

**Otwarte Zimowe mistrzostwa Warszawy i Mazowsza w pływaniu roczniki 1998 -2001
Warszawa, 6- - 7-12-2014**

Konkurencja 31
2014-12-07 - 17:44

Kobiet, 400m dowolny

13 lat i starsi
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.	
13 lat										
1.	BOCHENEK, Anna		01	UKS SKALAR Warszawa				4:46.99	545	
	50m:	32.59 32.59	150m:	1:44.28	36.31	250m:	2:58.01	36.93	350m:	4:11.15 35.95
	100m:	1:07.97 35.38	200m:	2:21.08	36.80	300m:	3:35.20	37.19	400m:	4:46.99 35.84
2.	SUDAK, Zuzanna		01	UKS G - 8 Bielany				4:50.81	524	
	50m:	1:09.03 1:09.03	150m:			250m:	3:00.00	36.80	350m:	4:14.53 37.42
	100m:		200m:	2:23.20		300m:	3:37.11	37.11	400m:	4:50.81 36.28
3.	SOJA, Małgorzata		01	UKS G - 8 Bielany				4:54.87	503	
	50m:	33.49 33.49	150m:	1:47.93	37.04	250m:	3:02.88	37.66	350m:	4:18.40 37.77
	100m:	1:10.89 37.40	200m:	2:25.22	37.29	300m:	3:40.63	37.75	400m:	4:54.87 36.47
4.	COCHÓR, Izabela		01	UKS Ostrobramska Warszawa				4:57.49	489	
	50m:	32.80 32.80	150m:	1:48.25	38.02	250m:	3:04.56	37.83	350m:	4:21.31 38.57
	100m:	1:10.23 37.43	200m:	2:26.73	38.48	300m:	3:42.74	38.18	400m:	4:57.49 36.18
5.	KACZKOWSKA, Anna		01	UKS SKALAR Warszawa				4:59.78	478	
	50m:	34.91 34.91	150m:	1:50.43	37.85	250m:	3:06.26	37.82	350m:	4:23.15 38.58
	100m:	1:12.58 37.67	200m:	2:28.44	38.01	300m:	3:44.57	38.31	400m:	4:59.78 36.63
6.	DMITROCA, Julia		01	KS 1 O arów Mazowiecki				5:04.41	457	
	50m:	34.95 34.95	150m:	1:51.66	38.75	250m:	3:10.05	38.93	350m:	4:27.59 38.45
	100m:	1:12.91 37.96	200m:	2:31.12	39.46	300m:	3:49.14	39.09	400m:	5:04.41 36.82
7.	KOWALEWSKA, Nadia		01	UKS G - 8 Bielany				5:10.55	430	
	50m:	34.86 34.86	150m:	1:51.87	38.91	250m:	3:10.50	39.43	350m:	4:30.54 40.17
	100m:	1:12.96 38.10	200m:	2:31.07	39.20	300m:	3:50.37	39.87	400m:	5:10.55 40.01
8.	PEPLAK, Aleksandra		01	KS 1 O arów Mazowiecki				5:12.43	422	
	50m:	35.14 35.14	150m:	1:55.14	40.18	250m:	3:15.84	40.34	350m:	4:35.33 39.17
	100m:	1:14.96 39.82	200m:	2:35.50	40.36	300m:	3:56.16	40.32	400m:	5:12.43 37.10
9.	BIENIECKA, Natalia		01	Mks Polonia Warszawa				5:13.03	420	
	50m:	33.06 33.06	150m:	1:51.77	40.32	250m:	3:12.93	40.54	350m:	4:34.76 41.08
	100m:	1:11.45 38.39	200m:	2:32.39	40.62	300m:	3:53.68	40.75	400m:	5:13.03 38.27
10.	J DRYCH, Julia		01	UKS oliborz				5:19.80	394	
	50m:	35.81 35.81	150m:	1:56.42	40.54	250m:	3:18.50	41.34	350m:	4:40.34 40.63
	100m:	1:15.88 40.07	200m:	2:37.16	40.74	300m:	3:59.71	41.21	400m:	5:19.80 39.46
11.	ZAŁ SKA, Adrianna		01	Mpks Orka				5:25.36	374	
	50m:	36.17 36.17	150m:	1:55.90	40.08	250m:	3:19.16	41.80	350m:	
	100m:	1:15.82 39.65	200m:	2:37.36	41.46	300m:	4:43.67	1:24.51	400m:	5:25.36
12.	MULARCZYK, Paulina		01	Mks Ochota Warszawa				5:26.26	371	
	50m:	35.31 35.31	150m:	1:58.01	42.10	250m:	3:22.37	42.16	350m:	4:46.43 41.95
	100m:	1:15.91 40.60	200m:	2:40.21	42.20	300m:	4:04.48	42.11	400m:	5:26.26 39.83
13.	BŁASZCZYK, Klaudia		01	Mks Polonia Warszawa				5:31.89	352	
	50m:	34.41 34.41	150m:	1:57.07	42.59	250m:	3:22.97	43.27	350m:	4:49.39 43.12
	100m:	1:14.48 40.07	200m:	2:39.70	42.63	300m:	4:06.27	43.30	400m:	5:31.89 42.50
14.	WINIARSKA, Izabela		01	Mks Ochota Warszawa				5:40.48	326	
	50m:	37.22 37.22	150m:	2:02.12	43.28	250m:	3:29.56	43.56	350m:	4:57.43 44.23
	100m:	1:18.84 41.62	200m:	2:46.00	43.88	300m:	4:13.20	43.64	400m:	5:40.48 43.05
15.	MAZURKIEWICZ, Zuzanna		01	Mks Polonia Warszawa				5:47.88	306	
	50m:	40.34 40.34	150m:	2:08.43	44.04	250m:	3:36.89	44.29	350m:	5:06.63 44.61
	100m:	1:24.39 44.05	200m:	2:52.60	44.17	300m:	4:22.02	45.13	400m:	5:47.88 41.25
16.	CZAPLICKA, Aleksandra		01	Mks Ochota Warszawa				5:49.88	301	
	50m:	1:20.27 1:20.27	150m:	2:49.93	45.02	250m:			350m:	
	100m:	2:04.91 44.64	200m:			300m:	5:06.83		400m:	5:49.88

Otwarte Zimowe mistrzostwa Warszawy i Mazowsza w pływaniu roczniki 1998 -2001
 Warszawa, 6- - 7-12-2014

Konkurencja 31, Kobiet, 400m dowolny

14 - 15 lat

1.	PIPCZY SKA, Kamila	00	UKS Victoria Józefów	4:40.05	587
	50m: 31.95 31.95	150m: 1:43.04	35.53 250m: 2:54.49	35.61 350m: 4:06.36	35.79
	100m: 1:07.51 35.56	200m: 2:18.88	35.84 300m: 3:30.57	36.08 400m: 4:40.05	33.69
2.	DUDEK, Sylwia	99	UKS GIM 92 Ursynów	4:44.29	561
	50m: 32.29 32.29	150m: 1:42.44	35.23 250m: 2:55.01	36.52 350m: 4:08.82	36.80
	100m: 1:07.21 34.92	200m: 2:18.49	36.05 300m: 3:32.02	37.01 400m: 4:44.29	35.47
3.	ZADUMI SKA, Weronika	99	Mks Polonia Warszawa	4:44.79	558
	50m: 31.85 31.85	150m: 1:42.32	35.69 250m: 2:55.01	36.47 350m: 4:08.95	37.13
	100m: 1:06.63 34.78	200m: 2:18.54	36.22 300m: 3:31.82	36.81 400m: 4:44.79	35.84
4.	ARNOWSKA, Karolina SWwa	99	Mks Polonia Warszawa	4:46.08	550
	50m: 32.36 32.36	150m: 1:43.56	35.52 250m: 3:33.90	1:14.03 350m:	
	100m: 1:08.04 35.68	200m: 2:19.87	36.31 300m: 4:10.84	36.94 400m:	4:46.08
5.	KUBIAK, Karolina	00	UKS G - 8 Bielany	4:47.33	543
	50m: 33.15 33.15	150m: 1:45.30	36.24 250m: 2:58.78	36.67 350m: 4:12.07	36.59
	100m: 1:09.06 35.91	200m: 2:22.11	36.81 300m: 3:35.48	36.70 400m: 4:47.33	35.26
6.	MALCZEWSKA, Zofia	00	Mks Polonia Warszawa	4:47.98	540
	50m: 32.70 32.70	150m: 1:45.12	36.44 250m: 2:58.47	36.84 350m: 4:11.78	36.49
	100m: 1:08.68 35.98	200m: 2:21.63	36.51 300m: 3:35.29	36.82 400m: 4:47.98	36.20
7.	BERWID, Ligia	00	UKS G - 8 Bielany	4:49.83	529
	50m: 1:08.48 1:08.48	150m:	250m: 2:59.37	37.16 350m: 4:14.10	37.07
	100m: 1:45.23 36.75	200m: 2:22.21	300m: 3:37.03	37.66 400m: 4:49.83	35.73
8.	CIPORSKA, Katarzyna	00	Mks Polonia Warszawa	4:56.81	493
	50m: 32.63 32.63	150m: 1:45.21	36.89 250m: 3:01.16	38.23 350m: 4:18.79	38.80
	100m: 1:08.32 35.69	200m: 2:22.93	37.72 300m: 3:39.99	38.83 400m: 4:56.81	38.02
9.	BAZYLKO, Joanna	99	UKS JAGIELLONKA Warszawa	4:58.83	483
	50m: 33.02 33.02	150m: 1:47.28	37.44 250m: 3:03.49	38.15 350m: 4:21.51	39.25
	100m: 1:09.84 36.82	200m: 2:25.34	38.06 300m: 3:42.26	38.77 400m: 4:58.83	37.32
10.	SZCZ CH, Inez	99	Mks Polonia Warszawa	5:01.74	469
	50m: 32.70 32.70	150m: 1:47.20	38.03 250m: 3:03.93	38.67 350m: 4:22.57	39.05
	100m: 1:09.17 36.47	200m: 2:25.26	38.06 300m: 3:43.52	39.59 400m: 5:01.74	39.17
11.	CZARNECKA, Katarzyna	00	UKS G - 8 Bielany	5:06.71	447
	50m: 34.93 34.93	150m: 1:52.16	38.84 250m: 3:10.40	39.05 350m: 4:29.27	39.38
	100m: 1:13.32 38.39	200m: 2:31.35	39.19 300m: 3:49.89	39.49 400m: 5:06.71	37.44

16 lat i starsi

1.	GRALEWSKA, KALINA SWwa	96	Mks Polonia Warszawa	4:30.42	652
	50m: 1:04.43 1:04.43	150m: 2:12.03	33.86 250m: 3:21.26	34.84 350m:	
	100m: 1:38.17 33.74	200m: 2:46.42	34.39 300m: 3:56.24	34.98 400m: 4:30.42	