

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12 -13 lat – I runda
Wołomin, 22. - 23.3.2017

Konkurencja 7
22.03.2017 - 12:01

Dziewcz t, 400m dowolny

12 - 13 lat
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.
12 lat									
1.	APANAS, Karolina		05	UKS JAGIELLONKA Warszawa				4:57.37	490
	50m:	31.59 31.59	150m:	1:45.21 37.79	250m:	3:02.26 38.66	350m:	4:20.09 39.17	
	100m:	1:07.42 35.83	200m:	2:23.60 38.39	300m:	3:40.92 38.66	400m:	4:57.37 37.28	
2.	WOLSKA, Pola		05	UKS JAGIELLONKA Warszawa				5:04.93	454
	50m:	34.11 34.11	150m:	1:51.12 39.06	250m:	3:09.32 39.13	350m:	4:28.21 39.47	
	100m:	1:12.06 37.95	200m:	2:30.19 39.07	300m:	3:48.74 39.42	400m:	5:04.93 36.72	
3.	PUCUŁA, Maja		05	UKS Victoria Józefów				5:23.84	379
	50m:	36.14 36.14	150m:	1:16.75 14.11	250m:	2:40.49 41.34	350m:	4:03.36 41.36	
	100m:	1:02.64 26.50	200m:	1:59.15 42.40	300m:	3:22.00 41.51	400m:	5:23.84 1:20.48	
4.	PRZYBYLSKA, Maja		05	UKS 307 Warszawa Mokotów				5:24.00	379
	50m:	36.72 36.72	150m:	1:58.94 41.30	250m:	3:22.21 41.86	350m:	4:44.56 40.69	
	100m:	1:17.64 40.92	200m:	2:40.35 41.41	300m:	4:03.87 41.66	400m:	5:24.00 39.44	
5.	OZIMEK, Magda		05	Uks,, oliborz" Warszawa				5:28.98	362
	50m:	35.98 35.98	150m:	4:07.12 42.98	250m:		350m:		
	100m:	3:24.14 2:48.16	200m:	4:50.02 42.90	300m:		400m:	5:28.98	
6.	KOCZYK, Wiktoria		05	Uks,, oliborz" Warszawa				5:30.92	355
	50m:	35.90 35.90	150m:	1:59.24 41.63	250m:	3:24.28 42.35	350m:	4:49.82 43.23	
	100m:	1:17.61 41.71	200m:	2:41.93 42.69	300m:	4:06.59 42.31	400m:	5:30.92 41.10	
7.	BIE CZYK, Hanna		05	UKS 307 Warszawa Mokotów				5:33.25	348
	50m:	38.94 38.94	150m:	2:03.83 43.05	250m:	3:29.87 43.04	350m:	4:53.05 40.47	
	100m:	1:20.78 41.84	200m:	2:46.83 43.00	300m:	4:12.58 42.71	400m:	5:33.25 40.20	
8.	NOWAKOWSKA, Aleksandra		05	UKS G-8 Bielany Warszawa				5:35.98	340
	50m:	36.66 36.66	150m:	2:01.51 42.94	250m:	3:28.18 43.62	350m:	4:55.69 43.52	
	100m:	1:18.57 41.91	200m:	2:44.56 43.05	300m:	4:12.17 43.99	400m:	5:35.98 40.29	
9.	TOMCZYK, Karolina		05	UKS Victoria Józefów				5:36.51	338
	50m:	37.32 37.32	150m:	2:46.13 44.13	250m:		350m:		
	100m:	2:02.00 1:24.68	200m:	3:29.57 43.44	300m:		400m:	5:36.51	
10.	ZIELI SKA, Karolina		05	Uks Skalar				5:39.59	329
	50m:	38.31 38.31	150m:	2:06.01 44.12	250m:	3:33.74 43.86	350m:	4:59.12 42.03	
	100m:	1:21.89 43.58	200m:	2:49.88 43.87	300m:	4:17.09 43.35	400m:	5:39.59 40.47	
11.	WÓJCIKOWSKA, Małgorzata		05	UKS G-8 Bielany Warszawa				5:42.34	321
	50m:	37.55 37.55	150m:	2:00.93 43.00	250m:	3:30.74 45.66	350m:	5:00.86 44.40	
	100m:	1:17.93 40.38	200m:	2:45.08 44.15	300m:	4:16.46 45.72	400m:	5:42.34 41.48	
12.	GRELOWSKA, Hanna		05	Uks,, oliborz" Warszawa				5:50.08	300
	50m:	38.69 38.69	150m:	3:40.22 46.22	250m:	5:09.08 44.44	350m:		
	100m:	2:54.00 2:15.31	200m:	4:24.64 44.42	300m:		400m:	5:50.08	
13.	GOLJASZ, Eliza		05	UKS Victoria Józefów				5:50.20	300
	50m:	38.23 38.23	150m:	2:48.21 1:27.64	250m:	4:18.81 46.30	350m:	6:03.82 57.42	
	100m:	1:20.57 42.34	200m:	3:32.51 44.30	300m:	5:06.40 47.59	400m:	5:50.20	
14.	DZIADEK, Amelia		05	UKS MANTA Warszawa Włochy				5:52.27	295
	50m:	39.19 39.19	150m:	2:06.29 44.15	250m:	3:37.99 46.13	350m:	5:09.62 44.77	
	100m:	1:22.14 42.95	200m:	2:51.86 45.57	300m:	4:24.85 46.86	400m:	5:52.27 42.65	
15.	PASIEROWSKA, Wiktoria		05	Uks,, oliborz" Warszawa				5:54.90	288
	50m:	38.53 38.53	150m:	2:07.65 45.91	250m:	3:40.12 46.51	350m:	5:11.84 45.69	
	100m:	1:21.74 43.21	200m:	2:53.61 45.96	300m:	4:26.15 46.03	400m:	5:54.90 43.06	
16.	KOBER, Imiśława		05	KS Fenix O arów Mazowiecki				5:57.28	282
	50m:	36.76 36.76	150m:	2:04.61 45.76	250m:	3:38.23 47.55	350m:	5:13.28 47.24	
	100m:	1:18.85 42.09	200m:	2:50.68 46.07	300m:	4:26.04 47.81	400m:	5:57.28 44.00	
17.	NASTERSKA, Kamila		05	Uks,, oliborz" Warszawa				5:57.91	281
	50m:	38.77 38.77	150m:	2:08.39 45.66	250m:	3:41.08 46.53	350m:	5:14.56 46.62	
	100m:	1:22.73 43.96	200m:	2:54.55 46.16	300m:	4:27.94 46.86	400m:	5:57.91 43.35	

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12 -13 lat – I runda
Wołomin, 22. - 23.3.2017

Konkurencja 7, Dziewcz t, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	OLEKSIUK, Krystyna		05	UKS MANTA Warszawa Włochy			5:59.45	277	
	50m: 39.54 39.54	150m: 2:08.05	44.74	250m: 3:40.60	46.87	350m: 5:13.96	46.52		
	100m: 1:23.31 43.77	200m: 2:53.73	45.68	300m: 4:27.44	46.84	400m: 5:59.45	45.49		
19.	IMIOŁEK, Otylia		05	UKS Victoria Józefów			6:22.26	230	
	50m: 41.33 41.33	150m: 2:19.12	48.29	250m: 3:57.22	49.45	350m: 5:36.97	49.16		
	100m: 1:30.83 49.50	200m: 3:07.77	48.65	300m: 4:47.81	50.59	400m: 6:22.26	45.29		
20.	GROMEK, Zuzanna		05	UKS Victoria Józefów			6:25.80	224	
	50m: 39.55 39.55	150m:		250m: 5:28.47	50.63	350m:			
	100m: 1:25.52 45.97	200m: 4:37.84		300m:		400m: 6:25.80			
21.	JAWORSKA, Zofia		05	Uks,, oliborz" Warszawa			6:29.05	219	
	50m: 42.31 42.31	150m: 2:20.70	50.49	250m: 4:01.76	50.37	350m: 5:41.34	50.73		
	100m: 1:30.21 47.90	200m: 3:11.39	50.69	300m: 4:50.61	48.85	400m: 6:29.05	47.71		
22.	LIG ZA, Marianna		05	Uks Skalar			6:56.27	178	
	50m: 43.26 43.26	150m: 2:32.37	55.82	250m: 4:18.25	52.47	350m: 6:05.44	52.83		
	100m: 1:36.55 53.29	200m: 3:25.78	53.41	300m: 5:12.61	54.36	400m: 6:56.27	50.83		

13 lat

1.	JANUSZKO, Patrycja		04	Integracyjny Klub Sportowy Kon			4:52.58	514
	50m: 33.29 33.29	150m: 1:47.86	37.45	250m: 3:03.20	37.57	350m: 4:17.95	37.17	
	100m: 1:10.41 37.12	200m: 2:25.63	37.77	300m: 3:40.78	37.58	400m: 4:52.58	34.63	
2.	BORYS, Zofia		04	Uks,, oliborz" Warszawa			5:01.70	469
	50m: 33.85 33.85	150m: 1:49.36	38.07	250m: 3:06.52	38.57	350m: 4:24.38	38.67	
	100m: 1:11.29 37.44	200m: 2:27.95	38.59	300m: 3:45.71	39.19	400m: 5:01.70	37.32	
3.	SWIETLIK, Julia		04	Integracyjny Klub Sportowy Kon			5:05.08	454
	50m: 33.02 33.02	150m: 1:48.74	38.27	250m: 3:07.59	39.45	350m: 4:27.42	40.05	
	100m: 1:10.47 37.45	200m: 2:28.14	39.40	300m: 3:47.37	39.78	400m: 5:05.08	37.66	
4.	TAMBOREK, Kinga		04	UKS JAGIELLONKA Warszawa			5:05.45	452
	50m: 34.72 34.72	150m: 1:53.08	39.68	250m: 3:11.68	38.95	350m: 4:28.82	38.05	
	100m: 1:13.40 38.68	200m: 2:32.73	39.65	300m: 3:50.77	39.09	400m: 5:05.45	36.63	
5.	NAGRABA, Oliwia		04	UKS 307 Warszawa Mokotów			5:05.56	452
	50m: 35.26 35.26	150m: 1:52.31	39.16	250m: 3:10.88	39.43	350m: 4:28.68	38.25	
	100m: 1:13.15 37.89	200m: 2:31.45	39.14	300m: 3:50.43	39.55	400m: 5:05.56	36.88	
6.	MAJCHRZAK, Kaja		04	Integracyjny Klub Sportowy Kon			5:08.03	441
	50m: 34.35 34.35	150m: 1:52.15	39.50	250m: 3:51.35	39.57	350m:		
	100m: 1:12.65 38.30	200m: 3:11.78	1:19.63	300m: 4:30.37	39.02	400m: 5:08.03		
7.	ZAKRZEWSKA, Oliwia		04	UKS Ostrobramska Warszawa			5:08.89	437
	50m: 35.19 35.19	150m: 1:54.17	39.61	250m: 3:12.96	39.46	350m: 4:31.95	39.23	
	100m: 1:14.56 39.37	200m: 2:33.50	39.33	300m: 3:52.72	39.76	400m: 5:08.89	36.94	
8.	KA MIEROWSKA, Nina		04	Uks,, oliborz" Warszawa			5:14.20	415
	50m: 36.28 36.28	150m: 1:57.19	40.25	250m: 3:17.35	39.94	350m: 4:37.04	39.48	
	100m: 1:16.94 40.66	200m: 2:37.41	40.22	300m: 3:57.56	40.21	400m: 5:14.20	37.16	
9.	D BSKA, Julia		04	UKS G-8 Bielany Warszawa			5:14.40	415
	50m: 34.09 34.09	150m: 1:54.07	40.76	250m: 3:16.51	41.52	350m: 4:36.95	39.72	
	100m: 1:13.31 39.22	200m: 2:34.99	40.92	300m: 3:57.23	40.72	400m: 5:14.40	37.45	
10.	PA KO, Maja		04	KS Fenix O arów Mazowiecki			5:20.99	390
	50m: 36.27 36.27	150m: 1:56.26	40.49	250m: 3:19.77	41.61	350m: 4:44.29	42.32	
	100m: 1:15.77 39.50	200m: 2:38.16	41.90	300m: 4:01.97	42.20	400m: 5:20.99	36.70	
11.	KUCHARSKA, Marta		04	UKS 307 Warszawa Mokotów			5:23.58	380
	50m: 35.26 35.26	150m: 1:57.12	41.47	250m: 3:21.21	42.12	350m: 4:45.62	42.06	
	100m: 1:15.65 40.39	200m: 2:39.09	41.97	300m: 4:03.56	42.35	400m: 5:23.58	37.96	
12.	STANISZEWSKA, Karolina		04	Uks,, oliborz" Warszawa			5:24.40	377
	50m: 35.34 35.34	150m: 1:55.77	40.96	250m: 3:19.03	41.58	350m: 4:43.35	41.52	
	100m: 1:14.81 39.47	200m: 2:37.45	41.68	300m: 4:01.83	42.80	400m: 5:24.40	41.05	

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

Pozycja			Rok ur.					Czas	Pkt.
13.	ŁOTOWSKA, Maja		04	UKS G-8 Bielany Warszawa				5:24.55	377
	50m:	34.88 34.88	150m:	1:56.14	41.60	250m:	3:20.23 42.47	350m:	4:44.30 42.37
	100m:	1:14.54 39.66	200m:	2:37.76	41.62	300m:	4:01.93 41.70	400m:	5:24.55 40.25
14.	AUGUSTYNOWICZ, Olga		04	UKS G-8 Bielany Warszawa				5:30.92	355
	50m:	3:22.64 3:22.64	150m:			250m:		350m:	
	100m:		200m:			300m:		400m:	5:30.92
15.	PECYNA, Martyna		04	Integracyjny Klub Sportowy Kon				5:32.40	351
	50m:	35.95 35.95	150m:	1:59.57	42.81	250m:	3:25.41 43.16	350m:	4:51.63 42.72
	100m:	1:16.76 40.81	200m:	2:42.25	42.68	300m:	4:08.91 43.50	400m:	5:32.40 40.77
16.	BOGACKA, Paulina		04	UKS JAGIELLONKA Warszawa				5:33.32	348
	50m:	36.65 36.65	150m:	2:03.22	43.98	250m:	3:28.66 42.97	350m:	4:53.97 42.05
	100m:	1:19.24 42.59	200m:	2:45.69	42.47	300m:	4:11.92 43.26	400m:	5:33.32 39.35
17.	SZEWCZYK, Nina		04	UKS Victoria Józefów				5:36.28	339
	50m:	36.50 36.50	150m:	2:00.28	43.25	250m:	3:27.11 43.32	350m:	4:54.61 43.60
	100m:	1:17.03 40.53	200m:	2:43.79	43.51	300m:	4:11.01 43.90	400m:	5:36.28 41.67
18.	KŁOS, Maja		04	KS Fenix O arów Mazowiecki				5:41.72	323
	50m:	37.79 37.79	150m:	2:04.83	43.48	250m:	3:33.62 43.44	350m:	5:00.83 43.37
	100m:	1:21.35 43.56	200m:	2:50.18	45.35	300m:	4:17.46 43.84	400m:	5:41.72 40.89
19.	SZMYTKE, Karolina		04	Uks,, oliborz" Warszawa				5:45.30	313
	50m:	37.83 37.83	150m:	2:05.83	44.82	250m:	3:35.74 45.37	350m:	5:06.08 44.55
	100m:	1:21.01 43.18	200m:	2:50.37	44.54	300m:	4:21.53 45.79	400m:	5:45.30 39.22
20.	LASKOWSKA, Maja		04	KS Fenix O arów Mazowiecki				5:50.07	300
	50m:	37.46 37.46	150m:	2:07.07	44.87	250m:	3:37.08 45.68	350m:	5:08.09 45.32
	100m:	1:22.20 44.74	200m:	2:51.40	44.33	300m:	4:22.77 45.69	400m:	5:50.07 41.98
21.	HODUR, Paulina		04	KS Fenix O arów Mazowiecki				6:02.12	271
	50m:	39.39 39.39	150m:	2:11.30	46.68	250m:	3:44.13 46.21	350m:	5:17.93 46.53
	100m:	1:24.62 45.23	200m:	2:57.92	46.62	300m:	4:31.40 47.27	400m:	6:02.12 44.19
22.	BRO YNA, Alicja		04	Integracyjny Klub Sportowy Kon				6:08.21	258
	50m:	42.10 42.10	150m:	2:15.29	46.89	250m:	3:49.81 47.29	350m:	5:22.77 46.77
	100m:	1:28.40 46.30	200m:	3:02.52	47.23	300m:	4:36.00 46.19	400m:	6:08.21 45.44
23.	GRZELAK, Maja		04	UKS Ostrobramska Warszawa				6:20.41	234
	50m:	40.80 40.80	150m:	2:14.43	47.61	250m:	3:53.01 50.01	350m:	5:33.76 50.48
	100m:	1:26.82 46.02	200m:	3:03.00	48.57	300m:	4:43.28 50.27	400m:	6:20.41 46.65
24.	CHMIELEWSKA, Zofia		04	KS Fenix O arów Mazowiecki				6:23.05	229
	50m:	40.71 40.71	150m:	2:17.36	49.46	250m:	3:56.38 49.77	350m:	
	100m:	1:27.90 47.19	200m:	3:06.61	49.25	300m:	4:44.93 48.55	400m:	6:23.05