

Otwarte Wiosenne Mistrzostwa Okręgu Warszawsko Mazowieckiego
Warszawa, 16.4.2021

Konkurencja 33
16.04.2021 - 19:09

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2020

Pozycja			Rok ur.					Czas	Pkt.
14 - 15 lat									
1.	MACIAK, Julia		06	IUKS „Muszelka” Warszawa			4:24.99	687	
	50m: 30.37	30.37	150m: 1:37.24	33.77	250m: 2:45.13	34.07	350m: 3:52.77	33.93	
	100m: 1:03.47	33.10	200m: 2:11.06	33.82	300m: 3:18.84	33.71	400m: 4:24.99	32.22	
2.	SZABRA SKA, Oliwia		06	UKS „GIM 92 Ursynów”			4:44.55	555	
	50m: 32.88	32.88	150m: 1:44.57	36.22	250m: 2:56.97	36.41	350m: 4:10.72	36.98	
	100m: 1:08.35	35.47	200m: 2:20.56	35.99	300m: 3:33.74	36.77	400m: 4:44.55	33.83	
3.	MURAS, Nina		07	UKS 307 Warszawa			4:50.84	520	
	50m: 32.42	32.42	150m: 1:45.90	36.98	250m: 3:01.11	37.60	350m: 4:15.60	37.42	
	100m: 1:08.92	36.50	200m: 2:23.51	37.61	300m: 3:38.18	37.07	400m: 4:50.84	35.24	
4.	GRABOWSKA, Magdalena		06	UKS Ostrobramska			4:57.87	484	
	50m: 34.20	34.20	150m: 1:50.37	38.51	250m: 3:06.83	38.59	350m: 4:22.43	37.15	
	100m: 1:11.86	37.66	200m: 2:28.24	37.87	300m: 3:45.28	38.45	400m: 4:57.87	35.44	
5.	WICHULSKA, Małgorzata		07	UKS 48 Warszawa ródmi cie			4:59.24	477	
	50m: 33.32	33.32	150m: 1:48.49	38.03	250m: 3:04.94	38.70	350m: 4:22.11	38.60	
	100m: 1:10.46	37.14	200m: 2:26.24	37.75	300m: 3:43.51	38.57	400m: 4:59.24	37.13	
6.	DZI GIEL, Marta		07	UKS Manta Warszawa Włochy			5:00.94	469	
	50m: 33.67	33.67	150m: 1:48.55	38.14	250m: 3:06.16	38.93	350m: 4:23.96	38.45	
	100m: 1:10.41	36.74	200m: 2:27.23	38.68	300m: 3:45.51	39.35	400m: 5:00.94	36.98	
7.	GIEROWSKA, Antonina		07	UKS „GIM 92 Ursynów”			5:03.69	456	
	50m: 35.25	35.25	150m: 1:51.67	38.74	250m: 3:09.71	38.85	350m: 4:27.04	38.15	
	100m: 1:12.93	37.68	200m: 2:30.86	39.19	300m: 3:48.89	39.18	400m: 5:03.69	36.65	
8.	KOT, Zuzanna		06	UKS 307 Warszawa			5:05.47	449	
	50m: 34.87	34.87	150m: 1:52.24	38.72	250m: 3:10.46	39.00	350m: 4:27.86	38.38	
	100m: 1:13.52	38.65	200m: 2:31.46	39.22	300m: 3:49.48	39.02	400m: 5:05.47	37.61	
9.	KARCZMARCZYK, Julia		06	UKS Delfin Garwolin			5:05.50	448	
	50m: 35.07	35.07	150m: 1:53.33	39.29	250m: 3:12.32	39.56	350m: 4:29.73	38.27	
	100m: 1:14.04	38.97	200m: 2:32.76	39.43	300m: 3:51.46	39.14	400m: 5:05.50	35.77	
10.	SOLI SKA, Patrycja		06	UKS Ostrobramska			5:10.10	429	
	50m: 34.44	34.44	150m: 1:52.70	39.68	250m: 3:12.12	39.80	350m: 4:31.75	39.58	
	100m: 1:13.02	38.58	200m: 2:32.32	39.62	300m: 3:52.17	40.05	400m: 5:10.10	38.35	
11.	BUCZEK, Julianna		06	UKS oliborz			5:14.67	410	
	50m: 34.85	34.85	150m: 1:54.33	40.35	250m: 3:15.34	40.69	350m: 4:36.44	40.20	
	100m: 1:13.98	39.13	200m: 2:34.65	40.32	300m: 3:56.24	40.90	400m: 5:14.67	38.23	
16 lat i starsi									
1.	GÓRSKA, Zofia		05	UKP „Polonia Warszawa”			4:24.92	688	
	50m: 30.30	30.30	150m: 1:37.15	33.76	250m: 2:45.09	33.79	350m: 3:53.33	34.22	
	100m: 1:03.39	33.09	200m: 2:11.30	34.15	300m: 3:19.11	34.02	400m: 4:24.92	31.59	
2.	BRACH, Oliwia		04	UKP „Polonia Warszawa”			4:32.28	634	
	50m: 31.59	31.59	150m: 1:39.75	34.27	250m: 2:49.03	34.85	350m: 3:58.45	34.68	
	100m: 1:05.48	33.89	200m: 2:14.18	34.43	300m: 3:23.77	34.74	400m: 4:32.28	33.83	
3.	PASIEROWSKA, Wiktoria		05	UKS „GIM 92 Ursynów”			4:39.50	586	
	50m: 32.84	32.84	150m: 1:43.65	35.66	250m: 2:54.70	35.10	350m: 4:04.59	34.86	
	100m: 1:07.99	35.15	200m: 2:19.60	35.95	300m: 3:29.73	35.03	400m: 4:39.50	34.91	
4.	WI CKOWSKA, Alicja		03	UKS Delfin Garwolin			4:48.66	532	
	50m: 32.95	32.95	150m: 1:44.74	36.63	250m: 2:58.88	37.10	350m: 4:13.26	37.33	
	100m: 1:08.11	35.16	200m: 2:21.78	37.04	300m: 3:35.93	37.05	400m: 4:48.66	35.40	
5.	HODUR, Paulina		04	MKS Polonia Warszawa			4:52.08	513	
	50m: 33.31	33.31	150m: 1:46.76	37.03	250m: 3:01.47	37.36	350m: 4:16.23	37.32	
	100m: 1:09.73	36.42	200m: 2:24.11	37.35	300m: 3:38.91	37.44	400m: 4:52.08	35.85	

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Warszawa, 16.4.2021

Konkurencja 33, Kobiety, 400m dowolny, 16 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.		
6.	PABISIAK, Helena			05	UKP „Polonia Warszawa”				4:52.56	511		
	50m:	33.09	33.09	150m:	1:47.44	37.72	250m:	3:03.08	37.93	350m:	4:17.82	36.79
	100m:	1:09.72	36.63	200m:	2:25.15	37.71	300m:	3:41.03	37.95	400m:	4:52.56	34.74
7.	CH CIAK, Sandra			03	UKS „GIM 92 Ursynów”				4:55.23	497		
	50m:	33.33	33.33	150m:	1:46.64	37.16	250m:	3:02.17	37.98	350m:	4:18.56	38.37
	100m:	1:09.48	36.15	200m:	2:24.19	37.55	300m:	3:40.19	38.02	400m:	4:55.23	36.67
PK	SOBÓTKA, Oliwia			10	UKS 48 Warszawa ródnie cie				4:54.33	501		
	50m:	34.46	34.46	150m:	1:49.07	37.76	250m:	3:04.47	38.09	350m:	4:18.76	37.56
	100m:	1:11.31	36.85	200m:	2:26.38	37.31	300m:	3:41.20	36.73	400m:	4:54.33	35.57
PK	STANISŁAWIUK, Maja			10	UKS „Skalar” Warszawa				5:14.77	410		
	50m:	34.88	34.88	150m:	1:54.91	40.26	250m:	3:16.11	40.38	350m:	4:37.68	40.79
	100m:	1:14.65	39.77	200m:	2:35.73	40.82	300m:	3:56.89	40.78	400m:	5:14.77	37.09