

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12 -13 lat – I runda
Warszawa, 19. - 20.3.2019

Konkurencja 7
19.03.2019 - 11:25

Dziewcz t, 400m dowolny

12 - 13 lat
Wyniki

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.	
12 lat										
1.	ORASZEK, Karolina		07	UKP „Polonia Warszawa”				4:55.70	498	
	50m:	33.32 33.32	150m:	1:48.18	37.85	250m:	3:04.03	37.32	350m:	4:19.51 37.50
	100m:	1:10.33 37.01	200m:	2:26.71	38.53	300m:	3:42.01	37.98	400m:	4:55.70 36.19
2.	SOBCZAK, Antonina		07	MKP „Warszawianka”				4:57.46	490	
	50m:	34.56 34.56	150m:	1:51.75	38.42	250m:	3:08.49	38.35	350m:	4:22.94 35.89
	100m:	1:13.33 38.77	200m:	2:30.14	38.39	300m:	3:47.05	38.56	400m:	4:57.46 34.52
3.	MACIEJEWSKA, Antonina		07	UKP „Polonia Warszawa”				4:57.53	489	
	50m:	33.17 33.17	150m:	1:49.03	38.41	250m:	3:06.15	38.63	350m:	4:23.18 38.19
	100m:	1:10.62 37.45	200m:	2:27.52	38.49	300m:	3:44.99	38.84	400m:	4:57.53 34.35
4.	SZCZYGLAK, Julia		07	MKS „Jagiellonka” Warszawa				5:13.14	420	
	50m:	35.80 35.80	150m:	1:53.94	39.44	250m:	3:13.44	39.42	350m:	4:34.97 40.55
	100m:	1:14.50 38.70	200m:	2:34.02	40.08	300m:	3:54.42	40.98	400m:	5:13.14 38.17
5.	CISEK, Olga		07	UKS oliborz				5:15.61	410	
	50m:	36.69 36.69	150m:	1:57.26	40.25	250m:	3:18.64	40.82	350m:	4:37.54 40.11
	100m:	1:17.01 40.32	200m:	2:37.82	40.56	300m:	3:57.43	38.79	400m:	5:15.61 38.07
6.	WICHULSKA, Małgorzata		07	UKS 48 Warszawa				5:17.15	404	
	50m:	36.91 36.91	150m:	1:57.39	40.62	250m:	3:18.16	40.50	350m:	4:39.28 40.09
	100m:	1:16.77 39.86	200m:	2:37.66	40.27	300m:	3:59.19	41.03	400m:	5:17.15 37.87
7.	MURAS, Nina		07	UKS 307 Warszawa				5:20.50	391	
	50m:	36.15 36.15	150m:	1:56.62	40.54	250m:	3:18.09	40.53	350m:	4:41.02 41.73
	100m:	1:16.08 39.93	200m:	2:37.56	40.94	300m:	3:59.29	41.20	400m:	5:20.50 39.48
8.	GOŁY SKA, Nikola		07	MKS „Jagiellonka” Warszawa				5:21.89	386	
	50m:	36.21 36.21	150m:	1:59.20	42.10	250m:	3:22.60	41.35	350m:	4:44.73 40.58
	100m:	1:17.10 40.89	200m:	2:41.25	42.05	300m:	4:04.15	41.55	400m:	5:21.89 37.16
9.	BONECKA, Anna		07	MKP „Warszawianka”				5:22.16	385	
	50m:	36.42 36.42	150m:	1:57.89	41.25	250m:	3:21.47	41.70	350m:	4:42.88 39.92
	100m:	1:16.64 40.22	200m:	2:39.77	41.88	300m:	4:02.96	41.49	400m:	5:22.16 39.28
10.	TOMKIEL, Anna		07	UKP „Polonia Warszawa”				5:32.19	351	
	50m:	36.71 36.71	150m:	2:01.84	43.44	250m:	3:28.94	43.24	350m:	4:54.20 41.24
	100m:	1:18.40 41.69	200m:	2:45.70	43.86	300m:	4:12.96	44.02	400m:	5:32.19 37.99
11.	OLSZEWSKA, Julia		07	MKS „Jagiellonka” Warszawa				5:35.39	341	
	50m:	36.82 36.82	150m:	2:00.42	42.66	250m:	3:26.94	43.26	350m:	4:54.02 43.54
	100m:	1:17.76 40.94	200m:	2:43.68	43.26	300m:	4:10.48	43.54	400m:	5:35.39 41.37
12.	PARDO, Wiktoria		07	MKS „Jagiellonka” Warszawa				5:52.09	295	
	50m:	38.13 38.13	150m:	2:06.66	44.86	250m:	3:38.29	45.44	350m:	5:09.12 45.13
	100m:	1:21.80 43.67	200m:	2:52.85	46.19	300m:	4:23.99	45.70	400m:	5:52.09 42.97
13.	JANUSIK, Maja		07	UKS Olympic Warka				6:02.87	269	
	50m:	41.23 41.23	150m:	2:13.03	46.55	250m:	3:46.30	46.75	350m:	5:18.50 45.31
	100m:	1:26.48 45.25	200m:	2:59.55	46.52	300m:	4:33.19	46.89	400m:	6:02.87 44.37
14.	DOŁOWY, Małgorzata		07	UKP „Polonia Warszawa”				6:05.94	263	
	50m:	37.20 37.20	150m:	2:09.47	48.05	250m:	3:43.52	47.42	350m:	5:17.56 46.77
	100m:	1:21.42 44.22	200m:	2:56.10	46.63	300m:	4:30.79	47.27	400m:	6:05.94 48.38
15.	UKOWSKA, Maja		07	UKS Kapry-Armexim Pruszków				6:11.68	251	
	50m:	41.42 41.42	150m:	2:14.13	47.22	250m:	3:50.38	48.42	350m:	5:26.81 48.47
	100m:	1:26.91 45.49	200m:	3:01.96	47.83	300m:	4:38.34	47.96	400m:	6:11.68 44.87
16.	MICHALAK, Zuzanna		07	St. KF KS „Fenix” O arów Maz				6:18.04	238	
	50m:	39.46 39.46	150m:	2:13.98	47.89	250m:	3:52.99	49.75	350m:	5:33.03 49.47
	100m:	1:26.09 46.63	200m:	3:03.24	49.26	300m:	4:43.56	50.57	400m:	6:18.04 45.01
17.	MAJCHRZAK, Natalia		07	IKS Konstancin				6:18.11	238	
	50m:	43.10 43.10	150m:	2:20.51	49.30	250m:	3:59.39	50.11	350m:	
	100m:	1:31.21 48.11	200m:	3:09.28	48.77	300m:	4:48.87	49.48	400m:	6:18.11

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12 -13 lat – I runda
Warszawa, 19. - 20.3.2019

Konkurencja 7, Dziewcz t, 400m dowolny, 12 lat

Pozycja	Rok ur.							Czas	Pkt.	
18. SAC, Sylwia	07	Nowodworski OSiR						6:18.94	237	
			50m: 40.72	40.72	150m: 2:16.17	49.16	250m: 3:54.59	48.98	350m: 5:32.68	49.31
			100m: 1:27.01	46.29	200m: 3:05.61	49.44	300m: 4:43.37	48.78	400m: 6:18.94	46.26
19. OSTASZEWSKA, Amelia	07	UKS Kapry-Armexim Pruszków						6:21.53	232	
			50m: 1:30.77	1:30.77	150m: 3:09.90	49.64	250m: 4:49.16	49.36	350m:	
			100m: 2:20.26	49.49	200m: 3:59.80	49.90	300m:		400m: 6:21.53	
20. SALWA, Weronika	07	UKS Kapry-Armexim Pruszków						6:23.98	227	
			50m: 39.87	39.87	150m: 3:05.38	1:38.34	250m: 6:27.36	52.14	350m:	
			100m: 1:27.04	47.17	200m: 5:35.22	2:29.84	300m:		400m: 6:23.98	
21. SADŁOWSKA, Anna	07	UKS oliborz						6:26.29	223	
			50m: 40.45	40.45	150m: 2:18.46	50.44	250m: 4:00.28	50.47	350m: 5:40.98	49.66
			100m: 1:28.02	47.57	200m: 3:09.81	51.35	300m: 4:51.32	51.04	400m: 6:26.29	45.31
22. BRA SKA, Agata	07	Nowodworski OSiR						6:38.26	204	
			50m: 45.28	45.28	150m: 2:27.60	51.26	250m: 4:09.27	50.79	350m: 5:51.11	51.79
			100m: 1:36.34	51.06	200m: 3:18.48	50.88	300m: 4:59.32	50.05	400m: 6:38.26	47.15
23. WITKOWSKA, Bogumiła	07	St. KF KS „Fenix” O arów Maz						6:42.56	197	
			50m: 43.92	43.92	150m: 2:27.20	52.56	250m: 4:09.28	51.34	350m: 5:52.36	52.34
			100m: 1:34.64	50.72	200m: 3:17.94	50.74	300m: 5:00.02	50.74	400m: 6:42.56	50.20
24. BIEDRZYCKA, Zuzanna	07	IKS Konstancin						6:47.10	191	
			50m: 41.91	41.91	150m: 3:11.24	1:41.13	250m:		350m:	
			100m: 1:30.11	48.20	200m: 4:48.05	1:36.81	300m:		400m: 6:47.10	
25. PARZNIEWSKA, Aleksandra	07	St. KF KS „Fenix” O arów Maz						6:55.42	179	
			50m: 45.66	45.66	150m: 2:29.42	51.77	250m: 4:16.44	53.70	350m: 6:04.78	53.19
			100m: 1:37.65	51.99	200m: 3:22.74	53.32	300m: 5:11.59	55.15	400m: 6:55.42	50.64
26. ZAHOROWSKA, Matylda	07	UKP „Polonia Warszawa”						7:01.43	172	
			50m: 45.18	45.18	150m: 2:31.69	53.21	250m: 4:21.34	55.48	350m: 6:12.05	55.05
			100m: 1:38.48	53.30	200m: 3:25.86	54.17	300m: 5:17.00	55.66	400m: 7:01.43	49.38
DYSKW. SURMACZY SKA, Julia	07	MKS „Jagiellonka” Warszawa						5:24.41		
		<i>O1 - Pływak wystartował po komendzie na miejsca i zaj ciu pozycji nieruchomej, a przed sygnałem startu</i>								
			50m: 36.91	36.91	150m: 1:59.36	41.82	250m: 3:22.45	41.29	350m: 4:44.97	41.01
			100m: 1:17.54	40.63	200m: 2:41.16	41.80	300m: 4:03.96	41.51	400m: 5:24.41	39.44

13 lat

1. SOBCZAK, Zofia	06	MKS „Jagiellonka” Warszawa						4:40.90	581	
			50m: 31.50	31.50	150m: 1:43.06	36.17	250m: 2:55.08	35.71	350m: 4:06.95	35.33
			100m: 1:06.89	35.39	200m: 2:19.37	36.31	300m: 3:31.62	36.54	400m: 4:40.90	33.95
2. WILANOWSKA, Karina	06	UKP „Polonia Warszawa”						4:47.32	543	
			50m: 31.78	31.78	150m: 1:44.08	36.33	250m: 2:57.19	36.83	350m: 4:11.17	36.82
			100m: 1:07.75	35.97	200m: 2:20.36	36.28	300m: 3:34.35	37.16	400m: 4:47.32	36.15
3. STARO , Aniela	06	UKS oliborz						4:49.87	529	
			50m: 31.87	31.87	150m: 1:43.20	36.37	250m: 2:57.90	37.70	350m: 4:13.12	37.22
			100m: 1:06.83	34.96	200m: 2:20.20	37.00	300m: 3:35.90	38.00	400m: 4:49.87	36.75
4. GRUSZCZY SKA, Aleksandra	06	MKP „Warszawianka”						5:00.87	473	
			50m: 32.84	32.84	150m: 1:48.66	38.74	250m: 3:05.65	38.34	350m: 4:23.55	38.87
			100m: 1:09.92	37.08	200m: 2:27.31	38.65	300m: 3:44.68	39.03	400m: 5:00.87	37.32
5. ADAMCZYK, Karolina	06	St. Kultury Fizycznej KS „1”						5:02.73	464	
			50m: 35.16	35.16	150m: 1:52.28	38.67	250m: 3:09.71	38.45	350m: 4:27.04	38.30
			100m: 1:13.61	38.45	200m: 2:31.26	38.98	300m: 3:48.74	39.03	400m: 5:02.73	35.69
6. MIROWSKA, Oliwia	06	UKS Olympic Warka						5:02.96	463	
			50m: 34.14	34.14	150m: 1:51.49	39.12	250m: 3:09.59	38.99	350m: 4:27.56	38.36
			100m: 1:12.37	38.23	200m: 2:30.60	39.11	300m: 3:49.20	39.61	400m: 5:02.96	35.40
7. PA K, Urszula	06	UKS 48 Warszawa						5:04.27	457	
			50m: 35.78	35.78	150m: 1:52.04	38.41	250m: 3:09.29	38.60	350m: 4:26.70	38.67
			100m: 1:13.63	37.85	200m: 2:30.69	38.65	300m: 3:48.03	38.74	400m: 5:04.27	37.57

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12 -13 lat – I runda
Warszawa, 19. - 20.3.2019

Konkurencja 7, Dziewcz t, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.
8.	ZAWADA, Nikola		06	UKS Kapry-Armexim Pruszków			5:09.07	436	
	50m: 36.34	36.34	150m: 1:55.76	40.35	250m: 3:16.23	39.64	350m: 4:32.74	36.65	
	100m: 1:15.41	39.07	200m: 2:36.59	40.83	300m: 3:56.09	39.86	400m: 5:09.07	36.33	
9.	GŁOWACKA, Weronika		06	IKS Konstancin			5:13.44	418	
	50m: 35.97	35.97	150m: 1:55.85	39.90	250m: 3:16.62	40.37	350m: 4:36.01	38.81	
	100m: 1:15.95	39.98	200m: 2:36.25	40.40	300m: 3:57.20	40.58	400m: 5:13.44	37.43	
10.	RUCI SKA, Helena		06	MKP „Warszawianka”			5:21.13	389	
	50m: 35.40	35.40	150m: 1:56.79	41.13	250m: 3:19.93	41.46	350m: 4:42.05	40.21	
	100m: 1:15.66	40.26	200m: 2:38.47	41.68	300m: 4:01.84	41.91	400m: 5:21.13	39.08	
11.	BUCZEK, Julianna		06	UKS oliborz			5:22.46	384	
	50m: 36.60	36.60	150m: 2:00.95	42.61	250m: 3:24.07	40.98	350m: 4:43.99	39.68	
	100m: 1:18.34	41.74	200m: 2:43.09	42.14	300m: 4:04.31	40.24	400m: 5:22.46	38.47	
12.	KACAR, Melis		06	UKP „Polonia Warszawa”			5:22.50	384	
	50m: 34.70	34.70	150m: 1:56.31	41.46	250m: 3:20.06	42.12	350m: 4:42.46	40.65	
	100m: 1:14.85	40.15	200m: 2:37.94	41.63	300m: 4:01.81	41.75	400m: 5:22.50	40.04	
13.	KOWALSKA, Sandra		06	UKS Olympic Warka			5:25.24	374	
	50m: 37.27	37.27	150m: 1:59.22	41.38	250m: 3:22.74	41.78	350m: 4:47.24	42.28	
	100m: 1:17.84	40.57	200m: 2:40.96	41.74	300m: 4:04.96	42.22	400m: 5:25.24	38.00	
14.	MURAS, Oliwia		06	UKS 307 Warszawa			5:32.05	352	
	50m: 35.52	35.52	150m: 1:58.73	42.86	250m: 3:24.12	42.80	350m: 4:50.54	43.29	
	100m: 1:15.87	40.35	200m: 2:41.32	42.59	300m: 4:07.25	43.13	400m: 5:32.05	41.51	
15.	PŁOSZAJ, Małgorzata		06	UKS Kapry-Armexim Pruszków			5:37.70	334	
	50m: 38.51	38.51	150m: 2:05.47	43.97	250m: 3:32.23	43.60	350m: 4:58.95	43.10	
	100m: 1:21.50	42.99	200m: 2:48.63	43.16	300m: 4:15.85	43.62	400m: 5:37.70	38.75	
16.	D BROWSKA, Zofia		06	MKS „Jagiellonka” Warszawa			5:40.30	327	
	50m: 36.76	36.76	150m: 2:03.95	44.68	250m: 3:33.04	44.27	350m: 5:00.36	43.54	
	100m: 1:19.27	42.51	200m: 2:48.77	44.82	300m: 4:16.82	43.78	400m: 5:40.30	39.94	
17.	HORSZOWSKA, Jagna		06	IKS Konstancin			5:47.29	307	
	50m: 39.99	39.99	150m: 2:10.80	45.55	250m: 3:42.41	45.50	350m: 5:06.62	38.36	
	100m: 1:25.25	45.26	200m: 2:56.91	46.11	300m: 4:28.26	45.85	400m: 5:47.29	40.67	
18.	JARZEWICZ, Klaudia		06	MKS „Jagiellonka” Warszawa			5:48.77	304	
	50m: 39.64	39.64	150m: 2:08.98	44.50	250m: 3:37.30	44.83	350m: 5:08.31	45.39	
	100m: 1:24.48	44.84	200m: 2:52.47	43.49	300m: 4:22.92	45.62	400m: 5:48.77	40.46	
19.	MI KUS, Alicja		06	UKS Ostrobramska			5:51.86	296	
	50m: 38.43	38.43	150m: 2:09.22	46.21	250m: 3:40.92	45.63	350m: 5:11.30	44.21	
	100m: 1:23.01	44.58	200m: 2:55.29	46.07	300m: 4:27.09	46.17	400m: 5:51.86	40.56	
20.	BOROWIK, Maria		06	MKS „Jagiellonka” Warszawa			5:55.69	286	
	50m: 39.35	39.35	150m: 2:09.48	46.36	250m: 3:41.00	44.90	350m: 5:13.06	45.76	
	100m: 1:23.12	43.77	200m: 2:56.10	46.62	300m: 4:27.30	46.30	400m: 5:55.69	42.63	
21.	TULIK, Natalia		06	St. Kultury Fizycznej KS „1”			6:02.47	270	
	50m: 39.96	39.96	150m: 2:10.85	46.14	250m: 3:44.80	46.73	350m: 5:19.13	47.02	
	100m: 1:24.71	44.75	200m: 2:58.07	47.22	300m: 4:32.11	47.31	400m: 6:02.47	43.34	
22.	MROZI SKA, Marianna		06	UKS oliborz			6:31.05	215	
	50m: 42.10	42.10	150m: 2:23.20	50.83	250m: 4:04.29	50.45	350m: 5:42.19	48.82	
	100m: 1:32.37	50.27	200m: 3:13.84	50.64	300m: 4:53.37	49.08	400m: 6:31.05	48.86	
DYSKW.	GRABOWSKA, Magdalena		06	UKS Ostrobramska			5:07.62		
	<i>O1 - Pływak wystartował po komendzie na miejsca i zaj ciu pozycji nieruchomej, a przed sygnałem startu</i>								
	50m: 34.75	34.75	150m: 1:53.37	39.73	250m: 3:12.92	39.49	350m: 4:28.19	35.86	
	100m: 1:13.64	38.89	200m: 2:33.43	40.06	300m: 3:52.33	39.41	400m: 5:07.62	39.43	
DYSKW.	KOT, Zuzanna		06	UKS 307 Warszawa			5:24.68		
	<i>O1 - Pływak wystartował po komendzie na miejsca i zaj ciu pozycji nieruchomej, a przed sygnałem startu</i>								
	50m: 36.95	36.95	150m: 1:59.30	41.73	250m: 3:22.73	41.68	350m: 4:45.06	41.03	
	100m: 1:17.57	40.62	200m: 2:41.05	41.75	300m: 4:04.03	41.30	400m: 5:24.68	39.62	