

Otwarte Mistrzostwa Warszawy w pływaniu o puchar Przewodniczącego Rady Mokotowskiej Fundacji Warszawianka – Wodny Park  
Warszawa, 29- - 30-5-2015

Konkurencja 29  
2015-05-30 - 11:46

Dziewcząt, 400m zmienny

11 - 15 lat  
Wyniki

Punkty: FINA 2014

Pozycja	Rok ur.	Czas	Pkt.
<b>12 lat</b>			
1. KNOP, Aleksandra	03 Uks 190 Łódź	<b>5:34.15</b>	518
50m: 35.48 35.48	150m: 2:00.04 42.92	250m: 3:30.50 48.56	350m: 4:57.73 37.11
100m: 1:17.12 41.64	200m: 2:41.94 41.90	300m: 4:20.62 50.12	400m: 5:34.15 36.42
2. CYNARSKA, Weronika	03 Iuks Muszelka	<b>6:00.56</b>	412
50m: 38.84 38.84	150m: 2:13.12 48.34	250m: 3:51.90 51.27	350m: 5:21.46 39.26
100m: 1:24.78 45.94	200m: 3:00.63 47.51	300m: 4:42.20 50.30	400m: 6:00.56 39.10
3. BADZIAN, Natalia	03 Iuks Muszelka	<b>6:01.15</b>	410
50m: 38.94 38.94	150m: 2:16.77 46.42	250m: 3:52.21 52.25	350m: 5:23.85 39.24
100m: 1:30.35 51.41	200m: 2:59.96 43.19	300m: 4:44.61 52.40	400m: 6:01.15 37.30
4. CYNARSKA, Natalia	03 Iuks Muszelka	<b>6:02.02</b>	407
50m: 40.52 40.52	150m: 2:13.33 45.80	250m: 3:50.03 51.77	350m: 5:22.30 40.20
100m: 1:27.53 47.01	200m: 2:58.26 44.93	300m: 4:42.10 52.07	400m: 6:02.02 39.72
5. MACIOŁA, Maja	03 Mks Rokita Brzeg Dolny	<b>6:20.44</b>	351
50m: 38.79 38.79	150m: 2:13.08 46.93	250m: 3:56.68 58.00	350m: 5:37.78 44.31
100m: 1:26.15 47.36	200m: 2:58.68 45.60	300m: 4:53.47 56.79	400m: 6:20.44 42.66
6. OBUCHOWICZ, Natasza	03 Stow. Klub Pływacki Legia Wars	<b>6:33.87</b>	316
50m: 44.43 44.43	150m: 2:29.24 49.60	250m: 4:14.84 58.26	350m: 5:54.08 41.39
100m: 1:39.64 55.21	200m: 3:16.58 47.34	300m: 5:12.69 57.85	400m: 6:33.87 39.79
7. ZIEMACKA, Julia	03 Iuks Muszelka	<b>6:35.82</b>	311
50m: 40.98 40.98	150m: 2:20.77 50.74	250m: 4:09.53 1:00.35	350m:
100m: 1:30.03 49.05	200m: 3:09.18 48.41	300m: 5:10.43 1:00.90	400m: 6:35.82
8. BOGUSZ, Maja	03 Buks Warszawa	<b>6:40.86</b>	300
50m: 47.44 47.44	150m: 2:35.33 51.38	250m: 4:19.43 52.89	350m: 5:56.93 44.55
100m: 1:43.95 56.51	200m: 3:26.54 51.21	300m: 5:12.38 52.95	400m: 6:40.86 43.93
DYSKW. RUSSEK, Agata	03 Uks,, oliborz" Warszawa	<b>5:59.67</b>	
<i>K4 - Cykl ruchowy inny niż jeden ruch ramion i jedno kopnięcie nogami</i>			
50m: 37.00 37.00	150m: 2:11.42 50.82	250m: 3:48.99 47.73	350m: 5:19.63 42.49
100m: 1:20.60 43.60	200m: 3:01.26 49.84	300m: 4:37.14 48.15	400m: 5:59.67 40.04
DYSKW. NOWAK, Zofia	03 Uks G-8 Bielany	<b>6:02.56</b>	
<i>G3 - Nie utrzymanie pozycji na plecach</i>			
50m: 37.27 37.27	150m: 2:09.15 47.17	250m: 3:46.88 52.26	350m: 5:21.78 41.40
100m: 1:21.98 44.71	200m: 2:54.62 45.47	300m: 4:40.38 53.50	400m: 6:02.56 40.78
DYSKW. WOJDA, Weronika	03 Buks Warszawa	<b>6:35.32</b>	
<i>M7 - Nie przenoszenie ramion do przodu nad lustrem wody</i>			
50m: 43.80 43.80	150m: 2:28.16 52.45	250m: 4:12.97 56.59	350m: 5:53.29 42.52
100m: 1:35.71 51.91	200m: 3:16.38 48.22	300m: 5:10.77 57.80	400m: 6:35.32 42.03
<b>13 lat</b>			
1. BUKO, Martyna	02 MKS Medyk Giżycko	<b>5:35.21</b>	513
50m: 35.03 35.03	150m: 2:02.63 45.10	250m: 3:31.84 46.44	350m: 4:58.48 39.01
100m: 1:17.53 42.50	200m: 2:45.40 42.77	300m: 4:19.47 47.63	400m: 5:35.21 36.73
2. WILCZEWSKA, Aleksandra	02 KS OLIMPIA Lublin	<b>5:43.35</b>	477
50m: 36.92 36.92	150m: 2:05.08 43.65	250m: 3:36.11 49.45	350m: 5:06.12 39.72
100m: 1:21.43 44.51	200m: 2:46.66 41.58	300m: 4:26.40 50.29	400m: 5:43.35 37.23
3. DOBOSZ, Kalina	02 Uks,, oliborz" Warszawa	<b>5:53.45</b>	438
50m: 37.92 37.92	150m: 2:12.65 49.06	250m: 3:44.39 46.20	350m: 5:13.50 41.81
100m: 1:23.59 45.67	200m: 2:58.19 45.54	300m: 4:31.69 47.30	400m: 5:53.45 39.95
4. SKRZAT, Natalia	02 UKS JAGIELLONKA Warszawa	<b>5:53.81</b>	436
50m: 39.29 39.29	150m: 2:13.65 45.98	250m: 3:44.56 48.35	350m: 5:14.76 41.52
100m: 1:27.67 48.38	200m: 2:56.21 42.56	300m: 4:33.24 48.68	400m: 5:53.81 39.05

Konkurencja 29, Dziewcz t, 400m zmienny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.		
5.	BEDNARCZYK, Aleksandra		02	MKS "WODNIK" Radom				<b>6:01.03</b>	411		
	50m:	35.68 35.68	150m:	2:08.34	48.85	250m:	3:46.12	50.28	350m:	5:20.76	43.29
	100m:	1:19.49 43.81	200m:	2:55.84	47.50	300m:	4:37.47	51.35	400m:	6:01.03	40.27
6.	JASIORSKA, Aleksandra		02	Iuks Muszelka				<b>6:01.20</b>	410		
	50m:	40.50 40.50	150m:	2:15.02	46.46	250m:	3:52.04	51.58	350m:	5:23.36	39.91
	100m:	1:28.56 48.06	200m:	3:00.46	45.44	300m:	4:43.45	51.41	400m:	6:01.20	37.84
DYSKW.	BIAŁAS, Aniela		02	UKS JAGIELLONKA Warszawa				<b>5:52.99</b>			
	<i>M6 - Nierównoczesne przenoszenie ramion do przodu</i>										
	50m:	39.83 39.83	150m:	2:11.56	45.26	250m:	3:45.60	49.96	350m:	5:16.41	38.73
	100m:	1:26.30 46.47	200m:	2:55.64	44.08	300m:	4:37.68	52.08	400m:	5:52.99	36.58

14 lat

1.	WOJTANEK, Wiktoria		01	Uks Kapry Armexim Pruszków				<b>5:31.65</b>	530		
	50m:	35.17 35.17	150m:	2:02.31	44.21	250m:	3:30.66	46.74	350m:	4:55.43	39.32
	100m:	1:18.10 42.93	200m:	2:43.92	41.61	300m:	4:16.11	45.45	400m:	5:31.65	36.22
2.	LEWANDOWSKA, Natalia		01	UKP unia o wi cim				<b>5:33.49</b>	521		
	50m:	33.62 33.62	150m:	1:55.87	42.43	250m:	3:26.12	49.08	350m:	4:54.72	41.48
	100m:	1:13.44 39.82	200m:	2:37.04	41.17	300m:	4:13.24	47.12	400m:	5:33.49	38.77
3.	BALCER, Julia		01	Uks 190 Łód				<b>5:44.69</b>	472		
	50m:	35.97 35.97	150m:	2:00.60	43.60	250m:	3:36.11	53.11	350m:	5:08.07	40.03
	100m:	1:17.00 41.03	200m:	2:43.00	42.40	300m:	4:28.04	51.93	400m:	5:44.69	36.62

15 lat

1.	ODZIEMCZYK, Maja		00	UKS JAGIELLONKA Warszawa				<b>5:29.73</b>	539		
	50m:	34.00 34.00	150m:	1:55.77	42.12	250m:	3:24.50	46.85	350m:	4:53.41	40.90
	100m:	1:13.65 39.65	200m:	2:37.65	41.88	300m:	4:12.51	48.01	400m:	5:29.73	36.32
2.	KUJAWSKA, Katarzyna		00	MTKP Delfin Toru				<b>5:49.48</b>	453		
	50m:	35.77 35.77	150m:	2:05.83	47.12	250m:	3:40.18	49.85	350m:	5:09.80	40.17
	100m:	1:18.71 42.94	200m:	2:50.33	44.50	300m:	4:29.63	49.45	400m:	5:49.48	39.68