

Otwarte Jesienne Mistrzostwa Okręgu Warszawsko-Mazowieckiego
Warszawa, 18.11.2022

Konkurencja 33
18.11.2022 - 19:10

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2022

Pozycja					Rok ur.					Czas	Pkt.	
14 - 15 lat												
1.	BONECKA Anna				07	Mokotowski UKP Warszawianka- Wodny				4:32.82	630	
	50m:	31.39	31.39	150m:	1:40.49	34.56	250m:	2:49.63	34.69	350m:	3:59.56	35.51
	100m:	1:05.93	34.54	200m:	2:14.94	34.45	300m:	3:24.05	34.42	400m:	4:32.82	33.26
2.	KUCZMAR Zuzanna				07	UKP „Polonia Warszawa”				4:38.80	590	
	50m:	33.18	33.18	150m:	1:43.64	35.18	250m:	2:54.36	35.51	350m:	4:05.10	34.84
	100m:	1:08.46	35.28	200m:	2:18.85	35.21	300m:	3:30.26	35.90	400m:	4:38.80	33.70
3.	NOWAK Izabela				08	UKS G-8 Bielany				4:42.52	567	
	50m:	32.48	32.48	150m:	1:43.78	35.71	250m:	2:55.36	35.87	350m:	4:07.99	36.50
	100m:	1:08.07	35.59	200m:	2:19.49	35.71	300m:	3:31.49	36.13	400m:	4:42.52	34.53
4.	BAKUN Maja				07	UKS G-8 Bielany				4:46.07	546	
	50m:	33.17	33.17	150m:	1:46.36	36.76	250m:	3:00.25	36.97	350m:	4:13.30	35.67
	100m:	1:09.60	36.43	200m:	2:23.28	36.92	300m:	3:37.63	37.38	400m:	4:46.07	32.77
5.	JURCZUK Weronika				08	UKS G-8 Bielany				4:48.28	534	
	50m:	33.37	33.37	150m:	1:44.67	36.22	250m:	2:57.82	36.69	350m:	4:11.79	37.30
	100m:	1:08.45	35.08	200m:	2:21.13	36.46	300m:	3:34.49	36.67	400m:	4:48.28	36.49
6.	RYZJAR Katarzyna				07	UKS G-8 Bielany				4:49.64	526	
	50m:	32.82	32.82	150m:	1:45.85	36.70	250m:	3:00.52	37.16	350m:	4:14.83	37.03
	100m:	1:09.15	36.33	200m:	2:23.36	37.51	300m:	3:37.80	37.28	400m:	4:49.64	34.81
7.	FIGURSKA Paula				07	UKS G-8 Bielany				4:49.80	525	
	50m:	31.84	31.84	150m:	1:45.29	37.13	250m:	2:59.80	37.31	350m:	4:14.85	37.60
	100m:	1:08.16	36.32	200m:	2:22.49	37.20	300m:	3:37.25	37.45	400m:	4:49.80	34.95
8.	DZI GIEL Marta				07	UKS Manta Warszawa Włochy				4:51.47	516	
	50m:	33.20	33.20	150m:	1:47.08	37.28	250m:	3:01.73	37.22	350m:	4:15.95	37.10
	100m:	1:09.80	36.60	200m:	2:24.51	37.43	300m:	3:38.85	37.12	400m:	4:51.47	35.52
9.	SAMBORSKA Dagmara				08	UKS G-8 Bielany				4:59.70	475	
	50m:	32.56	32.56	150m:	1:48.48	38.60	250m:	3:05.13	38.06	350m:	4:22.37	39.14
	100m:	1:09.88	37.32	200m:	2:27.07	38.59	300m:	3:43.23	38.10	400m:	4:59.70	37.33
10.	MICHALAK Zuzanna				07	UKS Manta Warszawa Włochy				5:01.13	468	
	50m:	34.87	34.87	150m:	1:52.00	38.68	250m:	3:08.47	38.24	350m:	4:24.37	38.07
	100m:	1:13.32	38.45	200m:	2:30.23	38.23	300m:	3:46.30	37.83	400m:	5:01.13	36.76
11.	MICHALSKA Pola				07	Mokotowski UKP Warszawianka- Wodny				5:01.81	465	
	50m:	33.40	33.40	150m:	1:48.11	37.84	250m:	3:05.45	38.78	350m:	4:23.96	39.21
	100m:	1:10.27	36.87	200m:	2:26.67	38.56	300m:	3:44.75	39.30	400m:	5:01.81	37.85
12.	VYSATA Zuzanna				07	Mokotowski UKP Warszawianka- Wodny				5:03.60	457	
	50m:	32.92	32.92	150m:	1:48.04	38.49	250m:	3:06.36	39.42	350m:	4:24.94	39.46
	100m:	1:09.55	36.63	200m:	2:26.94	38.90	300m:	3:45.48	39.12	400m:	5:03.60	38.66
13.	KOŁODZIEJCZYK Maja				07	Mokotowski UKP Warszawianka- Wodny				5:04.81	451	
	50m:	33.49	33.49	150m:	1:50.30	38.99	250m:	3:09.16	39.32	350m:	4:26.05	37.59
	100m:	1:11.31	37.82	200m:	2:29.84	39.54	300m:	3:48.46	39.30	400m:	5:04.81	38.76
14.	DREGER Gabriela				07	Mokotowski UKP Warszawianka- Wodny				5:07.89	438	
	50m:	33.08	33.08	150m:	1:50.04	39.05	250m:	3:09.18	39.35	350m:	4:29.57	40.32
	100m:	1:10.99	37.91	200m:	2:29.83	39.79	300m:	3:49.25	40.07	400m:	5:07.89	38.32
15.	NOWAKOWSKA Barbara				07	UKS Kapry-Armexim Pruszków				6:18.48	236	
	50m:	37.91	37.91	150m:	2:09.09	47.14	250m:	3:48.60	49.66	350m:	5:28.71	50.05
	100m:	1:21.95	44.04	200m:	2:58.94	49.85	300m:	4:38.66	50.06	400m:	6:18.48	49.77
16.	ZIELI SKA Alicja				08	UKS Kapry-Armexim Pruszków				6:42.31	196	
	50m:	39.47	39.47	150m:	2:17.11	51.39	250m:	4:03.79	54.07	350m:	5:51.05	52.63
	100m:	1:25.72	46.25	200m:	3:09.72	52.61	300m:	4:58.42	54.63	400m:	6:42.31	51.26

Otwarte Jesienne Mistrzostwa Okręgu Warszawsko-Mazowieckiego
Warszawa, 18.11.2022

Konkurencja 33, Kobiet, 400m dowolny

16 lat i starsi

1.	POLA SKA Aleksandra	00	UKS GOS Raszyn	4:14.24	778
	50m: 29.84 29.84	150m: 1:34.55 32.51	250m: 2:38.79 32.02	350m: 3:42.66 31.98	
	100m: 1:02.04 32.20	200m: 2:06.77 32.22	300m: 3:10.68 31.89	400m: 4:14.24 31.58	
2.	SOBCZAK Zofia	06	UKS G-8 Bielany	4:20.98	720
	50m: 29.64 29.64	150m: 1:36.13 33.05	250m: 2:42.77 33.21	350m: 3:49.27 33.40	
	100m: 1:03.08 33.44	200m: 2:09.56 33.43	300m: 3:15.87 33.10	400m: 4:20.98 31.71	
3.	KULIK Julia	05	UKS GOS Raszyn	4:26.03	679
	50m: 32.25 32.25	150m: 1:41.70 34.31	250m: 2:48.47 32.39	350m: 3:53.62 32.81	
	100m: 1:07.39 35.14	200m: 2:16.08 34.38	300m: 3:20.81 32.34	400m: 4:26.03 32.41	
4.	NOWAK Maja	03	UKS GOS Raszyn	4:27.66	667
	50m: 32.72 32.72	150m: 1:42.84 34.91	250m: 2:49.50 32.93	350m: 3:55.81 33.07	
	100m: 1:07.93 35.21	200m: 2:16.57 33.73	300m: 3:22.74 33.24	400m: 4:27.66 31.85	
5.	PRÓBA Oliwia	06	UKS G-8 Bielany	4:34.95	615
	50m: 31.92 31.92	150m: 1:41.95 34.63	250m: 2:51.27 34.38	350m: 4:01.59 35.26	
	100m: 1:07.32 35.40	200m: 2:16.89 34.94	300m: 3:26.33 35.06	400m: 4:34.95 33.36	
6.	ADAMCZYK Karolina	06	Mokotowski UKP Warszawianka- Wodny	4:37.36	599
	50m: 30.50 30.50	150m: 1:39.34 34.64	250m: 2:50.22 35.47	350m: 4:02.05 36.04	
	100m: 1:04.70 34.20	200m: 2:14.75 35.41	300m: 3:26.01 35.79	400m: 4:37.36 35.31	
7.	CZUBIK Marta	06	UKS G-8 Bielany	4:53.83	504
	50m: 32.51 32.51	150m: 1:43.79 36.02	250m: 2:58.63 37.77	350m: 4:15.66 38.63	
	100m: 1:07.77 35.26	200m: 2:20.86 37.07	300m: 3:37.03 38.40	400m: 4:53.83 38.17	