

Otwarte Mistrzostwa Raszyna o Puchar Wójta gminy Raszyn - roczniki 2000 i młodszy i 1999 i starsi
Raszyn, 18-4-2013

Konkurencja 26
2013-04-18 - 19:25

Kobiet, 400m dowolny

11 lat i starsi
Wyniki

Punkty: FINA 2012

Pozycja			Rok ur.					Czas	Pkt.
11 lat									
1.	JABŁONOWSKA, Nikola		02	UKS G-8 Bielany			5:37.86	336	
	50m: 37.77	37.77	150m: 2:02.67	43.09	250m: 3:29.35	43.74	350m: 4:57.23	44.20	
	100m: 1:19.58	41.81	200m: 2:45.61	42.94	300m: 4:13.03	43.68	400m: 5:37.86	40.63	
2.	JASIORSKA, Aleksandra		02	IUKS Muszelka			5:42.75	321	
	50m: 37.54	37.54	150m: 2:03.67	43.45	250m: 3:31.81	44.51	350m: 5:00.77	45.15	
	100m: 1:20.22	42.68	200m: 2:47.30	43.63	300m: 4:15.62	43.81	400m: 5:42.75	41.98	
3.	MARKOWICZ, Paula		02	UKS G-8 Bielany			5:56.79	285	
	50m: 40.83	40.83	150m: 2:10.84	44.85	250m: 3:43.07	45.93	350m: 5:15.40	45.92	
	100m: 1:25.99	45.16	200m: 2:57.14	46.30	300m: 4:29.48	46.41	400m: 5:56.79	41.39	
4.	NIEWIADOMSKA, Paulina		02	Uks Gos Raszyn			5:56.94	285	
	50m: 40.25	40.25	150m: 2:10.49	44.74	250m: 3:41.98	45.59	350m: 5:14.51	46.36	
	100m: 1:25.75	45.50	200m: 2:56.39	45.90	300m: 4:28.15	46.17	400m: 5:56.94	42.43	
5.	REZNER, Julia		02	UKS SPARTA Grodzisk Mazowiecki			6:42.93	198	
	50m: 44.42	44.42	150m: 2:25.93	51.57	250m: 4:09.11	51.91	350m: 5:52.40	51.65	
	100m: 1:34.36	49.94	200m: 3:17.20	51.27	300m: 5:00.75	51.64	400m: 6:42.93	50.53	
6.	BARTNIAK, Zuzanna		02	IUKS Muszelka			6:50.06	188	
	50m: 47.23	47.23	150m: 2:30.13	51.44	250m: 4:16.06	52.24	350m: 5:59.65	51.98	
	100m: 1:38.69	51.46	200m: 3:23.82	53.69	300m: 5:07.67	51.61	400m: 6:50.06	50.41	
7.	MALI SKA, Monika		02	IUKS Muszelka			7:03.09	171	
	50m: 46.66	46.66	150m: 2:36.72	55.41	250m: 4:26.20	55.14	350m: 6:14.85	52.67	
	100m: 1:41.31	54.65	200m: 3:31.06	54.34	300m: 5:22.18	55.98	400m: 7:03.09	48.24	
8.	PODNIESI SKA, Marta		02	IUKS Muszelka			7:34.14	138	
	50m: 46.96	46.96	150m: 2:43.72	1:00.47	250m: 4:43.63	59.98	350m: 6:40.26	57.49	
	100m: 1:43.25	56.29	200m: 3:43.65	59.93	300m: 5:42.77	59.14	400m: 7:34.14	53.88	
12 lat									
1.	MAZURKIEWICZ, Barbara		01	IKS Konstancin			4:59.54	482	
	50m: 34.72	34.72	150m: 1:51.52	38.58	250m: 3:08.77	38.28	350m: 4:25.70	37.85	
	100m: 1:12.94	38.22	200m: 2:30.49	38.97	300m: 3:47.85	39.08	400m: 4:59.54	33.84	
2.	MICHNIEWSKA, Anna		01	UKS G-8 Bielany			5:30.23	360	
	50m: 37.67	37.67	150m: 2:02.56	42.01	250m: 3:25.28	40.83	350m: 4:49.61	41.61	
	100m: 1:20.55	42.88	200m: 2:44.45	41.89	300m: 4:08.00	42.72	400m: 5:30.23	40.62	
3.	PIE KOSZ, Marta		01	UKS Wilanowa			5:30.53	359	
	50m: 37.97	37.97	150m: 2:02.82	42.79	250m: 3:27.98	42.31	350m: 4:51.72	40.89	
	100m: 1:20.03	42.06	200m: 2:45.67	42.85	300m: 4:10.83	42.85	400m: 5:30.53	38.81	
4.	SOJA, Małgorzata		01	UKS G-8 Bielany			5:34.51	346	
	50m: 35.98	35.98	150m: 2:43.14		250m:		350m:		
	100m:		200m:		300m: 4:54.32		400m: 5:34.51		
5.	DOMA SKA, Zuzanna		01	UKS G-8 Bielany			5:40.21	329	
	50m: 1:22.45	1:22.45	150m: 2:49.83		250m: 4:16.29	42.68	350m: 5:40.18	41.44	
	100m:		200m: 3:33.61	43.78	300m: 4:58.74	42.45	400m: 5:40.21	0.03	
6.	WIDERSKA, Barbara		01	Uks Pingwiny			5:41.58	325	
	50m: 37.15	37.15	150m: 2:04.28	44.55	250m: 3:32.45	44.71	350m: 5:00.78	43.80	
	100m: 1:19.73	42.58	200m: 2:47.74	43.46	300m: 4:16.98	44.53	400m: 5:41.58	40.80	
7.	PODSIADŁY, Agata		01	UKS Wilanowa			5:49.67	303	
	50m: 37.73	37.73	150m: 2:05.12	44.38	250m: 3:36.43	45.66	350m: 5:07.02	44.98	
	100m: 1:20.74	43.01	200m: 2:50.77	45.65	300m: 4:22.04	45.61	400m: 5:49.67	42.65	
8.	GRABOWSKA, Wiktoria		01	Uks 307			5:50.69	300	
	50m: 38.94	38.94	150m: 2:07.36	44.89	250m: 3:38.06	45.84	350m: 5:07.60	44.91	
	100m: 1:22.47	43.53	200m: 2:52.22	44.86	300m: 4:22.69	44.63	400m: 5:50.69	43.09	

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Konkurencja 26, Kobiet, 400m dowolny

13 lat

1.	POGORZELSKA, Inez	00	UKS Wilanowa	4:53.69	511
	50m: 33.95 33.95	150m: 1:47.60	37.11	250m: 3:03.07	37.84
	100m: 1:10.49 36.54	200m: 2:25.23	37.63	300m: 3:41.05	37.98
				350m: 4:18.68	37.63
				400m: 4:53.69	35.01
2.	BERENT, Anna	00	UKS Wilanowa	4:55.17	504
	50m: 34.51 34.51	150m: 1:50.26	38.29	250m: 3:05.22	36.57
	100m: 1:11.97 37.46	200m: 2:28.65	38.39	300m: 3:43.14	37.92
				350m: 4:20.77	37.63
				400m: 4:55.17	34.40
3.	STASZCZYK, Natalia	00	IKS Konstancin	5:00.68	476
	50m: 34.07 34.07	150m: 1:49.09	37.86	250m: 3:05.65	38.46
	100m: 1:11.23 37.16	200m: 2:27.19	38.10	300m: 3:43.77	38.12
				350m: 4:22.02	38.25
				400m: 5:00.68	38.66
4.	SADOCH, Nikola	00	UKS G-8 Bielany	5:06.77	449
	50m: 34.90 34.90	150m: 1:52.02	38.78	250m: 3:10.12	39.07
	100m: 1:13.24 38.34	200m: 2:31.05	39.03	300m: 3:49.72	39.60
				350m: 4:29.02	39.30
				400m: 5:06.77	37.75
5.	KUBIAK, Karolina	00	UKS G-8 Bielany	5:07.00	448
	50m: 35.98 35.98	150m: 1:53.18	38.64	250m: 3:10.43	38.33
	100m: 1:14.54 38.56	200m: 2:32.10	38.92	300m: 3:50.07	39.64
				350m: 4:29.41	39.34
				400m: 5:07.00	37.59
6.	POLANSKA, Aleksandra	00	Uks Gos Raszyn	5:10.32	433
	50m: 33.10 33.10	150m: 1:50.23	39.03	250m: 3:10.27	39.95
	100m: 1:11.20 38.10	200m: 2:30.32	40.09	300m: 3:50.80	40.53
				350m: 4:31.60	40.80
				400m: 5:10.32	38.72
7.	ABRAMOWICZ, Julia	00	IKS Konstancin	5:12.36	425
	50m: 34.41 34.41	150m: 1:53.91	40.03	250m: 3:14.58	40.49
	100m: 1:13.88 39.47	200m: 2:34.09	40.18	300m: 3:54.48	39.90
				350m: 4:34.36	39.88
				400m: 5:12.36	38.00
8.	BARANOWSKA, Weronika	00	KS 1 O arów Mazowiecki	5:23.07	384
	50m: 35.81 35.81	150m: 1:58.17	40.77	250m: 3:21.03	41.45
	100m: 1:17.40 41.59	200m: 2:39.58	41.41	300m: 4:02.68	41.65
				350m: 4:42.99	40.31
				400m: 5:23.07	40.08
9.	CZARNECKA, Katarzyna	00	UKS G-8 Bielany	5:23.24	383
	50m: 36.40 36.40	150m: 1:59.41	42.03	250m: 3:20.85	40.95
	100m: 1:17.38 40.98	200m: 2:39.90	40.49	300m: 4:01.98	41.13
				350m: 4:42.54	40.56
				400m: 5:23.24	40.70

14 - 15 lat

1.	KONDRASIUK, Małgorzata	98	UKS "Gim 92 Ursynów" Warszawa	4:37.36	607
	50m: 32.18 32.18	150m: 1:42.57	35.36	250m: 2:52.63	34.88
	100m: 1:07.21 35.03	200m: 2:17.75	35.18	300m: 3:28.33	35.70
				350m: 4:03.57	35.24
				400m: 4:37.36	33.79
2.	W CŁAWIAK, Irena	98	UKS Wilanowa	4:48.93	537
	50m: 32.83 32.83	150m: 1:44.00	35.70	250m: 2:57.71	37.20
	100m: 1:08.30 35.47	200m: 2:20.51	36.51	300m: 3:35.62	37.91
				350m: 4:13.30	37.68
				400m: 4:48.93	35.63
3.	CIE LIKOWSKA, Zuzanna	99	Uks Pingwiny	4:51.44	523
	50m: 33.16 33.16	150m: 1:45.80	36.73	250m: 3:00.61	37.53
	100m: 1:09.07 35.91	200m: 2:23.08	37.28	300m: 3:38.07	37.46
				350m: 4:16.28	38.21
				400m: 4:51.44	35.16
4.	LIPKA, Julia	98	UKS "Gim 92 Ursynów" Warszawa	5:18.50	401
	50m: 36.05 36.05	150m: 1:56.04	40.41	250m: 3:18.76	41.63
	100m: 1:15.63 39.58	200m: 2:37.13	41.09	300m: 3:59.87	41.11
				350m: 4:39.91	40.04
				400m: 5:18.50	38.59
5.	DROBOT, Weronika	98	Uks Gos Raszyn	5:49.83	302
	50m: 38.35 38.35	150m: 2:06.61	44.60	250m: 3:37.17	45.03
	100m: 1:22.01 43.66	200m: 2:52.14	45.53	300m: 4:22.39	45.22
				350m: 5:05.85	43.46
				400m: 5:49.83	43.98

16 - 17 lat

1.	BOROWSKA, Beata	97	UKS Wilanowa	4:55.69	501
	50m: 33.67 33.67	150m: 1:48.14	37.46	250m: 3:03.34	37.38
	100m: 1:10.68 37.01	200m: 2:25.96	37.82	300m: 3:41.43	38.09
				350m: 4:18.79	37.36
				400m: 4:55.69	36.90
2.	BERENT, Małgorzata	97	UKS Wilanowa	4:56.43	497
	50m: 34.09 34.09	150m: 1:50.33	38.22	250m: 3:04.97	36.01
	100m: 1:12.11 38.02	200m: 2:28.96	38.63	300m: 3:42.38	37.41
				350m: 4:19.91	37.53
				400m: 4:56.43	36.52