



VII GRAND PRIX WARMII I MAZUR W PŁYWANIU
OLSZTYN, 2. - 3.12.2023

Konkurencja 29
03.12.2023 - 12:59

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Rekord PL Open	4:02.68	POLANSKA Aleksandra	07614	Olsztyn	18.12.2020
Rekord PL 19 +	4:02.68	POLANSKA Aleksandra	07614	Olsztyn	18.12.2020
Rekord PL 18	4:04.30	GU Wiktoria	00116	Bydgoszcz	02.12.2022
Rekord PL 17	4:08.05	GU Wiktoria	01705	Bydgoszcz	03.12.2021
Rekord PL 16	4:08.04	KILIJA SKA Donata	00612	Poznan	17.12.2011
Rekord PL 15	4:08.60	GU Wiktoria	01705	Poznan	23.11.2019
Rekord PL 14	4:09.54	GU Wiktoria	01705	Olsztyn	15.12.2018
Rekord PL 13	4:18.09	KNOP Aleksandra	01605	Ostrowiec Sw	18.06.2016
Rekord PL 12	4:33.26	CIERPIAŁOWSKA Paulina	00310	Gdansk	09.12.2017

Punkty: FINA 2023

Pozycja	Wiek	Czas	Pkt.
12 lat			
1. KOKOSZKA Paulina	12	UKS „GIM 92 Ursynów”	4:47.96 518
50m: 31.64 31.64	150m: 1:43.93 36.55	250m: 2:58.46 37.07	350m: 4:13.17 37.24
100m: 1:07.38 35.74	200m: 2:21.39 37.46	300m: 3:35.93 37.47	400m: 4:47.96 34.79
2. BARCZAK Karolina	12	MTP Kormoran Olsztyn	4:56.87 472
50m: 33.76 33.76	150m: 1:49.12 37.76	250m: 3:05.45 38.03	350m: 4:21.18 37.84
100m: 1:11.36 37.60	200m: 2:27.42 38.30	300m: 3:43.34 37.89	400m: 4:56.87 35.69
3. PRZYWARA Laura	12	UKS „Skalar” Warszawa	4:58.44 465
50m: 34.36 34.36	150m: 1:51.87 39.25	250m: 3:07.20 37.32	350m: 4:23.57 37.66
100m: 1:12.62 38.26	200m: 2:29.88 38.01	300m: 3:45.91 38.71	400m: 4:58.44 34.87
4. SOBANIA Aniela	12	MTP Kormoran Olsztyn	5:03.66 441
50m: 31.85 31.85	150m: 1:47.10 38.51	250m: 3:06.24 39.80	350m: 4:26.41 39.95
100m: 1:08.59 36.74	200m: 2:26.44 39.34	300m: 3:46.46 40.22	400m: 5:03.66 37.25
5. KAROLEWSKA Julia	12	SWIMLAND Olsztyn	5:05.85 432
50m: 34.16 34.16	150m: 1:51.43 39.32	250m: 3:10.21 39.22	350m: 4:29.40 39.32
100m: 1:12.11 37.95	200m: 2:30.99 39.56	300m: 3:50.08 39.87	400m: 5:05.85 36.45
6. MAZUKNAITE Atene	12	Palangos sporto centras	5:21.37 372
50m: 35.47 35.47	150m: 1:56.36 41.14	250m: 3:18.22 41.02	350m: 4:41.79 41.71
100m: 1:15.22 39.75	200m: 2:37.20 40.84	300m: 4:00.08 41.86	400m: 5:21.37 39.58
7. PROKOPCZUK Gabriela	12	Dwójka Morena Gda sk	5:35.44 327
50m: 37.44 37.44	150m: 2:03.73 43.59	250m: 3:29.09 42.53	350m: 4:55.25 42.56
100m: 1:20.14 42.70	200m: 2:46.56 42.83	300m: 4:12.69 43.60	400m: 5:35.44 40.19
8. FIRLIT Lena	12	UKS SP-149 Łód	5:39.62 315
50m: 37.14 37.14	150m: 2:02.26 43.10	250m: 3:30.36 43.88	350m: 4:58.07 43.83
100m: 1:19.16 42.02	200m: 2:46.48 44.22	300m: 4:14.24 43.88	400m: 5:39.62 41.55

13 lat

1. STANISŁAWIUK Maja	13	UKS „GIM 92 Ursynów”	4:39.46 566
50m: 31.02 31.02	150m: 1:42.11 36.12	250m: 2:54.75 36.22	350m: 4:06.06 35.39
100m: 1:05.99 34.97	200m: 2:18.53 36.42	300m: 3:30.67 35.92	400m: 4:39.46 33.40
2. KRAWCZYK Aleksandra	13	Dwójka Morena Gda sk	4:45.84 529
50m: 32.68 32.68	150m: 1:45.97 36.89	250m: 2:58.95 36.59	350m: 4:12.03 36.27
100m: 1:09.08 36.40	200m: 2:22.36 36.39	300m: 3:35.76 36.81	400m: 4:45.84 33.81
3. LIPI SKA Natalia	13	UKS „Ósemka” Toru	4:46.87 524
50m: 31.62 31.62	150m: 1:42.45 36.19	250m: 2:56.19 37.13	350m: 4:10.53 37.37
100m: 1:06.26 34.64	200m: 2:19.06 36.61	300m: 3:33.16 36.97	400m: 4:46.87 36.34
4. PETRAUSKAIT Otilija	13	Šiauli "Delfinas" 1	5:02.42 447
50m: 34.73 34.73	150m: 1:52.80 39.36	250m: 3:09.59 38.37	350m: 4:25.89 38.48
100m: 1:13.44 38.71	200m: 2:31.22 38.42	300m: 3:47.41 37.82	400m: 5:02.42 36.53
5. DOMERECKAIT Dominyka	13	Šiauli "Delfinas" 1	5:07.51 425
50m: 34.63 34.63	150m: 1:52.70 38.85	250m: 3:11.38 38.98	350m: 4:29.95 39.13
100m: 1:13.85 39.22	200m: 2:32.40 39.70	300m: 3:50.82 39.44	400m: 5:07.51 37.56

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VII GRAND PRIX WARMII I MAZUR W PŁYWANIU
OLSZTYN, 2. - 3.12.2023

Konkurencja 29, Dziewcz t, 400m dowolny, 13 lat

Pozycja					Wiek					Czas	Pkt.	
6.	HORBATY Antonina				13	UKS „GIM 92 Ursynów”				5:08.30	422	
	50m:	34.62	34.62	150m:	1:52.58	39.19	250m:	3:12.40	39.93	350m:	4:32.71	39.80
	100m:	1:13.39	38.77	200m:	2:32.47	39.89	300m:	3:52.91	40.51	400m:	5:08.30	35.59
7.	BARISTAIT August				13	Šiauli "Delfinas" 1				5:09.56	417	
	50m:	34.90	34.90	150m:	1:52.35	39.27	250m:	3:11.07	39.48	350m:	4:30.55	39.83
	100m:	1:13.08	38.18	200m:	2:31.59	39.24	300m:	3:50.72	39.65	400m:	5:09.56	39.01
8.	KILIKOWSKA Julia				13	Dwójka Morena Gdańsk				5:11.41	409	
	50m:	36.20	36.20	150m:	1:56.36	39.91	250m:	3:16.41	39.98	350m:	4:35.43	39.23
	100m:	1:16.45	40.25	200m:	2:36.43	40.07	300m:	3:56.20	39.79	400m:	5:11.41	35.98
9.	KRAJEWSKA Weronika				13	Grudziądzki KP „Orka”				5:12.37	405	
	50m:	33.54	33.54	150m:	1:50.92	39.36	250m:	3:11.00	40.40	350m:	4:32.82	41.32
	100m:	1:11.56	38.02	200m:	2:30.60	39.68	300m:	3:51.50	40.50	400m:	5:12.37	39.55
10.	DZIAPKA Lena				13	MTP Kormoran Olsztyn				5:19.60	379	
	50m:	35.39	35.39	150m:	1:56.10	40.79	250m:	3:18.48	41.03	350m:	4:40.67	41.12
	100m:	1:15.31	39.92	200m:	2:37.45	41.35	300m:	3:59.55	41.07	400m:	5:19.60	38.93
11.	SEROKA Blanka				13	MUKP „Przyjazne Wody”				5:42.54	307	
	50m:	36.37	36.37	150m:	2:00.90	43.17	250m:	3:29.91	44.43	350m:	5:00.27	44.97
	100m:	1:17.73	41.36	200m:	2:45.48	44.58	300m:	4:15.30	45.39	400m:	5:42.54	42.27

14 lat i starsi

1.	SAMORAJ Oliwia				18	MKS Piaseczno				4:32.74	609	
	50m:	31.22	31.22	150m:	1:39.06	34.23	250m:	2:48.65	34.93	350m:	3:58.91	35.24
	100m:	1:04.83	33.61	200m:	2:13.72	34.66	300m:	3:23.67	35.02	400m:	4:32.74	33.83
2.	WISZNIEWSKA Zuzanna				17	UKP „Polonia Warszawa”				4:43.07	545	
	50m:	31.72	31.72	150m:	1:42.55	35.91	250m:	2:54.47	36.04	350m:	4:07.27	36.36
	100m:	1:06.64	34.92	200m:	2:18.43	35.88	300m:	3:30.91	36.44	400m:	4:43.07	35.80
3.	ZARZECKA Roksana				16	MPKS Orka w Ciechanowie				4:53.63	488	
	50m:	32.42	32.42	150m:	1:45.06	36.88	250m:	3:01.71	38.20	350m:	4:17.62	37.56
	100m:	1:08.18	35.76	200m:	2:23.51	38.45	300m:	3:40.06	38.35	400m:	4:53.63	36.01
4.	LIEKYT Just				14	Klaipėdos Gintaro SC 2				4:54.91	482	
	50m:	32.33	32.33	150m:	1:46.09	37.64	250m:	3:01.60	37.91	350m:	4:17.72	38.04
	100m:	1:08.45	36.12	200m:	2:23.69	37.60	300m:	3:39.68	38.08	400m:	4:54.91	37.19
5.	SUSKA Zuzanna				16	UKP Jedyńka Elbląg				5:19.08	380	
	50m:	33.80	33.80	150m:	1:54.08	41.19	250m:	3:17.84	41.83	350m:	4:40.77	41.14
	100m:	1:12.89	39.09	200m:	2:36.01	41.93	300m:	3:59.63	41.79	400m:	5:19.08	38.31
6.	NASZKIEWICZ Inga				14	MUKS Piorun Gołdap				5:37.21	322	
	50m:	36.23	36.23	150m:	2:01.06	42.44	250m:	3:28.87	43.68	350m:	4:56.05	43.76
	100m:	1:18.62	42.39	200m:	2:45.19	44.13	300m:	4:12.29	43.42	400m:	5:37.21	41.16
7.	BURKIEWICZ Zofia				14	SSP „Orka” Iława				5:54.19	278	
	50m:	38.12	38.12	150m:	2:06.54	45.44	250m:	3:37.90	45.89	350m:	5:10.16	45.66
	100m:	1:21.10	42.98	200m:	2:52.01	45.47	300m:	4:24.50	46.60	400m:	5:54.19	44.03