

OTWARTE LETNIE MISTRZOSTWA OKR GU WARSZAWSKO –MAZOWIECKIEGO  
Warszawa, 22. - 23.6.2018

Konkurencja 31  
23.06.2018 - 10:09

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.			
<b>14 - 15 lat</b>												
1.	KAWKA, Nina		03	Uks Gim 92 Ursynów Warszawa				<b>4:35.52</b>	632			
	50m:	31.74	31.74	150m:	1:42.36	35.26	250m:	2:52.82	35.26	350m:	4:02.24	33.95
	100m:	1:07.10	35.36	200m:	2:17.56	35.20	300m:	3:28.29	35.47	400m:	4:35.52	33.28
2.	SŁOWIK, Martyna		03	IKS Konstancin				<b>4:48.09</b>	552			
	50m:	32.81	32.81	150m:	1:45.29	36.45	250m:	2:58.74	36.75	350m:	4:12.38	36.69
	100m:	1:08.84	36.03	200m:	2:21.99	36.70	300m:	3:35.69	36.95	400m:	4:48.09	35.71
3.	ZIEMACKA, Julia		03	Iuks Muszelka Warszawa				<b>4:51.72</b>	532			
	50m:	33.61	33.61	150m:	1:48.30	37.58	250m:	3:03.13	36.71	350m:	4:17.04	36.66
	100m:	1:10.72	37.11	200m:	2:26.42	38.12	300m:	3:40.38	37.25	400m:	4:51.72	34.68
4.	KOZACZUK, Klara		03	Uks oliborz Warszawa				<b>4:51.92</b>	531			
	50m:	33.63	33.63	150m:	1:47.82	37.64	250m:	3:03.20	37.27	350m:	4:17.59	36.88
	100m:	1:10.18	36.55	200m:	2:25.93	38.11	300m:	3:40.71	37.51	400m:	4:51.92	34.33
5.	ADAMSKA, Maria		03	ródmiejski UKS Polna Warszawa				<b>4:59.58</b>	491			
	50m:	33.22	33.22	150m:	1:48.10	38.05	250m:	3:04.49	37.71	350m:	4:21.67	38.65
	100m:	1:10.05	36.83	200m:	2:26.78	38.68	300m:	3:43.02	38.53	400m:	4:59.58	37.91
6.	FRYSIAK, Zuzanna		03	Muks Pi tnastka Bydgoszcz				<b>5:01.24</b>	483			
	50m:	34.35	34.35	150m:	1:49.63	37.91	250m:	3:07.26	38.90	350m:	4:24.55	38.63
	100m:	1:11.72	37.37	200m:	2:28.36	38.73	300m:	3:45.92	38.66	400m:	5:01.24	36.69
7.	ADAMSKA, Julia		03	ródmiejski UKS Polna Warszawa				<b>5:02.55</b>	477			
	50m:	32.63	32.63	150m:	1:49.52	39.28	250m:	3:08.42	39.83	350m:	4:26.61	39.46
	100m:	1:10.24	37.61	200m:	2:28.59	39.07	300m:	3:47.15	38.73	400m:	5:02.55	35.94
8.	FR CKIEWICZ, Emilia		03	UKS Delfin Garwolin				<b>5:06.92</b>	457			
	50m:	33.78	33.78	150m:	1:49.42	39.02	250m:	3:08.08	39.89	350m:	4:28.63	40.33
	100m:	1:10.40	36.62	200m:	2:28.19	38.77	300m:	3:48.30	40.22	400m:	5:06.92	38.29
9.	WEPS, Maja		04	Legia Warszawa				<b>5:07.71</b>	453			
	50m:	34.44	34.44	150m:	1:52.56	39.59	250m:	3:11.07	39.27	350m:	4:30.27	39.92
	100m:	1:12.97	38.53	200m:	2:31.80	39.24	300m:	3:50.35	39.28	400m:	5:07.71	37.44
<b>16 lat i starsi</b>												
1.	D BROWSKA, Tatiana		02	UKS 190 Łód				<b>4:35.62</b>	631			
	50m:	32.32	32.32	150m:	1:42.29	35.21	250m:	2:52.82	35.19	350m:	4:02.32	34.78
	100m:	1:07.08	34.76	200m:	2:17.63	35.34	300m:	3:27.54	34.72	400m:	4:35.62	33.30