

Mistrzostwa Okręgu Gliwickiego Open
Gliwice, 17. - 18.11.2023

Konkurencja 23
17.11.2023 - 15:36

Kobiet, 400m dowolny

2009 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 Wiktoria – 2018	POL	KS Górnik Sosnowiec
Rekord I skła Open	4:07.67	ukowska Paulina - 2017	POL	AZS AWF Katowice

Punkty: FINA 2023

Pozycja	Rok ur.	Czas	R.St	% popr.	FINA
Rocznik 2009					
1. Kapka Antonina	09 CSiR MOS w D browie Górnicej	4:35.41	+0,71	102%	592
50m: 31.88	31.88 150m: 1:42.05 35.31 250m: 2:52.69	35.44	350m: 4:02.97	35.17	
100m: 1:06.74	34.86 200m: 2:17.25 35.20 300m: 3:27.80	35.11	400m: 4:35.41	32.44	
2. Oko Anna	09 LKS Jedno 32 Przyszowice	4:42.03	+0,84	103%	551
50m: 32.09	32.09 150m: 1:42.75 35.51 250m: 2:54.78	36.00	350m: 4:07.56	36.48	
100m: 1:07.24	35.15 200m: 2:18.78 36.03 300m: 3:31.08	36.30	400m: 4:42.03	34.47	
3. Zi tek Julia	09 UKP „Ruda I skła”	4:43.67	+0,71	99%	542
50m: 31.84	31.84 150m: 1:43.85 36.51 250m: 2:56.32	36.36	350m: 4:09.98	36.54	
100m: 1:07.34	35.50 200m: 2:19.96 36.11 300m: 3:33.44	37.12	400m: 4:43.67	33.69	
4. Bednarek Lena	09 CSiR MOS w D browie Górnicej	4:44.08	+0,72	104%	539
50m: 31.84	31.84 150m: 1:43.56 36.22 250m: 2:56.83	36.82	350m: 4:10.07	36.26	
100m: 1:07.34	35.50 200m: 2:20.01 36.45 300m: 3:33.81	36.98	400m: 4:44.08	34.01	
5. Maik Victoria	09 UKS „MANTA” Kochłowice Ruda I skła	4:51.65	+0,93	108%	498
50m: 34.35	34.35 150m: 1:48.36 37.55 250m: 3:02.85	37.25	350m: 4:16.61	35.99	
100m: 1:10.81	36.46 200m: 2:25.60 37.24 300m: 3:40.62	37.77	400m: 4:51.65	35.04	
6. Bili skła Iga	09 UKS „MANTA” Kochłowice Ruda I skła	5:01.21	+0,66	100%	452
50m: 33.00	33.00 150m: 1:49.50 38.46 250m: 3:06.19	38.05	350m: 4:23.19	38.28	
100m: 1:11.04	38.04 200m: 2:28.14 38.64 300m: 3:44.91	38.72	400m: 5:01.21	38.02	
7. Grzywacz Gabriela	09 CSiR MOS w D browie Górnicej	5:01.73	+0,76	93%	450
50m: 32.94	32.94 150m: 1:46.56 37.76 250m: 3:05.03	39.52	350m: 4:23.05	38.97	
100m: 1:08.80	35.86 200m: 2:25.51 38.95 300m: 3:44.08	39.05	400m: 5:01.73	38.68	
Duda Katarzyna	09 UKS Victoria Kozy	5:01.73	+0,83	104%	450
50m: 34.09	34.09 150m: 1:50.42 38.59 250m: 3:07.67	38.37	350m: 4:24.96	38.51	
100m: 1:11.83	37.74 200m: 2:29.30 38.88 300m: 3:46.45	38.78	400m: 5:01.73	36.77	
9. Goł bek Wiktoria	09 UKS Wodnik Siemianowice I skie	5:10.33	+0,78	118%	414
50m: 34.82	34.82 150m: 1:53.35 39.68 250m: 3:12.71	39.76	350m: 4:32.17	40.00	
100m: 1:13.67	38.85 200m: 2:32.95 39.60 300m: 3:52.17	39.46	400m: 5:10.33	38.16	
10. Gierach Maja	09 UKS Wodnik Siemianowice I skie	5:12.18	+0,66	96%	406
50m: 35.35	35.35 150m: 1:54.30 39.90 250m: 3:13.83	39.49	350m: 4:35.18	40.63	
100m: 1:14.40	39.05 200m: 2:34.34 40.04 300m: 3:54.55	40.72	400m: 5:12.18	37.00	
Rocznik 2008					
1. Jakubczyk Natalia	08 CSiR MOS w D browie Górnicej	4:27.85	+0,73	101%	643
50m: 30.92	30.92 150m: 1:39.08 34.21 250m: 2:47.45	34.36	350m: 3:55.67	33.88	
100m: 1:04.87	33.95 200m: 2:13.09 34.01 300m: 3:21.79	34.34	400m: 4:27.85	32.18	
2. Ferszt Kornelia	08 KS „Górnik” Sosnowiec	4:35.97	+0,54	99%	588
50m: 32.12	32.12 150m: 1:42.88 35.36 250m: 2:52.65	34.81	350m: 4:02.44	35.05	
100m: 1:07.52	35.40 200m: 2:17.84 34.96 300m: 3:27.39	34.74	400m: 4:35.97	33.53	
3. Matyniak Sylwia	08 CSiR MOS w D browie Górnicej	4:41.39	+0,57	105%	555
50m: 32.06	32.06 150m: 1:42.17 35.62 250m: 2:53.76	35.67	350m: 4:06.35	36.18	
100m: 1:06.55	34.49 200m: 2:18.09 35.92 300m: 3:30.17	36.41	400m: 4:41.39	35.04	
4. Kordek Zuzanna	08 Akademia Sms Racibórz	4:41.53	+0,84	98%	554
50m: 32.28	32.28 150m: 1:43.05 35.75 250m: 2:53.89	35.39	350m: 4:06.09	35.95	
100m: 1:07.30	35.02 200m: 2:18.50 35.45 300m: 3:30.14	36.25	400m: 4:41.53	35.44	
5. Łukasik Zuzanna	08 CSiR MOS w D browie Górnicej	4:42.46	+0,74	94%	549
50m: 33.37	33.37 150m: 1:44.22 35.40 250m: 2:55.26	35.43	350m: 4:07.20	36.06	
100m: 1:08.82	35.45 200m: 2:19.83 35.61 300m: 3:31.14	35.88	400m: 4:42.46	35.26	
6. Szpernalowska Mila	08 CSiR MOS w D browie Górnicej	4:47.84	+0,82	97%	518
50m: 34.00	34.00 150m: 1:47.49 36.72 250m: 3:00.95	36.60	350m: 4:13.60	36.19	
100m: 1:10.77	36.77 200m: 2:24.35 36.86 300m: 3:37.41	36.46	400m: 4:47.84	34.24	

Mistrzostwa Okręgu Gliwickiego Open
Gliwice, 17. - 18.11.2023

Konkurencja 23, Dziewcząt, 400m dowolny, Roczniak 2008

Pozycja	Rok ur.		Czas				R.St	% popr.	FINA
7. Kubiczek Sara	08	UKS Wodnik Siemianowice I skie	4:51.14	+0,72	102%	501			
50m: 32.87	32.87	150m: 1:45.67	36.90	250m: 2:59.84	37.20	350m: 4:14.40	37.33		
100m: 1:08.77	35.90	200m: 2:22.64	36.97	300m: 3:37.07	37.23	400m: 4:51.14	36.74		
8. Półkotycka Olga	08	UKS Wodnik Siemianowice I skie	4:52.99	+0,68	98%	492			
50m: 32.43	32.43	150m: 1:46.37	37.90	250m: 3:03.62	38.80	350m: 4:18.72	36.32		
100m: 1:08.47	36.04	200m: 2:24.82	38.45	300m: 3:42.40	38.78	400m: 4:52.99	34.27		
9. Pa dzierny Julia	08	UKS Wodnik Siemianowice I skie	4:59.58	+0,70	-	460			
50m: 34.45	34.45	150m: 1:51.09	38.73	250m: 3:07.17	37.80	350m: 4:24.06	38.14		
100m: 1:12.36	37.91	200m: 2:29.37	38.28	300m: 3:45.92	38.75	400m: 4:59.58	35.52		
10. Drzewiecka Karolina	08	CSiR MOS w D browie Górnicy	5:04.64	+0,63	100%	437			
50m: 32.95	32.95	150m: 1:50.15	38.83	250m: 3:08.76	39.52	350m: 4:26.65	38.58		
100m: 1:11.32	38.37	200m: 2:29.24	39.09	300m: 3:48.07	39.31	400m: 5:04.64	37.99		

Roczniak 2007

1. Łapeta Iga	07	Rybnicki Młodzie owy Klub Sportowy	4:37.44	+0,67	100%	579		
50m: 30.59	30.59	150m: 1:39.80	35.00	250m: 2:52.26	36.40	350m: 4:03.87	35.13	
100m: 1:04.80	34.21	200m: 2:15.86	36.06	300m: 3:28.74	36.48	400m: 4:37.44	33.57	
2. R czkowska Maja	07	LKS Jedno 32 Przystowice	4:37.58	+0,68	96%	578		
50m: 31.45	31.45	150m: 1:40.40	34.86	250m: 2:50.87	35.42	350m: 4:02.65	36.04	
100m: 1:05.54	34.09	200m: 2:15.45	35.05	300m: 3:26.61	35.74	400m: 4:37.58	34.93	
3. Malahovska Polina	07	MKS SMS Victoria Racibórz	4:39.98	+0,73	115%	563		
50m: 31.43	31.43	150m: 1:41.65	35.15	250m: 2:54.22	36.47	350m: 4:02.90	32.82	
100m: 1:06.50	35.07	200m: 2:17.75	36.10	300m: 3:30.08	35.86	400m: 4:39.98	37.08	
4. Sitkiewicz Jagoda	07	UKS Wodnik Siemianowice I skie	4:41.71	+0,75	104%	553		
50m: 32.45	32.45	150m: 1:44.63	36.36	250m: 2:56.58	35.95	350m: 4:07.44	35.36	
100m: 1:08.27	35.82	200m: 2:20.63	36.00	300m: 3:32.08	35.50	400m: 4:41.71	34.27	
5. Skudlik Michalina	07	UKS Wodnik Siemianowice I skie	4:53.15	+0,75	98%	491		
50m: 34.16	34.16	150m: 1:47.66	37.07	250m: 3:02.82	37.66	350m: 4:17.81	37.71	
100m: 1:10.59	36.43	200m: 2:25.16	37.50	300m: 3:40.10	37.28	400m: 4:53.15	35.34	

2006 i starsi

1. Nikiel Natalia	06	MKS Park Wodny Tarnowskie Góry	4:31.57	+0,76	101%	617		
50m: 31.55	31.55	150m: 1:39.94	34.42	250m: 2:48.60	34.26	350m: 3:57.25	34.28	
100m: 1:05.52	33.97	200m: 2:14.34	34.40	300m: 3:22.97	34.37	400m: 4:31.57	34.32	
2. Tadko Wiktoria	05	MKS SMS Victoria Racibórz	4:33.97	+0,73	101%	601		
50m: 31.60	31.60	150m: 1:40.44	34.86	250m: 2:50.10	34.57	350m: 4:00.17	34.98	
100m: 1:05.58	33.98	200m: 2:15.53	35.09	300m: 3:25.19	35.09	400m: 4:33.97	33.80	
3. Gawlik Jagoda	06	UKS „Huragan” przy SP nr 45 w Sosnowcu	4:48.03	+0,72	96%	517		
50m: 32.17	32.17	150m: 1:42.88	35.48	250m: 2:56.40	36.89	350m: 4:10.97	37.42	
100m: 1:07.40	35.23	200m: 2:19.51	36.63	300m: 3:33.55	37.15	400m: 4:48.03	37.06	
4. Ku aj Paulina	06	Akademia Sms Racibórz	4:54.34	+0,81	103%	485		
50m: 33.76	33.76	150m: 1:47.09	37.20	250m: 3:03.16	38.26	350m: 4:18.33	37.28	
100m: 1:09.89	36.13	200m: 2:24.90	37.81	300m: 3:41.05	37.89	400m: 4:54.34	36.01	
5. Brachaczek Emilia	06	UKS Wodnik Siemianowice I skie	4:55.17	+0,74	103%	481		
50m: 33.78	33.78	150m: 1:47.73	37.43	250m: 3:02.98	37.70	350m: 4:18.50	37.69	
100m: 1:10.30	36.52	200m: 2:25.28	37.55	300m: 3:40.81	37.83	400m: 4:55.17	36.67	
6. Krupa Helena	05	MKS SMS Victoria Racibórz	5:10.24		93%	414		
50m: 35.57	35.57	150m: 1:54.87	40.33	250m: 3:14.04	39.75	350m: 4:32.91	38.80	
100m: 1:14.54	38.97	200m: 2:34.29	39.42	300m: 3:54.11	40.07	400m: 5:10.24	37.33	
7. Nahibowicz Patrycja	06	Ognisko TKKF Szczygłowice	5:24.07	+0,37	102%	363		
50m: 35.07	35.07	150m: 1:54.84	40.89	250m: 3:18.64	42.64	350m: 4:44.98	43.43	
100m: 1:13.95	38.88	200m: 2:36.00	41.16	300m: 4:01.55	42.91	400m: 5:24.07	39.09	
PK Ja kowska Julia	08	UKS MOS Opole	4:38.18	+0,78	-	574		
50m: 31.37	31.37	150m: 1:42.34	35.61	250m: 2:53.66	35.61	350m: 4:03.77	34.89	
100m: 1:06.73	35.36	200m: 2:18.05	35.71	300m: 3:28.88	35.22	400m: 4:38.18	34.41	