

Otwarte Zimowe Mistrzostwa Warszawy w Pływaniu-Roczniki – 2008,2007,2006 i starsi
Warszawa, 4. - 5.12.2020

Konkurencja 20
05.12.2020 - 12:43

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Punkty: FINA 2020

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
12 lat							
1. KONDRASIUK, Zofia	08	MKP Warszawianka	5:12.42 433	1:12.18	1:21.60	1:22.45	1:16.19
50m: 33.93	33.93	150m: 1:52.97	40.79	250m: 3:13.67	39.89	350m: 4:35.50	39.27
100m: 1:12.18	38.25	200m: 2:33.78	40.81	300m: 3:56.23	42.56	400m: 5:12.42	36.92
2. POWAŁKA, Urszula	08	KS Fenix O arów Mazowiec	5:40.02 336	1:22.01	1:29.21	1:28.33	1:20.47
50m: 38.50	38.50	150m: 2:06.01	44.00	250m: 3:35.34	44.12	350m: 5:01.78	42.23
100m: 1:22.01	43.51	200m: 2:51.22	45.21	300m: 4:19.55	44.21	400m: 5:40.02	38.24
3. BECZKO, Julia	08	KS Fenix O arów Mazowiec	5:42.75 328	1:18.46	1:28.47	1:28.92	1:26.90
50m: 36.95	36.95	150m: 2:02.62	44.16	250m: 3:31.42	44.49	350m: 4:58.95	43.10
100m: 1:18.46	41.51	200m: 2:46.93	44.31	300m: 4:15.85	44.43	400m: 5:42.75	43.80
4. CZICZAK, Matylda	08	UKS „Ósemka” Toru	5:55.91 293	1:26.11	1:32.18	1:31.40	1:26.22
50m: 41.54	41.54	150m: 2:12.48	46.37	250m: 3:44.50	46.21	350m: 5:14.85	45.16
100m: 1:26.11	44.57	200m: 2:58.29	45.81	300m: 4:29.69	45.19	400m: 5:55.91	41.06
5. ZAJ C, Aleksandra	08	KS Fenix O arów Mazowiec	6:12.74 255	1:27.01	1:36.26	1:37.80	1:31.67
50m: 40.61	40.61	150m: 2:15.11	48.10	250m: 3:52.07	48.80	350m: 5:29.20	48.13
100m: 1:27.01	46.40	200m: 3:03.27	48.16	300m: 4:41.07	49.00	400m: 6:12.74	43.54
13 lat							
1. SOBCZAK, Antonina	07	MKP Warszawianka	4:51.32 534	1:10.77	1:15.10	1:14.51	1:10.94
50m: 33.33	33.33	150m: 1:47.93	37.16	250m: 3:02.67	36.80	350m: 4:17.03	36.65
100m: 1:10.77	37.44	200m: 2:25.87	37.94	300m: 3:40.38	37.71	400m: 4:51.32	34.29
2. ORASZEK, Karolina	07	UKP „Polonia Warszawa”	4:51.79 532	1:10.26	1:16.37	1:13.99	1:11.17
50m: 33.18	33.18	150m: 1:48.15	37.89	250m: 3:03.35	36.72	350m: 4:17.27	36.65
100m: 1:10.26	37.08	200m: 2:26.63	38.48	300m: 3:40.62	37.27	400m: 4:51.79	34.52
3. CICH, Kinga	07	RWKS Sparta Biłgoraj	5:11.21 438	1:13.49	1:19.33	1:20.04	1:18.35
50m: 34.50	34.50	150m: 1:53.09	39.60	250m: 3:12.91	40.09	350m: 4:33.05	40.19
100m: 1:13.49	38.99	200m: 2:32.82	39.73	300m: 3:52.86	39.95	400m: 5:11.21	38.16
4. JAWORSKA, Milena	07	KS Fenix O arów Mazowiec	5:13.89 427	1:14.04	1:21.10	1:22.24	1:16.51
50m: 34.70	34.70	150m: 1:54.19	40.15	250m: 3:15.82	40.68	350m: 4:36.39	39.01
100m: 1:14.04	39.34	200m: 2:35.14	40.95	300m: 3:57.38	41.56	400m: 5:13.89	37.50
5. SADO, Aleksandra	07	KS Fenix O arów Mazowiec	5:41.54 331	1:20.12	1:28.68	1:28.15	1:24.59
50m: 37.33	37.33	150m: 2:04.63	44.51	250m: 3:33.23	44.43	350m: 4:59.63	42.68
100m: 1:20.12	42.79	200m: 2:48.80	44.17	300m: 4:16.95	43.72	400m: 5:41.54	41.91
6. VYSATA, Zuzanna	07	MKP Warszawianka	5:47.75 314	1:21.38	1:29.41	1:30.30	1:26.66
50m: 38.74	38.74	150m: 2:05.91	44.53	250m: 3:35.74	44.95	350m: 5:05.88	44.79
100m: 1:21.38	42.64	200m: 2:50.79	44.88	300m: 4:21.09	45.35	400m: 5:47.75	41.87
7. PARZNIEWSKA, Aleksandra	07	KS Fenix O arów Mazowiec	5:55.10 295	1:24.11	1:31.00	1:30.88	1:29.11
50m: 39.93	39.93	150m: 2:09.96	45.85	250m: 3:41.06	45.95	350m: 5:11.53	45.54
100m: 1:24.11	44.18	200m: 2:55.11	45.15	300m: 4:25.99	44.93	400m: 5:55.10	43.57
14 lat i starsi							
1. WI CKOWSKA, Alicja	03	UKS Delfin Garwolin	5:02.67 476	1:10.11	1:17.29	1:18.28	1:16.99
50m: 33.24	33.24	150m: 1:48.85	38.74	250m: 3:06.69	39.29	350m: 4:24.93	39.25
100m: 1:10.11	36.87	200m: 2:27.40	38.55	300m: 3:45.68	38.99	400m: 5:02.67	37.74
2. ADAMCZYK, Karolina	06	KS „1” O arów Mazowiecki	5:09.02 448	1:14.12	1:20.11	1:18.63	1:16.16
50m: 35.30	35.30	150m: 1:54.27	40.15	250m: 3:13.19	38.96	350m: 4:31.74	38.88
100m: 1:14.12	38.82	200m: 2:34.23	39.96	300m: 3:52.86	39.67	400m: 5:09.02	37.28
3. RUCI SKA, Helena	06	MKP Warszawianka	5:19.12 406	1:14.35	1:20.04	1:23.52	1:21.21
50m: 34.22	34.22	150m: 1:53.68	39.33	250m: 3:15.83	41.44	350m: 4:38.94	41.03
100m: 1:14.35	40.13	200m: 2:34.39	40.71	300m: 3:57.91	42.08	400m: 5:19.12	40.18