

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 11. - 12.6.2010

Konkurencja 19
2010-06-11 - 19:40

Dziewcz't, 400m dowolny

11 - 15 lat
Wyniki

Punkty: FINA 2010

Pozycja	Rok ur.	Czas	Pkt.
11 lat			
1. PODRAŃKA, Zuzanna	99 Orka Sochaczew	5:30.44	379
50m: 37.70 37.70	150m: 2:04.72 43.74	250m: 3:31.03 43.15	350m: 4:53.44 41.14
100m: 1:20.98 43.28	200m: 2:47.88 43.16	300m: 4:12.30 41.27	400m: 5:30.44 37.00
2. FILIPKOWSKA, Dominika	99 MKS "Ros" Pisz	5:31.10	376
50m: 38.39 38.39	150m: 2:03.16 41.97	250m: 3:28.58 42.57	350m: 4:51.87 41.12
100m: 1:21.19 42.80	200m: 2:46.01 42.85	300m: 4:10.75 42.17	400m: 5:31.10 39.23
3. ŁUKASIK, Wiktoria	99 MKS Medyk Gizycko	5:35.31	362
50m: 35.93 35.93	150m: 2:00.98 43.59	250m: 3:27.38 43.18	350m: 4:54.03 43.31
100m: 1:17.39 41.46	200m: 2:44.20 43.22	300m: 4:10.72 43.34	400m: 5:35.31 41.28
4. SKARŃYŃSKA, ALEKSANDRA	99 IUKS Muszelka	5:36.74	358
50m: 36.06 36.06	150m: 1:59.75 42.56	250m: 3:27.97 44.34	350m: 4:56.15 43.54
100m: 1:17.19 41.13	200m: 2:43.63 43.88	300m: 4:12.61 44.64	400m: 5:36.74 40.59
5. TOMIAŁOWICZ, Karolina	99 UKS Kapry Armexim Pruszków	5:39.42	349
50m: 36.22 36.22	150m: 2:01.47 43.64	250m: 3:29.57 44.05	350m: 4:57.87 44.29
100m: 1:17.83 41.61	200m: 2:45.52 44.05	300m: 4:13.58 44.01	400m: 5:39.42 41.55
6. PIECHOTA, PAULINA	99 UKS 190 ŁódŹ	5:43.30	338
50m: 36.91 36.91	150m: 2:02.80 44.81	250m: 3:30.75 44.11	350m: 5:00.81 46.89
100m: 1:17.99 41.08	200m: 2:46.64 43.84	300m: 4:13.92 43.17	400m: 5:43.30 42.49
7. NIESZPOREK, WIKTORIA	99 UKS 190 ŁódŹ	5:45.21	332
50m: 36.30 36.30	150m: 2:05.24 46.68	250m: 3:35.49 44.59	350m: 5:04.67 44.37
100m: 1:18.56 42.26	200m: 2:50.90 45.66	300m: 4:20.30 44.81	400m: 5:45.21 40.54
8. STAROS, sANDRA	99 UKS Victoria Józefów	5:45.47	331
50m: 38.15 38.15	150m: 2:04.73 43.09	250m: 3:33.73 45.29	350m: 5:04.54 44.81
100m: 1:21.64 43.49	200m: 2:48.44 43.71	300m: 4:19.73 46.00	400m: 5:45.47 40.93
9. LEOŃCZUK, Sara	99 UKS Mos EŹk	5:47.66	325
50m: 36.36 36.36	150m: 2:03.61 44.72	250m: 3:35.32 46.17	350m: 5:04.28 44.13
100m: 1:18.89 42.53	200m: 2:49.15 45.54	300m: 4:20.15 44.83	400m: 5:47.66 43.38
10. CIEŒLIKOWSKA, Zuzanna	99 UKS PINGWINY	5:51.15	315
50m: 38.01 38.01	150m: 2:06.04 44.69	250m: 3:37.45 46.49	350m: 5:07.80 45.74
100m: 1:21.35 43.34	200m: 2:50.96 44.92	300m: 4:22.06 44.61	400m: 5:51.15 43.35
11. KUZEBSKA, Karolina	99 GOSiR Piaseczno	5:52.37	312
50m: 37.74 37.74	150m: 2:09.48 46.57	250m: 3:42.74 46.78	350m: 5:12.69 43.30
100m: 1:22.91 45.17	200m: 2:55.96 46.48	300m: 4:29.39 46.65	400m: 5:52.37 39.68
12. MAZUT, Klaudia	99 Œ.U.K.S. Polna	5:53.47	309
50m: 40.79 40.79	150m: 2:13.61 46.35	250m: 3:44.56 45.16	350m: 5:13.30 43.00
100m: 1:27.26 46.47	200m: 2:59.40 45.79	300m: 4:30.30 45.74	400m: 5:53.47 40.17
13. KREJCZY, Agata	99 MKS Medyk Gizycko	5:54.11	308
50m: 41.28 41.28	150m: 2:13.73 46.41	250m: 3:45.55 45.21	350m: 5:13.59 43.02
100m: 1:27.32 46.04	200m: 3:00.34 46.61	300m: 4:30.57 45.02	400m: 5:54.11 40.52
14. WŁODARCZYK, Weronika	99 Œ.U.K.S. Polna	5:55.54	304
50m: 40.39 40.39	150m: 2:12.02 46.45	250m: 3:43.82 46.01	350m: 5:14.12 44.54
100m: 1:25.57 45.18	200m: 2:57.81 45.79	300m: 4:29.58 45.76	400m: 5:55.54 41.42
15. NIEDŹWIECKA, KATARZYNA	99 UKS 190 ŁódŹ	6:01.19	290
50m: 39.41 39.41	150m: 2:13.52 48.13	250m: 3:48.63 47.06	350m: 5:20.59 45.08
100m: 1:25.39 45.98	200m: 3:01.57 48.05	300m: 4:35.51 46.88	400m: 6:01.19 40.60
16. WOJTAS, Marta	99 UKS Kapry Armexim Pruszków	6:05.13	280
50m: 41.16 41.16	150m: 2:15.89 48.24	250m: 3:50.24 46.71	350m: 5:21.72 45.28
100m: 1:27.65 46.49	200m: 3:03.53 47.64	300m: 4:36.44 46.20	400m: 6:05.13 43.41
17. BŁASZCZYK, SANDRA	99 IUKS Muszelka	6:06.40	278
50m: 40.06 40.06	150m: 2:11.82 46.55	250m: 3:45.60 46.84	350m: 5:19.88 47.05
100m: 1:25.27 45.21	200m: 2:58.76 46.94	300m: 4:32.83 47.23	400m: 6:06.40 46.52

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 11. - 12.6.2010

Konkurencja 19, Dziewcz¹t, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.		
18.	SZEWCZYK, Zuzana		99	ŁE.U.K.S. Polna				6:07.13	276		
	50m:	40.24 40.24	150m:	2:12.99	46.77	250m:	3:48.01	47.38	350m:	5:22.57	46.96
	100m:	1:26.22 45.98	200m:	3:00.63	47.64	300m:	4:35.61	47.60	400m:	6:07.13	44.56
19.	DUDEK, Sylwia		99	UKS Rekin Warszawa				6:08.72	272		
	50m:	42.83 42.83	150m:	2:18.76	47.45	250m:	3:53.09	47.53	350m:	5:27.18	46.85
	100m:	1:31.31 48.48	200m:	3:05.56	46.80	300m:	4:40.33	47.24	400m:	6:08.72	41.54
20.	ARNOWSKA, Karolina		99	UKS PINGWINY				6:12.87	263		
	50m:	39.24 39.24	150m:	2:13.26	47.42	250m:	3:49.64	48.30	350m:	5:27.00	48.16
	100m:	1:25.84 46.60	200m:	3:01.34	48.08	300m:	4:38.84	49.20	400m:	6:12.87	45.87
21.	RĄCZKA, MARIKA		99	IUKS Muszelka				6:16.45	256		
	50m:	41.52 41.52	150m:	2:17.88	48.56	250m:	3:54.00	47.93	350m:	5:30.94	48.85
	100m:	1:29.32 47.80	200m:	3:06.07	48.19	300m:	4:42.09	48.09	400m:	6:16.45	45.51
22.	WARDAK, Julia		99	UKS Kapry Armexim Pruszków				6:22.47	244		
	50m:	41.93 41.93	150m:	2:18.65	48.64	250m:	3:57.19	49.49	350m:	5:35.88	49.56
	100m:	1:30.01 48.08	200m:	3:07.70	49.05	300m:	4:46.32	49.13	400m:	6:22.47	46.59

12 lat

1.	WILK, Weronika		98	MKS Polonia Warszawa				5:19.88	417		
	50m:	35.30 35.30	150m:	1:56.64	41.47	250m:	3:20.40	41.81	350m:	4:43.32	41.21
	100m:	1:15.17 39.87	200m:	2:38.59	41.95	300m:	4:02.11	41.71	400m:	5:19.88	36.56
2.	NOGAJ, Paulina		98	MKS Wodnik Radom				5:20.08	417		
	50m:	36.47 36.47	150m:	1:58.82	41.59	250m:	3:20.87	40.96	350m:	4:42.70	40.71
	100m:	1:17.23 40.76	200m:	2:39.91	41.09	300m:	4:01.99	41.12	400m:	5:20.08	37.38
3.	GIERCZAK, ANNA		98	UKS 190 Łódź				5:20.66	414		
	50m:	36.48 36.48	150m:	1:58.45	41.70	250m:	3:21.25	41.61	350m:	4:43.65	41.05
	100m:	1:16.75 40.27	200m:	2:39.64	41.19	300m:	4:02.60	41.35	400m:	5:20.66	37.01
4.	GRZELEWSKA, ANNA		98	BUKS Warszawa				5:22.97	405		
	50m:	36.21 36.21	150m:	1:58.45	41.89	250m:	3:23.24	42.51	350m:	4:45.73	40.40
	100m:	1:16.56 40.35	200m:	2:40.73	42.28	300m:	4:05.33	42.09	400m:	5:22.97	37.24
5.	RYZINSKA, Daria		98	MKS "Ros" Pisz				5:23.22	405		
	50m:	37.19 37.19	150m:	1:58.74	40.95	250m:	3:20.87	41.27	350m:	4:43.63	41.13
	100m:	1:17.79 40.60	200m:	2:39.60	40.86	300m:	4:02.50	41.63	400m:	5:23.22	39.59
6.	KONDRASIUK, Ma ³ gorzata		98	MUKP Warszawianka Wodny Park				5:27.35	389		
	50m:	35.57 35.57	150m:	1:58.18	41.65	250m:	3:21.74	42.05	350m:	4:46.63	41.98
	100m:	1:16.53 40.96	200m:	2:39.69	41.51	300m:	4:04.65	42.91	400m:	5:27.35	40.72
7.	JACKIEWICZ, Weronika		98	Orka Sochaczew				5:31.94	373		
	50m:	37.17 37.17	150m:	2:02.72	42.92	250m:	3:29.59	43.50	350m:	4:53.44	40.82
	100m:	1:19.80 42.63	200m:	2:46.09	43.37	300m:	4:12.62	43.03	400m:	5:31.94	38.50
8.	STANIASZEK, Dominika		98	PUKS Wola				6:11.35	267		
	50m:	37.70 37.70	150m:	2:12.34	48.39	250m:	3:48.72	48.32	350m:	5:24.80	47.71
	100m:	1:23.95 46.25	200m:	3:00.40	48.06	300m:	4:37.09	48.37	400m:	6:11.35	46.55
9.	PLONA, SYLWIA		98	BUKS Warszawa				6:13.29	262		
	50m:	40.98 40.98	150m:	2:14.76	48.18	250m:	3:49.46	46.86	350m:	5:24.88	47.81
	100m:	1:26.58 45.60	200m:	3:02.60	47.84	300m:	4:37.07	47.61	400m:	6:13.29	48.41

13 lat

1.	MAGNER, Agata		97	GOSiR Piaseczno				4:55.41	530		
	50m:	33.29 33.29	150m:	1:46.94	37.40	250m:	3:02.77	37.79	350m:	4:18.35	37.55
	100m:	1:09.54 36.25	200m:	2:24.98	38.04	300m:	3:40.80	38.03	400m:	4:55.41	37.06
2.	TROJGO, Bogna		97	UKS Skalar Warszawa				5:06.06	477		
	50m:	34.85 34.85	150m:	1:51.60	38.71	250m:	3:09.53	38.90	350m:	4:28.24	39.22
	100m:	1:12.89 38.04	200m:	2:30.63	39.03	300m:	3:49.02	39.49	400m:	5:06.06	37.82

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 11. - 12.6.2010

Konkurencja 19, Dziewcz¹t, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.		
3.	PETRYKA, Nikola		97	UKS Skalar Warszawa				5:10.35	457		
	50m:	34.89 34.89	150m:	1:52.71	39.52	250m:	3:13.00	39.83	350m:	4:33.70	40.66
	100m:	1:13.19 38.30	200m:	2:33.17	40.46	300m:	3:53.04	40.04	400m:	5:10.35	36.65
4.	NOCKIEWICZ, Paulina		97	UKS Skalar Warszawa				5:11.48	452		
	50m:	33.79 33.79	150m:	1:52.85	39.66	250m:	3:13.37	39.81	350m:	4:33.68	39.83
	100m:	1:13.19 39.40	200m:	2:33.56	40.71	300m:	3:53.85	40.48	400m:	5:11.48	37.80
5.	GASZKOWSKA, BIANKA		97	UKS Skalar Warszawa				5:17.17	428		
	50m:	35.15 35.15	150m:	1:56.36	41.27	250m:	3:18.38	41.23	350m:	4:39.21	39.59
	100m:	1:15.09 39.94	200m:	2:37.15	40.79	300m:	3:59.62	41.24	400m:	5:17.17	37.96
6.	FRELIAN, MARTA		97	UKS Skalar Warszawa				5:19.91	417		
	50m:	34.09 34.09	150m:	1:53.58	39.69	250m:	3:14.75	40.52	350m:	4:37.72	41.62
	100m:	1:13.89 39.80	200m:	2:34.23	40.65	300m:	3:56.10	41.35	400m:	5:19.91	42.19
7.	PAWŁOWSKA, Aneta		97	KS 1 Ożarów Mazowiecki				5:31.06	376		
	50m:	35.18 35.18	150m:	1:58.41	42.41	250m:	3:23.99	42.90	350m:	4:49.60	42.83
	100m:	1:16.00 40.82	200m:	2:41.09	42.68	300m:	4:06.77	42.78	400m:	5:31.06	41.46
8.	MARCINKIEWICZ, Agata		97	MUKP Warszawianka Wodny Park				5:50.80	316		
	50m:	38.46 38.46	150m:	2:07.14	44.62	250m:	3:36.17	44.00	350m:	5:06.90	45.18
	100m:	1:22.52 44.06	200m:	2:52.17	45.03	300m:	4:21.72	45.55	400m:	5:50.80	43.90

14 lat

1.	NIENAŁTOWSKA, NATALIA		96	MKS Polonia Warszawa				4:36.61	646		
	50m:	31.38 31.38	150m:	1:39.84	34.76	250m:	2:51.14	35.91	350m:	4:02.83	35.34
	100m:	1:05.08 33.70	200m:	2:15.23	35.39	300m:	3:27.49	36.35	400m:	4:36.61	33.78
2.	BAKUNIAK, Hanna		96	AZS WSG Astoria Bydgoszcz				4:55.29	531		
	50m:	32.64 32.64	150m:	1:47.38	37.81	250m:	3:02.77	37.84	350m:	4:18.78	36.88
	100m:	1:09.57 36.93	200m:	2:24.93	37.55	300m:	3:41.90	39.13	400m:	4:55.29	36.51
3.	OLIŃSKA, WIKTORIA		96	MKS Polonia Warszawa				4:59.96	506		
	50m:	34.08 34.08	150m:	1:49.78	38.30	250m:	3:06.76	38.34	350m:	4:23.64	38.17
	100m:	1:11.48 37.40	200m:	2:28.42	38.64	300m:	3:45.47	38.71	400m:	4:59.96	36.32
4.	POPIEL, Joanna		96	UKS G-8 Bielany				5:00.84	502		
	50m:	33.05 33.05	150m:	1:48.71	38.56	250m:	3:06.85	39.09	350m:	4:24.19	37.64
	100m:	1:10.15 37.10	200m:	2:27.76	39.05	300m:	3:46.55	39.70	400m:	5:00.84	36.65
5.	BŁOCKA, Agnieszka		96	UKS PINGWINY				5:01.85	497		
	50m:	32.38 32.38	150m:	1:47.62	38.74	250m:	3:05.98	39.40	350m:	4:24.57	39.18
	100m:	1:08.88 36.50	200m:	2:26.58	38.96	300m:	3:45.39	39.41	400m:	5:01.85	37.28
6.	FRĄCZEK, MARIKA		96	UKS „oliborz” Warszawa				5:02.28	495		
	50m:	33.79 33.79	150m:	1:49.69	38.93	250m:	3:07.37	39.05	350m:	4:26.09	38.96
	100m:	1:10.76 36.97	200m:	2:28.32	38.63	300m:	3:47.13	39.76	400m:	5:02.28	36.19
7.	KIEC, MAGDA		96	UKS „oliborz” Warszawa				5:07.25	471		
	50m:	33.95 33.95	150m:	1:51.19	39.54	250m:	3:10.66	39.62	350m:	4:29.71	39.30
	100m:	1:11.65 37.70	200m:	2:31.04	39.85	300m:	3:50.41	39.75	400m:	5:07.25	37.54
8.	LIPNICKA, JULIA		96	MKS Polonia Warszawa				5:12.06	450		
	50m:	33.96 33.96	150m:	1:51.90	39.87	250m:	3:12.66	40.10	350m:	4:33.10	40.31
	100m:	1:12.03 38.07	200m:	2:32.56	40.66	300m:	3:52.79	40.13	400m:	5:12.06	38.96
9.	SZAWRO, WERONIKA		96	BUKS Warszawa				5:13.10	445		
	50m:	33.95 33.95	150m:	1:52.04	40.28	250m:	3:12.75	40.50	350m:	4:34.15	40.17
	100m:	1:11.76 37.81	200m:	2:32.25	40.21	300m:	3:53.98	41.23	400m:	5:13.10	38.95
10.	ILCEWICZ, Edyta		96	UKS Victoria Józefów				5:13.17	445		
	50m:	35.22 35.22	150m:	1:54.83	40.70	250m:	3:15.69	40.17	350m:	4:36.43	39.68
	100m:	1:14.13 38.91	200m:	2:35.52	40.69	300m:	3:56.75	41.06	400m:	5:13.17	36.74
11.	ELECHOWSKA, MARIA		96	UKS „oliborz” Warszawa				5:16.55	431		
	50m:	36.62 36.62	150m:	1:57.07	41.07	250m:	3:18.54	41.14	350m:	4:40.64	40.82
	100m:	1:16.00 39.38	200m:	2:37.40	40.33	300m:	3:59.82	41.28	400m:	5:16.55	35.91

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 11. - 12.6.2010

Konkurencja 19, Dziewcz¹t, 400m dowolny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.
12.	STAŃCZYK, Olga		96	GOSiR Piaseczno				5:17.42	427
	50m:	35.00 35.00	150m:	1:58.15 41.81	250m:	3:19.48 38.75	350m:	4:40.18 39.88	
	100m:	1:16.34 41.34	200m:	2:40.73 42.58	300m:	4:00.30 40.82	400m:	5:17.42 37.24	
13.	ZAPĘDOWSKA, Karolina		96	UKS G-8 Bielany				5:24.88	398
	50m:	36.22 36.22	150m:	1:58.86 42.02	250m:	3:23.19 41.79	350m:	4:46.25 40.66	
	100m:	1:16.84 40.62	200m:	2:41.40 42.54	300m:	4:05.59 42.40	400m:	5:24.88 38.63	
14.	KUZAITE, Roberta		96	Klaipeda Gintaras Sports Centre				5:33.59	368
	50m:	35.12 35.12	150m:	1:58.57 42.26	250m:	3:23.58 42.19	350m:	4:50.58 43.23	
	100m:	1:16.31 41.19	200m:	2:41.39 42.82	300m:	4:07.35 43.77	400m:	5:33.59 43.01	

15 lat

1.	DEMBSKA, Joanna		95	MKS Polonia Warszawa				4:33.66	667
	50m:	30.72 30.72	150m:	1:38.77 34.50	250m:	2:48.47 34.81	350m:	3:59.14 35.23	
	100m:	1:04.27 33.55	200m:	2:13.66 34.89	300m:	3:23.91 35.44	400m:	4:33.66 34.52	
2.	WALEWSKA, Agnieszka		95	UKS Jagiellonka Warszawa				4:46.35	582
	50m:	32.47 32.47	150m:	1:44.69 36.76	250m:	2:58.23 36.69	350m:	4:11.61 36.45	
	100m:	1:07.93 35.46	200m:	2:21.54 36.85	300m:	3:35.16 36.93	400m:	4:46.35 34.74	
3.	BIERNACKA, Katarzyna		95	KS 1 Ożarów Mazowiecki				4:46.36	582
	50m:	31.97 31.97	150m:	1:44.83 37.26	250m:	2:58.80 37.01	350m:	4:11.79 36.51	
	100m:	1:07.57 35.60	200m:	2:21.79 36.96	300m:	3:35.28 36.48	400m:	4:46.36 34.57	
4.	KUKLA, Ma ³ gorzata		95	UKS Jagiellonka Warszawa				4:59.98	506
	50m:	34.77 34.77	150m:	1:51.24 38.52	250m:	3:07.98 38.51	350m:	4:23.99 37.49	
	100m:	1:12.72 37.95	200m:	2:29.47 38.23	300m:	3:46.50 38.52	400m:	4:59.98 35.99	
5.	MAZUR, KAMILA		95	UKS Skalar Warszawa				5:00.03	506
	50m:	33.08 33.08	150m:	1:49.71 38.91	250m:	3:08.07 39.31	350m:	4:24.88 37.77	
	100m:	1:10.80 37.72	200m:	2:28.76 39.05	300m:	3:47.11 39.04	400m:	5:00.03 35.15	
6.	BIEŃ, Monika		95	MKS Polonia Warszawa				5:01.90	497
	50m:	33.78 33.78	150m:	1:49.33 38.34	250m:	3:07.35 38.91	350m:	4:25.24 38.55	
	100m:	1:10.99 37.21	200m:	2:28.44 39.11	300m:	3:46.69 39.34	400m:	5:01.90 36.66	
7.	MAŁKIŃSKA, Zuzanna		95	UKS "GIM 92 Ursynów" Warszawa				5:02.04	496
	50m:	34.47 34.47	150m:	1:51.24 38.59	250m:	3:08.43 38.88	350m:	4:26.04 38.63	
	100m:	1:12.65 38.18	200m:	2:29.55 38.31	300m:	3:47.41 38.98	400m:	5:02.04 36.00	
8.	TROJGO, MARTYNA		95	UKS Skalar Warszawa				5:04.91	482
	50m:	32.85 32.85	150m:	1:49.07 38.91	250m:	3:07.76 39.09	350m:	4:26.88 38.98	
	100m:	1:10.16 37.31	200m:	2:28.67 39.60	300m:	3:47.90 40.14	400m:	5:04.91 38.03	
9.	CZAPLICKA, Weronika		95	Orka Sochaczew				5:06.65	474
	50m:	33.80 33.80	150m:	1:51.75 39.65	250m:	3:11.73 39.85	350m:	4:30.20 38.43	
	100m:	1:12.10 38.30	200m:	2:31.88 40.13	300m:	3:51.77 40.04	400m:	5:06.65 36.45	
10.	RUDKOWSKA, SANDRA		95	UKS „oliborz" Warszawa				5:07.89	468
	50m:	34.77 34.77	150m:	1:51.53 38.97	250m:	3:10.12 39.49	350m:	4:30.22 40.20	
	100m:	1:12.56 37.79	200m:	2:30.63 39.10	300m:	3:50.02 39.90	400m:	5:07.89 37.67	
11.	DRUCIS, IGA		95	MUKS Olimpijczyk Suwa ³ ki				5:12.92	446
	50m:	35.06 35.06	150m:	1:54.05 39.86	250m:	3:14.50 40.46	350m:	4:35.06 40.11	
	100m:	1:14.19 39.13	200m:	2:34.04 39.99	300m:	3:54.95 40.45	400m:	5:12.92 37.86	
	PKFIZIAR, Monika		94	UKS "GIM 92 Ursynów" Warszawa				4:57.36	520
	50m:	33.04 33.04	150m:	1:47.58 37.80	250m:	3:04.25 38.24	350m:	4:20.72 37.61	
	100m:	1:09.78 36.74	200m:	2:26.01 38.43	300m:	3:43.11 38.86	400m:	4:57.36 36.64	
	PKWIKTOROW, Anna		94	UKS "GIM 92 Ursynów" Warszawa				5:08.54	465
	50m:	34.66 34.66	150m:	1:52.84 39.33	250m:	3:11.11 39.07	350m:	4:30.72 39.77	
	100m:	1:13.51 38.85	200m:	2:32.04 39.20	300m:	3:50.95 39.84	400m:	5:08.54 37.82	
	PKKLECEL, WERONIKA		94	UKS Rekin Warszawa				5:37.47	355
	50m:	37.01 37.01	150m:	2:02.30 43.61	250m:	3:29.80 43.25	350m:	4:57.29 43.29	
	100m:	1:18.69 41.68	200m:	2:46.55 44.25	300m:	4:14.00 44.20	400m:	5:37.47 40.18	

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 11. - 12.6.2010

Konkurencja 19, Dziewcz¹t, 400m dowolny

Pozycja			Rok ur.					Czas	Pkt.		
PKCHWEDORUK, Emilia			98	UKS Jagiellonka Warszawa				6:07.86	274		
50m:	41.93	41.93	150m:	2:17.96	47.36	250m:	3:52.56	47.63	350m:	5:27.09	46.55
100m:	1:30.60	48.67	200m:	3:04.93	46.97	300m:	4:40.54	47.98	400m:	6:07.86	40.77