

III MISTRZOSTWA MAZOWSZA W PŁYWANIU POD PATRONATEM PREZYDENTA MIASTA CIECHANÓW
Ciechanów, 1.2.2020

Konkurencja 39
01.02.2020 - 19:44

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2019

Pozycja			Rok ur.					Czas	Pkt.	
11 lat i młodszy										
1.	KUCZMAR, Aleksandra		09	MKS Ochota Warszawa				5:14.14	412	
	50m:	36.56 36.56	150m:	1:56.52	39.96	250m:	3:16.38	39.52	350m:	4:36.02 39.68
	100m:	1:16.56 40.00	200m:	2:36.86	40.34	300m:	3:56.34	39.96	400m:	5:14.14 38.12
2.	SOBÓTKA, Oliwia		10	UKS 48 Warszawa ródmi cie				5:43.28	316	
	50m:	38.71 38.71	150m:	2:05.35	44.23	250m:	3:33.00	43.50	350m:	5:00.08 43.56
	100m:	1:21.12 42.41	200m:	2:49.50	44.15	300m:	4:16.52	43.52	400m:	5:43.28 43.20
3.	KIEŁBASA, Julia		09	Klub Pływacki Ciechanów				5:53.39	290	
	50m:	39.79 39.79	150m:	2:08.94	45.64	250m:	3:39.93	45.44	350m:	5:10.36 45.41
	100m:	1:23.30 43.51	200m:	2:54.49	45.55	300m:	4:24.95	45.02	400m:	5:53.39 43.03
4.	MARKOWSKA, Nicola		09	MKS Juwenia Białystok				6:21.82	229	
	50m:	41.69 41.69	150m:	2:18.78	49.04	250m:	3:57.76	49.32	350m:	5:33.96 48.00
	100m:	1:29.74 48.05	200m:	3:08.44	49.66	300m:	4:45.96	48.20	400m:	6:21.82 47.86
12 lat										
1.	NOWAK, Izabela		08	UKS G-8 Bielany Warszawa				4:54.14	502	
	50m:	33.00 33.00	150m:	1:48.15	38.04	250m:	3:03.30	37.63	350m:	4:18.54 37.73
	100m:	1:10.11 37.11	200m:	2:25.67	37.52	300m:	3:40.81	37.51	400m:	4:54.14 35.60
2.	JURCZUK, Weronika		08	MKS Juwenia Białystok				5:38.23	330	
	50m:	37.04 37.04	150m:	2:01.98	42.83	250m:	3:29.55	43.61	350m:	4:54.88 42.39
	100m:	1:19.15 42.11	200m:	2:45.94	43.96	300m:	4:12.49	42.94	400m:	5:38.23 43.35
13 lat										
1.	WICHULSKA, Małgorzata		07	UKS 48 Warszawa ródmi cie				5:07.94	438	
	50m:	34.70 34.70	150m:	1:52.43	39.55	250m:	3:11.26	39.38	350m:	4:30.37 39.27
	100m:	1:12.88 38.18	200m:	2:31.88	39.45	300m:	3:51.10	39.84	400m:	5:07.94 37.57
2.	LASOCKA, Martyna		07	MKS „Jagiellonka” Warszawa				5:10.98	425	
	50m:	32.91 32.91	150m:	1:51.68	40.58	250m:	3:11.96	39.72	350m:	4:32.42 40.00
	100m:	1:11.10 38.19	200m:	2:32.24	40.56	300m:	3:52.42	40.46	400m:	5:10.98 38.56
3.	DZI GIEL, Marta		07	UKS Manta Warszawa Włochy				5:12.32	420	
	50m:	34.59 34.59	150m:	1:52.07	39.38	250m:	3:12.47	40.21	350m:	4:33.11 40.53
	100m:	1:12.69 38.10	200m:	2:32.26	40.19	300m:	3:52.58	40.11	400m:	5:12.32 39.21
4.	ZARZECKA, Roksana		07	Klub Pływacki Ciechanów				5:20.41	389	
	50m:	36.30 36.30	150m:	1:57.32	40.76	250m:	3:19.06	41.04	350m:	4:41.85 41.33
	100m:	1:16.56 40.26	200m:	2:38.02	40.70	300m:	4:00.52	41.46	400m:	5:20.41 38.56
5.	PIA CI SKA, Alicja		07	UKS Swim Team Wilanów				5:21.34	385	
	50m:	36.21 36.21	150m:	1:57.15	40.94	250m:	3:19.57	41.02	350m:	4:42.13 41.15
	100m:	1:16.21 40.00	200m:	2:38.55	41.40	300m:	4:00.98	41.41	400m:	5:21.34 39.21
6.	PARDO, Wiktoria		07	MKS „Jagiellonka” Warszawa				5:23.55	377	
	50m:	35.69 35.69	150m:	1:58.70	42.27	250m:	3:21.22	40.91	350m:	4:45.15 41.77
	100m:	1:16.43 40.74	200m:	2:40.31	41.61	300m:	4:03.38	42.16	400m:	5:23.55 38.40
7.	KOŁODZIEJCZYK, Maja		07	UKS Swim Team Wilanów				5:23.88	376	
	50m:	35.43 35.43	150m:	1:56.91	41.63	250m:	3:20.34	42.01	350m:	4:44.20 41.45
	100m:	1:15.28 39.85	200m:	2:38.33	41.42	300m:	4:02.75	42.41	400m:	5:23.88 39.68
8.	KŁOS, Oliwia		07	KP Raw-Swim				5:23.95	376	
	50m:	35.94 35.94	150m:	1:56.23	40.90	250m:	3:18.89	41.98	350m:	4:42.80 42.56
	100m:	1:15.33 39.39	200m:	2:36.91	40.68	300m:	4:00.24	41.35	400m:	5:23.95 41.15
9.	MAJA, Bakun		07	UKS G-8 Bielany Warszawa				5:27.08	365	
	50m:	35.75 35.75	150m:	1:58.44	41.62	250m:	3:21.38	41.57	350m:	4:45.61 43.14
	100m:	1:16.82 41.07	200m:	2:39.81	41.37	300m:	4:02.47	41.09	400m:	5:27.08 41.47

III MISTRZOSTWA MAZOWSZA W PŁYWANIU POD PATRONATEM PREZYDENTA MIASTA CIECHANÓW
Ciechanów, 1.2.2020

Konkurencja 39, Dziewcz t, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.			
10.	SIANKO, Julia		07	MKS Juvenia Białystok				5:32.97	346			
	50m:	36.49	36.49	150m:	1:59.46	41.98	250m:	3:26.05	43.34	350m:	4:51.35	41.76
	100m:	1:17.48	40.99	200m:	2:42.71	43.25	300m:	4:09.59	43.54	400m:	5:32.97	41.62
11.	RODZIK, Zuzanna		07	KP Raw-Swim				5:52.94	291			
	50m:	37.65	37.65	150m:	2:06.64	45.05	250m:	3:36.86	45.79	350m:	5:08.34	45.66
	100m:	1:21.59	43.94	200m:	2:51.07	44.43	300m:	4:22.68	45.82	400m:	5:52.94	44.60

14 lat

1.	MACIAK, Julia		06	IUKS „Muszelka” Warszawa				4:37.29	600			
	50m:	31.20	31.20	150m:	1:41.54	35.54	250m:	2:52.92	36.01	350m:	4:03.97	35.72
	100m:	1:06.00	34.80	200m:	2:16.91	35.37	300m:	3:28.25	35.33	400m:	4:37.29	33.32
2.	SOBCZAK, Zofia		06	MKS „Jagiellonka” Warszawa				4:37.30	600			
	50m:	31.00	31.00	150m:	1:41.03	35.28	250m:	2:52.62	35.91	350m:	4:04.16	35.53
	100m:	1:05.75	34.75	200m:	2:16.71	35.68	300m:	3:28.63	36.01	400m:	4:37.30	33.14
3.	KNAPIK, Amelia		06	MKS Ochota Warszawa				4:55.24	497			
	50m:	32.44	32.44	150m:	1:45.60	37.04	250m:	3:01.29	38.11	350m:	4:17.63	38.03
	100m:	1:08.56	36.12	200m:	2:23.18	37.58	300m:	3:39.60	38.31	400m:	4:55.24	37.61
4.	PA K, Urszula		06	UKS 48 Warszawa ródnie cie				4:56.50	491			
	50m:	33.18	33.18	150m:	1:46.55	37.05	250m:	3:02.48	38.19	350m:	4:19.24	38.17
	100m:	1:09.50	36.32	200m:	2:24.29	37.74	300m:	3:41.07	38.59	400m:	4:56.50	37.26
5.	LIS, Magdalena		06	KS Płetwal Szczytno				5:02.31	463			
	50m:	33.88	33.88	150m:	1:51.27	39.67	250m:	3:09.65	38.82	350m:	4:26.23	37.97
	100m:	1:11.60	37.72	200m:	2:30.83	39.56	300m:	3:48.26	38.61	400m:	5:02.31	36.08
6.	DOBOSIEWICZ, Marta		06	UKS Manta Warszawa Włochy				5:02.79	461			
	50m:	32.79	32.79	150m:	1:47.13	37.68	250m:	3:04.50	38.98	350m:	4:23.57	39.78
	100m:	1:09.45	36.66	200m:	2:25.52	38.39	300m:	3:43.79	39.29	400m:	5:02.79	39.22
7.	PODPORA, Marta		06	UKS WAWER Warszawa				5:06.02	446			
	50m:	32.34	32.34	150m:	1:48.37	39.13	250m:	3:06.57	38.96	350m:	4:26.54	39.47
	100m:	1:09.24	36.90	200m:	2:27.61	39.24	300m:	3:47.07	40.50	400m:	5:06.02	39.48

15 lat i starsi

1.	KAMI SKA, Inga		03	Sinnet Club				4:55.26	497			
	50m:	32.86	32.86	150m:	1:46.29	37.18	250m:	3:02.40	37.87	350m:	4:19.69	38.82
	100m:	1:09.11	36.25	200m:	2:24.53	38.24	300m:	3:40.87	38.47	400m:	4:55.26	35.57