

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

Konkurencja 45  
11.11.2024 - 17:35

Kobiet, 400m zmienny

Open  
Wyniki

Punkty: AQUA 2024

Pozycja					Rok ur.					Czas	Pkt.	
<b>13 lat i młodszy</b>												
1.	ŁYSIUK Karina				11	UKS „GIM 92 Ursynów”				<b>5:27.34</b>	494	
	50m:	34.51	34.51	150m:	1:57.05	41.03	250m:	3:23.63	46.29	350m:	4:51.30	39.45
	100m:	1:16.02	41.51	200m:	2:37.34	40.29	300m:	4:11.85	48.22	400m:	5:27.34	36.04
2.	PRZYWARA Laura				11	UKS „Skalar” Warszawa				<b>5:28.91</b>	487	
	50m:	33.55	33.55	150m:	1:58.19	45.56	250m:	3:27.81	45.61	350m:	4:54.26	40.03
	100m:	1:12.63	39.08	200m:	2:42.20	44.01	300m:	4:14.23	46.42	400m:	5:28.91	34.65
3.	OŁ DEK Julia				11	MKS Jedynka Łódź				<b>5:40.81</b>	438	
	50m:	36.55	36.55	150m:	2:06.55	46.52	250m:	3:37.74	45.32	350m:	5:03.36	39.08
	100m:	1:20.03	43.48	200m:	2:52.42	45.87	300m:	4:24.28	46.54	400m:	5:40.81	37.45
4.	SULKOWSKA Hanna				11	UKS Juwenia iSwim Białystok				<b>5:42.01</b>	433	
	50m:	36.74	36.74	150m:	2:02.45	43.64	250m:	3:35.72	49.84	350m:	5:04.91	38.22
	100m:	1:18.81	42.07	200m:	2:45.88	43.43	300m:	4:26.69	50.97	400m:	5:42.01	37.10
5.	SZERSZE -NIEW GŁOWSKA Zofia				11	UKS „GIM 92 Ursynów”				<b>5:49.34</b>	407	
	50m:	37.75	37.75	150m:	2:10.75	46.52	250m:	3:39.15	44.83	350m:	5:08.65	43.43
	100m:	1:24.23	46.48	200m:	2:54.32	43.57	300m:	4:25.22	46.07	400m:	5:49.34	40.69
6.	ONEILL Kiera				11	UKP „Polonia Warszawa”				<b>5:49.44</b>	406	
	50m:	36.58	36.58	150m:	2:04.96	44.18	250m:	3:40.86	51.14	350m:	5:11.80	39.60
	100m:	1:20.78	44.20	200m:	2:49.72	44.76	300m:	4:32.20	51.34	400m:	5:49.44	37.64
7.	LYTVYNOVA Melaniia				11	UKS G-8 Bielany Warszawa				<b>5:56.34</b>	383	
	50m:	40.22	40.22	150m:	2:14.06	45.76	250m:	3:47.36	48.26	350m:	5:19.66	41.02
	100m:	1:28.30	48.08	200m:	2:59.10	45.04	300m:	4:38.64	51.28	400m:	5:56.34	36.68
8.	KLAUS Helena				12	MKS Piaseczno				<b>5:57.47</b>	380	
	50m:	40.09	40.09	150m:	2:14.68	45.79	250m:	3:48.79	49.26	350m:	5:19.87	41.23
	100m:	1:28.89	48.80	200m:	2:59.53	44.85	300m:	4:38.64	49.85	400m:	5:57.47	37.60
9.	KRYSZKIEWICZ Lidia				12	MKS „Jagiellonka” Warszawa				<b>5:59.91</b>	372	
	50m:	37.92	37.92	150m:	2:09.67	46.19	250m:	3:46.70	52.69	350m:	5:19.99	40.50
	100m:	1:23.48	45.56	200m:	2:54.01	44.34	300m:	4:39.49	52.79	400m:	5:59.91	39.92
10.	GOLON Izabela				13	IKS Konstancin				<b>6:01.16</b>	368	
	50m:	37.90	37.90	150m:	2:09.13	47.48	250m:	3:47.42	52.24	350m:	5:22.82	41.90
	100m:	1:21.65	43.75	200m:	2:55.18	46.05	300m:	4:40.92	53.50	400m:	6:01.16	38.34
11.	LEPA Zofia				14	MKS Piaseczno				<b>6:07.27</b>	350	
	50m:	38.56	38.56	150m:	2:14.84	46.37	250m:	3:53.44	53.61	350m:	5:29.76	40.84
	100m:	1:28.47	49.91	200m:	2:59.83	44.99	300m:	4:48.92	55.48	400m:	6:07.27	37.51

14 - 15 lat

1.	LISOWSKA Zofia				10	IKS Konstancin				<b>5:14.59</b>	557	
	50m:	33.41	33.41	150m:	1:52.19	41.12	250m:	3:18.54	47.51	350m:	4:41.85	36.86
	100m:	1:11.07	37.66	200m:	2:31.03	38.84	300m:	4:04.99	46.45	400m:	5:14.59	32.74



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Warszawa, 10. - 11.11.2024

Konkurencja 45, Dziewcząt, 400m zmienny, 14 - 15 lat

Pozycja			Rok ur.					Czas	Pkt.			
2.	LIPKOWSKA Paulina		09	UKP „Polonia Warszawa”				<b>5:14.95</b>	555			
	50m:	33.28 33.28	150m:	1:53.79	40.86	250m:	3:18.68	45.28	350m:	4:41.32	35.93	
	100m:	1:12.93	39.65	200m:	2:33.40	39.61	300m:	4:05.39	46.71	400m:	5:14.95	33.63
3.	SZKRABA Julia		10	UKS G-8 Bielany Warszawa				<b>5:27.19</b>	495			
	50m:	33.38 33.38	150m:	1:58.24	43.51	250m:	3:28.41	48.08	350m:	4:53.20	37.24	
	100m:	1:14.73	41.35	200m:	2:40.33	42.09	300m:	4:15.96	47.55	400m:	5:27.19	33.99
4.	SZOTEK Isabella		10	UKS "SMS KAPRY Pruszków"				<b>5:56.07</b>	384			
	50m:	38.67 38.67	150m:	2:11.59	44.01	250m:	3:46.53	52.05	350m:	5:20.82	41.66	
	100m:	1:27.58	48.91	200m:	2:54.48	42.89	300m:	4:39.16	52.63	400m:	5:56.07	35.25
5.	DZIEWANOWSKA Nikola		10	UKS Delfin Garwolin				<b>6:08.31</b>	347			
	50m:	40.63 40.63	150m:	2:16.18	50.30	250m:	3:57.66	51.86	350m:	5:29.77	40.51	
	100m:	1:25.88	45.25	200m:	3:05.80	49.62	300m:	4:49.26	51.60	400m:	6:08.31	38.54

16 lat i starsi

1.	CZUBAK Maria		06	IKS Konstancin				<b>5:05.98</b>	606			
	50m:	30.68 30.68	150m:	1:46.17	38.53	250m:	3:10.77	46.65	350m:	4:32.00	34.53	
	100m:	1:07.64	36.96	200m:	2:24.12	37.95	300m:	3:57.47	46.70	400m:	5:05.98	33.98
2.	BARAN Agata		08	UKP „Polonia Warszawa”				<b>5:26.29</b>	499			
	50m:	34.16 34.16	150m:	1:55.70	41.38	250m:	3:22.57	46.58	350m:	4:47.56	38.51	
	100m:	1:14.32	40.16	200m:	2:35.99	40.29	300m:	4:09.05	46.48	400m:	5:26.29	38.73

