

Otwarte Zimowe Mistrzostwa Warszawy w Pływaniu
Warszawa, 29. - 30.11.2019

Konkurencja 19
29.11.2019 - 19:09

Dziewcz t, 400m dowolny

10 - 14 lat
Wyniki

Punkty: FINA 2019

Pozycja	Rok ur.	Czas	Pkt.
10 lat			
1. JADOWSKA, Lena	09	5:54.49	296
50m: 37.21 37.21	150m: 2:07.67 46.35	250m: 3:40.33 46.06	350m: 5:11.82 45.30
100m: 1:21.32 44.11	200m: 2:54.27 46.60	300m: 4:26.52 46.19	400m: 5:54.49 42.67
2. TOMASZEWSKA, Kaja	09	6:14.22	252
50m: 40.64 40.64	150m: 2:15.96 47.96	250m: 3:53.57 48.39	350m: 5:29.49 47.07
100m: 1:28.00 47.36	200m: 3:05.18 49.22	300m: 4:42.42 48.85	400m: 6:14.22 44.73
3. BŁACHNIO, Natasza	09	6:16.81	247
50m: 41.51 41.51	150m: 2:20.79 49.75	250m: 3:57.95 48.79	350m: 5:32.47 46.68
100m: 1:31.04 49.53	200m: 3:09.16 48.37	300m: 4:45.79 47.84	400m: 6:16.81 44.34
4. DUBAN, Magdalena	09	6:19.16	242
50m: 37.72 37.72	150m: 2:15.14 49.48	250m: 3:54.60 50.20	350m: 5:33.77 49.60
100m: 1:25.66 47.94	200m: 3:04.40 49.26	300m: 4:44.17 49.57	400m: 6:19.16 45.39
11 lat			
1. NOWAK, Izabela	08	5:09.36	446
50m: 33.88 33.88	150m: 1:52.53 39.95	250m: 3:12.03 39.79	350m: 4:32.12 39.97
100m: 1:12.58 38.70	200m: 2:32.24 39.71	300m: 3:52.15 40.12	400m: 5:09.36 37.24
2. KONDRASIUK, Zofia	08	5:13.11	430
50m: 34.90 34.90	150m: 1:54.53 40.19	250m: 3:15.41 40.50	350m: 4:35.68 39.71
100m: 1:14.34 39.44	200m: 2:34.91 40.38	300m: 3:55.97 40.56	400m: 5:13.11 37.43
3. MIKOŁAJCZYK, Oliwia	08	5:25.19	384
50m: 36.34 36.34	150m: 1:58.54 41.71	250m: 3:21.94 41.94	350m: 4:45.73 41.49
100m: 1:16.83 40.49	200m: 2:40.00 41.46	300m: 4:04.24 42.30	400m: 5:25.19 39.46
4. WY Y SKA, Julia	08	5:43.70	325
50m: 37.80 37.80	150m: 2:04.40 44.25	250m: 3:32.44 43.72	350m: 5:01.55 45.13
100m: 1:20.15 42.35	200m: 2:48.72 44.32	300m: 4:16.42 43.98	400m: 5:43.70 42.15
5. WYRWAS, Julianna	08	5:52.97	300
50m: 38.52 38.52	150m: 2:09.58 46.16	250m: 3:41.32 45.35	350m: 5:11.59 44.83
100m: 1:23.42 44.90	200m: 2:55.97 46.39	300m: 4:26.76 45.44	400m: 5:52.97 41.38
6. BELAYA, Alisa	08	5:55.36	294
50m: 35.67 35.67	150m: 2:06.03 46.15	250m: 3:40.54 47.66	350m: 5:13.86 46.21
100m: 1:19.88 44.21	200m: 2:52.88 46.85	300m: 4:27.65 47.11	400m: 5:55.36 41.50
7. DER GOWSKA, Zuzanna	08	6:09.62	261
50m: 39.94 39.94	150m: 2:13.59 47.86	250m: 3:50.03 48.62	350m: 5:27.27 48.09
100m: 1:25.73 45.79	200m: 3:01.41 47.82	300m: 4:39.18 49.15	400m: 6:09.62 42.35
8. BŁACHNIO, Karolina	08	6:56.51	182
50m: 48.27 48.27	150m: 2:34.54 53.58	250m: 4:21.66 53.25	350m: 6:06.81 52.24
100m: 1:40.96 52.69	200m: 3:28.41 53.87	300m: 5:14.57 52.91	400m: 6:56.51 49.70
12 lat			
1. SOBCZAK, Antonina	07	5:00.16	488
50m: 32.57 32.57	150m: 1:49.58 38.78	250m: 3:07.49 38.69	350m: 4:24.00 37.73
100m: 1:10.80 38.23	200m: 2:28.80 39.22	300m: 3:46.27 38.78	400m: 5:00.16 36.16
2. ALIAKHNOVICH, Nadzeya	07	5:00.91	485
50m: 33.30 33.30	150m: 1:49.56 38.81	250m: 3:07.47 38.83	350m: 4:24.23 37.55
100m: 1:10.75 37.45	200m: 2:28.64 39.08	300m: 3:46.68 39.21	400m: 5:00.91 36.68
3. SIEDLEWSKA, Marcelina	07	5:06.88	457
50m: 33.72 33.72	150m: 1:50.54 39.03	250m: 3:10.13 39.73	350m: 4:29.86 39.70
100m: 1:11.51 37.79	200m: 2:30.40 39.86	300m: 3:50.16 40.03	400m: 5:06.88 37.02

Otwarte Zimowe Mistrzostwa Warszawy w Pływaniu
Warszawa, 29. - 30.11.2019

Konkurencja 19, Dziewcz t, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.
4.	WICHULSKA, Małgorzata		07	UKS 48 Warszawa ródnie cie				5:12.06	435
	50m:	34.42 34.42	150m:	1:53.35 40.29	250m:	3:12.73 39.42	350m:	4:33.13 39.98	
	100m:	1:13.06 38.64	200m:	2:33.31 39.96	300m:	3:53.15 40.42	400m:	5:12.06 38.93	
5.	GACKA, Aleksandra		07	UKS Siódemka Gdynia				5:12.52	433
	50m:	34.96 34.96	150m:	1:56.15 40.78	250m:	3:15.86 39.34	350m:	4:35.21 38.92	
	100m:	1:15.37 40.41	200m:	2:36.52 40.37	300m:	3:56.29 40.43	400m:	5:12.52 37.31	
6.	VISOCKAITE, Ieva		07	Kauno PM				5:22.01	395
	50m:	35.71 35.71	150m:	1:57.67 40.95	250m:	3:22.14 42.19	350m:	4:44.90 41.06	
	100m:	1:16.72 41.01	200m:	2:39.95 42.28	300m:	4:03.84 41.70	400m:	5:22.01 37.11	
7.	DZI GIEL, Marta		07	UKS Manta Warszawa Włochy				5:23.09	392
	50m:	36.52 36.52	150m:	1:59.46 42.33	250m:	3:22.20 41.63	350m:	4:44.90 41.25	
	100m:	1:17.13 40.61	200m:	2:40.57 41.11	300m:	4:03.65 41.45	400m:	5:23.09 38.19	
8.	WI CKOWSKA, Hanna		07	UKS G-8 Bielany Warszawa				5:25.58	383
	50m:	33.95 33.95	150m:	1:56.71 42.22	250m:	3:21.54 42.40	350m:	4:45.87 41.79	
	100m:	1:14.49 40.54	200m:	2:39.14 42.43	300m:	4:04.08 42.54	400m:	5:25.58 39.71	
9.	PIA CI SKA, Alicja		07	UKS Swim Team Wilanów				5:37.76	343
	50m:	35.78 35.78	150m:	1:58.68 42.22	250m:	3:27.07 44.26	350m:	4:55.60 44.37	
	100m:	1:16.46 40.68	200m:	2:42.81 44.13	300m:	4:11.23 44.16	400m:	5:37.76 42.16	
10.	KOŁODZIEJCZYK, Maja		07	UKS Swim Team Wilanów				5:37.78	343
	50m:	37.31 37.31	150m:	2:02.41 43.35	250m:	3:29.64 44.09	350m:	4:56.76 43.92	
	100m:	1:19.06 41.75	200m:	2:45.55 43.14	300m:	4:12.84 43.20	400m:	5:37.78 41.02	
11.	KACZMARCZYK, Zuzanna		07	KP Płetwal Mława				5:50.62	306
	50m:	38.26 38.26	150m:	2:08.12 45.50	250m:	3:38.11 45.23	350m:	5:08.54 45.83	
	100m:	1:22.62 44.36	200m:	2:52.88 44.76	300m:	4:22.71 44.60	400m:	5:50.62 42.08	
12.	SZYNKIEWICZ, Zuzanna		07	KP Płetwal Mława				5:57.97	288
	50m:	38.97 38.97	150m:	2:10.67 47.63	250m:	3:43.32 46.08	350m:	5:16.37 45.96	
	100m:	1:23.04 44.07	200m:	2:57.24 46.57	300m:	4:30.41 47.09	400m:	5:57.97 41.60	
13.	LEBEDZEVA, Volha		07	Aquastars				5:59.98	283
	50m:	38.52 38.52	150m:	2:10.29 47.34	250m:	3:43.55 46.85	350m:	5:17.45 46.75	
	100m:	1:22.95 44.43	200m:	2:56.70 46.41	300m:	4:30.70 47.15	400m:	5:59.98 42.53	
14.	DUBAN, Justyna		07	UKS GOS Raszyn				6:00.85	281
	50m:	37.64 37.64	150m:	2:07.99 46.02	250m:	3:41.34 46.90	350m:	5:17.69 47.98	
	100m:	1:21.97 44.33	200m:	2:54.44 46.45	300m:	4:29.71 48.37	400m:	6:00.85 43.16	
13 lat									
1.	OSTROWSKA, Nina		06	UKS SP-149 Łódź				4:48.92	548
	50m:	32.04 32.04	150m:	1:44.36 37.03	250m:	2:59.36 37.86	350m:	4:13.56 37.09	
	100m:	1:07.33 35.29	200m:	2:21.50 37.14	300m:	3:36.47 37.11	400m:	4:48.92 35.36	
2.	MACIAK, Julia		06	IUKS „Muszelka” Warszawa				4:55.94	510
	50m:	32.96 32.96	150m:	1:47.78 37.47	250m:	3:03.67 37.87	350m:	4:19.78 37.79	
	100m:	1:10.31 37.35	200m:	2:25.80 38.02	300m:	3:41.99 38.32	400m:	4:55.94 36.16	
3.	GR ZKA, Roksana		06	TP Zielona Góra				5:04.49	468
	50m:	33.85 33.85	150m:	1:50.97 38.64	250m:	3:09.20 39.01	350m:	4:27.69 39.27	
	100m:	1:12.33 38.48	200m:	2:30.19 39.22	300m:	3:48.42 39.22	400m:	5:04.49 36.80	
4.	TOMSIA, Oliwia		06	UKS „Omega” Olkusz				5:08.55	450
	50m:	32.97 32.97	150m:	1:50.11 39.77	250m:	3:10.94 40.56	350m:	4:30.60 39.42	
	100m:	1:10.34 37.37	200m:	2:30.38 40.27	300m:	3:51.18 40.24	400m:	5:08.55 37.95	
5.	MARCINKEVICIUTE, Ugne		06	Kauno PM				5:09.71	445
	50m:	34.11 34.11	150m:	1:51.67 37.99	250m:	3:11.04 39.59	350m:	4:31.89 39.41	
	100m:	1:13.68 39.57	200m:	2:31.45 39.78	300m:	3:52.48 41.44	400m:	5:09.71 37.82	
6.	PODPORA, Marta		06	UKS WAWER Warszawa				5:11.87	435
	50m:	34.08 34.08	150m:	1:51.83 39.73	250m:	3:11.78 39.79	350m:	4:32.90 40.93	
	100m:	1:12.10 38.02	200m:	2:31.99 40.16	300m:	3:51.97 40.19	400m:	5:11.87 38.97	

Otwarte Zimowe Mistrzostwa Warszawy w Pływaniu
Warszawa, 29. - 30.11.2019

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

Pozycja				Rok ur.					Czas	Pkt.		
7.	SOBIECH, Marta			06	UKS SP-149 Łód				5:14.00	427		
	50m:	34.76	34.76	150m:	1:53.35	39.53	250m:	3:14.21	40.24	350m:	4:35.50	40.44
	100m:	1:13.82	39.06	200m:	2:33.97	40.62	300m:	3:55.06	40.85	400m:	5:14.00	38.50
8.	BOGACKA, Aleksandra			06	Legia Warszawa				5:14.31	425		
	50m:	33.55	33.55	150m:	1:52.52	39.63	250m:	3:13.08	40.10	350m:	4:35.26	41.56
	100m:	1:12.89	39.34	200m:	2:32.98	40.46	300m:	3:53.70	40.62	400m:	5:14.31	39.05
9.	GRABOWSKA, Magdalena			06	UKS Ostrobramska				5:17.51	413		
	50m:	34.00	34.00	150m:	1:54.00	40.61	250m:	3:17.22	42.03	350m:	4:39.34	40.62
	100m:	1:13.39	39.39	200m:	2:35.19	41.19	300m:	3:58.72	41.50	400m:	5:17.51	38.17
10.	BUCZEK, Julianna			06	UKS oliborz				5:25.73	382		
	50m:	35.94	35.94	150m:	1:59.44	42.43	250m:	3:23.47	42.83	350m:	4:47.09	41.90
	100m:	1:17.01	41.07	200m:	2:40.64	41.20	300m:	4:05.19	41.72	400m:	5:25.73	38.64

14 lat

1.	STELMASZCZYK, Hanna			05	UKS 48 Warszawa	ródmie cie			5:26.42	380		
	50m:	36.05	36.05	150m:	1:59.10	41.96	250m:	3:23.42	42.43	350m:	4:47.66	41.85
	100m:	1:17.14	41.09	200m:	2:40.99	41.89	300m:	4:05.81	42.39	400m:	5:26.42	38.76