

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

Konkurencja 21  
05.12.2020 - 12:55

Kobiet, 400m zmienny

12 lat i starsi  
Wyniki

Punkty: FINA 2020

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m	
<b>12 lat</b>								
1.	WYGOWSKA, Maja 08	KS Fenix O arów Mazowiec	<b>6:36.08</b>	304	1:33.11	1:39.52	1:52.77	1:30.68
	50m: 42.79 42.79	150m: 2:23.89 50.78	250m: 4:08.93	56.30	350m: 5:51.43	46.03		
	100m: 1:33.11 50.32	200m: 3:12.63 48.74	300m: 5:05.40	56.47	400m: 6:36.08	44.65		
<b>13 lat</b>								
1.	WICHULSKA, Małgorzata 07	UKS 48 Warszawa ródmie	<b>5:41.42</b>	474	1:18.24	1:29.33	1:34.40	1:19.45
	50m: 35.71 35.71	150m: 2:04.00 45.76	250m: 3:34.28	46.71	350m: 5:02.99	41.02		
	100m: 1:18.24 42.53	200m: 2:47.57 43.57	300m: 4:21.97	47.69	400m: 5:41.42	38.43		
2.	TARASZKIEWICZ, Zofia 07	UKP „Polonia Warszawa”	<b>5:44.48</b>	462	1:19.69	1:30.12	1:35.75	1:18.92
	50m: 35.09 35.09	150m: 2:06.08 46.39	250m: 3:36.85	47.04	350m: 5:06.65	41.09		
	100m: 1:19.69 44.60	200m: 2:49.81 43.73	300m: 4:25.56	48.71	400m: 5:44.48	37.83		
3.	DZBA SKA, Marcelina 07	KS Fenix O arów Mazowiec	<b>6:06.72</b>	383	1:29.73	1:36.07	1:40.01	1:20.91
	50m: 40.83 40.83	150m: 2:19.58 49.85	250m: 3:55.57	49.77	350m: 5:28.08	42.27		
	100m: 1:29.73 48.90	200m: 3:05.80 46.22	300m: 4:45.81	50.24	400m: 6:06.72	38.64		
4.	MICHALAK, Zuzanna 07	KS Fenix O arów Mazowiec	<b>6:06.82</b>	382	1:22.67	1:35.17	1:47.84	1:21.14
	50m: 37.17 37.17	150m: 2:10.72 48.05	250m: 3:51.20	53.36	350m: 5:27.58	41.90		
	100m: 1:22.67 45.50	200m: 2:57.84 47.12	300m: 4:45.68	54.48	400m: 6:06.82	39.24		
<b>14 lat i starsi</b>								
1.	PASTUSZKA, Magdalena 05	UKS Ostrobramska	<b>5:53.56</b>	427	1:20.48	1:33.10	1:38.07	1:21.91
	50m: 36.35 36.35	150m: 2:07.70 47.22	250m: 3:43.03	49.45	350m: 5:13.88	42.23		
	100m: 1:20.48 44.13	200m: 2:53.58 45.88	300m: 4:31.65	48.62	400m: 5:53.56	39.68		
2.	SOLI SKA, Patrycja 06	UKS Ostrobramska	<b>5:58.43</b>	410	1:25.01	1:30.55	1:39.80	1:23.07
	50m: 37.66 37.66	150m: 2:11.66 46.65	250m: 3:45.21	49.65	350m: 5:17.82	42.46		
	100m: 1:25.01 47.35	200m: 2:55.56 43.90	300m: 4:35.36	50.15	400m: 5:58.43	40.61		