

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

Konkurencja 19
2009-06-06 - 9:10

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Rekord Okręgu Seniorów 4:14.11 Magda DYSZKIEWICZ SLWRO Athina 2000-07-14
Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
14 lat i starsi									
1.	Paula UKOWSKA		93	ZRYW Opole			4:27.86	748	
	50m: 31.15	31.15	150m: 1:39.34	34.23	250m: 2:47.53	34.13	350m: 3:54.55	32.39	
	100m: 1:05.11	33.96	200m: 2:13.40	34.06	300m: 3:22.16	34.63	400m: 4:27.86	33.31	
2.	Beata POAROWSZCZYK		91	ŒELŹSK Wroc³aw			4:30.55	726	
	50m: 31.63	31.63	150m: 1:39.55	34.12	250m: 2:48.08	34.26	350m:		
	100m: 1:05.43	33.80	200m: 2:13.82	34.27	300m: 3:22.28	34.20	400m: 4:30.55		
3.	Izabella GRZEGORCZYK		93	POSNANIA Poznań			4:37.56	672	
	50m: 31.49	31.49	150m: 1:40.71	35.02	250m: 2:52.94	36.07	350m: 4:02.70	34.70	
	100m: 1:05.69	34.20	200m: 2:16.87	36.16	300m: 3:28.00	35.06	400m: 4:37.56	34.86	
4.	Natalia PAWLACZEK		93	ZRYW Opole			4:41.13	647	
	50m: 32.22	32.22	150m: 1:42.56	35.56	250m: 2:53.84	35.52	350m: 4:05.22	36.04	
	100m: 1:07.00	34.78	200m: 2:18.32	35.76	300m: 3:29.18	35.34	400m: 4:41.13	35.91	
5.	Gracjana SKWIRA		93	ŒELŹSK Wroc³aw			4:49.34	593	
	50m: 32.15	32.15	150m: 1:45.50	37.06	250m: 3:00.63	36.78	350m: 4:14.36	36.59	
	100m: 1:08.44	36.29	200m: 2:23.85	38.35	300m: 3:37.77	37.14	400m: 4:49.34	34.98	
6.	Daria RASIŃSKA		95	MMKS Kędzierzyn-KoŹle			4:55.13	559	
	50m: 32.91	32.91	150m: 1:46.85	37.48	250m: 3:02.82	37.61	350m: 4:18.28	37.56	
	100m: 1:09.37	36.46	200m: 2:25.21	38.36	300m: 3:40.72	37.90	400m: 4:55.13	36.85	
7.	Anna ŒEWIŹTKOWSKA		93	JUVENIA Wroc³aw			5:04.38	510	
	50m: 33.59	33.59	150m: 1:49.66	38.54	250m: 3:07.46	39.28	350m: 4:26.74	39.63	
	100m: 1:11.12	37.53	200m: 2:28.18	38.52	300m: 3:47.11	39.65	400m: 5:04.38	37.64	
8.	Natalia SALLOUM		95	JUVENIA Wroc³aw			5:04.61	508	
	50m: 35.52	35.52	150m: 1:53.08	38.99	250m: 3:10.95	38.39	350m: 4:28.01	38.52	
	100m: 1:14.09	38.57	200m: 2:32.56	39.48	300m: 3:49.49	38.54	400m: 5:04.61	36.60	
9.	Marlena PORAŃSKA		95	MMKS Kędzierzyn-KoŹle			5:09.55	485	
	50m: 34.86	34.86	150m: 1:51.75	38.87	250m: 3:10.95	39.77	350m: 4:30.72	39.87	
	100m: 1:12.88	38.02	200m: 2:31.18	39.43	300m: 3:50.85	39.90	400m: 5:09.55	38.83	
10.	Anna SOBOLEWSKA		95	WARTA Poznań			5:11.11	477	
	50m: 36.05	36.05	150m: 1:55.24	39.94	250m: 3:15.74	40.00	350m: 4:34.93	38.54	
	100m: 1:15.30	39.25	200m: 2:35.74	40.50	300m: 3:56.39	40.65	400m: 5:11.11	36.18	
11.	Anna Maria DYMNA		95	ŒELŹSK Wroc³aw			5:12.96	469	
	50m: 33.06	33.06	150m: 1:50.20	39.33	250m: 3:11.73	41.01	350m: 4:33.37	39.94	
	100m: 1:10.87	37.81	200m: 2:30.72	40.52	300m: 3:53.43	41.70	400m: 5:12.96	39.59	
12.	Edyta STAŃCZAK		93	ŒELŹSK Wroc³aw			5:13.76	465	
	50m: 34.55	34.55	150m: 1:53.27	40.10	250m: 3:13.93	40.16	350m: 4:34.34	39.29	
	100m: 1:13.17	38.62	200m: 2:33.77	40.50	300m: 3:55.05	41.12	400m: 5:13.76	39.42	
13.	Dominika PRZYBYLSKA		95	OLIMPIA Poznań			5:19.27	442	
	50m: 35.49	35.49	150m: 1:56.88	41.24	250m: 3:19.71	41.93	350m: 4:42.47	41.52	
	100m: 1:15.64	40.15	200m: 2:37.78	40.90	300m: 4:00.95	41.24	400m: 5:19.27	36.80	
14.	Kinga ŁAPIŃSKA		94	JUVENIA Wroc³aw			5:19.98	439	
	50m: 36.09	36.09	150m: 1:56.97	40.66	250m: 3:19.16	41.25	350m: 4:41.69	41.24	
	100m: 1:16.31	40.22	200m: 2:37.91	40.94	300m: 4:00.45	41.29	400m: 5:19.98	38.29	
15.	Edyta KASPRZYK		95	ŒELŹSK Wroc³aw			5:25.98	415	
	50m: 35.37	35.37	150m: 1:56.89	41.74	250m: 3:22.31	42.86	350m: 4:46.36	41.73	
	100m: 1:15.15	39.78	200m: 2:39.45	42.56	300m: 4:04.63	42.32	400m: 5:25.98	39.62	
16.	Dorota LATARSKA		95	PŁETVAL Polkowice			5:36.88	376	
	50m: 38.01	38.01	150m: 2:03.32	42.68	250m: 3:30.17	43.55	350m: 4:56.71	43.09	
	100m: 1:20.64	42.63	200m: 2:46.62	43.30	300m: 4:13.62	43.45	400m: 5:36.88	40.17	

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12 - 13 lat

1.	Joanna CIEŒELAK	96	WARTA Poznañ	4:43.70	629		
	50m: 32.43 32.43	150m: 1:44.07	36.19	250m: 2:57.29	36.54	350m: 4:09.29	35.97
	100m: 1:07.88 35.45	200m: 2:20.75	36.68	300m: 3:33.32	36.03	400m: 4:43.70	34.41
2.	Katarzyna KASPEREK	96	WARTA Poznañ	4:54.61	562		
	50m: 33.13 33.13	150m: 1:48.59	37.92	250m: 3:04.90	37.94	350m: 4:19.54	36.71
	100m: 1:10.67 37.54	200m: 2:26.96	38.37	300m: 3:42.83	37.93	400m: 4:54.61	35.07
3.	Weronika SKOWROŃSKA	96	WARTA Poznañ	5:03.55	514		
	50m: 35.30 35.30	150m: 1:53.68	39.02	250m: 3:11.16	38.09	350m: 4:27.38	37.28
	100m: 1:14.66 39.36	200m: 2:33.07	39.39	300m: 3:50.10	38.94	400m: 5:03.55	36.17
4.	Katarzyna ZIÊBA	97	ROKITA Brzeg Dolny	5:08.26	491		
	50m: 34.37 34.37	150m: 1:52.37	39.23	250m: 3:12.24	40.01	350m: 4:30.57	38.57
	100m: 1:13.14 38.77	200m: 2:32.23	39.86	300m: 3:52.00	39.76	400m: 5:08.26	37.69
5.	Patrycja WLIZËO	96	BAËTYK Ko³obrzeg	5:22.40	429		
	50m: 34.81 34.81	150m: 1:55.92	40.61	250m: 3:18.98	40.75	350m: 4:42.14	40.73
	100m: 1:15.31 40.50	200m: 2:38.23	42.31	300m: 4:01.41	42.43	400m: 5:22.40	40.26
6.	Ewelina SUCHODOLSKA	96	ŒEI'SK Wroc³aw	5:24.90	419		
	50m: 35.45 35.45	150m: 1:56.45	41.02	250m: 3:20.76	42.20	350m: 4:45.69	42.06
	100m: 1:15.43 39.98	200m: 2:38.56	42.11	300m: 4:03.63	42.87	400m: 5:24.90	39.21
7.	Aleksandra STRZELCZYK	97	ŒEI'SK Wroc³aw	5:28.87	404		
	50m: 38.45 38.45	150m: 2:02.63	42.46	250m: 3:28.78	42.97	350m: 4:51.16	40.23
	100m: 1:20.17 41.72	200m: 2:45.81	43.18	300m: 4:10.93	42.15	400m: 5:28.87	37.71
8.	Alicja JASEK	97	ŒEI'SK Wroc³aw	5:37.53	374		
	50m: 38.37 38.37	150m: 2:05.05	43.36	250m: 3:31.41	42.79	350m: 4:56.13	42.28
	100m: 1:21.69 43.32	200m: 2:48.62	43.57	300m: 4:13.85	42.44	400m: 5:37.53	41.40
9.	Magdalena GRYSZKA	96	ASTROMAL AKWAWIT Leszno	5:37.84	373		
	50m: 38.05 38.05	150m: 2:04.55	44.25	250m: 3:30.91	43.01	350m: 4:58.27	43.72
	100m: 1:20.30 42.25	200m: 2:47.90	43.35	300m: 4:14.55	43.64	400m: 5:37.84	39.57
10.	Patrycja KAËU`A	96	ŒEI'SK Wroc³aw	5:45.67	348		
	50m: 37.45 37.45	150m: 2:05.43	44.88	250m: 3:33.79	43.94	350m: 5:03.54	45.24
	100m: 1:20.55 43.10	200m: 2:49.85	44.42	300m: 4:18.30	44.51	400m: 5:45.67	42.13