

Otwarte Mistrzostwa Warszawy m³odzików i juniorów w p³ywaniu
Warszawa, 4. - 5.12.2009

Konkurencja 29 Dziewcz¹t, 400m zmienny 12 - 15 lat
2009-12-05 - 12:25 Wyniki

Top Times "Poland" 12	5:15.18	Szczepaniak Karolina	POWAR	Warsaw	2004-12-03
Top Times "Poland" 13	5:05.02	Szczepaniak Karolina	POWAR	Lignano (ITA)	2005-07-07
Top Times "Poland" 14	4:56.38	Szczepaniak Karolina	POWAR	Ostrowiec	2006-05-19
Top Times "Poland" 15	4:49.27	Szczepaniak Karolina	AZWAR	Gorzow Wlkp.	2007-11-30

Punkty: FINA 2008

Pozycja Rok ur. Czas Pkt.

12 lat

1. Pawlicka Amanda	97	Jarociński Klub Sportowy Pirania	5:41.39	511
50m: 34.66 34.66	150m: 2:02.40 45.50	250m: 3:33.72 46.37	350m: 5:02.43 41.30	
100m: 1:16.90 42.24	200m: 2:47.35 44.95	300m: 4:21.13 47.41	400m: 5:41.39 38.96	
2. Marcinkiewicz Agata	97	MUKP Warszawianka Wodny Park	6:13.99	389
50m: 41.25 41.25	150m: 2:19.13 48.07	250m: 3:53.02 47.75	350m: 5:27.67 45.85	
100m: 1:31.06 49.81	200m: 3:05.27 46.14	300m: 4:41.82 48.80	400m: 6:13.99 46.32	

13 lat

1. Zdrojewska Marcelina	96	UKS 1-Solex Lêbork	5:42.91	505
50m: 33.60 33.60	150m: 1:58.66 45.10	250m: 3:33.28 50.16	350m: 5:03.61 39.98	
100m: 1:13.56 39.96	200m: 2:43.12 44.46	300m: 4:23.63 50.35	400m: 5:42.91 39.30	
2. Popiel Joanna	96	UKS G - 8 Bielany	5:46.14	491
50m: 36.95 36.95	150m: 2:04.73 46.22	250m: 3:38.59 51.94	350m: 5:09.18 39.95	
100m: 1:18.51 41.56	200m: 2:46.65 41.92	300m: 4:29.23 50.64	400m: 5:46.14 36.96	
3. KILIAŃSKA MARTYNA	96	Buks Warszawa	5:48.66	480
50m: 35.97 35.97	150m: 2:07.06 46.71	250m: 3:40.09 47.96	350m: 5:08.85 40.14	
100m: 1:20.35 44.38	200m: 2:52.13 45.07	300m: 4:28.71 48.62	400m: 5:48.66 39.81	
4. OSTOJSKA KAROLINA	96	Uks Skalar Warszawa	5:49.53	476
50m: 36.38 36.38	150m: 2:07.02 45.91	250m: 3:41.83 49.52	350m: 5:10.72 38.74	
100m: 1:21.11 44.73	200m: 2:52.31 45.29	300m: 4:31.98 50.15	400m: 5:49.53 38.81	
5. Miszta Dorota	96	UKS "Gim 92 Ursynów" Warszawa	6:03.13	425
50m: 35.29 35.29	150m: 2:05.90 46.10	250m: 3:43.26 51.93	350m: 5:20.62 42.24	
100m: 1:19.80 44.51	200m: 2:51.33 45.43	300m: 4:38.38 55.12	400m: 6:03.13 42.51	

14 lat

1. Miko ³ ajczak Anna	95	UKS 1-Solex Lêbork	5:32.12	555
50m: 33.56 33.56	150m: 1:57.84 44.89	250m: 3:29.93 48.16	350m: 4:56.12 37.89	
100m: 1:12.95 39.39	200m: 2:41.77 43.93	300m: 4:18.23 48.30	400m: 5:32.12 36.00	

15 lat

1. Zacharska Inga	94	UKS "Gim 92 Ursynów" Warszawa	5:25.68	589
50m: 33.53 33.53	150m: 1:54.40 41.68	250m: 3:22.56 46.74	350m: 4:49.12 39.58	
100m: 1:12.72 39.19	200m: 2:35.82 41.42	300m: 4:09.54 46.98	400m: 5:25.68 36.56	