

Zimowe Mistrzostwa Województwa Małopolskiego  
Bochnia, 26. - 27.11.2016

Konkurencja 11  
26.11.2016 - 12:10

Kobiet, 400m dowolny

12 lat i starsi  
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.	
<b>16 lat i starsi</b>										
1.	KOŁODZIEJ, Katarzyna SO		00	UKP Unia O wi cim				<b>4:29.47</b>	659	
	50m:	30.66 30.66	150m:	1:38.63	33.99	250m:	2:46.72	33.91	350m:	3:55.55 34.59
	100m:	1:04.64 33.98	200m:	2:12.81	34.18	300m:	3:20.96	34.24	400m:	4:29.47 33.92
2.	ZAWISZA, Alina SO		00	UKP Unia O wi cim				<b>4:33.73</b>	628	
	50m:	31.51 31.51	150m:	1:40.38	34.79	250m:	2:50.19	35.02	350m:	3:59.92 34.60
	100m:	1:05.59 34.08	200m:	2:15.17	34.79	300m:	3:25.32	35.13	400m:	4:33.73 33.81
3.	ADAMIEC, Dominika SO		99	UKP Unia O wi cim				<b>4:34.99</b>	620	
	50m:		150m:	1:41.70	35.12	250m:			350m:	4:00.73 34.70
	100m:	1:06.58	200m:	2:16.44	34.74	300m:	3:26.03		400m:	4:34.99 34.26
4.	SZUSTER, Aleksandra SO		00	UKP Unia O wi cim				<b>4:42.46</b>	572	
	50m:	31.23 31.23	150m:	1:40.34	35.30	250m:	2:53.31	36.81	350m:	4:06.27 36.40
	100m:	1:05.04 33.81	200m:	2:16.50	36.16	300m:	3:29.87	36.56	400m:	4:42.46 36.19
5.	RZEPCHY SKA, Patrycja SO		99	UKP Unia O wi cim				<b>4:47.68</b>	541	
	50m:	32.06 32.06	150m:	1:43.88	36.38	250m:	2:57.71	36.93	350m:	4:12.03 37.22
	100m:	1:07.50 35.44	200m:	2:20.78	36.90	300m:	3:34.81	37.10	400m:	4:47.68 35.65
6.	PYRLIK, Paulina		99	UKP Unia O wi cim				<b>4:49.02</b>	534	
	50m:	33.66 33.66	150m:	1:47.26	36.94	250m:	3:01.06	36.97	350m:	4:13.71 36.15
	100m:	1:10.32 36.66	200m:	2:24.09	36.83	300m:	3:37.56	36.50	400m:	4:49.02 35.31
7.	SIKORA, Adrianna SK		99	UKS SMS Galicja Kraków				<b>4:52.48</b>	515	
	50m:	34.95 34.95	150m:	1:48.94	37.14	250m:	3:03.23	37.10	350m:	4:17.04 36.61
	100m:	1:11.80 36.85	200m:	2:26.13	37.19	300m:	3:40.43	37.20	400m:	4:52.48 35.44
<b>15 lat</b>										
1.	NITA, Daria		01	KS Korona Kraków				<b>4:26.31</b>	682	
	50m:	30.82 30.82	150m:	1:37.84	33.37	250m:	2:45.40	33.55	350m:	3:53.21 33.91
	100m:	1:04.47 33.65	200m:	2:11.85	34.01	300m:	3:19.30	33.90	400m:	4:26.31 33.10
2.	SERAFIN, Magdalena		01	UKS SMS Galicja Kraków				<b>4:36.08</b>	612	
	50m:	31.54 31.54	150m:	1:40.65	35.06	250m:	2:51.94	35.93	350m:	4:02.44 35.08
	100m:	1:05.59 34.05	200m:	2:16.01	35.36	300m:	3:27.36	35.42	400m:	4:36.08 33.64
3.	NADYBSKA, Natalia		01	SSKSit Glosator Kraków				<b>4:46.08</b>	550	
	50m:	31.77 31.77	150m:	1:43.80	36.32	250m:	2:57.09	36.83	350m:	4:11.18 36.98
	100m:	1:07.48 35.71	200m:	2:20.26	36.46	300m:	3:34.20	37.11	400m:	4:46.08 34.90
4.	ZI BA, Gabriela SO		01	UKP Unia O wi cim				<b>4:51.67</b>	519	
	50m:	33.29 33.29	150m:	1:46.72	36.68	250m:	3:01.25	37.43	350m:	4:17.18 38.34
	100m:	1:10.04 36.75	200m:	2:23.82	37.10	300m:	3:38.84	37.59	400m:	4:51.67 34.49
5.	PRZEWO NIAK, Partycja SO		01	UKP Unia O wi cim				<b>4:52.58</b>	514	
	50m:	34.27 34.27	150m:	1:48.07	37.07	250m:	3:02.23	37.13	350m:	4:17.27 37.36
	100m:	1:11.00 36.73	200m:	2:25.10	37.03	300m:	3:39.91	37.68	400m:	4:52.58 35.31
<b>14 lat</b>										
1.	KUSION, Weronika		02	BOSiR Brzesko				<b>4:40.42</b>	584	
	50m:	32.61 32.61	150m:	1:43.46	35.60	250m:	2:54.52	35.57	350m:	4:05.99 35.79
	100m:	1:07.86 35.25	200m:	2:18.95	35.49	300m:	3:30.20	35.68	400m:	4:40.42 34.43
2.	PROCHOWNIK, Martyna SO		02	UKP Unia O wi cim				<b>4:42.66</b>	571	
	50m:	32.48 32.48	150m:	1:43.88	36.03	250m:	2:56.16	36.12	350m:	4:08.51 35.98
	100m:	1:07.85 35.37	200m:	2:20.04	36.16	300m:	3:32.53	36.37	400m:	4:42.66 34.15
3.	KULISIEWICZ, Adrianna		02	UKS SMS Galicja Kraków				<b>4:43.05</b>	568	
	50m:	32.71 32.71	150m:	1:43.92	35.93	250m:	2:55.67	35.98	350m:	4:08.36 36.24
	100m:	1:07.99 35.28	200m:	2:19.69	35.77	300m:	3:32.12	36.45	400m:	4:43.05 34.69

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13 lat

1.	KOZD BA, Karolina	03	UKS SMS Galicja Kraków	<b>4:47.78</b>	541
	50m: 32.70 32.70	150m: 1:45.45	36.86 250m: 2:59.93 37.03	350m: 4:13.23	36.23
	100m: 1:08.59 35.89	200m: 2:22.90	37.45 300m: 3:37.00 37.07	400m: 4:47.78	34.55
2.	KUZIÓW, Martyna SO	03	Ulks Victoria Kozy	<b>4:53.47</b>	510
	50m: 33.19 33.19	150m: 1:48.03	37.90 250m: 3:04.60 38.66	350m: 4:18.08	35.76
	100m: 1:10.13 36.94	200m: 2:25.94	37.91 300m: 3:42.32 37.72	400m: 4:53.47	35.39
3.	KLIMCZYK, Emilia	03	UKS SMS Galicja Kraków	<b>5:05.05</b>	454
	50m: 34.00 34.00	150m: 1:49.74	38.43 250m: 3:08.06 39.44	350m: 4:27.34	39.85
	100m: 1:11.31 37.31	200m: 2:28.62	38.88 300m: 3:47.49 39.43	400m: 5:05.05	37.71
4.	GWIAZDOWSKA, Wiktoria	03	UKS SMS Galicja Kraków	<b>5:05.28</b>	453
	50m: 33.43 33.43	150m: 1:48.76	38.23 250m: 3:06.18 39.41	350m: 4:26.08	40.27
	100m: 1:10.53 37.10	200m: 2:26.77	38.01 300m: 3:45.81 39.63	400m: 5:05.28	39.20
5.	MOKRZYCKA, Natalia	03	KS Korona Kraków	<b>5:33.42</b>	347
	50m: 38.50 38.50	150m: 2:03.42	43.02 250m: 3:28.72 42.64	350m: 4:53.19	41.77
	100m: 1:20.40 41.90	200m: 2:46.08	42.66 300m: 4:11.42 42.70	400m: 5:33.42	40.23

12 lat

1.	ELAZNY, Kinga	04	KS Korona Kraków	<b>5:12.74</b>	421
	50m: 35.12 35.12	150m: 1:53.93	39.53 250m: 3:13.58 39.70	350m: 4:33.72	40.50
	100m: 1:14.40 39.28	200m: 2:33.88	39.95 300m: 3:53.22 39.64	400m: 5:12.74	39.02
2.	BANASZKIEWICZ, Oliwia	04	Omega Olkusz	<b>5:14.96</b>	412
	50m: 33.95 33.95	150m: 1:54.40	40.86 250m: 3:14.25 39.65	350m: 4:34.39	40.29
	100m: 1:13.54 39.59	200m: 2:34.60	40.20 300m: 3:54.10 39.85	400m: 5:14.96	40.57
3.	BRACH, Oliwia	04	BOSiR Brzesko	<b>5:27.46</b>	367
	50m: 36.89 36.89	150m: 1:58.92	41.46 250m: 3:22.96 42.33	350m: 4:47.94	42.31
	100m: 1:17.46 40.57	200m: 2:40.63	41.71 300m: 4:05.63 42.67	400m: 5:27.46	39.52
4.	GICALA, Patrycja	04	BOSiR Brzesko	<b>5:33.51</b>	347
	50m: 37.50 37.50	150m: 2:00.31	41.87 250m: 3:25.94 42.96	350m: 4:51.79	42.85
	100m: 1:18.44 40.94	200m: 2:42.98	42.67 300m: 4:08.94 43.00	400m: 5:33.51	41.72
5.	BEZPALKO, Kinga	04	ASP Siemacha Kraków	<b>5:36.53</b>	338
	50m: 37.32 37.32	150m: 2:02.74	43.24 250m: 3:29.80 43.97	350m: 4:54.95	42.89
	100m: 1:19.50 42.18	200m: 2:45.83	43.09 300m: 4:12.06 42.26	400m: 5:36.53	41.58
6.	JAKUBOWSKA, Maja	04	UKS SMS Galicja Kraków	<b>5:39.87</b>	328
	50m: 39.50 39.50	150m: 2:06.14	43.50 250m: 3:33.03 43.62	350m: 4:59.11	43.32
	100m: 1:22.64 43.14	200m: 2:49.41	43.27 300m: 4:15.79 42.76	400m: 5:39.87	40.76
7.	MIERNIK, Wiktoria	04	UKS "Ósemka" O wi cim	<b>5:39.99</b>	328
	50m: 38.60 38.60	150m: 2:04.18	43.42 250m: 3:31.47 43.64	350m: 4:59.75	43.93
	100m: 1:20.76 42.16	200m: 2:47.83	43.65 300m: 4:15.82 44.35	400m: 5:39.99	40.24
8.	GAŁKA, Katarzyna	04	Omega Olkusz	<b>5:47.42</b>	307
	50m: 37.22 37.22	150m: 2:06.05	45.10 250m: 3:35.48 44.92	350m: 5:03.75	43.82
	100m: 1:20.95 43.73	200m: 2:50.56	44.51 300m: 4:19.93 44.45	400m: 5:47.42	43.67