

Otwarte mistrzostwa Warszawy
Warszawa, 28- - 29-11-2014

Konkurencja 19
2014-11-28 - 18:18

Dziewcz t, 400m dowolny

11 - 15 lat
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.	
11 lat										
1.	KNOP, Aleksandra		03	UKS190 Łód				4:58.27	515	
	50m:	33.60 33.60	150m:	1:49.69	38.06	250m:	3:06.28	38.53	350m:	4:22.27 37.45
	100m:	1:11.63 38.03	200m:	2:27.75	38.06	300m:	3:44.82	38.54	400m:	4:58.27 36.00
2.	BADZIAN, Natalia		03	IUKS Muszelka				5:19.78	418	
	50m:	34.39 34.39	150m:	1:55.39	41.45	250m:	3:18.62	41.47	350m:	4:40.55 40.38
	100m:	1:13.94 39.55	200m:	2:37.15	41.76	300m:	4:00.17	41.55	400m:	5:19.78 39.23
3.	CYNARSKA, Weronika		03	IUKS Muszelka				5:38.74	351	
	50m:	36.34 36.34	150m:	2:02.16	43.52	250m:	3:30.14	43.89	350m:	4:57.02 42.51
	100m:	1:18.64 42.30	200m:	2:46.25	44.09	300m:	4:14.51	44.37	400m:	5:38.74 41.72
4.	PL SEK, Aleksandra		03	UKS MANTA Warszawa Włochy				5:38.78	351	
	50m:	36.90 36.90	150m:	2:02.60	43.72	250m:	3:31.59	44.48	350m:	4:59.67 44.44
	100m:	1:18.88 41.98	200m:	2:47.11	44.51	300m:	4:15.23	43.64	400m:	5:38.78 39.11
5.	ERA SKA, Ula		03	Buks Warszawa				5:38.91	351	
	50m:	38.31 38.31	150m:	2:06.14	44.36	250m:	3:33.45	43.94	350m:	4:58.00 40.34
	100m:	1:21.78 43.47	200m:	2:49.51	43.37	300m:	4:17.66	44.21	400m:	5:38.91 40.91
6.	CYNARSKA, Natalia		03	IUKS Muszelka				5:45.59	331	
	50m:	37.42 37.42	150m:	2:04.26	44.47	250m:	3:33.47	44.65	350m:	5:03.56 45.47
	100m:	1:19.79 42.37	200m:	2:48.82	44.56	300m:	4:18.09	44.62	400m:	5:45.59 42.03
7.	OBUCHOWICZ, Natasza		03	Legia warszawa				5:48.22	323	
	50m:	39.56 39.56	150m:	2:08.24	44.78	250m:	3:38.37	44.16	350m:	5:06.81 43.67
	100m:	1:23.46 43.90	200m:	2:54.21	45.97	300m:	4:23.14	44.77	400m:	5:48.22 41.41
8.	JASKUŁOWSKA, Zofia		03	IKS Konstancin				5:56.34	302	
	50m:	39.92 39.92	150m:	2:10.01	45.81	250m:	3:41.58	45.82	350m:	5:12.31 45.08
	100m:	1:24.20 44.28	200m:	2:55.76	45.75	300m:	4:27.23	45.65	400m:	5:56.34 44.03
9.	KASJANIUK, Patrycja		03	Buks Warszawa				5:57.92	298	
	50m:	40.45 40.45	150m:	2:10.57	44.77	250m:	3:41.77	45.45	350m:	5:13.07 45.21
	100m:	1:25.80 45.35	200m:	2:56.32	45.75	300m:	4:27.86	46.09	400m:	5:57.92 44.85
10.	KARBOWSKA, Julia		03	UKS Victoria Józefów				5:58.66	296	
	50m:	39.44 39.44	150m:	2:10.16	46.53	250m:	3:41.90	46.24	350m:	5:14.86 46.57
	100m:	1:23.63 44.19	200m:	2:55.66	45.50	300m:	4:28.29	46.39	400m:	5:58.66 43.80
11.	ZIEMACKA, Julia		03	IUKS Muszelka				5:59.29	294	
	50m:	41.03 41.03	150m:	2:12.46	45.63	250m:	3:43.85	45.24	350m:	5:15.60 45.74
	100m:	1:26.83 45.80	200m:	2:58.61	46.15	300m:	4:29.86	46.01	400m:	5:59.29 43.69
12.	SŁOWIK, Martyna		03	IKS Konstancin				6:18.25	252	
	50m:	40.23 40.23	150m:	2:16.13	48.79	250m:	3:53.36	48.52	350m:	5:28.99 47.69
	100m:	1:27.34 47.11	200m:	3:04.84	48.71	300m:	4:41.30	47.94	400m:	6:18.25 49.26
13.	SALAMO CZYK, Maja		03	UKS Victoria Józefów				7:02.92	180	
	50m:	44.32 44.32	150m:	2:29.05	53.51	250m:	4:18.21	54.61	350m:	6:09.74 55.72
	100m:	1:35.54 51.22	200m:	3:23.60	54.55	300m:	5:14.02	55.81	400m:	7:02.92 53.18
12 lat										
1.	WILCZEWSKA, Aleksandra		02	KS OLIMPIA Lublin				5:06.84	473	
	50m:	34.68 34.68	150m:	1:52.23	39.39	250m:	3:11.23	39.58	350m:	4:29.88 39.05
	100m:	1:12.84 38.16	200m:	2:31.65	39.42	300m:	3:50.83	39.60	400m:	5:06.84 36.96
2.	RAJCA, Olivia		02	UKS190 Łód				5:11.53	452	
	50m:	35.23 35.23	150m:	1:55.33	40.30	250m:	3:17.10	40.72	350m:	4:37.03 39.51
	100m:	1:15.03 39.80	200m:	2:36.38	41.05	300m:	3:57.52	40.42	400m:	5:11.53 34.50
3.	PAWŁOWSKA, Barbara		02	UKS190 Łód				5:13.77	442	
	50m:	35.57 35.57	150m:	1:55.38	40.00	250m:	3:15.72	40.28	350m:	4:36.48 39.74
	100m:	1:15.38 39.81	200m:	2:35.44	40.06	300m:	3:56.74	41.02	400m:	5:13.77 37.29

Otwarte mistrzostwa Warszawy
Warszawa, 28- - 29-11-2014

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

Pozycja			Rok ur.					Czas	Pkt.
4.	KRYPA, Marta		02	UKS MANTA Warszawa Włochy				5:14.45	439
	50m:	34.39 34.39	150m:	1:54.21 40.17	250m:	3:15.47 40.61	350m:	4:36.00 40.42	
	100m:	1:14.04 39.65	200m:	2:34.86 40.65	300m:	3:55.58 40.11	400m:	5:14.45 38.45	
5.	JASIORSKA, Aleksandra		02	IUKS Muszelka				5:14.60	439
	50m:	35.31 35.31	150m:	1:54.60 39.89	250m:	3:15.53 40.48	350m:	4:36.23 38.70	
	100m:	1:14.71 39.40	200m:	2:35.05 40.45	300m:	3:57.53 42.00	400m:	5:14.60 38.37	
6.	MIKSA, Paulina		02	UKS190 Łódź				5:16.18	432
	50m:	36.51 36.51	150m:	1:56.99 40.89	250m:	3:18.45 41.12	350m:	4:38.72 40.33	
	100m:	1:16.10 39.59	200m:	2:37.33 40.34	300m:	3:58.39 39.94	400m:	5:16.18 37.46	
7.	WRÓBLEWSKA, Wiktoria		02	UKS GOS Raszyn				5:21.65	411
	50m:	36.02 36.02	150m:	1:56.86 41.42	250m:	3:19.81 41.89	350m:	4:42.09 41.69	
	100m:	1:15.44 39.42	200m:	2:37.92 41.06	300m:	4:00.40 40.59	400m:	5:21.65 39.56	
8.	BIDNIK, Karolina		02	UKS MANTA Warszawa Włochy				5:28.89	384
	50m:	36.14 36.14	150m:	1:58.52 41.93	250m:	3:23.42 42.77	350m:	4:48.21 42.68	
	100m:	1:16.59 40.45	200m:	2:40.65 42.13	300m:	4:05.53 42.11	400m:	5:28.89 40.68	
9.	TA SKA, Joanna		02	Uks Kapry Armexim Pruszków				5:30.11	380
	50m:	36.08 36.08	150m:	1:59.98 42.67	250m:	3:26.07 43.41	350m:	4:51.32 42.01	
	100m:	1:17.31 41.23	200m:	2:42.66 42.68	300m:	4:09.31 43.24	400m:	5:30.11 38.79	
10.	KORDAS, Zuzanna		02	IKS Konstancin				6:07.88	274
	50m:	38.73 38.73	150m:	2:11.18 47.57	250m:	3:45.92 47.49	350m:	5:21.88 48.09	
	100m:	1:23.61 44.88	200m:	2:58.43 47.25	300m:	4:33.79 47.87	400m:	6:07.88 46.00	

13 lat

1.	MAZURKIEWICZ, Barbara		01	IKS Konstancin				4:59.30	510
	50m:	32.95 32.95	150m:	1:47.46 37.76	250m:	3:04.45 38.62	350m:	4:22.06 38.73	
	100m:	1:09.70 36.75	200m:	2:25.83 38.37	300m:	3:43.33 38.88	400m:	4:59.30 37.24	
2.	SOKÓŁ, Zuzanna		01	IKS Konstancin				5:06.09	476
	50m:	33.39 33.39	150m:	1:50.85 39.31	250m:	3:09.92 39.39	350m:	4:28.54 39.20	
	100m:	1:11.54 38.15	200m:	2:30.53 39.68	300m:	3:49.34 39.42	400m:	5:06.09 37.55	
3.	TOBIASZ, Anna		01	UKS Victoria Józefów				5:09.20	462
	50m:	33.43 33.43	150m:	1:51.12 39.66	250m:	3:11.14 40.11	350m:	4:31.48 39.60	
	100m:	1:11.46 38.03	200m:	2:31.03 39.91	300m:	3:51.88 40.74	400m:	5:09.20 37.72	
4.	COCHÓR, Izabela		01	UKS Ostrobramska Warszawa				5:09.55	461
	50m:	33.04 33.04	150m:	1:52.06 39.81	250m:	3:12.93 40.03	350m:	4:32.20 39.41	
	100m:	1:12.25 39.21	200m:	2:32.90 40.84	300m:	3:52.79 39.86	400m:	5:09.55 37.35	
5.	OLEKSY, Aleksandra		01	Mks Piaseczno				5:12.45	448
	50m:	34.56 34.56	150m:	1:54.01 40.46	250m:	3:15.68 40.86	350m:	4:36.04 40.29	
	100m:	1:13.55 38.99	200m:	2:34.82 40.81	300m:	3:55.75 40.07	400m:	5:12.45 36.41	
6.	NIEWIADOMSKA, Wiktoria		01	Psp Swim Płock				5:16.36	431
	50m:	34.72 34.72	150m:	1:54.29 40.42	250m:	3:15.95 40.54	350m:	4:37.63 40.43	
	100m:	1:13.87 39.15	200m:	2:35.41 41.12	300m:	3:57.20 41.25	400m:	5:16.36 38.73	
7.	B K, Julia		01	UKS Victoria Józefów				5:18.58	423
	50m:	36.12 36.12	150m:	1:57.48 41.18	250m:	3:19.04 41.12	350m:	4:40.20 39.90	
	100m:	1:16.30 40.18	200m:	2:37.92 40.44	300m:	4:00.30 41.26	400m:	5:18.58 38.38	
8.	ROMAN, Magdalena		01	IKS Konstancin				5:28.77	384
	50m:	35.94 35.94	150m:	1:59.61 42.55	250m:	3:25.04 42.71	350m:	4:49.19 42.42	
	100m:	1:17.06 41.12	200m:	2:42.33 42.72	300m:	4:06.77 41.73	400m:	5:28.77 39.58	
9.	SCHMIDT, Zuzanna		01	UKS GOS Raszyn				5:53.20	310
	50m:	37.15 37.15	150m:	2:06.28 44.91	250m:	3:38.37 46.52	350m:	5:09.26 44.87	
	100m:	1:21.37 44.22	200m:	2:51.85 45.57	300m:	4:24.39 46.02	400m:	5:53.20 43.94	

Otwarte mistrzostwa Warszawy
Warszawa, 28- - 29-11-2014

Konkurencja 19, Dziewcz t, 400m dowolny

14 lat

1.	PECYNA, Michalina	00	IKS Konstancin	4:41.36	614
	50m: 32.21 32.21	150m: 1:43.90 36.38	250m: 2:56.23 36.06	350m: 4:07.80 35.38	
	100m: 1:07.52 35.31	200m: 2:20.17 36.27	300m: 3:32.42 36.19	400m: 4:41.36 33.56	
2.	PIPCZY SKA, Kamila	00	UKS Victoria Józefów	4:44.18	595
	50m: 31.78 31.78	150m: 1:43.69 36.35	250m: 2:56.62 36.59	350m: 4:08.67 36.00	
	100m: 1:07.34 35.56	200m: 2:20.03 36.34	300m: 3:32.67 36.05	400m: 4:44.18 35.51	
3.	POGORZELSKA, Inez	00	UKS GOS Raszyn	4:47.68	574
	50m: 31.86 31.86	150m: 1:44.17 36.71	250m: 2:57.77 36.93	350m: 4:11.72 37.01	
	100m: 1:07.46 35.60	200m: 2:20.84 36.67	300m: 3:34.71 36.94	400m: 4:47.68 35.96	
4.	CHOJECKA, Karolina	00	UKS OLIMPIC Warka	5:02.45	494
	50m: 33.93 33.93	150m: 1:49.64 38.40	250m: 3:07.60 39.27	350m: 4:25.07 38.61	
	100m: 1:11.24 37.31	200m: 2:28.33 38.69	300m: 3:46.46 38.86	400m: 5:02.45 37.38	

15 lat

1.	GALICKA, Witkoria	99	Uks Kapry Armexim Pruszków	5:03.26	490
	50m: 34.16 34.16	150m: 1:51.01 38.90	250m: 3:08.71 38.91	350m: 4:26.16 38.63	
	100m: 1:12.11 37.95	200m: 2:29.80 38.79	300m: 3:47.53 38.82	400m: 5:03.26 37.10	