

Mistrzostwa ŒEI'ska OPEN i JUN. 14,15,16  
Gliwice, 17. - 18.12.2010

Konkurencja 19  
2010-12-18

Kobiet, 400m dowolny

Open  
Wyniki

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.
<b>14 lat</b>									
1.	OKAJ, Oliwia		96	Mks - Mos Katowice				<b>4:43.97</b>	591
	50m:	32.77 32.77	150m:	1:45.48 36.68	250m:	2:58.88 36.60	350m:	4:10.81 35.22	
	100m:	1:08.80 36.03	200m:	2:22.28 36.80	300m:	3:35.59 36.71	400m:	4:43.97 33.16	
2.	ZWICK, Vanessa		96	MKS-SMS Victoria Racibórz				<b>4:44.02</b>	590
	50m:	32.36 32.36	150m:	1:43.58 35.96	250m:	2:56.95 36.79	350m:	4:10.11 36.61	
	100m:	1:07.62 35.26	200m:	2:20.16 36.58	300m:	3:33.50 36.55	400m:	4:44.02 33.91	
3.	MILEWSKA, Marta		96	Ks Piatka Chorzów				<b>4:47.24</b>	571
	50m:	32.44 32.44	150m:	1:45.58 36.96	250m:	2:59.36 36.92	350m:	4:12.28 36.05	
	100m:	1:08.62 36.18	200m:	2:22.44 36.86	300m:	3:36.23 36.87	400m:	4:47.24 34.96	
4.	NOWAK, Sonia		96	Ks Piatka Chorzów				<b>4:52.56</b>	540
	50m:	34.40 34.40	150m:	1:48.82 37.81	250m:	3:02.81 36.85	350m:	4:16.94 37.29	
	100m:	1:11.01 36.61	200m:	2:25.96 37.14	300m:	3:39.65 36.84	400m:	4:52.56 35.62	
5.	BOHDANOWICZ, Michalina		96	CSiR MOS Dabrowa Górnicza				<b>4:57.79</b>	512
	50m:	33.74 33.74	150m:	1:48.97 37.78	250m:	3:05.10 38.26	350m:	4:22.04 38.47	
	100m:	1:11.19 37.45	200m:	2:26.84 37.87	300m:	3:43.57 38.47	400m:	4:57.79 35.75	
6.	SZNABEL, Karolina		96	Rybnicki M <sup>3</sup> odziewowy Klub Sportowy				<b>5:27.90</b>	384
	50m:	36.02 36.02	150m:	1:57.05 41.89	250m:	3:22.44 43.07	350m:	4:47.71 42.55	
	100m:	1:15.16 39.14	200m:	2:39.37 42.32	300m:	4:05.16 42.72	400m:	5:27.90 40.19	
<b>15 lat</b>									
1.	PAWLIK, Marta		95	UKS Ruda ŒEI'ska Koch <sup>3</sup> owiczanka				<b>4:53.48</b>	535
	50m:	34.11 34.11	150m:	1:48.03 37.12	250m:	3:02.78 37.11	350m:	4:17.62 37.33	
	100m:	1:10.91 36.80	200m:	2:25.67 37.64	300m:	3:40.29 37.51	400m:	4:53.48 35.86	
2.	ZADYLAK, Angelika		95	Mosm Tychy				<b>4:59.30</b>	504
	50m:	32.43 32.43	150m:	1:45.37 37.25	250m:	3:03.00 38.80	350m:	4:20.73 38.87	
	100m:	1:08.12 35.69	200m:	2:24.20 38.83	300m:	3:41.86 38.86	400m:	4:59.30 38.57	
3.	PTASZEK, KATARZYNA		95	MUKS Gilus Gilowice				<b>5:14.01</b>	437
	50m:	34.97 34.97	150m:	1:53.61 40.11	250m:	3:13.91 39.81	350m:	4:34.45 40.42	
	100m:	1:13.50 38.53	200m:	2:34.10 40.49	300m:	3:54.03 40.12	400m:	5:14.01 39.56	
<b>16 lat</b>									
1.	DĘBROWSKA, Ola		94	Mks - Mos Katowice				<b>5:38.87</b>	348
	50m:	34.50 34.50	150m:	1:57.28 42.95	250m:	3:26.13 44.95	350m:	4:55.61 44.95	
	100m:	1:14.33 39.83	200m:	2:41.18 43.90	300m:	4:10.66 44.53	400m:	5:38.87 43.26	
<b>Open</b>									
1.	WAKUŁA, Karolina		93	AZS AWF Katowice				<b>4:30.94</b>	680
	50m:	31.47 31.47	150m:	1:39.59 34.32	250m:	2:48.55 34.44	350m:	3:57.67 34.80	
	100m:	1:05.27 33.80	200m:	2:14.11 34.52	300m:	3:22.87 34.32	400m:	4:30.94 33.27	
2.	OKAJ, Oliwia		96	Mks - Mos Katowice				<b>4:43.97</b>	591
	50m:	32.77 32.77	150m:	1:45.48 36.68	250m:	2:58.88 36.60	350m:	4:10.81 35.22	
	100m:	1:08.80 36.03	200m:	2:22.28 36.80	300m:	3:35.59 36.71	400m:	4:43.97 33.16	
3.	ZWICK, Vanessa		96	MKS-SMS Victoria Racibórz				<b>4:44.02</b>	590
	50m:	32.36 32.36	150m:	1:43.58 35.96	250m:	2:56.95 36.79	350m:	4:10.11 36.61	
	100m:	1:07.62 35.26	200m:	2:20.16 36.58	300m:	3:33.50 36.55	400m:	4:44.02 33.91	
4.	MILEWSKA, Marta		96	Ks Piatka Chorzów				<b>4:47.24</b>	571
	50m:	32.44 32.44	150m:	1:45.58 36.96	250m:	2:59.36 36.92	350m:	4:12.28 36.05	
	100m:	1:08.62 36.18	200m:	2:22.44 36.86	300m:	3:36.23 36.87	400m:	4:47.24 34.96	

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Pozycja			Rok ur.				Czas				Pkt.	
5.	NOWAK, Sonia		96				Ks Piatka Chorzów				<b>4:52.56</b>	540
	50m:	34.40	34.40	150m:	1:48.82	37.81	250m:	3:02.81	36.85	350m:	4:16.94	37.29
	100m:	1:11.01	36.61	200m:	2:25.96	37.14	300m:	3:39.65	36.84	400m:	4:52.56	35.62
6.	PAWLIK, Marta		95				UKS Ruda ŒEI'ska Koch <sup>3</sup> owiczanka				<b>4:53.48</b>	535
	50m:	34.11	34.11	150m:	1:48.03	37.12	250m:	3:02.78	37.11	350m:	4:17.62	37.33
	100m:	1:10.91	36.80	200m:	2:25.67	37.64	300m:	3:40.29	37.51	400m:	4:53.48	35.86
7.	BOHDANOWICZ, Michalina		96				CSiR MOS Dabrowa Górnicza				<b>4:57.79</b>	512
	50m:	33.74	33.74	150m:	1:48.97	37.78	250m:	3:05.10	38.26	350m:	4:22.04	38.47
	100m:	1:11.19	37.45	200m:	2:26.84	37.87	300m:	3:43.57	38.47	400m:	4:57.79	35.75
8.	ZADYLAŁ, Angelika		95				Mosm Tychy				<b>4:59.30</b>	504
	50m:	32.43	32.43	150m:	1:45.37	37.25	250m:	3:03.00	38.80	350m:	4:20.73	38.87
	100m:	1:08.12	35.69	200m:	2:24.20	38.83	300m:	3:41.86	38.86	400m:	4:59.30	38.57
9.	PTASZEK, KATARZYNA		95				MUKS Gilus Gilowice				<b>5:14.01</b>	437
	50m:	34.97	34.97	150m:	1:53.61	40.11	250m:	3:13.91	39.81	350m:	4:34.45	40.42
	100m:	1:13.50	38.53	200m:	2:34.10	40.49	300m:	3:54.03	40.12	400m:	5:14.01	39.56
10.	SZNABEL, Karolina		96				Rybnicki M <sup>3</sup> odziowy Klub Sportowy				<b>5:27.90</b>	384
	50m:	36.02	36.02	150m:	1:57.05	41.89	250m:	3:22.44	43.07	350m:	4:47.71	42.55
	100m:	1:15.16	39.14	200m:	2:39.37	42.32	300m:	4:05.16	42.72	400m:	5:27.90	40.19
11.	MIETLIŃSKA, AGATA		98				MUKS Gilus Gilowice				<b>5:28.29</b>	382
	50m:	33.52	33.52	150m:	1:55.73	42.62	250m:	3:23.49	43.52	350m:	4:50.04	43.00
	100m:	1:13.11	39.59	200m:	2:39.97	44.24	300m:	4:07.04	43.55	400m:	5:28.29	38.25
12.	DĘBROWSKA, Ola		94				Mks - Mos Katowice				<b>5:38.87</b>	348
	50m:	34.50	34.50	150m:	1:57.28	42.95	250m:	3:26.13	44.95	350m:	4:55.61	44.95
	100m:	1:14.33	39.83	200m:	2:41.18	43.90	300m:	4:10.66	44.53	400m:	5:38.87	43.26