

Mistrzostwa Okręgu Gliwickiego Open  
Gliwice, 18. - 19.11.2022

Konkurencja 23  
18.11.2022 - 16:58

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Rekord I skła 18	4:10.96	Gawelczyk Dominika -2009	POL	AZS AWF Katowice
Rekord I skła 17	4:13.84	Kossakowska Dominika – 2018	POL	AZS AWF Katowice
Rekord I skła 16	4:16.01	Kossakowska Dominika - 2016	POL	Sikret Gliwice
Rekord I skła 15	4:16.01	Kossakowska Dominika - 2016	POL	Sikret Gliwice
Rekord I skła 14	4:24.32	Bociek Wiktorja – 2018	POL	KS Górnik Sosnowiec
Rekord I skła Open	4:07.67	ukowska Paulina - 2017	POL	AZS AWF Katowice

Punkty: FINA 2022

Pozycja	Rok ur.	Czas	R.St	% popr.	FINA
<b>14 lat</b>					
1. Jakubczyk Natalia	08 CSiR MOS w D browie Górnicyzej	<b>4:31.74</b>	+0,84	-	637
50m: 31.30	31.30 150m: 1:40.57 35.21 250m: 2:50.60	35.16	350m: 3:59.92	34.43	
100m: 1:05.36	34.06 200m: 2:15.44 34.87 300m: 3:25.49	34.89	400m: 4:31.74	31.82	
2. Ferszt Kornelia	08 KS „Górnik” Sosnowiec	<b>4:35.99</b>		105%	608
50m: 31.60	31.60 150m: 1:41.44 35.33 250m: 2:52.08	35.63	350m: 4:02.39	35.04	
100m: 1:06.11	34.51 200m: 2:16.45 35.01 300m: 3:27.35	35.27	400m: 4:35.99	33.60	
3. Łukasik Zuzanna	08 CSiR MOS w D browie Górnicyzej	<b>4:38.00</b>		103%	595
50m: 33.27	33.27 150m: 1:43.81 35.39 250m: 2:54.82	35.43	350m: 4:05.33	35.24	
100m: 1:08.42	35.15 200m: 2:19.39 35.58 300m: 3:30.09	35.27	400m: 4:38.00	32.67	
4. Matyniak Sylwia	08 UKS „MANTA” Kochłowice Ruda I skła	<b>4:47.83</b>	+0,78	101%	536
50m: 32.32	32.32 150m: 1:42.78 35.89 250m: 2:56.58	37.11	350m: 4:11.36	37.11	
100m: 1:06.89	34.57 200m: 2:19.47 36.69 300m: 3:34.25	37.67	400m: 4:47.83	36.47	
5. Półkotycka Olga	08 UKS Wodnik Siemianowice I skie	<b>4:54.78</b>	+0,77	-	499
50m: 32.25	32.25 150m: 1:45.64 37.53 250m: 3:01.67	38.15	350m: 4:18.38	38.48	
100m: 1:08.11	35.86 200m: 2:23.52 37.88 300m: 3:39.90	38.23	400m: 4:54.78	36.40	
6. Kubiczek Sara	08 UKS Wodnik Siemianowice I skie	<b>4:56.43</b>	+0,76	120%	491
50m: 32.89	32.89 150m: 1:46.76 37.70 250m: 3:03.34	38.14	350m: 4:19.87	38.37	
100m: 1:09.06	36.17 200m: 2:25.20 38.44 300m: 3:41.50	38.16	400m: 4:56.43	36.56	
7. Szpernalowska Mila	08 CSiR MOS w D browie Górnicyzej	<b>4:57.52</b>	+0,90	105%	486
50m: 35.76	35.76 150m: 1:52.82 38.63 250m: 3:09.23	38.32	350m: 4:23.77	36.33	
100m: 1:14.19	38.43 200m: 2:30.91 38.09 300m: 3:47.44	38.21	400m: 4:57.52	33.75	
8. Łuczka Natalia	08 UKS Wodnik Siemianowice I skie	<b>5:02.39</b>	+0,83	93%	462
50m: 33.85	33.85 150m: 1:49.43 38.36 250m: 3:06.80	38.90	350m: 4:24.27	39.13	
100m: 1:11.07	37.22 200m: 2:27.90 38.47 300m: 3:45.14	38.34	400m: 5:02.39	38.12	
9. Nawara Oliwia	08 MUKS Gilus Gilowice	<b>5:03.06</b>	+0,64	-	459
50m: 31.99	31.99 150m: 1:47.40 38.25 250m: 3:05.85	39.60	350m: 4:24.96	39.60	
100m: 1:09.15	37.16 200m: 2:26.25 38.85 300m: 3:45.36	39.51	400m: 5:03.06	38.10	
10. Stajer Martyna	08 UKS Wodnik Siemianowice I skie	<b>5:26.05</b>	+0,88	110%	369
50m: 35.88	35.88 150m: 1:59.68 42.42 250m: 3:24.34	41.97	350m: 4:46.36	40.46	
100m: 1:17.26	41.38 200m: 2:42.37 42.69 300m: 4:05.90	41.56	400m: 5:26.05	39.69	
11. Jania Alicja	08 UKS „Nowy Klub Pływakci”	<b>5:26.61</b>	+0,85	-	367
50m: 35.81	35.81 150m: 1:56.11 40.84 250m: 3:19.90	42.08	350m: 4:46.32	43.49	
100m: 1:15.27	39.46 200m: 2:37.82 41.71 300m: 4:02.83	42.93	400m: 5:26.61	40.29	
12. Kikas Wiktorja	08 MOSM Tychy	<b>5:38.12</b>	+0,85	100%	331
50m: 35.75	35.75 150m: 1:57.30 41.92 250m: 3:25.28	44.43	350m: 4:55.20	45.11	
100m: 1:15.38	39.63 200m: 2:40.85 43.55 300m: 4:10.09	44.81	400m: 5:38.12	42.92	
<b>15 lat</b>					
1. R czkowska Maja	07 LKS Jedno 32 Przyszowice	<b>4:33.75</b>		100%	623
50m: 31.77	31.77 150m: 1:40.75 34.51 250m: 2:49.69	34.58	350m: 3:59.59	34.90	
100m: 1:06.24	34.47 200m: 2:15.11 34.36 300m: 3:24.69	35.00	400m: 4:33.75	34.16	
2. Łapeta Iga	07 Rybnicki Młodzie owy Klub Sportowy	<b>4:37.63</b>	+0,84	-	598
50m: 31.28	31.28 150m: 1:41.46 35.74 250m: 2:53.45	35.87	350m: 4:03.84	34.78	
100m: 1:05.72	34.44 200m: 2:17.58 36.12 300m: 3:29.06	35.61	400m: 4:37.63	33.79	
3. Sitkiewicz Jagoda	07 UKS Wodnik Siemianowice I skie	<b>4:49.57</b>	+0,75	-	527
50m: 31.58	31.58 150m: 1:45.45 36.99 250m: 2:59.67	37.52	350m: 4:13.68	36.85	
100m: 1:08.46	36.88 200m: 2:22.15 36.70 300m: 3:36.83	37.16	400m: 4:49.57	35.89	
4. Skudlik Michalina	07 UKS Wodnik Siemianowice I skie	<b>4:51.83</b>	+0,84	102%	515
50m: 34.03	34.03 150m: 1:47.74 36.98 250m: 3:01.77	36.91	350m: 4:16.22	37.08	
100m: 1:10.76	36.73 200m: 2:24.86 37.12 300m: 3:39.14	37.37	400m: 4:51.83	35.61	

Mistrzostwa Okręgu Gliwickiego Open  
Gliwice, 18. - 19.11.2022

Konkurencja 23, Dziewcząt, 400m dowolny, 15 lat

Pozycja	Rok ur.		Czas				R.St	% popr.	FINA
5. Bukowska Michalina	07	UKP „Ruda Gliwska”	<b>4:52.55</b>	+0,74	100%	511			
50m: 33.61	33.61	150m: 1:47.72	37.26	250m: 3:02.67	37.43	350m: 4:16.80	36.65		
100m: 1:10.46	36.85	200m: 2:25.24	37.52	300m: 3:40.15	37.48	400m: 4:52.55	35.75		
6. Malahovska Polina	07	MKS SMS Victoria Racibórz	<b>5:00.12</b>	-		473			
50m: 33.57	33.57	150m: 1:49.64	38.49	250m: 3:06.41	38.45	350m: 4:23.59	38.49		
100m: 1:11.15	37.58	200m: 2:27.96	38.32	300m: 3:45.10	38.69	400m: 5:00.12	36.53		
7. Skowron Natalia	07	MKS Pałac Młodzieży Katowice	<b>5:03.58</b>		100%	457			
50m: 35.04	35.04	150m: 1:52.26	39.28	250m: 3:10.16	38.92	350m: 4:28.35	39.08		
100m: 1:12.98	37.94	200m: 2:31.24	38.98	300m: 3:49.27	39.11	400m: 5:03.58	35.23		

16 lat

1. Nikiel Natalia	06	MKS Park Wodny Tarnowskie Góry	<b>4:38.61</b>	+0,75	94%	591		
50m: 32.71	32.71	150m: 1:43.46	35.49	250m: 2:53.88	35.16	350m: 4:04.27	34.87	
100m: 1:07.97	35.26	200m: 2:18.72	35.26	300m: 3:29.40	35.52	400m: 4:38.61	34.34	
2. Gawlik Jagoda	06	KS „Górnik” Sosnowiec	<b>4:44.89</b>		104%	553		
50m: 32.21	32.21	150m: 1:43.75	36.26	250m: 2:57.00	36.56	350m: 4:09.13	35.76	
100m: 1:07.49	35.28	200m: 2:20.44	36.69	300m: 3:33.37	36.37	400m: 4:44.89	35.76	
3. Wyrwał Faustyna	06	UKS Wodnik Siemianowice Śląskie	<b>4:57.82</b>	+0,78	-	484		
50m: 34.39	34.39	150m: 1:50.08	38.27	250m: 3:06.62	38.07	350m: 4:22.35	37.78	
100m: 1:11.81	37.42	200m: 2:28.55	38.47	300m: 3:44.57	37.95	400m: 4:57.82	35.47	
4. Karwacka Kinga	06	UKS Aquatica Pawłowice	<b>5:11.61</b>	+0,89	94%	423		
50m: 35.37	35.37	150m: 1:54.06	39.89	250m: 3:14.00	40.04	350m: 4:33.52	39.42	
100m: 1:14.17	38.80	200m: 2:33.96	39.90	300m: 3:54.10	40.10	400m: 5:11.61	38.09	

17 lat i starsi

1. Fira Weronika	04	"Sikret" Gliwice	<b>4:37.20</b>	+0,86	98%	600		
50m: 32.49	32.49	150m: 1:43.27	35.54	250m: 2:53.79	35.05	350m: 4:03.96	34.83	
100m: 1:07.73	35.24	200m: 2:18.74	35.47	300m: 3:29.13	35.34	400m: 4:37.20	33.24	
2. Mleczek Natalia	05	MKP „Wodnik 29” Tychy	<b>4:38.50</b>	+0,83	98%	592		
50m: 32.72	32.72	150m: 1:42.41	34.81	250m: 2:53.47	35.67	350m: 4:04.59	35.34	
100m: 1:07.60	34.88	200m: 2:17.80	35.39	300m: 3:29.25	35.78	400m: 4:38.50	33.91	
3. Tadko Wiktoria	05	MKS SMS Victoria Racibórz	<b>4:39.70</b>	+0,77	102%	584		
50m: 32.63	32.63	150m: 1:43.02	35.34	250m: 2:54.87	35.94	350m: 4:06.15	35.34	
100m: 1:07.68	35.05	200m: 2:18.93	35.91	300m: 3:30.81	35.94	400m: 4:39.70	33.55	
4. Drabik Aneta	04	KP „Sukces” Chorzów	<b>4:47.04</b>	+0,79	105%	541		
50m: 32.65	32.65	150m: 1:46.23	37.12	250m: 2:59.04	36.32	350m: 4:12.05	36.05	
100m: 1:09.11	36.46	200m: 2:22.72	36.49	300m: 3:36.00	36.96	400m: 4:47.04	34.99	
5. Moczka Paulina	05	UKS Trójka	<b>4:54.95</b>	+0,85	-	498		
50m: 31.83	31.83	150m: 1:44.63	37.23	250m: 3:00.48	38.27	350m: 4:17.56	38.40	
100m: 1:07.40	35.57	200m: 2:22.21	37.58	300m: 3:39.16	38.68	400m: 4:54.95	37.39	
6. Madej Zuzanna	04	Akademia Sms Racibórz	<b>4:58.32</b>		-	482		
50m: 33.28	33.28	150m: 1:47.68	37.51	250m: 3:05.34	38.83	350m: 4:22.01	37.80	
100m: 1:10.17	36.89	200m: 2:26.51	38.83	300m: 3:44.21	38.87	400m: 4:58.32	36.31	
7. Krupa Helena	05	MKS SMS Victoria Racibórz	<b>4:59.01</b>	+0,81	100%	478		
50m: 33.36	33.36	150m: 1:46.47	36.93	250m: 3:01.92	37.84	350m: 4:20.14	38.93	
100m: 1:09.54	36.18	200m: 2:24.08	37.61	300m: 3:41.21	39.29	400m: 4:59.01	38.87	
8. Matwin Julia	05	CSiR MOS w D. Browie Górnicy	<b>5:04.79</b>	+0,81	98%	452		
50m: 34.42	34.42	150m: 1:50.49	38.38	250m: 3:07.72	38.64	350m: 4:26.42	39.47	
100m: 1:12.11	37.69	200m: 2:29.08	38.59	300m: 3:46.95	39.23	400m: 5:04.79	38.37	
9. Porszke Martyna	05	MKP „Wodnik 29” Tychy	<b>5:05.28</b>		98%	449		
50m: 34.68	34.68	150m: 1:52.11	38.95	250m: 3:10.48	39.18	350m: 4:28.82	39.27	
100m: 1:13.16	38.48	200m: 2:31.30	39.19	300m: 3:49.55	39.07	400m: 5:05.28	36.46	