

Otwarte Wiosenne Mistrzostwa Okręgu Warszawsko Mazowieckiego
Pruszków, 15.3.2019

Konkurencja 33
15.03.2019 - 17:52

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.	
14 - 15 lat										
1.	TARASIEWICZ, Klaudia		04	UKP „Polonia Warszawa”				4:23.94	701	
	50m:	32.11 32.11	150m:	1:39.33	33.41	250m:	2:45.16	32.59	350m:	3:51.61 33.10
	100m:	1:05.92 33.81	200m:	2:12.57	33.24	300m:	3:18.51	33.35	400m:	4:23.94 32.33
2.	WYSOCKA, Maria		05	UKS 48 Warszawa				4:33.20	632	
	50m:	32.34 32.34	150m:	1:41.26	34.43	250m:	2:50.96	35.27	350m:	4:00.37 34.42
	100m:	1:06.83 34.49	200m:	2:15.69	34.43	300m:	3:25.95	34.99	400m:	4:33.20 32.83
3.	JANUSZKO, Patrycja		04	IKS Konstancin				4:38.16	599	
	50m:	32.46 32.46	150m:	1:41.85	34.98	250m:	2:53.16	35.64	350m:	4:04.00 35.26
	100m:	1:06.87 34.41	200m:	2:17.52	35.67	300m:	3:28.74	35.58	400m:	4:38.16 34.16
4.	WOLSKA, Pola		05	UKP „Polonia Warszawa”				4:45.50	554	
	50m:	33.11 33.11	150m:	1:45.71	36.54	250m:	2:59.18	36.63	350m:	4:11.72 36.20
	100m:	1:09.17 36.06	200m:	2:22.55	36.84	300m:	3:35.52	36.34	400m:	4:45.50 33.78
5.	GAJCY, Natalia		05	UKP „Polonia Warszawa”				4:45.72	552	
	50m:	33.05 33.05	150m:	1:45.59	36.73	250m:	2:58.85	36.60	350m:	4:11.91 36.34
	100m:	1:08.86 35.81	200m:	2:22.25	36.66	300m:	3:35.57	36.72	400m:	4:45.72 33.81
6.	KRAWCZYK, Maja		05	BUKS Warszawa				4:45.84	552	
	50m:	32.40 32.40	150m:	1:43.18	35.66	250m:	2:56.00	36.54	350m:	4:10.24 36.96
	100m:	1:07.52 35.12	200m:	2:19.46	36.28	300m:	3:33.28	37.28	400m:	4:45.84 35.60
7.	WUSZTER, Iga		04	KP MZOS Płock				4:49.20	533	
	50m:	33.53 33.53	150m:	1:47.22	37.16	250m:	3:01.32	36.43	350m:	4:13.63 35.89
	100m:	1:10.06 36.53	200m:	2:24.89	37.67	300m:	3:37.74	36.42	400m:	4:49.20 35.57
8.	KA MIEROWSKA, Nina		04	UKS oliborz				5:04.10	458	
	50m:	35.15 35.15	150m:	1:51.21	39.30	250m:	3:08.42	38.86	350m:	4:26.63 38.81
	100m:	1:11.91 36.76	200m:	2:29.56	38.35	300m:	3:47.82	39.40	400m:	5:04.10 37.47
9.	KOŁAKOWSKA, Weronika		05	MKS Piaseczno				5:18.82	398	
	50m:	36.16 36.16	150m:	1:56.32	40.58	250m:	3:17.23	40.74	350m:	4:38.40 40.85
	100m:	1:15.74 39.58	200m:	2:36.49	40.17	300m:	3:57.55	40.32	400m:	5:18.82 40.42
10.	STELMASZCZYK, Hanna		05	UKS 48 Warszawa				5:24.24	378	
	50m:	36.84 36.84	150m:	1:59.56	41.69	250m:	3:22.44	41.54	350m:	4:44.93 40.71
	100m:	1:17.87 41.03	200m:	2:40.90	41.34	300m:	4:04.22	41.78	400m:	5:24.24 39.31

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1.	ZIEMACKA, Julia		03	IUKS „Muszelka” Warszawa				4:35.16	619	
	50m:	32.62 32.62	150m:	1:41.01	34.31	250m:	2:50.92	35.23	350m:	4:00.55 34.55
	100m:	1:06.70 34.08	200m:	2:15.69	34.68	300m:	3:26.00	35.08	400m:	4:35.16 34.61
2.	MRO EWSKA, Anna		03	UKP „Polonia Warszawa”				4:50.61	525	
	50m:	32.72 32.72	150m:	1:45.50	36.16	250m:	3:00.06	37.33	350m:	4:15.36 37.74
	100m:	1:09.34 36.62	200m:	2:22.73	37.23	300m:	3:37.62	37.56	400m:	4:50.61 35.25
3.	KOZACZUK, Klara		03	UKS oliborz				4:51.17	522	
	50m:	33.81 33.81	150m:	1:47.38	37.42	250m:	3:02.17	37.30	350m:	4:15.56 36.57
	100m:	1:09.96 36.15	200m:	2:24.87	37.49	300m:	3:38.99	36.82	400m:	4:51.17 35.61
4.	WICKOWSKA, Alicja		03	UKS Delfin Garwolin				4:53.05	512	
	50m:	32.45 32.45	150m:	1:46.73	37.76	250m:	3:01.83	37.55	350m:	4:17.13 38.02
	100m:	1:08.97 36.52	200m:	2:24.28	37.55	300m:	3:39.11	37.28	400m:	4:53.05 35.92
5.	DOBKOWSKA, Aleksandra		03	KP MZOS Płock				4:57.64	489	
	50m:	33.92 33.92	150m:	1:48.39	37.49	250m:	3:03.93	37.81	350m:	4:20.41 38.30
	100m:	1:10.90 36.98	200m:	2:26.12	37.73	300m:	3:42.11	38.18	400m:	4:57.64 37.23