

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12-13 lat  
Ciechanów, 19. - 20.3.2016

Konkurencja 7  
19.03.2016 - 12:47

Dziewcz t, 400m dowolny

12 - 13 lat  
Wyniki

Punkty: FINA 2016

Pozycja	Rok ur.	Czas	Pkt.
<b>12 lat</b>			
1. MIZIK, Julia	04	<b>4:57.71</b>	488
50m: 32.73 32.73	150m: 1:47.32 37.71	250m: 3:03.53 38.40	350m: 4:20.81 38.68
100m: 1:09.61 36.88	200m: 2:25.13 37.81	300m: 3:42.13 38.60	400m: 4:57.71 36.90
2. WO , Weronika	04	<b>5:04.50</b>	456
50m: 33.32 33.32	150m: 1:49.29 38.49	250m: 3:07.59 39.24	350m: 4:26.64 39.43
100m: 1:10.80 37.48	200m: 2:28.35 39.06	300m: 3:47.21 39.62	400m: 5:04.50 37.86
3. TARASIEWICZ, Klaudia	04	<b>5:09.31</b>	435
50m: 34.12 34.12	150m: 1:50.73 38.96	250m: 3:10.49 40.35	350m: 4:30.87 39.48
100m: 1:11.77 37.65	200m: 2:30.14 39.41	300m: 3:51.39 40.90	400m: 5:09.31 38.44
4. POTIOPA, Karolina	04	<b>5:16.31</b>	407
50m: 33.80 33.80	150m: 1:53.16 40.20	250m: 3:14.56 40.66	350m: 4:37.81 41.69
100m: 1:12.96 39.16	200m: 2:33.90 40.74	300m: 3:56.12 41.56	400m: 5:16.31 38.50
5. DUBAN, Karolina	04	<b>5:18.24</b>	400
50m: 36.31 36.31	150m: 1:56.87 40.44	250m: 3:19.59 41.54	350m: 4:40.91 40.87
100m: 1:16.43 40.12	200m: 2:38.05 41.18	300m: 4:00.04 40.45	400m: 5:18.24 37.33
6. MAJCHRZAK, Kaja	04	<b>5:23.32</b>	381
50m: 36.59 36.59	150m: 1:58.89 41.57	250m: 3:21.80 41.15	350m: 4:42.27 39.70
100m: 1:17.32 40.73	200m: 2:40.65 41.76	300m: 4:02.57 40.77	400m: 5:23.32 41.05
7. BRYWCZY SKA, Helena	04	<b>5:25.26</b>	374
50m: 37.46 37.46	150m: 2:00.40 41.79	250m: 3:24.41 42.11	350m: 4:47.14 41.02
100m: 1:18.61 41.15	200m: 2:42.30 41.90	300m: 4:06.12 41.71	400m: 5:25.26 38.12
8. SOCHACKA, Karolina	04	<b>5:25.57</b>	373
50m: 35.86 35.86	150m: 1:58.56 41.79	250m: 3:22.54 41.95	350m: 4:46.23 41.73
100m: 1:16.77 40.91	200m: 2:40.59 42.03	300m: 4:04.50 41.96	400m: 5:25.57 39.34
9. ZYCH, Gabriela	04	<b>5:31.29</b>	354
50m: 36.54 36.54	150m: 2:00.27 42.37	250m: 3:26.24 43.06	350m: 4:51.12 42.24
100m: 1:17.90 41.36	200m: 2:43.18 42.91	300m: 4:08.88 42.64	400m: 5:31.29 40.17
10. PECYNA, Martyna	04	<b>5:34.39</b>	344
50m: 37.23 37.23	150m: 2:03.46 43.24	250m: 3:30.25 43.48	350m: 4:54.85 41.92
100m: 1:20.22 42.99	200m: 2:46.77 43.31	300m: 4:12.93 42.68	400m: 5:34.39 39.54
11. WEPS, Maja	04	<b>5:35.02</b>	343
50m: 38.46 38.46	150m: 2:03.23 42.67	250m: 3:29.25 43.26	350m: 4:55.06 42.96
100m: 1:20.56 42.10	200m: 2:45.99 42.76	300m: 4:12.10 42.85	400m: 5:35.02 39.96
12. WALENCIAK, Weronika	04	<b>5:35.68</b>	341
50m: 36.85 36.85	150m: 2:02.25 43.10	250m: 3:28.27 42.87	350m: 4:54.49 43.05
100m: 1:19.15 42.30	200m: 2:45.40 43.15	300m: 4:11.44 43.17	400m: 5:35.68 41.19
13. PRZYBYLI SKA, Julia	04	<b>5:35.94</b>	340
50m: 36.82 36.82	150m: 2:02.82 44.06	250m: 3:29.53 43.04	350m: 4:55.62 43.21
100m: 1:18.76 41.94	200m: 2:46.49 43.67	300m: 4:12.41 42.88	400m: 5:35.94 40.32
14. MAKOWSKA, Alicja	04	<b>5:36.72</b>	337
50m: 38.91 38.91	150m: 2:03.94 43.03	250m: 3:31.75 44.00	350m: 4:56.55 42.10
100m: 1:20.91 42.00	200m: 2:47.75 43.81	300m: 4:14.45 42.70	400m: 5:36.72 40.17
15. GRABOWSKA, Gabriela	04	<b>5:37.62</b>	335
50m: 37.96 37.96	150m: 2:04.68 43.42	250m: 3:32.48 43.42	350m: 4:57.56 41.61
100m: 1:21.26 43.30	200m: 2:49.06 44.38	300m: 4:15.95 43.47	400m: 5:37.62 40.06
16. SZEWCZYK, Nina	04	<b>5:42.38</b>	321
50m: 38.29 38.29	150m: 2:05.47 44.42	250m: 3:34.59 44.62	350m: 5:02.13 42.93
100m: 1:21.05 42.76	200m: 2:49.97 44.50	300m: 4:19.20 44.61	400m: 5:42.38 40.25
17. NAGRABA, Oliwia	04	<b>5:45.09</b>	313
50m: 38.81 38.81	150m: 2:07.69 44.72	250m: 3:36.56 44.71	350m: 5:03.68 42.29
100m: 1:22.97 44.16	200m: 2:51.85 44.16	300m: 4:21.39 44.83	400m: 5:45.09 41.41

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12-13 lat  
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Konkurencja 7, Dziewcz t, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	ZIELI SKA, Maria		04	MPKS Orka Ciechanów				<b>5:47.01</b>	308
	50m: 37.30	37.30	150m: 2:06.47	45.16	250m: 3:36.21	44.21	350m: 5:04.15	48.23	
	100m: 1:21.31	44.01	200m: 2:52.00	45.53	300m: 4:15.92	39.71	400m: 5:47.01	42.86	
19.	MISIAK, Michalina		04	UKS Victoria Józefów				<b>5:50.66</b>	299
	50m: 38.35	38.35	150m: 2:06.39	44.25	250m: 3:36.77	45.32	350m: 5:08.06	45.80	
	100m: 1:22.14	43.79	200m: 2:51.45	45.06	300m: 4:22.26	45.49	400m: 5:50.66	42.60	
20.	KUCHARSKA, Marta		04	UKS 307 Warszawa-Mokotów				<b>5:54.83</b>	288
	50m: 37.13	37.13	150m: 2:04.25	45.05	250m: 3:35.49	45.70	350m: 5:08.79	46.53	
	100m: 1:19.20	42.07	200m: 2:49.79	45.54	300m: 4:22.26	46.77	400m: 5:54.83	46.04	
21.	D BROWSKA, Pola		04	UKS 307 Warszawa-Mokotów				<b>6:03.90</b>	267
	50m: 41.70	41.70	150m: 2:12.94	46.69	250m: 3:45.92	46.55	350m: 5:18.28	46.34	
	100m: 1:26.25	44.55	200m: 2:59.37	46.43	300m: 4:31.94	46.02	400m: 6:03.90	45.62	
22.	NOWAK, Oliwia		04	Uks"Gim 92 Ursynów"Warszawa				<b>6:14.76</b>	245
	50m: 39.39	39.39	150m: 2:12.58	47.77	250m: 3:49.66	48.63	350m: 5:27.46	48.86	
	100m: 1:24.81	45.42	200m: 3:01.03	48.45	300m: 4:38.60	48.94	400m: 6:14.76	47.30	
23.	TABOR, Anastazja		04	MKS Piaseczno				<b>6:18.73</b>	237
	50m: 40.85	40.85	150m: 2:15.54	48.17	250m: 3:52.76	48.71	350m: 5:31.49	49.15	
	100m: 1:27.37	46.52	200m: 3:04.05	48.51	300m: 4:42.34	49.58	400m: 6:18.73	47.24	
24.	GORZKOWSKA, Zuzanna		04	UKS Victoria Józefów				<b>6:21.14</b>	232
	50m: 39.50	39.50	150m: 2:12.03	47.07	250m: 3:49.31	49.95	350m: 5:33.29	51.31	
	100m: 1:24.96	45.46	200m: 2:59.36	47.33	300m: 4:41.98	52.67	400m: 6:21.14	47.85	
25.	BERENT, Magdalena		04	UKS Victoria Józefów				<b>6:25.80</b>	224
	50m: 43.83	43.83	150m: 2:20.80	49.09	250m: 3:59.34	48.30	350m: 5:37.59	49.05	
	100m: 1:31.71	47.88	200m: 3:11.04	50.24	300m: 4:48.54	49.20	400m: 6:25.80	48.21	
26.	K DZIERSKA, Aleksandra		04	UKS Victoria Józefów				<b>6:27.52</b>	221
	50m: 40.53	40.53	150m: 2:18.20	49.45	250m: 3:58.92	51.09	350m: 5:40.19	50.99	
	100m: 1:28.75	48.22	200m: 3:07.83	49.63	300m: 4:49.20	50.28	400m: 6:27.52	47.33	
27.	SKALDAWSKA, Julia		04	MKS Piaseczno				<b>6:35.71</b>	208
	50m: 41.44	41.44	150m: 2:20.39	50.80	250m: 4:03.39	51.96	350m: 5:45.62	50.76	
	100m: 1:29.59	48.15	200m: 3:11.43	51.04	300m: 4:54.86	51.47	400m: 6:35.71	50.09	
28.	HAR, Zofia		04	MKS Piaseczno				<b>6:41.84</b>	198
	50m: 42.61	42.61	150m: 2:23.64	51.40	250m: 4:08.33	53.37	350m: 5:52.63	51.73	
	100m: 1:32.24	49.63	200m: 3:14.96	51.32	300m: 5:00.90	52.57	400m: 6:41.84	49.21	
29.	WRÓBEL, Aleksandra		04	UKS Victoria Józefów				<b>6:52.95</b>	183
	50m: 44.31	44.31	150m: 2:28.12	53.05	250m: 4:14.65	53.77	350m: 5:59.69	52.38	
	100m: 1:35.07	50.76	200m: 3:20.88	52.76	300m: 5:07.31	52.66	400m: 6:52.95	53.26	
30.	RUTKOWSKA, Gabriela		04	PSP Swim Płock				<b>7:03.68</b>	169
	50m: 44.68	44.68	150m: 2:29.45	53.85	250m: 4:19.00	55.01	350m: 6:09.32	54.54	
	100m: 1:35.60	50.92	200m: 3:23.99	54.54	300m: 5:14.78	55.78	400m: 7:03.68	54.36	

13 lat

1.	KAWKA, Nina		03	Uks"Gim 92 Ursynów"Warszawa				<b>4:34.12</b>	626
	50m: 29.28	29.28	150m: 1:38.21	34.99	250m: 2:50.35	36.31	350m: 4:00.70	34.73	
	100m: 1:03.22	33.94	200m: 2:14.04	35.83	300m: 3:25.97	35.62	400m: 4:34.12	33.42	
2.	DUJANI , Iva		03	Uks"Gim 92 Ursynów"Warszawa				<b>4:37.60</b>	602
	50m: 31.24	31.24	150m: 1:40.35	35.26	250m: 2:51.08	35.29	350m: 4:02.10	35.28	
	100m: 1:05.09	33.85	200m: 2:15.79	35.44	300m: 3:26.82	35.74	400m: 4:37.60	35.50	
3.	AMBRO Y, Antonina		03	MKS Ochota Warszawa				<b>4:46.30</b>	549
	50m: 32.02	32.02	150m: 1:44.32	36.67	250m: 2:57.37	36.37	350m: 4:10.84	36.98	
	100m: 1:07.65	35.63	200m: 2:21.00	36.68	300m: 3:33.86	36.49	400m: 4:46.30	35.46	
4.	NOWAK, Maja		03	MKS Ochota Warszawa				<b>4:52.47</b>	515
	50m: 32.25	32.25	150m: 1:45.89	37.46	250m: 3:00.83	37.28	350m: 4:16.24	37.74	
	100m: 1:08.43	36.18	200m: 2:23.55	37.66	300m: 3:38.50	37.67	400m: 4:52.47	36.23	

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Konkurencja 7, Dziewcz t, 400m dowolny, 13 lat

Pozycja		Rok ur.						Czas	Pkt.
5.	RYNKIEWICZ, Maria	03	Uks"Gim 92 Ursynów"Warszawa	<b>4:53.66</b>	509	50m: 33.20 33.20	150m: 1:47.64 37.65	250m: 3:02.77 36.77	350m: 4:17.16 37.45
						100m: 1:09.99 36.79	200m: 2:26.00 38.36	300m: 3:39.71 36.94	400m: 4:53.66 36.50
6.	HERBREder, Gabriela	03	Uks"Gim 92 Ursynów"Warszawa	<b>4:56.70</b>	493	50m: 32.96 32.96	150m: 1:48.01 38.19	250m: 3:04.31 38.12	350m: 4:20.91 38.08
						100m: 1:09.82 36.86	200m: 2:26.19 38.18	300m: 3:42.83 38.52	400m: 4:56.70 35.79
7.	SŁOWIK, Martyna	03	Integracyjny Klub Sportowy Kon	<b>5:01.10</b>	472	50m: 34.24 34.24	150m: 1:50.10 38.27	250m: 3:06.84 38.57	350m: 4:24.45 38.77
						100m: 1:11.83 37.59	200m: 2:28.27 38.17	300m: 3:45.68 38.84	400m: 5:01.10 36.65
8.	JASKUŁOWSKA, Zofia	03	Integracyjny Klub Sportowy Kon	<b>5:02.31</b>	466	50m: 34.51 34.51	150m: 1:51.54 38.86	250m: 3:09.66 39.45	350m: 4:26.36 38.22
						100m: 1:12.68 38.17	200m: 2:30.21 38.67	300m: 3:48.14 38.48	400m: 5:02.31 35.95
9.	TACIAK, Martyna	03	Buks Warszawa	<b>5:03.28</b>	462	50m: 33.82 33.82	150m: 1:50.16 38.83	250m: 3:07.07 38.60	350m: 4:25.46 39.57
						100m: 1:11.33 37.51	200m: 2:28.47 38.31	300m: 3:45.89 38.82	400m: 5:03.28 37.82
10.	PRZYBYSZ, Dominika	03	Buks Warszawa	<b>5:03.79</b>	460	50m: 33.44 33.44	150m: 1:48.33 38.41	250m: 3:06.53 39.31	350m: 4:25.73 39.88
						100m: 1:09.92 36.48	200m: 2:27.22 38.89	300m: 3:45.85 39.32	400m: 5:03.79 38.06
11.	ERA SKA, Ula	03	Buks Warszawa	<b>5:04.55</b>	456	50m: 34.46 34.46	150m: 1:51.49 38.32	250m: 3:09.26 38.60	350m: 4:27.99 39.42
						100m: 1:13.17 38.71	200m: 2:30.66 39.17	300m: 3:48.57 39.31	400m: 5:04.55 36.56
12.	MARCINIAK, Maria	03	MKS Ochota Warszawa	<b>5:06.57</b>	447	50m: 32.57 32.57	150m: 1:48.25 38.68	250m: 3:07.60 40.01	350m: 4:28.31 40.43
						100m: 1:09.57 37.00	200m: 2:27.59 39.34	300m: 3:47.88 40.28	400m: 5:06.57 38.26
13.	ZIÓŁKOWSKA, Martyna	03	UKS V Łomianki	<b>5:10.87</b>	429	50m: 35.17 35.17	150m: 1:53.76 39.92	250m: 3:13.69 40.05	350m: 4:33.26 39.78
						100m: 1:13.84 38.67	200m: 2:33.64 39.88	300m: 3:53.48 39.79	400m: 5:10.87 37.61
14.	BUSZKA, Kornelia	03	UKP Polonia Warszawa	<b>5:12.44</b>	422	50m: 35.01 35.01	150m: 1:54.22 39.64	250m: 3:13.30 39.65	350m: 4:33.23 40.37
						100m: 1:14.58 39.57	200m: 2:33.65 39.43	300m: 3:52.86 39.56	400m: 5:12.44 39.21
15.	WASZKOWSKA, Wiktoria	03	MKS Piaseczno	<b>5:16.02</b>	408	50m: 34.66 34.66	150m: 1:54.45 40.38	250m: 3:15.85 40.71	350m: 4:37.43 40.69
						100m: 1:14.07 39.41	200m: 2:35.14 40.69	300m: 3:56.74 40.89	400m: 5:16.02 38.59
16.	JABŁO SKA, Martyna	03	MKS Piaseczno	<b>5:18.16</b>	400	50m: 34.56 34.56	150m: 1:52.31 39.41	250m: 3:14.92 41.58	350m: 4:38.14 41.64
						100m: 1:12.90 38.34	200m: 2:33.34 41.03	300m: 3:56.50 41.58	400m: 5:18.16 40.02
17.	MILEWSKA, Maja	03	Uks"Gim 92 Ursynów"Warszawa	<b>5:21.40</b>	388	50m: 36.16 36.16	150m: 1:56.35 40.69	250m: 3:19.24 41.10	350m: 4:41.85 40.80
						100m: 1:15.66 39.50	200m: 2:38.14 41.79	300m: 4:01.05 41.81	400m: 5:21.40 39.55
18.	CIEPAŁ, Natasza	03	Uks"Gim 92 Ursynów"Warszawa	<b>5:23.93</b>	379	50m: 36.65 36.65	150m: 1:58.70 41.37	250m: 3:21.42 41.25	350m: 4:43.89 40.93
						100m: 1:17.33 40.68	200m: 2:40.17 41.47	300m: 4:02.96 41.54	400m: 5:23.93 40.04
19.	LASKA, Kornelia	03	UKS Manta Warszawa Włochy	<b>5:24.22</b>	378	50m: 35.25 35.25	150m: 1:56.74 41.53	250m: 3:21.25 42.77	350m: 4:44.40 41.03
						100m: 1:15.21 39.96	200m: 2:38.48 41.74	300m: 4:03.37 42.12	400m: 5:24.22 39.82
20.	AUGU CIAK, Magdalena	03	Uks Kapry Armexim Pruszków	<b>5:24.58</b>	377	50m: 37.43 37.43	150m: 2:00.62 41.73	250m: 3:23.33 40.94	350m: 4:45.45 40.94
						100m: 1:18.89 41.46	200m: 2:42.39 41.77	300m: 4:04.51 41.18	400m: 5:24.58 39.13
21.	JANUSZEWSKA, Otylia	03	MZOS Płock	<b>5:24.80</b>	376	50m: 37.09 37.09	150m: 2:00.00 41.94	250m: 3:23.85 41.70	350m: 4:46.74 41.35
						100m: 1:18.06 40.97	200m: 2:42.15 42.15	300m: 4:05.39 41.54	400m: 5:24.80 38.06
22.	BOGUSZ, Maja	03	Buks Warszawa	<b>5:25.44</b>	374	50m: 36.78 36.78	150m: 1:58.81 41.47	250m: 3:22.41 41.90	350m: 4:43.98 40.87
						100m: 1:17.34 40.56	200m: 2:40.51 41.70	300m: 4:03.11 40.70	400m: 5:25.44 41.46

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Pozycja			Rok ur.					Czas	Pkt.
23.	KACPERSKA, Laura		03	UKP Polonia Warszawa				<b>5:27.75</b>	366
	50m: 36.82	36.82	150m: 1:58.63	40.93	250m: 3:22.12	41.64	350m: 4:45.90	42.93	
	100m: 1:17.70	40.88	200m: 2:40.48	41.85	300m: 4:02.97	40.85	400m: 5:27.75	41.85	
24.	MIRECKA, Maria		03	UKS V Łomianki				<b>5:31.18</b>	355
	50m: 37.08	37.08	150m: 2:01.86	42.65	250m: 3:26.52	42.27	350m: 4:50.91	42.62	
	100m: 1:19.21	42.13	200m: 2:44.25	42.39	300m: 4:08.29	41.77	400m: 5:31.18	40.27	
25.	KOZI SKA, Anna		03	Uks"Gim 92 Ursynów"Warszawa				<b>5:35.38</b>	341
	50m: 35.51	35.51	150m: 2:00.52	43.83	250m: 3:29.57	44.55	350m: 4:54.57	41.94	
	100m: 1:16.69	41.18	200m: 2:45.02	44.50	300m: 4:12.63	43.06	400m: 5:35.38	40.81	
26.	STROI SKA, Amelia		03	Buks Warszawa				<b>5:40.87</b>	325
	50m: 37.56	37.56	150m: 2:02.49	42.61	250m: 3:27.39	42.05	350m: 4:57.32	44.93	
	100m: 1:19.88	42.32	200m: 2:45.34	42.85	300m: 4:12.39	45.00	400m: 5:40.87	43.55	
27.	PRZYBYLSKA, Aleksandra		03	UKS 307 Warszawa-Mokotów				<b>5:43.31</b>	318
	50m: 41.20	41.20	150m: 2:10.63	45.61	250m: 3:36.93	42.73	350m: 5:01.62	41.35	
	100m: 1:25.02	43.82	200m: 2:54.20	43.57	300m: 4:20.27	43.34	400m: 5:43.31	41.69	
28.	CH CIAK, Sandra		03	Uks"Gim 92 Ursynów"Warszawa				<b>5:46.54</b>	309
	50m: 37.14	37.14	150m: 2:07.12	45.87	250m: 3:36.64	44.20	350m: 5:05.41	44.59	
	100m: 1:21.25	44.11	200m: 2:52.44	45.32	300m: 4:20.82	44.18	400m: 5:46.54	41.13	
29.	ZAR BA, Daria		03	Buks Warszawa				<b>5:47.88</b>	306
	50m: 37.86	37.86	150m: 2:03.88	43.96	250m: 3:33.45	44.50	350m: 5:03.74	45.32	
	100m: 1:19.92	42.06	200m: 2:48.95	45.07	300m: 4:18.42	44.97	400m: 5:47.88	44.14	
30.	BORUCKA, Ida		03	UKS V Łomianki				<b>5:52.30</b>	294
	50m: 38.39	38.39	150m: 2:06.24	44.16	250m: 3:37.20	45.72	350m: 5:08.57	45.52	
	100m: 1:22.08	43.69	200m: 2:51.48	45.24	300m: 4:23.05	45.85	400m: 5:52.30	43.73	
31.	FR CKIEWICZ, Emilia		03	UKS Delfin Garwolin				<b>6:06.29</b>	262
	50m: 41.70	41.70	150m: 2:13.82	46.22	250m: 3:48.24	47.01	350m: 5:22.38	47.15	
	100m: 1:27.60	45.90	200m: 3:01.23	47.41	300m: 4:35.23	46.99	400m: 6:06.29	43.91	
32.	ROJEK, Paula		03	UKS 307 Warszawa-Mokotów				<b>6:14.37</b>	245
	50m: 40.86	40.86	150m: 2:16.22	48.84	250m: 3:51.75	47.23	350m: 5:27.71	47.74	
	100m: 1:27.38	46.52	200m: 3:04.52	48.30	300m: 4:39.97	48.22	400m: 6:14.37	46.66	