

Otwarte Mistrzostwa Okręgu Warszawsko-Mazowieckiego  
Warszawa, 17. - 18.6.2016

Konkurencja 19  
17.06.2016 - 16:06

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.		
<b>14 - 15 lat</b>											
1.	JABŁONOWSKA, Nikola		02	UKS G-8 Bielany Warszawa				<b>4:41.15</b>	609		
	50m:	31.83 31.83	150m:	1:42.65	35.62	250m:	2:54.36	35.53	350m:	4:06.50	36.02
	100m:	1:07.03 35.20	200m:	2:18.83	36.18	300m:	3:30.48	36.12	400m:	4:41.15	34.65
2.	COCHÓR, Izabela		01	UKS Ostrobramska				<b>4:47.84</b>	567		
	50m:	32.63 32.63	150m:	1:45.71	37.07	250m:	2:59.81	36.91	350m:	4:12.84	36.18
	100m:	1:08.64 36.01	200m:	2:22.90	37.19	300m:	3:36.66	36.85	400m:	4:47.84	35.00
3.	PAKUŁA, Alicja		02	UKS Pirania Targówek				<b>4:49.70</b>	557		
	50m:	33.05 33.05	150m:	1:47.25	37.38	250m:	3:01.71	37.03	350m:	4:16.06	36.82
	100m:	1:09.87 36.82	200m:	2:24.68	37.43	300m:	3:39.24	37.53	400m:	4:49.70	33.64
4.	BIAŁAS, Aniela		02	MKS Polonia Warszawa				<b>4:50.59</b>	551		
	50m:	32.48 32.48	150m:	1:45.89	36.95	250m:	3:00.79	37.49	350m:	4:15.01	36.48
	100m:	1:08.94 36.46	200m:	2:23.30	37.41	300m:	3:38.53	37.74	400m:	4:50.59	35.58
5.	SOJA, Małgorzata		01	UKS G-8 Bielany Warszawa				<b>4:51.25</b>	548		
	50m:	33.01 33.01	150m:	1:45.80	37.12	250m:	3:00.87	37.66	350m:	4:15.96	37.19
	100m:	1:08.68 35.67	200m:	2:23.21	37.41	300m:	3:38.77	37.90	400m:	4:51.25	35.29
6.	KACZKOWSKA, Anna		01	UKS Skalar Warszawa				<b>4:51.87</b>	544		
	50m:	33.70 33.70	150m:	1:47.21	37.15	250m:	3:01.27	36.96	350m:	4:15.82	37.01
	100m:	1:10.06 36.36	200m:	2:24.31	37.10	300m:	3:38.81	37.54	400m:	4:51.87	36.05
7.	JASIORSKA, Aleksandra		02	Iuks Muszelka				<b>4:56.14</b>	521		
	50m:	33.06 33.06	150m:	1:46.30	37.16	250m:	3:01.89	38.14	350m:	4:18.13	38.06
	100m:	1:09.14 36.08	200m:	2:23.75	37.45	300m:	3:40.07	38.18	400m:	4:56.14	38.01
8.	BUJAK, Klara		02	UKS Skalar Warszawa				<b>4:57.21</b>	515		
	50m:	32.99 32.99	150m:	1:48.38	38.46	250m:	3:05.95	38.88	350m:	4:22.30	38.24
	100m:	1:09.92 36.93	200m:	2:27.07	38.69	300m:	3:44.06	38.11	400m:	4:57.21	34.91
9.	FIGURSKA, Natalia		02	UKS G-8 Bielany Warszawa				<b>4:59.79</b>	502		
	50m:	34.48 34.48	150m:	1:50.49	38.45	250m:	3:07.99	39.04	350m:	4:24.17	37.97
	100m:	1:12.04 37.56	200m:	2:28.95	38.46	300m:	3:46.20	38.21	400m:	4:59.79	35.62
10.	TOBIASZ, Anna		01	Uks Victoria Jozefow				<b>4:59.88</b>	502		
	50m:	33.36 33.36	150m:	1:49.27	38.52	250m:	3:06.70	38.19	350m:	4:23.51	37.75
	100m:	1:10.75 37.39	200m:	2:28.51	39.24	300m:	3:45.76	39.06	400m:	4:59.88	36.37
11.	GOLLER, Klaudia		02	UKS Ostrobramska				<b>5:02.78</b>	487		
	50m:	34.47 34.47	150m:	1:51.28	38.83	250m:	3:09.65	39.47	350m:	4:26.88	38.40
	100m:	1:12.45 37.98	200m:	2:30.18	38.90	300m:	3:48.48	38.83	400m:	5:02.78	35.90
12.	WRÓBLEWSKA, Amelia		02	UKS Pirania Targówek				<b>5:03.82</b>	482		
	50m:	34.76 34.76	150m:	1:51.96	39.13	250m:	3:10.39	39.32	350m:	4:27.97	38.48
	100m:	1:12.83 38.07	200m:	2:31.07	39.11	300m:	3:49.49	39.10	400m:	5:03.82	35.85
13.	CHOMICKA, Zofia		02	UKS Pirania Targówek				<b>5:06.23</b>	471		
	50m:	35.52 35.52	150m:	1:53.61	39.75	250m:	3:11.60	39.48	350m:	4:29.58	38.94
	100m:	1:13.86 38.34	200m:	2:32.12	38.51	300m:	3:50.64	39.04	400m:	5:06.23	36.65
14.	MULARCZYK, Paulina		01	UKS Skalar Warszawa				<b>5:09.26</b>	457		
	50m:	33.87 33.87	150m:	1:51.45	39.81	250m:	3:11.73	40.17	350m:	4:31.98	39.27
	100m:	1:11.64 37.77	200m:	2:31.56	40.11	300m:	3:52.71	40.98	400m:	5:09.26	37.28
15.	KURZEPA, Adrianna		02	UKS Pirania Targówek				<b>5:09.98</b>	454		
	50m:	35.89 35.89	150m:	1:54.15	39.41	250m:	3:13.33	39.55	350m:	4:32.68	39.37
	100m:	1:14.74 38.85	200m:	2:33.78	39.63	300m:	3:53.31	39.98	400m:	5:09.98	37.30
16.	WI TOCHOWSKA, Maja		02	MUKP Warszawianka Wodny Park				<b>5:26.72</b>	388		
	50m:	36.88 36.88	150m:	1:59.70	41.92	250m:	3:20.78	40.86	350m:	4:45.21	42.65
	100m:	1:17.78 40.90	200m:	2:39.92	40.22	300m:	4:02.56	41.78	400m:	5:26.72	41.51

Otwarte Mistrzostwa Okręgu Warszawsko-Mazowieckiego  
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Konkurencja 19, Kobiet, 400m dowolny

16 lat i starsi

1.	POLANSKA, Aleksandra	00	UKS GOS Raszyn	<b>4:30.94</b>	680
	50m: 31.48 31.48	150m: 1:40.40	34.53 250m: 2:49.79	34.45 350m: 3:58.43	34.13
	100m: 1:05.87 34.39	200m: 2:15.34	34.94 300m: 3:24.30	34.51 400m: 4:30.94	32.51
2.	POGORZELSKA, Inez	00	UKS GOS Raszyn	<b>4:43.93</b>	591
	50m: 31.77 31.77	150m: 1:43.74	36.46 250m: 2:56.90	36.29 350m: 4:08.91	35.55
	100m: 1:07.28 35.51	200m: 2:20.61	36.87 300m: 3:33.36	36.46 400m: 4:43.93	35.02
3.	GÓRSKA, Julia	00	UKS Skalar Warszawa	<b>4:51.11</b>	549
	50m: 33.63 33.63	150m: 1:47.04	37.67 250m: 3:02.22	37.80 350m: 4:16.07	36.69
	100m: 1:09.37 35.74	200m: 2:24.42	37.38 300m: 3:39.38	37.16 400m: 4:51.11	35.04
4.	SUCHECKA, Katarzyna	99	UKS Ostrobramska	<b>4:53.82</b>	533
	50m: 33.68 33.68	150m: 1:49.00	38.13 250m: 3:04.79	38.09 350m: 4:19.28	37.78
	100m: 1:10.87 37.19	200m: 2:26.70	37.70 300m: 3:41.50	36.71 400m: 4:53.82	34.54
5.	SKIBCZAK, Natalia	00	UKS G-8 Bielany Warszawa	<b>4:54.82</b>	528
	50m: 33.57 33.57	150m: 1:48.61	38.03 250m: 3:05.21	38.42 350m: 4:20.02	37.26
	100m: 1:10.58 37.01	200m: 2:26.79	38.18 300m: 3:42.76	37.55 400m: 4:54.82	34.80
	NIEWIADOMSKA, Adrianna	99	UKS GOS Raszyn	<b>4:54.82</b>	528
	50m: 32.19 32.19	150m: 1:44.48	36.34 250m: 2:58.72	36.70 350m: 4:15.93	39.31
	100m: 1:08.14 35.95	200m: 2:22.02	37.54 300m: 3:36.62	37.90 400m: 4:54.82	38.89
7.	CHOJECKA, Karolina	00	UKS OLIMPIC Warka	<b>5:00.66</b>	498
	50m: 33.59 33.59	150m: 1:48.51	37.80 250m: 3:05.60	38.46 350m: 4:23.01	38.80
	100m: 1:10.71 37.12	200m: 2:27.14	38.63 300m: 3:44.21	38.61 400m: 5:00.66	37.65
8.	PIPCZY SKA, Kamila	00	MUKP Warszawianka Wodny Park	<b>5:05.42</b>	475
	50m: 33.35 33.35	150m: 1:49.82	38.77 250m: 3:08.23	39.24 350m: 4:26.70	39.20
	100m: 1:11.05 37.70	200m: 2:28.99	39.17 300m: 3:47.50	39.27 400m: 5:05.42	38.72
9.	CIPORSKA, Katarzyna	00	MKS Polonia Warszawa	<b>5:05.70</b>	474
	50m: 34.40 34.40	150m: 1:51.67	39.05 250m: 3:10.00	39.22 350m: 4:27.91	38.70
	100m: 1:12.62 38.22	200m: 2:30.78	39.11 300m: 3:49.21	39.21 400m: 5:05.70	37.79
10.	KUCZMAR, Gabriela	98	MKS Polonia Warszawa	<b>5:07.29</b>	466
	50m: 34.51 34.51	150m: 1:52.27	39.12 250m: 3:11.12	39.36 350m: 4:29.48	38.95
	100m: 1:13.15 38.64	200m: 2:31.76	39.49 300m: 3:50.53	39.41 400m: 5:07.29	37.81
11.	WAWRZYNKIEWICZ, Wiktoria	99	Uks oliborz	<b>5:10.98</b>	450
	50m: 35.36 35.36	150m: 1:54.54	39.68 250m: 3:13.92	39.96 350m: 4:32.59	39.49
	100m: 1:14.86 39.50	200m: 2:33.96	39.42 300m: 3:53.10	39.18 400m: 5:10.98	38.39
12.	MAŁKUS, Amelia	00	UKS Ostrobramska	<b>5:39.47</b>	346
	50m: 37.15 37.15	150m: 2:02.02	43.18 250m: 3:29.66	43.69 350m: 4:57.53	43.16
	100m: 1:18.84 41.69	200m: 2:45.97	43.95 300m: 4:14.37	44.71 400m: 5:39.47	41.94
PK	KAMI SKA, Inga	03	Sinnet Club Warszawa	<b>5:10.12</b>	454
	50m: 33.72 33.72	150m: 1:50.98	39.26 250m: 3:10.51	39.65 350m: 4:31.85	40.67
	100m: 1:11.72 38.00	200m: 2:30.86	39.88 300m: 3:51.18	40.67 400m: 5:10.12	38.27