

Mistrzostwa Województwa Warmińsko Mazurskiego
Olsztyn, 11. - 12.12.2009

Konkurencja 31
2009-12-12 - 11:30

Kobiet, 400m dowolny

Open
Wyniki

Rekord Polski	4:05.77	BARZYCKA, Paulina	AZWAR	Gorzow	2005-11-26
Rekord Województwa	4:28.98	CHODYNA, Monika	KOOLS	Gorzow Wielkopolski	2009-11-28

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.		
10 lat i m³odsi											
1.	ŁUKASIK, Wiktoria		99	MKS MEDYK Giżycko				5:25.10	394		
	50m:	35.63 35.63	150m:	1:55.47	40.68	250m:	3:19.74	42.40	350m:	4:45.35	42.76
	100m:	1:14.79 39.16	200m:	2:37.34	41.87	300m:	4:02.59	42.85	400m:	5:25.10	39.75
2.	KOSTRZEWA, Michalina		99	UKP JEDYNKA Elbląg				6:16.47	253		
	50m:	41.46 41.46	150m:	2:18.30	48.39	250m:	3:56.41		350m:	6:16.47	44.01
	100m:	1:29.91 48.45	200m:			300m:	5:32.46	1:36.05	400m:	6:16.47	
11 lat											
1.	RYZINSKA, Daria		98	MKS "ROCE" Pisz				5:34.18	362		
	50m:	37.36 37.36	150m:	2:01.33	42.00	250m:	3:26.65	42.74	350m:	4:52.58	42.96
	100m:	1:19.33 41.97	200m:	2:43.91	42.58	300m:	4:09.62	42.97	400m:	5:34.18	41.60
2.	ROSSA, Wiktoria		98	MTP KORMORAN Olsztyn				6:49.19	197		
	50m:	46.37 46.37	150m:	2:30.45	52.14	250m:	4:16.07	51.90	350m:	6:01.30	53.07
	100m:	1:38.31 51.94	200m:	3:24.17	53.72	300m:	5:08.23	52.16	400m:	6:49.19	47.89
3.	DYMERSKA, Wiktoria		98	MTP KORMORAN Olsztyn				6:50.39	196		
	50m:	41.39 41.39	150m:	2:26.50	54.63	250m:	4:16.65	55.92	350m:	6:02.79	52.87
	100m:	1:31.87 50.48	200m:	3:20.73	54.23	300m:	5:09.92	53.27	400m:	6:50.39	47.60
12 lat											
1.	RUTKOWSKA, Zuzanna		97	MKS "ROCE" Pisz				5:16.57	426		
	50m:	36.17 36.17	150m:	1:56.20	40.67	250m:	3:16.98	40.30	350m:	4:38.60	40.81
	100m:	1:15.53 39.36	200m:	2:36.68	40.48	300m:	3:57.79	40.81	400m:	5:16.57	37.97
13 lat											
1.	MACIESZA, Agata		96	KS ORZEŁ Elbląg				4:46.88	573		
	50m:	32.86 32.86	150m:	1:44.63	35.95	250m:	2:57.33	36.38	350m:	4:10.65	36.49
	100m:	1:08.68 35.82	200m:	2:20.95	36.32	300m:	3:34.16	36.83	400m:	4:46.88	36.23
2.	BUCHALSKA, Patrycja		96	KS ORZEŁ Elbląg				4:53.15	537		
	50m:	33.71 33.71	150m:	1:46.53	36.61	250m:	3:01.22	37.47	350m:	4:16.91	37.83
	100m:	1:09.92 36.21	200m:	2:23.75	37.22	300m:	3:39.08	37.86	400m:	4:53.15	36.24
3.	KLIMKOWSKA, Karolina		96	MTP KORMORAN Olsztyn				5:03.18	485		
	50m:	34.59 34.59	150m:	1:51.31	38.57	250m:	3:08.99	38.70	350m:	4:26.67	38.76
	100m:	1:12.74 38.15	200m:	2:30.29	38.98	300m:	3:47.91	38.92	400m:	5:03.18	36.51
4.	KULIK, Natalia		96	UKS MOS E ³ k				5:05.06	476		
	50m:	34.08 34.08	150m:	1:50.98	39.47	250m:	3:09.90	39.51	350m:	4:28.06	38.90
	100m:	1:11.51 37.43	200m:	2:30.39	39.41	300m:	3:49.16	39.26	400m:	5:05.06	37.00
5.	OSZWA, Emilia		96	KS ORZEŁ Elbląg				5:17.29	423		
	50m:	36.87 36.87	150m:	1:57.37	40.74	250m:	3:17.90	40.24	350m:	4:39.38	40.70
	100m:	1:16.63 39.76	200m:	2:37.66	40.29	300m:	3:58.68	40.78	400m:	5:17.29	37.91
14 lat											
1.	ZGIET, Karina		95	KS ORZEŁ Elbląg				4:42.33	601		
	50m:	32.18 32.18	150m:	1:42.47	35.30	250m:	2:54.20	36.26	350m:	4:06.71	36.28
	100m:	1:07.17 34.99	200m:	2:17.94	35.47	300m:	3:30.43	36.23	400m:	4:42.33	35.62
2.	FILIPOWICZ, PAULINA		95	MTP KORMORAN Olsztyn				5:29.19	379		
	50m:	36.80 36.80	150m:	1:58.22	41.11	250m:	3:21.76	42.03	350m:	4:48.03	43.26
	100m:	1:17.11 40.31	200m:	2:39.73	41.51	300m:	4:04.77	43.01	400m:	5:29.19	41.16

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15 lat

1. RODZIEWICZ, EWA	94	MTP KORMORAN Olsztyn	4:57.85	512
50m: 33.83 33.83	150m: 1:48.59 37.68	250m: 3:04.85 38.27	350m: 4:21.58 38.10	
100m: 1:10.91 37.08	200m: 2:26.58 37.99	300m: 3:43.48 38.63	400m: 4:57.85 36.27	

16 lat i starsi

1. CHODYNA, Monika	92	MTP KORMORAN Olsztyn	4:25.44	723
50m: 30.91 30.91	150m: 1:38.23 33.86	250m: 2:45.77 33.41	350m: 3:52.85 33.26	
100m: 1:04.37 33.46	200m: 2:12.36 34.13	300m: 3:19.59 33.82	400m: 4:25.44 32.59	