

Ogólnopolskie Zawody Pływackie Otwarcie Sezonu na Termach
Pozna , 28.9.2024

Konkurencja 11
2024.09.28 - 14:28

Kobiet, 400m dowolny

Open
Wyniki

Punkty: AQUA 2024

Pozycja			Rok ur.					Czas	Pkt.			
10 lat i młodszy												
1.	ENO Milena		14	Aquarius MOSIW Miedzyrzecz				5:36.74	324			
	50m:	35.95	35.95	150m:	2:00.67	43.94	250m:	3:29.82	44.62	350m:	4:56.19	43.45
	100m:	1:16.73	40.78	200m:	2:45.20	44.53	300m:	4:12.74	42.92	400m:	5:36.74	40.55
11 lat												
1.	ZABŁOCKA Oliwia		13	KS Warta Pozna				5:38.18	319			
	50m:	36.54	36.54	150m:	2:03.63	43.71	250m:	3:30.66	44.13	350m:	4:56.99	42.22
	100m:	1:19.92	43.38	200m:	2:46.53	42.90	300m:	4:14.77	44.11	400m:	5:38.18	41.19
2.	RUDOLF Amelia		13	UKS Manta Warszawa Włochy				5:41.06	311			
	50m:	41.11	41.11	150m:	2:09.24	44.47	250m:	3:36.75	43.41	350m:	5:03.06	41.70
	100m:	1:24.77	43.66	200m:	2:53.34	44.10	300m:	4:21.36	44.61	400m:	5:41.06	38.00
3.	WRO SKA Karolina		13	UKS Manta Warszawa Włochy				5:46.96	296			
	50m:	38.11	38.11	150m:	2:04.92	44.35	250m:	3:35.58	45.60	350m:	5:04.78	44.65
	100m:	1:20.57	42.46	200m:	2:49.98	45.06	300m:	4:20.13	44.55	400m:	5:46.96	42.18
4.	DEJKO Nadia		13	UKS „HS” Team Kryty Basen Kłodzko				6:06.17	252			
	50m:	42.36	42.36	150m:	2:17.25	47.25	250m:	3:51.67	47.24	350m:	5:24.56	46.33
	100m:	1:30.00	47.64	200m:	3:04.43	47.18	300m:	4:38.23	46.56	400m:	6:06.17	41.61
5.	GORZELA CZYK Magdalena		13	KTP Iskra Konin				6:21.46	222			
	50m:	41.64	41.64	150m:	2:18.29	47.69	250m:	3:57.48	50.16	350m:	5:34.08	47.81
	100m:	1:30.60	48.96	200m:	3:07.32	49.03	300m:	4:46.27	48.79	400m:	6:21.46	47.38
12 lat												
1.	GOŁ BIEWSKA Helena		12	WKS I sk				5:24.60	361			
	50m:	34.98	34.98	150m:	1:57.38	42.15	250m:	3:21.52	42.52	350m:	4:44.88	41.53
	100m:	1:15.23	40.25	200m:	2:39.00	41.62	300m:	4:03.35	41.83	400m:	5:24.60	39.72
2.	BODZIONY Anna		12	WKS I sk				5:43.18	306			
	50m:	39.24	39.24	150m:	2:07.02	44.45	250m:	3:35.86	44.35	350m:	5:02.07	42.94
	100m:	1:22.57	43.33	200m:	2:51.51	44.49	300m:	4:19.13	43.27	400m:	5:43.18	41.11
3.	WOJEWÓDZKA Zofia		12	WKS I sk				5:47.18	295			
	50m:	38.34	38.34	150m:	2:05.10	44.02	250m:	3:34.33	45.27	350m:	5:03.91	45.02
	100m:	1:21.08	42.74	200m:	2:49.06	43.96	300m:	4:18.89	44.56	400m:	5:47.18	43.27
4.	LE NIOWSKA Marketa		12	WKS I sk				5:51.97	283			
	50m:	38.89	38.89	150m:	2:08.95	45.46	250m:	3:41.09	46.49	350m:	5:10.66	44.54
	100m:	1:23.49	44.60	200m:	2:54.60	45.65	300m:	4:26.12	45.03	400m:	5:51.97	41.31
5.	LEOPOLD Maja		12	Uks Cityzen				5:52.37	282			
	50m:	38.39	38.39	150m:	2:06.78	45.21	250m:	3:37.92	45.30	350m:	5:08.54	44.63
	100m:	1:21.57	43.18	200m:	2:52.62	45.84	300m:	4:23.91	45.99	400m:	5:52.37	43.83
6.	CIBA Barbara		12	MKS Znicz Koszalin				5:53.17	280			
	50m:	39.22	39.22	150m:	2:08.72	45.34	250m:	3:39.77	45.39	350m:	5:10.11	45.15
	100m:	1:23.38	44.16	200m:	2:54.38	45.66	300m:	4:24.96	45.19	400m:	5:53.17	43.06
7.	HOŁUB Ewa		12	MKS Znicz Koszalin				5:55.70	274			
	50m:	38.23	38.23	150m:	2:07.06	45.67	250m:	3:39.26	46.29	350m:	5:11.58	46.41
	100m:	1:21.39	43.16	200m:	2:52.97	45.91	300m:	4:25.17	45.91	400m:	5:55.70	44.12
8.	ŁYSKO Alicja		12	MKS Znicz Koszalin				5:56.91	272			
	50m:	38.83	38.83	150m:	2:08.95	45.71	250m:	3:41.24	46.15	350m:	5:09.94	42.84
	100m:	1:23.24	44.41	200m:	2:55.09	46.14	300m:	4:27.10	45.86	400m:	5:56.91	46.97
9.	ROMANOWICZ Ewa		12	WKS I sk				6:00.44	264			
	50m:	39.52	39.52	150m:	2:11.23	46.29	250m:	3:45.28	47.73	350m:	5:18.69	47.18
	100m:	1:24.94	45.42	200m:	2:57.55	46.32	300m:	4:31.51	46.23	400m:	6:00.44	41.75

Ogólnopolskie Zawody Pływackie Otwarcie Sezonu na Termach
Pozna , 28.9.2024

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

Pozycja	Rok ur.	Czas	Pkt.
10. AUKSEL Zuzanna	12 UKS "Olimp" Gorzów Wlkp.	6:05.86	252
50m: 41.68 41.68	150m: 2:15.31 46.96	250m: 3:49.35 47.01	350m: 5:23.21 47.13
100m: 1:28.35 46.67	200m: 3:02.34 47.03	300m: 4:36.08 46.73	400m: 6:05.86 42.65
11. WASZKIS Zuzanna	12 WKS I sk	6:22.23	221
50m: 40.53 40.53	150m: 2:15.13 47.91	250m: 3:54.10 49.30	350m: 5:34.26 50.10
100m: 1:27.22 46.69	200m: 3:04.80 49.67	300m: 4:44.16 50.06	400m: 6:22.23 47.97
12. JA WI SKA D BROWSKA Kinga	12 WKS I sk	6:22.30	221
50m: 38.66 38.66	150m: 2:08.58 46.02	250m: 3:43.41 48.60	350m: 5:15.00 44.72
100m: 1:22.56 43.90	200m: 2:54.81 46.23	300m: 4:30.28 46.87	400m: 6:22.30 1:07.30

13 lat

1. BOMBA Julia	11 CSiR MOS w D browie Górnicy	4:38.00	575
50m: 30.98 30.98	150m: 1:40.27 34.93	250m: 2:51.24 35.59	350m: 4:02.97 35.89
100m: 1:05.34 34.36	200m: 2:15.65 35.38	300m: 3:27.08 35.84	400m: 4:38.00 35.03
2. PALICKA Patrycja	11 TP Skalar, Słupsk	5:00.12	457
50m: 34.31 34.31	150m: 1:50.29 38.54	250m: 3:06.84 37.71	350m: 4:23.69 37.98
100m: 1:11.75 37.44	200m: 2:29.13 38.84	300m: 3:45.71 38.87	400m: 5:00.12 36.43
3. MICHALAK Maria	11 KS Warta Pozna	5:03.58	442
50m: 34.61 34.61	150m: 1:50.16 38.29	250m: 3:08.53 39.03	350m: 4:26.47 38.72
100m: 1:11.87 37.26	200m: 2:29.50 39.34	300m: 3:47.75 39.22	400m: 5:03.58 37.11
4. MAJZA - WAWRZY SKA Barbara	11 UKS 3-Wodnik Wolsztyn	5:16.62	389
50m: 35.72 35.72	150m: 1:55.12 40.35	250m: 3:15.64 40.21	350m: 4:37.78 41.04
100m: 1:14.77 39.05	200m: 2:35.43 40.31	300m: 3:56.74 41.10	400m: 5:16.62 38.84
5. SAMUILYK Uliana	11 "UKS - Jedyńka Kórnik"	5:17.51	386
50m: 35.86 35.86	150m: 1:55.35 40.46	250m: 3:18.25 41.25	350m: 4:39.87 40.03
100m: 1:14.89 39.03	200m: 2:37.00 41.65	300m: 3:59.84 41.59	400m: 5:17.51 37.64
6. SZYMA SKA Julia	11 KS Warta Pozna	5:20.80	374
50m: 36.53 36.53	150m: 1:57.01 41.24	250m: 3:20.06 41.51	350m: 4:41.94 41.03
100m: 1:15.77 39.24	200m: 2:38.55 41.54	300m: 4:00.91 40.85	400m: 5:20.80 38.86
7. BACHNIAK Lidia	11 CSiR MOS w D browie Górnicy	5:21.13	373
50m: 35.03 35.03	150m: 1:54.13 40.06	250m: 3:17.42 41.92	350m: 4:40.11 41.17
100m: 1:14.07 39.04	200m: 2:35.50 41.37	300m: 3:58.94 41.52	400m: 5:21.13 41.02
8. RATAJCZAK Lena	11 KP Aquapark W growiec	5:30.72	342
50m: 35.19 35.19	150m: 1:56.63 41.09	250m: 3:20.77 42.00	350m: 4:49.65 44.72
100m: 1:15.54 40.35	200m: 2:38.77 42.14	300m: 4:04.93 44.16	400m: 5:30.72 41.07

14 - 15 lat

1. RESZKO Lena	09 UKP „Polonia Warszawa"	4:23.59	675
50m: 29.81 29.81	150m: 1:34.94 33.18	250m: 2:42.67 33.95	350m: 3:50.73 33.90
100m: 1:01.76 31.95	200m: 2:08.72 33.78	300m: 3:16.83 34.16	400m: 4:23.59 32.86
2. KUCZMAR Aleksandra	09 UKP „Polonia Warszawa"	4:30.44	625
50m: 30.40 30.40	150m: 1:37.61 34.01	250m: 2:46.32 34.12	350m: 3:55.86 35.08
100m: 1:03.60 33.20	200m: 2:12.20 34.59	300m: 3:20.78 34.46	400m: 4:30.44 34.58
3. GRUDA Zofia	10 UKS abianka Gda sk	4:41.13	556
50m: 32.01 32.01	150m: 1:42.88 35.82	250m: 2:55.09 36.05	350m: 4:07.03 35.92
100m: 1:07.06 35.05	200m: 2:19.04 36.16	300m: 3:31.11 36.02	400m: 4:41.13 34.10
4. SOBÓTKA Oliwia	10 UKS „GIM 92 Ursynów"	4:41.64	553
50m: 32.08 32.08	150m: 1:43.82 35.99	250m: 2:55.30 35.77	350m: 4:07.40 36.18
100m: 1:07.83 35.75	200m: 2:19.53 35.71	300m: 3:31.22 35.92	400m: 4:41.64 34.24
5. SOBOLAK Gabriela	09 UKS „GIM 92 Ursynów"	4:42.40	549
50m: 32.36 32.36	150m: 1:44.38 36.06	250m: 2:56.63 35.93	350m: 4:08.19 35.63
100m: 1:08.32 35.96	200m: 2:20.70 36.32	300m: 3:32.56 35.93	400m: 4:42.40 34.21

Ogólnopolskie Zawody Pływackie Otwarcie Sezonu na Termach
Pozna , 28.9.2024

Konkurencja 11, Dziewcz t, 400m dowolny, 14 - 15 lat

Pozycja			Rok ur.					Czas	Pkt.
6.	CHYCZEWSKA Pola	09	UKS "Olimp" Gorzów Wlkp.					4:49.58	509
	50m: 32.27 32.27	150m: 1:44.27	36.02	250m: 2:56.85	36.42	350m: 4:12.09	38.04		
	100m: 1:08.25 35.98	200m: 2:20.43	36.16	300m: 3:34.05	37.20	400m: 4:49.58	37.49		
7.	WOLNA Aleksandra	09	MKP Astromal-Leszno					4:49.95	507
	50m: 32.93 32.93	150m: 1:46.04	36.58	250m: 2:58.92	36.28	350m: 4:13.53	37.52		
	100m: 1:09.46 36.53	200m: 2:22.64	36.60	300m: 3:36.01	37.09	400m: 4:49.95	36.42		
8.	KOCHA SKA Urszula	09	UKS "Olimp" Gorzów Wlkp.					4:51.75	498
	50m: 33.74 33.74	150m: 1:47.89	37.40	250m: 3:02.76	37.12	350m: 4:16.74	36.90		
	100m: 1:10.49 36.75	200m: 2:25.64	37.75	300m: 3:39.84	37.08	400m: 4:51.75	35.01		
9.	HAJDER Hanna	09	Toru ski MKS CHAMPIONS					4:54.93	482
	50m: 32.59 32.59	150m: 1:47.58	37.90	250m: 3:03.65	37.81	350m: 4:19.39	37.59		
	100m: 1:09.68 37.09	200m: 2:25.84	38.26	300m: 3:41.80	38.15	400m: 4:54.93	35.54		
10.	DZIKOWICKA Konstancja	09	UKS "Olimp" Gorzów Wlkp.					5:04.92	436
	50m: 34.26 34.26	150m: 1:49.62	37.82	250m: 3:07.52	38.87	350m: 4:26.34	39.56		
	100m: 1:11.80 37.54	200m: 2:28.65	39.03	300m: 3:46.78	39.26	400m: 5:04.92	38.58		
11.	UK Hanna	10	KS Warta Pozna					5:07.53	425
	50m: 33.64 33.64	150m: 1:50.83	39.21	250m: 3:09.25	39.53	350m: 4:28.72	39.89		
	100m: 1:11.62 37.98	200m: 2:29.72	38.89	300m: 3:48.83	39.58	400m: 5:07.53	38.81		
12.	TOMCZAK Weronika	09	O AZS w Poznaniu					5:07.68	424
	50m: 34.45 34.45	150m: 1:51.52	38.96	250m: 3:09.64	38.62	350m: 4:29.64	39.55		
	100m: 1:12.56 38.11	200m: 2:31.02	39.50	300m: 3:50.09	40.45	400m: 5:07.68	38.04		
13.	SZOTEK Isabella	10	UKS "SMS KAPRY Pruszków"					5:13.63	401
	50m: 34.20 34.20	150m: 1:53.62	40.12	250m: 3:14.41	40.25	350m: 4:34.61	40.00		
	100m: 1:13.50 39.30	200m: 2:34.16	40.54	300m: 3:54.61	40.20	400m: 5:13.63	39.02		
14.	BUKAVETS Emiliya	10	UKS „Ósemka" Toru					5:17.96	384
	50m: 34.55 34.55	150m: 1:53.62	40.32	250m: 3:14.76	40.55	350m: 4:38.06	41.36		
	100m: 1:13.30 38.75	200m: 2:34.21	40.59	300m: 3:56.70	41.94	400m: 5:17.96	39.90		
15.	BOROWIEC Barbara	09	UKS Manta Warszawa Włochy					5:24.24	363
	50m: 33.49 33.49	150m: 1:51.49	40.08	250m: 3:16.71	42.57	350m: 4:43.37	43.13		
	100m: 1:11.41 37.92	200m: 2:34.14	42.65	300m: 4:00.24	43.53	400m: 5:24.24	40.87		
16.	KOWALCZYK Iga	09	Toru ski MKS CHAMPIONS					5:27.22	353
	50m: 35.59 35.59	150m: 1:57.93	42.13	250m: 3:22.77	42.33	350m: 4:47.90	42.85		
	100m: 1:15.80 40.21	200m: 2:40.44	42.51	300m: 4:05.05	42.28	400m: 5:27.22	39.32		
17.	ZDROJEWSKA Oliwia	09	Toru ski MKS CHAMPIONS					5:32.37	337
	50m: 35.42 35.42	150m: 1:58.26	42.29	250m: 3:24.16	42.99	350m: 4:50.32	42.71		
	100m: 1:15.97 40.55	200m: 2:41.17	42.91	300m: 4:07.61	43.45	400m: 5:32.37	42.05		
18.	KOPE Wiktoria	10	UKS "SMS KAPRY Pruszków"					5:40.15	314
	50m: 36.42 36.42	150m: 2:00.71	43.24	250m: 3:29.73	44.68	350m: 4:59.51	45.13		
	100m: 1:17.47 41.05	200m: 2:45.05	44.34	300m: 4:14.38	44.65	400m: 5:40.15	40.64		
19.	WO NIAK Aleksandra	10	MKP Astromal-Leszno					6:07.64	249
	50m: 40.13 40.13	150m: 2:12.26	45.98	250m: 3:46.88	47.63	350m: 5:22.20	48.24		
	100m: 1:26.28 46.15	200m: 2:59.25	46.99	300m: 4:33.96	47.08	400m: 6:07.64	45.44		

16 lat i starsi

1.	TARASIEWICZ Klaudia	04	MKP Szczecin					4:11.02	782
	50m: 29.44 29.44	150m: 1:32.25	31.42	250m: 2:35.50	31.48	350m: 3:39.52	31.98		
	100m: 1:00.83 31.39	200m: 2:04.02	31.77	300m: 3:07.54	32.04	400m: 4:11.02	31.50		
2.	GERBIER Kiara	04	O AZS w Poznaniu					4:28.44	639
	50m: 30.39 30.39	150m: 1:37.88	34.18	250m: 2:46.64	34.53	350m: 3:55.05	34.06		
	100m: 1:03.70 33.31	200m: 2:12.11	34.23	300m: 3:20.99	34.35	400m: 4:28.44	33.39		
3.	ORNOWSKA Zuzanna	08	UKP „Polonia Warszawa"					4:43.41	543
	50m: 31.70 31.70	150m: 1:43.55	35.97	250m: 2:55.80	36.04	350m: 4:08.02	36.32		
	100m: 1:07.58 35.88	200m: 2:19.76	36.21	300m: 3:31.70	35.90	400m: 4:43.41	35.39		

Ogólnopolskie Zawody Pływackie Otwarcie Sezonu na Termach
Pozna , 28.9.2024

Konkurencja 11, Kobiet, 400m dowolny, 16 lat i starsi

Pozycja	Rok ur.								Czas	Pkt.
4. BUDZE Monika	07 MKP Astromal-Leszno								4:44.94	534
50m: 32.23 32.23	150m: 1:44.25	36.16	250m: 2:56.86	36.25	350m: 4:09.37	36.00				
100m: 1:08.09 35.86	200m: 2:20.61	36.36	300m: 3:33.37	36.51	400m: 4:44.94	35.57				
5. CZECHYRA Agata	03 O AZS w Poznaniu								4:46.61	525
50m: 32.29 32.29	150m: 1:44.92	36.77	250m: 2:57.91	36.54	350m: 4:10.85	36.70				
100m: 1:08.15 35.86	200m: 2:21.37	36.45	300m: 3:34.15	36.24	400m: 4:46.61	35.76				
6. BARAN Agata	08 UKP „Polonia Warszawa”								4:51.25	500
50m: 34.22 34.22	150m: 1:47.16	36.64	250m: 3:01.52	37.29	350m: 4:15.43	36.74				
100m: 1:10.52 36.30	200m: 2:24.23	37.07	300m: 3:38.69	37.17	400m: 4:51.25	35.82				
7. KULI SKA Weronika	08 MUKS "Pi tnastrka"								5:01.74	450
50m: 33.82 33.82	150m: 1:49.10	38.20	250m: 3:07.55	39.27	350m: 4:26.35	39.28				
100m: 1:10.90 37.08	200m: 2:28.28	39.18	300m: 3:47.07	39.52	400m: 5:01.74	35.39				
8. WŁODARCZYK Maja	08 UKP Manta Jelcz-Laskowice								5:03.26	443
50m: 35.29 35.29	150m: 1:51.70	38.90	250m: 3:10.25	39.15	350m: 4:27.15	38.63				
100m: 1:12.80 37.51	200m: 2:31.10	39.40	300m: 3:48.52	38.27	400m: 5:03.26	36.11				
9. ZIELI SKA Oliwia	01 KS Warta Pozna								5:07.75	424
50m: 33.78 33.78	150m: 1:50.04	39.15	250m: 3:09.60	39.94	350m: 4:29.99	40.53				
100m: 1:10.89 37.11	200m: 2:29.66	39.62	300m: 3:49.46	39.86	400m: 5:07.75	37.76				
10. ZIELI SKA Alicja	08 UKS "SMS KAPRY Pruszków"								6:07.36	249
50m: 36.00 36.00	150m: 2:04.36	46.00	250m: 3:40.98	48.81	350m: 5:19.68	49.34				
100m: 1:18.36 42.36	200m: 2:52.17	47.81	300m: 4:30.34	49.36	400m: 6:07.36	47.68				