

Otwarte Wiosenne Mistrzostwa Okręgu Warszawsko Mazowieckiego
Pruszków, 16.3.2018

Konkurencja 33
16.03.2018 - 18:46

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.	
14 - 15 lat										
1.	CYNARSKA, Weronika		03	UKP POLONIA Warszawa				4:26.05	684	
	50m:	31.31 31.31	150m:	1:38.07	33.40	250m:	2:45.27	33.66	350m:	3:53.50 34.18
	100m:	1:04.67 33.36	200m:	2:11.61	33.54	300m:	3:19.32	34.05	400m:	4:26.05 32.55
2.	ZIEMACKA, Julia		03	Iuks Muszelka Warszawa				4:30.85	649	
	50m:	31.00 31.00	150m:	1:38.50	33.77	250m:	2:47.40	34.89	350m:	3:57.46 34.87
	100m:	1:04.73 33.73	200m:	2:12.51	34.01	300m:	3:22.59	35.19	400m:	4:30.85 33.39
3.	SŁOWIK, Martyna		03	IKS Konstancin				4:31.14	647	
	50m:	31.71 31.71	150m:	1:40.83	34.74	250m:	2:49.82	34.38	350m:	3:58.26 33.93
	100m:	1:06.09 34.38	200m:	2:15.44	34.61	300m:	3:24.33	34.51	400m:	4:31.14 32.88
4.	KAWKA, Nina		03	Uks Gim92 Ursynów Warszawa				4:32.87	634	
	50m:	31.57 31.57	150m:	1:41.13	35.13	250m:	2:51.00	34.78	350m:	3:59.43 33.98
	100m:	1:06.00 34.43	200m:	2:16.22	35.09	300m:	3:25.45	34.45	400m:	4:32.87 33.44
5.	JUREK, Michalina		03	Uks Gim92 Ursynów Warszawa				4:43.89	563	
	50m:	32.25 32.25	150m:	1:44.09	36.26	250m:	2:57.51	36.64	350m:	4:10.02 35.40
	100m:	1:07.83 35.58	200m:	2:20.87	36.78	300m:	3:34.62	37.11	400m:	4:43.89 33.87
6.	NOWAK, Zofia		03	UKS G-8 Bielany Warszawa				4:47.16	544	
	50m:	32.71 32.71	150m:	1:45.54	36.61	250m:	2:57.73	36.17	350m:	4:10.80 36.43
	100m:	1:08.93 36.22	200m:	2:21.56	36.02	300m:	3:34.37	36.64	400m:	4:47.16 36.36
7.	WŁODARKIEWICZ, Magdalena		03	UKS Pirania Targówek				4:50.70	525	
	50m:	33.23 33.23	150m:	1:46.93	37.05	250m:	3:01.74	36.91	350m:	4:15.65 36.79
	100m:	1:09.88 36.65	200m:	2:24.83	37.90	300m:	3:38.86	37.12	400m:	4:50.70 35.05
8.	JASKUŁOWSKA, Zofia		03	IKS Konstancin				4:51.18	522	
	50m:	33.51 33.51	150m:	1:46.71	36.86	250m:	3:00.98	37.28	350m:	4:14.77 36.95
	100m:	1:09.85 36.34	200m:	2:23.70	36.99	300m:	3:37.82	36.84	400m:	4:51.18 36.41
9.	BIDNIK, Wiktoria		04	Uks Gim92 Ursynów Warszawa				4:52.35	516	
	50m:	33.19 33.19	150m:	1:46.95	36.99	250m:	3:01.56	36.89	350m:	4:16.16 37.06
	100m:	1:09.96 36.77	200m:	2:24.67	37.72	300m:	3:39.10	37.54	400m:	4:52.35 36.19
10.	BORYS, Zofia		04	UKS G-8 Bielany Warszawa				4:53.73	508	
	50m:	33.21 33.21	150m:	1:47.71	37.68	250m:	3:03.41	37.71	350m:	4:17.73 36.66
	100m:	1:10.03 36.82	200m:	2:25.70	37.99	300m:	3:41.07	37.66	400m:	4:53.73 36.00
11.	GRADEK, Aleksandra		03	UKS Fala Niepor t				4:56.44	495	
	50m:	32.64 32.64	150m:	1:46.73	37.84	250m:	3:03.24	38.13	350m:	4:20.02 38.40
	100m:	1:08.89 36.25	200m:	2:25.11	38.38	300m:	3:41.62	38.38	400m:	4:56.44 36.42
12.	WICKOWSKA, Alicja		03	UKS Delfin Garwolin				4:56.75	493	
	50m:	32.41 32.41	150m:	1:45.86	37.43	250m:	3:02.73	38.54	350m:	4:20.45 38.71
	100m:	1:08.43 36.02	200m:	2:24.19	38.33	300m:	3:41.74	39.01	400m:	4:56.75 36.30
13.	CATI, Lidia		04	ródmiejski UKS Polna Warszawa				5:03.32	462	
	50m:	32.87 32.87	150m:	1:46.36	37.62	250m:	3:05.77	40.15	350m:	4:25.09 39.31
	100m:	1:08.74 35.87	200m:	2:25.62	39.26	300m:	3:45.78	40.01	400m:	5:03.32 38.23
14.	BRYWCZY SKA, Helena		04	Uks Gim92 Ursynów Warszawa				5:06.81	446	
	50m:	34.22 34.22	150m:	1:49.35	38.09	250m:	3:08.88	40.07	350m:	4:27.86 39.43
	100m:	1:11.26 37.04	200m:	2:28.81	39.46	300m:	3:48.43	39.55	400m:	5:06.81 38.95
15.	SZANIAWSKA, Agata		03	UKS Delfin Garwolin				5:33.19	348	
	50m:	36.62 36.62	150m:	1:58.56	41.89	250m:	3:24.23	43.09	350m:	4:51.04 43.40
	100m:	1:16.67 40.05	200m:	2:41.14	42.58	300m:	4:07.64	43.41	400m:	5:33.19 42.15

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16 lat i starsi

1. ZAJ C, Wiktoria	02	UKP POLONIA Warszawa	4:46.07	550
50m: 31.87 31.87	150m: 1:44.12 37.00	250m: 2:58.01 36.81	350m: 4:10.90 36.17	
100m: 1:07.12 35.25	200m: 2:21.20 37.08	300m: 3:34.73 36.72	400m: 4:46.07 35.17	
2. FIGURSKA, Natalia	02	UKS G-8 Bielany Warszawa	4:49.32	532
50m: 33.34 33.34	150m: 1:46.18 36.78	250m: 3:00.36 36.92	350m: 4:14.18 36.82	
100m: 1:09.40 36.06	200m: 2:23.44 37.26	300m: 3:37.36 37.00	400m: 4:49.32 35.14	
3. KURZEPA, Adrianna	02	UKS Pirania Targówek	4:49.71	530
50m: 33.08 33.08	150m: 1:46.13 36.81	250m: 3:00.19 37.10	350m: 4:13.76 36.81	
100m: 1:09.32 36.24	200m: 2:23.09 36.96	300m: 3:36.95 36.76	400m: 4:49.71 35.95	
4. CIPORSKA, Katarzyna SWwa	00	MKS Polonia Warszawa	4:53.13	512
50m: 32.73 32.73	150m: 1:45.98 36.97	250m: 3:00.84 37.43	350m: 4:16.06 37.74	
100m: 1:09.01 36.28	200m: 2:23.41 37.43	300m: 3:38.32 37.48	400m: 4:53.13 37.07	