

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 4. - 5.12.2015

Konkurencja 19
04.12.2015 - 18:29

Dziewcz t, 400m dowolny

10 - 15 lat
Wyniki

Punkty: FINA 2015

Pozycja	Rok ur.	Czas	Pkt.
10 lat			
1. AMILKIEWICZ, Aleksandra	05 KS OLIMPIA Lublin	5:23.77	399
50m: 36.03 36.03	150m: 1:56.77 41.17	250m: 3:20.03 41.53	350m: 4:43.84 41.74
100m: 1:15.60 39.57	200m: 2:38.50 41.73	300m: 4:02.10 42.07	400m: 5:23.77 39.93
2. GORSZANÓW, Jagoda	05 LKS Jedno 32 Przyszowice	6:23.68	239
50m: 41.75 41.75	150m: 2:18.82 49.39	250m: 3:57.99 50.14	350m: 5:37.31 49.22
100m: 1:29.43 47.68	200m: 3:07.85 49.03	300m: 4:48.09 50.10	400m: 6:23.68 46.37
3. BUŁA, Bianka	05 UKS Salwator Kraków	6:25.01	237
50m: 41.58 41.58	150m: 2:18.85 50.06	250m: 4:00.52 51.18	350m: 5:43.02 50.34
100m: 1:28.79 47.21	200m: 3:09.34 50.49	300m: 4:52.68 52.16	400m: 6:25.01 41.99
4. KRYSI SKA, Nikola	05 UKS"Pi tka"Konstanyń Łódzki	6:50.88	195
50m: 42.98 42.98	150m: 2:28.41 53.88	250m: 4:14.68 52.99	350m: 6:00.53 52.53
100m: 1:34.53 51.55	200m: 3:21.69 53.28	300m: 5:08.00 53.32	400m: 6:50.88 50.35
5. LIWOWSKA, Hanna	05 UKS"Pi tka"Konstanyń Łódzki	7:09.95	170
50m: 46.12 46.12	150m: 2:36.95 54.69	250m: 4:27.52 53.17	350m: 6:16.74 51.72
100m: 1:42.26 56.14	200m: 3:34.35 57.40	300m: 5:25.02 57.50	400m: 7:09.95 53.21
6. OLECKA, Amelia	05 Uks"Gim 92 Ursynów"Warszawa	7:11.46	168
50m: 47.31 47.31	150m: 2:39.67 56.09	250m: 4:31.15 56.15	350m: 6:20.79 54.17
100m: 1:43.58 56.27	200m: 3:35.00 55.33	300m: 5:26.62 55.47	400m: 7:11.46 50.67
7. KACZMAREK, Aleksandra	05 UKS"Pi tka"Konstanyń Łódzki	7:22.56	156
50m: 46.25 46.25	150m: 2:39.96 58.61	250m: 4:32.63 54.58	350m: 6:29.53 59.23
100m: 1:41.35 55.10	200m: 3:38.05 58.09	300m: 5:30.30 57.67	400m: 7:22.56 53.03
DYSKW. SAMORAJ, Oliwia	05 MKS Piaseczno		
<i>O15 - Brak kontaktu fizycznego ze cian podczas nawrotu</i>			
50m: 42.46 42.46	150m: 2:22.87	250m: 4:00.41	350m: 5:37.97
100m: 3:11.45 2:28.99	200m: 4:49.49 2:26.62	300m: 6:22.65 2:22.24	400m:
11 lat			
1. DUBAN, Karolina	04 Uks Kapry Armexim Pruszków	5:32.38	368
50m: 38.40 38.40	150m: 2:03.37 42.71	250m: 3:28.31 42.57	350m: 4:52.89 42.32
100m: 1:20.66 42.26	200m: 2:45.74 42.37	300m: 4:10.57 42.26	400m: 5:32.38 39.49
12 lat			
1. KNOP, Aleksandra	03 UKS190 Łód	4:43.81	592
50m: 32.14 32.14	150m: 1:45.12 36.83	250m: 2:58.06 36.69	350m: 4:09.56 35.33
100m: 1:08.29 36.15	200m: 2:21.37 36.25	300m: 3:34.23 36.17	400m: 4:43.81 34.25
2. BADZIAN, Natalia	03 Iuks Muszelka	4:55.41	525
50m: 32.26 32.26	150m: 1:46.59 37.80	250m: 3:02.79 37.84	350m: 4:19.28 37.96
100m: 1:08.79 36.53	200m: 2:24.95 38.36	300m: 3:41.32 38.53	400m: 4:55.41 36.13
3. CYNARSKA, Weronika	03 Iuks Muszelka	4:59.99	501
50m: 33.75 33.75	150m: 1:48.68 38.33	250m: 3:05.88 38.83	350m: 4:22.80 38.60
100m: 1:10.35 36.60	200m: 2:27.05 38.37	300m: 3:44.20 38.32	400m: 4:59.99 37.19
4. URBANIAK, Dominika	03 UKS190 Łód	5:08.48	461
50m: 36.50 36.50	150m: 1:56.47 39.99	250m: 3:15.25 38.86	350m: 4:32.40 38.12
100m: 1:16.48 39.98	200m: 2:36.39 39.92	300m: 3:54.28 39.03	400m: 5:08.48 36.08
5. ZIEMACKA, Julia	03 Iuks Muszelka	5:14.20	436
50m: 35.42 35.42	150m: 1:54.79 40.08	250m: 3:15.77 40.27	350m: 4:35.38 39.42
100m: 1:14.71 39.29	200m: 2:35.50 40.71	300m: 3:55.96 40.19	400m: 5:14.20 38.82
6. OBUCHOWICZ, Natasza	03 Legia Warszawa	5:17.91	421
50m: 34.37 34.37	150m: 1:54.18 40.71	250m: 3:16.67 41.30	350m: 4:39.12 41.11
100m: 1:13.47 39.10	200m: 2:35.37 41.19	300m: 3:58.01 41.34	400m: 5:17.91 38.79

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 4. - 5.12.2015

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

Pozycja			Rok ur.					Czas	Pkt.		
7.	SANIAWA, Karolina		03	MKS Piaseczno				5:29.83	377		
	50m:	34.47 34.47	150m:	1:57.43	42.12	250m:	3:23.21	42.98	350m:	4:48.84	42.49
	100m:	1:15.31 40.84	200m:	2:40.23	42.80	300m:	4:06.35	43.14	400m:	5:29.83	40.99
8.	AUGU CIAK, Magdalena		03	Uks Kapry Armexim Pruszków				5:41.08	341		
	50m:	40.17 40.17	150m:	2:07.31	43.53	250m:	3:34.41	43.45	350m:	5:00.93	42.18
	100m:	1:23.78 43.61	200m:	2:50.96	43.65	300m:	4:18.75	44.34	400m:	5:41.08	40.15
9.	KASJANIUK, Patrycja		03	Buks Warszawa				5:42.13	338		
	50m:	36.99 36.99	150m:	2:04.30	44.16	250m:	3:31.82	43.64	350m:	4:59.71	44.42
	100m:	1:20.14 43.15	200m:	2:48.18	43.88	300m:	4:15.29	43.47	400m:	5:42.13	42.42
10.	LIWOWSKA, Maria		03	UKS"Pi tka"Konstantynów Łódzki				5:42.52	337		
	50m:	37.45 37.45	150m:	2:04.95	44.35	250m:	3:33.69	43.91	350m:	5:02.39	44.39
	100m:	1:20.60 43.15	200m:	2:49.78	44.83	300m:	4:18.00	44.31	400m:	5:42.52	40.13
11.	BOGUSZ, Maja		03	Buks Warszawa				5:48.77	319		
	50m:	39.18 39.18	150m:	2:07.75	44.86	250m:	3:37.91	44.88	350m:	5:07.40	44.44
	100m:	1:22.89 43.71	200m:	2:53.03	45.28	300m:	4:22.96	45.05	400m:	5:48.77	41.37
12.	ZAR BA, Daria		03	Buks Warszawa				5:55.44	301		
	50m:	41.21 41.21	150m:	2:10.13	44.82	250m:	3:40.88	45.87	350m:	5:12.99	45.97
	100m:	1:25.31 44.10	200m:	2:55.01	44.88	300m:	4:27.02	46.14	400m:	5:55.44	42.45
13.	BORUCKA, Ida		03	UKS V Łomianki				6:13.15	260		
	50m:	41.28 41.28	150m:	2:15.52	47.28	250m:	3:50.85	48.19	350m:	5:27.70	48.30
	100m:	1:28.24 46.96	200m:	3:02.66	47.14	300m:	4:39.40	48.55	400m:	6:13.15	45.45

13 lat

1.	KRYPA, Marta		02	UKS Manta Warszawa Włochy				4:53.28	536		
	50m:	32.59 32.59	150m:	1:46.63	37.12	250m:	3:01.50	37.12	350m:	4:17.30	37.90
	100m:	1:09.51 36.92	200m:	2:24.38	37.75	300m:	3:39.40	37.90	400m:	4:53.28	35.98
2.	PAWŁOWSKA, Barbara		02	UKS190 Łód				4:59.44	504		
	50m:	34.45 34.45	150m:	1:49.68	38.04	250m:	3:06.57	38.15	350m:	4:22.79	37.79
	100m:	1:11.64 37.19	200m:	2:28.42	38.74	300m:	3:45.00	38.43	400m:	4:59.44	36.65
3.	WRÓBLEWSKA, Wiktoria		02	UKS GOS Raszyn				5:00.35	499		
	50m:	33.99 33.99	150m:	1:50.30	38.81	250m:	3:08.29	38.90	350m:	4:24.38	37.80
	100m:	1:11.49 37.50	200m:	2:29.39	39.09	300m:	3:46.58	38.29	400m:	5:00.35	35.97
4.	RAJCA, Olivia		02	UKS190 Łód				5:00.72	498		
	50m:	34.37 34.37	150m:	1:51.73	38.82	250m:	3:09.63	38.87	350m:	4:25.93	37.88
	100m:	1:12.91 38.54	200m:	2:30.76	39.03	300m:	3:48.05	38.42	400m:	5:00.72	34.79
5.	JASIORSKA, Aleksandra		02	Iuks Muszelka				5:01.24	495		
	50m:	34.15 34.15	150m:	1:49.21	38.08	250m:	3:06.35	38.77	350m:	4:23.87	38.82
	100m:	1:11.13 36.98	200m:	2:27.58	38.37	300m:	3:45.05	38.70	400m:	5:01.24	37.37
6.	BIAŁAS, Aniela		02	Mks Polonia Warszawa				5:04.21	481		
	50m:	33.38 33.38	150m:	1:50.07	38.80	250m:	3:08.74	39.35	350m:	4:25.84	38.00
	100m:	1:11.27 37.89	200m:	2:29.39	39.32	300m:	3:47.84	39.10	400m:	5:04.21	38.37
7.	D BROWSKA, Tatiana		02	UKS"Pi tka"Konstantynów Łódzki				5:12.91	442		
	50m:	34.54 34.54	150m:	1:54.20	40.43	250m:	3:14.93	39.83	350m:	4:34.99	39.29
	100m:	1:13.77 39.23	200m:	2:35.10	40.90	300m:	3:55.70	40.77	400m:	5:12.91	37.92
8.	TA SKA, Joanna		02	Uks Kapry Armexim Pruszków				5:13.31	440		
	50m:	33.80 33.80	150m:	1:53.39	40.66	250m:	3:14.53	40.44	350m:	4:34.46	39.89
	100m:	1:12.73 38.93	200m:	2:34.09	40.70	300m:	3:54.57	40.04	400m:	5:13.31	38.85
9.	EGNAŁEK, Zofia		02	MKS Piaseczno				5:33.86	363		
	50m:	37.58 37.58	150m:	2:02.23	42.65	250m:	3:29.11	43.57	350m:	4:53.28	42.16
	100m:	1:19.58 42.00	200m:	2:45.54	43.31	300m:	4:11.12	42.01	400m:	5:33.86	40.58
10.	REZNER, Julia		02	Uks Kapry Armexim Pruszków				5:45.18	329		
	50m:	38.68 38.68	150m:	2:05.62	43.61	250m:	3:33.68	43.88	350m:	5:02.44	43.46
	100m:	1:22.01 43.33	200m:	2:49.80	44.18	300m:	4:18.98	45.30	400m:	5:45.18	42.74

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 4. - 5.12.2015

Konkurencja 19, Dziewcz t, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.
11.	POTOCKA, Zofia		02	Uks Kapry Armexim Pruszków				5:58.66	293
	50m:	39.66	39.66	150m:	2:09.38	45.73	250m:	3:42.70	46.51
	100m:	1:23.65	43.99	200m:	2:56.19	46.81	300m:	4:29.90	47.20
							350m:	5:16.49	46.59
							400m:	5:58.66	42.17

14 lat

1.	COCHÓR, Izabela		01	UKS Ostrobramska Warszawa				4:53.75	534
	50m:	32.59	32.59	150m:	1:45.84	37.47	250m:	3:00.83	37.34
	100m:	1:08.37	35.78	200m:	2:23.49	37.65	300m:	3:39.06	38.23
							350m:	4:16.51	37.45
							400m:	4:53.75	37.24
2.	WOJTANEK, Wiktoria		01	Uks Kapry Armexim Pruszków				4:55.50	524
	50m:	33.32	33.32	150m:	1:47.60	37.56	250m:	3:03.59	37.86
	100m:	1:10.04	36.72	200m:	2:25.73	38.13	300m:	3:41.68	38.09
							350m:	4:19.47	37.79
							400m:	4:55.50	36.03
3.	BIENIECKA, Natalia		01	Mks Polonia Warszawa				5:02.24	490
	50m:	33.36	33.36	150m:	1:50.11	39.12	250m:	3:08.45	39.45
	100m:	1:10.99	37.63	200m:	2:29.00	38.89	300m:	3:46.86	38.41
							350m:	4:25.80	38.94
							400m:	5:02.24	36.44
4.	OLEKSY, Aleksandra		01	MKS Piaseczno				5:03.61	483
	50m:	32.85	32.85	150m:	1:48.90	38.66	250m:	3:07.88	39.63
	100m:	1:10.24	37.39	200m:	2:28.25	39.35	300m:	3:47.04	39.16
							350m:	4:26.23	39.19
							400m:	5:03.61	37.38
5.	BŁASZCZYK, Klaudia		01	Mks Polonia Warszawa				5:05.36	475
	50m:	33.39	33.39	150m:	1:49.87	38.78	250m:	3:08.24	39.42
	100m:	1:11.09	37.70	200m:	2:28.82	38.95	300m:	3:47.99	39.75
							350m:	4:27.28	39.29
							400m:	5:05.36	38.08

15 lat

1.	POLANSKA, Aleksandra		00	UKS GOS Raszyn				4:35.22	649
	50m:	32.05	32.05	150m:	1:42.75	35.60	250m:	2:52.98	34.33
	100m:	1:07.15	35.10	200m:	2:18.65	35.90	300m:	3:27.40	34.42
							350m:	4:01.82	34.42
							400m:	4:35.22	33.40
2.	POGORZELSKA, Inez		00	UKS GOS Raszyn				4:39.79	618
	50m:	31.94	31.94	150m:	1:43.05	35.76	250m:	2:54.35	35.43
	100m:	1:07.29	35.35	200m:	2:18.92	35.87	300m:	3:29.80	35.45
							350m:	4:05.13	35.33
							400m:	4:39.79	34.66
3.	MALCZEWSKA, Zofia		00	Legia Warszawa				4:56.89	517
	50m:	33.46	33.46	150m:	1:48.97	38.10	250m:	3:05.10	38.29
	100m:	1:10.87	37.41	200m:	2:26.81	37.84	300m:	3:43.15	38.05
							350m:	4:21.16	38.01
							400m:	4:56.89	35.73
4.	CHOJECKA, Karolina		00	UKS OLIMPIC Warka				4:59.15	505
	50m:	32.71	32.71	150m:	1:47.47	38.23	250m:	3:05.07	39.24
	100m:	1:09.24	36.53	200m:	2:25.83	38.36	300m:	3:44.17	39.10
							350m:	4:22.73	38.56
							400m:	4:59.15	36.42