

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

Konkurencja 31
24.06.2017 - 10:42

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.
14 - 15 lat									
1.	Cynarska Weronika		03	Iuks Muszelka Warszawa				4:32.80	651
	50m:	31.51 31.51	150m:	1:39.72 34.59	250m:	2:49.34 34.85	350m:	3:59.11 34.80	
	100m:	1:05.13 33.62	200m:	2:14.49 34.77	300m:	3:24.31 34.97	400m:	4:32.80 33.69	
2.	Słowik Martyna		03	IKS Konstancin				4:42.62	585
	50m:	32.42 32.42	150m:	1:43.90 35.83	250m:	2:56.23 36.15	350m:	4:08.48 35.85	
	100m:	1:08.07 35.65	200m:	2:20.08 36.18	300m:	3:32.63 36.40	400m:	4:42.62 34.14	
3.	Zar ba-Paradowska Julia		02	Buks				4:42.70	585
	50m:	32.41 32.41	150m:	1:43.74 35.56	250m:	2:56.09 35.79	350m:	4:07.89 35.40	
	100m:	1:08.18 35.77	200m:	2:20.30 36.56	300m:	3:32.49 36.40	400m:	4:42.70 34.81	
4.	Ziemacka Julia		03	Iuks Muszelka Warszawa				4:48.00	553
	50m:	33.08 33.08	150m:	1:44.68 36.21	250m:	2:57.93 36.74	350m:	4:11.85 36.92	
	100m:	1:08.47 35.39	200m:	2:21.19 36.51	300m:	3:34.93 37.00	400m:	4:48.00 36.15	
5.	Ambro y Antonina		03	MKS Ochota Warszawa				4:51.05	536
	50m:	32.02 32.02	150m:	1:45.85 37.38	250m:	3:00.86 37.30	350m:	4:14.97 36.81	
	100m:	1:08.47 36.45	200m:	2:23.56 37.71	300m:	3:38.16 37.30	400m:	4:51.05 36.08	
6.	Pawłowska Barbara		02	UKS 190 Łód				4:53.78	521
	50m:	33.47 33.47	150m:	1:47.11 37.53	250m:	3:02.07 37.69	350m:	4:17.40 37.87	
	100m:	1:09.58 36.11	200m:	2:24.38 37.27	300m:	3:39.53 37.46	400m:	4:53.78 36.38	
7.	Kozaczuk Klara		03	UKS oliborz				4:54.04	520
	50m:	32.70 32.70	150m:	1:46.60 37.47	250m:	3:02.23 37.81	350m:	4:18.11 37.88	
	100m:	1:09.13 36.43	200m:	2:24.42 37.82	300m:	3:40.23 38.00	400m:	4:54.04 35.93	
8.	Zientarska Karolina		02	IKS Konstancin				5:06.09	461
	50m:	34.04 34.04	150m:	1:51.95 39.27	250m:	3:10.80 39.73	350m:	4:29.11 38.90	
	100m:	1:12.68 38.64	200m:	2:31.07 39.12	300m:	3:50.21 39.41	400m:	5:06.09 36.98	
16 lat i starsi									
1.	Sakson-Szafra ska Sara		00	UKS Jagiellonka Warszawa				5:00.02	489
	50m:	34.00 34.00	150m:	1:49.87 38.37	250m:	3:05.98 38.06	350m:	4:22.53 38.00	
	100m:	1:11.50 37.50	200m:	2:27.92 38.05	300m:	3:44.53 38.55	400m:	5:00.02 37.49	