

OTWARTE ZIMOWE MISTRZOSTWA WARSZAWY W PŁYWANIU
Warszawa, 2. - 3.12.2022

Konkurencja 19
02.12.2022 - 18:31

Dziewcz t, 400m dowolny

10 - 14 lat
Wyniki

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.
10 lat									
1.	KRYSKIEWICZ Lidia		12	MKS „Jagiellonka” Warszawa				5:42.80	328
	50m:	40.40	40.40	150m:	2:07.67	43.92	250m:	3:35.03	43.80
	100m:	1:23.75	43.35	200m:	2:51.23	43.56	300m:	4:18.39	43.36
							350m:	5:01.52	43.13
							400m:	5:42.80	41.28
2.	LEPA Natalia		12	MKS Piaseczno				6:18.03	244
	50m:	41.50	41.50	150m:	2:15.10	47.69	250m:	3:52.95	49.38
	100m:	1:27.41	45.91	200m:	3:03.57	48.47	300m:	4:41.78	48.83
							350m:	5:30.96	49.18
							400m:	6:18.03	47.07
3.	KLAUS Helena		12	MKS Piaseczno				6:28.04	226
	50m:	42.57	42.57	150m:	2:21.02	50.25	250m:	4:00.68	50.17
	100m:	1:30.77	48.20	200m:	3:10.51	49.49	300m:	4:49.80	49.12
							350m:	5:39.70	49.90
							400m:	6:28.04	48.34
4.	SIERADZKA Lea		12	UKS 48 Warszawa ródmi cie				6:39.50	207
	50m:	43.06	43.06	150m:	2:24.37	51.65	250m:	4:06.98	51.69
	100m:	1:32.72	49.66	200m:	3:15.29	50.92	300m:	4:58.70	51.72
							350m:	5:50.25	51.55
							400m:	6:39.50	49.25
5.	KALINOWSKA Alina		12	Uczniowski Klub Sportowy Delfin Legionc				6:57.49	181
	50m:	43.13	43.13	150m:	2:29.58	53.52	250m:	4:19.32	55.07
	100m:	1:36.06	52.93	200m:	3:24.25	54.67	300m:	5:13.58	54.26
							350m:	6:08.97	55.39
							400m:	6:57.49	48.52
6.	ZI BA Antonina		12	UKS „Skalar” Warszawa				7:07.78	168
	50m:	46.11	46.11	150m:	2:34.42	54.72	250m:	4:27.12	56.69
	100m:	1:39.70	53.59	200m:	3:30.43	56.01	300m:	5:24.69	57.57
							350m:	6:15.71	51.02
							400m:	7:07.78	52.07
11 lat									
1.	KWACZEK Maria		11	UKS 48 Warszawa ródmi cie				5:22.67	393
	50m:	36.13	36.13	150m:	1:58.31	41.26	250m:	3:20.14	40.92
	100m:	1:17.05	40.92	200m:	2:39.22	40.91	300m:	4:02.02	41.88
							350m:	4:43.17	41.15
							400m:	5:22.67	39.50
2.	KANIEWSKA Lena		11	MKP Warszawianka				5:32.29	360
	50m:	37.39	37.39	150m:	2:01.82	42.64	250m:	3:28.02	43.33
	100m:	1:19.18	41.79	200m:	2:44.69	42.87	300m:	4:10.85	42.83
							350m:	4:53.19	42.34
							400m:	5:32.29	39.10
3.	LACH Maria		11	MKS Ochota Warszawa				5:37.90	342
	50m:	37.76	37.76	150m:	2:02.84	43.29	250m:	3:29.18	43.63
	100m:	1:19.55	41.79	200m:	2:45.55	42.71	300m:	4:12.31	43.13
							350m:	4:55.55	43.24
							400m:	5:37.90	42.35
4.	MOROZOWICZ Nadia		11	MKS Ochota Warszawa				5:49.13	310
	50m:	38.57	38.57	150m:	2:06.86	43.92	250m:	3:37.39	43.93
	100m:	1:22.94	44.37	200m:	2:53.46	46.60	300m:	4:22.51	45.12
							350m:	5:06.53	44.02
							400m:	5:49.13	42.60

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OTWARTE ZIMOWE MISTRZOSTWA
WARSZAWY W PŁYWANIU

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12 lat

1.	BORTLISZ Gabriela	10	MKP Warszawianka	5:07.20	456
	50m: 33.57 33.57	150m: 1:50.23	38.98 250m: 3:09.85	40.09	350m: 4:30.75
	100m: 1:11.25 37.68	200m: 2:29.76	39.53 300m: 3:50.47	40.62	400m: 5:07.20 36.45
2.	ZYDRO Wiktoria	10	MKP Warszawianka	5:18.84	407
	50m: 36.47 36.47	150m: 1:57.85	41.83 250m: 3:20.61	41.71	350m: 4:41.51
	100m: 1:16.02 39.55	200m: 2:38.90	41.05 300m: 4:01.69	41.08	400m: 5:18.84 37.33
3.	STYKOWSKA Liwia	10	MKS Ochota Warszawa	5:24.66	386
	50m: 35.32 35.32	150m: 1:56.62	41.55 250m: 3:20.10	41.83	350m: 4:44.49
	100m: 1:15.07 39.75	200m: 2:38.27	41.65 300m: 4:01.87	41.77	400m: 5:24.66 40.17
4.	TOBOŁA PERTKIEWICZ Zofia	10	Uks „Pingwiny”	5:27.72	375
	50m: 35.80 35.80	150m: 1:57.33	40.58 250m: 3:21.76	42.59	350m: 4:47.31
	100m: 1:16.75 40.95	200m: 2:39.17	41.84 300m: 4:05.29	43.53	400m: 5:27.72 40.41
5.	STEFA SKA Alicja	10	St. KF KS „Fenix” O arów Mazowiecki	5:31.94	361
	50m: 36.94 36.94	150m: 2:02.09	42.71 250m: 3:28.11	42.99	350m: 4:52.30
	100m: 1:19.38 42.44	200m: 2:45.12	43.03 300m: 4:10.44	42.33	400m: 5:31.94 39.64
6.	SEBIGULI-MARISHEKOME Nathalie	10	UKS Victoria Józefów	5:49.66	309
	50m: 38.96 38.96	150m: 2:07.36	45.24 250m: 3:38.99	45.82	350m: 5:08.44
	100m: 1:22.12 43.16	200m: 2:53.17	45.81 300m: 4:24.63	45.64	400m: 5:49.66 41.22
7.	HANDZLIK Aleksandra	10	MKP Warszawianka	5:51.62	304
	50m: 38.28 38.28	150m: 2:10.22	46.99 250m: 3:39.67	42.49	350m: 5:10.94
	100m: 1:23.23 44.95	200m: 2:57.18	46.96 300m: 4:25.22	45.55	400m: 5:51.62 40.68
8.	SZUSTAK Lena	10	KS Barakuda Mi sk Mazowiecki	6:02.28	278
	50m: 41.43 41.43	150m: 2:13.38	46.83 250m: 3:46.44	46.64	350m: 5:18.18
	100m: 1:26.55 45.12	200m: 2:59.80	46.42 300m: 4:31.94	45.50	400m: 6:02.28 44.10
9.	CIE ŁAK Helena	10	MKP Warszawianka	6:17.29	246
	50m: 40.85 40.85	150m: 2:16.03	48.42 250m: 3:54.78	49.37	350m: 5:32.95
	100m: 1:27.61 46.76	200m: 3:05.41	49.38 300m: 4:44.43	49.65	400m: 6:17.29 44.34

13 lat

1.	KUCZMAR Aleksandra	09	MKS Ochota Warszawa	4:54.87	515
	50m: 32.14 32.14	150m: 1:45.80	37.54 250m: 3:01.97	38.22	350m: 4:17.78
	100m: 1:08.26 36.12	200m: 2:23.75	37.95 300m: 3:39.63	37.66	400m: 4:54.87 37.09
2.	SZOK Zuzanna	09	MKS Ochota Warszawa	5:05.35	464
	50m: 34.66 34.66	150m: 1:52.01	38.77 250m: 3:10.12	38.96	350m: 4:28.25
	100m: 1:13.24 38.58	200m: 2:31.16	39.15 300m: 3:49.72	39.60	400m: 5:05.35 37.10
3.	CHAŁUPKA Amelia	09	MKS Piaseczno	5:09.29	446
	50m: 34.08 34.08	150m: 1:53.04	39.66 250m: 3:13.08	40.38	350m: 4:32.10
	100m: 1:13.38 39.30	200m: 2:32.70	39.66 300m: 3:53.08	40.00	400m: 5:09.29 37.19



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Pozycja				Rok ur.					Czas	Pkt.		
4.	KRA	Alicja		09	MKS Piaseczno				5:50.67	306		
	50m:	39.46	39.46	150m:	2:09.53	45.72	250m:	3:40.60	45.37	350m:	5:10.14	43.67
	100m:	1:23.81	44.35	200m:	2:55.23	45.70	300m:	4:26.47	45.87	400m:	5:50.67	40.53

14 lat

1.	WI	NIEWSKA Maja		08	MKS Ochota Warszawa				4:58.55	496		
	50m:	33.61	33.61	150m:	1:47.52	37.69	250m:	3:04.43	38.50	350m:	4:21.79	38.74
	100m:	1:09.83	36.22	200m:	2:25.93	38.41	300m:	3:43.05	38.62	400m:	4:58.55	36.76