



# OGÓLNOPOLSKIE MISTRZOSTWA RADOMIA W PŁYWANIU 2024

Radom, 19.10.2024

Konkurencja 5  
19.10.2024 - 10:12

Kobiet, 400m dowolny

10 lat i starsi  
Wyniki

Punkty: AQUA 2024

Pozycja	Rok ur.	Czas	Pkt.
<b>11 - 12 lat</b>			
1. BALCERCZAK Gabriela	13	<b>5:03.82</b>	441
50m: 32.51 32.51	150m: 1:48.10 38.48	250m: 3:06.58 38.76	350m: 4:25.36 39.00
100m: 1:09.62 37.11	200m: 2:27.82 39.72	300m: 3:46.36 39.78	400m: 5:03.82 38.46
2. KRYSZKIEWICZ Lidia	12	<b>5:17.11</b>	388
50m: 33.82 33.82	150m: 1:51.78 39.59	250m: 3:13.96 41.15	350m: 4:37.02 41.75
100m: 1:12.19 38.37	200m: 2:32.81 41.03	300m: 3:55.27 41.31	400m: 5:17.11 40.09
3. GŁ BOCKA Elena	12	<b>5:22.85</b>	367
50m: 34.50 34.50	150m: 1:53.90 40.37	250m: 3:17.42 42.25	350m: 4:41.78 42.27
100m: 1:13.53 39.03	200m: 2:35.17 41.27	300m: 3:59.51 42.09	400m: 5:22.85 41.07
4. WASIŁEK Maja	12	<b>5:28.12</b>	350
50m: 34.98 34.98	150m: 1:55.56 41.19	250m: 3:20.89 42.86	350m: 4:46.98 43.12
100m: 1:14.37 39.39	200m: 2:38.03 42.47	300m: 4:03.86 42.97	400m: 5:28.12 41.14
5. WÓJTOWICZ Gabriela	12	<b>5:30.98</b>	341
50m: 35.80 35.80	150m: 2:01.29 43.58	250m: 3:27.94 43.15	350m: 4:52.51 42.54
100m: 1:17.71 41.91	200m: 2:44.79 43.50	300m: 4:09.97 42.03	400m: 5:30.98 38.47
6. HOŁU Zuzanna	13	<b>5:34.91</b>	329
50m: 37.96 37.96	150m: 2:02.05 43.45	250m: 3:31.24 44.93	350m: 4:57.39 42.87
100m: 1:18.60 40.64	200m: 2:46.31 44.26	300m: 4:14.52 43.28	400m: 5:34.91 37.52
7. MENET Maria	12	<b>5:34.95</b>	329
50m: 35.79 35.79	150m: 1:57.25 41.88	250m: 3:23.76 43.47	350m: 4:51.75 44.07
100m: 1:15.37 39.58	200m: 2:40.29 43.04	300m: 4:07.68 43.92	400m: 5:34.95 43.20
8. GRZEGORCZYK Amelia	12	<b>5:52.81</b>	281
50m: 40.50 40.50	150m: 2:10.11 45.42	250m: 3:39.86 44.89	350m: 5:09.41 44.48
100m: 1:24.69 44.19	200m: 2:54.97 44.86	300m: 4:24.93 45.07	400m: 5:52.81 43.40
9. ZALEWSKA Amelia	12	<b>6:24.21</b>	218
50m: 40.98 40.98	150m: 2:17.38 48.84	250m: 3:56.68 49.48	350m: 5:36.79 49.76
100m: 1:28.54 47.56	200m: 3:07.20 49.82	300m: 4:47.03 50.35	400m: 6:24.21 47.42
10. MICHAŁOWSKA Pola	13	<b>6:42.73</b>	189
50m: 45.43 45.43	150m: 2:28.41 52.55	250m: 4:12.22 52.21	350m: 5:55.42 50.53
100m: 1:35.86 50.43	200m: 3:20.01 51.60	300m: 5:04.89 52.67	400m: 6:42.73 47.31
11. LENKIEWICZ Liliana	13	<b>6:44.99</b>	186
50m: 42.99 42.99	150m: 2:25.05 51.55	250m: 4:11.79 52.52	350m: 5:58.97 53.08
100m: 1:33.50 50.51	200m: 3:19.27 54.22	300m: 5:05.89 54.10	400m: 6:44.99 46.02
12. GAI SKA Wiktoria	13	<b>6:49.86</b>	179
50m: 44.56 44.56	150m: 2:27.78 52.30	250m: 4:12.99 52.38	350m: 6:00.10 53.68
100m: 1:35.48 50.92	200m: 3:20.61 52.83	300m: 5:06.42 53.43	400m: 6:49.86 49.76

Pomiar czasu i obsługa informatyczna : Sławomir Grabiec, zawody@wmozp.pl



## OGÓLNOPOLSKIE MISTRZOSTWA RADOMIA W PŁYWANIU 2024

Radom, 19.10.2024

### Konkurencja 5, Kobiet, 400m dowolny

#### 13 - 14 lat

1.	BALCERZAK Barbara	10	SKP Delfin Kozienice	<b>4:43.40</b>	543
	50m: 32.04 32.04	150m: 1:41.98 35.31	250m: 2:54.24 36.28	350m: 4:07.50 36.77	
	100m: 1:06.67 34.63	200m: 2:17.96 35.98	300m: 3:30.73 36.49	400m: 4:43.40 35.90	
2.	NEUHORN Diana	10	MKS „Jagiellonka” Warszawa	<b>4:49.51</b>	509
	50m: 33.00 33.00	150m: 1:46.56 37.34	250m: 2:59.97 36.78	350m: 4:14.44 37.08	
	100m: 1:09.22 36.22	200m: 2:23.19 36.63	300m: 3:37.36 37.39	400m: 4:49.51 35.07	
3.	SZUSTAK Lena	10	KS Barakuda Mi sk Mazowiecki	<b>4:56.20</b>	476
	50m: 33.75 33.75	150m: 1:46.84 36.93	250m: 3:02.35 38.13	350m: 4:18.86 38.04	
	100m: 1:09.91 36.16	200m: 2:24.22 37.38	300m: 3:40.82 38.47	400m: 4:56.20 37.34	
4.	IWA SKA Wiktoria	11	MKS „Jagiellonka” Warszawa	<b>5:06.38</b>	430
	50m: 31.98 31.98	150m: 1:48.73 39.44	250m: 3:08.90 40.21	350m: 4:28.54 39.72	
	100m: 1:09.29 37.31	200m: 2:28.69 39.96	300m: 3:48.82 39.92	400m: 5:06.38 37.84	
5.	OSICZKO Kaja	11	MKS Ochota Warszawa	<b>5:07.30</b>	426
	50m: 33.45 33.45	150m: 1:50.99 39.53	250m: 3:10.69 39.94	350m: 4:29.77 39.37	
	100m: 1:11.46 38.01	200m: 2:30.75 39.76	300m: 3:50.40 39.71	400m: 5:07.30 37.53	
6.	DZIEWANOWSKA Nikola	10	UKS Delfin Garwolin	<b>5:07.97</b>	423
	50m: 34.45 34.45	150m: 1:50.79 38.82	250m: 3:10.68 39.90	350m: 4:30.02 39.64	
	100m: 1:11.97 37.52	200m: 2:30.78 39.99	300m: 3:50.38 39.70	400m: 5:07.97 37.95	
7.	BARCI SKA Ida	10	MKS „Jagiellonka” Warszawa	<b>5:09.23</b>	418
	50m: 35.19 35.19	150m: 1:54.11 39.98	250m: 3:13.66 39.25	350m: 4:32.41 39.46	
	100m: 1:14.13 38.94	200m: 2:34.41 40.30	300m: 3:52.95 39.29	400m: 5:09.23 36.82	
8.	LACH Maria	11	MKS Ochota Warszawa	<b>5:10.39</b>	413
	50m: 32.79 32.79	150m: 1:50.46 40.13	250m: 3:10.70 40.00	350m: 4:31.24 39.96	
	100m: 1:10.33 37.54	200m: 2:30.70 40.24	300m: 3:51.28 40.58	400m: 5:10.39 39.15	
9.	MOROZOWICZ Nadia	11	MKS Ochota Warszawa	<b>5:10.54</b>	413
	50m: 33.40 33.40	150m: 1:50.50 39.24	250m: 3:10.85 40.59	350m: 4:32.34 40.75	
	100m: 1:11.26 37.86	200m: 2:30.26 39.76	300m: 3:51.59 40.74	400m: 5:10.54 38.20	
10.	PIETRASZEWICZ Roksana	10	UKS Juvenia iSwim Białystok	<b>5:18.47</b>	383
	50m: 35.47 35.47	150m: 1:54.42 39.85	250m: 3:16.10 41.40	350m: 4:39.62 41.48	
	100m: 1:14.57 39.10	200m: 2:34.70 40.28	300m: 3:58.14 42.04	400m: 5:18.47 38.85	
11.	ZYCH Martyna	10	MKS „Jagiellonka” Warszawa	<b>5:24.89</b>	360
	50m: 33.99 33.99	150m: 1:53.45 41.06	250m: 3:18.64 42.63	350m: 4:43.45 42.76	
	100m: 1:12.39 38.40	200m: 2:36.01 42.56	300m: 4:00.69 42.05	400m: 5:24.89 41.44	
12.	ROKICKA Alicja	11	MKS „Jagiellonka” Warszawa	<b>5:33.93</b>	332
	50m: 34.72 34.72	150m: 1:56.96 42.71	250m: 3:25.82 44.77	350m: 4:53.87 43.38	
	100m: 1:14.25 39.53	200m: 2:41.05 44.09	300m: 4:10.49 44.67	400m: 5:33.93 40.06	
13.	RONGIERS Pola	11	MKS „Jagiellonka” Warszawa	<b>5:46.69</b>	296
	50m: 36.93 36.93	150m: 2:05.68 45.86	250m: 3:38.15 46.20	350m: 5:06.32 44.37	
	100m: 1:19.82 42.89	200m: 2:51.95 46.27	300m: 4:21.95 43.80	400m: 5:46.69 40.37	
14.	STANISŁAWSKA Aleksandra	10	PUKS Orka Ostrów Mazowiecka	<b>6:05.29</b>	253
	50m: 39.00 39.00	150m: 2:11.86 46.70	250m: 3:47.75 47.57	350m: 5:22.22 46.49	
	100m: 1:25.16 46.16	200m: 3:00.18 48.32	300m: 4:35.73 47.98	400m: 6:05.29 43.07	



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MIEJSKI OŚRODEK SPORTU I REKREACJI W RADOMIU

radom  
siła w precyzji

OGÓLNOPOLSKIE MISTRZOSTWA RADOMIA W PŁYWANIU 2024

Radom, 19.10.2024

Konkurencja 5, Kobiet, 400m dowolny

15 - 16 lat

1. CHRAB SZCZ Maja	09	MUKP Korona-Swim Kielce	<b>4:54.86</b>	482
50m: 32.25 32.25	150m: 1:45.12 37.01	250m: 3:00.31 37.63	350m: 4:16.95 38.54	
100m: 1:08.11 35.86	200m: 2:22.68 37.56	300m: 3:38.41 38.10	400m: 4:54.86 37.91	
2. EKIERT Gabriela	09	UKS Juwenia iSwim Białystok	<b>5:05.12</b>	435
50m: 33.04 33.04	150m: 1:47.72 38.22	250m: 3:46.71 39.99	350m: 4:27.20 40.49	
100m: 1:09.50 36.46	200m: 2:27.71 39.99	300m: 3:46.71 40.07	400m: 5:05.12 37.92	
3. MICHALEC Maja	09	UKS Delfin Garwolin	<b>5:37.57</b>	321
50m: 34.56 34.56	150m: 1:55.58 41.92	250m: 3:23.99 44.85	350m: 4:54.79 45.73	
100m: 1:13.66 39.10	200m: 2:39.14 43.56	300m: 4:09.06 45.07	400m: 5:37.57 42.78	

17 lat i starsi

1. MICHALEC Gabriela	07	UKS Delfin Garwolin	<b>5:17.45</b>	386
50m: 32.79 32.79	150m: 1:51.17 40.49	250m: 3:15.82 42.71	350m: 4:38.96 39.83	
100m: 1:10.68 37.89	200m: 2:33.11 41.94	300m: 3:59.13 43.31	400m: 5:17.45 38.49	