

Puchar Dyrektora WKS Œel'sk  
Wroc³aw, 5. - 6.6.2009

Konkurencja 11  
2009-06-05 - 19:00

Kobiet, 400m zmienny

12 lat i starsi  
Wyniki

Rekord Okrêgu Seniorów 4:58.91 Katarzyna STASZKIEWICZ SLWRO Ostrowiec Œew. 2008-04-04  
Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
<b>14 lat i starsi</b>									
1.	Paula UKOWSKA		93	ZRYW Opole				<b>5:01.56</b>	742
	50m:	31.53 31.53	150m:	1:45.03 37.93	250m:	3:06.93 44.30	350m:	4:27.39 35.66	
	100m:	1:07.10 35.57	200m:	2:22.63 37.60	300m:	3:51.73 44.80	400m:	5:01.56 34.17	
2.	Sylwia CIESIELSKA		95	WARTA Poznañ				<b>5:09.04</b>	689
	50m:	33.11 33.11	150m:	1:51.93 40.03	250m:	3:15.73 44.25	350m:	4:35.75 34.56	
	100m:	1:11.90 38.79	200m:	2:31.48 39.55	300m:	4:01.19 45.46	400m:	5:09.04 33.29	
3.	Beata POAROWSZCZYK		91	ŒEL'sK Wroc³aw				<b>5:13.96</b>	657
	50m:	31.51 31.51	150m:	1:49.91 42.16	250m:	3:16.79 45.60	350m:	4:38.62 35.30	
	100m:	1:07.75 36.24	200m:	2:31.19 41.28	300m:	4:03.32 46.53	400m:	5:13.96 35.34	
4.	Magdalena WICENIEWSKA		93	POSNANIA Poznañ				<b>5:15.13</b>	650
	50m:	33.14 33.14	150m:	1:53.08 40.34	250m:	3:16.07 44.31	350m:	4:39.23 36.79	
	100m:	1:12.74 39.60	200m:	2:31.76 38.68	300m:	4:02.44 46.37	400m:	5:15.13 35.90	
5.	Barbara LESIAK		95	ŒEL'sK Wroc³aw				<b>5:30.71</b>	562
	50m:	34.67 34.67	150m:		250m:	3:27.49 47.74	350m:	4:53.49 38.92	
	100m:	1:14.97 40.30	200m:	2:39.75	300m:	4:14.57 47.08	400m:	5:30.71 37.22	
6.	Agata ABRAMOWICZ		94	ROKITA Brzeg Dolny				<b>5:38.60</b>	524
	50m:	34.14 34.14	150m:	1:59.16 44.95	250m:	3:31.47 49.04	350m:	5:00.51 39.57	
	100m:	1:14.21 40.07	200m:	2:42.43 43.27	300m:	4:20.94 49.47	400m:	5:38.60 38.09	
7.	Klaudia KOWALSKA		95	ROKITA Brzeg Dolny				<b>5:40.67</b>	515
	50m:	35.17 35.17	150m:	2:01.43 45.34	250m:	3:33.91 49.49	350m:	5:02.70 38.73	
	100m:	1:16.09 40.92	200m:	2:44.42 42.99	300m:	4:23.97 50.06	400m:	5:40.67 37.97	
8.	Agata PAWLISZ		95	MMKS Kêdzierzyn-KoŸle				<b>5:59.70</b>	437
	50m:	38.02 38.02	150m:	2:10.66 47.82	250m:	3:46.41 47.28	350m:		
	100m:	1:22.84 44.82	200m:	2:59.13 48.47	300m:	4:35.89 49.48	400m:	5:59.70	
DYSKW.	Dominika OLBERT		95	ŒEL'sK Wroc³aw				<b>5:30.90</b>	Z2,G9
	50m:	34.48 34.48	150m:	1:59.36 43.02	250m:	3:25.04 43.80	350m:	4:51.59 40.25	
	100m:	1:16.34 41.86	200m:	2:41.24 41.88	300m:	4:11.34 46.30	400m:	5:30.90 39.31	

12 - 13 lat

1.	Joanna CIEŒELAK		96	WARTA Poznañ				<b>5:24.05</b>	598
	50m:	33.92 33.92	150m:		250m:	3:23.73 47.22	350m:	4:50.01 37.00	
	100m:	1:14.66 40.74	200m:	2:36.51	300m:	4:13.01 49.28	400m:	5:24.05 34.04	
2.	Kinga CIEPŁUCHA		97	JUVENIA Wroclaw SSP72				<b>6:23.58</b>	360
	50m:	40.16 40.16	150m:	2:18.47 48.73	250m:	3:58.64 51.51	350m:	5:38.91 45.38	
	100m:	1:29.74 49.58	200m:	3:07.13 48.66	300m:	4:53.53 54.89	400m:	6:23.58 44.67	