

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

Konkurencja 29
2011-12-03 - 12:50

Dziewcz t, 400m zmienny

12 - 15 lat
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 Wilkp.	2007-11-30

Punkty: FINA 2011

Pozycja Rok ur. Czas Pkt.

12 lat

1. PIECHOTA, PAULINA	99	Uks 190 Łód	5:39.30	500
50m: 36.47 36.47	150m: 2:05.39 43.83	250m: 3:34.99 47.53	350m: 5:02.11 39.85	
100m: 1:21.56 45.09	200m: 2:47.46 42.07	300m: 4:22.26 47.27	400m: 5:39.30 37.19	
2. WILK, Wiktoria	99	Mks Polonia Warszawa	6:04.40	404
50m: 36.96 36.96	150m: 2:08.09 46.78	250m: 3:45.52 52.36	350m: 5:23.76 42.74	
100m: 1:21.31 44.35	200m: 2:53.16 45.07	300m: 4:41.02 55.50	400m: 6:04.40 40.64	
3. BUKOWSKA, Laura	99	Mks Polonia Warszawa	6:05.06	402
50m: 37.45 37.45	150m: 2:12.86 48.01	250m: 3:50.68 52.26	350m: 5:26.18 41.75	
100m: 1:24.85 47.40	200m: 2:58.42 45.56	300m: 4:44.43 53.75	400m: 6:05.06 38.88	
4. GALICKA, Wiktoria	99	UKS Kapry- Armexim Pruszków	6:16.89	365
50m: 40.12 40.12	150m: 2:18.49 46.75	250m: 3:59.40 53.46	350m: 5:36.18 43.15	
100m: 1:31.74 51.62	200m: 3:05.94 47.45	300m: 4:53.03 53.63	400m: 6:16.89 40.71	
5. WOJTAS, Marta	99	UKS Kapry- Armexim Pruszków	6:20.23	355
50m: 40.67 40.67	150m: 2:19.29 50.78	250m: 4:01.53 54.11	350m: 5:38.33 42.24	
100m: 1:28.51 47.84	200m: 3:07.42 48.13	300m: 4:56.09 54.56	400m: 6:20.23 41.90	
6. WIETRZY SKA, Renata	99	MKS Wodnik Radom	6:26.36	339
50m: 41.85 41.85	150m: 2:24.29 52.95	250m: 4:09.17 53.62	350m: 5:46.07 44.19	
100m: 1:31.34 49.49	200m: 3:15.55 51.26	300m: 5:01.88 52.71	400m: 6:26.36 40.29	
7. WARDAK, Julia	99	UKS Kapry- Armexim Pruszków	6:36.48	313
50m: 42.99 42.99	150m: 2:26.97 50.19	250m: 4:11.16 54.78	350m: 5:52.76 46.43	
100m: 1:36.78 53.79	200m: 3:16.38 49.41	300m: 5:06.33 55.17	400m: 6:36.48 43.72	
8. RUDZI SKA, EWA	99	Uks G-8 Bielany	6:46.94	290
50m: 44.36 44.36	150m: 2:31.99 51.04	250m: 4:15.67 54.26	350m: 6:00.48 49.51	
100m: 1:40.95 56.59	200m: 3:21.41 49.42	300m: 5:10.97 55.30	400m: 6:46.94 46.46	

13 lat

1. NOGAJ, Paulina	98	MKS Wodnik Radom	5:31.77	535
50m: 37.92 37.92	150m: 2:03.49 43.29	250m: 3:30.26 45.34	350m: 4:56.38 39.99	
100m: 1:20.20 42.28	200m: 2:44.92 41.43	300m: 4:16.39 46.13	400m: 5:31.77 35.39	
2. HASNY, MARTA	98	MKS Zryw Opole	5:57.22	429
50m: 35.88 35.88	150m: 2:05.92 48.16	250m: 3:42.75 50.53	350m: 5:14.31 42.04	
100m: 1:17.76 41.88	200m: 2:52.22 46.30	300m: 4:32.27 49.52	400m: 5:57.22 42.91	
3. WIKIEŁ, ANGELIKA	98	U ks Ostroł ka	6:03.13	408
50m: 36.68 36.68	150m: 2:16.00 48.86	250m: 3:50.36 46.97	350m: 5:21.99 43.95	
100m: 1:27.14 50.46	200m: 3:03.39 47.39	300m: 4:38.04 47.68	400m: 6:03.13 41.14	
4. PRZYBYSZ, Karolina	98	Uks Pirania Targówek	6:16.62	366
50m: 42.22 42.22	150m: 2:22.56 49.01	250m: 4:03.36 53.67	350m: 5:37.89 39.52	
100m: 1:33.55 51.33	200m: 3:09.69 47.13	300m: 4:58.37 55.01	400m: 6:16.62 38.73	

DYSKW. PISARSKA, AGNIESZKA	98	Uks 190 Łód	5:53.62	
<i>M-7 - Praca ramion do przodu pod powierzchnią wody podczas ostatniego cyklu pracy ramion przed nawrotem</i>				
50m: 35.02 35.02	150m: 2:02.71 45.27	250m: 3:35.40 49.94	350m: 5:11.71 44.31	
100m: 1:17.44 42.42	200m: 2:45.46 42.75	300m: 4:27.40 52.00	400m: 5:53.62 41.91	

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Konkurencja 29, Dziewcz t, 400m zmienny

14 lat

1.	HELHING, Justyna		97	UKS Wilanowa				5:45.19	475			
	50m:	36.98	36.98	150m:	2:08.79	46.76	250m:	3:40.14	46.56	350m:	5:06.66	39.35
	100m:	1:22.03	45.05	200m:	2:53.58	44.79	300m:	4:27.31	47.17	400m:	5:45.19	38.53

15 lat

1.	POPIEL, Joanna		96	Uks G-8 Bielany				5:20.51	594			
	50m:	34.30	34.30	150m:	1:54.16	40.89	250m:	3:22.25	47.37	350m:	4:46.54	36.71
	100m:	1:13.27	38.97	200m:	2:34.88	40.72	300m:	4:09.83	47.58	400m:	5:20.51	33.97
2.	ILCEWICZ, Edyta		96	UKS Victoria Józefów				5:37.47	509			
	50m:	37.45	37.45	150m:	2:03.14	44.39	250m:	3:35.45	49.13	350m:	5:01.63	38.54
	100m:	1:18.75	41.30	200m:	2:46.32	43.18	300m:	4:23.09	47.64	400m:	5:37.47	35.84