

Otwarte Zimowe Mistrzostwa Warszawy w pływaniu
Warszawa, 1. - 2.12.2017

Konkurencja 19
01.12.2017 - 19:42

Dziewcz t, 400m dowolny

10 - 14 lat
Wyniki

Punkty: FINA 2017

Pozycja	Rok ur.	Czas	Pkt.
10 lat			
1. MICHALSKA, Pola	07	5:35.95	348
50m: 36.75 36.75	150m: 2:02.53 43.43	250m: 3:30.05 43.14	350m: 4:56.27 42.56
100m: 1:19.10 42.35	200m: 2:46.91 44.38	300m: 4:13.71 43.66	400m: 5:35.95 39.68
2. SOBCZAK, Antonina	07	6:03.25	275
50m: 40.55 40.55	150m: 2:15.54 47.73	250m: 3:49.20 46.48	350m: 5:20.83 44.76
100m: 1:27.81 47.26	200m: 3:02.72 47.18	300m: 4:36.07 46.87	400m: 6:03.25 42.42
3. DUDZI SKA, Oliwia	07	6:11.28	258
50m: 38.81 38.81	150m: 2:13.25 47.88	250m: 3:49.32 48.17	350m: 5:26.50 48.34
100m: 1:25.37 46.56	200m: 3:01.15 47.90	300m: 4:38.16 48.84	400m: 6:11.28 44.78
4. GACKA, Aleksandra	07	6:22.89	235
50m: 43.81 43.81	150m: 2:22.11 48.51	250m: 4:01.61 49.35	350m: 5:38.96 48.06
100m: 1:33.60 49.79	200m: 3:12.26 50.15	300m: 4:50.90 49.29	400m: 6:22.89 43.93
5. SIEDLEWSKA, Marcelina	07	6:30.82	221
50m: 42.65 42.65	150m: 2:23.61 50.71	250m: 4:04.14 50.04	350m: 5:45.06 49.51
100m: 1:32.90 50.25	200m: 3:14.10 50.49	300m: 4:55.55 51.41	400m: 6:30.82 45.76
6. DUBAN, Justyna	07	6:39.00	208
50m: 42.84 42.84	150m: 2:26.61 52.08	250m: 4:11.34 52.07	350m: 5:54.80 52.28
100m: 1:34.53 51.69	200m: 3:19.27 52.66	300m: 5:02.52 51.18	400m: 6:39.00 44.20
7. WILCZKO, Kamila	07	6:39.67	207
50m: 41.62 41.62	150m: 2:22.42 51.00	250m: 4:05.39 50.86	350m: 5:50.20 51.70
100m: 1:31.42 49.80	200m: 3:14.53 52.11	300m: 4:58.50 53.11	400m: 6:39.67 49.47
11 lat			
1. WILANOWSKA, Karina	06	4:59.96	489
50m: 33.85 33.85	150m: 1:49.08 38.30	250m: 3:06.19 38.67	350m: 4:23.52 38.39
100m: 1:10.78 36.93	200m: 2:27.52 38.44	300m: 3:45.13 38.94	400m: 4:59.96 36.44
2. GORCZYCA, Gabriela	06	5:09.65	445
50m: 33.89 33.89	150m: 1:52.53 39.96	250m: 3:13.02 40.25	350m: 4:32.16 39.30
100m: 1:12.57 38.68	200m: 2:32.77 40.24	300m: 3:52.86 39.84	400m: 5:09.65 37.49
3. SZLENDAK, Olga	06	5:13.58	428
50m: 34.45 34.45	150m: 1:51.42 38.04	250m: 3:12.97 39.58	350m: 4:34.81 40.85
100m: 1:13.38 38.93	200m: 2:33.39 41.97	300m: 3:53.96 40.99	400m: 5:13.58 38.77
4. GOMUŁKA, Weronika	06	5:15.84	419
50m: 36.36 36.36	150m: 1:55.85 40.27	250m: 3:16.58 40.43	350m: 4:37.50 40.53
100m: 1:15.58 39.22	200m: 2:36.15 40.30	300m: 3:56.97 40.39	400m: 5:15.84 38.34
5. OSTROWSKA, Nina	06	5:19.98	403
50m: 36.11 36.11	150m: 1:58.96 40.92	250m: 3:20.37 40.29	350m: 4:41.00 39.75
100m: 1:18.04 41.93	200m: 2:40.08 41.12	300m: 4:01.25 40.88	400m: 5:19.98 38.98
6. GRUSZCZY SKA, Aleksandra	06	5:23.55	390
50m: 36.75 36.75	150m: 1:59.49 41.19	250m: 3:23.79 41.95	350m: 4:46.28 40.43
100m: 1:18.30 41.55	200m: 2:41.84 42.35	300m: 4:05.85 42.06	400m: 5:23.55 37.27
7. BIEGA SKA, Aleksandra	06	5:25.03	385
50m: 34.44 34.44	150m: 1:54.95 41.44	250m: 3:17.99 42.16	350m: 4:43.47 43.74
100m: 1:13.51 39.07	200m: 2:35.83 40.88	300m: 3:59.73 41.74	400m: 5:25.03 41.56
8. UŁAWA, Julia	06	5:34.93	351
50m: 37.16 37.16	150m: 2:04.09 43.60	250m: 3:30.42 42.90	350m: 4:55.63 42.31
100m: 1:20.49 43.33	200m: 2:47.52 43.43	300m: 4:13.32 42.90	400m: 5:34.93 39.30
9. ŁUBI SKA, Zuzanna	06	5:35.38	350
50m: 36.37 36.37	150m: 2:01.11 42.42	250m: 3:27.12 42.63	350m: 4:53.90 42.73
100m: 1:18.69 42.32	200m: 2:44.49 43.38	300m: 4:11.17 44.05	400m: 5:35.38 41.48

Otwarte Zimowe Mistrzostwa Warszawy w pływaniu
Warszawa, 1. - 2.12.2017

Konkurencja 19, Dziewcz t, 400m dowolny, 11 lat

Pozycja		Rok ur.						Czas	Pkt.
10.	OSIAK, Julia	06	MKP Warszawianka					5:36.04	348
	50m: 35.17 35.17		150m: 1:58.99 42.67		250m: 3:26.12 43.72		350m: 4:53.46 43.80		
	100m: 1:16.32 41.15		200m: 2:42.40 43.41		300m: 4:09.66 43.54		400m: 5:36.04 42.58		
11.	JAGODZI SKA, Klaudia	06	UKS G-8 Bielany Warszawa					5:38.50	340
	50m: 36.68 36.68		150m: 2:00.55 43.15		250m: 3:28.18 43.33		350m: 4:57.07 43.89		
	100m: 1:17.40 40.72		200m: 2:44.85 44.30		300m: 4:13.18 45.00		400m: 5:38.50 41.43		
12.	OLKO, Zuzanna	06	Uczniowski Klub Sportowy "Siód					5:44.85	322
	50m: 39.31 39.31		150m: 2:08.48 44.72		250m: 3:37.35 44.44		350m: 5:05.08 42.99		
	100m: 1:23.76 44.45		200m: 2:52.91 44.43		300m: 4:22.09 44.74		400m: 5:44.85 39.77		
13.	RUCI SKA, Helena	06	MKP Warszawianka					5:46.41	318
	50m: 38.69 38.69		150m: 2:07.58 44.98		250m: 3:36.82 44.53		350m: 5:05.91 44.48		
	100m: 1:22.60 43.91		200m: 2:52.29 44.71		300m: 4:21.43 44.61		400m: 5:46.41 40.50		
14.	HASIUK, Anastazja	06	Uks Victoria Józefów					5:47.08	316
	50m: 36.67 36.67		150m: 2:05.04 44.85		250m: 3:36.30 45.58		350m: 5:04.45 42.98		
	100m: 1:20.19 43.52		200m: 2:50.72 45.68		300m: 4:21.47 45.17		400m: 5:47.08 42.63		
15.	IZBICKA, Dominika	06	Uks Victoria Józefów					5:51.18	305
	50m: 38.80 38.80		150m: 2:09.25 45.56		250m: 3:39.58 45.59		350m: 5:10.74 45.35		
	100m: 1:23.69 44.89		200m: 2:53.99 44.74		300m: 4:25.39 45.81		400m: 5:51.18 40.44		
16.	WALCZAK, Barbara	06	UKS G-8 Bielany Warszawa					5:52.84	300
	50m: 39.33 39.33		150m: 2:09.35 45.23		250m: 3:40.00 45.56		350m: 5:10.85 45.01		
	100m: 1:24.12 44.79		200m: 2:54.44 45.09		300m: 4:25.84 45.84		400m: 5:52.84 41.99		
17.	KORZENIOWSKA, Maja	06	UKS Fala Niepor t					5:58.96	285
	50m: 39.89 39.89		150m: 2:11.08 45.66		250m: 3:45.17 47.15		350m: 5:17.26 45.95		
	100m: 1:25.42 45.53		200m: 2:58.02 46.94		300m: 4:31.31 46.14		400m: 5:58.96 41.70		
18.	GŁAZOWSKA, Julia	06	MKS Piaseczno					6:02.68	277
	50m: 40.32 40.32		150m: 2:12.50 46.67		250m: 3:45.38 46.94		350m: 5:18.75 46.58		
	100m: 1:25.83 45.51		200m: 2:58.44 45.94		300m: 4:32.17 46.79		400m: 6:02.68 43.93		
19.	OCHOWSKA, Liliana	06	Uczniowski Klub Sportowy "Siód					6:10.92	259
	50m: 41.97 41.97		150m: 2:17.68 48.26		250m: 3:53.36 47.80		350m: 5:27.31 45.87		
	100m: 1:29.42 47.45		200m: 3:05.56 47.88		300m: 4:41.44 48.08		400m: 6:10.92 43.61		
20.	MAGIEREK, Karolina	06	Legia Warszawa					6:13.54	253
	50m: 39.36 39.36		150m: 2:14.12 47.26		250m: 3:51.29 49.15		350m: 5:29.03 48.57		
	100m: 1:26.86 47.50		200m: 3:02.14 48.02		300m: 4:40.46 49.17		400m: 6:13.54 44.51		
21.	KWIATKOWSKA, Maja	06	Uczniowski Klub Sportowy "Siód					6:30.28	222
	50m: 42.07 42.07		150m: 2:22.36 49.16		250m: 4:01.28 48.15		350m: 5:40.30 49.34		
	100m: 1:33.20 51.13		200m: 3:13.13 50.77		300m: 4:50.96 49.68		400m: 6:30.28 49.98		

12 lat

1.	MARCINKOWSKA, Maja	05	UKS 149 Łód					4:57.12	504
	50m: 34.27 34.27		150m: 1:49.66 37.79		250m: 3:05.54 38.28		350m: 4:21.46 37.60		
	100m: 1:11.87 37.60		200m: 2:27.26 37.60		300m: 3:43.86 38.32		400m: 4:57.12 35.66		
2.	WOLSKA, Pola	05	Ukp Polonia Warszawa					4:59.84	490
	50m: 33.87 33.87		150m: 1:50.87 39.05		250m: 3:08.44 38.49		350m: 4:25.46 38.29		
	100m: 1:11.82 37.95		200m: 2:29.95 39.08		300m: 3:47.17 38.73		400m: 4:59.84 34.38		
3.	GÓRSKA, Zofia	05	Uks Gim 92 Ursynów Warszawa					5:02.13	479
	50m: 34.35 34.35		150m: 1:51.90 39.28		250m: 3:09.00 38.72		350m: 4:26.41 39.00		
	100m: 1:12.62 38.27		200m: 2:30.28 38.38		300m: 3:47.41 38.41		400m: 5:02.13 35.72		
4.	KOSSOWSKA, Julita	05	Uks 190 Łód					5:03.92	470
	50m: 33.40 33.40		150m: 1:51.08 39.23		250m: 3:10.19 39.67		350m: 4:27.53 38.37		
	100m: 1:11.85 38.45		200m: 2:30.52 39.44		300m: 3:49.16 38.97		400m: 5:03.92 36.39		
5.	KULIK, Julia	05	UKS GOS Raszyn					5:04.22	469
	50m: 33.16 33.16		150m: 1:51.11 39.03		250m: 3:09.33 38.61		350m: 4:27.56 38.56		
	100m: 1:12.08 38.92		200m: 2:30.72 39.61		300m: 3:49.00 39.67		400m: 5:04.22 36.66		

Otwarte Zimowe Mistrzostwa Warszawy w pływaniu
Warszawa, 1. - 2.12.2017

Konkurencja 19, Dziewcz t, 400m dowolny, 12 lat

Pozycja		Rok ur.							Czas	Pkt.
6.	KLUSEK, Aleksandra	05	Ukp Polonia Warszawa						5:05.82	462
	50m: 33.93 33.93		150m: 1:51.63 38.75		250m: 3:09.93 38.94		350m: 4:28.61 38.59			
	100m: 1:12.88 38.95		200m: 2:30.99 39.36		300m: 3:50.02 40.09		400m: 5:05.82 37.21			
7.	SAMORAJ, Oliwia	05	MKS Piaseczno						5:14.03	426
	50m: 35.11 35.11		150m: 1:55.09 40.31		250m: 3:15.84 40.44		350m: 4:36.16 39.83			
	100m: 1:14.78 39.67		200m: 2:35.40 40.31		300m: 3:56.33 40.49		400m: 5:14.03 37.87			
8.	JASTRZ BEK, Nadia	05	Uczniowski Klub Sportowy "Siód						5:17.28	413
	50m: 34.71 34.71		150m: 1:56.23 40.76		250m: 3:18.65 40.92		350m: 4:40.34 40.64			
	100m: 1:15.47 40.76		200m: 2:37.73 41.50		300m: 3:59.70 41.05		400m: 5:17.28 36.94			
9.	ORLI SKA, Monika	05	Uks Gim 92 Ursynów Warszawa						5:20.95	399
	50m: 35.35 35.35		150m: 1:56.91 41.26		250m: 3:18.43 40.71		350m: 4:40.16 40.30			
	100m: 1:15.65 40.30		200m: 2:37.72 40.81		300m: 3:59.86 41.43		400m: 5:20.95 40.79			
10.	DUBAN, Aleksandra	05	UKS GOS Raszyn						5:23.39	390
	50m: 35.63 35.63		150m: 1:57.47 41.10		250m: 3:20.06 41.05		350m: 4:43.23 41.06			
	100m: 1:16.37 40.74		200m: 2:39.01 41.54		300m: 4:02.17 42.11		400m: 5:23.39 40.16			
11.	OSTASZEWSKA, Amelia	05	MKS Piaseczno						5:23.56	390
	50m: 37.06 37.06		150m: 2:00.17 42.26		250m: 3:24.17 41.75		350m: 4:46.33 40.70			
	100m: 1:17.91 40.85		200m: 2:42.42 42.25		300m: 4:05.63 41.46		400m: 5:23.56 37.23			
12.	KLECZEK, Maria	05	MKS Piaseczno						5:45.78	319
	50m: 38.07 38.07		150m: 2:07.22 45.46		250m: 3:36.39 45.12		350m: 5:04.58 43.69			
	100m: 1:21.76 43.69		200m: 2:51.27 44.05		300m: 4:20.89 44.50		400m: 5:45.78 41.20			
13.	KAZUBA, Martyna	05	Uks 190 Łód						5:49.58	309
	50m: 37.08 37.08		150m: 2:05.89 45.79		250m: 3:37.90 45.63		350m: 5:09.96 45.61			
	100m: 1:20.10 43.02		200m: 2:52.27 46.38		300m: 4:24.35 46.45		400m: 5:49.58 39.62			
14.	K DZIOREK, Alicja	05	Mazowsze Mi tne						5:58.51	286
	50m: 38.71 38.71		150m: 2:09.49 45.85		250m: 3:42.00 46.64		350m: 5:15.46 46.85			
	100m: 1:23.64 44.93		200m: 2:55.36 45.87		300m: 4:28.61 46.61		400m: 5:58.51 43.05			
15.	RZEPECKA, Nadia	05	UKS "AZALIOWA"Gda sk						6:49.30	192
	50m: 40.49 40.49		150m: 2:21.74 52.52		250m: 4:08.91 54.36		350m: 5:57.17 54.23			
	100m: 1:29.22 48.73		200m: 3:14.55 52.81		300m: 5:02.94 54.03		400m: 6:49.30 52.13			
16.	KACZY SKA, Nadia	05	UKS "AZALIOWA"Gda sk						7:18.36	156
	50m: 41.98 41.98		150m: 2:30.41 57.43		250m: 4:27.68 58.43		350m: 6:22.87 56.50			
	100m: 1:32.98 51.00		200m: 3:29.25 58.84		300m: 5:26.37 58.69		400m: 7:18.36 55.49			

13 lat

1.	WRZESI SKA, Wiktoria	04	Uks 190 Łód						4:43.57	579
	50m: 33.13 33.13		150m: 1:45.79 36.80		250m: 2:59.07 36.73		350m: 4:10.22 35.63			
	100m: 1:08.99 35.86		200m: 2:22.34 36.55		300m: 3:34.59 35.52		400m: 4:43.57 33.35			
2.	TARASIEWICZ, Klaudia	04	Ukp Polonia Warszawa						4:43.61	579
	50m: 32.05 32.05		150m: 1:43.08 36.23		250m: 2:57.29 37.26		350m: 4:10.24 35.72			
	100m: 1:06.85 34.80		200m: 2:20.03 36.95		300m: 3:34.52 37.23		400m: 4:43.61 33.37			
3.	CATI, Lidia	04	ródniejszy UKS Polna Warszawa						4:59.04	494
	50m: 32.69 32.69		150m: 1:46.15 37.11		250m: 3:02.80 38.90		350m: 4:21.51 39.52			
	100m: 1:09.04 36.35		200m: 2:23.90 37.75		300m: 3:41.99 39.19		400m: 4:59.04 37.53			
4.	BIDNIK, Wiktoria	04	Uks Gim 92 Ursynów Warszawa						5:03.37	473
	50m: 32.77 32.77		150m: 1:48.18 38.24		250m: 3:05.78 38.64		350m: 4:24.54 38.87			
	100m: 1:09.94 37.17		200m: 2:27.14 38.96		300m: 3:45.67 39.89		400m: 5:03.37 38.83			
5.	NAGRABA, Oliwia	04	UKS 307 Warszawa-Mokotów						5:03.78	471
	50m: 33.46 33.46		150m: 1:50.28 38.60		250m: 3:08.78 39.45		350m: 4:26.94 39.03			
	100m: 1:11.68 38.22		200m: 2:29.33 39.05		300m: 3:47.91 39.13		400m: 5:03.78 36.84			
6.	GOMUŁKA, Natalia	04	Uks 190 Łód						5:04.52	468
	50m: 35.57 35.57		150m: 1:52.42 38.58		250m: 3:09.61 38.55		350m: 4:26.98 38.82			
	100m: 1:13.84 38.27		200m: 2:31.06 38.64		300m: 3:48.16 38.55		400m: 5:04.52 37.54			

Otwarte Zimowe Mistrzostwa Warszawy w pływaniu
Warszawa, 1. - 2.12.2017

Konkurencja 19, Dziewcz t, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.		
7.	BRYWCZY SKA, Helena		04	Uks Gim 92 Ursynów Warszawa				5:06.16	460		
	50m:	33.30 33.30	150m:	1:51.13	39.83	250m:	3:11.38	40.69	350m:	4:31.39	40.37
	100m:	1:11.30 38.00	200m:	2:30.69	39.56	300m:	3:51.02	39.64	400m:	5:06.16	34.77
8.	SIKORSKA, Oliwia		04	MKS Juvenia Wrocław				5:10.65	441		
	50m:	33.54 33.54	150m:	1:52.25	40.16	250m:	3:13.26	40.77	350m:	4:33.60	40.23
	100m:	1:12.09 38.55	200m:	2:32.49	40.24	300m:	3:53.37	40.11	400m:	5:10.65	37.05
9.	PA KO, Maja		04	KS Fenix O arów Mazowiecki				5:12.12	434		
	50m:	35.62 35.62	150m:	1:55.62	40.87	250m:	3:16.38	40.17	350m:	4:35.29	38.34
	100m:	1:14.75 39.13	200m:	2:36.21	40.59	300m:	3:56.95	40.57	400m:	5:12.12	36.83
10.	DUBAN, Karolina		04	UKS GOS Raszyn				5:20.32	402		
	50m:	35.11 35.11	150m:	1:57.27	41.93	250m:	3:20.23	41.51	350m:	4:42.09	39.90
	100m:	1:15.34 40.23	200m:	2:38.72	41.45	300m:	4:02.19	41.96	400m:	5:20.32	38.23
11.	NOWAK, Oliwia		04	Uks Gim 92 Ursynów Warszawa				5:22.64	393		
	50m:	35.59 35.59	150m:	1:57.12	41.30	250m:	3:19.52	41.23	350m:	4:42.28	41.06
	100m:	1:15.82 40.23	200m:	2:38.29	41.17	300m:	4:01.22	41.70	400m:	5:22.64	40.36

14 lat

1.	KAWKA, Nina		03	Uks Gim 92 Ursynów Warszawa				4:33.54	645		
	50m:	31.33 31.33	150m:	1:40.78	34.89	250m:	2:50.41	34.72	350m:	4:00.12	34.53
	100m:	1:05.89 34.56	200m:	2:15.69	34.91	300m:	3:25.59	35.18	400m:	4:33.54	33.42
2.	ZIEMACKA, Julia		03	Iuks Muszelka Warszawa				4:49.62	544		
	50m:	31.73 31.73	150m:	1:42.91	36.31	250m:	2:57.30	37.24	350m:	4:12.80	37.46
	100m:	1:06.60 34.87	200m:	2:20.06	37.15	300m:	3:35.34	38.04	400m:	4:49.62	36.82
3.	TOPP, Zofia		03	UKS G-8 Bielany Warszawa				4:59.33	492		
	50m:	32.93 32.93	150m:	1:47.86	37.87	250m:	3:04.75	38.40	350m:	4:22.57	38.67
	100m:	1:09.99 37.06	200m:	2:26.35	38.49	300m:	3:43.90	39.15	400m:	4:59.33	36.76
PK	POLA SKA, Aleksandra		00	UKS GOS Raszyn				4:25.07	709		
	50m:	31.09 31.09	150m:	1:38.56	33.57	250m:	2:45.41	33.09	350m:	3:52.36	33.25
	100m:	1:04.99 33.90	200m:	2:12.32	33.76	300m:	3:19.11	33.70	400m:	4:25.07	32.71
PK	JANKOWSKA, Klaudia		98	Uks Gim 92 Ursynów Warszawa				4:28.50	683		
	50m:	31.32 31.32	150m:	1:38.83	33.98	250m:	2:46.15	33.63	350m:	3:54.28	33.85
	100m:	1:04.85 33.53	200m:	2:12.52	33.69	300m:	3:20.43	34.28	400m:	4:28.50	34.22
PK	POGORZELSKA, Inez		00	UKS GOS Raszyn				4:40.29	600		
	50m:	31.69 31.69	150m:	1:41.83	35.24	250m:	2:53.45	35.72	350m:	4:05.13	35.68
	100m:	1:06.59 34.90	200m:	2:17.73	35.90	300m:	3:29.45	36.00	400m:	4:40.29	35.16
PK	WOJTANEK, Wiktoria		01	UKS GOS Raszyn				4:46.98	559		
	50m:	32.56 32.56	150m:	1:44.82	36.33	250m:	2:57.63	36.60	350m:	4:11.64	37.06
	100m:	1:08.49 35.93	200m:	2:21.03	36.21	300m:	3:34.58	36.95	400m:	4:46.98	35.34
PK	KURZEPA, Adrianna		02	UKS Pirania Targówek				4:51.56	533		
	50m:	32.98 32.98	150m:	1:45.95	36.88	250m:	3:00.48	37.66	350m:	4:15.07	36.95
	100m:	1:09.07 36.09	200m:	2:22.82	36.87	300m:	3:38.12	37.64	400m:	4:51.56	36.49
PK	CHOMICKA, Zofia		02	UKS Pirania Targówek				4:53.21	524		
	50m:	33.51 33.51	150m:	1:46.75	36.83	250m:	3:01.97	37.29	350m:	4:17.27	37.30
	100m:	1:09.92 36.41	200m:	2:24.68	37.93	300m:	3:39.97	38.00	400m:	4:53.21	35.94