

Mistrzostwa ŒEI'ska OPEN i Jun. 14,15,16 lat
Gliwice, 18. - 19.6.2010

Konkurencja 19
2010-06-19 - 10:20

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2009

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m
Open								
1.	WAKUŁA, Karolina	93	Ks Azs Awf Katowice	4:42.51	1:08.53	1:11.92	1:11.97	1:10.09
	50m: 32.89	32.89	150m: 1:44.20	35.67	250m: 2:56.53	36.08	350m: 4:08.09	35.67
	100m: 1:08.53	35.64	200m: 2:20.45	36.25	300m: 3:32.42	35.89	400m: 4:42.51	34.42
2.	OKAJ, Oliwia	96	Mks - Mos Katowice	4:49.88	1:09.36	1:14.26	1:14.94	1:11.32
	50m: 33.02	33.02	150m: 1:46.18	36.82	250m: 3:01.04	37.42	350m: 4:14.38	35.82
	100m: 1:09.36	36.34	200m: 2:23.62	37.44	300m: 3:38.56	37.52	400m: 4:49.88	35.50
3.	PIASECKA, Ewa	92	AZS AWF Katowice	4:50.28	1:09.37	1:13.32	1:14.85	1:12.74
	50m: 33.34	33.34	150m: 1:45.53	36.16	250m: 2:59.66	36.97	350m: 4:14.73	37.19
	100m: 1:09.37	36.03	200m: 2:22.69	37.16	300m: 3:37.54	37.88	400m: 4:50.28	35.55
4.	BARTOSZEK, JOANNA	96	Muks Gilius Gilowice	4:51.71	1:11.04	1:14.91	1:14.45	1:11.31
	50m: 33.67	33.67	150m: 1:48.27	37.23	250m: 3:03.24	37.29	350m: 4:16.57	36.17
	100m: 1:11.04	37.37	200m: 2:25.95	37.68	300m: 3:40.40	37.16	400m: 4:51.71	35.14
5.	MAKOSZ, Emilia	94	UKS Orka Łódziny	4:55.05	1:10.28	1:15.30	1:15.12	1:14.35
	50m: 33.53	33.53	150m: 1:48.04	37.76	250m: 3:03.15	37.57	350m: 4:18.38	37.68
	100m: 1:10.28	36.75	200m: 2:25.58	37.54	300m: 3:40.70	37.55	400m: 4:55.05	36.67
6.	DZIDA, ADRIANNA	95	Muks Gilius Gilowice	4:57.55	1:09.99	1:16.54	1:15.99	1:15.03
	50m: 33.19	33.19	150m: 1:47.72	37.73	250m: 3:04.02	37.49	350m: 4:20.68	38.16
	100m: 1:09.99	36.80	200m: 2:26.53	38.81	300m: 3:42.52	38.50	400m: 4:57.55	36.87
7.	MILEWSKA, Marta	96	Ka Piatka Chorzów	4:57.71	1:10.93	1:17.35	1:16.07	1:13.36
	50m: 33.03	33.03	150m: 1:49.52	38.59	250m: 3:06.65	38.37	350m: 4:21.95	37.60
	100m: 1:10.93	37.90	200m: 2:28.28	38.76	300m: 3:44.35	37.70	400m: 4:57.71	35.76
8.	KNAPIK, Anna	96	Ka Piatka Chorzów	4:58.98	1:12.51	1:18.06	1:16.14	1:12.27
	50m: 34.59	34.59	150m: 1:51.42	38.91	250m: 3:08.96	38.39	350m: 4:23.70	36.99
	100m: 1:12.51	37.92	200m: 2:30.57	39.15	300m: 3:46.71	37.75	400m: 4:58.98	35.28
9.	NOWAK, Sonia	96	Ka Piatka Chorzów	4:59.66	1:13.18	1:17.81	1:16.80	1:11.87
	50m: 34.96	34.96	150m: 1:51.76	38.58	250m: 3:09.71	38.72	350m: 4:24.31	36.52
	100m: 1:13.18	38.22	200m: 2:30.99	39.23	300m: 3:47.79	38.08	400m: 4:59.66	35.35
10.	PAWLI, Marta	95	Azs-Awf Katowice	5:07.63	1:12.53	1:17.87	1:19.86	1:17.37
	50m: 34.69	34.69	150m: 1:51.14	38.61	250m: 3:10.29	39.89	350m: 4:29.76	39.50
	100m: 1:12.53	37.84	200m: 2:30.40	39.26	300m: 3:50.26	39.97	400m: 5:07.63	37.87
11.	KOŁODZIEJ, Alicja	93	Azs-Awf Katowice	5:08.15	1:09.88	1:17.34	1:20.42	1:20.51
	50m: 33.18	33.18	150m: 1:47.88	38.00	250m: 3:07.02	39.80	350m: 4:27.95	40.31
	100m: 1:09.88	36.70	200m: 2:27.22	39.34	300m: 3:47.64	40.62	400m: 5:08.15	40.20
12.	SZKROBOCZ, Martyna	95	Azs-Awf Katowice	5:10.24	1:12.15	1:18.77	1:21.26	1:18.06
	50m: 33.95	33.95	150m: 1:51.37	39.22	250m: 3:11.46	40.54	350m: 4:32.25	40.07
	100m: 1:12.15	38.20	200m: 2:30.92	39.55	300m: 3:52.18	40.72	400m: 5:10.24	37.99
13.	JABŁOŃSKA, Natalia	97	MOSM Tychy	5:11.76	1:12.85	1:21.25	1:21.42	1:16.24
	50m: 33.94	33.94	150m: 1:53.07	40.22	250m: 3:14.71	40.61	350m: 4:35.08	39.56
	100m: 1:12.85	38.91	200m: 2:34.10	41.03	300m: 3:55.52	40.81	400m: 5:11.76	36.68
14.	BOHDANOWICZ, M.	96	CSiR MOS D'browa Górnica	5:15.83	1:15.51	1:20.35	1:21.97	1:18.00
	50m: 35.93	35.93	150m: 1:55.38	39.87	250m: 3:16.46	40.60	350m: 4:38.23	40.40
	100m: 1:15.51	39.58	200m: 2:35.86	40.48	300m: 3:57.83	41.37	400m: 5:15.83	37.60
15.	JANUSZ, MARTA	96	Muks Gilius Gilowice	5:22.76	1:14.55	1:22.12	1:23.97	1:22.12
	50m: 34.64	34.64	150m: 1:55.15	40.60	250m: 3:18.40	41.73	350m: 4:42.05	41.41
	100m: 1:14.55	39.91	200m: 2:36.67	41.52	300m: 4:00.64	42.24	400m: 5:22.76	40.71
16.	GRZYWA, Klaudia	98	Uks Wodnik 29 Katowice	6:15.21	1:22.78	1:38.22	1:40.61	1:33.60
	50m: 38.06	38.06	150m: 2:11.06	48.28	250m: 3:51.41	50.41	350m: 5:30.53	48.92
	100m: 1:22.78	44.72	200m: 3:01.00	49.94	300m: 4:41.61	50.20	400m: 6:15.21	44.68

14 lat

1.	OKAJ, Oliwia	96	Mks - Mos Katowice	4:49.88	1:09.36	1:14.26	1:14.94	1:11.32
	50m: 33.02	33.02	150m: 1:46.18	36.82	250m: 3:01.04	37.42	350m: 4:14.38	35.82
	100m: 1:09.36	36.34	200m: 2:23.62	37.44	300m: 3:38.56	37.52	400m: 4:49.88	35.50
2.	BARTOSZEK, JOANNA	96	Muks Gilius Gilowice	4:51.71	1:11.04	1:14.91	1:14.45	1:11.31
	50m: 33.67	33.67	150m: 1:48.27	37.23	250m: 3:03.24	37.29	350m: 4:16.57	36.17
	100m: 1:11.04	37.37	200m: 2:25.95	37.68	300m: 3:40.40	37.16	400m: 4:51.71	35.14

Mistrzostwa ŒEI'ska OPEN i Jun. 14,15,16 lat
Gliwice, 18. - 19.6.2010

Konkurencja 19, Dziewcz¹t, 400m dowolny, 14 lat

Pozycja	Rok ur.		Czas Pkt.		100m	200m	300m	400m
3. MILEWSKA, Marta	96	Ka Piatka Chorzów	4:57.71		1:10.93	1:17.35	1:16.07	1:13.36
50m:	33.03	33.03	150m:	1:49.52	38.59	250m:	3:06.65	38.37
100m:	1:10.93	37.90	200m:	2:28.28	38.76	300m:	3:44.35	37.70
350m:	4:21.95	37.60	400m:	4:57.71	35.76			
4. KNAPIK, Anna	96	Ka Piatka Chorzów	4:58.98		1:12.51	1:18.06	1:16.14	1:12.27
50m:	34.59	34.59	150m:	1:51.42	38.91	250m:	3:08.96	38.39
100m:	1:12.51	37.92	200m:	2:30.57	39.15	300m:	3:46.71	37.75
350m:	4:23.70	36.99	400m:	4:58.98	35.28			
5. NOWAK, Sonia	96	Ka Piatka Chorzów	4:59.66		1:13.18	1:17.81	1:16.80	1:11.87
50m:	34.96	34.96	150m:	1:51.76	38.58	250m:	3:09.71	38.72
100m:	1:13.18	38.22	200m:	2:30.99	39.23	300m:	3:47.79	38.08
350m:	4:24.31	36.52	400m:	4:59.66	35.35			
6. BOHDANOWICZ, M.	96	CSiR MOS D'browa Górnica	5:15.83		1:15.51	1:20.35	1:21.97	1:18.00
50m:	35.93	35.93	150m:	1:55.38	39.87	250m:	3:16.46	40.60
100m:	1:15.51	39.58	200m:	2:35.86	40.48	300m:	3:57.83	41.37
350m:	4:38.23	40.40	400m:	5:15.83	37.60			
7. JANUSZ, MARTA	96	Muks Gilius Gilowice	5:22.76		1:14.55	1:22.12	1:23.97	1:22.12
50m:	34.64	34.64	150m:	1:55.15	40.60	250m:	3:18.40	41.73
100m:	1:14.55	39.91	200m:	2:36.67	41.52	300m:	4:00.64	42.24
350m:	4:42.05	41.41	400m:	5:22.76	40.71			

15 lat

1. DZIDA, ADRIANNA	95	Muks Gilius Gilowice	4:57.55		1:09.99	1:16.54	1:15.99	1:15.03
50m:	33.19	33.19	150m:	1:47.72	37.73	250m:	3:04.02	37.49
100m:	1:09.99	36.80	200m:	2:26.53	38.81	300m:	3:42.52	38.50
350m:	4:20.68	38.16	400m:	4:57.55	36.87			
2. PAWLI, Marta	95	Azs-Awf Katowice	5:07.63		1:12.53	1:17.87	1:19.86	1:17.37
50m:	34.69	34.69	150m:	1:51.14	38.61	250m:	3:10.29	39.89
100m:	1:12.53	37.84	200m:	2:30.40	39.26	300m:	3:50.26	39.97
350m:	4:29.76	39.50	400m:	5:07.63	37.87			
3. SZKROBOCZ, Martyna	95	Azs-Awf Katowice	5:10.24		1:12.15	1:18.77	1:21.26	1:18.06
50m:	33.95	33.95	150m:	1:51.37	39.22	250m:	3:11.46	40.54
100m:	1:12.15	38.20	200m:	2:30.92	39.55	300m:	3:52.18	40.72
350m:	4:32.25	40.07	400m:	5:10.24	37.99			

16 lat

1. MAKOSZ, Emilia	94	UKS Orka Lédziny	4:55.05		1:10.28	1:15.30	1:15.12	1:14.35
50m:	33.53	33.53	150m:	1:48.04	37.76	250m:	3:03.15	37.57
100m:	1:10.28	36.75	200m:	2:25.58	37.54	300m:	3:40.70	37.55
350m:	4:18.38	37.68	400m:	4:55.05	36.67			