

Mi dzywojewództkie Dru ynowe Mistrzostwa Młodzików 12-13 lat - I runda  
O arów Mazowiecki, 20- - 21-3-2013

Konkurencja 7  
2013-03-20 - 13:00

Dziewcz t, 400m dowolny

12 - 13 lat  
Wyniki

Punkty: FINA 2012

Pozycja			Rok ur.					Czas	Pkt.		
<b>12 lat</b>											
1.	MAZURKIEWICZ, Barbara		01	IKS Konstancin				<b>5:02.71</b>	467		
	50m:	35.07 35.07	150m:	1:52.93	39.16	250m:	3:11.31	39.00	350m:	4:28.39	38.12
	100m:	1:13.77 38.70	200m:	2:32.31	39.38	300m:	3:50.27	38.96	400m:	5:02.71	34.32
2.	WO NIAK, Zofia		01	UKS 307 Warszawa				<b>5:20.84</b>	392		
	50m:	35.65 35.65	150m:	1:57.10	40.76	250m:	3:20.39	42.01	350m:	4:42.29	40.68
	100m:	1:16.34 40.69	200m:	2:38.38	41.28	300m:	4:01.61	41.22	400m:	5:20.84	38.55
3.	CZOCH, Ines		01	UKS Jagiellonka				<b>5:34.98</b>	344		
	50m:	37.72 37.72	150m:	2:02.21	42.97	250m:	3:28.28	42.78	350m:	4:53.81	42.85
	100m:	1:19.24 41.52	200m:	2:45.50	43.29	300m:	4:10.96	42.68	400m:	5:34.98	41.17
4.	PEPLAK, Julia		01	KS 1 O arów Mazowiecki				<b>5:35.14</b>	344		
	50m:	37.19 37.19	150m:	2:01.73	42.57	250m:	3:29.44	43.75	350m:	4:56.03	42.90
	100m:	1:19.16 41.97	200m:	2:45.69	43.96	300m:	4:13.13	43.69	400m:	5:35.14	39.11
5.	TOBIASZ, Anna		01	UKS Victoria Józefów				<b>5:39.23</b>	332		
	50m:	36.83 36.83	150m:	2:02.55	43.40	250m:	3:30.78	44.19	350m:	4:57.83	43.46
	100m:	1:19.15 42.32	200m:	2:46.59	44.04	300m:	4:14.37	43.59	400m:	5:39.23	41.40
6.	MICHNIEWSKA, Anna		01	UKS "G-8 Bielany" Warszawa				<b>5:40.79</b>	327		
	50m:	38.72 38.72	150m:	2:06.15	44.33	250m:			350m:	5:00.17	42.32
	100m:	1:21.82 43.10	200m:	2:50.29	44.14	300m:	4:17.85		400m:	5:40.79	40.62
7.	DOMA SKA, Zuzanna		01	UKS "G-8 Bielany" Warszawa				<b>5:41.99</b>	324		
	50m:	38.21 38.21	150m:	2:07.35	44.44	250m:	3:36.36	44.21	350m:	5:05.18	44.62
	100m:	1:22.91 44.70	200m:	2:52.15	44.80	300m:	4:20.56	44.20	400m:	5:41.99	36.81
8.	COCHÓR, Izabela		01	UKS Ostrobramska				<b>5:43.08</b>	321		
	50m:	38.00 38.00	150m:	2:07.52	45.04	250m:	3:36.55	43.51	350m:	5:04.29	42.98
	100m:	1:22.48 44.48	200m:	2:53.04	45.52	300m:	4:21.31	44.76	400m:	5:43.08	38.79
9.	KALETA, Oliwia		01	Uks oliborz				<b>5:44.32</b>	317		
	50m:	38.81 38.81	150m:	2:07.49	44.69	250m:	3:36.85	44.82	350m:	5:05.54	43.31
	100m:	1:22.80 43.99	200m:	2:52.03	44.54	300m:	4:22.23	45.38	400m:	5:44.32	38.78
10.	SUDAK, Zuzanna		01	Uks Orka Warszawa				<b>5:47.48</b>	309		
	50m:	37.95 37.95	150m:	2:06.14	44.85	250m:	3:36.57	44.90	350m:	5:05.36	44.13
	100m:	1:21.29 43.34	200m:	2:51.67	45.53	300m:	4:21.23	44.66	400m:	5:47.48	42.12
11.	SOJA, Małgorzata		01	UKS "G-8 Bielany" Warszawa				<b>5:47.62</b>	308		
	50m:	38.12 38.12	150m:	2:05.59	44.45	250m:	3:35.08	44.78	350m:	5:05.59	45.53
	100m:	1:21.14 43.02	200m:	2:50.30	44.71	300m:	4:20.06	44.98	400m:	5:47.62	42.03
12.	PEPLAK, Aleksandra		01	KS 1 O arów Mazowiecki				<b>5:50.37</b>	301		
	50m:	38.11 38.11	150m:	2:08.73	45.90	250m:	3:41.09	46.03	350m:	5:11.77	44.55
	100m:	1:22.83 44.72	200m:	2:55.06	46.33	300m:	4:27.22	46.13	400m:	5:50.37	38.60
13.	KOWALEWSKA, Nadia		01	UKS "G-8 Bielany" Warszawa				<b>5:50.56</b>	300		
	50m:	38.40 38.40	150m:	2:08.31	45.44	250m:	3:38.81	44.81	350m:	5:09.77	45.59
	100m:	1:22.87 44.47	200m:	2:54.00	45.69	300m:	4:24.18	45.37	400m:	5:50.56	40.79
14.	RAŁOWSKA, Julia		01	UKS Ostrobramska				<b>5:52.10</b>	297		
	50m:	38.18 38.18	150m:	2:05.71	44.49	250m:	3:35.81	45.40	350m:	5:06.52	45.51
	100m:	1:21.22 43.04	200m:	2:50.41	44.70	300m:	4:21.01	45.20	400m:	5:52.10	45.58
15.	GRABOWSKA, Wiktoria		01	UKS 307 Warszawa				<b>5:54.24</b>	291		
	50m:	39.46 39.46	150m:	2:09.38	45.78	250m:	3:40.10	45.39	350m:	5:11.34	45.77
	100m:	1:23.60 44.14	200m:	2:54.71	45.33	300m:	4:25.57	45.47	400m:	5:54.24	42.90
16.	MULARCZYK, Paulina		01	Mks Ochota Warszawa				<b>5:57.73</b>	283		
	50m:	39.70 39.70	150m:	2:10.20	46.00	250m:	3:41.94	46.17	350m:	5:13.68	44.94
	100m:	1:24.20 44.50	200m:	2:55.77	45.57	300m:	4:28.74	46.80	400m:	5:57.73	44.05
17.	KRYMOW, Natalia		01	KP MZOS Płock				<b>6:01.11</b>	275		
	50m:	38.84 38.84	150m:	2:11.12	47.42	250m:	3:47.73	48.49	350m:	5:14.45	40.66
	100m:	1:23.70 44.86	200m:	2:59.24	48.12	300m:	4:33.79	46.06	400m:	6:01.11	46.66

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12-13 lat - I runda  
O arów Mazowiecki, 20 - 21-3-2013

Konkurencja 7, Dziewcz t, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	DMITROCA, Julia		01	KS 1 O arów Mazowiecki				<b>6:02.29</b>	272
	50m:	38.80 38.80	150m:	2:12.20 47.96	250m:	3:43.08 45.27	350m:	5:18.93 46.99	
	100m:	1:24.24 45.44	200m:	2:57.81 45.61	300m:	4:31.94 48.86	400m:	6:02.29 43.36	
19.	MAZUR, Barbara		01	Uks oliborz				<b>6:02.69</b>	271
	50m:	39.20 39.20	150m:	2:12.29 46.72	250m:	3:45.69 46.73	350m:	5:18.78 46.21	
	100m:	1:25.57 46.37	200m:	2:58.96 46.67	300m:	4:32.57 46.88	400m:	6:02.69 43.91	
20.	SKIBA, Joanna		01	Buks Warszawa				<b>6:03.23</b>	270
	50m:	36.95 36.95	150m:	2:10.96 48.71	250m:	3:46.45 48.23	350m:	5:20.46 45.85	
	100m:	1:22.25 45.30	200m:	2:58.22 47.26	300m:	4:34.61 48.16	400m:	6:03.23 42.77	
21.	CYGAN, Aleksandra		01	Uks Kapry-Armexim Pruszków				<b>6:03.65</b>	269
	50m:	39.49 39.49	150m:	2:07.17 45.11	250m:	3:38.82 46.72	350m:	5:15.62 48.57	
	100m:	1:22.06 42.57	200m:	2:52.10 44.93	300m:	4:27.05 48.23	400m:	6:03.65 48.03	
22.	CZAPLICKA, Aleksandra		01	Mks Ochota Warszawa				<b>6:04.01</b>	268
	50m:	39.55 39.55	150m:	2:12.26 47.15	250m:	3:46.19 46.83	350m:	5:21.49 47.55	
	100m:	1:25.11 45.56	200m:	2:59.36 47.10	300m:	4:33.94 47.75	400m:	6:04.01 42.52	
23.	KACZKOWSKA, Anna		01	Uks Skalar Warszawa				<b>6:05.16</b>	266
	50m:	41.26 41.26	150m:	2:14.24 46.58	250m:	3:47.99 46.05	350m:	5:22.80 46.95	
	100m:	1:27.66 46.40	200m:	3:01.94 47.70	300m:	4:35.85 47.86	400m:	6:05.16 42.36	
24.	TAWREL, Maja		01	Uks oliborz				<b>6:05.31</b>	265
	50m:	40.89 40.89	150m:	2:13.82 47.26	250m:	3:49.50 47.44	350m:	5:25.00 47.15	
	100m:	1:26.56 45.67	200m:	3:02.06 48.24	300m:	4:37.85 48.35	400m:	6:05.31 40.31	
25.	BIELINSKA, Klara		01	Buks Warszawa				<b>6:06.89</b>	262
	50m:	41.30 41.30	150m:	2:13.81 46.42	250m:	3:49.54 47.37	350m:	5:24.30 47.66	
	100m:	1:27.39 46.09	200m:	3:02.17 48.36	300m:	4:36.64 47.10	400m:	6:06.89 42.59	
26.	ROMANOWSKA, Wiktoria		01	UKS "G-8 Bielany" Warszawa				<b>6:07.57</b>	261
	50m:	40.86 40.86	150m:	2:14.37 47.47	250m:	3:49.66 48.09	350m:	5:25.61 47.82	
	100m:	1:26.90 46.04	200m:	3:01.57 47.20	300m:	4:37.79 48.13	400m:	6:07.57 41.96	
27.	BIAŁEK, Karolina		01	UKS "G-8 Bielany" Warszawa				<b>6:11.41</b>	253
	50m:	38.63 38.63	150m:	2:12.35 47.78	250m:	3:48.36 48.32	350m:	5:24.57 48.12	
	100m:	1:24.57 45.94	200m:	3:00.04 47.69	300m:	4:36.45 48.09	400m:	6:11.41 46.84	
28.	OBCZYNSKA, Aleksandra		01	Buks Warszawa				<b>6:11.99</b>	251
	50m:	39.65 39.65	150m:	2:08.73 45.63	250m:	3:45.46 48.67	350m:		
	100m:	1:23.10 43.45	200m:	2:56.79 48.06	300m:	4:34.58 49.12	400m:	6:11.99	
29.	ROGULSKA, Maria		01	Uks oliborz				<b>6:16.92</b>	242
	50m:	40.69 40.69	150m:	2:15.51 47.08	250m:	3:52.79	350m:	5:30.73	
	100m:	1:28.43 47.74	200m:		300m:		400m:	6:16.92 46.19	
30.	GOLONKO, Aleksandra		01	Uks oliborz				<b>6:18.06</b>	239
	50m:	41.50 41.50	150m:	2:16.76 47.84	250m:	3:53.81 48.37	350m:	5:30.94 48.75	
	100m:	1:28.92 47.42	200m:	3:05.44 48.68	300m:	4:42.19 48.38	400m:	6:18.06 47.12	
31.	DULEBA, Dominika		01	Buks Warszawa				<b>6:29.23</b>	219
	50m:	43.54 43.54	150m:	2:24.14 50.32	250m:	4:06.71 51.13	350m:	5:45.24 48.01	
	100m:	1:33.82 50.28	200m:	3:15.58 51.44	300m:	4:57.23 50.52	400m:	6:29.23 43.99	
32.	WINIARSKA, Izabela		01	Mks Ochota Warszawa				<b>6:29.36</b>	219
	50m:	43.14 43.14	150m:	2:22.93 50.53	250m:	4:03.54 50.60	350m:	5:43.55 50.08	
	100m:	1:32.40 49.26	200m:	3:12.94 50.01	300m:	4:53.47 49.93	400m:	6:29.36 45.81	
33.	SENGER, Maja		01	Uks Skalar Warszawa				<b>7:13.46</b>	159
	50m:	46.64 46.64	150m:		250m:		350m:		
	100m:		200m:	3:30.69	300m:	5:22.87	400m:	7:13.46	

Mi dzywojewództkie Dru ynowe Mistrzostwa Młodzików 12-13 lat - I runda  
O arów Mazowiecki, 20- - 21-3-2013

Konkurencja 7, Dziewcz t, 400m dowolny

13 lat

1.	STASZCZYK, Natalia	00	IKS Konstancin	<b>4:55.70</b>	501
	50m: 33.25 33.25	150m: 1:47.50	37.52 250m: 3:03.46	38.14	350m: 4:19.98 37.90
	100m: 1:09.98 36.73	200m: 2:25.32	37.82 300m: 3:42.08	38.62	400m: 4:55.70 35.72
2.	KOWALSKA, Dominika	00	KP MZOS Płock	<b>4:55.84</b>	500
	50m: 33.36 33.36	150m: 1:47.45	37.41 250m: 3:03.61	38.15	350m: 4:20.26 38.08
	100m: 1:10.04 36.68	200m: 2:25.46	38.01 300m: 3:42.18	38.57	400m: 4:55.84 35.58
3.	MALCZEWSKA, Zofia	00	Buks Warszawa	<b>5:02.24</b>	469
	50m: 36.10 36.10	150m: 1:54.13	39.06 250m: 3:10.84	37.48	350m: 4:26.78 37.80
	100m: 1:15.07 38.97	200m: 2:33.36	39.23 300m: 3:48.98	38.14	400m: 5:02.24 35.46
4.	SADOCH, Nikola	00	UKS G - 8 bielany	<b>5:07.56</b>	445
	50m: 34.56 34.56	150m: 1:51.77	39.42 250m: 3:11.49	40.12	350m: 4:29.91 39.00
	100m: 1:12.35 37.79	200m: 2:31.37	39.60 300m: 3:50.91	39.42	400m: 5:07.56 37.65
5.	PECYNA, Michalina	00	IKS Konstancin	<b>5:09.12</b>	438
	50m: 35.05 35.05	150m: 1:53.07	39.44 250m: 3:12.07	39.42	350m: 4:31.63 39.14
	100m: 1:13.63 38.58	200m: 2:32.65	39.58 300m: 3:52.49	40.42	400m: 5:09.12 37.49
6.	REKS, Aleksandra	00	Buks Warszawa	<b>5:09.95</b>	435
	50m: 33.69 33.69	150m: 1:50.79	39.02 250m: 3:10.83	40.18	350m: 4:31.43 39.80
	100m: 1:11.77 38.08	200m: 2:30.65	39.86 300m: 3:51.63	40.80	400m: 5:09.95 38.52
7.	PACHOWSKA, Wiktoria	00	UKS Jagiellonka	<b>5:14.39</b>	417
	50m: 35.40 35.40	150m: 1:55.29	40.89 250m: 3:16.18	40.12	350m: 4:37.57 40.09
	100m: 1:14.40 39.00	200m: 2:36.06	40.77 300m: 3:57.48	41.30	400m: 5:14.39 36.82
8.	DZIARSKA, Łucja	00	UKS Victoria Józefów	<b>5:14.65</b>	416
	50m: 35.29 35.29	150m: 1:54.98	39.97 250m: 3:15.66	40.03	350m: 4:36.81 40.08
	100m: 1:15.01 39.72	200m: 2:35.63	40.65 300m: 3:56.73	41.07	400m: 5:14.65 37.84
9.	WYSOKI SKA, Agnieszka	00	UKS G - 8 bielany	<b>5:14.95</b>	414
	50m: 35.19 35.19	150m: 1:54.67	40.46 250m: 3:15.77	40.52	350m: 4:35.84 40.15
	100m: 1:14.21 39.02	200m: 2:35.25	40.58 300m: 3:55.69	39.92	400m: 5:14.95 39.11
10.	KOSI SKA, Agata	00	Uks Kapry-Armexim Pruszków	<b>5:19.05</b>	399
	50m: 36.90 36.90	150m: 1:57.65	40.88 250m: 3:20.17	41.13	350m: 4:42.22 40.36
	100m: 1:16.77 39.87	200m: 2:39.04	41.39 300m: 4:01.86	41.69	400m: 5:19.05 36.83
11.	KUBIAK, Karolina	00	UKS G - 8 bielany	<b>5:23.16</b>	384
	50m: 37.36 37.36	150m: 1:59.64	41.63 250m: 3:22.60	40.69	350m: 4:43.75 40.24
	100m: 1:18.01 40.65	200m: 2:41.91	42.27 300m: 4:03.51	40.91	400m: 5:23.16 39.41
12.	PRZYGODA, Julia	00	KS 1 O arów Mazowiecki	<b>5:29.45</b>	362
	50m: 35.56 35.56	150m: 1:57.89	42.12 250m: 3:24.45	43.28	350m: 4:48.80 41.65
	100m: 1:15.77 40.21	200m: 2:41.17	43.28 300m: 4:07.15	42.70	400m: 5:29.45 40.65
13.	GRIEGER, Weronika	00	Buks Warszawa	<b>5:29.79</b>	361
	50m: 34.84 34.84	150m: 1:56.44	41.49 250m: 3:22.18	43.21	350m: 4:48.98 43.73
	100m: 1:14.95 40.11	200m: 2:38.97	42.53 300m: 4:05.25	43.07	400m: 5:29.79 40.81
14.	GÓRSKA, Julia	00	Uks Skalar Warszawa	<b>5:33.03</b>	351
	50m: 37.37 37.37	150m: 2:01.09	42.40 250m: 3:25.95	42.10	350m: 4:52.30 43.26
	100m: 1:18.69 41.32	200m: 2:43.85	42.76 300m: 4:09.04	43.09	400m: 5:33.03 40.73
15.	BERWID, Ligia	00	KS 1 O arów Mazowiecki	<b>5:33.23</b>	350
	50m: 36.01 36.01	150m: 2:00.57	42.68 250m: 3:26.36	42.13	350m: 4:51.13 42.86
	100m: 1:17.89 41.88	200m: 2:44.23	43.66 300m: 4:08.27	41.91	400m: 5:33.23 42.10
16.	OLSZY SKA, Julia	00	Buks Warszawa	<b>5:33.56</b>	349
	50m: 36.97 36.97	150m: 1:59.31	41.96 250m: 3:25.34	43.50	350m: 4:51.82 42.87
	100m: 1:17.35 40.38	200m: 2:41.84	42.53 300m: 4:08.95	43.61	400m: 5:33.56 41.74
17.	SUDAK, Magdalena	00	Uks Orka Warszawa	<b>5:33.67</b>	348
	50m: 36.07 36.07	150m: 1:58.94	42.57 250m: 3:25.19	43.03	350m: 4:52.09 43.72
	100m: 1:16.37 40.30	200m: 2:42.16	43.22 300m: 4:08.37	43.18	400m: 5:33.67 41.58
18.	PIPCZY SKA, Kamila	00	UKS Victoria Józefów	<b>5:38.94</b>	332
	50m: 36.16 36.16	150m: 1:59.98	42.46 250m: 3:25.32	42.55	350m: 4:52.40 44.16
	100m: 1:17.52 41.36	200m: 2:42.77	42.79 300m: 4:08.24	42.92	400m: 5:38.94 46.54

Międzywojewódzkie Drużynowe Mistrzostwa Młodzików 12-13 lat - I runda  
Okręg Mazowiecki, 20- - 21-3-2013

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Konkurencja 7, Dziewcząt, 400m dowolny, 13 lat

Pozycja				Rok ur.					Czas	Pkt.		
19.	CHOJECKA, Karolina			00	UKS OLIMPIC Warka				<b>5:50.19</b>	301		
	50m:	38.03	38.03	150m:	2:05.79	45.02	250m:	3:36.69	45.63	350m:	5:07.89	45.16
	100m:	1:20.77	42.74	200m:	2:51.06	45.27	300m:	4:22.73	46.04	400m:	5:50.19	42.30
20.	WIECZOREK, Anna			00	KS 1 Okręg Mazowiecki				<b>6:05.92</b>	264		
	50m:	39.09	39.09	150m:	2:10.56	46.61	250m:	3:44.31	46.92	350m:	5:19.30	47.29
	100m:	1:23.95	44.86	200m:	2:57.39	46.83	300m:	4:32.01	47.70	400m:	6:05.92	46.62