

Mi dzynarodowe Otwarte mistrzostwa Warszawy w pływaniu  
Warszawa, 2- - 3-12-2011

Event 19 Girls, 400m Freestyle 11 - 15 years  
2011-12-02 - 19:35 Results

Top Times "Poland" 12	4:42.05	KAMI SKA, 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	KILIJA SKA, Donata	KSOST	Tampere (FIN)	2009-07-20
Top Times "Poland" 15	4:16.70	KILIJA SKA, Donata	KSOST	Helsinki (FIN)	2010-07-15

Points: FINA 2011

Rank			YB			Time	Pts	
<b>11 years</b>								
1.	SOLAK, Anna		00	KP MZOS Plock		<b>5:17.12</b>	428	
	50m:	34.66 34.66	150m:	1:55.35 40.71	250m:	3:15.53 39.88	350m:	4:38.38 41.63
	100m:	1:14.64 39.98	200m:	2:35.65 40.30	300m:	3:56.75 41.22	400m:	5:17.12 38.74
2.	BERENT, Anna		00	UKS Wilanowa		<b>5:19.03</b>	421	
	50m:	36.14 36.14	150m:	1:57.84 40.94	250m:	3:19.37 40.28	350m:	4:40.66 40.57
	100m:	1:16.90 40.76	200m:	2:39.09 41.25	300m:	4:00.09 40.72	400m:	5:19.03 38.37
3.	KOWALSKA, Iza		00	UKS Wilanowa		<b>5:21.11</b>	413	
	50m:	35.79 35.79	150m:	1:58.49 41.58	250m:	3:21.08 40.78	350m:	4:43.28 40.65
	100m:	1:16.91 41.12	200m:	2:40.30 41.81	300m:	4:02.63 41.55	400m:	5:21.11 37.83
4.	POGORZELSKA, Inez		00	UKS Wilanowa		<b>5:21.19</b>	412	
	50m:	35.98 35.98	150m:	1:59.20 1:07.79	250m:	3:22.04 2:04.92	350m:	4:43.51 2:02.84
	100m:	51.41 15.43	200m:	1:17.12	300m:	2:40.67	400m:	5:21.19 37.68
5.	JAWORSKA, Marcelina		00	GOSiR Piaseczno		<b>5:33.25</b>	369	
	50m:	36.29 36.29	150m:	1:59.82 41.61	250m:	3:24.43 42.30	350m:	4:50.74 42.70
	100m:	1:18.21 41.92	200m:	2:42.13 42.31	300m:	4:08.04 43.61	400m:	5:33.25 42.51
6.	CICHOCKA, Malwina		00	Uks Pirania Targowek		<b>5:34.74</b>	364	
	50m:	37.36 37.36	150m:	2:02.73 43.51	250m:	3:30.12 44.07	350m:	4:55.04 41.75
	100m:	1:19.22 41.86	200m:	2:46.05 43.32	300m:	4:13.29 43.17	400m:	5:34.74 39.70
7.	KACHNIARZ, Magdalena		00	UKS Wilanowa		<b>5:36.46</b>	359	
	50m:	36.01 36.01	150m:	1:58.31 42.02	250m:	3:24.96 44.00	350m:	4:54.60 44.89
	100m:	1:16.29 40.28	200m:	2:40.96 42.65	300m:	4:09.71 44.75	400m:	5:36.46 41.86
8.	DZIARSKA, Lucja		00	UKS Victoria Jozefow		<b>5:43.56</b>	337	
	50m:	36.48 36.48	150m:	2:02.26 44.26	250m:	3:32.43 46.00	350m:	5:01.71 44.76
	100m:	1:18.00 41.52	200m:	2:46.43 44.17	300m:	4:16.95 44.52	400m:	5:43.56 41.85
9.	DERBICH, WIKTORIA		00	IUKS Muszelka		<b>6:00.38</b>	292	
	50m:	40.00 40.00	150m:	2:11.91 46.69	250m:	3:44.94 46.52	350m:	5:17.44 45.72
	100m:	1:25.22 45.22	200m:	2:58.42 46.51	300m:	4:31.72 46.78	400m:	6:00.38 42.94
10.	NOWIKOWSKA, Daria		00	Uks Pirania Targowek		<b>6:15.76</b>	257	
	50m:	40.66 40.66	150m:	2:16.02 48.18	250m:	3:54.19 48.98	350m:	5:30.53 47.61
	100m:	1:27.84 47.18	200m:	3:05.21 49.19	300m:	4:42.92 48.73	400m:	6:15.76 45.23

**12 years**

1.	PIECHOTA, PAULINA		99	Uks 190 Lodz		<b>4:56.92</b>	522	
	50m:	32.65 32.65	150m:	1:48.02 37.79	250m:	3:03.99 37.93	350m:	4:20.65 38.21
	100m:	1:10.23 37.58	200m:	2:26.06 38.04	300m:	3:42.44 38.45	400m:	4:56.92 36.27
2.	ROMAN, MAGDALENA		99	IUKS Muszelka		<b>4:57.33</b>	520	
	50m:	32.79 32.79	150m:	1:47.84 37.75	250m:	3:04.26 38.08	350m:	4:21.56 38.44
	100m:	1:10.09 37.30	200m:	2:26.18 38.34	300m:	3:43.12 38.86	400m:	4:57.33 35.77
3.	NIESZPOREK, WIKTORIA		99	Uks 190 Lodz		<b>5:08.01</b>	468	
	50m:	33.96 33.96	150m:	1:52.43 40.08	250m:	3:12.25 39.63	350m:	4:31.28 39.60
	100m:	1:12.35 38.39	200m:	2:32.62 40.19	300m:	3:51.68 39.43	400m:	5:08.01 36.73
4.	CIESLIKOWSKA, Zuzanna		99	Uks Pingwiny		<b>5:17.49</b>	427	
	50m:	34.14 34.14	150m:	1:54.19 40.72	250m:	3:17.33 42.11	350m:	4:39.53 40.51
	100m:	1:13.47 39.33	200m:	2:35.22 41.03	300m:	3:59.02 41.69	400m:	5:17.49 37.96
5.	WIECKOWSKA, ANNA		99	Uks G-8 Bielany		<b>5:19.62</b>	418	
	50m:	34.23 34.23	150m:	1:53.87 40.61	250m:	3:17.01 42.52	350m:	4:40.41 41.95
	100m:	1:13.26 39.03	200m:	2:34.49 40.62	300m:	3:58.46 41.45	400m:	5:19.62 39.21

Mi dzynarodowe Otwarte mistrzostwa Warszawy w pływaniu  
Warszawa, 2- - 3-12-2011

Event 19, Girls, 400m Freestyle, 12 years

Rank			YB					Time	Pts		
6.	STAROS, Sandra		99	UKS Victoria Jozefow				<b>5:20.60</b>	415		
	50m:	35.21 35.21	150m:	1:55.44	40.49	250m:	3:18.04	40.80	350m:	4:40.57	40.72
	100m:	1:14.95 39.74	200m:	2:37.24	41.80	300m:	3:59.85	41.81	400m:	5:20.60	40.03
7.	NIEDZWIECKA, KATARZYNA		99	Uks 190 Lodz				<b>5:27.46</b>	389		
	50m:	36.49 36.49	150m:	2:01.79	43.68	250m:	3:26.18	42.72	350m:	4:48.83	41.46
	100m:	1:18.11 41.62	200m:	2:43.46	41.67	300m:	4:07.37	41.19	400m:	5:27.46	38.63
8.	BLASZCZYK, SANDRA		99	IUKS Muszelka				<b>5:35.15</b>	363		
	50m:	37.81 37.81	150m:	2:02.11	42.93	250m:	3:28.56	43.17	350m:	4:54.23	42.70
	100m:	1:19.18 41.37	200m:	2:45.39	43.28	300m:	4:11.53	42.97	400m:	5:35.15	40.92
9.	PODRAZKA, Zuzanna		99	ORKA Sochaczew				<b>5:41.83</b>	342		
	50m:	35.44 35.44	150m:	2:03.36	45.44	250m:	3:33.71	45.10	350m:	5:03.06	43.83
	100m:	1:17.92 42.48	200m:	2:48.61	45.25	300m:	4:19.23	45.52	400m:	5:41.83	38.77
10.	REDKO, DIANA		99	IUKS Muszelka				<b>5:45.51</b>	331		
	50m:	38.16 38.16	150m:	2:04.55	44.35	250m:	3:33.91	45.20	350m:	5:03.17	44.19
	100m:	1:20.20 42.04	200m:	2:48.71	44.16	300m:	4:18.98	45.07	400m:	5:45.51	42.34
11.	GALICKA, MARTYNA		99	Buks Warszawa				<b>6:07.22</b>	276		
	50m:	39.19 39.19	150m:	2:13.32	48.05	250m:	3:50.53	47.89	350m:	5:25.03	47.39
	100m:	1:25.27 46.08	200m:	3:02.64	49.32	300m:	4:37.64	47.11	400m:	6:07.22	42.19
12.	RADWANSKA, HANNA		99	Buks Warszawa				<b>6:42.45</b>	209		
	50m:	41.68 41.68	150m:	2:23.04	51.86	250m:	4:07.87	52.74	350m:	5:52.57	52.66
	100m:	1:31.18 49.50	200m:	3:15.13	52.09	300m:	4:59.91	52.04	400m:	6:42.45	49.88
13.	DYBALSKA, KAMILA		99	Buks Warszawa				<b>6:52.75</b>	194		
	50m:	43.39 43.39	150m:	2:28.38	54.14	250m:	4:16.79	54.15	350m:	6:03.53	54.02
	100m:	1:34.24 50.85	200m:	3:22.64	54.26	300m:	5:09.51	52.72	400m:	6:52.75	49.22

13 years

1.	POKRYWKA, KAROLINA		98	Uks 190 Lodz				<b>4:55.36</b>	530		
	50m:	33.40 33.40	150m:	1:47.95	37.84	250m:	3:03.61	38.00	350m:	4:19.39	37.70
	100m:	1:10.11 36.71	200m:	2:25.61	37.66	300m:	3:41.69	38.08	400m:	4:55.36	35.97
2.	NOGAJ, Paulina		98	MKS Wodnik Radom				<b>4:55.86</b>	528		
	50m:	33.57 33.57	150m:	1:49.60	38.40	250m:	3:06.51	38.17	350m:	4:21.99	37.47
	100m:	1:11.20 37.63	200m:	2:28.34	38.74	300m:	3:44.52	38.01	400m:	4:55.86	33.87
3.	MYCAK, KATARZYNA		98	MKS Zryw Opole				<b>5:02.11</b>	496		
	50m:	33.91 33.91	150m:	1:50.30	38.56	250m:	3:08.38	39.22	350m:	4:25.73	38.54
	100m:	1:11.74 37.83	200m:	2:29.16	38.86	300m:	3:47.19	38.81	400m:	5:02.11	36.38
4.	WECLAWIAK, Irena		98	UKS Wilanowa				<b>5:08.95</b>	463		
	50m:	33.74 33.74	150m:	1:50.94	39.24	250m:	3:10.08	39.42	350m:	4:30.01	39.72
	100m:	1:11.70 37.96	200m:	2:30.66	39.72	300m:	3:50.29	40.21	400m:	5:08.95	38.94
5.	KOWALIK, Nina		98	MUKP Korona-Swim Kielce				<b>5:16.82</b>	430		
	50m:	34.06 34.06	150m:	1:52.63	40.04	250m:	3:15.06	41.46	350m:	4:38.88	41.99
	100m:	1:12.59 38.53	200m:	2:33.60	40.97	300m:	3:56.89	41.83	400m:	5:16.82	37.94
6.	KONDRASIUK, Malgorzata		98	UKS "GIM 92 Ursynow" Warszawa				<b>5:18.24</b>	424		
	50m:	34.74 34.74	150m:	1:53.71	40.03	250m:	3:15.24	40.86	350m:	4:38.61	41.83
	100m:	1:13.68 38.94	200m:	2:34.38	40.67	300m:	3:56.78	41.54	400m:	5:18.24	39.63
	PRZYBYSZ, Karolina		98	Uks Pirania Targowek				<b>5:18.24</b>	424		
	50m:	34.89 34.89	150m:	1:54.61	40.63	250m:	3:16.79	41.37	350m:	4:39.42	41.45
	100m:	1:13.98 39.09	200m:	2:35.42	40.81	300m:	3:57.97	41.18	400m:	5:18.24	38.82

14 years

1.	LORANTY, Patrycja		97	KS KSZO Ostrowiec Swietokrzyski				<b>4:47.35</b>	576		
	50m:	32.83 32.83	150m:	1:44.95	36.54	250m:	2:58.51	36.98	350m:	4:12.31	36.54
	100m:	1:08.41 35.58	200m:	2:21.53	36.58	300m:	3:35.77	37.26	400m:	4:47.35	35.04

Mi dzynarodowe Otwarte mistrzostwa Warszawy w pływaniu  
Warszawa, 2- - 3-12-2011

Event 19, Girls, 400m Freestyle, 14 years

Rank			YB						Time	Pts		
2.	TROJGO, Bogna		97	UKS "GIM 92 Ursynow" Warszawa					<b>4:59.06</b>	511		
	50m:	33.99	33.99	150m:	1:49.38	38.08	250m:	3:05.00	37.58	350m:	4:21.79	38.43
	100m:	1:11.30	37.31	200m:	2:27.42	38.04	300m:	3:43.36	38.36	400m:	4:59.06	37.27
3.	BOROWSKA, Beata		97	UKS Wilanowa					<b>5:09.48</b>	461		
	50m:	34.52	34.52	150m:	1:53.19	39.38	250m:	3:12.65	39.51	350m:	4:31.55	39.21
	100m:	1:13.81	39.29	200m:	2:33.14	39.95	300m:	3:52.34	39.69	400m:	5:09.48	37.93
4.	WISNIEWSKA, Ilona		97	Klub Plywacki Pletwal Mlawa					<b>5:18.92</b>	421		
	50m:	36.89	36.89	150m:	1:57.22	40.61	250m:	3:19.14	40.92	350m:	4:41.19	40.58
	100m:	1:16.61	39.72	200m:	2:38.22	41.00	300m:	4:00.61	41.47	400m:	5:18.92	37.73

15 years

1.	STANCZYK, Olga		96	Uks G-8 Bielany					<b>4:54.05</b>	537		
	50m:	32.35	32.35	150m:	1:46.92	37.88	250m:	3:02.56	38.39	350m:	4:18.30	37.60
	100m:	1:09.04	36.69	200m:	2:24.17	37.25	300m:	3:40.70	38.14	400m:	4:54.05	35.75
2.	ILCEWICZ, Edyta		96	UKS Victoria Jozefow					<b>5:01.32</b>	499		
	50m:	33.50	33.50	150m:	1:49.63	38.30	250m:	3:07.61	38.84	350m:	4:24.90	38.44
	100m:	1:11.33	37.83	200m:	2:28.77	39.14	300m:	3:46.46	38.85	400m:	5:01.32	36.42
3.	FITZ, Patrycja		96	MUKP Warszawianka Wodny Park					<b>5:14.57</b>	439		
	50m:	34.48	34.48	150m:	1:53.31	39.45	250m:	3:13.81	40.11	350m:	4:35.49	40.34
	100m:	1:13.86	39.38	200m:	2:33.70	40.39	300m:	3:55.15	41.34	400m:	5:14.57	39.08