

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 30- - 31-5-2014

Konkurencja 19
2014-05-30 - 18:40

Dziewcz t, 400m dowolny

11 - 15 lat
Wyniki

Punkty: FINA 2014

Pozycja	Rok ur.	Czas	Pkt.
11 lat			
1. KNOP, Aleksandra	03 UKS190 Łód	5:03.09	491
50m: 34.02 34.02	150m: 1:50.98 39.22	250m: 3:09.19 39.23	350m: 4:27.26 39.16
100m: 1:11.76 37.74	200m: 2:29.96 38.98	300m: 3:48.10 38.91	400m: 5:03.09 35.83
2. HERBREder, Gabriela	03 UKS"GIM 92 URSYNÓW"Warszawa	5:28.45	386
50m: 37.14 37.14	150m: 2:02.65 42.16	250m: 3:26.11 41.29	350m: 4:49.57 41.84
100m: 1:20.49 43.35	200m: 2:44.82 42.17	300m: 4:07.73 41.62	400m: 5:28.45 38.88
3. BADZIAN, Natalia	03 IUKS Muszelka	5:32.23	372
50m: 35.36 35.36	150m: 1:59.65 42.93	250m: 3:24.54 42.55	350m: 4:50.34 42.17
100m: 1:16.72 41.36	200m: 2:41.99 42.34	300m: 4:08.17 43.63	400m: 5:32.23 41.89
4. CYNARSKA, Weronika	03 IUKS Muszelka	5:39.32	350
50m: 35.98 35.98	150m: 2:00.62 43.06	250m: 3:27.18 43.32	350m: 4:55.99 43.79
100m: 1:17.56 41.58	200m: 2:43.86 43.24	300m: 4:12.20 45.02	400m: 5:39.32 43.33
5. ERA SKA, Ula	03 Buks Warszawa	5:49.30	320
50m: 39.31 39.31	150m: 2:09.87 45.05	250m: 3:40.35 45.31	350m: 5:07.68 43.00
100m: 1:24.82 45.51	200m: 2:55.04 45.17	300m: 4:24.68 44.33	400m: 5:49.30 41.62
6. PRZYBYSZ, Dominika	03 Buks Warszawa	5:53.90	308
50m: 39.64 39.64	150m: 2:08.47 45.25	250m: 3:40.29 46.20	350m: 5:10.35 45.96
100m: 1:23.22 43.58	200m: 2:54.09 45.62	300m: 4:24.39 44.10	400m: 5:53.90 43.55
7. WOJCIECHOWSKA, Wiktoria	03 UKS JAGIELLONKA Warszawa	5:56.67	301
50m: 39.17 39.17	150m: 2:10.26 46.66	250m: 3:43.35 46.02	350m: 5:14.71 45.44
100m: 1:23.60 44.43	200m: 2:57.33 47.07	300m: 4:29.27 45.92	400m: 5:56.67 41.96
8. OBUCHOWICZ, Natasza	03 Legia Warszawa	6:04.57	282
50m: 39.72 39.72	150m: 2:12.09 46.29	250m: 3:46.17 47.18	350m: 5:19.36 45.91
100m: 1:25.80 46.08	200m: 2:58.99 46.90	300m: 4:33.45 47.28	400m: 6:04.57 45.21
9. KASJANIUK, Patrycja	03 Buks Warszawa	6:12.55	264
50m: 40.74 40.74	150m: 2:16.03 48.58	250m: 3:50.81 46.37	350m: 5:26.01 47.43
100m: 1:27.45 46.71	200m: 3:04.44 48.41	300m: 4:38.58 47.77	400m: 6:12.55 46.54
10. WOJDA, Weronika	03 Buks Warszawa	6:21.28	246
50m: 40.43 40.43	150m: 2:16.69 48.88	250m: 3:55.60 49.28	350m: 5:36.93 51.42
100m: 1:27.81 47.38	200m: 3:06.32 49.63	300m: 4:45.51 49.91	400m: 6:21.28 44.35
11. ZIÓLKOWSKA, Martyna	03 UKS V Łomianki	7:01.57	182
50m: 44.46 44.46	150m: 2:31.65 54.10	250m: 4:20.19 54.85	350m: 6:09.89 53.31
100m: 1:37.55 53.09	200m: 3:25.34 53.69	300m: 5:16.58 56.39	400m: 7:01.57 51.68
12. WYSZKOWSKA, Amelia	03 UKS NAWA Skierniewice	7:01.74	182
50m: 41.77 41.77	150m: 2:28.79 54.77	250m: 4:22.34 56.31	350m: 6:09.45 53.77
100m: 1:34.02 52.25	200m: 3:26.03 57.24	300m: 5:15.68 53.34	400m: 7:01.74 52.29
13. BORUCKA, Ida	03 UKS V Łomianki	7:17.94	162
50m: 48.75 48.75	150m: 2:41.25 56.07	250m: 4:33.71 56.06	350m: 6:25.43 55.18
100m: 1:45.18 56.43	200m: 3:37.65 56.40	300m: 5:30.25 56.54	400m: 7:17.94 52.51
12 lat			
1. MIKSA, Paulina	02 UKS190 Łód	5:16.12	432
50m: 35.52 35.52	150m: 1:55.78 40.60	250m: 3:16.86 40.82	350m: 4:38.23 40.60
100m: 1:15.18 39.66	200m: 2:36.04 40.26	300m: 3:57.63 40.77	400m: 5:16.12 37.89
2. PAWŁOWSKA, Barbara	02 UKS190 Łód	5:16.55	431
50m: 35.60 35.60	150m: 1:55.74 40.49	250m: 3:16.20 40.03	350m: 4:37.42 41.48
100m: 1:15.25 39.65	200m: 2:36.17 40.43	300m: 3:55.94 39.74	400m: 5:16.55 39.13
3. JASIORSKA, Aleksandra	02 IUKS Muszelka	5:17.69	426
50m: 35.16 35.16	150m: 1:54.15 39.58	250m: 3:16.71 41.08	350m: 4:38.06 39.67
100m: 1:14.57 39.41	200m: 2:35.63 41.48	300m: 3:58.39 41.68	400m: 5:17.69 39.63

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 30- - 31-5-2014

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

Pozycja			Rok ur.					Czas	Pkt.
4.	RAJCA, Olivia		02	UKS190 Łód				5:21.15	412
	50m:	36.40 36.40	150m:	1:59.95 41.64	250m:	3:23.76 41.70	350m:	4:46.58 40.94	
	100m:	1:18.31 41.91	200m:	2:42.06 42.11	300m:	4:05.64 41.88	400m:	5:21.15 34.57	
5.	BIDNIK, Karolina		02	UKS Skalar Warszawa				5:27.18	390
	50m:	35.62 35.62	150m:	1:56.79 41.31	250m:	3:21.38 42.42	350m:	4:46.75 43.08	
	100m:	1:15.48 39.86	200m:	2:38.96 42.17	300m:	4:03.67 42.29	400m:	5:27.18 40.43	
6.	WILCZEWSKA, Aleksandra		02	KS OLIMPIA Lublin				5:35.74	361
	50m:	38.43 38.43	150m:	2:05.38 44.36	250m:	3:31.55 42.84	350m:	4:55.82 41.74	
	100m:	1:21.02 42.59	200m:	2:48.71 43.33	300m:	4:14.08 42.53	400m:	5:35.74 39.92	
7.	BARTNIAK, Zuzanna		02	IUKS Muszelka				5:40.62	346
	50m:	39.23 39.23	150m:	2:05.29 43.30	250m:	3:31.94 43.35	350m:	4:59.44 43.19	
	100m:	1:21.99 42.76	200m:	2:48.59 43.30	300m:	4:16.25 44.31	400m:	5:40.62 41.18	
8.	PAKUŁA, Alicja		02	UKS Pirania				5:50.55	317
	50m:	38.91 38.91	150m:	2:08.05 45.01	250m:	3:38.53 44.98	350m:	5:07.43 43.01	
	100m:	1:23.04 44.13	200m:	2:53.55 45.50	300m:	4:24.42 45.89	400m:	5:50.55 43.12	
9.	KURZEPA, Adrianna		02	UKS Pirania				6:20.94	247
	50m:	42.33 42.33	150m:	2:19.79 49.18	250m:	3:57.06 48.67	350m:	5:33.91 47.18	
	100m:	1:30.61 48.28	200m:	3:08.39 48.60	300m:	4:46.73 49.67	400m:	6:20.94 47.03	
10.	REZNER, Julia		02	UKS Kapry-Armexim Pruszków				6:26.27	237
	50m:	42.74 42.74	150m:	2:21.26 49.29	250m:	4:00.19 49.11	350m:	5:39.35 48.79	
	100m:	1:31.97 49.23	200m:	3:11.08 49.82	300m:	4:50.56 50.37	400m:	6:26.27 46.92	

13 lat

1.	MAZURKIEWICZ, Barbara		01	IKS Konstancin				5:01.41	499
	50m:	34.15 34.15	150m:	1:50.32 38.37	250m:	3:07.82 38.97	350m:	4:24.68 38.84	
	100m:	1:11.95 37.80	200m:	2:28.85 38.53	300m:	3:45.84 38.02	400m:	5:01.41 36.73	
2.	COCHOR, Izabela		01	UKS Ostrobramska				5:10.69	456
	50m:	34.33 34.33	150m:	1:53.87 40.47	250m:	3:13.83 39.32	350m:	4:33.56 39.49	
	100m:	1:13.40 39.07	200m:	2:34.51 40.64	300m:	3:54.07 40.24	400m:	5:10.69 37.13	
3.	PEPLAK, Julia		01	KS 1 O arów Mazowiecki				5:11.89	450
	50m:	34.94 34.94	150m:	1:54.52 40.16	250m:	3:15.64 40.85	350m:	4:35.86 39.80	
	100m:	1:14.36 39.42	200m:	2:34.79 40.27	300m:	3:56.06 40.42	400m:	5:11.89 36.03	
4.	DMITROCA, Julia		01	KS 1 O arów Mazowiecki				5:12.47	448
	50m:	34.84 34.84	150m:	1:55.50 41.33	250m:	3:15.56 40.44	350m:	4:36.19 39.91	
	100m:	1:14.17 39.33	200m:	2:35.12 39.62	300m:	3:56.28 40.72	400m:	5:12.47 36.28	
5.	OLEKSY, Aleksandra		01	Mks Piaseczno				5:14.09	441
	50m:	35.48 35.48	150m:	1:55.36 40.50	250m:	3:16.12 40.16	350m:	4:36.42 39.96	
	100m:	1:14.86 39.38	200m:	2:35.96 40.60	300m:	3:56.46 40.34	400m:	5:14.09 37.67	
6.	WOJTANEK, Wiktoria		01	UKS Kapry-Armexim Pruszków				5:22.91	406
	50m:	36.30 36.30	150m:	1:58.16 41.90	250m:	3:21.01 41.84	350m:	4:44.71 42.08	
	100m:	1:16.26 39.96	200m:	2:39.17 41.01	300m:	4:02.63 41.62	400m:	5:22.91 38.20	
7.	GAJDA, Zofia		01	IKS Konstancin				5:25.70	395
	50m:	36.94 36.94	150m:	1:59.47 41.69	250m:	3:22.21 40.55	350m:	4:46.06 41.25	
	100m:	1:17.78 40.84	200m:	2:41.66 42.19	300m:	4:04.81 42.60	400m:	5:25.70 39.64	
8.	ROMAN, Magdalena		01	IKS Konstancin				5:38.00	354
	50m:	36.86 36.86	150m:	2:02.70 43.66	250m:	3:30.27 43.97	350m:	4:57.41 43.91	
	100m:	1:19.04 42.18	200m:	2:46.30 43.60	300m:	4:13.50 43.23	400m:	5:38.00 40.59	
9.	PODSIADŁY, Agata		01	UKS Gos Raszyn				5:44.44	334
	50m:	35.58 35.58	150m:	2:02.35 44.19	250m:	3:32.03 44.75	350m:	5:03.12 45.19	
	100m:	1:18.16 42.58	200m:	2:47.28 44.93	300m:	4:17.93 45.90	400m:	5:44.44 41.32	
10.	WŁODARCZYK, Agnieszka		01	MKS Nielba W growiec 04015				5:47.60	325
	50m:	37.78 37.78	150m:	2:05.57 45.15	250m:	3:36.31 46.11	350m:	5:06.91 45.56	
	100m:	1:20.42 42.64	200m:	2:50.20 44.63	300m:	4:21.35 45.04	400m:	5:47.60 40.69	

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 30- - 31-5-2014

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14 lat

1.	SOLAK, Anna	00	Psp Swim Płock	4:43.72	598
	50m: 31.32 31.32	150m: 1:42.71 36.27	250m: 2:55.05 36.11	350m: 4:08.50 36.68	
	100m: 1:06.44 35.12	200m: 2:18.94 36.23	300m: 3:31.82 36.77	400m: 4:43.72 35.22	
2.	POGORZELSKA, Inez	00	UKS Gos Raszyn	4:47.18	577
	50m: 31.97 31.97	150m: 1:43.94 36.64	250m: 2:58.09 37.06	350m: 4:11.73 36.43	
	100m: 1:07.30 35.33	200m: 2:21.03 37.09	300m: 3:35.30 37.21	400m: 4:47.18 35.45	
3.	POLANSKA, Aleksandra	00	UKS Gos Raszyn	4:47.39	576
	50m: 32.47 32.47	150m: 1:45.55 37.21	250m: 2:59.55 36.93	350m: 4:13.11 36.85	
	100m: 1:08.34 35.87	200m: 2:22.62 37.07	300m: 3:36.26 36.71	400m: 4:47.39 34.28	
4.	PECYNA, Michalina	00	IKS Konstancin	4:48.91	567
	50m: 32.81 32.81	150m: 1:46.26 37.08	250m: 3:00.51 36.90	350m: 4:13.98 36.50	
	100m: 1:09.18 36.37	200m: 2:23.61 37.35	300m: 3:37.48 36.97	400m: 4:48.91 34.93	
5.	STASZCZYK, Natalia	00	UKS "GIM 92 Ursynów" Warszawa	4:51.25	553
	50m: 33.43 33.43	150m: 1:45.80 36.76	250m: 3:00.40 37.50	350m: 4:14.90 37.04	
	100m: 1:09.04 35.61	200m: 2:22.90 37.10	300m: 3:37.86 37.46	400m: 4:51.25 36.35	
6.	KLESSA, Helena	00	MKS Nielba W growiec 04015	4:52.11	548
	50m: 32.65 32.65	150m: 1:45.38 37.21	250m: 3:00.78 38.11	350m: 4:16.14 37.87	
	100m: 1:08.17 35.52	200m: 2:22.67 37.29	300m: 3:38.27 37.49	400m: 4:52.11 35.97	
7.	DZWONNIK, Zuzanna	00	UKS SP19 Łód	4:52.20	548
	50m: 31.90 31.90	150m: 1:45.49 37.31	250m: 3:01.42 38.27	350m: 4:15.94 37.18	
	100m: 1:08.18 36.28	200m: 2:23.15 37.66	300m: 3:38.76 37.34	400m: 4:52.20 36.26	
8.	NIEDZIAŁKOWSKA, Daria	00	Rtp Victoria Radom	4:59.41	509
	50m: 32.07 32.07	150m: 1:48.02 38.91	250m: 3:06.70 39.36	350m: 4:24.04 38.21	
	100m: 1:09.11 37.04	200m: 2:27.34 39.32	300m: 3:45.83 39.13	400m: 4:59.41 35.37	
9.	GIEMZA, Aleksandra	00	UKS190 Łód	5:03.77	487
	50m: 34.31 34.31	150m: 1:51.67 39.28	250m: 3:09.69 38.87	350m: 4:27.33 38.59	
	100m: 1:12.39 38.08	200m: 2:30.82 39.15	300m: 3:48.74 39.05	400m: 5:03.77 36.44	
10.	WALZ, Kornelia	00	UKS NAWA Skierniewice	5:06.18	476
	50m: 34.93 34.93	150m: 1:53.92 39.65	250m: 3:12.40 39.21	350m: 4:30.74 38.52	
	100m: 1:14.27 39.34	200m: 2:33.19 39.27	300m: 3:52.22 39.82	400m: 5:06.18 35.44	
11.	ABRAMOWICZ, Julia	00	IKS Konstancin	5:07.43	470
	50m: 32.95 32.95	150m: 1:50.49 39.20	250m: 3:08.87 38.86	350m: 4:28.70 40.54	
	100m: 1:11.29 38.34	200m: 2:30.01 39.52	300m: 3:48.16 39.29	400m: 5:07.43 38.73	
12.	CIPORSKA, Katarzyna	00	MKS Polonia Warszawa	5:13.33	444
	50m: 34.41 34.41	150m: 1:53.07 39.91	250m: 3:13.93 40.53	350m: 4:34.71 40.14	
	100m: 1:13.16 38.75	200m: 2:33.40 40.33	300m: 3:54.57 40.64	400m: 5:13.33 38.62	

15 lat

1.	JANISZEWSKA, Dominika	99	MKS Polonia Warszawa	4:35.26	655
	50m: 30.42 30.42	150m: 1:38.64 35.01	250m: 2:49.50 34.79	350m: 4:00.94 35.97	
	100m: 1:03.63 33.21	200m: 2:14.71 36.07	300m: 3:24.97 35.47	400m: 4:35.26 34.32	
2.	ZADUMI SKA, Weronika	99	MKS Polonia Warszawa	4:53.60	540
	50m: 32.54 32.54	150m: 1:45.54 37.07	250m: 3:00.66 37.80	350m: 4:16.52 37.50	
	100m: 1:08.47 35.93	200m: 2:22.86 37.32	300m: 3:39.02 38.36	400m: 4:53.60 37.08	
3.	SZCZ CH, Inez	99	MKS Polonia Warszawa	5:06.02	477
	50m: 34.69 34.69	150m: 1:52.05 38.88	250m: 3:09.21 37.82	350m: 4:28.24 39.58	
	100m: 1:13.17 38.48	200m: 2:31.39 39.34	300m: 3:48.66 39.45	400m: 5:06.02 37.78	
4.	BAZYŁKO, Joanna	99	UKS JAGIELLONKA Warszawa	5:13.38	444
	50m: 34.79 34.79	150m: 1:53.60 39.95	250m: 3:13.92 40.37	350m: 4:34.68 40.02	
	100m: 1:13.65 38.86	200m: 2:33.55 39.95	300m: 3:54.66 40.74	400m: 5:13.38 38.70	

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 30- - 31-5-2014

Konkurencja 19, Dziewcz t, 400m dowolny

PK	GRZELEWSKA, Anna		98	Buks Warszawa				4:58.42	514			
	50m:	32.75	32.75	150m:	1:48.53	38.97	250m:	3:05.07	38.21	350m:	4:21.97	38.07
	100m:	1:09.56	36.81	200m:	2:26.86	38.33	300m:	3:43.90	38.83	400m:	4:58.42	36.45
PK	CZAPSKA, Alina		98	ródmiejski UKS Polna				5:33.64	368			
	50m:	36.04	36.04	150m:	1:59.40	42.46	250m:	3:25.01	42.82	350m:	4:51.45	42.69
	100m:	1:16.94	40.90	200m:	2:42.19	42.79	300m:	4:08.76	43.75	400m:	5:33.64	42.19