

I MISTRZOSTWA MAZOWSZA W PŁYWANIU POD PATRONATEM PREZYDENTA MIASTA CIECHANÓW  
Ciechanów, 17.2.2018

Konkurencja 31  
17.02.2018 - 16:57

Kobiet, 400m dowolny

10 lat i starsi  
Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.		
<b>10 - 13 lat</b>											
1.	APANAS, Karolina		05	UKP Polonia Warszawa				<b>4:43.02</b>	568		
	50m:	32.47 32.47	150m:	1:44.30	36.05	250m:	2:56.19	35.91	350m:	4:08.52	36.56
	100m:	1:08.25 35.78	200m:	2:20.28	35.98	300m:	3:31.96	35.77	400m:	4:43.02	34.50
2.	WOLSKA, Pola		05	UKP Polonia Warszawa				<b>4:50.92</b>	523		
	50m:	33.03 33.03	150m:	1:47.01	37.53	250m:	3:01.42	37.06	350m:	4:16.54	37.05
	100m:	1:09.48 36.45	200m:	2:24.36	37.35	300m:	3:39.49	38.07	400m:	4:50.92	34.38
3.	WILANOWSKA, Karina		06	UKP Polonia Warszawa				<b>4:54.68</b>	504		
	50m:	32.85 32.85	150m:	1:47.60	37.99	250m:	3:02.14	38.51	350m:	4:17.35	38.31
	100m:	1:09.61 36.76	200m:	2:23.63	36.03	300m:	3:39.04	36.90	400m:	4:54.68	37.33
4.	KLUSEK, Aleksandra		05	UKP Polonia Warszawa				<b>4:57.02</b>	492		
	50m:	33.64 33.64	150m:	1:48.65	37.88	250m:	3:04.60	38.10	350m:	4:20.35	38.04
	100m:	1:10.77 37.13	200m:	2:26.50	37.85	300m:	3:42.31	37.71	400m:	4:57.02	36.67
5.	GAJCY, Natalia		05	UKP Polonia Warszawa				<b>5:09.17</b>	436		
	50m:	34.13 34.13	150m:	1:51.42	39.42	250m:	3:10.27	39.78	350m:	4:30.03	39.93
	100m:	1:12.00 37.87	200m:	2:30.49	39.07	300m:	3:50.10	39.83	400m:	5:09.17	39.14
6.	OSTASZEWSKA, Amelia		05	MKS Piaseczno				<b>5:19.41</b>	395		
	50m:	36.56 36.56	150m:	1:58.22	41.21	250m:	3:20.19	40.85	350m:	4:40.91	40.24
	100m:	1:17.01 40.45	200m:	2:39.34	41.12	300m:	4:00.67	40.48	400m:	5:19.41	38.50
7.	K DZIOREK, Alicja		05	Mazowsze Mi tne				<b>5:36.99</b>	337		
	50m:	36.98 36.98	150m:	2:01.04	42.69	250m:	3:27.74	43.27	350m:	4:56.64	44.13
	100m:	1:18.35 41.37	200m:	2:44.47	43.43	300m:	4:12.51	44.77	400m:	5:36.99	40.35
8.	KOŁODZIEJCZYK, Maja		07	SWIM TEAM Wilanów				<b>5:42.63</b>	320		
	50m:	38.35 38.35	150m:	2:02.59	42.98	250m:	3:31.29	44.62	350m:	5:01.13	45.36
	100m:	1:19.61 41.26	200m:	2:46.67	44.08	300m:	4:15.77	44.48	400m:	5:42.63	41.50
9.	GARLEJ, Zofia		05	UKS Kapry-Armexim Pruszków				<b>6:27.19</b>	222		
	50m:	40.05 40.05	150m:	2:18.16	50.68	250m:	3:59.36	50.42	350m:	5:39.95	49.55
	100m:	1:27.48 47.43	200m:	3:08.94	50.78	300m:	4:50.40	51.04	400m:	6:27.19	47.24
10.	ZARZECKA, Roksana		07	Klub Pływacki Ciechanów				<b>6:29.07</b>	219		
	50m:	43.55 43.55	150m:	2:20.94	49.27	250m:	4:00.92	50.39	350m:	5:39.79	49.44
	100m:	1:31.67 48.12	200m:	3:10.53	49.59	300m:	4:50.35	49.43	400m:	6:29.07	49.28
11.	BO KOWSKA, Antonina		07	Klub Pływacki Ciechanów				<b>6:40.03</b>	201		
	50m:	42.08 42.08	150m:	2:22.20	50.92	250m:	4:04.46	51.89	350m:	5:46.71	50.66
	100m:	1:31.28 49.20	200m:	3:12.57	50.37	300m:	4:56.05	51.59	400m:	6:40.03	53.32
12.	KOCHMA SKA, Łucja		08	Klub Pływacki Ciechanów				<b>6:44.43</b>	194		
	50m:	43.42 43.42	150m:	2:25.79	52.08	250m:	4:08.76	51.46	350m:	5:51.96	51.32
	100m:	1:33.71 50.29	200m:	3:17.30	51.51	300m:	5:00.64	51.88	400m:	6:44.43	52.47
13.	KUROWSKA, Alicja		08	Klub Pływacki Ciechanów				<b>7:13.50</b>	158		
	50m:	48.88 48.88	150m:	2:38.80	55.39	250m:	4:32.35	58.10	350m:	6:23.29	54.22
	100m:	1:43.41 54.53	200m:	3:34.25	55.45	300m:	5:29.07	56.72	400m:	7:13.50	50.21
14.	OLSZAK, Natalia		08	Klub Pływacki Ciechanów				<b>7:21.88</b>	149		
	50m:	48.92 48.92	150m:	2:40.11	56.20	250m:	4:34.48	57.05	350m:	6:27.96	56.38
	100m:	1:43.91 54.99	200m:	3:37.43	57.32	300m:	5:31.58	57.10	400m:	7:21.88	53.92
15.	BUTRYN, Wiktoria		07	Klub Pływacki Ciechanów				<b>7:26.00</b>	145		
	50m:	46.74 46.74	150m:	2:38.49	56.96	250m:	4:36.37	57.88	350m:	6:28.01	55.68
	100m:	1:41.53 54.79	200m:	3:38.49	1:00.00	300m:	5:32.33	55.96	400m:	7:26.00	57.99

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14 lat

1.	TARASIEWICZ, Klaudia	04	UKP Polonia Warszawa	<b>4:27.45</b>	674
	50m: 30.93 30.93	150m: 1:37.76	33.82 250m: 2:45.69 33.84	350m: 3:54.24	34.11
	100m: 1:03.94 33.01	200m: 2:11.85	34.09 300m: 3:20.13 34.44	400m: 4:27.45	33.21
2.	LATAŁA, Weronika	04	Skp Barkuda Starachowice	<b>4:31.05</b>	647
	50m: 29.91 29.91	150m: 1:37.54	34.25 250m: 2:47.05 34.99	350m: 3:57.48	35.28
	100m: 1:03.29 33.38	200m: 2:12.06	34.52 300m: 3:22.20 35.15	400m: 4:31.05	33.57
3.	SZREDZI SKA, Gabriela	04	UKP Polonia Warszawa	<b>4:48.15</b>	539
	50m: 32.64 32.64	150m: 1:45.87	37.11 250m: 2:59.44 36.87	350m: 4:13.10	36.49
	100m: 1:08.76 36.12	200m: 2:22.57	36.70 300m: 3:36.61 37.17	400m: 4:48.15	35.05
4.	NAGRABA, Oliwia	04	UKS 307 Warszawa-Mokotów	<b>4:57.30</b>	490
	50m: 33.45 33.45	150m: 1:47.74	37.47 250m: 3:03.78 38.04	350m: 4:20.57	38.30
	100m: 1:10.27 36.82	200m: 2:25.74	38.00 300m: 3:42.27 38.49	400m: 4:57.30	36.73
5.	D BROWSKA, Pola	04	UKS 307 Warszawa-Mokotów	<b>5:21.72</b>	387
	50m: 37.13 37.13	150m: 1:58.18	41.08 250m: 3:20.27 40.42	350m: 4:40.68	39.80
	100m: 1:17.10 39.97	200m: 2:39.85	41.67 300m: 4:00.88 40.61	400m: 5:21.72	41.04
6.	RUTKOWSKA, Gabriela	04	PSP SWIM Płock	<b>5:23.36</b>	381
	50m: 37.19 37.19	150m: 1:58.39	40.58 250m: 3:21.24 41.36	350m: 4:43.06	40.94
	100m: 1:17.81 40.62	200m: 2:39.88	41.49 300m: 4:02.12 40.88	400m: 5:23.36	40.30
7.	SAMOREK, Weronika	04	UKS Kapry-Armexim Pruszków	<b>5:41.08</b>	325
	50m: 37.11 37.11	150m: 2:02.26	43.37 250m: 3:30.54 44.28	350m: 4:58.56	44.17
	100m: 1:18.89 41.78	200m: 2:46.26	44.00 300m: 4:14.39 43.85	400m: 5:41.08	42.52

15 lat

1.	WI CKOWSKA, Alicja	03	UKS Delfin Garwolin	<b>4:57.58</b>	489
	50m: 32.24 32.24	150m: 1:46.47	37.57 250m: 3:03.45 38.83	350m: 4:21.07	38.73
	100m: 1:08.90 36.66	200m: 2:24.62	38.15 300m: 3:42.34 38.89	400m: 4:57.58	36.51

16 lat i starsi

1.	KRYSZKOWSKA, Natalia	02	MZOS Płock	<b>4:39.74</b>	589
	50m: 31.56 31.56	150m: 1:41.32	35.24 250m: 2:53.06 36.08	350m: 4:04.83	36.04
	100m: 1:06.08 34.52	200m: 2:16.98	35.66 300m: 3:28.79 35.73	400m: 4:39.74	34.91
2.	RUTKOWSKA, Wiktoria	02	PSP SWIM Płock	<b>4:59.53</b>	479
	50m: 32.64 32.64	150m: 1:47.18	37.96 250m: 3:03.88 38.43	350m: 4:21.80	38.89
	100m: 1:09.22 36.58	200m: 2:25.45	38.27 300m: 3:42.91 39.03	400m: 4:59.53	37.73