

OTWARTE JESIENNE MISTRZOSTWA OKR GU WARSZAWSKO –MAZOWIECKIEGO
Pruszków, 13.11.2020

Konkurencja 33
13.11.2020 - 18:35

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2020

Pozycja			Rok ur.					Czas	Pkt.
14 - 15 lat									
1.	KULIK, Julia		05	UKS GOS Raszyn				4:28.16	663
	50m:	31.28 31.28	150m:	1:39.00 33.99	250m:	2:46.68 33.54	350m:	3:55.02 34.28	
	100m:	1:05.01 33.73	200m:	2:13.14 34.14	300m:	3:20.74 34.06	400m:	4:28.16 33.14	
2.	MACIAK, Julia		06	IUKS „Muszelka” Warszawa				4:31.94	636
	50m:	31.36 31.36	150m:	1:40.15 34.42	250m:	2:49.90 34.64	350m:	3:58.39 34.40	
	100m:	1:05.73 34.37	200m:	2:15.26 35.11	300m:	3:23.99 34.09	400m:	4:31.94 33.55	
3.	MAKSYMOWICZ, Nina		05	UKS G-8 Bielany Warszawa				4:37.82	596
	50m:	30.68 30.68	150m:	1:40.30 35.15	250m:	2:51.20 35.78	350m:	4:03.07 35.87	
	100m:	1:05.15 34.47	200m:	2:15.42 35.12	300m:	3:27.20 36.00	400m:	4:37.82 34.75	
4.	WALCZAK, Barbara		06	UKS G-8 Bielany Warszawa				4:39.23	587
	50m:	31.11 31.11	150m:	1:40.60 35.07	250m:	2:52.57 36.16	350m:	4:04.36 35.51	
	100m:	1:05.53 34.42	200m:	2:16.41 35.81	300m:	3:28.85 36.28	400m:	4:39.23 34.87	
5.	TUPALSKA, Oliwia		05	UKP „Polonia Warszawa”				4:41.38	574
	50m:	33.18 33.18	150m:	1:44.61 35.91	250m:	2:55.95 35.69	350m:	4:07.61 36.16	
	100m:	1:08.70 35.52	200m:	2:20.26 35.65	300m:	3:31.45 35.50	400m:	4:41.38 33.77	
6.	GAJCY, Natalia		05	UKP „Polonia Warszawa”				4:42.57	567
	50m:	32.93 32.93	150m:	1:44.28 35.75	250m:	2:57.03 36.35	350m:	4:08.48 35.56	
	100m:	1:08.53 35.60	200m:	2:20.68 36.40	300m:	3:32.92 35.89	400m:	4:42.57 34.09	
7.	JANASZEK-SEYDLITZ, Zofia		06	UKS „GIM 92 Ursynów”				4:46.24	545
	50m:	33.00 33.00	150m:	1:45.99 36.58	250m:	2:59.09 36.26	350m:	4:12.05 36.30	
	100m:	1:09.41 36.41	200m:	2:22.83 36.84	300m:	3:35.75 36.66	400m:	4:46.24 34.19	
8.	KRAWCZYK, Maja		05	UKP „Polonia Warszawa”				4:46.55	544
	50m:	32.89 32.89	150m:	1:44.39 35.78	250m:	2:56.34 35.76	350m:	4:11.15 37.42	
	100m:	1:08.61 35.72	200m:	2:20.58 36.19	300m:	3:33.73 37.39	400m:	4:46.55 35.40	
9.	PASIEROWSKA, Wiktoria		05	UKS „GIM 92 Ursynów”				4:49.78	526
	50m:	33.53 33.53	150m:	1:46.24 36.67	250m:	3:00.08 36.93	350m:	4:13.52 36.12	
	100m:	1:09.57 36.04	200m:	2:23.15 36.91	300m:	3:37.40 37.32	400m:	4:49.78 36.26	
10.	MAGIEREK, Karolina		06	UKS GOS Raszyn				4:50.55	521
	50m:	33.08 33.08	150m:	1:47.18 37.71	250m:	3:00.89 36.99	350m:	4:15.19 37.21	
	100m:	1:09.47 36.39	200m:	2:23.90 36.72	300m:	3:37.98 37.09	400m:	4:50.55 35.36	
11.	SZABRA SKA, Oliwia		06	UKS „GIM 92 Ursynów”				4:51.33	517
	50m:	33.68 33.68	150m:	1:47.44 37.57	250m:	3:03.25 37.90	350m:	4:16.77 36.06	
	100m:	1:09.87 36.19	200m:	2:25.35 37.91	300m:	3:40.71 37.46	400m:	4:51.33 34.56	
12.	KLECZEK, Maria		05	UKS „GIM 92 Ursynów”				4:56.34	491
	50m:	32.59 32.59	150m:	1:46.36 37.63	250m:	3:03.02 38.49	350m:	4:19.39 37.92	
	100m:	1:08.73 36.14	200m:	2:24.53 38.17	300m:	3:41.47 38.45	400m:	4:56.34 36.95	
13.	ADAMCZYK, Karolina		06	KS „1” O arów Mazowiecki				4:57.26	487
	50m:	34.17 34.17	150m:	3:04.92 37.75	250m:		350m:		
	100m:	2:27.17 1:53.00	200m:	4:57.26 1:52.34	300m:		400m:	4:57.26	
14.	SOBIECKA, Małgorzata		06	KS „1” O arów Mazowiecki				5:02.33	463
	50m:	33.87 33.87	150m:	1:51.58 39.19	250m:	3:09.42 38.74	350m:	4:26.50 38.46	
	100m:	1:12.39 38.52	200m:	2:30.68 39.10	300m:	3:48.04 38.62	400m:	5:02.33 35.83	
15.	PABISIAK, Helena		05	UKP „Polonia Warszawa”				5:03.49	457
	50m:	34.72 34.72	150m:	1:50.80 38.62	250m:	3:07.99 38.71	350m:	4:25.01 37.54	
	100m:	1:12.18 37.46	200m:	2:29.28 38.48	300m:	3:47.47 39.48	400m:	5:03.49 38.48	
16.	PAWLIK, Julia		06	UKS G-8 Bielany Warszawa				5:08.22	437
	50m:	35.39 35.39	150m:	1:51.39 38.60	250m:	3:09.03 39.00	350m:	4:29.01 40.00	
	100m:	1:12.79 37.40	200m:	2:30.03 38.64	300m:	3:49.01 39.98	400m:	5:08.22 39.21	
17.	BUCZEK, Julianna		06	UKS oliborz				5:19.88	391
	50m:	34.28 34.28	150m:	1:53.05 39.90	250m:	3:14.39 41.31	350m:	4:39.68 42.69	
	100m:	1:13.15 38.87	200m:	2:33.08 40.03	300m:	3:56.99 42.60	400m:	5:19.88 40.20	

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16 lat i starsi

1.	POLA SKA, Aleksandra	00	UKS GOS Raszyn	4:11.81	801
	50m: 29.45 29.45	150m: 1:32.09 31.51	250m: 2:36.20 32.22	350m: 3:41.13 32.40	
	100m: 1:00.58 31.13	200m: 2:03.98 31.89	300m: 3:08.73 32.53	400m: 4:11.81 30.68	
2.	HERBREder, Gabriela	03	UKS „GIM 92 Ursynów”	4:33.19	627
	50m: 30.79 30.79	150m: 1:40.06 34.60	250m: 2:49.65 34.94	350m: 3:59.74 35.51	
	100m: 1:05.46 34.67	200m: 2:14.71 34.65	300m: 3:24.23 34.58	400m: 4:33.19 33.45	
3.	ROMANIUK, Matylda	04	UKP „Polonia Warszawa”	4:46.58	543
	50m: 33.10 33.10	150m: 1:46.11 36.60	250m: 2:59.48 36.67	350m: 4:12.26 36.32	
	100m: 1:09.51 36.41	200m: 2:22.81 36.70	300m: 3:35.94 36.46	400m: 4:46.58 34.32	
4.	WI CKOWSKA, Alicja	03	UKS Delfin Garwolin	4:49.07	529
	50m: 32.17 32.17	150m: 1:43.56 36.35	250m: 2:57.72 37.08	350m: 4:13.13 37.17	
	100m: 1:07.21 35.04	200m: 2:20.64 37.08	300m: 3:35.96 38.24	400m: 4:49.07 35.94	
5.	OWERKO, Julia	02	UKS GOS Raszyn	4:54.96	498
	50m: 34.64 34.64	150m: 1:49.76 37.47	250m: 3:04.21 37.32	350m: 4:19.11 37.27	
	100m: 1:12.29 37.65	200m: 2:26.89 37.13	300m: 3:41.84 37.63	400m: 4:54.96 35.85	