

Ogólnopolskie Zawody Pływackie - 8 Urodziny Term Malta skich  
Pozna , 19.10.2019

Konkurencja 11  
19.10.2019 - 14:55

Kobiet, 400m dowolny

Open  
Wyniki

Punkty: FINA 2019

Pozycja			Rok ur.			Czas	Pkt.
<b>15 lat i starsi</b>							
1.	SZL K Katarzyna		02	KU AZS Politechniki Łódzkiej		<b>4:24.24</b>	693
	50m: 30.93 30.93	150m: 1:37.19 33.22		250m: 2:43.98 33.51	350m: 3:51.79 34.07		
	100m: 1:03.97 33.04	200m: 2:10.47 33.28		300m: 3:17.72 33.74	400m: 4:24.24 32.45		
2.	WOLSKA Karolina		01	MUKS "Pi tnastrka"		<b>4:34.42</b>	619
	50m: 31.78 31.78	150m: 1:40.00 34.29		250m: 2:49.63 34.97	350m: 4:00.36 35.53		
	100m: 1:05.71 33.93	200m: 2:14.66 34.66		300m: 3:24.83 35.20	400m: 4:34.42 34.06		
3.	CYGAN Julia		04	MKS „Astoria” Bydgoszcz		<b>4:36.01</b>	608
	50m: 31.38 31.38	150m: 1:40.74 34.89		250m: 2:50.54 34.74	350m: 4:01.12 35.42		
	100m: 1:05.85 34.47	200m: 2:15.80 35.06		300m: 3:25.70 35.16	400m: 4:36.01 34.89		
4.	KANTECKA Julia		03	Kaliski Klub Sportowy „Włókniarz” 192		<b>4:37.84</b>	596
	50m: 31.11 31.11	150m: 1:40.56 35.06		250m: 2:51.46 35.54	350m: 4:03.61 36.15		
	100m: 1:05.50 34.39	200m: 2:15.92 35.36		300m: 3:27.46 36.00	400m: 4:37.84 34.23		
5.	KRZYSZTOFIAK Iga		03	KS Warta Pozna		<b>4:43.64</b>	560
	50m: 31.60 31.60	150m: 1:41.73 35.35		250m: 2:53.35 35.88	350m: 4:06.63 36.81		
	100m: 1:06.38 34.78	200m: 2:17.47 35.74		300m: 3:29.82 36.47	400m: 4:43.64 37.01		
6.	PRZYBYSZ Kinga		04	MKP Astromal-Leszno		<b>4:49.14</b>	529
	50m: 32.79 32.79	150m: 1:46.14 37.08		250m: 3:00.42 37.00	350m: 4:14.07 36.82		
	100m: 1:09.06 36.27	200m: 2:23.42 37.28		300m: 3:37.25 36.83	400m: 4:49.14 35.07		
7.	MA LEJ Iga		03	MKS Juvenia Wrocław		<b>4:50.38</b>	522
	50m: 33.05 33.05	150m: 1:45.32 36.48		250m: 2:59.40 37.24	350m: 4:14.16 37.18		
	100m: 1:08.84 35.79	200m: 2:22.16 36.84		300m: 3:36.98 37.58	400m: 4:50.38 36.22		
8.	KUBCZYK Gabriela		04	Kaliski Klub Sportowy „Włókniarz” 192		<b>4:59.51</b>	476
	50m: 33.83 33.83	150m: 1:48.86 37.83		250m: 3:05.77 38.46	350m: 4:22.59 38.33		
	100m: 1:11.03 37.20	200m: 2:27.31 38.45		300m: 3:44.26 38.49	400m: 4:59.51 36.92		
9.	MIECHOWSKA Maria		03	MKS Juvenia Wrocław		<b>5:04.55</b>	453
	50m: 33.85 33.85	150m: 1:48.38 37.65		250m: 3:05.46 38.61	350m: 4:24.90 40.20		
	100m: 1:10.73 36.88	200m: 2:26.85 38.47		300m: 3:44.70 39.24	400m: 5:04.55 39.65		
10.	MATECKA Sandra		04	Kaliski Klub Sportowy „Włókniarz” 192		<b>5:36.77</b>	335
	50m: 36.71 36.71	150m: 2:01.50 42.84		250m: 3:27.89 43.22	350m: 4:55.51 43.56		
	100m: 1:18.66 41.95	200m: 2:44.67 43.17		300m: 4:11.95 44.06	400m: 5:36.77 41.26		
11.	TRENOGOW Martyna		04	Kaliski Klub Sportowy „Włókniarz” 192		<b>5:38.70</b>	329
	50m: 36.12 36.12	150m: 2:00.86 43.29		250m: 3:27.70 42.70	350m: 4:56.77 44.60		
	100m: 1:17.57 41.45	200m: 2:45.00 44.14		300m: 4:12.17 44.47	400m: 5:38.70 41.93		
<b>14 lat</b>							
1.	KULIK Julia		05	UKS GOS Raszyn		<b>4:28.29</b>	662
	50m: 30.70 30.70	150m: 1:37.75 33.34		250m: 2:45.72 33.81	350m: 3:54.73 34.59		
	100m: 1:04.41 33.71	200m: 2:11.91 34.16		300m: 3:20.14 34.42	400m: 4:28.29 33.56		
2.	GÓRSKA Zofia		05	UKP „Polonia Warszawa”		<b>4:33.73</b>	624
	50m: 30.12 30.12	150m: 1:38.12 34.41		250m: 2:48.20 35.14	350m: 3:58.84 35.49		
	100m: 1:03.71 33.59	200m: 2:13.06 34.94		300m: 3:23.35 35.15	400m: 4:33.73 34.89		
3.	KOSSOWSKA Julita		05	UKS 190 Łód		<b>4:35.71</b>	610
	50m: 31.98 31.98	150m: 1:41.55 35.08		250m: 2:51.52 34.95	350m: 4:01.81 35.32		
	100m: 1:06.47 34.49	200m: 2:16.57 35.02		300m: 3:26.49 34.97	400m: 4:35.71 33.90		
4.	CIERNIAK Zuzanna		05	KS Warta Pozna		<b>4:48.56</b>	532
	50m: 33.31 33.31	150m: 1:47.29 37.05		250m: 3:00.32 36.19	350m: 4:13.59 36.59		
	100m: 1:10.24 36.93	200m: 2:24.13 36.84		300m: 3:37.00 36.68	400m: 4:48.56 34.97		
5.	STACHOWIAK Mia		05	KS Warta Pozna		<b>4:49.67</b>	526
	50m: 32.44 32.44	150m: 1:45.33 36.73		250m: 2:59.45 37.31	350m: 4:14.83 37.44		
	100m: 1:08.60 36.16	200m: 2:22.14 36.81		300m: 3:37.39 37.94	400m: 4:49.67 34.84		

Ogólnopolskie Zawody Pływackie - 8 Urodziny Termaliskich  
Poznań, 19.10.2019

Konkurencja 11, Dziewcząt, 400m dowolny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.
6.	L GA Maja		05	KS Neptun	widnica		<b>4:59.50</b>	476	
	50m:	32.90 32.90	150m:	1:48.03 37.85	250m:	3:04.51 38.42	350m:	4:21.83 39.07	
	100m:	1:10.18 37.28	200m:	2:26.09 38.06	300m:	3:42.76 38.25	400m:	4:59.50 37.67	
7.	ONOSZKO Anna		05	KS Warta Pozna			<b>5:04.98</b>	451	
	50m:	35.21 35.21	150m:	1:52.67 38.67	250m:	3:10.32 39.02	350m:	4:28.48 39.03	
	100m:	1:14.00 38.79	200m:	2:31.30 38.63	300m:	3:49.45 39.13	400m:	5:04.98 36.50	
8.	KANIASTA Matylda		05	KS Warta Pozna			<b>5:09.96</b>	429	
	50m:	34.07 34.07	150m:	1:50.54 38.73	250m:	3:10.12 39.60	350m:	4:30.82 40.32	
	100m:	1:11.81 37.74	200m:	2:30.52 39.98	300m:	3:50.50 40.38	400m:	5:09.96 39.14	
9.	PABISIAK Helena		05	UKP „Polonia Warszawa”			<b>5:10.86</b>	426	
	50m:	33.75 33.75	150m:	1:50.60 38.76	250m:	3:09.69 40.38	350m:	4:31.05 41.34	
	100m:	1:11.84 38.09	200m:	2:29.31 38.71	300m:	3:49.71 40.02	400m:	5:10.86 39.81	

13 lat

1.	KOLA CZYK Wiktoria		06	KS Warta Pozna			<b>4:38.02</b>	595
	50m:	30.88 30.88	150m:	1:41.57 35.81	250m:	2:52.98 36.17	350m:	4:04.74 35.92
	100m:	1:05.76 34.88	200m:	2:16.81 35.24	300m:	3:28.82 35.84	400m:	4:38.02 33.28
2.	TRACZYK Anna		06	MKS Juwenia Wrocław			<b>4:47.84</b>	536
	50m:	32.94 32.94	150m:	1:45.77 36.73	250m:	2:59.24 36.78	350m:	4:13.44 36.84
	100m:	1:09.04 36.10	200m:	2:22.46 36.69	300m:	3:36.60 37.36	400m:	4:47.84 34.40
3.	MIKOŁAJCZAK Malwina		06	KS Warta Pozna			<b>4:49.67</b>	526
	50m:	31.88 31.88	150m:	1:43.97 36.59	250m:	2:59.39 37.70	350m:	4:14.82 37.29
	100m:	1:07.38 35.50	200m:	2:21.69 37.72	300m:	3:37.53 38.14	400m:	4:49.67 34.85
4.	SMYKOWSKA Martyna		06	KU AZS UAM Pozna			<b>4:55.53</b>	495
	50m:	33.90 33.90	150m:	1:50.26 38.19	250m:	3:05.97 37.72	350m:	4:20.73 37.49
	100m:	1:12.07 38.17	200m:	2:28.25 37.99	300m:	3:43.24 37.27	400m:	4:55.53 34.80
5.	CZECHYRA Joanna		06	KS Warta Pozna			<b>4:57.04</b>	488
	50m:	33.35 33.35	150m:	1:49.93 38.54	250m:	3:06.78 38.39	350m:	4:22.54 37.80
	100m:	1:11.39 38.04	200m:	2:28.39 38.46	300m:	3:44.74 37.96	400m:	4:57.04 34.50
6.	SZWABI KA Alicja		06	UKP „TORPEDA” Oleśnica			<b>5:01.02</b>	469
	50m:	33.86 33.86	150m:	1:48.46 37.88	250m:	3:06.35 38.92	350m:	4:23.56 38.61
	100m:	1:10.58 36.72	200m:	2:27.43 38.97	300m:	3:44.95 38.60	400m:	5:01.02 37.46
7.	ODWA NA Aleksandra		06	Toru Multisport Team			<b>5:14.69</b>	410
	50m:	33.77 33.77	150m:	1:50.15 38.83	250m:	3:11.48 41.40	350m:	4:34.84 41.67
	100m:	1:11.32 37.55	200m:	2:30.08 39.93	300m:	3:53.17 41.69	400m:	5:14.69 39.85
8.	PRACHARCZYK Weronika		06	KS Poznań Pozna			<b>5:15.14</b>	408
	50m:	36.21 36.21	150m:	1:55.43 40.05	250m:	3:16.14 40.20	350m:	4:36.46 40.01
	100m:	1:15.38 39.17	200m:	2:35.94 40.51	300m:	3:56.45 40.31	400m:	5:15.14 38.68
9.	MAZURKIEWICZ Marta		06	MKS Juwenia Wrocław			<b>5:23.18</b>	379
	50m:	36.02 36.02	150m:	1:58.21 41.24	250m:	3:21.86 42.14	350m:	4:44.74 41.15
	100m:	1:16.97 40.95	200m:	2:39.72 41.51	300m:	4:03.59 41.73	400m:	5:23.18 38.44
10.	LAZOPOULOS Monika		06	MKS Juwenia Wrocław			<b>5:47.47</b>	305
	50m:	37.57 37.57	150m:	2:04.90 44.28	250m:	3:35.48 45.41	350m:	5:06.01 45.13
	100m:	1:20.62 43.05	200m:	2:50.07 45.17	300m:	4:20.88 45.40	400m:	5:47.47 41.46

12 lat

1.	ORASZEK Karolina		07	UKP „Polonia Warszawa”			<b>4:56.79</b>	489
	50m:	34.35 34.35	150m:	1:49.68 38.04	250m:	3:05.38 37.59	350m:	4:20.64 37.65
	100m:	1:11.64 37.29	200m:	2:27.79 38.11	300m:	3:42.99 37.61	400m:	4:56.79 36.15
2.	KAWKA Zuzanna		07	KU AZS UAM Pozna			<b>4:58.01</b>	483
	50m:	33.45 33.45	150m:	1:50.65 38.56	250m:	3:06.49 37.75	350m:	4:21.92 37.92
	100m:	1:12.09 38.64	200m:	2:28.74 38.09	300m:	3:44.00 37.51	400m:	4:58.01 36.09

Ogólnopolskie Zawody Pływackie - 8 Urodziny Term Malta skich  
Pozna , 19.10.2019

Konkurencja 11, Dziewcz t, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.
3.	WÓJCIK-MŁOCHOWSKA	Liliana	07	BUKS	Warszawa		<b>5:05.82</b>	447	
	50m:	34.10 34.10	150m:	1:51.19 39.11	250m:	3:10.31 39.26	350m:	4:29.56 39.82	
	100m:	1:12.08 37.98	200m:	2:31.05 39.86	300m:	3:49.74 39.43	400m:	5:05.82 36.26	
4.	MAKOWSKA	Oliwia	07	MUKP	„Przyjazne Wody”		<b>5:12.60</b>	419	
	50m:	34.06 34.06	150m:	1:53.43 39.97	250m:	3:15.57 40.90	350m:	4:36.37 40.29	
	100m:	1:13.46 39.40	200m:	2:34.67 41.24	300m:	3:56.08 40.51	400m:	5:12.60 36.23	
5.	WICHULSKA	Małgorzata	07	UKS 48	Warszawa ródmi cie		<b>5:12.72</b>	418	
	50m:	34.77 34.77	150m:	1:52.99 39.70	250m:	3:12.68 40.02	350m:	4:33.01 40.09	
	100m:	1:13.29 38.52	200m:	2:32.66 39.67	300m:	3:52.92 40.24	400m:	5:12.72 39.71	
6.	JAROS	Aleksandra	07	KS Neptun	widnica		<b>5:15.78</b>	406	
	50m:	34.66 34.66	150m:	1:53.63 40.01	250m:	3:14.75 40.75	350m:	4:35.65 40.57	
	100m:	1:13.62 38.96	200m:	2:34.00 40.37	300m:	3:55.08 40.33	400m:	5:15.78 40.13	
7.	YCKA	Weronika	07	KS Warta	Pozna		<b>5:16.32</b>	404	
	50m:	34.27 34.27	150m:	1:54.73 41.24	250m:	3:17.22 41.13	350m:	4:38.80 40.21	
	100m:	1:13.49 39.22	200m:	2:36.09 41.36	300m:	3:58.59 41.37	400m:	5:16.32 37.52	

11 lat i młodszy

1.	MASIEREK	Marika	08	Toru	Multisport Team		<b>4:56.52</b>	490
	50m:	33.09 33.09	150m:	1:48.03 38.00	250m:	3:04.10 38.05	350m:	4:20.31 38.09
	100m:	1:10.03 36.94	200m:	2:26.05 38.02	300m:	3:42.22 38.12	400m:	4:56.52 36.21
2.	KORDALSKA	Oliwia	08	KS Warta	Pozna		<b>5:12.83</b>	418
	50m:	35.97 35.97	150m:	1:55.65 40.24	250m:	3:16.72 40.83	350m:	4:36.24 39.66
	100m:	1:15.41 39.44	200m:	2:35.89 40.24	300m:	3:56.58 39.86	400m:	5:12.83 36.59
3.	RYBACKA	Małgorzata	08	KS Warta	Pozna		<b>5:17.18</b>	401
	50m:	35.10 35.10	150m:	1:55.04 40.40	250m:	3:16.62 40.78	350m:	4:37.68 40.46
	100m:	1:14.64 39.54	200m:	2:35.84 40.80	300m:	3:57.22 40.60	400m:	5:17.18 39.50
4.	ŁOBODA	Maria	08	KS Warta	Pozna		<b>5:29.34</b>	358
	50m:	36.43 36.43	150m:	1:58.75 41.73	250m:	3:23.14 42.24	350m:	4:48.63 42.62
	100m:	1:17.02 40.59	200m:	2:40.90 42.15	300m:	4:06.01 42.87	400m:	5:29.34 40.71
5.	SIEJKA	Weronika	08	KS Neptun	widnica		<b>5:32.26</b>	348
	50m:	35.30 35.30	150m:	1:58.72 42.51	250m:	3:25.79 43.62	350m:	4:51.59 43.28
	100m:	1:16.21 40.91	200m:	2:42.17 43.45	300m:	4:08.31 42.52	400m:	5:32.26 40.67
6.	KU NIERCZAK	Maja	08	KS Warta	Pozna		<b>5:41.72</b>	320
	50m:	37.30 37.30	150m:	2:03.30 43.91	250m:	3:31.87 44.50	350m:	5:00.27 43.92
	100m:	1:19.39 42.09	200m:	2:47.37 44.07	300m:	4:16.35 44.48	400m:	5:41.72 41.45
7.	SOBÓTKA	Oliwia	10	UKS 48	Warszawa ródmi cie		<b>5:42.27</b>	319
	50m:	38.30 38.30	150m:	2:05.04 43.82	250m:	3:31.90 43.75	350m:	4:59.97 43.62
	100m:	1:21.22 42.92	200m:	2:48.15 43.11	300m:	4:16.35 44.45	400m:	5:42.27 42.30
8.	KOCHA SKA	Aleksandra	08	MKS Juwenia	Wrocław		<b>5:45.64</b>	309
	50m:	38.16 38.16	150m:	2:06.06 44.49	250m:	3:34.85 44.41	350m:	5:03.14 42.52
	100m:	1:21.57 43.41	200m:	2:50.44 44.38	300m:	4:20.62 45.77	400m:	5:45.64 42.50
9.	GLAPA	Martyna	09	KS Warta	Pozna		<b>5:45.74</b>	309
	50m:	36.98 36.98	150m:	2:05.19 44.59	250m:	3:34.67 45.04	350m:	5:04.24 44.61
	100m:	1:20.60 43.62	200m:	2:49.63 44.44	300m:	4:19.63 44.96	400m:	5:45.74 41.50
10.	KOTLI SKA	Zofia	08	KS Warta	Pozna		<b>5:47.92</b>	303
	50m:	37.23 37.23	150m:	2:04.40 44.35	250m:	3:33.85 44.92	350m:	5:04.98 45.40
	100m:	1:20.05 42.82	200m:	2:48.93 44.53	300m:	4:19.58 45.73	400m:	5:47.92 42.94
11.	OSTROWSKA	Maria	08	KS Warta	Pozna		<b>5:58.22</b>	278
	50m:	39.62 39.62	150m:	2:09.88 45.82	250m:	3:41.65 46.38	350m:	5:13.90 46.00
	100m:	1:24.06 44.44	200m:	2:55.27 45.39	300m:	4:27.90 46.25	400m:	5:58.22 44.32
12.	LE NIAK	Zuzanna	08	MKS Juwenia	Wrocław		<b>6:13.26</b>	246
	50m:	41.29 41.29	150m:	2:15.10 47.26	250m:	3:53.48 48.59	350m:	5:29.04 45.96
	100m:	1:27.84 46.55	200m:	3:04.89 49.79	300m:	4:43.08 49.60	400m:	6:13.26 44.22