

Otwarte Mistrzostwa Okręgu Warszawsko-Mazowieckiego
Warszawa, 23. - 24.6.2017

Konkurencja 13
23.06.2017 - 18:36

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.
14 - 15 lat									
1.	Cynarska Natalia		03	Iuks Muszelka Warszawa				5:09.17	639
	50m:	34.31 34.31	150m:	1:52.09 38.94	250m:	3:14.58 44.22	350m:	4:34.48 35.67	
	100m:	1:13.15 38.84	200m:	2:30.36 38.27	300m:	3:58.81 44.23	400m:	5:09.17 34.69	
2.	Zarba-Paradowska Julia		02	Buks				5:14.83	605
	50m:	32.84 32.84	150m:	1:51.66 41.84	250m:	3:17.98 45.76	350m:	4:38.95 36.26	
	100m:	1:09.82 36.98	200m:	2:32.22 40.56	300m:	4:02.69 44.71	400m:	5:14.83 35.88	
3.	Nowak Maja		03	MKS Ochota Warszawa				5:19.82	577
	50m:	33.18 33.18	150m:	1:52.70 40.99	250m:	3:20.19 48.12	350m:	4:45.56 37.49	
	100m:	1:11.71 38.53	200m:	2:32.07 39.37	300m:	4:08.07 47.88	400m:	5:19.82 34.26	
4.	Badzian Natalia		03	Iuks Muszelka Warszawa				5:20.21	575
	50m:	33.21 33.21	150m:	1:53.79 42.35	250m:	3:22.03 47.47	350m:	4:45.71 35.64	
	100m:	1:11.44 38.23	200m:	2:34.56 40.77	300m:	4:10.07 48.04	400m:	5:20.21 34.50	
5.	Bidnik Karolina		02	Uks Gim92 Ursynów Warszawa				5:37.23	492
	50m:	36.55 36.55	150m:	2:04.92 43.82	250m:	3:34.51 46.95	350m:	4:59.87 38.45	
	100m:	1:21.10 44.55	200m:	2:47.56 42.64	300m:	4:21.42 46.91	400m:	5:37.23 37.36	
6.	Frckiewicz Emilia		03	UKS Delfin Garwolin				6:19.57	345
	50m:	40.96 40.96	150m:	2:16.60 47.86	250m:	4:00.51 57.35	350m:	5:39.17 42.13	
	100m:	1:28.74 47.78	200m:	3:03.16 46.56	300m:	4:57.04 56.53	400m:	6:19.57 40.40	

16 lat i starsi

1.	Wojtanek Wiktoria		01	UKS GOS Raszyn				5:19.94	577
	50m:	34.94 34.94	150m:	1:58.04 43.07	250m:	3:23.47 45.43	350m:	4:45.24 37.16	
	100m:	1:14.97 40.03	200m:	2:38.04 40.00	300m:	4:08.08 44.61	400m:	5:19.94 34.70	
2.	Wojciechowska Maria		00	UKS GOS Raszyn				5:25.72	546
	50m:	33.69 33.69	150m:	1:56.75 42.19	250m:	3:24.90 46.79	350m:	4:48.78 36.87	
	100m:	1:14.56 40.87	200m:	2:38.11 41.36	300m:	4:11.91 47.01	400m:	5:25.72 36.94	