

Otwarte Mistrzostwa Warszawy m<sup>3</sup>odzików i juniorów w p<sup>3</sup>ywaniu  
Warszawa, 4. - 5.12.2009

Konkurencja 19  
2009-12-04 - 19:25

Dziewcz<sup>1</sup>t, 400m dowolny

11 - 15 lat  
Wyniki

Top Times "Poland" - 11	5:08.04	Karpisz Milena	OLALE	Lodz	2008-06-10
Top Times "Poland" 12	4:42.05	KamiDska Aleksandra	BUWAR	Warsaw	2004-12-04
Top Times "Poland" 13	4:29.54	Olczak Mirela	SLGOR	Gorzow	2006-11-25
Top Times "Poland" 14	4:16.54	KilijaDska Donata	KSOST	Tampere (FIN)	2009-07-20
Top Times "Poland" 15	4:20.15	Slosarek Alicja	POL	???	1998-08-01

Punkty: FINA 2008

Pozycja			Rok ur.							Czas	Pkt.	
<b>11 lat</b>												
1.	Kondrasiuk Ma <sup>3</sup> gorzata		98	MUKP Warszawianka Wodny Park						<b>5:16.68</b>	453	
	50m:	34.76	34.76	150m:	1:54.70	40.33	250m:	3:16.76	41.12	350m:	4:37.84	39.77
	100m:	1:14.37	39.61	200m:	2:35.64	40.94	300m:	3:58.07	41.31	400m:	5:16.68	38.84
2.	Górecka Marta		98	Uks 307						<b>5:26.25</b>	414	
	50m:	34.63	34.63	150m:	1:56.00	41.32	250m:	3:20.34	41.42	350m:	4:45.17	42.16
	100m:	1:14.68	40.05	200m:	2:38.92	42.92	300m:	4:03.01	42.67	400m:	5:26.25	41.08
3.	Mendyk Adrianna		98	Mks Wodnik Radom						<b>5:41.52</b>	361	
	50m:	35.99	35.99	150m:	2:02.56	43.70	250m:	3:31.70	44.61	350m:	5:00.59	43.72
	100m:	1:18.86	42.87	200m:	2:47.09	44.53	300m:	4:16.87	45.17	400m:	5:41.52	40.93
4.	Ryzinska Daria		98	MKS "Roce" Pisz						<b>5:43.75</b>	354	
	50m:	37.85	37.85	150m:	2:06.02	44.70	250m:	3:35.27	45.11	350m:	5:03.45	44.06
	100m:	1:21.32	43.47	200m:	2:50.16	44.14	300m:	4:19.39	44.12	400m:	5:43.75	40.30
5.	Łapińska Justyna		98	UKS Jagiellonka Warszawa						<b>5:45.23</b>	349	
	50m:	36.88	36.88	150m:	2:03.47	44.17	250m:	3:33.58	45.32	350m:	5:03.43	44.27
	100m:	1:19.30	42.42	200m:	2:48.26	44.79	300m:	4:19.16	45.58	400m:	5:45.23	41.80
6.	MAZURCZAK KARINA		98	Uks Skalar Warszawa						<b>6:11.13</b>	281	
	50m:	40.89	40.89	150m:	2:16.34	48.30	250m:	3:51.45	46.97	350m:	5:26.28	47.43
	100m:	1:28.04	47.15	200m:	3:04.48	48.14	300m:	4:38.85	47.40	400m:	6:11.13	44.85
7.	RADZISZEWSKA ALEKSANDRA		98	Uks Skalar Warszawa						<b>6:17.50</b>	267	
	50m:	38.71	38.71	150m:	2:13.19	48.23	250m:	3:51.12	48.79	350m:	5:28.69	48.06
	100m:	1:24.96	46.25	200m:	3:02.33	49.14	300m:	4:40.63	49.51	400m:	6:17.50	48.81
8.	Brejnak Zuzanna		98	Uks Rekin Warszawa						<b>6:18.77</b>	264	
	50m:	41.88	41.88	150m:	2:16.27	48.05	250m:	3:53.90	48.60	350m:	5:32.24	48.76
	100m:	1:28.22	46.34	200m:	3:05.30	49.03	300m:	4:43.48	49.58	400m:	6:18.77	46.53
9.	Jurczuk Anna		98	UKS Jagiellonka Warszawa						<b>6:22.08</b>	258	
	50m:	42.12	42.12	150m:	2:19.70	49.54	250m:	3:57.93	49.09	350m:	5:35.61	48.19
	100m:	1:30.16	48.04	200m:	3:08.84	49.14	300m:	4:47.42	49.49	400m:	6:22.08	46.47
10.	Kazimierska Dominika		98	UKS Jagiellonka Warszawa						<b>6:35.20</b>	233	
	50m:	42.20	42.20	150m:	2:21.66	50.68	250m:	4:03.91	51.81	350m:	5:47.27	51.04
	100m:	1:30.98	48.78	200m:	3:12.10	50.44	300m:	4:56.23	52.32	400m:	6:35.20	47.93
DYSKW. Pe <sup>3</sup> na	Skierska Joanna		98	UKS Jagiellonka Warszawa						<b>6:10.17</b>		
	50m:	39.42	39.42	150m:	2:11.75	46.81	250m:	3:48.14	48.11	350m:	5:24.29	47.84
	100m:	1:24.94	45.52	200m:	3:00.03	48.28	300m:	4:36.45	48.31	400m:	6:10.17	45.88

12 lat

1.	Wójcik Magdalena		97	UKS 1-Solex Lêbork						<b>5:03.63</b>	513	
	50m:	33.26	33.26	150m:	1:50.83	39.73	250m:	3:09.16	39.48	350m:	4:27.71	39.41
	100m:	1:11.10	37.84	200m:	2:29.68	38.85	300m:	3:48.30	39.14	400m:	5:03.63	35.92
2.	TROJGO BOGNA		97	Uks Skalar Warszawa						<b>5:11.38</b>	476	
	50m:	34.83	34.83	150m:	1:52.50	39.32	250m:	3:12.24	39.45	350m:	4:32.65	40.02
	100m:	1:13.18	38.35	200m:	2:32.79	40.29	300m:	3:52.63	40.39	400m:	5:11.38	38.73
3.	PETRYKA NIKOLA		97	Uks Skalar Warszawa						<b>5:13.94</b>	464	
	50m:	34.70	34.70	150m:	1:53.91	40.44	250m:	3:15.08	41.49	350m:	4:36.15	41.11
	100m:	1:13.47	38.77	200m:	2:33.59	39.68	300m:	3:55.04	39.96	400m:	5:13.94	37.79

Otwarte Mistrzostwa Warszawy m<sup>3</sup>odzików i juniorów w p<sup>3</sup>ywaniu  
Warszawa, 4. - 5.12.2009

Konkurencja 19, Dziewcz<sup>1</sup>t, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.		
4.	Paw <sup>3</sup> owska Aneta		97	KS 1 O <sup>3</sup> arów Mazowiecki				<b>5:22.76</b>	427		
	50m:	34.63 34.63	150m:	1:57.07	42.36	250m:	3:20.29	41.48	350m:	4:42.24	41.16
	100m:	1:14.71 40.08	200m:	2:38.81	41.74	300m:	4:01.08	40.79	400m:	5:22.76	40.52
5.	FRELIAN MARTA		97	Uks Skalar Warszawa				<b>5:26.66</b>	412		
	50m:	34.24 34.24	150m:	1:55.32	40.57	250m:	3:19.60	42.03	350m:	4:44.69	42.55
	100m:	1:14.75 40.51	200m:	2:37.57	42.25	300m:	4:02.14	42.54	400m:	5:26.66	41.97
6.	Grudnowska Alicja		97	KS Delfin Gdynia				<b>5:32.82</b>	390		
	50m:	37.57 37.57	150m:	2:02.81	43.16	250m:	3:28.39	42.94	350m:	4:53.08	42.20
	100m:	1:19.65 42.08	200m:	2:45.45	42.64	300m:	4:10.88	42.49	400m:	5:32.82	39.74
7.	Domańska Julia		97	Uks Delfin Legionowo				<b>5:35.84</b>	379		
	50m:	35.98 35.98	150m:	2:00.39	43.15	250m:	3:27.45	44.10	350m:	4:54.47	43.97
	100m:	1:17.24 41.26	200m:	2:43.35	42.96	300m:	4:10.50	43.05	400m:	5:35.84	41.37
8.	Berent Ma <sup>3</sup> gorzata		97	Uks 307				<b>5:37.34</b>	374		
	50m:	35.92 35.92	150m:	2:03.31	44.50	250m:	3:31.11	43.97	350m:	4:58.09	42.34
	100m:	1:18.81 42.89	200m:	2:47.14	43.83	300m:	4:15.75	44.64	400m:	5:37.34	39.25
9.	Pilarska Zofia		97	Uks Pingwiny				<b>5:37.64</b>	373		
	50m:	37.25 37.25	150m:	2:02.92	43.59	250m:	3:31.42	44.26	350m:	4:58.54	43.31
	100m:	1:19.33 42.08	200m:	2:47.16	44.24	300m:	4:15.23	43.81	400m:	5:37.64	39.10
10.	Helbing Justyna		97	Uks Wilanowia				<b>5:37.70</b>	373		
	50m:	37.58 37.58	150m:	2:04.04	44.33	250m:	3:32.32	44.92	350m:	4:59.54	43.82
	100m:	1:19.71 42.13	200m:	2:47.40	43.36	300m:	4:15.72	43.40	400m:	5:37.70	38.16
11.	Zieja Karina		97	Buks Warszawa				<b>5:44.21</b>	352		
	50m:	38.29 38.29	150m:	2:07.37	44.72	250m:	3:37.08	44.44	350m:	5:04.24	42.52
	100m:	1:22.65 44.36	200m:	2:52.64	45.27	300m:	4:21.72	44.64	400m:	5:44.21	39.97
12.	Chyczewska Julia		97	KP MZOS P <sup>3</sup> ock				<b>5:44.22</b>	352		
	50m:	37.16 37.16	150m:	2:03.45	44.02	250m:	3:32.58	45.13	350m:	5:01.93	44.94
	100m:	1:19.43 42.27	200m:	2:47.45	44.00	300m:	4:16.99	44.41	400m:	5:44.22	42.29

13 lat

1.	OSTOJSKA KAROLINA		96	Uks Skalar Warszawa				<b>5:09.34</b>	486		
	50m:	33.26 33.26	150m:	1:51.67	39.87	250m:	3:11.30	39.89	350m:	4:30.73	39.45
	100m:	1:11.80 38.54	200m:	2:31.41	39.74	300m:	3:51.28	39.98	400m:	5:09.34	38.61
2.	Stańczyk Olga		96	GOSiR Piaseczno				<b>5:10.94</b>	478		
	50m:	33.45 33.45	150m:	1:51.23	39.63	250m:	3:11.70	40.09	350m:	4:32.83	40.83
	100m:	1:11.60 38.15	200m:	2:31.61	40.38	300m:	3:52.00	40.30	400m:	5:10.94	38.11
3.	Miku <sup>3</sup> owska Adrianna		96	Uks Kapry-Armexim Pruszków				<b>5:21.26</b>	433		
	50m:	35.24 35.24	150m:	1:56.56	41.40	250m:	3:18.88	41.25	350m:	4:41.52	41.15
	100m:	1:15.16 39.92	200m:	2:37.63	41.07	300m:	4:00.37	41.49	400m:	5:21.26	39.74
4.	O <sup>3</sup> arek Monika		96	UKS Jagiellonka Warszawa				<b>5:39.55</b>	367		
	50m:	36.79 36.79	150m:	2:03.98	43.94	250m:	3:30.93	43.02	350m:	5:00.19	44.36
	100m:	1:20.04 43.25	200m:	2:47.91	43.93	300m:	4:15.83	44.90	400m:	5:39.55	39.36

14 lat

1.	Biernacka Katarzyna		95	KS 1 O <sup>3</sup> arów Mazowiecki				<b>4:41.77</b>	642		
	50m:	30.94 30.94	150m:	1:41.64	35.91	250m:	2:54.25	36.18	350m:	4:06.85	35.98
	100m:	1:05.73 34.79	200m:	2:18.07	36.43	300m:	3:30.87	36.62	400m:	4:41.77	34.92
2.	Dembska Joanna		95	MKS Polonia Warszawa				<b>4:48.20</b>	600		
	50m:	30.79 30.79	150m:	1:42.48	36.91	250m:	2:57.20	37.38	350m:	4:12.05	37.33
	100m:	1:05.57 34.78	200m:	2:19.82	37.34	300m:	3:34.72	37.52	400m:	4:48.20	36.15
3.	Parkot Joanna		95	Uks Kapry-Armexim Pruszków				<b>4:50.25</b>	588		
	50m:	31.97 31.97	150m:	1:44.31	37.19	250m:	3:00.12	37.65	350m:	4:14.79	37.22
	100m:	1:07.12 35.15	200m:	2:22.47	38.16	300m:	3:37.57	37.45	400m:	4:50.25	35.46

Otwarte Mistrzostwa Warszawy m<sup>3</sup>odzików i juniorów w p<sup>3</sup>ywaniu  
Warszawa, 4. - 5.12.2009

Konkurencja 19, Dziewcz<sup>1</sup>t, 400m dowolny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.
4.	Walewska Agnieszka		95	UKS Jagiellonka Warszawa				<b>4:50.83</b>	584
	50m:	33.55 33.55	150m:	1:46.95	36.87	250m:	3:01.07 37.08	350m:	4:15.17 36.66
	100m:	1:10.08 36.53	200m:	2:23.99	37.04	300m:	3:38.51 37.44	400m:	4:50.83 35.66
5.	Miko <sup>3</sup> ajczak Anna		95	UKS 1-Solex Lębork				<b>4:58.06</b>	543
	50m:	34.70 34.70	150m:	1:50.51	38.02	250m:	3:06.79 37.80	350m:	4:22.38 37.53
	100m:	1:12.49 37.79	200m:	2:28.99	38.48	300m:	3:44.85 38.06	400m:	4:58.06 35.68
6.	Macelanka Zofia		95	UKS Jagiellonka Warszawa				<b>5:03.35</b>	515
	50m:	33.46 33.46	150m:	1:49.34	38.82	250m:	3:07.16 39.09	350m:	4:25.53 39.02
	100m:	1:10.52 37.06	200m:	2:28.07	38.73	300m:	3:46.51 39.35	400m:	5:03.35 37.82
7.	Ho <sup>3</sup> ubkow Natalia		95	MKS Polonia Warszawa				<b>5:03.70</b>	513
	50m:	33.77 33.77	150m:	1:50.49	39.48	250m:	3:09.28 39.67	350m:	4:27.69 39.55
	100m:	1:11.01 37.24	200m:	2:29.61	39.12	300m:	3:48.14 38.86	400m:	5:03.70 36.01
8.	Wiceniowska Klaudia		95	Skalar S <sup>3</sup> upsk				<b>5:07.29</b>	495
	50m:	33.99 33.99	150m:	1:53.10	39.94	250m:	3:12.41 39.45	350m:	4:30.92 39.25
	100m:	1:13.16 39.17	200m:	2:32.96	39.86	300m:	3:51.67 39.26	400m:	5:07.29 36.37
9.	Kukla Ma <sup>3</sup> gorzata		95	UKS Jagiellonka Warszawa				<b>5:08.30</b>	490
	50m:	35.78 35.78	150m:	1:54.92	39.61	250m:	3:13.97 39.36	350m:	4:31.62 38.10
	100m:	1:15.31 39.53	200m:	2:34.61	39.69	300m:	3:53.52 39.55	400m:	5:08.30 36.68
10.	TROJGO MARTYNA		95	Uks Skalar Warszawa				<b>5:16.64</b>	453
	50m:	35.34 35.34	150m:	1:55.41	40.64	250m:	3:16.28 40.46	350m:	4:37.64 40.74
	100m:	1:14.77 39.43	200m:	2:35.82	40.41	300m:	3:56.90 40.62	400m:	5:16.64 39.00

15 lat

1.	Paw <sup>3</sup> owska Dagmara		94	KS 1 O <sup>3</sup> arów Mazowiecki				<b>4:49.77</b>	591
	50m:	31.76 31.76	150m:	1:45.11	37.21	250m:	3:00.04 37.42	350m:	4:14.37 37.18
	100m:	1:07.90 36.14	200m:	2:22.62	37.51	300m:	3:37.19 37.15	400m:	4:49.77 35.40
2.	Magier Marta		94	Skalar S <sup>3</sup> upsk				<b>5:03.27</b>	515
	50m:	33.98 33.98	150m:	1:49.88	38.40	250m:	3:07.77 38.46	350m:	4:24.90 38.45
	100m:	1:11.48 37.50	200m:	2:29.31	39.43	300m:	3:46.45 38.68	400m:	5:03.27 38.37
3.	Ejnik Sylwia		94	KP MZOS P <sup>3</sup> ock				<b>5:08.88</b>	488
	50m:	34.16 34.16	150m:	1:52.30	39.57	250m:	3:12.23 40.02	350m:	4:31.81 39.41
	100m:	1:12.73 38.57	200m:	2:32.21	39.91	300m:	3:52.40 40.17	400m:	5:08.88 37.07
4.	Leszczyńska Agata		94	Uks Meduza Warszawa				<b>5:14.64</b>	461
	50m:	34.30 34.30	150m:	1:54.04	40.62	250m:	3:15.25 40.76	350m:	4:36.54 40.97
	100m:	1:13.42 39.12	200m:	2:34.49	40.45	300m:	3:55.57 40.32	400m:	5:14.64 38.10