

Otwarte Mistrzostwa Warszawy w pływaniu  
Warszawa, 3. - 4.6.2016

Konkurencja 29  
04.06.2016 - 11:54

Dziewcz t, 400m zmienny

11 - 14 lat  
Wyniki

Punkty: FINA 2016

Pozycja	Rok ur.	Czas	Pkt.
<b>11 lat</b>			
1. PIECHOWICZ, Karolina	05 Klub Sportowy Płetwał Szczytno	<b>6:17.32</b>	360
50m: 40.15 40.15	150m: 2:19.40 49.71	250m: 3:58.05 51.25	350m: 5:34.04 44.22
100m: 1:29.69 49.54	200m: 3:06.80 47.40	300m: 4:49.82 51.77	400m: 6:17.32 43.28
DYSKW. PECIO, Anna	05 Klub Sportowy Wisła Puławy		
<i>G 8 - Wykonanie ruchu nog ub ramieniem nie zwi zanego z wykonywaniem cyklu nawrotu</i>			
50m: 45.75 45.75	150m: 2:37.37 52.52	250m: 4:20.37 53.29	350m: 6:01.06 46.89
100m: 1:44.85 59.10	200m: 3:27.08 49.71	300m: 5:14.17 53.80	400m:
<b>12 lat</b>			
1. MIKOŁAJCZYK, Maja	04 UKS SP 149 Łód	<b>5:27.50</b>	550
50m: 35.26 35.26	150m: 1:58.13 42.05	250m: 3:25.07 44.89	350m: 4:49.54 38.56
100m: 1:16.08 40.82	200m: 2:40.18 42.05	300m: 4:10.98 45.91	400m: 5:27.50 37.96
2. MACIASZCZYK, Wiktoria	04 UKS SP 149 Łód	<b>5:50.23</b>	450
50m: 38.53 38.53	150m: 2:08.69 43.42	250m: 3:40.94 50.57	350m: 5:12.24 40.44
100m: 1:25.27 46.74	200m: 2:50.37 41.68	300m: 4:31.80 50.86	400m: 5:50.23 37.99
3. MACIASZCZYK, Weronika	04 UKS SP 149 Łód	<b>5:56.95</b>	425
50m: 39.92 39.92	150m: 2:11.24 44.48	250m: 3:47.61 52.39	350m: 5:19.43 38.70
100m: 1:26.76 46.84	200m: 2:55.22 43.98	300m: 4:40.73 53.12	400m: 5:56.95 37.52
4. TARASIEWICZ, Klaudia	04 UKP Polonia Warszawa	<b>6:00.56</b>	412
50m: 39.02 39.02	150m: 2:13.45 45.79	250m: 3:48.31 52.52	350m: 5:24.45 42.16
100m: 1:27.66 48.64	200m: 2:55.79 42.34	300m: 4:42.29 53.98	400m: 6:00.56 36.11
5. WITEK, Oliwia	04 UKS SP 149 Łód	<b>6:10.44</b>	380
50m: 43.00 43.00	150m: 2:22.33 47.95	250m: 3:58.09 50.19	350m: 5:29.54 42.70
100m: 1:34.38 51.38	200m: 3:07.90 45.57	300m: 4:46.84 48.75	400m: 6:10.44 40.90
6. PRZYBYLI SKA, Julia	04 UKS 307 Warszawa-Mokotów	<b>6:29.24</b>	327
50m: 42.89 42.89	150m: 2:26.03 50.36	250m: 4:05.55 50.94	350m: 5:45.70 46.17
100m: 1:35.67 52.78	200m: 3:14.61 48.58	300m: 4:59.53 53.98	400m: 6:29.24 43.54
7. ROMANIUK, Matylda	04 Uks Wawer	<b>6:50.90</b>	278
50m: 47.28 47.28	150m: 2:33.58 50.17	250m: 4:22.16 58.76	350m: 6:07.18 45.10
100m: 1:43.41 56.13	200m: 3:23.40 49.82	300m: 5:22.08 59.92	400m: 6:50.90 43.72
8. ZAKRZEWSKA, Oliwia	04 Uks Wawer	<b>6:53.65</b>	273
50m: 46.61 46.61	150m: 2:33.27 51.48	250m: 4:22.02 58.81	350m: 6:09.68 48.00
100m: 1:41.79 55.18	200m: 3:23.21 49.94	300m: 5:21.68 59.66	400m: 6:53.65 43.97
<b>13 lat</b>			
1. KNOP, Aleksandra	03 Uks190	<b>5:10.44</b>	646
50m: 32.54 32.54	150m: 1:49.38 39.00	250m: 3:13.43 45.52	350m: 4:36.71 35.76
100m: 1:10.38 37.84	200m: 2:27.91 38.53	300m: 4:00.95 47.52	400m: 5:10.44 33.73
2. URBANIAK, Dominika	03 Uks190	<b>5:24.90</b>	563
50m: 33.52 33.52	150m: 1:56.30 44.21	250m: 3:23.78 44.79	350m: 4:48.60 38.36
100m: 1:12.09 38.57	200m: 2:38.99 42.69	300m: 4:10.24 46.46	400m: 5:24.90 36.30
3. BADZIAN, Natalia	03 Iuks Muszelka	<b>5:26.02</b>	558
50m: 34.42 34.42	150m: 1:57.49 42.95	250m: 3:26.60 47.31	350m: 4:50.09 36.54
100m: 1:14.54 40.12	200m: 2:39.29 41.80	300m: 4:13.55 46.95	400m: 5:26.02 35.93
4. CYNARSKA, Natalia	03 Iuks Muszelka	<b>5:27.57</b>	550
50m: 35.65 35.65	150m: 1:58.99 40.90	250m: 3:26.28 47.20	350m: 4:51.67 37.73
100m: 1:18.09 42.44	200m: 2:39.08 40.09	300m: 4:13.94 47.66	400m: 5:27.57 35.90
5. NOWAK, Zofia	03 Iuks Muszelka	<b>5:36.43</b>	507
50m: 33.86 33.86	150m: 1:57.68 44.68	250m: 3:29.60 49.27	350m: 4:57.59 38.50
100m: 1:13.00 39.14	200m: 2:40.33 42.65	300m: 4:19.09 49.49	400m: 5:36.43 38.84

Otwarte Mistrzostwa Warszawy w pływaniu  
Warszawa, 3. - 4.6.2016

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

Pozycja			Rok ur.					Czas	Pkt.		
6.	MACIEJEWSKA, Beata		03	UKS SP 149 Łód				<b>5:41.62</b>	485		
	50m:	37.55 37.55	150m:	2:06.06	44.81	250m:	3:35.59	47.14	350m:	5:03.76	39.87
	100m:	1:21.25 43.70	200m:	2:48.45	42.39	300m:	4:23.89	48.30	400m:	5:41.62	37.86
7.	SZCZ SNA, Alicja		03	UKS G-8 Bielany Warszawa				<b>5:44.07</b>	474		
	50m:	36.09 36.09	150m:	2:04.23	46.56	250m:	3:35.60	46.04	350m:	5:04.13	41.38
	100m:	1:17.67 41.58	200m:	2:49.56	45.33	300m:	4:22.75	47.15	400m:	5:44.07	39.94
8.	BIEGA SKA, Weronika		03	UKS G-8 Bielany Warszawa				<b>5:45.58</b>	468		
	50m:	35.99 35.99	150m:	2:02.29	44.19	250m:	3:35.05	49.32	350m:	5:05.42	40.98
	100m:	1:18.10 42.11	200m:	2:45.73	43.44	300m:	4:24.44	49.39	400m:	5:45.58	40.16
9.	RUSSEK, Agata		03	Uks,, oliborz" Warszawa				<b>5:46.24</b>	465		
	50m:	35.81 35.81	150m:	2:04.89	47.00	250m:	3:38.60	47.31	350m:	5:07.45	40.89
	100m:	1:17.89 42.08	200m:	2:51.29	46.40	300m:	4:26.56	47.96	400m:	5:46.24	38.79
10.	TOPP, Zofia		03	UKS G-8 Bielany Warszawa				<b>5:56.75</b>	425		
	50m:	35.02 35.02	150m:	2:05.20	47.09	250m:	3:44.81	54.64	350m:	5:18.80	40.00
	100m:	1:18.11 43.09	200m:	2:50.17	44.97	300m:	4:38.80	53.99	400m:	5:56.75	37.95
11.	CIESIELSKA, Natalia		03	UKS SP 149 Łód				<b>6:36.77</b>	309		
	50m:	43.43 43.43	150m:	2:23.30	49.25	250m:	4:09.45	58.93	350m:	5:54.62	43.28
	100m:	1:34.05 50.62	200m:	3:10.52	47.22	300m:	5:11.34	1:01.89	400m:	6:36.77	42.15

14 lat

1.	ZAR BA-PARADOWSKA, Julia		02	Buks Warszawa				<b>5:19.42</b>	593		
	50m:	34.09 34.09	150m:	1:54.26	41.81	250m:	3:21.20	46.06	350m:	4:43.34	36.85
	100m:	1:12.45 38.36	200m:	2:35.14	40.88	300m:	4:06.49	45.29	400m:	5:19.42	36.08
2.	RAJCA, Olivia		02	Uks190				<b>5:22.84</b>	574		
	50m:	34.11 34.11	150m:	1:56.62	43.52	250m:	3:24.18	46.13	350m:	4:47.45	37.58
	100m:	1:13.10 38.99	200m:	2:38.05	41.43	300m:	4:09.87	45.69	400m:	5:22.84	35.39
3.	D BROWSKA, Tatiana		02	UKS"Pi tka"Konstantynów Łódzki				<b>5:28.56</b>	545		
	50m:	34.35 34.35	150m:	2:00.00	43.76	250m:	3:27.89	45.55	350m:	4:52.38	38.20
	100m:	1:16.24 41.89	200m:	2:42.34	42.34	300m:	4:14.18	46.29	400m:	5:28.56	36.18
4.	MOZOŁOWSKA, Emilia		02	Uks,, oliborz" Warszawa				<b>5:28.74</b>	544		
	50m:	35.23 35.23	150m:	1:59.73	42.21	250m:	3:26.83	46.54	350m:	4:52.06	38.84
	100m:	1:17.52 42.29	200m:	2:40.29	40.56	300m:	4:13.22	46.39	400m:	5:28.74	36.68
5.	PAWŁOWSKA, Barbara		02	Uks190				<b>5:35.58</b>	511		
	50m:	34.39 34.39	150m:	1:59.34	45.77	250m:	3:31.98	48.16	350m:	4:59.21	38.79
	100m:	1:13.57 39.18	200m:	2:43.82	44.48	300m:	4:20.42	48.44	400m:	5:35.58	36.37
6.	DOBOSZ, Kalina		02	Uks,, oliborz" Warszawa				<b>5:39.20</b>	495		
	50m:	35.66 35.66	150m:	2:05.41	45.99	250m:	3:34.11	45.03	350m:	4:59.94	40.15
	100m:	1:19.42 43.76	200m:	2:49.08	43.67	300m:	4:19.79	45.68	400m:	5:39.20	39.26
7.	JASIORSKA, Aleksandra		02	luks Muszelka				<b>5:55.21</b>	431		
	50m:	39.98 39.98	150m:	2:13.95	45.46	250m:	3:47.65	49.70	350m:	5:15.88	39.19
	100m:	1:28.49 48.51	200m:	2:57.95	44.00	300m:	4:36.69	49.04	400m:	5:55.21	39.33
PK	TOBIASZ, Anna		01	UKS Victoria Józefów				<b>5:47.78</b>	459		
	50m:	35.38 35.38	150m:	2:05.59	45.36	250m:	3:42.15	51.21	350m:	5:10.68	38.05
	100m:	1:20.23 44.85	200m:	2:50.94	45.35	300m:	4:32.63	50.48	400m:	5:47.78	37.10
PK	OSI SKA, Wiktoria		01	UKS SP 149 Łód				<b>5:30.46</b>	535		
	50m:	33.55 33.55	150m:	1:55.63	42.22	250m:	3:27.85	50.93	350m:	4:55.52	36.15
	100m:	1:13.41 39.86	200m:	2:36.92	41.29	300m:	4:19.37	51.52	400m:	5:30.46	34.94