

Otwarte mistrzostwa Warszawy w pływaniu
Warszawa, 10. - 11.12.2010

Konkurencja 19
2010-12-10 - 19:30

Dziewcz t, 400m dowolny

11 - 15 lat
Wyniki

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.
11 lat									
1.	ŁUKASIK, Wiktoria		99	MKS Medyk Gi ycko				5:21.39	412
	50m:	35.02 35.02	150m:	1:55.89 41.43	250m:	3:19.12 41.61	350m:	4:42.30 41.10	
	100m:	1:14.46 39.44	200m:	2:37.51 41.62	300m:	4:01.20 42.08	400m:	5:21.39 39.09	
2.	JUJECZKA, Martyna		99	KS Warta Pozna				5:23.75	403
	50m:	35.96 35.96	150m:	1:59.21 42.39	250m:	3:23.63 42.24	350m:	4:46.84 41.68	
	100m:	1:16.82 40.86	200m:	2:41.39 42.18	300m:	4:05.16 41.53	400m:	5:23.75 36.91	
3.	NIESZPOREK, WIKTORIA		99	UKS-190 Łód				5:26.17	394
	50m:	35.64 35.64	150m:	1:57.76 43.17	250m:	3:22.37 43.29	350m:	4:47.34 43.15	
	100m:	1:14.59 38.95	200m:	2:39.08 41.32	300m:	4:04.19 41.82	400m:	5:26.17 38.83	
4.	STAROS, Sandra		99	UKS Victoria Józefów				5:27.89	387
	50m:	36.63 36.63	150m:	2:00.79 43.16	250m:	3:25.82 41.90	350m:	4:48.90 41.03	
	100m:	1:17.63 41.00	200m:	2:43.92 43.13	300m:	4:07.87 42.05	400m:	5:27.89 38.99	
5.	NIED WIECKA, KATARZYNA		99	UKS-190 Łód				5:35.00	363
	50m:	36.07 36.07	150m:	2:02.58 44.26	250m:	3:28.54 42.73	350m:	4:53.80 42.15	
	100m:	1:18.32 42.25	200m:	2:45.81 43.23	300m:	4:11.65 43.11	400m:	5:35.00 41.20	
6.	CIE LIKOWSKA, Zuzanna		99	Uks Pingwiny				5:39.82	348
	50m:	36.46 36.46	150m:	2:01.50 43.05	250m:	3:29.67 44.73	350m:	4:58.48 44.41	
	100m:	1:18.45 41.99	200m:	2:44.94 43.44	300m:	4:14.07 44.40	400m:	5:39.82 41.34	
7.	WAWRZYNKIEWICZ, WIKTORIA		99	UKS,, oliborz" Warszawa				5:47.33	326
	50m:	38.56 38.56	150m:	2:08.28 44.64	250m:	3:39.15 45.08	350m:	5:07.46 43.68	
	100m:	1:23.64 45.08	200m:	2:54.07 45.79	300m:	4:23.78 44.63	400m:	5:47.33 39.87	
8.	PEREIRA-MOJSA, Monika		99	UKS Jagiellonka				5:58.45	296
	50m:	40.35 40.35	150m:	2:12.62 46.46	250m:	3:46.94 47.01	350m:	5:18.63 45.42	
	100m:	1:26.16 45.81	200m:	2:59.93 47.31	300m:	4:33.21 46.27	400m:	5:58.45 39.82	
9.	KŁADOCZNA, JULIA		99	UKS,, oliborz" Warszawa				6:04.17	283
	50m:	40.71 40.71	150m:	2:14.38 46.95	250m:	3:49.73 46.85	350m:	5:20.42 44.19	
	100m:	1:27.43 46.72	200m:	3:02.88 48.50	300m:	4:36.23 46.50	400m:	6:04.17 43.75	
10.	WOJTAS, Marta		99	UKS Kapry-Armexim Pruszków				6:11.24	267
	50m:	40.64 40.64	150m:	2:16.54 48.40	250m:	3:51.18 47.28	350m:	5:25.88 46.72	
	100m:	1:28.14 47.50	200m:	3:03.90 47.36	300m:	4:39.16 47.98	400m:	6:11.24 45.36	
12 lat									
1.	WILK, Weronika		98	MKS Polonia Warszawa				5:08.67	465
	50m:	34.69 34.69	150m:	1:53.00 40.03	250m:	3:11.77 39.55	350m:	4:30.75 39.21	
	100m:	1:12.97 38.28	200m:	2:32.22 39.22	300m:	3:51.54 39.77	400m:	5:08.67 37.92	
2.	KONDRASIUK, Małgorzata		98	MUKP Warszawianka Wodny Park				5:11.13	454
	50m:	35.21 35.21	150m:	1:53.13 39.36	250m:	3:13.48 39.86	350m:	4:32.82 39.42	
	100m:	1:13.77 38.56	200m:	2:33.62 40.49	300m:	3:53.40 39.92	400m:	5:11.13 38.31	
3.	GRZELEWSKA, ANNA		98	BUKS Warszawa				5:18.39	423
	50m:	34.16 34.16	150m:	1:54.10 41.53	250m:	3:16.20 41.62	350m:	4:38.74 40.61	
	100m:	1:12.57 38.41	200m:	2:34.58 40.48	300m:	3:58.13 41.93	400m:	5:18.39 39.65	
4.	OLENDER, Klaudia		98	KS 1 O arów Mazowiecki				5:23.20	405
	50m:	36.26 36.26	150m:	2:01.90 43.58	250m:	3:25.33 40.61	350m:	4:47.98 41.11	
	100m:	1:18.32 42.06	200m:	2:44.72 42.82	300m:	4:06.87 41.54	400m:	5:23.20 35.22	
5.	PIWKO, DOMINIKA		98	MKS-SP 63 Bydgoszcz				5:26.46	393
	50m:	35.91 35.91	150m:	1:58.21 41.51	250m:	3:22.63 42.42	350m:	4:46.32 42.02	
	100m:	1:16.70 40.79	200m:	2:40.21 42.00	300m:	4:04.30 41.67	400m:	5:26.46 40.14	
6.	MIERZEJEWSKA, Wiktoria		98	KS 1 O arów Mazowiecki				5:30.12	380
	50m:	37.75 37.75	150m:	2:02.23 42.59	250m:	3:26.84 42.07	350m:	4:51.10 42.10	
	100m:	1:19.64 41.89	200m:	2:44.77 42.54	300m:	4:09.00 42.16	400m:	5:30.12 39.02	

Otwarte mistrzostwa Warszawy w pływaniu
Warszawa, 10. - 11.12.2010

Konkurencja 19, Dziewcz t, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.		
7.ŁAPI SKA, Justyna			98	UKS Jagiellonka				5:43.27	338		
50m:	37.76	37.76	150m:	2:04.78	43.62	250m:	3:33.70	44.36	350m:	5:01.89	43.40
100m:	1:21.16	43.40	200m:	2:49.34	44.56	300m:	4:18.49	44.79	400m:	5:43.27	41.38
8.MILEWSKA, Karolina			98	UKS Jagiellonka				6:17.70	253		
50m:	42.08	42.08	150m:	2:18.02	48.14	250m:	3:54.61	48.55	350m:	5:31.01	48.14
100m:	1:29.88	47.80	200m:	3:06.06	48.04	300m:	4:42.87	48.26	400m:	6:17.70	46.69

13 lat

1.TROJGO, Bogna			97	UKS " Gim 92 Ursynow " Warszawa				5:06.68	474		
50m:	34.67	34.67	150m:	1:52.03	39.13	250m:	3:10.99	39.84	350m:	4:29.61	39.20
100m:	1:12.90	38.23	200m:	2:31.15	39.12	300m:	3:50.41	39.42	400m:	5:06.68	37.07
2.HELBING, Justyna			97	Uks Wilanowia				5:22.87	406		
50m:	35.38	35.38	150m:	1:55.96	41.55	250m:	3:19.21	41.58	350m:	4:43.14	41.72
100m:	1:14.41	39.03	200m:	2:37.63	41.67	300m:	4:01.42	42.21	400m:	5:22.87	39.73
3. ERA SKA, ANNA			97	BUKS Warszawa				5:30.75	378		
50m:	36.73	36.73	150m:	2:00.34	42.48	250m:	3:25.44	42.46	350m:	4:50.50	42.49
100m:	1:17.86	41.13	200m:	2:42.98	42.64	300m:	4:08.01	42.57	400m:	5:30.75	40.25
4.PARKOT, Hanna			97	UKS Kapry-Armexim Pruszków				5:42.03	341		
50m:	36.88	36.88	150m:	2:01.31	42.77	250m:	3:29.69	43.87	350m:	4:58.80	44.83
100m:	1:18.54	41.66	200m:	2:45.82	44.51	300m:	4:13.97	44.28	400m:	5:42.03	43.23
5.ZIEJA, KARINA			97	BUKS Warszawa				5:59.83	293		
50m:	38.71	38.71	150m:	2:08.81	45.50	250m:	3:41.69	46.47	350m:	5:14.59	45.79
100m:	1:23.31	44.60	200m:	2:55.22	46.41	300m:	4:28.80	47.11	400m:	5:59.83	45.24

14 lat

1.KOZON, Kaja			96	UKS "Polonez" Wyszaków				4:54.55	535		
50m:	33.52	33.52	150m:	1:49.15	37.95	250m:	3:05.66	38.16	350m:	4:20.45	36.75
100m:	1:11.20	37.68	200m:	2:27.50	38.35	300m:	3:43.70	38.04	400m:	4:54.55	34.10
2.KANIA, Martyna			96	UKS "Polonez" Wyszaków				4:55.17	531		
50m:	33.45	33.45	150m:	1:48.06	37.62	250m:	3:04.01	37.73	350m:	4:19.62	37.53
100m:	1:10.44	36.99	200m:	2:26.28	38.22	300m:	3:42.09	38.08	400m:	4:55.17	35.55
3.TREPKA, Karolina			96	UKS " Gim 92 Ursynow " Warszawa				5:03.40	489		
50m:	35.09	35.09	150m:	1:51.24	38.25	250m:	3:09.37	39.10	350m:	4:25.85	38.13
100m:	1:12.99	37.90	200m:	2:30.27	39.03	300m:	3:47.72	38.35	400m:	5:03.40	37.55
4.STA „CZYK, Olga			96	GOSiR Piaseczno				5:05.49	479		
50m:	33.12	33.12	150m:	1:50.19	38.67	250m:	3:09.57	39.68	350m:	4:28.25	39.56
100m:	1:11.52	38.40	200m:	2:29.89	39.70	300m:	3:48.69	39.12	400m:	5:05.49	37.24
5.KIEC, Magda			96	UKS G - 8 Bielany				5:05.97	477		
50m:	33.84	33.84	150m:	1:50.30	38.84	250m:	3:08.94	39.60	350m:	4:28.16	39.14
100m:	1:11.46	37.62	200m:	2:29.34	39.04	300m:	3:49.02	40.08	400m:	5:05.97	37.81
6.RYBI SKA, Magdalena			96	UKS " Gim 92 Ursynow " Warszawa				5:34.93	364		
50m:	35.50	35.50	150m:	1:57.74	42.50	250m:	3:24.43	44.12	350m:	4:51.82	44.53
100m:	1:15.24	39.74	200m:	2:40.31	42.57	300m:	4:07.29	42.86	400m:	5:34.93	43.11

15 lat

1.MA LANKA, Zofia			95	UKS Jagiellonka				4:58.73	513		
50m:	33.17	33.17	150m:	1:48.18	37.95	250m:	3:04.77	38.27	350m:	4:21.83	38.85
100m:	1:10.23	37.06	200m:	2:26.50	38.32	300m:	3:42.98	38.21	400m:	4:58.73	36.90
2.MAŁKI SKA, Zuzanna			95	UKS " Gim 92 Ursynow " Warszawa				5:01.60	498		
50m:	33.63	33.63	150m:	1:49.01	38.09	250m:	3:05.92	38.40	350m:	4:24.01	38.85
100m:	1:10.92	37.29	200m:	2:27.52	38.51	300m:	3:45.16	39.24	400m:	5:01.60	37.59