



VIII Otwarte Mistrzostwa Warmii i Mazur o Puchar Prezydenta Olsztyna
Olsztyn, 8. - 9.6.2024

Konkurencja 29
09.06.2024 - 12:16

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Punkty: FINA 2024

Pozycja			Wiek				Czas		Pkt.			
12 lat												
1.	KRYSZTOF Alicja		12	MTP Kormoran Olsztyn		5:10.12		437				
	50m:	35.43	35.43	150m:	1:55.51	40.41	250m:	3:15.59	40.15	350m:	4:34.07	39.15
	100m:	1:15.10	39.67	200m:	2:35.44	39.93	300m:	3:54.92	39.33	400m:	5:10.12	36.05
13 lat												
1.	BARCZAK Karolina		13	MTP Kormoran Olsztyn		4:56.76		498				
	50m:	33.45	33.45	150m:	1:48.49	37.62	250m:	3:05.08	38.15	350m:	4:20.71	37.24
	100m:	1:10.87	37.42	200m:	2:26.93	38.44	300m:	3:43.47	38.39	400m:	4:56.76	36.05
2.	KAROLEWSKA Julia		13	SWIMLAND Olsztyn		5:08.19		445				
	50m:	34.67	34.67	150m:	1:53.27	39.11	250m:	3:13.02	40.23	350m:	4:31.69	39.17
	100m:	1:14.16	39.49	200m:	2:32.79	39.52	300m:	3:52.52	39.50	400m:	5:08.19	36.50
3.	PROCHOWICZ Hanna		13	MUKS Piorun Gołdap		5:47.28		311				
	50m:	37.64	37.64	150m:	2:08.04	45.10	250m:	3:39.06	45.15	350m:	5:06.38	43.01
	100m:	1:22.94	45.30	200m:	2:53.91	45.87	300m:	4:23.37	44.31	400m:	5:47.28	40.90
4.	SOŁOGUB Nikola		13	UKS Butterfly Łom a		6:22.69		232				
	50m:	40.56	40.56	150m:	2:17.18	50.23	250m:	3:58.07	50.18	350m:	5:33.98	48.09
	100m:	1:26.95	46.39	200m:	3:07.89	50.71	300m:	4:45.89	47.82	400m:	6:22.69	48.71
5.	NIED WIECKA Gabriela		13	UKS Butterfly Łom a		6:26.63		225				
	50m:	39.62	39.62	150m:	2:16.73	50.15	250m:	3:58.45	50.70	350m:	5:38.81	49.43
	100m:	1:26.58	46.96	200m:	3:07.75	51.02	300m:	4:49.38	50.93	400m:	6:26.63	47.82
6.	WASILEWKO Wiktoria		13	KS Delfin Gdynia		6:47.36		192				
	50m:	46.54	46.54	150m:	2:30.96	52.93	250m:	4:18.17	52.50	350m:	6:01.45	52.16
	100m:	1:38.03	51.49	200m:	3:25.67	54.71	300m:	5:09.29	51.12	400m:	6:47.36	45.91
14 lat												
1.	GRABOWSKA Amelia		14	UKP Jedyńka Elbl g		5:23.59		384				
	50m:	35.75	35.75	150m:	1:58.00	41.89	250m:	3:21.86	42.09	350m:	4:45.05	41.27
	100m:	1:16.11	40.36	200m:	2:39.77	41.77	300m:	4:03.78	41.92	400m:	5:23.59	38.54
2.	BIE CZYK Julia		14	UKS „Dwójka” Sochaczew		5:38.15		337				
	50m:	36.34	36.34	150m:	2:03.86	45.27	250m:	3:31.07	43.80	350m:	4:58.62	43.65
	100m:	1:18.59	42.25	200m:	2:47.27	43.41	300m:	4:14.97	43.90	400m:	5:38.15	39.53
3.	KO MIDER Antonina		14	UKS „Dwójka” Sochaczew		5:40.41		330				
	50m:	37.18	37.18	150m:	2:02.63	43.55	250m:	3:31.49	44.37	350m:	4:59.55	43.86
	100m:	1:19.08	41.90	200m:	2:47.12	44.49	300m:	4:15.69	44.20	400m:	5:40.41	40.86
4.	DZIAPKA Lena		14	MTP Kormoran Olsztyn		5:46.85		312				
	50m:	37.96	37.96	150m:	2:05.28	44.52	250m:	3:35.10	44.91	350m:	5:04.97	45.08
	100m:	1:20.76	42.80	200m:	2:50.19	44.91	300m:	4:19.89	44.79	400m:	5:46.85	41.88
5.	W GŁOWSKA Alicja		14	KS „Orzeł”		5:53.14		296				
	50m:	38.30	38.30	150m:	2:08.15	45.66	250m:	3:40.40	46.78	350m:	5:11.04	44.74
	100m:	1:22.49	44.19	200m:	2:53.62	45.47	300m:	4:26.30	45.90	400m:	5:53.14	42.10



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15 lat i starsi

1.	KRASZEWSKA Martyna	19	MTP Kormoran Olsztyn	4:45.67	559
	50m: 32.86 32.86	150m: 1:43.63 35.68	250m: 2:56.35 36.62	350m: 4:10.78 37.33	
	100m: 1:07.95 35.09	200m: 2:19.73 36.10	300m: 3:33.45 37.10	400m: 4:45.67 34.89	
2.	PLEIKYT Liepa	15	Šiauli "Delfinas" 1	5:10.77	434
	50m: 34.91 34.91	150m: 1:54.78 40.13	250m: 3:14.16 39.28	350m: 4:33.17 39.47	
	100m: 1:14.65 39.74	200m: 2:34.88 40.10	300m: 3:53.70 39.54	400m: 5:10.77 37.60	
3.	SZYDLIK Joanna	17	UKS „Dwójka” Sochaczew	5:12.25	428
	50m: 34.37 34.37	150m: 1:54.74 41.12	250m: 3:15.72 40.12	350m: 4:35.02 39.12	
	100m: 1:13.62 39.25	200m: 2:35.60 40.86	300m: 3:55.90 40.18	400m: 5:12.25 37.23	
4.	DZIK Zoja	15	UKP „Polonia Warszawa”	5:12.41	427
	50m: 34.19 34.19	150m: 1:53.10 39.90	250m: 3:12.47 40.26	350m: 4:33.61 39.99	
	100m: 1:13.20 39.01	200m: 2:32.21 39.11	300m: 3:53.62 41.15	400m: 5:12.41 38.80	
5.	SUSKA Zuzanna	17	UKP Jedyńka Elbl g	5:20.25	397
	50m: 35.28 35.28	150m: 1:55.74 40.96	250m: 3:18.71 41.15	350m: 4:41.85 41.08	
	100m: 1:14.78 39.50	200m: 2:37.56 41.82	300m: 4:00.77 42.06	400m: 5:20.25 38.40	
6.	MUDZI SKA Milena	15	KS Barrakuda Gda sk	5:23.19	386
	50m: 33.11 33.11	150m: 1:55.18 41.91	250m: 3:20.26 42.49	350m: 4:44.44 41.12	
	100m: 1:13.27 40.16	200m: 2:37.77 42.59	300m: 4:03.32 43.06	400m: 5:23.19 38.75	
7.	ZIELI SKA Dominika	15	UKP Jedyńka Elbl g	5:48.66	307
	50m: 36.69 36.69	150m: 2:05.29 45.23	250m: 3:36.34 44.95	350m: 5:06.85 45.03	
	100m: 1:20.06 43.37	200m: 2:51.39 46.10	300m: 4:21.82 45.48	400m: 5:48.66 41.81	
8.	BURKIEWICZ Zofia	15	SSP „Orka” Iława	5:49.45	305
	50m: 37.52 37.52	150m: 2:05.68 45.11	250m: 3:36.03 45.49	350m: 5:06.77 45.34	
	100m: 1:20.57 43.05	200m: 2:50.54 44.86	300m: 4:21.43 45.40	400m: 5:49.45 42.68	
PK	SZKRABA Julia	14	MTP Kormoran Olsztyn	5:50.56	302
	50m: 35.50 35.50	150m: 2:06.55 48.61	250m: 3:42.76 49.36	350m: 5:13.30 39.44	
	100m: 1:17.94 42.44	200m: 2:53.40 46.85	300m: 4:33.86 51.10	400m: 5:50.56 37.26	