

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

Event 19
2012-11-30 - 19:55

Girls, 400m Freestyle

11 - 15 years
Results

Points: FINA 2012

Rank			YB					Time	Pts	
11 years										
1.	PIENKOSZ, 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.	KROLIKOWSKA, Paulina		01	UKS Osemka Torun				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 Jozefow				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.	IMINSKA, Agnieszka		01	UKS "Gim 92 Ursynow" 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.	SOBIESINSKA, Zuzanna		01	UKS Siodemka 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 Lodz				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 Plock				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.	KUS, Weronika		01	PSP SWIM Plock				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 years										
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.	PODGORSKA, Agnieszka		00	UKS "Gim 92 Ursynow" 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 Targowek				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 Plock				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" Wyszki				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

Event 19, Girls, 400m Freestyle, 12 years

Rank			YB							Time	Pts
8.	POLANSKA, 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.	WENDOLOWICZ, Angelika		00	MKS Juvenia Bialystok						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 Ursynow" 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.	GORAL, Wiktoria		00	UKS Pirania Targowek						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 years

1.	PIECHOTA, Paulina		99	Uks 190 Lodz						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 Lodz						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.	CIESLIKOWSKA, 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 Ursynow" 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" Wyszki						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.	BAZYLKO, 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.	NIEDZWIECKA, Katarzyna		99	Uks 190 Lodz						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.	DABROWSKA, Alicja		99	UKS Siodemka 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.	RUDZINSKA, 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 Siodemka 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

Event 19, Girls, 400m Freestyle

14 years

1. POKRYWKA, Karolina	98	Uks 190 Lodz	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, Malgorzata	98	UKS "Gim 92 Ursynow" 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. WECLAWIAK, 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. ZAJAC, Aleksandra	98	UKS "Gim 92 Ursynow" 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 years

1. KAMINSKA, Liliana	97	MKS DELFINEK Lukow	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, Malgorzata	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
EXH ILCEWICZ, Edyta	96	UKS Victoria Jozefow	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
EXH 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
EXH 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
EXH PODSIADLY, 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