

Otwarte Zimowe Mistrzostwa Warszawy w pływaniu
Warszawa, 30.11. - 1.12.2018

Konkurencja 19
30.11.2018 - 19:39

Dziewcz t, 400m dowolny

10 - 14 lat
Wyniki

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.
10 lat									
1.	NOWAK, Izabela		08	UKS Manta Warszawa Włochy				5:26.96	378
	50m:	34.01 34.01	150m:	1:55.68 41.89	250m:	3:21.03 42.61	350m:	4:46.02 42.26	
	100m:	1:13.79 39.78	200m:	2:38.42 42.74	300m:	4:03.76 42.73	400m:	5:26.96 40.94	
2.	NARKIEWICZ, Oliwia		08	UKS G-8 Bielany				6:11.68	257
	50m:	39.27 39.27	150m:	2:12.31 47.60	250m:	3:48.70 48.35	350m:	5:25.17 48.28	
	100m:	1:24.71 45.44	200m:	3:00.35 48.04	300m:	4:36.89 48.19	400m:	6:11.68 46.51	
3.	LIAUHUK, Kamila		08	Akvastars				6:28.38	225
	50m:	40.95 40.95	150m:	2:19.00 50.16	250m:	3:59.23 49.98	350m:	5:40.96 50.69	
	100m:	1:28.84 47.89	200m:	3:09.25 50.25	300m:	4:50.27 51.04	400m:	6:28.38 47.42	
4.	KAVALCHUK, Karyna		08	Akvastars				6:39.01	208
	50m:	40.63 40.63	150m:	2:21.71 52.03	250m:	4:06.12 52.11	350m:	5:49.74 50.86	
	100m:	1:29.68 49.05	200m:	3:14.01 52.30	300m:	4:58.88 52.76	400m:	6:39.01 49.27	
11 lat									
1.	ORASZEK, Karolina		07	Ukp Polonia Warszawa				5:17.53	412
	50m:	34.79 34.79	150m:	1:53.73 39.99	250m:	3:15.91 41.04	350m:	4:38.21 40.76	
	100m:	1:13.74 38.95	200m:	2:34.87 41.14	300m:	3:57.45 41.54	400m:	5:17.53 39.32	
2.	SOBCZAK, Antonina		07	MKP Warszawianka				5:18.22	410
	50m:	34.97 34.97	150m:	1:55.91 40.89	250m:	3:18.50 41.22	350m:	4:39.75 40.45	
	100m:	1:15.02 40.05	200m:	2:37.28 41.37	300m:	3:59.30 40.80	400m:	5:18.22 38.47	
3.	MACIEJEWSKA, Antonina		07	Ukp Polonia Warszawa				5:22.58	393
	50m:	34.86 34.86	150m:	1:57.35 41.72	250m:	3:22.70 42.26	350m:	4:45.84 40.85	
	100m:	1:15.63 40.77	200m:	2:40.44 43.09	300m:	4:04.99 42.29	400m:	5:22.58 36.74	
4.	MICHALSKA, Pola		07	Ukp Polonia Warszawa				5:35.74	349
	50m:	36.38 36.38	150m:	2:02.90 43.27	250m:	3:29.60 43.15	350m:	4:55.63 42.68	
	100m:	1:19.63 43.25	200m:	2:46.45 43.55	300m:	4:12.95 43.35	400m:	5:35.74 40.11	
5.	SIDLEWSKA, Marcelina		07	UKS "Siódemka" Gdynia				5:41.71	331
	50m:	36.12 36.12	150m:	2:05.14 45.54	250m:	3:33.93 44.79	350m:	5:03.73 44.82	
	100m:	1:19.60 43.48	200m:	2:49.14 44.00	300m:	4:18.91 44.98	400m:	5:41.71 37.98	
6.	WICHULSKA, Małgorzata		07	ródmiejski UKS				5:46.52	317
	50m:	38.25 38.25	150m:	2:05.89 44.30	250m:	3:34.94 44.77	350m:	5:04.58 44.25	
	100m:	1:21.59 43.34	200m:	2:50.17 44.28	300m:	4:20.33 45.39	400m:	5:46.52 41.94	
7.	BORTLISZ, Wiktoria		07	MKP Warszawianka				5:46.62	317
	50m:	37.38 37.38	150m:	2:06.37 44.94	250m:	3:35.91 44.34	350m:	5:05.28 44.42	
	100m:	1:21.43 44.05	200m:	2:51.57 45.20	300m:	4:20.86 44.95	400m:	5:46.62 41.34	
8.	KOŁODZIEJCZYK, Maja		07	Swim Team Wilanów				5:54.58	296
	50m:	38.36 38.36	150m:	2:07.37 45.54	250m:	3:37.74 46.11	350m:	5:09.88 46.82	
	100m:	1:21.83 43.47	200m:	2:51.63 44.26	300m:	4:23.06 45.32	400m:	5:54.58 44.70	
9.	PIA CI SKA, Alicja		07	Swim Team Wilanów				5:56.95	290
	50m:	39.24 39.24	150m:	2:07.77 1:41.21	250m:	3:40.11 2:17.79	350m:	5:11.95 2:18.28	
	100m:	26.56	200m:	1:22.32	300m:	2:53.67	400m:	5:56.95 45.00	
10.	DUBAN, Justyna		07	UKS GOS Raszyn				6:32.10	219
	50m:	41.02 41.02	150m:	2:22.01 50.97	250m:	4:04.33 51.22	350m:	5:47.30 51.68	
	100m:	1:31.04 50.02	200m:	3:13.11 51.10	300m:	4:55.62 51.29	400m:	6:32.10 44.80	

Otwarte Zimowe Mistrzostwa Warszawy w pływaniu
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Konkurencja 19, Dziewcz t, 400m dowolny

12 lat

1.	GOMUŁKA, Weronika	06	Uks 190 Łód	4:50.03	541
	50m: 32.31 32.31	150m: 1:44.81 36.90	250m: 2:59.50 37.59	350m: 4:13.87 37.32	
	100m: 1:07.91 35.60	200m: 2:21.91 37.10	300m: 3:36.55 37.05	400m: 4:50.03 36.16	
2.	WILANOWSKA, Karina	06	Ukp Polonia Warszawa	5:05.94	461
	50m: 32.80 32.80	150m: 1:49.96 39.61	250m: 3:10.75 40.65	350m: 4:28.91 37.09	
	100m: 1:10.35 37.55	200m: 2:30.10 40.14	300m: 3:51.82 41.07	400m: 5:05.94 37.03	
3.	PA K, Urszula	06	ródmiejski UKS	5:08.15	451
	50m: 34.46 34.46	150m: 1:51.88 38.88	250m: 3:11.14 39.57	350m: 4:30.45 39.69	
	100m: 1:13.00 38.54	200m: 2:31.57 39.69	300m: 3:50.76 39.62	400m: 5:08.15 37.70	
4.	PAWLIK, Julia	06	UKS G-8 Bielany	5:08.77	449
	50m: 34.86 34.86	150m: 1:53.37 39.84	250m: 3:13.12 39.96	350m: 4:31.70 39.09	
	100m: 1:13.53 38.67	200m: 2:33.16 39.79	300m: 3:52.61 39.49	400m: 5:08.77 37.07	
5.	UŁAWA, Julia	06	ródmiejski UKS	5:11.68	436
	50m: 34.27 34.27	150m: 1:53.39 40.02	250m: 3:14.14 40.08	350m: 4:34.30 39.77	
	100m: 1:13.37 39.10	200m: 2:34.06 40.67	300m: 3:54.53 40.39	400m: 5:11.68 37.38	
6.	WALCZAK, Barbara	06	UKS G-8 Bielany	5:13.96	427
	50m: 34.36 34.36	150m: 1:53.81 40.01	250m: 3:14.95 40.26	350m: 4:35.22 40.03	
	100m: 1:13.80 39.44	200m: 2:34.69 40.88	300m: 3:55.19 40.24	400m: 5:13.96 38.74	
7.	JAGODZI SKA, Klaudia	06	UKS G-8 Bielany	5:16.75	416
	50m: 34.34 34.34	150m: 1:53.86 40.33	250m: 3:16.62 41.32	350m: 4:39.64 41.70	
	100m: 1:13.53 39.19	200m: 2:35.30 41.44	300m: 3:57.94 41.32	400m: 5:16.75 37.11	
8.	BASINSKAITE, Elze	06	Kauno Pm	5:21.42	398
	50m: 36.56 36.56	150m: 1:55.84 40.28	250m: 3:19.44 42.09	350m: 4:42.91 40.97	
	100m: 1:15.56 39.00	200m: 2:37.35 41.51	300m: 4:01.94 42.50	400m: 5:21.42 38.51	
9.	MARCINKEVICIUTE, Ugne	06	Kauno Pm	5:32.22	360
	50m: 37.84 37.84	150m: 2:01.89 41.41	250m: 3:26.34 42.08	350m: 4:51.85 42.56	
	100m: 1:20.48 42.64	200m: 2:44.26 42.37	300m: 4:09.29 42.95	400m: 5:32.22 40.37	
10.	KACAR, Melis	06	Ukp Polonia Warszawa	5:38.70	340
	50m: 35.88 35.88	150m: 2:00.86 43.71	250m: 3:29.08 44.86	350m: 4:57.19 44.30	
	100m: 1:17.15 41.27	200m: 2:44.22 43.36	300m: 4:12.89 43.81	400m: 5:38.70 41.51	
11.	MACIAK, Julia	06	Iuks Muszelka Warszawa	5:39.95	336
	50m: 36.21 36.21	150m: 2:02.86 44.14	250m: 3:30.31 43.50	350m: 4:58.43 44.03	
	100m: 1:18.72 42.51	200m: 2:46.81 43.95	300m: 4:14.40 44.09	400m: 5:39.95 41.52	
12.	KORZENIOWSKA, Maja	06	UKS Fala Niepor t	5:41.42	332
	50m: 39.09 39.09	150m: 2:07.05 44.36	250m: 3:35.04 43.37	350m: 5:00.42 42.76	
	100m: 1:22.69 43.60	200m: 2:51.67 44.62	300m: 4:17.66 42.62	400m: 5:41.42 41.00	
13.	OŁDAK, Martyna	06	Iuks Muszelka Warszawa	5:44.41	323
	50m: 38.29 38.29	150m: 2:06.13 44.19	250m: 3:34.86 43.56	350m: 5:02.33 43.55	
	100m: 1:21.94 43.65	200m: 2:51.30 45.17	300m: 4:18.78 43.92	400m: 5:44.41 42.08	

13 lat

1.	KULIK, Julia	05	UKS GOS Raszyn	4:42.83	584
	50m: 31.59 31.59	150m: 1:43.86 36.64	250m: 2:55.92 36.00	350m: 4:08.54 36.46	
	100m: 1:07.22 35.63	200m: 2:19.92 36.06	300m: 3:32.08 36.16	400m: 4:42.83 34.29	
2.	MARCINKOWSKA, Maja	05	MKS Jedyńka Łód	4:48.03	553
	50m: 34.59 34.59	150m: 1:48.01 36.77	250m: 3:01.62 36.94	350m: 4:14.84 36.45	
	100m: 1:11.24 36.65	200m: 2:24.68 36.67	300m: 3:38.39 36.77	400m: 4:48.03 33.19	
3.	GÓRSKA, Zofia	05	Ukp Polonia Warszawa	4:51.50	533
	50m: 33.01 33.01	150m: 1:45.69 36.77	250m: 3:00.78 37.73	350m: 4:15.69 37.25	
	100m: 1:08.92 35.91	200m: 2:23.05 37.36	300m: 3:38.44 37.66	400m: 4:51.50 35.81	
4.	MAKSYMOWICZ, Nina	05	UKS G-8 Bielany	4:56.88	505
	50m: 31.71 31.71	150m: 1:47.65 38.92	250m: 3:04.97 39.17	350m: 4:21.45 38.30	
	100m: 1:08.73 37.02	200m: 2:25.80 38.15	300m: 3:43.15 38.18	400m: 4:56.88 35.43	

Otwarte Zimowe Mistrzostwa Warszawy w pływaniu
Warszawa, 30.11. - 1.12.2018

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

Pozycja			Rok ur.						Czas	Pkt.
5.	SKALI SKA, Ewa		05	MKS Piaseczno				4:58.41	497	
	50m: 33.57	33.57	150m: 1:48.25	38.09	250m: 3:05.37	38.99	350m: 4:21.68	37.75		
	100m: 1:10.16	36.59	200m: 2:26.38	38.13	300m: 3:43.93	38.56	400m: 4:58.41	36.73		
6.	URBA SKA, Patrycja		05	MKS Jedyńka Łód				4:59.38	492	
	50m: 33.79	33.79	150m: 1:49.94	38.00	250m: 3:07.04	37.87	350m: 4:23.25	37.36		
	100m: 1:11.94	38.15	200m: 2:29.17	39.23	300m: 3:45.89	38.85	400m: 4:59.38	36.13		
7.	SAMORAJ, Oliwia		05	MKS Piaseczno				4:59.98	489	
	50m: 33.16	33.16	150m: 1:48.94	38.41	250m: 3:06.21	38.94	350m: 4:23.22	38.63		
	100m: 1:10.53	37.37	200m: 2:27.27	38.33	300m: 3:44.59	38.38	400m: 4:59.98	36.76		
8.	KLUSEK, Aleksandra		05	Ukp Polonia Warszawa				5:00.55	486	
	50m: 31.65	31.65	150m: 1:45.60	37.90	250m: 3:04.30	39.60	350m: 4:23.45	39.65		
	100m: 1:07.70	36.05	200m: 2:24.70	39.10	300m: 3:43.80	39.50	400m: 5:00.55	37.10		
9.	KIERUZEL, Martyna		05	MKS Jedyńka Łód				5:09.60	445	
	50m: 36.18	36.18	150m: 1:55.58	40.12	250m: 3:14.31	39.29	350m: 4:32.31	39.15		
	100m: 1:15.46	39.28	200m: 2:35.02	39.44	300m: 3:53.16	38.85	400m: 5:09.60	37.29		
10.	MAKSYMOWICZ, Nadia		05	UKS G-8 Bielany				5:17.04	414	
	50m: 34.79	34.79	150m: 1:55.10	40.44	250m: 3:16.90	41.00	350m: 4:38.64	40.86		
	100m: 1:14.66	39.87	200m: 2:35.90	40.80	300m: 3:57.78	40.88	400m: 5:17.04	38.40		
11.	RUTWA, Wiktoria		05	MKS Piaseczno				5:24.87	385	
	50m: 36.30	36.30	150m: 2:00.64	42.20	250m: 3:22.78	40.89	350m: 4:45.43	41.09		
	100m: 1:18.44	42.14	200m: 2:41.89	41.25	300m: 4:04.34	41.56	400m: 5:24.87	39.44		
12.	KASZYCKA, Natalia		05	Iuks Muszelka Warszawa				5:29.17	370	
	50m: 37.38	37.38	150m: 1:59.35	41.20	250m: 3:23.31	41.90	350m: 4:48.27	42.23		
	100m: 1:18.15	40.77	200m: 2:41.41	42.06	300m: 4:06.04	42.73	400m: 5:29.17	40.90		
13.	STELMASZCZYK, Hanna		05	ródmiejski UKS				5:43.20	327	
	50m: 38.29	38.29	150m: 2:05.29	44.13	250m: 3:33.78	44.19	350m: 5:02.05	43.72		
	100m: 1:21.16	42.87	200m: 2:49.59	44.30	300m: 4:18.33	44.55	400m: 5:43.20	41.15		

14 lat

1.	KACZOROWSKA, Alicja		04	UKS G-8 Bielany				4:41.93	589
	50m: 32.42	32.42	150m: 1:43.42	36.16	250m: 2:55.69	36.23	350m: 4:08.41	36.23	
	100m: 1:07.26	34.84	200m: 2:19.46	36.04	300m: 3:32.18	36.49	400m: 4:41.93	33.52	
2.	BORYS, Zofia		04	UKS G-8 Bielany				4:57.44	502
	50m: 32.98	32.98	150m: 1:46.78	37.67	250m: 3:03.36	38.25	350m: 4:20.18	37.98	
	100m: 1:09.11	36.13	200m: 2:25.11	38.33	300m: 3:42.20	38.84	400m: 4:57.44	37.26	
3.	CATI, Lidia		04	ródmiejski UKS				5:06.21	460
	50m: 32.77	32.77	150m: 1:48.15	38.70	250m: 3:07.69	40.13	350m: 4:28.14	40.07	
	100m: 1:09.45	36.68	200m: 2:27.56	39.41	300m: 3:48.07	40.38	400m: 5:06.21	38.07	
PK	ZIEMACKA, Julia		03	Iuks Muszelka Warszawa				4:47.09	558
	50m: 31.86	31.86	150m: 1:43.61	36.39	250m: 2:56.97	36.68	350m: 4:10.95	36.78	
	100m: 1:07.22	35.36	200m: 2:20.29	36.68	300m: 3:34.17	37.20	400m: 4:47.09	36.14	