



Letnie Mistrzostwa Dolnego Śląska
Wrocław, 31.5. - 1.6.2024

H2O SHOP.PL
DOMAGAMY WYGRYWAĆ

Konkurencja 7
31.05.2024 - 10:15

Kobiet, 400m dowolny

13 lat i starsi
Wyniki

Punkty: FINA 2024

Pozycja	Rok ur.	Imię i nazwisko	Club	Time	Pkt.	100m	200m	300m	400m
13 lat									
1.	11	Burandt Hanna	KS "Swimmers I za"	4:58.09	492	1:09.38	1:16.67	1:17.51	1:14.53
		50m: 32.46	32.46	150m: 1:47.57	38.19	250m: 3:04.76	38.71	350m: 4:21.92	38.36
		100m: 1:09.38	36.92	200m: 2:26.05	38.48	300m: 3:43.56	38.80	400m: 4:58.09	36.17
2.	11	Kraus Otylia	KS Neptun widnica	5:14.24	420	1:14.64	1:19.60	1:19.72	1:20.28
		50m: 35.94	35.94	150m: 1:54.13	39.49	250m: 3:13.92	39.68	350m: 4:33.85	39.89
		100m: 1:14.64	38.70	200m: 2:34.24	40.11	300m: 3:53.96	40.04	400m: 5:14.24	40.39
3.	11	Błoch Lena	UKS KORAL Wrocław	5:17.12	408	1:10.33	1:20.67	1:23.07	1:23.05
		50m: 32.88	32.88	150m: 1:49.94	39.61	250m: 3:12.35	41.35	350m: 4:36.65	42.58
		100m: 1:10.33	37.45	200m: 2:31.00	41.06	300m: 3:54.07	41.72	400m: 5:17.12	40.47
4.	11	J dro Zuzanna	MKS Juwenia Wrocław	5:52.80	296	1:19.93	1:30.05	1:32.36	1:30.46
		50m: 37.49	37.49	150m: 2:04.95	45.02	250m: 3:36.22	46.24	350m: 5:08.70	46.36
		100m: 1:19.93	42.44	200m: 2:49.98	45.03	300m: 4:22.34	46.12	400m: 5:52.80	44.10
5.	11	Ratasiewicz Ines	MKS Piast Głogów	5:58.59	282	1:25.57	1:33.74	1:34.15	1:25.13
		50m: 38.75	38.75	150m: 2:12.00	46.43	250m: 3:46.11	46.80	350m: 5:17.72	44.26
		100m: 1:25.57	46.82	200m: 2:59.31	47.31	300m: 4:33.46	47.35	400m: 5:58.59	40.87
6.	11	Telego Liwia	UKS KORAL Wrocław	6:12.15	253	1:21.87	1:35.04	1:37.80	1:37.44
		50m: 37.98	37.98	150m: 2:09.00	47.13	250m: 3:45.81	48.90	350m: 5:24.80	50.09
		100m: 1:21.87	43.89	200m: 2:56.91	47.91	300m: 4:34.71	48.90	400m: 6:12.15	47.35
7.	11	Jerzyk Carmen	KS Rekin wiebodzice	6:12.69	251	1:22.71	1:35.59	1:38.37	1:36.02
		50m: 37.67	37.67	150m: 2:09.34	46.63	250m: 3:47.30	49.00	350m: 5:26.57	49.90
		100m: 1:22.71	45.04	200m: 2:58.30	48.96	300m: 4:36.67	49.37	400m: 6:12.69	46.12
8.	11	migielska Joanna	MKS Juwenia Wrocław	6:22.48	233	1:29.02	1:38.55	1:38.59	1:36.32
		50m: 41.35	41.35	150m: 2:18.73	49.71	250m: 3:56.32	48.75	350m: 5:37.19	51.03
		100m: 1:29.02	47.67	200m: 3:07.57	48.84	300m: 4:46.16	49.84	400m: 6:22.48	45.29
9.	11	Wiatrowska Julia	Sport Active Strzelin	6:48.12	191	1:37.13	1:42.89	1:44.78	1:43.32
		50m: 44.18	44.18	150m: 2:28.69	51.56	250m: 4:12.72	52.70	350m: 5:57.90	53.10
		100m: 1:37.13	52.95	200m: 3:20.02	51.33	300m: 5:04.80	52.08	400m: 6:48.12	50.22

14 lat

1.	10	Emerling Diana	Swim Team MOSiR dzierz.	4:49.49	537	1:08.78	1:14.15	1:14.42	1:12.14
		50m: 32.32	32.32	150m: 1:45.58	36.80	250m: 3:00.46	37.53	350m: 4:13.87	36.52
		100m: 1:08.78	36.46	200m: 2:22.93	37.35	300m: 3:37.35	36.89	400m: 4:49.49	35.62
2.	10	Berdechowska Martyna	WKS I sk Wrocław	4:51.61	525	1:09.27	1:15.11	1:15.13	1:12.10
		50m: 32.83	32.83	150m: 1:46.91	37.64	250m: 3:02.27	37.89	350m: 4:16.88	37.37
		100m: 1:09.27	36.44	200m: 2:24.38	37.47	300m: 3:39.51	37.24	400m: 4:51.61	34.73
3.	10	Hartwig Michalina	WKS I sk Wrocław	4:59.99	483	1:09.73	1:17.60	1:19.09	1:13.57
		50m: 33.41	33.41	150m: 1:48.82	39.09	250m: 3:07.05	39.72	350m: 4:25.10	38.68
		100m: 1:09.73	36.32	200m: 2:27.33	38.51	300m: 3:46.42	39.37	400m: 4:59.99	34.89
4.	10	urakowska Zuzanna	Fundacja Power Swimming	5:02.15	472	1:13.06	1:17.34	1:16.85	1:14.90
		50m: 35.17	35.17	150m: 1:52.08	39.02	250m: 3:09.41	39.01	350m: 4:24.52	37.27
		100m: 1:13.06	37.89	200m: 2:30.40	38.32	300m: 3:47.25	37.84	400m: 5:02.15	37.63
5.	10	Jaworska Aleksandra	WKS I sk Wrocław	5:03.56	466	1:10.54	1:17.57	1:18.35	1:17.10
		50m: 33.05	33.05	150m: 1:49.24	38.70	250m: 3:07.06	38.95	350m: 4:25.36	38.90
		100m: 1:10.54	37.49	200m: 2:28.11	38.87	300m: 3:46.46	39.40	400m: 5:03.56	38.20
6.	10	Pi tek Nadia	WKS I sk Wrocław	5:05.91	455	1:10.82	1:19.10	1:19.32	1:16.67
		50m: 33.00	33.00	150m: 1:50.18	39.36	250m: 3:09.60	39.68	350m: 4:28.79	39.55
		100m: 1:10.82	37.82	200m: 2:29.92	39.74	300m: 3:49.24	39.64	400m: 5:05.91	37.12
7.	10	Szebysty Hanna	MKS Juwenia Wrocław	5:28.81	366	1:17.91	1:25.01	1:23.95	1:21.94
		50m: 36.42	36.42	150m: 2:00.33	42.42	250m: 3:24.70	41.78	350m: 4:48.85	41.98
		100m: 1:17.91	41.49	200m: 2:42.92	42.59	300m: 4:06.87	42.17	400m: 5:28.81	39.96
8.	10	Zi ba Nicola	Sport Active Strzelin	5:59.12	281	1:22.18	1:32.17	1:34.49	1:30.28
		50m: 38.45	38.45	150m: 2:07.80	45.62	250m: 3:41.28	46.93	350m: 5:15.08	46.24
		100m: 1:22.18	43.73	200m: 2:54.35	46.55	300m: 4:28.84	47.56	400m: 5:59.12	44.04
9.	10	Pacura Hanna	UKP Manta Jelcz-Laskowic	6:10.33	256	1:21.15	1:35.98	1:38.67	1:34.53
		50m: 37.29	37.29	150m: 2:08.24	47.09	250m: 3:45.87	48.74	350m: 5:24.69	48.89
		100m: 1:21.15	43.86	200m: 2:57.13	48.89	300m: 4:35.80	49.93	400m: 6:10.33	45.64



Letnie Mistrzostwa Dolnego I ska
Wrocław, 31.5. - 1.6.2024

H₂O SHOP.PL
DOMAGAMY WYGRYWAĆ

Konkurencja 7, Kobiet, 400m dowolny

15 lat

1. Bogielczyk Natalia	09	KS Neptun widnica	4:47.59	548	1:08.89	1:14.04	1:13.52	1:11.14
50m:	32.88	32.88	150m:	1:45.83	36.72	350m:	4:12.71	36.26
100m:	1:08.89	36.01	200m:	2:22.93	37.10	300m:	3:36.45	36.80
400m:							4:47.59	34.88
2. Sujka Ewa	09	MKS Juwenia Wrocław	4:51.89	524	1:06.86	1:15.16	1:15.73	1:14.14
50m:	30.99	30.99	150m:	1:44.92	38.06	250m:	2:59.75	37.73
100m:	1:06.86	35.87	200m:	2:22.02	37.10	300m:	3:37.75	38.00
350m:							4:15.26	37.51
400m:							4:51.89	36.63
3. Parossa Ewa	09	MKS Juwenia Wrocław	4:56.01	502	1:10.49	1:15.99	1:15.59	1:13.94
50m:	33.18	33.18	150m:	1:48.35	37.86	250m:	3:03.84	37.36
100m:	1:10.49	37.31	200m:	2:26.48	38.13	300m:	3:42.07	38.23
350m:							4:19.87	37.80
400m:							4:56.01	36.14
4. Pniaczek Aleksandra	09	UKS KORAL Wrocław	5:45.36	316	1:13.12	1:29.20	1:33.28	1:29.76
50m:	33.82	33.82	150m:	1:56.47	43.35	250m:	3:28.62	46.30
100m:	1:13.12	39.30	200m:	2:42.32	45.85	300m:	4:15.60	46.98
350m:							5:01.28	45.68
400m:							5:45.36	44.08

16 lat i starsi

1. W grzynowska Aleksandra	01	WKS I sk Wrocław	4:29.76	664	1:02.74	1:08.14	1:09.45	1:09.43
50m:	29.74	29.74	150m:	1:36.65	33.91	250m:	2:45.50	34.62
100m:	1:02.74	33.00	200m:	2:10.88	34.23	300m:	3:20.33	34.83
350m:							3:55.33	35.00
400m:							4:29.76	34.43
2. Zabrzaska Kinga	07	MKS Juwenia Wrocław	4:50.94	529	1:08.77	1:15.12	1:14.95	1:12.10
50m:	32.27	32.27	150m:	1:46.41	37.64	250m:	3:01.41	37.52
100m:	1:08.77	36.50	200m:	2:23.89	37.48	300m:	3:38.84	37.43
350m:							4:15.87	37.03
400m:							4:50.94	35.07
3. Włodarczyk Maja	08	UKP Manta Jelcz-Laskowice	5:01.50	475	1:08.70	1:16.37	1:17.56	1:18.87
50m:	32.31	32.31	150m:	1:46.79	38.09	250m:	3:03.67	38.60
100m:	1:08.70	36.39	200m:	2:25.07	38.28	300m:	3:42.63	38.96
350m:							4:22.77	40.14
400m:							5:01.50	38.73
4. Ma lej Iga	03	MKS Juwenia Wrocław	5:04.51	461	1:10.22	1:17.81	1:18.67	1:17.81
50m:	33.05	33.05	150m:	1:48.88	38.66	250m:	3:07.41	39.38
100m:	1:10.22	37.17	200m:	2:28.03	39.15	300m:	3:46.70	39.29
350m:							4:25.96	39.26
400m:							5:04.51	38.55
5. Michalczuk Monika	08	GKP 7 Zdrój Trzebnica	5:06.46	453	1:07.99	1:19.57	1:19.45	1:19.45
50m:	31.81	31.81	150m:	1:46.59	38.60	250m:	3:07.23	39.67
100m:	1:07.99	36.18	200m:	2:27.56	40.97	300m:	3:47.01	39.78
350m:							4:27.16	40.15
400m:							5:06.46	39.30
PK Wereszczy ska Lila	11	WKS I sk Wrocław	5:26.43	374	1:16.42	1:24.31	1:25.75	1:19.95
50m:	35.46	35.46	150m:	1:57.87	41.45	250m:	3:24.02	43.29
100m:	1:16.42	40.96	200m:	2:40.73	42.86	300m:	4:06.48	42.46
350m:							4:48.23	41.75
400m:							5:26.43	38.20