:58.65	41.75	250m:	3:24.53	42.89	350m:	4:49.64	43.22
	100m:	1:16.90	40.74	200m:	2:41.64	42.99	300m:	4:06.42	41.89	400m:	5:30.21	40.57
3.	MYLI SKA Martyna		13		UKS „Frog” Giżycko					<b>5:42.41</b>	318	
	50m:	37.77	37.77	150m:	2:05.45	44.25	250m:	3:33.88	43.83	350m:	5:01.15	43.76
	100m:	1:21.20	43.43	200m:	2:50.05	44.60	300m:	4:17.39	43.51	400m:	5:42.41	41.26
14 lat												
1.	NASZKIEWICZ Inga		14		MUKS Piorun Gołdap					<b>5:24.81</b>	373	
	50m:	36.18	36.18	150m:	1:58.60	41.73	250m:	3:20.64	40.47	350m:	4:43.72	42.00
	100m:	1:16.87	40.69	200m:	2:40.17	41.57	300m:	4:01.72	41.08	400m:	5:24.81	41.09
2.	ZIELI SKA Dominika		14		UKP Jedyńka Elbląg					<b>5:29.39</b>	358	
	50m:	36.30	36.30	150m:	1:58.90	42.03	250m:	3:23.17	42.51	350m:	4:48.25	42.72
	100m:	1:16.87	40.57	200m:	2:40.66	41.76	300m:	4:05.53	42.36	400m:	5:29.39	41.14



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15 lat i starsi

1. JABŁO SKA Natalia	15	MTP Kormoran Olsztyn	<b>4:45.35</b>	550
50m: 32.87 32.87	150m: 1:44.59 36.35	250m: 2:56.89 35.87	350m: 4:09.45 36.49	
100m: 1:08.24 35.37	200m: 2:21.02 36.43	300m: 3:32.96 36.07	400m: 4:45.35 35.90	
2. SUSKA Zuzanna	16	UKP Jedyńka Elbl g	<b>5:10.15</b>	429
50m: 34.36 34.36	150m: 1:52.17 39.53	250m: 3:11.92 40.03	350m: 4:33.04 40.11	
100m: 1:12.64 38.28	200m: 2:31.89 39.72	300m: 3:52.93 41.01	400m: 5:10.15 37.11	
3. JARMOŁOWICZ Gabriela	15	MKS Medyk Gi ycko	<b>5:18.04</b>	397
50m: 35.20 35.20	150m: 1:53.71 39.53	250m: 3:15.38 40.81	350m: 4:39.25 42.22	
100m: 1:14.18 38.98	200m: 2:34.57 40.86	300m: 3:57.03 41.65	400m: 5:18.04 38.79	
4. PASZKOWSKA Kinga	16	UKS MOS Elk	<b>5:28.23</b>	361
50m: 36.60 36.60	150m: 1:58.45 41.90	250m: 3:22.45 42.06	350m: 4:48.33 42.89	
100m: 1:16.55 39.95	200m: 2:40.39 41.94	300m: 4:05.44 42.99	400m: 5:28.23 39.90	
5. KOPICZKO Sandra	26	MKS Medyk Gi ycko	<b>5:32.44</b>	348
50m: 36.02 36.02	150m: 2:00.04 42.66	250m: 3:25.82 42.95	350m: 4:50.92 42.31	
100m: 1:17.38 41.36	200m: 2:42.87 42.83	300m: 4:08.61 42.79	400m: 5:32.44 41.52	
6. CZERWI SKA Nadia	15	UKP Jedyńka Elbl g	<b>5:52.61</b>	291
50m: 40.35 40.35	150m: 2:08.98 45.06	250m: 3:39.90 45.42	350m: 5:10.69 45.43	
100m: 1:23.92 43.57	200m: 2:54.48 45.50	300m: 4:25.26 45.36	400m: 5:52.61 41.92	
PK W GRZYCKA Małgorzata	16	MKS Trójka Łód	<b>4:43.00</b>	564
50m: 32.10 32.10	150m: 1:43.82 35.99	250m: 2:55.83 36.01	350m: 4:08.01 35.90	
100m: 1:07.83 35.73	200m: 2:19.82 36.00	300m: 3:32.11 36.28	400m: 4:43.00 34.99	
PK POŁE Hanna	16	MKS Trójka Łód	<b>4:52.81</b>	509
50m: 33.13 33.13	150m: 1:46.71 37.62	250m: 3:03.20 38.23	350m: 4:18.22 36.66	
100m: 1:09.09 35.96	200m: 2:24.97 38.26	300m: 3:41.56 38.36	400m: 4:52.81 34.59	
PK RUTKOWSKA Aneta	16	MKS Trójka Łód	<b>4:56.33</b>	491
50m: 33.52 33.52	150m: 1:48.54 37.39	250m: 3:03.38 37.09	350m: 4:18.87 37.45	
100m: 1:11.15 37.63	200m: 2:26.29 37.75	300m: 3:41.42 38.04	400m: 4:56.33 37.46	