



Letnie Mistrzostwa Dolnego Śląska  
Wrocław, 31.5. - 1.6.2024

**H<sub>2</sub>O SHOP.PL**  
DOMAGAMY WYGRYWAĆ

Konkurencja 35  
01.06.2024 - 10:55

Kobiet, 400m zmienny

13 lat i starsi  
Wyniki

Punkty: FINA 2024

Pozycja	Rok ur.	Club	Time	Pkt.	100m	200m	300m	400m	
<b>13 lat</b>									
1.	Kami ska Julia	11	MKS Juwenia Wrocław	<b>6:23.39</b>	333	1:35.54	1:40.77	1:44.50	1:22.58
	50m: 39.43	39.43	150m: 2:26.46	50.92	250m: 4:07.03	50.72	350m: 5:44.16	43.35	
	100m: 1:35.54	56.11	200m: 3:16.31	49.85	300m: 5:00.81	53.78	400m: 6:23.39	39.23	
2.	Truszkowska Ada	11	MKS Juwenia Wrocław	<b>6:34.84</b>	305	1:29.89	1:43.75	1:54.61	1:26.59
	50m: 40.54	40.54	150m: 2:22.72	52.83	250m: 4:09.62	55.98	350m: 5:53.53	45.28	
	100m: 1:29.89	49.35	200m: 3:13.64	50.92	300m: 5:08.25	58.63	400m: 6:34.84	41.31	
3.	Sheptun Anna	11	MKS Juwenia Wrocław	<b>6:35.76</b>	303	1:39.05	1:37.09	1:47.81	1:31.81
	50m: 43.64	43.64	150m: 2:27.82	48.77	250m: 4:08.26	52.12	350m: 5:51.52	47.57	
	100m: 1:39.05	55.41	200m: 3:16.14	48.32	300m: 5:03.95	55.69	400m: 6:35.76	44.24	
<b>14 lat</b>									
1.	Ko lak Hanna	10	UKS "HS" Team Kłodzko	<b>5:35.05</b>	499	1:14.03	1:29.53	1:34.49	1:17.00
	50m: 33.69	33.69	150m: 1:58.18	44.15	250m: 3:30.79	47.23	350m: 4:56.58	38.53	
	100m: 1:14.03	40.34	200m: 2:43.56	45.38	300m: 4:18.05	47.26	400m: 5:35.05	38.47	
2.	Pi tek Nadia	10	WKS I sk Wrocław	<b>5:35.23</b>	498	1:16.66	1:29.37	1:33.01	1:16.19
	50m: 34.20	34.20	150m: 2:01.40	44.74	250m: 3:32.18	46.15	350m: 4:57.93	38.89	
	100m: 1:16.66	42.46	200m: 2:46.03	44.63	300m: 4:19.04	46.86	400m: 5:35.23	37.30	
3.	Najman Natalia	10	Towarzystwo Pływackie Zielona Góra	<b>5:42.35</b>	468	1:20.73	1:26.52	1:40.46	1:14.64
	50m: 34.96	34.96	150m: 2:05.53	44.80	250m: 3:37.41	50.16	350m: 5:05.91	38.20	
	100m: 1:20.73	45.77	200m: 2:47.25	41.72	300m: 4:27.71	50.30	400m: 5:42.35	36.44	
4.	urakowska Zuzanna	10	Fundacja Power Swimming	<b>6:09.33</b>	373	1:21.87	1:37.84	1:48.21	1:21.41
	50m: 37.07	37.07	150m: 2:11.55	49.68	250m: 3:53.36	53.65	350m: 5:30.16	42.24	
	100m: 1:21.87	44.80	200m: 2:59.71	48.16	300m: 4:47.92	54.56	400m: 6:09.33	39.17	
5.	Kozłowska Milena	10	Just Swim Beavers Jelenia Góra	<b>6:13.19</b>	361	1:29.01	1:35.07	1:42.51	1:26.60
	50m: 39.96	39.96	150m: 2:17.28	48.27	250m: 3:56.96	52.88	350m: 5:30.68	44.09	
	100m: 1:29.01	49.05	200m: 3:04.08	46.80	300m: 4:46.59	49.63	400m: 6:13.19	42.51	
6.	Tomczak Zuzanna	10	Towarzystwo Pływackie Zielona Góra	<b>6:13.31</b>	361	1:33.02	1:30.55	1:45.99	1:23.75
	50m: 39.98	39.98	150m: 2:18.49	45.47	250m: 3:56.33	52.76	350m: 5:32.58	43.02	
	100m: 1:33.02	53.04	200m: 3:03.57	45.08	300m: 4:49.56	53.23	400m: 6:13.31	40.73	
7.	Nielacna Olga	10	Sport Active Strzelin	<b>6:24.61</b>	330	1:31.36	1:42.72	1:43.70	1:26.83
	50m: 42.81	42.81	150m: 2:24.03	52.67	250m: 4:05.76	51.68	350m: 5:43.49	45.71	
	100m: 1:31.36	48.55	200m: 3:14.08	50.05	300m: 4:57.78	52.02	400m: 6:24.61	41.12	
<b>15 lat</b>									
1.	Sujka Ewa	09	MKS Juwenia Wrocław	<b>5:26.58</b>	539	1:13.86	1:24.32	1:33.49	1:14.91
	50m: 32.68	32.68	150m: 1:56.75	42.89	250m: 3:23.97	45.79	350m: 4:50.35	38.68	
	100m: 1:13.86	41.18	200m: 2:38.18	41.43	300m: 4:11.67	47.70	400m: 5:26.58	36.23	
2.	Bogielczyk Natalia	09	KS Neptun widnica	<b>5:30.22</b>	521	1:14.40	1:29.86	1:33.22	1:12.74
	50m: 34.58	34.58	150m: 2:00.29	45.89	250m: 3:30.50	46.24	350m: 4:54.89	37.41	
	100m: 1:14.40	39.82	200m: 2:44.26	43.97	300m: 4:17.48	46.98	400m: 5:30.22	35.33	
3.	Varyvonchik Julia	09	MKS Juwenia Wrocław	<b>5:30.50</b>	520	1:14.05	1:23.09	1:39.64	1:13.72
	50m: 33.36	33.36	150m: 1:56.35	42.30	250m: 3:26.25	49.11	350m: 4:54.31	37.53	
	100m: 1:14.05	40.69	200m: 2:37.14	40.79	300m: 4:16.78	50.53	400m: 5:30.50	36.19	
4.	Jaros Martyna	09	KS Neptun widnica	<b>5:53.14</b>	426	1:27.02	1:29.57	1:39.51	1:17.04
	50m: 39.77	39.77	150m: 2:12.62	45.60	250m: 3:45.65	49.06	350m: 5:15.38	39.28	
	100m: 1:27.02	47.25	200m: 2:56.59	43.97	300m: 4:36.10	50.45	400m: 5:53.14	37.76	
5.	Witan Barbara	09	Sport Active Strzelin	<b>7:26.05</b>	211	1:39.14	1:52.30	2:06.22	1:48.39
	50m: 43.06	43.06	150m: 2:34.70	55.56	250m: 4:32.74	1:01.30	350m: 6:31.19	53.53	
	100m: 1:39.14	56.08	200m: 3:31.44	56.74	300m: 5:37.66	1:04.92	400m: 7:26.05	54.86	



Letnie Mistrzostwa Dolnego I skła  
Wrocław, 31.5. - 1.6.2024

**H2O**  **SHOP.PL**  
*DOMAGAMY WYGRYWAĆ*

Konkurencja 35, Kobiet, 400m zmienny

16 lat i starsi

1. Piekarska Maja	08	MKS "Karkonosze" Jelenia	<b>6:55.91</b>	261	1:34.12	1:49.34	1:59.65	1:32.80			
50m:	43.14	43.14	150m:	2:29.06	54.94	250m:	4:22.31	58.85	350m:	6:12.62	49.51
100m:	1:34.12	50.98	200m:	3:23.46	54.40	300m:	5:23.11	1:00.80	400m:	6:55.91	43.29