

Otwarte Jesienne Mistrzostwa Okręgu WMOZP i Warszawy z okazji Narodowego Święta Niepodległości
Warszawa, 10. - 11.11.2024

Konkurencja 33
11.11.2024 - 10:26

Kobiet, 400m dowolny

Open
Wyniki

Punkty: AQUA 2024

Pozycja			Rok ur.					Czas	Pkt.
13 lat i młodszy									
1.	SULKOWSKA Hanna		11	UKS Juvenia iSwim Białystok				4:49.90	507
	50m:	32.37	32.37	150m:	1:45.03	37.13	250m:	2:59.15	37.35
	100m:	1:07.90	35.53	200m:	2:21.80	36.77	300m:	3:37.28	38.13
							350m:	4:13.95	36.67
							400m:	4:49.90	35.95
2.	ŁYSIUK Lidia		11	UKS „GIM 92 Ursynów”				4:51.06	501
	50m:	31.90	31.90	150m:	1:44.86	36.78	250m:	2:58.70	36.74
	100m:	1:08.08	36.18	200m:	2:21.96	37.10	300m:	3:36.14	37.44
							350m:	4:14.03	37.89
							400m:	4:51.06	37.03
3.	JURSKA Hanna		11	MPKS "Orka" Ciechanów				4:56.84	473
	50m:	33.79	33.79	150m:	1:50.90	38.60	250m:	3:08.24	38.31
	100m:	1:12.30	38.51	200m:	2:29.93	39.03	300m:	3:46.72	38.48
							350m:	4:23.95	37.23
							400m:	4:56.84	32.89
4.	PRZYWARA Laura		11	UKS „Skalar" Warszawa				4:58.45	465
	50m:	33.35	33.35	150m:	1:50.55	38.95	250m:	3:08.27	38.46
	100m:	1:11.60	38.25	200m:	2:29.81	39.26	300m:	3:46.74	38.47
							350m:	4:23.91	37.17
							400m:	4:58.45	34.54
5.	STREFNER Laura		11	UKS G-8 Bielany Warszawa				5:02.90	445
	50m:	33.77	33.77	150m:	1:51.25	39.52	250m:	3:09.55	39.09
	100m:	1:11.73	37.96	200m:	2:30.46	39.21	300m:	3:48.28	38.73
							350m:	4:27.24	38.96
							400m:	5:02.90	35.66
6.	BOGUCKA Maria		11	UKS G-8 Bielany Warszawa				5:05.47	434
	50m:	34.49	34.49	150m:	1:52.85	39.58	250m:	3:10.66	38.69
	100m:	1:13.27	38.78	200m:	2:31.97	39.12	300m:	3:49.77	39.11
							350m:	4:28.93	39.16
							400m:	5:05.47	36.54
7.	WITTBRODT Alicja		11	UKP „Polonia Warszawa”				5:08.61	421
	50m:	35.43	35.43	150m:	1:54.80	40.06	250m:	3:13.93	39.29
	100m:	1:14.74	39.31	200m:	2:34.64	39.84	300m:	3:52.86	38.93
							350m:	4:31.32	38.46
							400m:	5:08.61	37.29
8.	KASI SKA Michalina		11	UKS 307 Warszawa				5:13.24	402
	50m:	34.87	34.87	150m:	1:56.14	41.14	250m:	3:18.22	41.03
	100m:	1:15.00	40.13	200m:	2:37.19	41.05	300m:	3:57.60	39.38
							350m:	4:37.19	39.59
							400m:	5:13.24	36.05
9.	BAŁABAN Zofia		12	UKS 48 Warszawa ródmi cie				5:18.48	383
	50m:	35.63	35.63	150m:	1:55.79	40.96	250m:	3:18.70	41.52
	100m:	1:14.83	39.20	200m:	2:37.18	41.39	300m:	3:59.90	41.20
							350m:	4:40.48	40.58
							400m:	5:18.48	38.00
10.	GOLON Izabela		13	IKS Konstancin				5:18.67	382
	50m:	34.69	34.69	150m:	1:54.81	40.79	250m:	3:17.98	41.62
	100m:	1:14.02	39.33	200m:	2:36.36	41.55	300m:	3:59.48	41.50
							350m:	4:40.80	41.32
							400m:	5:18.67	37.87
11.	KABAŁA Marta		11	UKS 48 Warszawa ródmi cie				5:26.31	356
	50m:	35.59	35.59	150m:	1:55.96	40.97	250m:	3:20.31	41.94
	100m:	1:14.99	39.40	200m:	2:38.37	42.41	300m:	4:03.12	42.81
							350m:	4:45.32	42.20
							400m:	5:26.31	40.99
12.	KURZYP Lena		11	UKP „Polonia Warszawa”				5:29.06	347
	50m:	38.27	38.27	150m:	2:03.07	42.20	250m:	3:28.30	42.63
	100m:	1:20.87	42.60	200m:	2:45.67	42.60	300m:	4:10.37	42.07
							350m:	4:50.89	40.52
							400m:	5:29.06	38.17
13.	VASYUKOVA Jelyzaveta		12	UKS „Skalar" Warszawa				5:35.28	328
	50m:	34.20	34.20	150m:	1:59.30	43.88	250m:	3:26.35	42.84
	100m:	1:15.42	41.22	200m:	2:43.51	44.21	300m:	4:10.55	44.20
							350m:	4:54.27	43.72
							400m:	5:35.28	41.01



Otwarte Jesienne Mistrzostwa Okręgu WMOZP i Warszawy z okazji Narodowego Dnia Niepodległości
Warszawa, 10. - 11.11.2024

Konkurencja 33, Dziewczyny, 400m dowolny, 13 lat i młodsi

Pozycja	Rok ur.	Zas	Pkt.
14. MISHUSTSINA Kseniya	14 UKS 48 Warszawa ródmi cie	5:42.90	306
50m: 37.92 37.92	150m: 2:05.84 44.47	250m: 3:34.28 44.34	350m: 4:58.76 41.51
100m: 1:21.37 43.45	200m: 2:49.94 44.10	300m: 4:17.25 42.97	400m: 5:42.90 44.14
15. TYC Zuzanna	12 MUKS Wodnik Łask	5:43.66	304
50m: 38.76 38.76	150m: 2:05.71 44.52	250m: 3:35.96 44.66	350m: 5:04.42 43.35
100m: 1:21.19 42.43	200m: 2:51.30 45.59	300m: 4:21.07 45.11	400m: 5:43.66 39.24
16. RZECZKOWSKA Alicja	13 UKS G-8 Bielany Warszawa	5:44.84	301
50m: 39.61 39.61	150m: 2:07.18 44.06	250m: 3:36.48 44.25	350m: 5:05.03 44.03
100m: 1:23.12 43.51	200m: 2:52.23 45.05	300m: 4:21.00 44.52	400m: 5:44.84 39.81
17. MATUZEWICZ Lena	11 UKS „Skalar” Warszawa	5:45.35	300
50m: 38.27 38.27	150m: 2:08.54 45.54	250m: 3:38.20 43.69	350m: 5:04.79 42.75
100m: 1:23.00 44.73	200m: 2:54.51 45.97	300m: 4:22.04 43.84	400m: 5:45.35 40.56
18. ZI BA Antonina	12 UKS „Skalar” Warszawa	5:46.27	298
50m: 39.76 39.76	150m: 2:09.94 46.00	250m: 3:40.19 44.40	350m: 5:07.57 42.85
100m: 1:23.94 44.18	200m: 2:55.79 45.85	300m: 4:24.72 44.53	400m: 5:46.27 38.70
19. WILANOWSKA Maja	12 MUKS Wodnik Łask	5:47.78	294
50m: 36.06 36.06	150m: 2:07.00 47.99	250m: 3:36.75 47.33	350m: 5:04.89 44.49
100m: 1:19.01 42.95	200m: 2:49.42 42.42	300m: 4:20.40 43.65	400m: 5:47.78 42.89
20. BOGUSŁAWSKA Nina	12 UKS 48 Warszawa ródmi cie	6:00.40	264
50m: 38.15 38.15	150m: 2:09.57 46.46	250m: 3:43.39 47.49	350m: 5:16.15 45.81
100m: 1:23.11 44.96	200m: 2:55.90 46.33	300m: 4:30.34 46.95	400m: 6:00.40 44.25
21. DOPIERAŁA Zuzanna	13 MKS SP 63 Bydgoszcz	6:03.78	257
50m: 38.15 38.15	150m: 2:08.29 46.63	250m: 3:42.31 47.49	350m: 5:19.49 48.66
100m: 1:21.66 43.51	200m: 2:54.82 46.53	300m: 4:30.83 48.52	400m: 6:03.78 44.29

14 - 15 lat

1. RESZKO Lena	09 UKP „Polonia Warszawa”	4:28.77	637
50m: 30.22 30.22	150m: 1:37.68 34.58	250m: 2:46.83 34.37	350m: 3:55.72 34.31
100m: 1:03.10 32.88	200m: 2:12.46 34.78	300m: 3:21.41 34.58	400m: 4:28.77 33.05
2. NEUHORN Diana	10 MKS „Jagiellonka” Warszawa	4:49.98	507
50m: 32.12 32.12	150m: 1:45.30 37.26	250m: 3:00.81 37.75	350m: 4:15.81 37.49
100m: 1:08.04 35.92	200m: 2:23.06 37.76	300m: 3:38.32 37.51	400m: 4:49.98 34.17
3. STANISZEWSKA Maja	10 UKS G-8 Bielany Warszawa	5:00.43	456
50m: 33.54 33.54	150m: 1:48.33 37.78	250m: 3:05.77 39.02	350m: 4:23.80 38.84
100m: 1:10.55 37.01	200m: 2:26.75 38.42	300m: 3:44.96 39.19	400m: 5:00.43 36.63
4. STACHEWICZ Magdalena	09 AZS AWF Warszawa	5:01.67	450
50m: 33.68 33.68	150m: 1:49.77 38.53	250m: 3:07.49 38.59	350m: 4:24.47 38.27
100m: 1:11.24 37.56	200m: 2:28.90 39.13	300m: 3:46.20 38.71	400m: 5:01.67 37.20
5. WESOŁOWSKA Wiktoria	10 MUKS Wodnik Łask	5:02.92	445
50m: 33.41 33.41	150m: 1:47.92 37.86	250m: 3:06.41 39.54	350m: 4:24.86 39.53
100m: 1:10.06 36.65	200m: 2:26.87 38.95	300m: 3:45.33 38.92	400m: 5:02.92 38.06
6. DZIEWANOWSKA Nikola	10 UKS Delfin Garwolin	5:04.78	437
50m: 34.81 34.81	150m: 1:50.90 38.66	250m: 3:09.40 39.45	350m: 4:27.87 39.01
100m: 1:12.24 37.43	200m: 2:29.95 39.05	300m: 3:48.86 39.46	400m: 5:04.78 36.91



Otwarte Jesienne Mistrzostwa Okręgu WMOZP i Warszawy z okazji Narodowego Święta Niepodległości
Warszawa, 10. - 11.11.2024

Konkurencja 33, Dziewcząt, 400m dowolny, 14 - 15 lat

Pozycja					Rok ur.					Czas	Pkt.	
7.	SZOTEK Isabella				10	UKS "SMS KAPRY Pruszków"				5:08.73	420	
	50m:	34.35	34.35	150m:	1:52.10	39.64	250m:	3:11.82	39.79	350m:	4:32.58	39.80
	100m:	1:12.46	38.11	200m:	2:32.03	39.93	300m:	3:52.78	40.96	400m:	5:08.73	36.15
8.	STEFA SKA Alicja				10	KS Fenix Oarów Mazowiecki				5:13.94	399	
	50m:	34.50	34.50	150m:	1:52.64	39.71	250m:	3:14.14	40.65	350m:	4:35.28	40.34
	100m:	1:12.93	38.43	200m:	2:33.49	40.85	300m:	3:54.94	40.80	400m:	5:13.94	38.66
9.	SADO Ewa				10	KS Fenix Oarów Mazowiecki				5:14.84	396	
	50m:	34.87	34.87	150m:	1:54.21	40.05	250m:	3:14.49	40.35	350m:	4:36.68	40.89
	100m:	1:14.16	39.29	200m:	2:34.14	39.93	300m:	3:55.79	41.30	400m:	5:14.84	38.16
10.	ZYCH Martyna				10	MKS „Jagiellonka” Warszawa				5:15.58	393	
	50m:	34.13	34.13	150m:	1:51.38	39.86	250m:	3:13.88	41.74	350m:	4:36.38	40.71
	100m:	1:11.52	37.39	200m:	2:32.14	40.76	300m:	3:55.67	41.79	400m:	5:15.58	39.20
11.	MUDA Zofia				09	MKS Piaseczno				5:31.21	340	
	50m:	34.42	34.42	150m:	1:57.51	42.33	250m:	3:23.91	43.10	350m:	4:49.50	42.51
	100m:	1:15.18	40.76	200m:	2:40.81	43.30	300m:	4:06.99	43.08	400m:	5:31.21	41.71
12.	ŁOPACI SKA Karina				10	IKS Konstancin				5:31.79	338	
	50m:	37.06	37.06	150m:	1:59.85	42.39	250m:	3:27.01	43.34	350m:	4:53.43	42.49
	100m:	1:17.46	40.40	200m:	2:43.67	43.82	300m:	4:10.94	43.93	400m:	5:31.79	38.36
13.	PIASEK Milena				10	KS Fenix Oarów Mazowiecki				5:40.29	314	
	50m:	37.48	37.48	150m:	2:04.09	44.69	250m:	3:32.37	44.39	350m:	5:00.50	43.83
	100m:	1:19.40	41.92	200m:	2:47.98	43.89	300m:	4:16.67	44.30	400m:	5:40.29	39.79
14.	STANISŁAWSKA Aleksandra				10	PUKS Orka Ostrów Mazowiecka				6:04.30	255	
	50m:	39.12	39.12	150m:	2:12.02	47.96	250m:	3:48.67	48.02	350m:	5:24.36	47.18
	100m:	1:24.06	44.94	200m:	3:00.65	48.63	300m:	4:37.18	48.51	400m:	6:04.30	39.94
15.	BEMOWSKA Marianna				10	UKS "Wodnik Gośćów"				6:07.18	249	
	50m:	39.92	39.92	150m:	2:10.84	46.46	250m:	3:47.08	48.27	350m:	5:23.25	47.83
	100m:	1:24.38	44.46	200m:	2:58.81	47.97	300m:	4:35.42	48.34	400m:	6:07.18	43.93

16 lat i starsi

1.	MARKIEWICZ Weronika				07	AZS AWF Warszawa				4:34.32	599	
	50m:	29.37	29.37	150m:	1:37.99	35.22	250m:	2:49.48	35.46	350m:	4:00.85	35.73
	100m:	1:02.77	33.40	200m:	2:14.02	36.03	300m:	3:25.12	35.64	400m:	4:34.32	33.47
2.	TARASZKIEWICZ Zofia				07	MUKP Warszawianka- Wodny Park				4:42.76	547	
	50m:	31.34	31.34	150m:	1:42.37	36.30	250m:	2:54.81	36.18	350m:	4:07.31	36.12
	100m:	1:06.07	34.73	200m:	2:18.63	36.26	300m:	3:31.19	36.38	400m:	4:42.76	35.45
3.	DZI GIEL Marta				07	AZS AWF Warszawa				4:46.97	523	
	50m:	31.57	31.57	150m:	1:43.71	36.53	250m:	2:57.61	37.04	350m:	4:11.37	36.97
	100m:	1:07.18	35.61	200m:	2:20.57	36.86	300m:	3:34.40	36.79	400m:	4:46.97	35.60
4.	MICHALAK Zuzanna				07	KS Fenix Oarów Mazowiecki				4:59.64	459	
	50m:	33.27	33.27	150m:	1:47.18	37.27	250m:	3:03.17	38.18	350m:	3:42.34	26.49
	100m:	1:09.91	36.64	200m:	2:24.99	37.81	300m:	3:15.85	12.68	400m:	4:59.64	1:17.30

