

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

Konkurencja 29
30.11.2019 - 11:40

Dziewcz t, 400m zmienny

11 - 14 lat
Wyniki

Punkty: FINA 2019

Pozycja	Rok ur.	Czas	Pkt.
11 lat			
1. GR CZAK, Oliwia	08 KS OLIMPIA Lublin	6:03.69	392
50m: 38.82 38.82	150m: 2:11.51 45.62	250m: 3:45.93 50.61	350m: 5:22.32 44.60
100m: 1:25.89 47.07	200m: 2:55.32 43.81	300m: 4:37.72 51.79	400m: 6:03.69 41.37
2. MAZURKIEWICZ, Helena	08 MKP „Warszawianka”	6:17.96	350
50m: 39.27 39.27	150m: 2:14.28 47.52	250m: 3:56.25 54.36	350m: 5:34.29 43.57
100m: 1:26.76 47.49	200m: 3:01.89 47.61	300m: 4:50.72 54.47	400m: 6:17.96 43.67
3. KOWALSKA, Edyta	08 MKS „Jagiellonka” Warszawa	6:27.07	325
50m: 40.97 40.97	150m: 2:22.61 48.98	250m: 4:08.45 53.59	350m: 5:46.44 42.97
100m: 1:33.63 52.66	200m: 3:14.86 52.25	300m: 5:03.47 55.02	400m: 6:27.07 40.63
4. KRASI SKA, Maria	08 UKS "V" Łomianki	7:13.59	231
50m: 46.46 46.46	150m: 2:41.13 55.28	250m: 4:35.77 1:02.77	350m: 6:26.56 47.39
100m: 1:45.85 59.39	200m: 3:33.00 51.87	300m: 5:39.17 1:03.40	400m: 7:13.59 47.03
5. BŁACHNIO, Karolina	08 UKS "V" Łomianki	7:43.26	190
50m: 56.90 56.90	150m: 3:02.79 1:05.67	250m: 5:03.27 1:00.37	350m: 6:55.81 53.05
100m: 1:57.12 1:00.22	200m: 4:02.90 1:00.11	300m: 6:02.76 59.49	400m: 7:43.26 47.45
12 lat			
1. BONECKA, Anna	07 MKP „Warszawianka”	5:45.27	459
50m: 35.89 35.89	150m: 2:05.48 45.09	250m: 3:39.23 49.37	350m: 5:08.76 39.37
100m: 1:20.39 44.50	200m: 2:49.86 44.38	300m: 4:29.39 50.16	400m: 5:45.27 36.51
2. PRZYBYLSKA, Oliwia	07 MKS Piaseczno	5:48.62	446
50m: 36.54 36.54	150m: 2:06.31 43.98	250m: 3:37.26 47.27	350m: 5:07.11 42.03
100m: 1:22.33 45.79	200m: 2:49.99 43.68	300m: 4:25.08 47.82	400m: 5:48.62 41.51
3. WICHULSKA, Małgorzata	07 UKS 48 Warszawa ródnie cie	5:49.53	442
50m: 37.11 37.11	150m: 2:07.86 47.06	250m: 3:43.77 50.74	350m: 5:12.50 40.28
100m: 1:20.80 43.69	200m: 2:53.03 45.17	300m: 4:32.22 48.45	400m: 5:49.53 37.03
4. GACKA, Aleksandra	07 UKS Siódemka Gdynia	5:54.02	425
50m: 35.61 35.61	150m: 2:05.70 46.01	250m: 3:42.62 53.20	350m: 5:15.95 40.26
100m: 1:19.69 44.08	200m: 2:49.42 43.72	300m: 4:35.69 53.07	400m: 5:54.02 38.07
5. SIEDLEWSKA, Marcelina	07 UKS Siódemka Gdynia	5:58.15	411
50m: 38.54 38.54	150m: 2:12.86 44.75	250m: 3:46.63 49.82	350m: 5:21.06 43.44
100m: 1:28.11 49.57	200m: 2:56.81 43.95	300m: 4:37.62 50.99	400m: 5:58.15 37.09
6. LEBEDZEVA, Volha	07 Aquastars	6:51.20	271
50m: 42.95 42.95	150m: 2:26.01 52.07	250m: 4:17.21 1:01.43	350m: 6:07.04 47.16
100m: 1:33.94 50.99	200m: 3:15.78 49.77	300m: 5:19.88 1:02.67	400m: 6:51.20 44.16
13 lat			
1. GOMUŁKA, Weronika	06 UKS 190 Łód	5:17.97	587
50m: 33.42 33.42	150m: 1:47.96 38.13	250m: 3:13.04 46.99	350m: 4:39.72 38.64
100m: 1:09.83 36.41	200m: 2:26.05 38.09	300m: 4:01.08 48.04	400m: 5:17.97 38.25
2. GORCZYCA, Gabriela	06 Solne Miasto SP. zo.o	5:22.56	563
50m: 32.44 32.44	150m: 1:52.00 42.32	250m: 3:21.81 49.02	350m: 4:47.10 36.08
100m: 1:09.68 37.24	200m: 2:32.79 40.79	300m: 4:11.02 49.21	400m: 5:22.56 35.46
3. MIŁEK, Alicja	06 Solne Miasto SP. zo.o	5:22.96	560
50m: 33.80 33.80	150m: 1:55.54 41.91	250m: 3:23.44 47.04	350m: 4:47.31 35.83
100m: 1:13.63 39.83	200m: 2:36.40 40.86	300m: 4:11.48 48.04	400m: 5:22.96 35.65
4. JAROSZ, Helena	06 UKS „Omega” Olkusz	5:36.36	496
50m: 33.75 33.75	150m: 2:00.56 44.28	250m: 3:29.54 45.89	350m: 4:57.09 40.17
100m: 1:16.28 42.53	200m: 2:43.65 43.09	300m: 4:16.92 47.38	400m: 5:36.36 39.27

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

Konkurencja 29, Dziewcz t, 400m zmienny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.			
5.	MACIAK, Julia		06	IUKS „Muszelka” Warszawa				5:42.76	469			
	50m:	34.50	34.50	150m:	2:00.93	44.96	250m:	3:36.52	53.55	350m:	5:07.88	37.62
	100m:	1:15.97	41.47	200m:	2:42.97	42.04	300m:	4:30.26	53.74	400m:	5:42.76	34.88
6.	FORNAL, Hanna		06	UKS SP-149 Łódź				5:43.83	464			
	50m:	38.19	38.19	150m:	2:08.39	44.46	250m:	3:39.67	48.23	350m:	5:07.32	38.54
	100m:	1:23.93	45.74	200m:	2:51.44	43.05	300m:	4:28.78	49.11	400m:	5:43.83	36.51
7.	KASZUBA, Maja		06	UKS „Omega” Olkusz				5:49.61	442			
	50m:	33.98	33.98	150m:	2:02.83	46.42	250m:	3:39.32	51.00	350m:	5:11.41	40.95
	100m:	1:16.41	42.43	200m:	2:48.32	45.49	300m:	4:30.46	51.14	400m:	5:49.61	38.20
8.	PA K, Urszula		06	UKS 48 Warszawa ródmi cie				5:49.75	441			
	50m:	35.14	35.14	150m:	2:05.69	46.46	250m:	3:40.47	48.27	350m:	5:10.78	38.96
	100m:	1:19.23	44.09	200m:	2:52.20	46.51	300m:	4:31.82	51.35	400m:	5:49.75	38.97
9.	RUCI SKA, Helena		06	MKP „Warszawianka”				6:08.09	378			
	50m:	38.29	38.29	150m:	2:14.67	44.05	250m:	3:51.11	53.43	350m:	5:27.30	42.95
	100m:	1:30.62	52.33	200m:	2:57.68	43.01	300m:	4:44.35	53.24	400m:	6:08.09	40.79
10.	SOLI SKA, Patrycja		06	UKS Ostrobramska				6:15.95	355			
	50m:	39.66	39.66	150m:	2:16.06	48.79	250m:	3:54.84	52.95	350m:	5:34.13	45.43
	100m:	1:27.27	47.61	200m:	3:01.89	45.83	300m:	4:48.70	53.86	400m:	6:15.95	41.82
11.	JONAK, Jagoda		06	UKS Delfin Garwolin				6:40.56	294			
	50m:	42.53	42.53	150m:	2:25.63	51.80	250m:	4:10.14	51.44	350m:	5:53.26	49.24
	100m:	1:33.83	51.30	200m:	3:18.70	53.07	300m:	5:04.02	53.88	400m:	6:40.56	47.30
12.	KARCZMARCZYK, Julia		06	UKS Delfin Garwolin				6:51.45	271			
	50m:	46.18	46.18	150m:	2:33.51	52.46	250m:	4:22.38	58.33	350m:	6:08.77	47.14
	100m:	1:41.05	54.87	200m:	3:24.05	50.54	300m:	5:21.63	59.25	400m:	6:51.45	42.68

14 lat

1.	PASTUSZKA, Magdalena		05	UKS Ostrobramska				5:47.70	449			
	50m:	35.17	35.17	150m:	2:06.01	46.12	250m:	3:37.82	48.08	350m:	5:08.57	40.72
	100m:	1:19.89	44.72	200m:	2:49.74	43.73	300m:	4:27.85	50.03	400m:	5:47.70	39.13