

Międzynarodowe Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 30-11- - 1-12-2012

Konkurencja 19
2012-11-30 - 19:55

Dziewcząt, 400m dowolny

11 - 15 lat
Wyniki

Punkty: FINA 2012

Pozycja			Rok ur.					Czas	Pkt.		
11 lat											
1.	PIE KOSZ, Marta		01	Uks Wilanowia				5:46.40	329		
	50m:	39.01 39.01	150m:	2:07.12	44.53	250m:	3:36.69	44.86	350m:	5:05.46	43.73
	100m:	1:22.59 43.58	200m:	2:51.83	44.71	300m:	4:21.73	45.04	400m:	5:46.40	40.94
2.	KRÓLIKOWSKA, Paulina		01	UKS Ósemka Toru				5:49.62	320		
	50m:	35.93 35.93	150m:	2:03.47	44.56	250m:	3:34.82	45.79	350m:	5:06.49	45.12
	100m:	1:18.91 42.98	200m:	2:49.03	45.56	300m:	4:21.37	46.55	400m:	5:49.62	43.13
3.	TOBIASZ, Anna		01	UKS Victoria Józefów				5:53.40	309		
	50m:	39.13 39.13	150m:	2:09.54	45.98	250m:	3:41.55	45.87	350m:	5:12.10	44.79
	100m:	1:23.56 44.43	200m:	2:55.68	46.14	300m:	4:27.31	45.76	400m:	5:53.40	41.30
4.	SKIBA, Joanna		01	BUKS Warszawa				5:55.67	303		
	50m:	36.00 36.00	150m:	2:05.28	45.81	250m:	3:41.02	47.99	350m:	5:13.80	44.96
	100m:	1:19.47 43.47	200m:	2:53.03	47.75	300m:	4:28.84	47.82	400m:	5:55.67	41.87
5.	IMI SKA, Agnieszka		01	UKS "Gim 92 Ursynów" Warszawa				5:57.41	299		
	50m:	39.15 39.15	150m:	2:11.18	46.59	250m:	3:43.57	46.03	350m:	5:14.09	44.78
	100m:	1:24.59 45.44	200m:	2:57.54	46.36	300m:	4:29.31	45.74	400m:	5:57.41	43.32
6.	SOBIESI SKA, Zuzanna		01	UKS Siódemka Brodnica				6:01.25	290		
	50m:	38.93 38.93	150m:	2:08.79	45.75	250m:	3:42.87	48.32	350m:	5:18.02	48.15
	100m:	1:23.04 44.11	200m:	2:54.55	45.76	300m:	4:29.87	47.00	400m:	6:01.25	43.23
7.	PIECHOTA, Karolina		01	Uks 190 Łódź				6:12.88	263		
	50m:	39.31 39.31	150m:	2:12.50	46.91	250m:	3:47.90	47.83	350m:	5:26.72	49.02
	100m:	1:25.59 46.28	200m:	3:00.07	47.57	300m:	4:37.70	49.80	400m:	6:12.88	46.16
8.	MARCINKIEWICZ, Marta		01	PSP SWIM Płock				6:28.53	233		
	50m:	41.67 41.67	150m:	2:18.33	48.97	250m:	3:59.75	50.55	350m:	5:40.08	48.73
	100m:	1:29.36 47.69	200m:	3:09.20	50.87	300m:	4:51.35	51.60	400m:	6:28.53	48.45
9.	KU , Weronika		01	PSP SWIM Płock				6:33.04	225		
	50m:	41.82 41.82	150m:	2:23.53	51.30	250m:	4:05.24	50.73	350m:	5:43.92	49.27
	100m:	1:32.23 50.41	200m:	3:14.51	50.98	300m:	4:54.65	49.41	400m:	6:33.04	49.12
12 lat											
1.	BERENT, Anna		00	Uks Wilanowia				5:09.73	460		
	50m:	34.16 34.16	150m:	1:51.76		250m:	3:12.39		350m:	4:32.05	
	100m:		200m:			300m:			400m:	5:09.73	37.68
2.	POGORZELSKA, Inez		00	Uks Wilanowia				5:12.88	446		
	50m:	34.87 34.87	150m:	1:54.71	40.82	250m:	3:16.42	40.99	350m:	4:35.53	39.00
	100m:	1:13.89 39.02	200m:	2:35.43	40.72	300m:	3:56.53	40.11	400m:	5:12.88	37.35
3.	PODGÓRSKA, Agnieszka		00	UKS "Gim 92 Ursynów" Warszawa				5:23.02	405		
	50m:	35.53 35.53	150m:	1:57.60	41.58	250m:	3:20.94	41.29	350m:	4:43.58	40.89
	100m:	1:16.02 40.49	200m:	2:39.65	42.05	300m:	4:02.69	41.75	400m:	5:23.02	39.44
4.	CICHOCKA, Malwina		00	UKS Pirania Targówek				5:27.81	388		
	50m:	35.86 35.86	150m:	1:58.21	42.06	250m:	3:23.67	42.96	350m:	4:47.38	40.29
	100m:	1:16.15 40.29	200m:	2:40.71	42.50	300m:	4:07.09	43.42	400m:	5:27.81	40.43
5.	KALINOWSKA, Katarzyna		00	PSP SWIM Płock				5:38.11	353		
	50m:	36.87 36.87	150m:	2:04.07	43.99	250m:	3:31.98	44.06	350m:	4:58.27	42.36
	100m:	1:20.08 43.21	200m:	2:47.92	43.85	300m:	4:15.91	43.93	400m:	5:38.11	39.84
6.	SOBOLEWSKA, Patrycja		00	Uks "Polonez" Wyszaków				5:42.30	341		
	50m:	37.67 37.67	150m:	2:04.57		250m:	3:33.93		350m:	5:01.75	
	100m:		200m:			300m:			400m:	5:42.30	40.55
7.	GRIEGER, Weronika		00	BUKS Warszawa				5:42.44	340		
	50m:	36.15 36.15	150m:	2:04.04	44.66	250m:	3:33.13	44.45	350m:	5:01.93	44.17
	100m:	1:19.38 43.23	200m:	2:48.68	44.64	300m:	4:17.76	44.63	400m:	5:42.44	40.51

Mi dzynarodowe Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 30-11- - 1-12-2012

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

Pozycja			Rok ur.					Czas	Pkt.
8.	POLA SKA, Aleksandra		00	GOS Raszyn				5:54.09	308
	50m: 37.20	37.20	150m: 2:08.81	46.78	250m: 3:42.38	46.54	350m: 5:14.62	45.57	
	100m: 1:22.03	44.83	200m: 2:55.84	47.03	300m: 4:29.05	46.67	400m: 5:54.09	39.47	
9.	WENDOŁOWICZ, Angelika		00	MKS Juwenia Białystok				5:54.19	307
	50m: 40.71	40.71	150m: 2:12.40	46.61	250m: 3:43.07	45.62	350m: 5:12.47	43.83	
	100m: 1:25.79	45.08	200m: 2:57.45	45.05	300m: 4:28.64	45.57	400m: 5:54.19	41.72	
10.	CHOJECKA, Karolina		00	UKS OLIMPIC Warka				5:54.37	307
	50m: 38.20	38.20	150m: 2:08.96	47.18	250m: 3:42.75	46.90	350m: 5:14.57	45.31	
	100m: 1:21.78	43.58	200m: 2:55.85	46.89	300m: 4:29.26	46.51	400m: 5:54.37	39.80	
11.	MACKIEWICZ, Adrianna		00	UKS "Gim 92 Ursynów" Warszawa				6:16.83	255
	50m: 42.24	42.24	150m: 2:18.85	48.53	250m: 3:56.53	48.21	350m: 5:33.40	48.08	
	100m: 1:30.32	48.08	200m: 3:08.32	49.47	300m: 4:45.32	48.79	400m: 6:16.83	43.43	
12.	GÓRAL, Wiktoria		00	UKS Pirania Targówek				6:22.02	245
	50m: 38.44	38.44	150m: 2:12.39	48.44	250m: 3:52.82	50.93	350m: 5:33.71	50.61	
	100m: 1:23.95	45.51	200m: 3:01.89	49.50	300m: 4:43.10	50.28	400m: 6:22.02	48.31	

13 lat

1.	PIECHOTA, Paulina		99	Uks 190 Łód				4:47.34	576
	50m: 32.33	32.33	150m: 1:45.13	36.27	250m: 2:59.27	37.13	350m: 4:12.08	36.04	
	100m: 1:08.86	36.53	200m: 2:22.14	37.01	300m: 3:36.04	36.77	400m: 4:47.34	35.26	
2.	ZROBEK, Natalia		99	Uks 190 Łód				5:03.53	489
	50m: 34.01	34.01	150m: 1:52.36	40.04	250m: 3:10.18	38.68	350m: 4:29.25	39.65	
	100m: 1:12.32	38.31	200m: 2:31.50	39.14	300m: 3:49.60	39.42	400m: 5:03.53	34.28	
3.	CIE LIKOWSKA, Zuzanna		99	Uks Pingwiny				5:04.06	486
	50m: 33.38	33.38	150m: 1:48.69	38.26	250m: 3:06.73	39.47	350m: 4:26.08	39.83	
	100m: 1:10.43	37.05	200m: 2:27.26	38.57	300m: 3:46.25	39.52	400m: 5:04.06	37.98	
4.	ROMAN, Magdalena		99	AZS AWF Warszawa				5:08.39	466
	50m: 34.67	34.67	150m: 1:51.73	39.29	250m: 3:11.63	39.96	350m: 4:30.81	38.69	
	100m: 1:12.44	37.77	200m: 2:31.67	39.94	300m: 3:52.12	40.49	400m: 5:08.39	37.58	
5.	DUDEK, Sylwia		99	UKS "Gim 92 Ursynów" Warszawa				5:09.16	462
	50m: 34.01	34.01	150m: 1:51.79	39.60	250m: 3:12.20	40.22	350m: 4:32.31	40.00	
	100m: 1:12.19	38.18	200m: 2:31.98	40.19	300m: 3:52.31	40.11	400m: 5:09.16	36.85	
6.	ZDUNEK, Klaudia		99	Uks "Polonez" Wyszaków				5:09.17	462
	50m: 34.56	34.56	150m: 1:53.65	40.65	250m: 3:14.29	40.60	350m: 4:32.54	38.63	
	100m: 1:13.00	38.44	200m: 2:33.69	40.04	300m: 3:53.91	39.62	400m: 5:09.17	36.63	
7.	BAZYŁKO, Joanna		99	UKS Jagiellonka				5:10.48	456
	50m: 34.80	34.80	150m: 1:52.11	38.81	250m: 3:11.64	40.08	350m: 4:32.51	40.21	
	100m: 1:13.30	38.50	200m: 2:31.56	39.45	300m: 3:52.30	40.66	400m: 5:10.48	37.97	
8.	NIED WIECKA, Katarzyna		99	Uks 190 Łód				5:11.79	451
	50m: 33.92	33.92	150m: 1:54.08	40.77	250m: 3:15.29	40.91	350m: 4:35.09	39.48	
	100m: 1:13.31	39.39	200m: 2:34.38	40.30	300m: 3:55.61	40.32	400m: 5:11.79	36.70	
9.	D BROWSKA, Alicja		99	UKS Siódemka Brodnica				5:13.12	445
	50m: 33.44	33.44	150m: 1:51.49	40.01	250m: 3:13.05	40.89	350m: 4:35.01	40.52	
	100m: 1:11.48	38.04	200m: 2:32.16	40.67	300m: 3:54.49	41.44	400m: 5:13.12	38.11	
10.	WIETRZYNSKA, Renata		99	Wodnik Radom				5:28.29	386
	50m: 36.02	36.02	150m: 1:57.81		250m: 3:22.51		350m: 4:48.13		
	100m:		200m:		300m:		400m: 5:28.29	40.16	
11.	RUDZI SKA, Ewa		99	UKS G - 8 Bielany				5:54.60	306
	50m: 35.09	35.09	150m: 2:03.24	46.21	250m: 3:37.98	47.76	350m: 5:11.39	45.90	
	100m: 1:17.03	41.94	200m: 2:50.22	46.98	300m: 4:25.49	47.51	400m: 5:54.60	43.21	
12.	KOSECKA, Agnieszka		99	UKS Siódemka Brodnica				6:00.64	291
	50m: 36.80	36.80	150m: 2:08.71	47.36	250m: 3:43.21	46.88	350m: 5:16.88	46.60	
	100m: 1:21.35	44.55	200m: 2:56.33	47.62	300m: 4:30.28	47.07	400m: 6:00.64	43.76	

Międzynarodowe Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 30-11- - 1-12-2012

Konkurencja 19, Dziewcz. t., 400m dowolny

14 lat

1. POKRYWKA, Karolina	98	Uks 190 Łód	4:43.92	597
50m: 32.20 32.20	150m: 1:44.87	36.33 250m: 2:58.16	36.40 350m: 4:10.48	35.66
100m: 1:08.54 36.34	200m: 2:21.76	36.89 300m: 3:34.82	36.66 400m: 4:43.92	33.44
2. KONDRASIUK, Małgorzata	98	UKS "Gim 92 Ursynów" Warszawa	4:51.74	550
50m: 33.52 33.52	150m: 1:45.69	36.66 250m: 2:59.15	36.85 350m: 4:14.34	37.71
100m: 1:09.03 35.51	200m: 2:22.30	36.61 300m: 3:36.63	37.48 400m: 4:51.74	37.40
3. W CŁAWIAK, Irena	98	Uks Wilanowia	4:54.73	534
50m: 32.81 32.81	150m: 1:46.64	37.61 250m: 3:02.45	37.66 350m: 4:19.04	38.17
100m: 1:09.03 36.22	200m: 2:24.79	38.15 300m: 3:40.87	38.42 400m: 4:54.73	35.69
4. WAKER, Kinga	98	Uks Wilanowia	5:11.40	452
50m: 33.69 33.69	150m: 1:52.37	40.29 250m: 3:12.35	40.61 350m: 4:33.24	39.91
100m: 1:12.08 38.39	200m: 2:31.74	39.37 300m: 3:53.33	40.98 400m: 5:11.40	38.16
5. ZAJ C, Aleksandra	98	UKS "Gim 92 Ursynów" Warszawa	5:13.02	445
50m: 33.93 33.93	150m: 1:52.76	39.68 250m: 3:14.16	40.67 350m: 4:35.75	39.53
100m: 1:13.08 39.15	200m: 2:33.49	40.73 300m: 3:56.22	42.06 400m: 5:13.02	37.27
6. JASIUL, Urszula	98	Uks Delfin Legionowo	5:49.23	321
50m: 36.84 36.84	150m: 2:05.14	44.49 250m: 3:35.31	44.70 350m: 5:05.14	43.82
100m: 1:20.65 43.81	200m: 2:50.61	45.47 300m: 4:21.32	46.01 400m: 5:49.23	44.09

15 lat

1. KAMI SKA, Liliana	97	MKS DELFINEK Łuków	5:02.53	493
50m: 34.29 34.29	150m: 1:48.90	37.77 250m: 3:05.93	38.78 350m: 4:23.88	38.85
100m: 1:11.13 36.84	200m: 2:27.15	38.25 300m: 3:45.03	39.10 400m: 5:02.53	38.65
2. BERENT, Małgorzata	97	Uks Wilanowia	5:14.63	439
50m: 35.38 35.38	150m: 1:54.84	40.43 250m: 3:15.35	39.44 350m: 4:35.38	39.95
100m: 1:14.41 39.03	200m: 2:35.91	41.07 300m: 3:55.43	40.08 400m: 5:14.63	39.25
PK ILCEWICZ, Edyta	96	UKS Victoria Józefów	4:57.85	517
50m: 33.57 33.57	150m: 1:48.39	37.91 250m: 3:04.89	38.47 350m: 4:21.38	37.98
100m: 1:10.48 36.91	200m: 2:26.42	38.03 300m: 3:43.40	38.51 400m: 4:57.85	36.47
PK DROBOT, Weronika	98	GOS Raszyn	6:13.26	263
50m: 40.92 40.92	150m: 2:15.45	44.20 250m: 3:51.18	44.90 350m: 5:27.61	45.65
100m: 1:18.29 42.63	200m: 2:47.06	44.20 300m: 4:17.04	44.90 400m: 6:13.26	45.65
PK NIEWIADOMSKA, Adrianna	99	GOS Raszyn	5:36.89	357
50m: 35.66 35.66	150m: 2:02.86	44.57 250m: 3:32.14	45.08 350m: 4:59.64	42.60
100m: 1:18.29 42.63	200m: 2:47.06	44.20 300m: 4:17.04	44.90 400m: 5:36.89	37.25
PK PODSIADŁY, Agata	01	Uks Wilanowia	6:13.66	262
50m: 41.27 41.27	150m: 2:17.02	47.85 250m: 3:54.54	48.33 350m: 5:30.77	47.62
100m: 1:29.17 47.90	200m: 3:06.21	49.19 300m: 4:43.15	48.61 400m: 6:13.66	42.89