

Zimowe Mistrzostwa Okręgu Małopolskiego
Ocewięcim, 18. - 19.12.2009

Konkurencja 19
19.12.2009 - 9:27

Kobiet, 400m dowolny

13 lat i starsi
Wyniki

Punkty: FINA 2008

Pozycja	Rok ur.	Czas	Pkt.
13 lat			
1. SIRIGNANO Luigia	96 JORDAN Kraków	4:44.75	598
50m: 32.58 32.58	150m: 1:44.09 36.17	250m: 2:56.49 36.29	350m: 4:09.91 36.76
100m: 1:07.92 35.34	200m: 2:20.20 36.11	300m: 3:33.15 36.66	400m: 4:44.75 34.84
2. SZCZYRBAK Kornelia	96 JORDAN Kraków	4:50.09	565
50m: 32.58 32.58	150m: 1:44.33 36.36	250m: 2:58.15 37.21	350m: 4:13.66 37.79
100m: 1:07.97 35.39	200m: 2:20.94 36.61	300m: 3:35.87 37.72	400m: 4:50.09 36.43
3. KLICH Maja	96 UNIA Tarnów	4:50.53	563
50m: 32.73 32.73	150m: 1:45.07 36.72	250m: 2:58.94 37.00	350m: 4:14.48 37.82
100m: 1:08.35 35.62	200m: 2:21.94 36.87	300m: 3:36.66 37.72	400m: 4:50.53 36.05
4. JASIŃSKA Justyna	96 MOSiR Mys ³ owice	4:56.09	532
50m: 32.02 32.02	150m: 1:45.66 37.42	250m: 3:01.38 37.52	350m: 4:18.68 38.43
100m: 1:08.24 36.22	200m: 2:23.86 38.20	300m: 3:40.25 38.87	400m: 4:56.09 37.41
5. SOWA Marta	96 JORDAN Kraków	4:57.76	523
50m: 33.13 33.13	150m: 1:48.47 38.45	250m: 3:05.14 38.81	350m: 4:22.51 38.80
100m: 1:10.02 36.89	200m: 2:26.33 37.86	300m: 3:43.71 38.57	400m: 4:57.76 35.25
6. SIKORA Justyna SO	96 UNIA Ocewięcim	5:02.59	498
50m: 34.13 34.13	150m: 1:49.25 38.35	250m: 3:06.82 38.73	350m: 4:24.93 38.86
100m: 1:10.90 36.77	200m: 2:28.09 38.84	300m: 3:46.07 39.25	400m: 5:02.59 37.66
7. ÆWIEKAŁA Olga SO	96 UNIA Ocewięcim	5:02.63	498
50m: 34.25 34.25	150m: 1:49.81 38.14	250m: 3:07.30 38.87	350m: 4:25.11 38.63
100m: 1:11.67 37.42	200m: 2:28.43 38.62	300m: 3:46.48 39.18	400m: 5:02.63 37.52
8. POTÊPA Karolina	96 JORDAN Kraków	5:04.26	490
50m: 34.34 34.34	150m: 1:50.94 38.51	250m: 3:08.69 38.84	350m: 4:26.95 38.81
100m: 1:12.43 38.09	200m: 2:29.85 38.91	300m: 3:48.14 39.45	400m: 5:04.26 37.31
9. MARCISZ Anna	96 STP Nowy S'cz	5:15.56	439
50m: 34.80 34.80	150m: 1:54.02 39.98	250m: 3:15.61 41.19	350m: 4:37.26 40.52
100m: 1:14.04 39.24	200m: 2:34.42 40.40	300m: 3:56.74 41.13	400m: 5:15.56 38.30
10. KULIG Dorota	96 WODNIK Siemianowice	5:17.77	430
50m: 35.91 35.91	150m: 1:55.66 41.00	250m: 3:18.47 41.25	350m: 4:40.64 40.40
100m: 1:14.66 38.75	200m: 2:37.22 41.56	300m: 4:00.24 41.77	400m: 5:17.77 37.13
11. MACHOWSKA Inez	96 WIKING Brzesko	5:18.04	429
50m: 35.45 35.45	150m: 1:54.63 40.34	250m: 3:16.01 40.65	350m: 4:39.66 41.94
100m: 1:14.29 38.84	200m: 2:35.36 40.73	300m: 3:57.72 41.71	400m: 5:18.04 38.38
12. LEWANDOWSKA Paulina SO	96 UNIA Ocewięcim	5:19.11	425
50m: 36.02 36.02	150m: 1:57.34 41.30	250m: 3:19.80 41.29	350m: 4:41.20 40.61
100m: 1:16.04 40.02	200m: 2:38.51 41.17	300m: 4:00.59 40.79	400m: 5:19.11 37.91
13. JARCZAK Sara SO	96 ORKA Lêdziny	5:19.80	422
50m: 35.95 35.95	150m: 1:56.65 40.49	250m: 3:18.76 41.41	350m: 4:41.76 41.75
100m: 1:16.16 40.21	200m: 2:37.35 40.70	300m: 4:00.01 41.25	400m: 5:19.80 38.04
14. FROSZTÊGA Agnieszka	96 AQARIUS Myœlenice	5:31.06	380
50m: 35.25 35.25	150m: 1:57.42 41.92	250m: 3:23.67 43.37	350m: 4:49.39 42.71
100m: 1:15.50 40.25	200m: 2:40.30 42.88	300m: 4:06.68 43.01	400m: 5:31.06 41.67

14 - 15 lat

1. BAJORSKA Dorota SO	94 UNIA Ocewięcim	4:30.67	696
50m: 31.61 31.61	150m: 1:40.49 34.42	250m: 2:49.58 34.35	350m: 3:58.05 34.58
100m: 1:06.07 34.46	200m: 2:15.23 34.74	300m: 3:23.47 33.89	400m: 4:30.67 32.62
2. TROJANOWSKA Kinga	95 SKRA Be ³ chatów	4:30.77	695
50m: 32.07 32.07	150m: 1:40.15 34.39	250m: 2:48.69 34.13	350m: 3:56.92 34.23
100m: 1:05.76 33.69	200m: 2:14.56 34.41	300m: 3:22.69 34.00	400m: 4:30.77 33.85

Zimowe Mistrzostwa Okręgu Małopolskiego
Oświęcim, 18. - 19.12.2009

Konkurencja 19, Dziewcz¹t, 400m dowolny, 14 - 15 lat

Pozycja			Rok ur.						Czas	Pkt.
3.	POMIĘŁO Aleksandra		94 KMITA Zabierzów						4:40.05	628
	50m:	32.28 32.28	150m:	1:42.70	35.43	250m:	2:53.80	35.38	350m:	4:05.21 35.77
	100m:	1:07.27 34.99	200m:	2:18.42	35.72	300m:	3:29.44	35.64	400m:	4:40.05 34.84
4.	FRENKE Ma ³ gorzata		95 UNIA Oświęcim						4:41.84	616
	50m:	32.28 32.28	150m:	1:42.63	35.51	250m:	2:54.70	36.07	350m:	4:07.22 36.41
	100m:	1:07.12 34.84	200m:	2:18.63	36.00	300m:	3:30.81	36.11	400m:	4:41.84 34.62
5.	OPITEK Urszula SO		94 UNIA Oświęcim						4:50.81	561
	50m:	33.07 33.07	150m:	1:46.15	37.20	250m:	3:00.67	36.96	350m:	4:15.08 36.67
	100m:	1:08.95 35.88	200m:	2:23.71	37.56	300m:	3:38.41	37.74	400m:	4:50.81 35.73
6.	KRUCZALAK Paulina SO		94 UNIA Oświęcim						4:50.92	561
	50m:	32.90 32.90	150m:	1:46.45	37.00	250m:	3:00.74	36.83	350m:	4:15.05 36.92
	100m:	1:09.45 36.55	200m:	2:23.91	37.46	300m:	3:38.13	37.39	400m:	4:50.92 35.87
7.	TYRPA Aleksandra		94 CKiS Skawina						4:55.78	533
	50m:	33.74 33.74	150m:	1:47.85	37.11	250m:	3:03.14	37.78	350m:	4:18.47 37.69
	100m:	1:10.74 37.00	200m:	2:25.36	37.51	300m:	3:40.78	37.64	400m:	4:55.78 37.31
8.	ZADYLAK Angelika		95 UNIA Oświęcim						4:57.24	526
	50m:	33.64 33.64	150m:	1:48.06	38.08	250m:	3:03.92	38.18	350m:	4:21.13 38.60
	100m:	1:09.98 36.34	200m:	2:25.74	37.68	300m:	3:42.53	38.61	400m:	4:57.24 36.11
9.	JURKIEWICZ Patrycja		95 UNIA Tarnów						5:06.02	482
	50m:	34.93 34.93	150m:	1:52.06	38.94	250m:	3:10.48	38.86	350m:	4:28.86 38.57
	100m:	1:13.12 38.19	200m:	2:31.62	39.56	300m:	3:50.29	39.81	400m:	5:06.02 37.16
10.	CORDOVA Adrianna SO		94 UNIA Oświęcim						5:11.88	455
	50m:	34.43 34.43	150m:	1:52.93	40.02	250m:	3:12.74	39.64	350m:	4:32.52 39.74
	100m:	1:12.91 38.48	200m:	2:33.10	40.17	300m:	3:52.78	40.04	400m:	5:11.88 39.36

16 lat i starsi

1.	SAK Agnieszka		93 UNIA Tarnów						4:25.27	739
	50m:	30.93 30.93	150m:	1:36.92	33.40	250m:	2:44.24	33.68	350m:	3:52.20 33.83
	100m:	1:03.52 32.59	200m:	2:10.56	33.64	300m:	3:18.37	34.13	400m:	4:25.27 33.07
2.	CISOWSKA Aleksandra		89 AZS AGH Kraków						4:25.73	736
	50m:	30.33 30.33	150m:	1:37.25	33.84	250m:	2:44.76	33.65	350m:	3:52.84 34.20
	100m:	1:03.41 33.08	200m:	2:11.11	33.86	300m:	3:18.64	33.88	400m:	4:25.73 32.89
3.	ZAGRODNIK Aleksandra		93 UNIA Oświęcim						4:30.76	695
	50m:	31.19 31.19	150m:	1:38.26	33.65	250m:	2:47.20	34.63	350m:	3:57.32 35.31
	100m:	1:04.61 33.42	200m:	2:12.57	34.31	300m:	3:22.01	34.81	400m:	4:30.76 33.44
4.	WAKUŁA Karolina SO		93 AZS AWF Katowice						4:36.28	654
	50m:	32.63 32.63	150m:	1:42.90	35.18	250m:	2:52.84	34.96	350m:	4:02.83 34.77
	100m:	1:07.72 35.09	200m:	2:17.88	34.98	300m:	3:28.06	35.22	400m:	4:36.28 33.45
5.	PIASECKA Ewa		92 AZS AWF Katowice						4:38.00	642
	50m:	31.95 31.95	150m:	1:40.86	34.79	250m:	2:51.32	35.10	350m:	4:03.06 36.00
	100m:	1:06.07 34.12	200m:	2:16.22	35.36	300m:	3:27.06	35.74	400m:	4:38.00 34.94
6.	PYSZKA Alicja		93 JORDAN Kraków						4:38.25	641
	50m:	32.09 32.09	150m:	1:42.20	35.13	250m:	2:52.99	35.22	350m:	4:03.80 35.38
	100m:	1:07.07 34.98	200m:	2:17.77	35.57	300m:	3:28.42	35.43	400m:	4:38.25 34.45
7.	PRZYSTALSKA Angelika		93 UNIA Oświęcim						4:42.20	614
	50m:	32.30 32.30	150m:	1:42.78	35.77	250m:	2:54.71	35.90	350m:	4:07.61 36.33
	100m:	1:07.01 34.71	200m:	2:18.81	36.03	300m:	3:31.28	36.57	400m:	4:42.20 34.59
8.	SUCHANIAK Irena		93 KORONA Kraków						4:48.55	574
	50m:	32.76 32.76	150m:	1:44.32	36.32	250m:	2:58.36	36.99	350m:	4:12.76 36.98
	100m:	1:08.00 35.24	200m:	2:21.37	37.05	300m:	3:35.78	37.42	400m:	4:48.55 35.79
9.	MIŁKOWSKA Marta		93 ORKA Łódziny						4:50.07	565
	50m:	32.84 32.84	150m:	1:44.64	36.38	250m:	2:58.82	37.11	350m:	4:13.91 37.60
	100m:	1:08.26 35.42	200m:	2:21.71	37.07	300m:	3:36.31	37.49	400m:	4:50.07 36.16

Zimowe Mistrzostwa Okręgu Małopolskiego
Oświęcim, 18. - 19.12.2009

Konkurencja 19, Kobiet, 400m dowolny, 16 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.	
10.	ZADROŃNA	Karolina		92	KORONA	Kraków			4:59.87	512	
	50m:	34.13	34.13	150m:	1:49.97	38.44	250m:	3:06.49	37.98	350m: 4:23.23	38.44
	100m:	1:11.53	37.40	200m:	2:28.51	38.54	300m:	3:44.79	38.30	400m: 4:59.87	36.64
PK	MARZEC	Sara		97	ORKA	Lêdziny			5:02.55	498	
	50m:	34.50	34.50	150m:	1:49.72	38.18	250m:			350m: 4:24.54	38.59
	100m:	1:11.54	37.04	200m:	2:27.95	38.23	300m:	3:45.95		400m: 5:02.55	38.01