

Ogólnopolski Sprawdzian Wszechstronno ci Stylowej
Lublin, 28.9.2024

Konkurencja 17
28.09.2024 - 15:50

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Rekord LOZP Open	4:39.71	ZUKOWSKA Paula	03103	Bydgoszcz	01.12.2021
Rekord LOZP 19 +	4:39.71	ZUKOWSKA Paula	03103	Bydgoszcz	01.12.2021
Rekord LOZP 18	4:41.29	ADAMCZYK Julia	03103	Gorzow Wilkp	10.03.2017
Rekord LOZP 17	4:42.09	ADAMCZYK Julia	03103	Olsztyn	18.12.2016
Rekord LOZP 16	4:46.27	SIE CZYK Jowita	00903	Ostrowiec Sw	22.12.2013
Rekord LOZP 15	4:47.21	BERNAT Laura	03103	Lodz	11.12.2020
Rekord LOZP 14	4:53.86	SIE CZYK Jowita	00903	Poznan	18.12.2011

Punkty: AQUA 2024

Pozycja	Wiek			Czas	Pkt.	CR
JUNIOR MŁODSZY						
1. WOŁ CEWICZ Natalia	14	KU AZS UMCS Lublin	5:19.43	532	+0,72	
50m: 34.74 34.74	150m: 1:57.40 41.86	250m: 3:21.76 43.93	350m: 4:45.16 37.49			
100m: 1:15.54 40.80	200m: 2:37.83 40.43	300m: 4:07.67 45.91	400m: 5:19.43 34.27			
2. MAZUREK Dagmara	15	KU AZS UMCS Lublin	5:26.01	501	+0,80	
50m: 33.32 33.32	150m: 1:54.23 42.41	250m: 3:23.38 48.59	350m: 4:50.13 37.41			
100m: 1:11.82 38.50	200m: 2:34.79 40.56	300m: 4:12.72 49.34	400m: 5:26.01 35.88			
3. GORDZIEJKO Joanna	14	MTP „Lublinianka”	5:26.28	499	+0,86	
50m: 35.53 35.53	150m: 2:00.59 42.10	250m: 3:27.71 46.43	350m: 4:50.19 36.97			
100m: 1:18.49 42.96	200m: 2:41.28 40.69	300m: 4:13.22 45.51	400m: 5:26.28 36.09			
4. STARKIEWICZ Zuzanna	15	KU AZS UMCS Lublin	5:34.80	462	+0,76	
50m: 33.82 33.82	150m: 1:59.91 43.89	250m: 3:29.68 48.22	350m: 4:59.01 37.64			
100m: 1:16.02 42.20	200m: 2:41.46 41.55	300m: 4:21.37 51.69	400m: 5:34.80 35.79			
5. FILIMOWICZ Jagoda	14	KU AZS UMCS Lublin	5:44.30	425	+0,68	
50m: 37.09 37.09	150m: 2:04.52 42.29	250m: 3:36.15 50.52	350m: 5:06.34 38.65			
100m: 1:22.23 45.14	200m: 2:45.63 41.11	300m: 4:27.69 51.54	400m: 5:44.30 37.96			
6. WILCZEK Lena	14	KU AZS UMCS Lublin	5:45.28	421	+0,68	
50m: 37.96 37.96	150m: 2:07.32 45.24	250m: 3:41.62 49.89	350m: 5:09.54 37.88			
100m: 1:22.08 44.12	200m: 2:51.73 44.41	300m: 4:31.66 50.04	400m: 5:45.28 35.74			
7. CZOPEK Lena	14	KU AZS UMCS Lublin	5:48.81	409	+0,84	
50m: 37.03 37.03	150m: 2:04.60 44.24	250m: 3:41.36 53.69	350m: 5:12.64 38.20			
100m: 1:20.36 43.33	200m: 2:47.67 43.07	300m: 4:34.44 53.08	400m: 5:48.81 36.17			
8. WÓJCIK Agata	14	KU AZS UMCS Lublin	5:53.88	391	+0,94	
50m: 39.31 39.31	150m: 2:11.52 43.73	250m: 3:46.35 52.80	350m: 5:17.12 37.72			
100m: 1:27.79 48.48	200m: 2:53.55 42.03	300m: 4:39.40 53.05	400m: 5:53.88 36.76			
9. KIERUCZENKO Michalina	14	KS AZS AWF Biała Podlaska	5:54.99	388	+0,86	
50m: 38.37 38.37	150m: 2:10.50 44.20	250m: 3:45.23 51.76	350m: 5:17.54 41.12			
100m: 1:26.30 47.93	200m: 2:53.47 42.97	300m: 4:36.42 51.19	400m: 5:54.99 37.45			
10. BARANOWSKA Weronika	15	MTP „Lublinianka”	6:02.90	363	+0,77	
50m: 37.62 37.62	150m: 2:08.69 45.73	250m: 3:44.71 52.04	350m: 5:20.70 45.55			
100m: 1:22.96 45.34	200m: 2:52.67 43.98	300m: 4:35.15 50.44	400m: 6:02.90 42.20			
11. WOJCIECHOWSKA Klaudia	14	MTP „Lublinianka”	6:08.41	347	+0,80	
50m: 36.57 36.57	150m: 2:10.47 47.86	250m: 3:52.45 57.58	350m: 5:28.69 39.49			
100m: 1:22.61 46.04	200m: 2:54.87 44.40	300m: 4:49.20 56.75	400m: 6:08.41 39.72			
12. ROHACH Kateryna	15	KS „OLIMPIA” Lublin	6:13.50	333	+0,86	
50m: 36.47 36.47	150m: 2:13.00 49.49	250m: 3:52.06 52.11	350m: 5:32.13 46.01			
100m: 1:23.51 47.04	200m: 2:59.95 46.95	300m: 4:46.12 54.06	400m: 6:13.50 41.37			
13. MAZUREK Martyna	15	MTP „Lublinianka”	6:15.93	326	+0,91	
50m: 41.35 41.35	150m: 2:19.95 48.29	250m: 3:59.30 53.53	350m: 5:36.40 42.83			
100m: 1:31.66 50.31	200m: 3:05.77 45.82	300m: 4:53.57 54.27	400m: 6:15.93 39.53			
14. SZEWCZAK Weronika	14	UKS SP5 Swim	6:41.93	267	+0,90	
50m: 47.97 47.97	150m: 2:33.60 51.65	250m: 4:22.47 59.95	350m: 6:01.75 42.12			
100m: 1:41.95 53.98	200m: 3:22.52 48.92	300m: 5:19.63 57.16	400m: 6:41.93 40.18			
15. TSETSYK Mariia	14	MKS AVIA widnik	6:42.86	265	+0,83	
50m: 44.85 44.85	150m: 2:29.26 50.66	250m: 4:12.35 53.92	350m: 5:56.03 49.04			
100m: 1:38.60 53.75	200m: 3:18.43 49.17	300m: 5:06.99 54.64	400m: 6:42.86 46.83			

Ogólnopolski Sprawdzian Wszechstronno ci Stylowej
Lublin, 28.9.2024

Konkurencja 17, Dziewcz t, 400m zmienny, JUNIOR MŁODSZY

Pozycja			Wiek					Czas	Pkt.	CR		
DYSKW.	GDULA Julia		14	Swim Team Lubartów								
	O2 - Pływak nie ukończył całego dystansu - 10.2											
OPEN												
1.	PISKORSKA Adela		21	KU AZS UMCS Lublin				4:51.55	700	+0,73		
	50m:	31.72	31.72	150m:	1:41.96	32.76	250m:	2:59.84	46.03	350m:	4:18.90	33.74
	100m:	1:09.20	37.48	200m:	2:13.81	31.85	300m:	3:45.16	45.32	400m:	4:51.55	32.65
2.	KOWALSKA Klara		19	KU AZS UMCS Lublin				5:01.61	632	+0,66		
	50m:	30.34	30.34	150m:	1:45.42	40.33	250m:	3:09.65	45.56	350m:	4:29.16	33.48
	100m:	1:05.09	34.75	200m:	2:24.09	38.67	300m:	3:55.68	46.03	400m:	5:01.61	32.45
3.	BRZOZOWSKA Julia		16	KU AZS UMCS Lublin				5:07.35	597	+0,77		
	50m:	33.87	33.87	150m:	1:49.15	37.73	250m:	3:11.81	44.68	350m:	4:33.10	35.90
	100m:	1:11.42	37.55	200m:	2:27.13	37.98	300m:	3:57.20	45.39	400m:	5:07.35	34.25
4.	GAWĘŁKO Zuzanna		18	KU AZS UMCS Lublin				5:08.59	590	+0,70		
	50m:	33.25	33.25	150m:	1:51.61	41.09	250m:	3:15.60	44.40	350m:	4:35.40	35.49
	100m:	1:10.52	37.27	200m:	2:31.20	39.59	300m:	3:59.91	44.31	400m:	5:08.59	33.19
5.	DRAGAN Julia		20	KS „OLIMPIA” Lublin				5:08.72	590	+0,83		
	50m:	33.04	33.04	150m:	1:52.55	40.85	250m:	3:15.73	43.54	350m:	4:34.48	35.63
	100m:	1:11.70	38.66	200m:	2:32.19	39.64	300m:	3:58.85	43.12	400m:	5:08.72	34.24
6.	POPPE Marta		17	KU AZS UMCS Lublin				5:09.56	585	+0,77		
	50m:	34.09	34.09	150m:	1:53.76	40.58	250m:	3:16.59	44.12	350m:	4:36.50	34.28
	100m:	1:13.18	39.09	200m:	2:32.47	38.71	300m:	4:02.22	45.63	400m:	5:09.56	33.06
7.	WI NIEWSKA Aleksandra		20	KU AZS UMCS Lublin				5:12.31	569	+0,78		
	50m:	33.74	33.74	150m:	1:53.83	40.62	250m:	3:17.73	45.19	350m:	4:38.95	35.04
	100m:	1:13.21	39.47	200m:	2:32.54	38.71	300m:	4:03.91	46.18	400m:	5:12.31	33.36
8.	WO AKOWSKA Zofia		17	KU AZS UMCS Lublin				5:12.97	566	+0,76		
	50m:	35.20	35.20	150m:	1:57.86	41.83	250m:	3:21.16	41.50	350m:	4:38.50	35.24
	100m:	1:16.03	40.83	200m:	2:39.66	41.80	300m:	4:03.26	42.10	400m:	5:12.97	34.47
9.	ZIELI SKA Maja		17	KU AZS UMCS Lublin				5:15.41	553	+0,80		
	50m:	34.03	34.03	150m:	1:53.84	42.05	250m:	3:18.49	43.34	350m:	4:39.56	37.70
	100m:	1:11.79	37.76	200m:	2:35.15	41.31	300m:	4:01.86	43.37	400m:	5:15.41	35.85
10.	WOŁ CEWICZ Natalia		14	KU AZS UMCS Lublin				5:19.43	532	+0,72		
	50m:	34.74	34.74	150m:	1:57.40	41.86	250m:	3:21.76	43.93	350m:	4:45.16	37.49
	100m:	1:15.54	40.80	200m:	2:37.83	40.43	300m:	4:07.67	45.91	400m:	5:19.43	34.27
11.	WIERNICKA Julia		17	KU AZS UMCS Lublin				5:22.55	517	+0,91		
	50m:	35.23	35.23	150m:	1:57.85	41.49	250m:	3:22.86	45.08	350m:	4:46.61	37.33
	100m:	1:16.36	41.13	200m:	2:37.78	39.93	300m:	4:09.28	46.42	400m:	5:22.55	35.94
12.	MAZUREK Dagmara		15	KU AZS UMCS Lublin				5:26.01	501	+0,80		
	50m:	33.32	33.32	150m:	1:54.23	42.41	250m:	3:23.38	48.59	350m:	4:50.13	37.41
	100m:	1:11.82	38.50	200m:	2:34.79	40.56	300m:	4:12.72	49.34	400m:	5:26.01	35.88
13.	GORDZIEJKO Joanna		14	MTP „Lublinianka”				5:26.28	499	+0,86		
	50m:	35.53	35.53	150m:	2:00.59	42.10	250m:	3:27.71	46.43	350m:	4:50.19	36.97
	100m:	1:18.49	42.96	200m:	2:41.28	40.69	300m:	4:13.22	45.51	400m:	5:26.28	36.09
14.	JAŁOWIECKA Gabriela		16	KU AZS UMCS Lublin				5:27.68	493	+0,85		
	50m:	36.98	36.98	150m:	2:00.13	39.04	250m:	3:26.89	48.75	350m:	4:52.07	37.18
	100m:	1:21.09	44.11	200m:	2:38.14	38.01	300m:	4:14.89	48.00	400m:	5:27.68	35.61
15.	S CZKOWSKA Ró a		16	KS „OLIMPIA” Lublin				5:34.50	463	+0,69		
	50m:	35.37	35.37	150m:	1:59.72	41.82	250m:	3:29.17	49.57	350m:	4:57.90	38.83
	100m:	1:17.90	42.53	200m:	2:39.60	39.88	300m:	4:19.07	49.90	400m:	5:34.50	36.60
16.	STARKIEWICZ Zuzanna		15	KU AZS UMCS Lublin				5:34.80	462	+0,76		
	50m:	33.82	33.82	150m:	1:59.91	43.89	250m:	3:29.68	48.22	350m:	4:59.01	37.64
	100m:	1:16.02	42.20	200m:	2:41.46	41.55	300m:	4:21.37	51.69	400m:	5:34.80	35.79
17.	RYKHLINSKA Anastasiia		17	KS „OLIMPIA” Lublin				5:35.90	458	+0,75		
	50m:	33.82	33.82	150m:	2:00.21	45.88	250m:	3:33.00	48.87	350m:	4:59.78	38.49
	100m:	1:14.33	40.51	200m:	2:44.13	43.92	300m:	4:21.29	48.29	400m:	5:35.90	36.12

Ogólnopolski Sprawdzian Wszechstronno ci Stylowej
Lublin, 28.9.2024

Konkurencja 17, Kobiet, 400m zmienny, OPEN

Pozycja			Wiek					Czas	Pkt.	CR
18.	BATYRA Julia		16	UKS SP5 Swim				5:36.50	455	+0,94
	50m: 38.37	38.37	150m: 2:06.44	43.57	250m: 3:37.38	49.07	350m: 5:02.49	36.72		
	100m: 1:22.87	44.50	200m: 2:48.31	41.87	300m: 4:25.77	48.39	400m: 5:36.50	34.01		
19.	BIERNACKA Lena		17	KU AZS UMCS Lublin				5:36.75	454	+0,80
	50m: 35.67	35.67	150m: 2:02.69	46.14	250m: 3:34.35	47.48	350m: 5:00.44	38.24		
	100m: 1:16.55	40.88	200m: 2:46.87	44.18	300m: 4:22.20	47.85	400m: 5:36.75	36.31		
20.	STUKOVA Yevheniia		16	KS „OLIMPIA” Lublin				5:39.58	443	+0,74
	50m: 37.06	37.06	150m: 2:04.83	44.27	250m: 3:37.16	49.02	350m: 5:03.14	39.23		
	100m: 1:20.56	43.50	200m: 2:48.14	43.31	300m: 4:23.91	46.75	400m: 5:39.58	36.44		
21.	FR CZEK Łucja		16	KU AZS UMCS Lublin				5:41.56	435	+0,85
	50m: 38.67	38.67	150m: 2:07.88	43.23	250m: 3:37.78	49.37	350m: 5:06.26	39.54		
	100m: 1:24.65	45.98	200m: 2:48.41	40.53	300m: 4:26.72	48.94	400m: 5:41.56	35.30		
22.	FILIMOWICZ Jagoda		14	KU AZS UMCS Lublin				5:44.30	425	+0,68
	50m: 37.09	37.09	150m: 2:04.52	42.29	250m: 3:36.15	50.52	350m: 5:06.34	38.65		
	100m: 1:22.23	45.14	200m: 2:45.63	41.11	300m: 4:27.69	51.54	400m: 5:44.30	37.96		
23.	WILCZEK Lena		14	KU AZS UMCS Lublin				5:45.28	421	+0,68
	50m: 37.96	37.96	150m: 2:07.32	45.24	250m: 3:41.62	49.89	350m: 5:09.54	37.88		
	100m: 1:22.08	44.12	200m: 2:51.73	44.41	300m: 4:31.66	50.04	400m: 5:45.28	35.74		
24.	CZOPEK Lena		14	KU AZS UMCS Lublin				5:48.81	409	+0,84
	50m: 37.03	37.03	150m: 2:04.60	44.24	250m: 3:41.36	53.69	350m: 5:12.64	38.20		
	100m: 1:20.36	43.33	200m: 2:47.67	43.07	300m: 4:34.44	53.08	400m: 5:48.81	36.17		
25.	WÓJCIK Agata		14	KU AZS UMCS Lublin				5:53.88	391	+0,94
	50m: 39.31	39.31	150m: 2:11.52	43.73	250m: 3:46.35	52.80	350m: 5:17.12	37.72		
	100m: 1:27.79	48.48	200m: 2:53.55	42.03	300m: 4:39.40	53.05	400m: 5:53.88	36.76		
26.	KIERUCZENKO Michalina		14	KS AZS AWF Biała Podlaska				5:54.99	388	+0,86
	50m: 38.37	38.37	150m: 2:10.50	44.20	250m: 3:45.23	51.76	350m: 5:17.54	41.12		
	100m: 1:26.30	47.93	200m: 2:53.47	42.97	300m: 4:36.42	51.19	400m: 5:54.99	37.45		
27.	SADO Aleksandra		17	KU AZS UMCS Lublin				5:55.04	387	+0,79
	50m: 33.96	33.96	150m: 2:01.43	46.92	250m: 3:39.35	53.07	350m: 5:15.98	40.30		
	100m: 1:14.51	40.55	200m: 2:46.28	44.85	300m: 4:35.68	56.33	400m: 5:55.04	39.06		
28.	BARANOWSKA Weronika		15	MTP „Lublinianka”				6:02.90	363	+0,77
	50m: 37.62	37.62	150m: 2:08.69	45.73	250m: 3:44.71	52.04	350m: 5:20.70	45.55		
	100m: 1:22.96	45.34	200m: 2:52.67	43.98	300m: 4:35.15	50.44	400m: 6:02.90	42.20		
29.	WOJCIECHOWSKA Klaudia		14	MTP „Lublinianka”				6:08.41	347	+0,80
	50m: 36.57	36.57	150m: 2:10.47	47.86	250m: 3:52.45	57.58	350m: 5:28.69	39.49		
	100m: 1:22.61	46.04	200m: 2:54.87	44.40	300m: 4:49.20	56.75	400m: 6:08.41	39.72		
30.	ROHACH Kateryna		15	KS „OLIMPIA” Lublin				6:13.50	333	+0,86
	50m: 36.47	36.47	150m: 2:13.00	49.49	250m: 3:52.06	52.11	350m: 5:32.13	46.01		
	100m: 1:23.51	47.04	200m: 2:59.95	46.95	300m: 4:46.12	54.06	400m: 6:13.50	41.37		
31.	MAZUREK Martyna		15	MTP „Lublinianka”				6:15.93	326	+0,91
	50m: 41.35	41.35	150m: 2:19.95	48.29	250m: 3:59.30	53.53	350m: 5:36.40	42.83		
	100m: 1:31.66	50.31	200m: 3:05.77	45.82	300m: 4:53.57	54.27	400m: 6:15.93	39.53		
32.	SZEWCAK Weronika		14	UKS SP5 Swim				6:41.93	267	+0,90
	50m: 47.97	47.97	150m: 2:33.60	51.65	250m: 4:22.47	59.95	350m: 6:01.75	42.12		
	100m: 1:41.95	53.98	200m: 3:22.52	48.92	300m: 5:19.63	57.16	400m: 6:41.93	40.18		
33.	TSETSYK Mariia		14	MKS AVIA widnik				6:42.86	265	+0,83
	50m: 44.85	44.85	150m: 2:29.26	50.66	250m: 4:12.35	53.92	350m: 5:56.03	49.04		
	100m: 1:38.60	53.75	200m: 3:18.43	49.17	300m: 5:06.99	54.64	400m: 6:42.86	46.83		
DYSKW.	GDULA Julia		14	Swim Team Lubartów						
	O2 - Pływak nie ukończył całego dystansu - 10.2									