

Otwarte Wiosenne Mistrzostwa Okręgu Warszawsko-Mazowieckiego  
Raszyn, 22.4.2022

Konkurencja 33  
22.04.2022 - 15:02

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2021

Pozycja			Rok ur.					Czas	Pkt.
<b>14 - 15 lat</b>									
1.	MICHALSKA, Pola		07	Mokotowski UKP Warszawianka- Wodny				<b>4:45.18</b>	551
	50m:	32.05 32.05	150m:	1:44.60	36.65	250m:	2:57.46 36.17	350m:	4:10.10 36.47
	100m:	1:07.95 35.90	200m:	2:21.29	36.69	300m:	3:33.63 36.17	400m:	4:45.18 35.08
2.	ORASZEK, Karolina		07	Mokotowski UKP Warszawianka- Wodny				<b>4:51.46</b>	516
	50m:	32.94 32.94	150m:	1:46.32	37.33	250m:	3:00.86 36.99	350m:	4:15.24 37.02
	100m:	1:08.99 36.05	200m:	2:23.87	37.55	300m:	3:38.22 37.36	400m:	4:51.46 36.22
3.	DZI GIEL, Marta		07	UKS Manta Warszawa Włochy				<b>5:00.06</b>	473
	50m:	33.90 33.90	150m:	1:49.09	37.92	250m:	3:06.16 38.75	350m:	4:23.35 38.66
	100m:	1:11.17 37.27	200m:	2:27.41	38.32	300m:	3:44.69 38.53	400m:	5:00.06 36.71
4.	VYSATA, Zuzanna		07	Mokotowski UKP Warszawianka- Wodny				<b>5:03.49</b>	457
	50m:	34.98 34.98	150m:	1:51.26	38.55	250m:	3:09.08 39.30	350m:	4:26.11 38.21
	100m:	1:12.71 37.73	200m:	2:29.78	38.52	300m:	3:47.90 38.82	400m:	5:03.49 37.38
5.	TOMKIEL, Anna		07	Mokotowski UKP Warszawianka- Wodny				<b>5:11.54</b>	423
	50m:	35.60 35.60	150m:	1:54.93	40.21	250m:	3:15.71 40.21	350m:	4:33.75 38.66
	100m:	1:14.72 39.12	200m:	2:35.50	40.57	300m:	3:55.09 39.38	400m:	5:11.54 37.79
6.	NIEWCZAS, Julita		08	KP Raw-Swim				<b>5:13.63</b>	414
	50m:	36.53 36.53	150m:	1:55.03	39.80	250m:	3:16.37 39.81	350m:	4:36.60 39.44
	100m:	1:15.23 38.70	200m:	2:36.56	41.53	300m:	3:57.16 40.79	400m:	5:13.63 37.03
7.	PI TKA, Alicja		08	UKS H2O Warszawa				<b>5:13.72</b>	414
	50m:	37.13 37.13	150m:	1:56.74	39.26	250m:	3:17.63 39.95	350m:	4:36.69 39.21
	100m:	1:17.48 40.35	200m:	2:37.68	40.94	300m:	3:57.48 39.85	400m:	5:13.72 37.03
8.	SAMBORSKA, Dagmara		08	UKP „Polonia Warszawa”				<b>5:18.41</b>	396
	50m:	32.84 32.84	150m:	1:51.86	40.59	250m:	3:14.64 41.36	350m:	4:38.40 41.74
	100m:	1:11.27 38.43	200m:	2:33.28	41.42	300m:	3:56.66 42.02	400m:	5:18.41 40.01
9.	DOŁOWY, Małgorzata		07	UKP „Polonia Warszawa”				<b>5:35.24</b>	339
	50m:	37.45 37.45	150m:	2:01.22	41.64	250m:	3:28.04 43.57	350m:	4:54.61 43.50
	100m:	1:19.58 42.13	200m:	2:44.47	43.25	300m:	4:11.11 43.07	400m:	5:35.24 40.63
<b>16 lat i starsi</b>									
1.	CZUBAK, Maria		06	IKS Konstancin				<b>4:19.44</b>	732
	50m:	30.78 30.78	150m:	1:37.30	33.19	250m:	2:43.01 32.97	350m:	3:48.26 32.59
	100m:	1:04.11 33.33	200m:	2:10.04	32.74	300m:	3:15.67 32.66	400m:	4:19.44 31.18
2.	WI CKOWSKA, Alicja		03	UKS Delfin Garwolin				<b>4:52.35</b>	512
	50m:	33.76 33.76	150m:	1:45.97	36.48	250m:	3:00.27 37.25	350m:	4:16.01 38.02
	100m:	1:09.49 35.73	200m:	2:23.02	37.05	300m:	3:37.99 37.72	400m:	4:52.35 36.34