

Otwarte Letnie Mistrzostwa Okręgu Warszawsko Mazowieckiego
Warszawa, 25. - 26.6.2021

Konkurencja 31
26.06.2021 - 10:25

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2021

Pozycja			Rok ur.					Czas	Pkt.
14 - 15 lat									
1.	Czubak Maria		06	IKS Konstancin				4:33.55	645
	50m:	31.08	31.08	150m:	1:40.92	34.97	250m:	2:51.75	35.31
	100m:	1:05.95	34.87	200m:	2:16.44	35.52	300m:	3:26.52	34.77
							350m:	4:00.37	33.85
							400m:	4:33.55	33.18
2.	Walczak Barbara		06	UKS G-8 Bielany Warszawa				4:37.60	618
	50m:	31.75	31.75	150m:	1:41.58	35.29	250m:	2:52.28	35.81
	100m:	1:06.29	34.54	200m:	2:16.47	34.89	300m:	3:27.71	35.43
							350m:	4:03.45	35.74
							400m:	4:37.60	34.15
3.	Olko Zuzanna		06	UKS Siódemka Gdynia				4:56.70	506
	50m:	34.42	34.42	150m:	1:49.91	38.21	250m:	3:06.68	38.48
	100m:	1:11.70	37.28	200m:	2:28.20	38.29	300m:	3:44.65	37.97
							350m:	4:22.34	37.69
							400m:	4:56.70	34.36
4.	Piotrowska Oliwia		06	MKP „SŁOWIANKA” Gorzów Wlkp.				5:00.21	488
	50m:	34.35	34.35	150m:	1:48.19	37.28	250m:	3:04.25	38.28
	100m:	1:10.91	36.56	200m:	2:25.97	37.78	300m:	3:42.66	38.41
							350m:	4:21.60	38.94
							400m:	5:00.21	38.61
5.	Gierowska Antonina		07	UKS „GIM 92 Ursynów”				5:09.57	445
	50m:	35.62	35.62	150m:	1:54.76	40.08	250m:	3:13.66	38.76
	100m:	1:14.68	39.06	200m:	2:34.90	40.14	300m:	3:54.16	40.50
							350m:	4:32.15	37.99
							400m:	5:09.57	37.42
6.	Piaskowy Zuzanna		07	Stowarzyszenie Hobby Sport				5:50.25	307
	50m:	38.02	38.02	150m:	2:07.90	45.94	250m:	3:39.40	46.45
	100m:	1:21.96	43.94	200m:	2:52.95	45.05	300m:	4:25.30	45.90
							350m:	5:09.85	44.55
							400m:	5:50.25	40.40
7.	St powska Patrycja		06	Stowarzyszenie Hobby Sport				5:54.63	296
	50m:	38.65	38.65	150m:	2:09.71	46.43	250m:	3:42.27	46.71
	100m:	1:23.28	44.63	200m:	2:55.56	45.85	300m:	4:27.67	45.40
							350m:	5:13.54	45.87
							400m:	5:54.63	41.09
16 lat i starsi									
1.	Maksymowicz Nina		05	UKS G-8 Bielany Warszawa				4:37.25	620
	50m:	32.17	32.17	150m:	1:41.13	34.29	250m:	2:51.98	35.12
	100m:	1:06.84	34.67	200m:	2:16.86	35.73	300m:	3:27.51	35.53
							350m:	4:03.67	36.16
							400m:	4:37.25	33.58
2.	Nowak Maja		03	AZS AWF Warszawa				4:37.94	615
	50m:	31.74	31.74	150m:	1:41.01	35.22	250m:	2:53.13	36.37
	100m:	1:05.79	34.05	200m:	2:16.76	35.75	300m:	3:29.30	36.17
							350m:	4:04.67	35.37
							400m:	4:37.94	33.27
3.	Mazur Zuzanna		05	MKP „SŁOWIANKA” Gorzów Wlkp.				4:48.05	553
	50m:	33.56	33.56	150m:	1:46.73	37.01	250m:	3:00.74	36.84
	100m:	1:09.72	36.16	200m:	2:23.90	37.17	300m:	3:37.46	36.72
							350m:	4:13.71	36.25
							400m:	4:48.05	34.34
4.	Wi ckowska Alicja		03	UKS Delfin Garwolin				4:51.69	532
	50m:	33.86	33.86	150m:	1:47.83	37.31	250m:	3:02.62	37.58
	100m:	1:10.52	36.66	200m:	2:25.04	37.21	300m:	3:40.00	37.38
							350m:	4:16.71	36.71
							400m:	4:51.69	34.98
5.	Maksymowicz Nadia		05	UKS G-8 Bielany Warszawa				4:53.51	522
	50m:	33.69	33.69	150m:	1:47.40	37.38	250m:	3:02.43	38.58
	100m:	1:10.02	36.33	200m:	2:23.85	36.45	300m:	3:40.59	38.16
							350m:	4:18.35	37.76
							400m:	4:53.51	35.16
6.	Klimiuk Zuzanna		05	MKP „SŁOWIANKA” Gorzów Wlkp.				4:59.12	494
	50m:	33.97	33.97	150m:	1:48.97	37.63	250m:	3:04.99	38.08
	100m:	1:11.34	37.37	200m:	2:26.91	37.94	300m:	3:43.77	38.78
							350m:	4:22.03	38.26
							400m:	4:59.12	37.09
7.	Kieraga Patrycja		04	MKS Polonia Warszawa				5:02.07	479
	50m:	34.42	34.42	150m:	1:50.15	38.17	250m:	3:07.48	38.55
	100m:	1:11.98	37.56	200m:	2:28.93	38.78	300m:	3:45.76	38.28
							350m:	4:24.45	38.69
							400m:	5:02.07	37.62
8.	Hodur Paulina		04	MKS Polonia Warszawa				5:08.23	451
	50m:	35.08	35.08	150m:	1:51.39	38.56	250m:	3:10.32	39.54
	100m:	1:12.83	37.75	200m:	2:30.78	39.39	300m:	3:50.11	39.79
							350m:	4:29.87	39.76
							400m:	5:08.23	38.36
9.	Rz p Sylwia		04	KP Płetwał Mława				5:15.43	421
	50m:	35.20	35.20	150m:	1:53.36	39.57	250m:	3:13.75	40.21
	100m:	1:13.79	38.59	200m:	2:33.54	40.18	300m:	3:54.58	40.83
							350m:	4:34.73	40.15
							400m:	5:15.43	40.70

Otwarte Letnie Mistrzostwa Okręgu Warszawsko Mazowieckiego
Warszawa, 25. - 26.6.2021

Konkurencja 31, Kobiety, 400m dowolny, 16 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.	
10.	Michalik Dominika			79	MKS Juwenia Białystok				5:23.31	391	
	50m:	35.97	35.97	150m:	1:55.72	40.43	250m:	3:18.36	41.44	350m: 4:42.47	41.36
	100m:	1:15.29	39.32	200m:	2:36.92	41.20	300m:	4:01.11	42.75	400m: 5:23.31	40.84
11.	Balajcza Timea			71	Klub Sportowy Mako				5:58.51	286	
	50m:	39.71	39.71	150m:	2:10.56	46.24	250m:	3:43.84	46.50	350m: 5:14.98	45.29
	100m:	1:24.32	44.61	200m:	2:57.34	46.78	300m:	4:29.69	45.85	400m: 5:58.51	43.53
12.	Wasilewicz Joanna			59	MKS Juwenia Białystok				7:25.50	149	
	50m:	47.29	47.29	150m:	2:39.27	56.15	250m:	4:34.44	58.49	350m: 6:30.89	58.08
	100m:	1:43.12	55.83	200m:	3:35.95	56.68	300m:	5:32.81	58.37	400m: 7:25.50	54.61