

Otwarte Jesienne Mistrzostwa Okręgu Warszawsko Mazowieckiego
Raszyn, 17.11.2021

Konkurencja 33
17.11.2021 - 16:55

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2021

Pozycja	Rok ur.	Czas	Pkt.
14 - 15 lat			
1. SZABRA SKA, Oliwia	06	4:39.44	586
50m: 32.82 32.82	150m: 1:42.72 35.49	250m: 2:52.93 35.48	350m: 4:05.30 35.73
100m: 1:07.23 34.41	200m: 2:17.45 34.73	300m: 3:29.57 36.64	400m: 4:39.44 34.14
2. MICHALSKA, Pola	07	4:42.64	566
50m: 32.36 32.36	150m: 1:43.91 35.86	250m: 2:56.53 36.29	350m: 4:08.53 35.93
100m: 1:08.05 35.69	200m: 2:20.24 36.33	300m: 3:32.60 36.07	400m: 4:42.64 34.11
3. WISZNIEWSKA, Zuzanna	06	4:43.97	558
50m: 32.11 32.11	150m: 1:43.08 35.61	250m: 2:55.15 36.17	350m: 4:08.30 36.24
100m: 1:07.47 35.36	200m: 2:18.98 35.90	300m: 3:32.06 36.91	400m: 4:43.97 35.67
4. ROJEK, Wiktoria	07	4:52.14	513
50m: 33.88 33.88	150m: 1:48.46 37.64	250m: 3:03.30 37.39	350m: 4:17.46 36.56
100m: 1:10.82 36.94	200m: 2:25.91 37.45	300m: 3:40.90 37.60	400m: 4:52.14 34.68
5. PIETRAS, Hanna	06	5:02.71	461
50m: 35.38 35.38	150m: 1:53.43 39.51	250m: 3:12.06 39.30	350m: 4:27.47 37.38
100m: 1:13.92 38.54	200m: 2:32.76 39.33	300m: 3:50.09 38.03	400m: 5:02.71 35.24
6. GIEROWSKA, Antonina	07	5:07.10	441
50m: 35.63 35.63	150m: 1:53.87 39.50	250m: 3:12.01 38.77	350m: 4:29.48 38.87
100m: 1:14.37 38.74	200m: 2:33.24 39.37	300m: 3:50.61 38.60	400m: 5:07.10 37.62
7. UKOWSKA, Maja	07	5:22.35	382
50m: 37.33 37.33	150m: 1:58.77 41.41	250m: 3:21.31 41.13	350m: 4:43.04 40.64
100m: 1:17.36 40.03	200m: 2:40.18 41.41	300m: 4:02.40 41.09	400m: 5:22.35 39.31
16 lat i starsi			
1. POLA SKA, Aleksandra	00	4:12.44	795
50m: 29.48 29.48	150m: 1:33.08 32.00	250m: 2:37.51 32.29	350m: 3:41.32 31.92
100m: 1:01.08 31.60	200m: 2:05.22 32.14	300m: 3:09.40 31.89	400m: 4:12.44 31.12
2. HERBREDER, Gabriela	03	4:25.45	684
50m: 30.00 30.00	150m: 1:36.64 33.48	250m: 2:44.21 33.97	350m: 3:52.50 33.89
100m: 1:03.16 33.16	200m: 2:10.24 33.60	300m: 3:18.61 34.40	400m: 4:25.45 32.95
3. KULIK, Julia	05	4:27.13	671
50m: 31.30 31.30	150m: 1:40.59 34.52	250m: 2:48.32 32.84	350m: 3:54.28 33.15
100m: 1:06.07 34.77	200m: 2:15.48 34.89	300m: 3:21.13 32.81	400m: 4:27.13 32.85
4. GÓRSKA, Zofia	05	4:31.03	642
50m: 30.52 30.52	150m: 1:37.60 33.75	250m: 2:47.15 34.93	350m: 3:57.10 34.86
100m: 1:03.85 33.33	200m: 2:12.22 34.62	300m: 3:22.24 35.09	400m: 4:31.03 33.93
5. PASIEROWSKA, Wiktoria	05	4:34.93	615
50m: 31.35 31.35	150m: 1:39.38 34.44	250m: 2:49.15 34.83	350m: 3:59.97 35.63
100m: 1:04.94 33.59	200m: 2:14.32 34.94	300m: 3:24.34 35.19	400m: 4:34.93 34.96
6. BIDNIK, Wiktoria	04	4:49.37	528
50m: 33.28 33.28	150m: 1:46.15 36.72	250m: 2:59.25 36.35	350m: 4:12.43 36.59
100m: 1:09.43 36.15	200m: 2:22.90 36.75	300m: 3:35.84 36.59	400m: 4:49.37 36.94
7. OLECKA, Amelia	05	4:51.75	515
50m: 33.94 33.94	150m: 1:47.54 37.04	250m: 3:01.75 37.11	350m: 4:16.23 37.26
100m: 1:10.50 36.56	200m: 2:24.64 37.10	300m: 3:38.97 37.22	400m: 4:51.75 35.52
8. WI CKOWSKA, Alicja	03	4:51.91	514
50m: 33.06 33.06	150m: 1:46.61 37.32	250m: 3:01.11 37.28	350m: 4:16.20 37.45
100m: 1:09.29 36.23	200m: 2:23.83 37.22	300m: 3:38.75 37.64	400m: 4:51.91 35.71
9. PABISIAK, Helena	05	5:01.22	468
50m: 33.91 33.91	150m: 1:49.26 38.42	250m: 3:06.71 38.54	350m: 4:24.06 38.38
100m: 1:10.84 36.93	200m: 2:28.17 38.91	300m: 3:45.68 38.97	400m: 5:01.22 37.16

Otwarte Jesienne Mistrzostwa Okręgu Warszawsko Mazowieckiego
Raszyn, 17.11.2021

Konkurencja 33, Kobiet, 400m dowolny

PK	SOBÓTKA, Oliwia		10	UKS 48 Warszawa		ródmięcie		4:46.36	545
	50m:	31.55 31.55	150m:	1:42.64 36.10	250m:	2:56.80 37.06	350m:	4:10.29 36.38	
	100m:	1:06.54 34.99	200m:	2:19.74 37.10	300m:	3:33.91 37.11	400m:	4:46.36 36.07	