

OTWARTE JESIENNE MISTRZOSTWA OKR GU WARSZAWSKO –MAZOWIECKIEGO
Pruszków, 13.11.2020

Konkurencja 15
13.11.2020 - 11:51

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2020

Pozycja			Rok ur.					Czas	Pkt.			
14 - 15 lat												
1.	MAKSYMOWICZ, Nina		05	UKS G-8 Bielany Warszawa				5:07.78	595			
	50m:	32.24	32.24	150m:	1:50.39	39.92	250m:	3:12.41	42.79	350m:	4:33.17	35.68
	100m:	1:10.47	38.23	200m:	2:29.62	39.23	300m:	3:57.49	45.08	400m:	5:07.78	34.61
2.	MACIAK, Julia		06	IUKS „Muszelka” Warszawa				5:19.86	530			
	50m:	34.38	34.38	150m:	1:54.82	40.50	250m:	3:22.99	50.02	350m:	4:46.46	34.93
	100m:	1:14.32	39.94	200m:	2:32.97	38.15	300m:	4:11.53	48.54	400m:	5:19.86	33.40
3.	WILANOWSKA, Karina		06	UKP „Polonia Warszawa”				5:22.75	516			
	50m:	34.99	34.99	150m:	1:56.65	40.98	250m:	3:22.90	46.29	350m:	4:48.11	38.12
	100m:	1:15.67	40.68	200m:	2:36.61	39.96	300m:	4:09.99	47.09	400m:	5:22.75	34.64
4.	SAMORAJ, Oliwia		05	MKS Piaseczno				5:23.91	510			
	50m:	33.75	33.75	150m:	1:55.23	41.12	250m:	3:22.57	47.58	350m:	4:48.38	37.32
	100m:	1:14.11	40.36	200m:	2:34.99	39.76	300m:	4:11.06	48.49	400m:	5:23.91	35.53
5.	MAKSYMOWICZ, Nadia		05	UKS G-8 Bielany Warszawa				5:30.15	482			
	50m:	33.06	33.06	150m:	1:55.82	41.92	250m:	3:26.32	49.48	350m:	4:53.44	38.46
	100m:	1:13.90	40.84	200m:	2:36.84	41.02	300m:	4:14.98	48.66	400m:	5:30.15	36.71
6.	JONAK, Jagoda		06	UKS Delfin Garwolin				5:59.77	372			
	50m:	37.69	37.69	150m:	2:06.55	45.19	250m:	3:40.37	49.90	350m:	5:16.13	44.59
	100m:	1:21.36	43.67	200m:	2:50.47	43.92	300m:	4:31.54	51.17	400m:	5:59.77	43.64
16 lat i starsi												
1.	BIDNIK, Wiktoria		04	UKS „GIM 92 Ursynów”				5:29.66	484			
	50m:	33.90	33.90	150m:	1:53.69	39.83	250m:	3:21.38	47.78	350m:	4:50.61	40.34
	100m:	1:13.86	39.96	200m:	2:33.60	39.91	300m:	4:10.27	48.89	400m:	5:29.66	39.05
2.	NOWAK, Oliwia		04	UKS „GIM 92 Ursynów”				5:34.46	464			
	50m:	35.53	35.53	150m:	2:01.23	43.78	250m:	3:29.47	45.33	350m:	4:55.76	39.68
	100m:	1:17.45	41.92	200m:	2:44.14	42.91	300m:	4:16.08	46.61	400m:	5:34.46	38.70
PK	WICHULSKA, Małgorzata		07	UKS 48 Warszawa ródmi cie				5:34.92	462			
	50m:	34.75	34.75	150m:	2:00.08	43.66	250m:	3:27.91	46.14	350m:	5:34.92	1:20.08
	100m:	1:16.42	41.67	200m:	2:41.77	41.69	300m:	4:14.84	46.93	400m:	5:34.92	
PK	SOBÓTKA, Oliwia		10	UKS 48 Warszawa ródmi cie				5:40.17	441			
	50m:	36.48	36.48	150m:	1:59.91	40.55	250m:	3:31.35	51.22	350m:	5:02.52	39.57
	100m:	1:19.36	42.88	200m:	2:40.13	40.22	300m:	4:22.95	51.60	400m:	5:40.17	37.65