

Otwarte Letnie Mistrzostwa Okręgu Warszawsko Mazowieckiego
Warszawa, 24. - 25.6.2022

Konkurencja 31
25.06.2022 - 10:53

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.	
14 - 15 lat										
1.	LESNIAK, Sofiia		08	Lwów				4:46.62	561	
	50m:	33.13 33.13	150m:	1:44.84	36.25	250m:	2:58.34	37.03	350m:	4:11.38 36.29
	100m:	1:08.59 35.46	200m:	2:21.31	36.47	300m:	3:35.09	36.75	400m:	4:46.62 35.24
2.	W GRZYCKA, Małgorzata		07	MKS Trójka Łódź				4:52.39	528	
	50m:	33.46 33.46	150m:	1:46.34	36.83	250m:	3:01.03	37.16	350m:	4:16.14 37.27
	100m:	1:09.51 36.05	200m:	2:23.87	37.53	300m:	3:38.87	37.84	400m:	4:52.39 36.25
3.	MICHALSKA, Pola		07	Mokotowski UKP Warszawianka- Wodny				4:53.33	523	
	50m:	32.55 32.55	150m:	1:46.91	38.01	250m:	3:02.76	37.90	350m:	4:17.96 37.19
	100m:	1:08.90 36.35	200m:	2:24.86	37.95	300m:	3:40.77	38.01	400m:	4:53.33 35.37
4.	JAROS, Aleksandra		07	KS Neptun widnica				5:01.20	483	
	50m:	34.27 34.27	150m:	1:49.21	38.06	250m:	3:06.38	38.60	350m:	4:24.40 38.65
	100m:	1:11.15 36.88	200m:	2:27.78	38.57	300m:	3:45.75	39.37	400m:	5:01.20 36.80
5.	BALAS, Maria		08	UKS 307 Warszawa-Mokotów				5:03.69	472	
	50m:	34.78 34.78	150m:	1:52.64	39.62	250m:	3:11.62	39.88	350m:	4:29.21 38.00
	100m:	1:13.02 38.24	200m:	2:31.74	39.10	300m:	3:51.21	39.59	400m:	5:03.69 34.48
6.	ZARZECKA, Roksana		07	Klub Pływacki Ciechanów				5:04.61	467	
	50m:	34.23 34.23	150m:	1:52.62	39.59	250m:	3:11.52	39.15	350m:	4:28.80 38.33
	100m:	1:13.03 38.80	200m:	2:32.37	39.75	300m:	3:50.47	38.95	400m:	5:04.61 35.81
7.	DZI GIEL, Marta		07	UKS Manta Warszawa Włochy				5:04.84	466	
	50m:	33.84 33.84	150m:	1:49.90	38.81	250m:	3:08.03	39.30	350m:	4:27.18 39.52
	100m:	1:11.09 37.25	200m:	2:28.73	38.83	300m:	3:47.66	39.63	400m:	5:04.84 37.66
8.	VYSATA, Zuzanna		07	Mokotowski UKP Warszawianka- Wodny				5:07.97	452	
	50m:	34.00 34.00	150m:	1:50.07	38.53	250m:	3:09.44	39.60	350m:	4:29.04 39.51
	100m:	1:11.54 37.54	200m:	2:29.84	39.77	300m:	3:49.53	40.09	400m:	5:07.97 38.93
9.	TRZEBI SKA, Magdalena		07	Uks „Pingwiny”				5:09.35	446	
	50m:	33.80 33.80	150m:	1:51.77	40.06	250m:	3:12.13	39.89	350m:	4:32.23 39.72
	100m:	1:11.71 37.91	200m:	2:32.24	40.47	300m:	3:52.51	40.38	400m:	5:09.35 37.12
10.	TOBOŁA PERTKIEWICZ, Ewa		08	Uks „Pingwiny”				5:11.01	439	
	50m:	34.64 34.64	150m:	1:54.31	40.01	250m:	3:15.62	41.13	350m:	4:35.63 39.63
	100m:	1:14.30 39.66	200m:	2:34.49	40.18	300m:	3:56.00	40.38	400m:	5:11.01 35.38
11.	BARAN, Agata		08	Uks „Pingwiny”				5:11.10	439	
	50m:	34.94 34.94	150m:	1:52.75	39.66	250m:	3:12.71	40.44	350m:	4:33.83 40.76
	100m:	1:13.09 38.15	200m:	2:32.27	39.52	300m:	3:53.07	40.36	400m:	5:11.10 37.27
12.	CISŁOWICZ, Kinga		07	KS Neptun widnica				5:12.11	434	
	50m:	36.91 36.91	150m:	1:59.72	41.50	250m:	3:19.10	38.64	350m:	4:36.04 36.83
	100m:	1:18.22 41.31	200m:	2:40.46	40.74	300m:	3:59.21	40.11	400m:	5:12.11 36.07
13.	SZYMKIEWICZ, Zuzanna		07	KP Płetwal Mława				6:16.11	248	
	50m:	31.99 31.99	150m:	2:14.03	48.93	250m:	3:52.92	49.58	350m:	5:29.71 48.44
	100m:	1:25.10 53.11	200m:	3:03.34	49.31	300m:	4:41.27	48.35	400m:	6:16.11 46.40
16 lat i starsi										
1.	MACIAK, Julia		06	IUKS „Muszelka” Warszawa				4:33.81	644	
	50m:	32.42 32.42	150m:	1:42.28	35.05	250m:	2:51.85	34.70	350m:	4:00.90 34.26
	100m:	1:07.23 34.81	200m:	2:17.15	34.87	300m:	3:26.64	34.79	400m:	4:33.81 32.91
2.	MIŁEK, Alicja		06	MKS Jedyńka Łódź				4:34.90	636	
	50m:	32.12 32.12	150m:	1:41.87	35.15	250m:	2:51.99	34.76	350m:	4:01.44 34.51
	100m:	1:06.72 34.60	200m:	2:17.23	35.36	300m:	3:26.93	34.94	400m:	4:34.90 33.46
3.	R P, Apolonia		06	Mokotowski UKP Warszawianka- Wodny				4:38.31	613	
	50m:	32.50 32.50	150m:	1:42.59	35.31	250m:	2:53.31	35.31	350m:	4:04.07 35.52
	100m:	1:07.28 34.78	200m:	2:18.00	35.41	300m:	3:28.55	35.24	400m:	4:38.31 34.24

Otwarte Letnie Mistrzostwa Okręgu Warszawsko Mazowieckiego
Warszawa, 24. - 25.6.2022

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

Pozycja			Rok ur.				Czas		Pkt.
4.	L GA, Maja		05	KS Neptun	widnica		4:52.65	527	
	50m: 33.43	33.43	150m: 1:47.37	37.54	250m: 3:02.82	37.17	350m: 4:17.73	36.98	
	100m: 1:09.83	36.40	200m: 2:25.65	38.28	300m: 3:40.75	37.93	400m: 4:52.65	34.92	
5.	WI CKOWSKA, Alicja		03	UKS Delfin	Garwolin		4:54.59	517	
	50m: 33.54	33.54	150m: 1:47.35	37.37	250m: 3:02.99	37.97	350m: 4:18.71	37.78	
	100m: 1:09.98	36.44	200m: 2:25.02	37.67	300m: 3:40.93	37.94	400m: 4:54.59	35.88	
6.	WILANOWSKA, Karina		06	UKP „Polonia	Warszawa"		5:03.19	474	
	50m: 33.28	33.28	150m: 1:49.64	39.18	250m: 3:07.76	38.48	350m: 4:27.61	39.75	
	100m: 1:10.46	37.18	200m: 2:29.28	39.64	300m: 3:47.86	40.10	400m: 5:03.19	35.58	
7.	KARCZMARCZYK, Julia		06	UKS Delfin	Garwolin		5:04.67	467	
	50m: 34.31	34.31	150m: 1:53.03	40.07	250m: 3:12.54	39.65	350m: 4:29.31	37.97	
	100m: 1:12.96	38.65	200m: 2:32.89	39.86	300m: 3:51.34	38.80	400m: 5:04.67	35.36	
8.	ERON, Marta		06	MKP Gdańsk			5:16.07	418	
	50m: 35.50	35.50	150m: 1:56.37	40.54	250m: 3:18.42	40.66	350m: 4:37.90	39.19	
	100m: 1:15.83	40.33	200m: 2:37.76	41.39	300m: 3:58.71	40.29	400m: 5:16.07	38.17	
PK	SOBÓTKA, Oliwia		10	UKS 48 Warszawa	ródmieście		4:53.30	524	
	50m: 31.92	31.92	150m: 1:44.09	36.44	250m: 3:00.13	38.22	350m: 4:16.37	38.13	
	100m: 1:07.65	35.73	200m: 2:21.91	37.82	300m: 3:38.24	38.11	400m: 4:53.30	36.93	
PK	KULIK, Nadia		09	UKS 307 Warszawa-	Mokotów		5:24.37	387	
	50m: 35.98	35.98	150m: 2:00.12	42.19	250m: 3:22.39	41.49	350m: 4:46.52	41.37	
	100m: 1:17.93	41.95	200m: 2:40.90	40.78	300m: 4:05.15	42.76	400m: 5:24.37	37.85	