

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12-13 letnich
Ciechanów, 22- - 23-3-2014

Konkurencja 7
2014-03-22 - 12:52

Dziewcz t, 400m dowolny

12 - 13 lat
Wyniki

Punkty: FINA 2013

Pozycja			Rok ur.							Czas	Pkt.
12 lat											
1.	ZAR BA-PARADOWSKA, Julia		02	Buks						4:59.93	480
	50m: 32.92	32.92	150m: 1:48.97	38.34	250m: 3:05.86	38.19	350m: 4:23.14	38.72			
	100m: 1:10.63	37.71	200m: 2:27.67	38.70	300m: 3:44.42	38.56	400m: 4:59.93	36.79			
2.	BUKO, Martyna		02	MKS Medyk Gi ycko						5:06.92	448
	50m: 33.68	33.68	150m: 1:52.75	40.19	250m: 3:11.90	39.40	350m: 4:30.44	38.93			
	100m: 1:12.56	38.88	200m: 2:32.50	39.75	300m: 3:51.51	39.61	400m: 5:06.92	36.48			
3.	MIELCZAREK, Sandra		02	Buks						5:08.79	439
	50m: 33.89	33.89	150m: 1:51.55	39.48	250m: 3:11.16	39.79	350m: 4:30.69	39.36			
	100m: 1:12.07	38.18	200m: 2:31.37	39.82	300m: 3:51.33	40.17	400m: 5:08.79	38.10			
4.	LUMA, Izabela		02	MZOS Płock						5:12.99	422
	50m: 35.04	35.04	150m: 1:54.06	40.46	250m: 3:15.16	40.96	350m: 4:35.55	40.19			
	100m: 1:13.60	38.56	200m: 2:34.20	40.14	300m: 3:55.36	40.20	400m: 5:12.99	37.44			
5.	WYTRYKUS, Maria		02	Buks						5:16.94	406
	50m: 35.44	35.44	150m: 1:57.69	41.63	250m: 3:19.91	41.22	350m: 4:40.36	39.98			
	100m: 1:16.06	40.62	200m: 2:38.69	41.00	300m: 4:00.38	40.47	400m: 5:16.94	36.58			
6.	MIECZKOWSKA, Wiktoria		02	MKS "Ro " Plsz						5:25.87	374
	50m: 35.99	35.99	150m: 2:00.57	42.62	250m: 3:24.19	41.48	350m: 4:46.24	40.71			
	100m: 1:17.95	41.96	200m: 2:42.71	42.14	300m: 4:05.53	41.34	400m: 5:25.87	39.63			
7.	KRYSZKOWSKA, Natalia		02	MZOS Płock						5:26.58	371
	50m: 35.60	35.60	150m: 1:57.39	41.71	250m: 3:20.83	42.04	350m: 4:45.19	42.17			
	100m: 1:15.68	40.08	200m: 2:38.79	41.40	300m: 4:03.02	42.19	400m: 5:26.58	41.39			
8.	MARUSIK, Lena		02	UKS Manta Warszawa Włochy						5:29.90	360
	50m: 36.58	36.58	150m: 2:00.14	41.99	250m: 3:26.24	43.16	350m: 4:52.15	42.99			
	100m: 1:18.15	41.57	200m: 2:43.08	42.94	300m: 4:09.16	42.92	400m: 5:29.90	37.75			
9.	KUCHARSKA, Julia		02	UKS "GIM 92 Ursynów" Warszawa						5:32.50	352
	50m: 35.98	35.98	150m: 2:01.21	43.20	250m: 3:27.01	42.73	350m: 4:51.00	42.06			
	100m: 1:18.01	42.03	200m: 2:44.28	43.07	300m: 4:08.94	41.93	400m: 5:32.50	41.50			
10.	KRYPA, Marta		02	UKS Manta Warszawa Włochy						5:35.87	341
	50m: 36.65	36.65	150m: 2:01.93	43.04	250m: 3:29.62	44.27	350m: 4:56.14	42.72			
	100m: 1:18.89	42.24	200m: 2:45.35	43.42	300m: 4:13.42	43.80	400m: 5:35.87	39.73			
11.	KOPA, Aleksandra		02	MZOS Płock						5:36.28	340
	50m: 38.47	38.47	150m: 2:16.40	51.43	250m: 3:55.92	50.40	350m:				
	100m: 1:24.97	46.50	200m: 3:05.52	49.12	300m: 4:45.81	49.89	400m: 5:36.28				
12.	LESIAK, Agata		02	UKS "GIM 92 Ursynów" Warszawa						5:37.21	337
	50m: 35.76	35.76	150m: 2:01.16	43.46	250m: 3:27.46	43.29	350m: 4:54.83	43.52			
	100m: 1:17.70	41.94	200m: 2:44.17	43.01	300m: 4:11.31	43.85	400m: 5:37.21	42.38			
13.	TA SKA, Joanna		02	UKS Kapry- Armexim Pruszków						5:37.39	337
	50m: 37.56	37.56	150m: 2:03.60	43.63	250m: 3:31.97	43.98	350m: 4:57.47	42.10			
	100m: 1:19.97	42.41	200m: 2:47.99	44.39	300m: 4:15.37	43.40	400m: 5:37.39	39.92			
14.	KRYPA, Oliwia		02	UKS Manta Warszawa Włochy						5:42.67	321
	50m: 36.69	36.69	150m: 2:02.72	43.86	250m: 3:32.70	45.09	350m: 5:00.73	43.63			
	100m: 1:18.86	42.17	200m: 2:47.61	44.89	300m: 4:17.10	44.40	400m: 5:42.67	41.94			
15.	KO KO, Łucja		02	Buks						5:43.94	318
	50m: 37.86	37.86	150m: 2:03.21	43.88	250m: 3:31.66	44.49	350m: 5:01.97	44.92			
	100m: 1:19.33	41.47	200m: 2:47.17	43.96	300m: 4:17.05	45.39	400m: 5:43.94	41.97			
16.	CIEMIECKA, Zuzanna		02	UKS "GIM 92 Ursynów" Warszawa						5:49.71	302
	50m: 37.71	37.71	150m: 2:06.84	45.67	250m: 3:37.08	45.02	350m: 5:07.68	45.03			
	100m: 1:21.17	43.46	200m: 2:52.06	45.22	300m: 4:22.65	45.57	400m: 5:49.71	42.03			
17.	BORUCKA, Alicja		02	Uks Posejdon Pułtusk						5:51.63	297
	50m: 38.60	38.60	150m: 2:08.62	44.77	250m: 3:39.78	45.53	350m:				
	100m: 1:23.85	45.25	200m: 2:54.25	45.63	300m: 4:25.67	45.89	400m: 5:51.63				

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12-13 letnich
Ciechanów, 22- - 23-3-2014

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

Pozycja			Rok ur.					Czas	Pkt.
18.	GOLLER, Klaudia		02	UKS Ostrobramska Warszawa				5:54.16	291
	50m:	37.60 37.60	150m:	2:06.08 45.25	250m:	3:34.15 43.89	350m:	5:03.01 43.50	
	100m:	1:20.83 43.23	200m:	2:50.26 44.18	300m:	4:19.51 45.36	400m:	5:54.16 51.15	
19.	REZNER, Julia		02	UKS Kapry- Armexim Pruszków				6:09.72	256
	50m:	40.53 40.53	150m:	2:13.03 47.37	250m:	3:48.68 48.16	350m:		
	100m:	1:25.66 45.13	200m:	3:00.52 47.49	300m:	4:36.15 47.47	400m:	6:09.72	
20.	CIESNOWSKA, Gabriela		02	Mks Ochota Warszawa				6:16.76	242
	50m:	39.84 39.84	150m:	2:14.23 47.18	250m:	3:50.74 48.57	350m:	5:29.86 50.04	
	100m:	1:27.05 47.21	200m:	3:02.17 47.94	300m:	4:39.82 49.08	400m:	6:16.76 46.90	
21.	D BROWSKA, Alicja		02	UKS "Polonez" Wyszaków				6:18.41	239
	50m:	39.28 39.28	150m:	2:13.96 48.12	250m:	3:50.63 48.88	350m:	5:28.41 49.73	
	100m:	1:25.84 46.56	200m:	3:01.75 47.79	300m:	4:38.68 48.05	400m:	6:18.41 50.00	
22.	BOJARSKA, Zuzanna		02	UKS Manta Warszawa Włochy				6:18.47	238
	50m:	42.10 42.10	150m:	2:17.97 48.55	250m:	3:55.56 48.57	350m:		
	100m:	1:29.42 47.32	200m:	3:06.99 49.02	300m:	4:44.59 49.03	400m:	6:18.47	
23.	CI , Zuzanna		02	MKS Medyk Gi ycko				6:28.83	220
	50m:	41.05 41.05	150m:	3:09.51 50.93	250m:		350m:		
	100m:	2:18.58 1:37.53	200m:		300m:	4:52.84	400m:	6:28.83	
24.	LI KIEWICZ, Olga		02	UKS "Polonez" Wyszaków				6:36.08	208
	50m:	40.65 40.65	150m:	2:19.84 50.51	250m:	4:02.57 51.77	350m:		
	100m:	1:29.33 48.68	200m:	3:10.80 50.96	300m:	4:54.44 51.87	400m:	6:36.08	
25.	LUBECKA-GODLEWSKA, Apolonia		02	UKS Manta Warszawa Włochy				6:37.98	205
	50m:	38.52 38.52	150m:	2:13.97 50.10	250m:	4:52.59 1:46.91	350m:		
	100m:	1:23.87 45.35	200m:	3:05.68 51.71	300m:	5:46.04 53.45	400m:	6:37.98	

13 lat

1.	COCHÓR, Izabela		01	UKS Ostrobramska Warszawa				5:04.68	457
	50m:	33.30 33.30	150m:	1:49.51 38.54	250m:	3:07.91 38.62	350m:	4:26.59 39.22	
	100m:	1:10.97 37.67	200m:	2:29.29 39.78	300m:	3:47.37 39.46	400m:	5:04.68 38.09	
2.	ULICKA, Alicja		01	UKS dwójka Sochaczew				5:07.35	446
	50m:	33.78 33.78	150m:	1:50.42 39.16	250m:	3:10.60 40.45	350m:	4:29.94 39.46	
	100m:	1:11.26 37.48	200m:	2:30.15 39.73	300m:	3:50.48 39.88	400m:	5:07.35 37.41	
3.	OLEKSY, Aleksandra		01	Mks Piaseczno				5:07.74	444
	50m:	34.38 34.38	150m:	1:53.08 39.76	250m:	3:12.06 39.30	350m:	4:30.67 39.06	
	100m:	1:13.32 38.94	200m:	2:32.76 39.68	300m:	3:51.61 39.55	400m:	5:07.74 37.07	
4.	REGULSKA, Nastazja		01	UKS "GIM 92 Ursynów" Warszawa				5:10.22	433
	50m:	32.84 32.84	150m:	1:49.37 38.71	250m:	3:09.49 40.35	350m:	4:30.51 40.36	
	100m:	1:10.66 37.82	200m:	2:29.14 39.77	300m:	3:50.15 40.66	400m:	5:10.22 39.71	
5.	SIDORCZUK, Toska		01	Uks Pingwiny				5:12.68	423
	50m:	33.23 33.23	150m:	1:51.45 40.65	250m:	3:11.97 40.21	350m:		
	100m:	1:10.80 37.57	200m:	2:31.76 40.31	300m:	4:34.38 1:22.41	400m:	5:12.68	
6.	WOJTANEK, Wiktoria		01	UKS Kapry- Armexim Pruszków				5:15.99	410
	50m:	34.64 34.64	150m:	1:53.29 40.08	250m:	3:13.84 40.40	350m:	4:36.52 41.34	
	100m:	1:13.21 38.57	200m:	2:33.44 40.15	300m:	3:55.18 41.34	400m:	5:15.99 39.47	
7.	JACKIEWICZ, Dominika		01	UKS "Polonez" Wyszaków				5:24.66	378
	50m:	35.99 35.99	150m:	1:57.47 41.90	250m:	3:21.97 42.33	350m:	4:45.61 41.90	
	100m:	1:15.57 39.58	200m:	2:39.64 42.17	300m:	4:03.71 41.74	400m:	5:24.66 39.05	
8.	PODSIADŁY, Agata		01	UKS GOS Raszyn				5:27.93	367
	50m:	33.68 33.68	150m:	1:56.16 41.79	250m:	3:22.59 43.13	350m:	4:49.22 43.27	
	100m:	1:14.37 40.69	200m:	2:39.46 43.30	300m:	4:05.95 43.36	400m:	5:27.93 38.71	
9.	TYMINSKA, Zofia		01	UKS "Polonez" Wyszaków				5:29.04	363
	50m:	34.98 34.98	150m:	1:56.86 41.80	250m:	3:22.69 43.50	350m:	4:48.86 43.45	
	100m:	1:15.06 40.08	200m:	2:39.19 42.33	300m:	4:05.41 42.72	400m:	5:29.04 40.18	

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12-13 letnich
Ciechanów, 22- - 23-3-2014

Konkurencja 7, Dziewcz t, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.
10.	ALBAYRAK, Julia		01	UKS GOS Raszyn			5:30.42	359	
	50m: 35.87	35.87	150m: 1:58.69	42.00	250m: 3:23.81	42.18	350m: 4:48.07	41.69	
	100m: 1:16.69	40.82	200m: 2:41.63	42.94	300m: 4:06.38	42.57	400m: 5:30.42	42.35	
11.	ZAŁ SKA, Adrianna		01	Mpks "Orka" Ciechanow			5:30.72	358	
	50m: 37.34	37.34	150m: 2:01.00	41.73	250m: 3:26.11	42.58	350m: 4:49.45	40.68	
	100m: 1:19.27	41.93	200m: 2:43.53	42.53	300m: 4:08.77	42.66	400m: 5:30.72	41.27	
12.	BAKA-BORKOWSKA, Weronika		01	Mks Ochota Warszawa			5:32.16	353	
	50m: 36.82	36.82	150m: 1:58.76	42.14	250m: 3:24.59	43.29	350m: 4:50.93	42.79	
	100m: 1:16.62	39.80	200m: 2:41.30	42.54	300m: 4:08.14	43.55	400m: 5:32.16	41.23	
13.	IMI SKA, Agnieszka		01	UKS "GIM 92 Ursynów" Warszawa			5:32.28	353	
	50m: 36.38	36.38	150m: 2:00.46	42.78	250m: 3:26.77	43.25	350m: 4:50.46	40.47	
	100m: 1:17.68	41.30	200m: 2:43.52	43.06	300m: 4:09.99	43.22	400m: 5:32.28	41.82	
14.	GARDOCKA, Julia		01	MKS "Ro " Plsz			5:33.09	350	
	50m: 36.22	36.22	150m: 1:58.78	41.96	250m: 3:24.73	42.92	350m: 4:51.98	43.13	
	100m: 1:16.82	40.60	200m: 2:41.81	43.03	300m: 4:08.85	44.12	400m: 5:33.09	41.11	
15.	CIELOSZCZYK, Katarzyna		01	MKS "Ro " Plsz			5:35.68	342	
	50m: 37.57	37.57	150m: 2:03.10	43.18	250m: 3:31.06	44.49	350m: 4:56.57	42.92	
	100m: 1:19.92	42.35	200m: 2:46.57	43.47	300m: 4:13.65	42.59	400m: 5:35.68	39.11	
16.	GRABOWSKA, Wiktoria		01	UKS 307 Warszawa Mokotów			5:35.70	342	
	50m: 38.20	38.20	150m: 2:04.29	43.39	250m: 3:31.55	43.34	350m: 4:57.22	42.22	
	100m: 1:20.90	42.70	200m: 2:48.21	43.92	300m: 4:15.00	43.45	400m: 5:35.70	38.48	
17.	RALOWSKA, Julia		01	UKS Ostrobramska Warszawa			5:36.84	338	
	50m: 37.66	37.66	150m: 2:01.68	42.66	250m: 3:29.80	44.94	350m: 4:56.56	43.42	
	100m: 1:19.02	41.36	200m: 2:44.86	43.18	300m: 4:13.14	43.34	400m: 5:36.84	40.28	
18.	JACKIEWICZ, Klaudia		01	UKS "Polonez" Wyszaków			5:40.07	329	
	50m: 38.76	38.76	150m: 2:07.61	45.16	250m: 3:34.17	43.88	350m: 5:00.39	43.71	
	100m: 1:22.45	43.69	200m: 2:50.29	42.68	300m: 4:16.68	42.51	400m: 5:40.07	39.68	
19.	KOBYLI SKA, Zuzanna		01	UKS Ostrobramska Warszawa			5:41.37	325	
	50m: 37.90	37.90	150m: 2:06.29	45.36	250m: 3:34.08	44.45	350m:		
	100m: 1:20.93	43.03	200m: 2:49.63	43.34	300m: 4:17.64	43.56	400m: 5:41.37		
20.	KRAWCZYK, Jowita		01	UKS "Polonez" Wyszaków			5:48.91	304	
	50m: 38.12	38.12	150m: 2:03.72	43.72	250m: 3:33.48	44.99	350m: 5:06.69	47.39	
	100m: 1:20.00	41.88	200m: 2:48.49	44.77	300m: 4:19.30	45.82	400m: 5:48.91	42.22	
21.	DALKE, Agata		01	UKS "GIM 92 Ursynów" Warszawa			6:01.07	275	
	50m: 38.83	38.83	150m: 2:08.18	45.66	250m: 3:40.99	46.62	350m: 5:15.99	47.46	
	100m: 1:22.52	43.69	200m: 2:54.37	46.19	300m: 4:28.53	47.54	400m: 6:01.07	45.08	
22.	STACHURSKA, Wiktoria		01	MZOS Płock			6:44.82	195	
	50m: 42.26	42.26	150m: 2:23.48	52.01	250m: 4:08.55	52.67	350m:		
	100m: 1:31.47	49.21	200m: 3:15.88	52.40	300m: 5:02.12	53.57	400m: 6:44.82		