

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

Event 29 Girls, 400m Medley 12 - 15 years
2011-12-03 - 12:50 Results

| | | | | | |
|-----------------------|---------|-----------------------|-------|---------------|------------|
| 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 |

Points: FINA 2011

| Rank | | | YB | | | | | | | Time | Pts | |
|-----------------|---------------------|---------|-------|-----------------------------|---------|-------|-------|---------|-------|----------------|---------|-------|
| 12 years | | | | | | | | | | | | |
| 1. | PIECHOTA, PAULINA | | 99 | Uks 190 Lodz | | | | | | 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 Pruszkow | | | | | | 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 Pruszkow | | | | | | 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. | WIETRZYNSKA, 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 Pruszkow | | | | | | 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. | RUDZINSKA, 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 years

| | | | | | | | | | | | | |
|-----|--|---------|-------|----------------------|---------|-------|-------|---------|-------|----------------|---------|-------|
| 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. | WIKIEL, ANGELIKA | | 98 | Usks Ostroleka | | | | | | 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 Targowek | | | | | | 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 |
| DSQ | PISARSKA, AGNIESZKA | | 98 | Uks 190 Lodz | | | | | | 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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Event 29, Girls, 400m Medley

14 years

| | | | | | | | | | | | |
|---------------------|---------|-------|--------------|---------|-------|-------|---------|----------------|-------|---------|-------|
| 1. HELBING, 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 years

| | | | | | | | | | | | |
|--------------------|---------|-------|----------------------|---------|-------|-------|---------|----------------|-------|---------|-------|
| 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 Jozefow | | | | | 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 |