

OTWARTE MISTRZOSTWA KONSTANCINA W PŁYWANIU  
Konstancin, 10.3.2019

Konkurencja 15  
10.03.2019 - 11:40

Kobiet, 400m dowolny

10 lat i starsi  
Wyniki

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.	
<b>11 lat</b>										
1.	MASIEREK, Marika		08	Toru	Multisport Team			<b>5:01.02</b>	472	
	50m:	33.84 33.84	150m:	1:50.04	38.26	250m:	3:06.60	38.34	350m:	4:24.23 38.64
	100m:	1:11.78 37.94	200m:	2:28.26	38.22	300m:	3:45.59	38.99	400m:	5:01.02 36.79
2.	SIEJKA, Weronika		08	KS Neptun	widnica			<b>5:44.52</b>	315	
	50m:	37.17 37.17	150m:	2:01.60	43.55	250m:	3:31.57	45.29	350m:	5:00.61 44.91
	100m:	1:18.05 40.88	200m:	2:46.28	44.68	300m:	4:15.70	44.13	400m:	5:44.52 43.91
3.	SAMBORSKA, Dagmara		08	UKS WAWER	Warszawa			<b>6:18.47</b>	237	
	50m:	41.29 41.29	150m:	2:17.30	49.07	250m:	3:54.24	48.05	350m:	5:30.83 48.29
	100m:	1:28.23 46.94	200m:	3:06.19	48.89	300m:	4:42.54	48.30	400m:	6:18.47 47.64
<b>12 lat</b>										
1.	WICHULSKA, Małgorzata		07	ródmiejski	UKS			<b>5:15.51</b>	410	
	50m:	36.58 36.58	150m:	1:56.81	40.48	250m:	3:18.91	41.54	350m:	4:38.58 39.02
	100m:	1:16.33 39.75	200m:	2:37.37	40.56	300m:	3:59.56	40.65	400m:	5:15.51 36.93
2.	MURAS, Nina		07	UKS 307	Warszawa			<b>5:17.94</b>	401	
	50m:	36.42 36.42	150m:	1:57.32	40.23	250m:	3:18.41	40.73	350m:	4:39.13 40.27
	100m:	1:17.09 40.67	200m:	2:37.68	40.36	300m:	3:58.86	40.45	400m:	5:17.94 38.81
3.	JAROS, Aleksandra		07	KS Neptun	widnica			<b>5:27.54</b>	367	
	50m:	36.34 36.34	150m:	1:56.93	40.59	250m:	3:20.63	42.25	350m:	4:45.83 42.95
	100m:	1:16.34 40.00	200m:	2:38.38	41.45	300m:	4:02.88	42.25	400m:	5:27.54 41.71
4.	GLONKOWSKA, Jagoda		07	UKS Kapry-Armexim	Pruszków			<b>6:18.46</b>	237	
	50m:	44.45 44.45	150m:	2:22.68	48.79	250m:	3:59.66	48.16	350m:	5:35.55 48.23
	100m:	1:33.89 49.44	200m:	3:11.50	48.82	300m:	4:47.32	47.66	400m:	6:18.46 42.91
5.	UKOWSKA, Maja		07	UKS Kapry-Armexim	Pruszków			<b>6:19.61</b>	235	
	50m:	42.43 42.43	150m:	2:17.73	48.03	250m:	3:55.38	48.57	350m:	5:32.12 48.58
	100m:	1:29.70 47.27	200m:	3:06.81	49.08	300m:	4:43.54	48.16	400m:	6:19.61 47.49
6.	REMBOWSKA, Maria		07	IKS Konstancin				<b>6:45.00</b>	194	
	50m:	44.51 44.51	150m:	2:27.70	53.67	250m:	4:13.97	52.89	350m:	6:45.00 1:39.25
	100m:	1:34.03 49.52	200m:	3:21.08	53.38	300m:	5:05.75	51.78	400m:	6:45.00
<b>13 lat</b>										
1.	PA K, Urszula		06	ródmiejski	UKS			<b>5:03.46</b>	461	
	50m:	33.75 33.75	150m:	1:49.24	38.68	250m:	3:07.09	39.10	350m:	4:25.24 38.96
	100m:	1:10.56 36.81	200m:	2:27.99	38.75	300m:	3:46.28	39.19	400m:	5:03.46 38.22
2.	PODPORA, Marta		06	UKS WAWER	Warszawa			<b>5:26.00</b>	372	
	50m:	36.16 36.16	150m:	1:59.76	42.65	250m:	3:23.52	42.55	350m:	4:45.57 42.08
	100m:	1:17.11 40.95	200m:	2:40.97	41.21	300m:	4:03.49	39.97	400m:	5:26.00 40.43
3.	MURAS, Oliwia		06	UKS 307	Warszawa			<b>5:40.35</b>	327	
	50m:	36.62 36.62	150m:	2:01.41	43.22	250m:	3:28.59	43.45	350m:	4:56.92 43.93
	100m:	1:18.19 41.57	200m:	2:45.14	43.73	300m:	4:12.99	44.40	400m:	5:40.35 43.43
4.	HORSZOWSKA, Jagna		06	IKS Konstancin				<b>5:46.42</b>	310	
	50m:	39.36 39.36	150m:	2:07.92	44.50	250m:	3:39.50	45.62	350m:	5:46.42 37.06
	100m:	1:23.42 44.06	200m:	2:53.88	45.96	300m:	5:09.36	1:29.86	400m:	5:46.42
5.	GRZYSZOWSKA, Aleksandra		06	Stowarzyszenie Społeczne	Inicj			<b>5:46.50</b>	310	
	50m:	36.92 36.92	150m:	2:03.93	44.64	250m:	3:34.07	45.97	350m:	5:04.23 45.17
	100m:	1:19.29 42.37	200m:	2:48.10	44.17	300m:	4:19.06	44.99	400m:	5:46.50 42.27
6.	PŁOSZAJ, Małgorzata		06	UKS Kapry-Armexim	Pruszków			<b>5:47.70</b>	306	
	50m:	39.61 39.61	150m:	2:52.33	1:29.02	250m:	4:21.99	44.47	350m:	5:47.70 41.11
	100m:	1:23.31 43.70	200m:	3:37.52	45.19	300m:	5:06.59	44.60	400m:	5:47.70

OTWARTE MISTRZOSTWA KONSTANCINA W PŁYWANIU  
Konstancin, 10.3.2019

Konkurencja 15, Kobiet, 400m dowolny

14 lat

1.	L GA, Maja		05	KS Neptun widnica				<b>4:55.50</b>	499
	50m:	33.03	33.03	150m:	1:47.10	37.62	250m:	3:03.22	37.83
	100m:	1:09.48	36.45	200m:	2:25.39	38.29	300m:	3:40.90	37.68
							350m:	4:18.52	37.62
							400m:	4:55.50	36.98
2.	KLECZEK, Maria		05	MKS Piaseczno				<b>5:05.89</b>	450
	50m:	33.60	33.60	150m:	1:50.71	38.90	250m:	3:09.99	39.88
	100m:	1:11.81	38.21	200m:	2:30.11	39.40	300m:	3:49.06	39.07
							350m:	4:28.45	39.39
							400m:	5:05.89	37.44
3.	BIE CZYK, Hanna		05	UKS 307 Warszawa				<b>5:08.93</b>	437
	50m:	33.71	33.71	150m:	1:50.09	39.10	250m:	3:09.71	40.10
	100m:	1:10.99	37.28	200m:	2:29.61	39.52	300m:	3:49.92	40.21
							350m:	4:31.08	41.16
							400m:	5:08.93	37.85
4.	LASECKA, Anna		05	UKS 307 Warszawa				<b>5:18.20</b>	400
	50m:	33.92	33.92	150m:	1:52.83	40.46	250m:	3:14.51	40.76
	100m:	1:12.37	38.45	200m:	2:33.75	40.92	300m:	3:56.24	41.73
							350m:	4:37.86	41.62
							400m:	5:18.20	40.34
5.	STELMASZCZYK, Hanna		05	ródmiejski UKS				<b>5:20.47</b>	391
	50m:	36.85	36.85	150m:	1:57.83	40.50	250m:	3:19.81	40.89
	100m:	1:17.33	40.48	200m:	2:38.92	41.09	300m:	4:01.27	41.46
							350m:	4:42.00	40.73
							400m:	5:20.47	38.47

15 lat

1.	SOKOŁOWSKA, Dominika		04	KS Neptun widnica				<b>4:57.12</b>	491
	50m:	33.46	33.46	150m:	1:48.84	37.86	250m:	3:03.74	36.49
	100m:	1:10.98	37.52	200m:	2:27.25	38.41	300m:	3:41.86	38.12
							350m:	4:19.90	38.04
							400m:	4:57.12	37.22
2.	ROMANIUK, Matylda		04	UKS WAWER Warszawa				<b>5:17.88</b>	401
	50m:	33.05	33.05	150m:	1:52.96	41.17	250m:	3:14.04	40.78
	100m:	1:11.79	38.74	200m:	2:33.26	40.30	300m:	3:56.24	42.20
							350m:	4:37.76	41.52
							400m:	5:17.88	40.12
3.	LUTEREK, Oliwia		04	Stowarzyszenie Społeczne Inicj				<b>5:42.63</b>	320
	50m:	32.64	32.64	150m:	1:53.87	42.45	250m:	3:24.85	46.36
	100m:	1:11.42	38.78	200m:	2:38.49	44.62	300m:	4:11.52	46.67
							350m:	4:57.45	45.93
							400m:	5:42.63	45.18

16 lat i starsi

1.	SŁOWIK, Martyna		03	IKS Konstancin				<b>4:42.16</b>	574
	50m:	32.16	32.16	150m:	1:42.45	35.49	250m:	2:53.93	35.81
	100m:	1:06.96	34.80	200m:	2:18.12	35.67	300m:	3:29.83	35.90
							350m:	4:06.27	36.44
							400m:	4:42.16	35.89
2.	REZNER, Julia		02	UKS Kapry-Armexim Pruszków				<b>5:25.68</b>	373
	50m:	34.79	34.79	150m:	1:53.98	40.23	250m:	3:17.88	42.60
	100m:	1:13.75	38.96	200m:	2:35.28	41.30	300m:	4:00.97	43.09
							350m:	4:44.37	43.40
							400m:	5:25.68	41.31