

2016 Zimowe Mistrzostwa Województwa Lubelskiego
Lublin, 3- - 4-12-2016

Konkurencja 11
2016-12-03 - 11:37

Kobiet, 400m zmienny

12 lat i starsi
Wyniki

Rekord LOZP 4:43.58 ADAMCZYK Julia 03103 Lublin 2016-03-11

Punkty: FINA 2016

Pozycja Wiek Czas Pkt. CR

MŁODZIK

1.	KURZYNA Aleksandra	13	Fala Kra nik	5:31.09	481	+0,77
	50m: 36.51 36.51 150m: 2:00.84 41.59 250m: 3:27.88 45.99 350m: 4:54.65 39.29					
	100m: 1:19.25 42.74 200m: 2:41.89 41.05 300m: 4:15.36 47.48 400m: 5:31.09 36.44					
2.	LUTKIEWICZ Gabriela	13	Wisła Puławy	5:34.32	467	+0,77
	50m: 34.30 34.30 150m: 1:59.57 44.52 250m: 3:28.31 46.95 350m: 4:56.78 38.90					
	100m: 1:15.05 40.75 200m: 2:41.36 41.79 300m: 4:17.88 49.57 400m: 5:34.32 37.54					
3.	URAWSKA Kaja	13	Olimpia Lublin	5:39.08	448	+0,61
	50m: 34.80 34.80 150m: 2:01.10 44.84 250m: 3:33.28 48.83 350m: 5:02.07 40.10					
	100m: 1:16.26 41.46 200m: 2:44.45 43.35 300m: 4:21.97 48.69 400m: 5:39.08 37.01					
4.	ŁUSZCZEW Brygida	12	Olimpijczyk 23 Lublin	5:46.20	420	
	50m: 35.05 35.05 150m: 2:03.24 45.04 250m: 3:35.61 49.78 350m: 5:06.50 39.91					
	100m: 1:18.20 43.15 200m: 2:45.83 42.59 300m: 4:26.59 50.98 400m: 5:46.20 39.70					
5.	KOŁODZIEJCZYK Oliwia	13	Olimpia Lublin	5:48.76	411	+0,50
	50m: 37.81 37.81 150m: 2:09.27 45.36 250m: 3:42.46 49.10 350m: 5:12.03 39.38					
	100m: 1:23.91 46.10 200m: 2:53.36 44.09 300m: 4:32.65 50.19 400m: 5:48.76 36.73					
6.	WIKŁA Katarzyna	12	Lublinianka	6:03.25	364	+0,80
	50m: 39.82 39.82 150m: 2:14.42 46.38 250m: 3:48.48 48.99 350m: 5:22.21 43.62					
	100m: 1:28.04 48.22 200m: 2:59.49 45.07 300m: 4:38.59 50.11 400m: 6:03.25 41.04					
7.	BEDNARZ Julia	12	Orka Zamo	6:10.90	342	+0,86
	50m: 38.84 38.84 150m: 2:18.24 48.62 250m: 3:55.89 50.25 350m: 5:29.12 42.63					
	100m: 1:29.62 50.78 200m: 3:05.64 47.40 300m: 4:46.49 50.60 400m: 6:10.90 41.78					
8.	SOSNOWSKA Joanna	12	Orka Zamo	7:05.34	226	+0,76
	50m: 47.49 47.49 150m: 2:45.10 58.55 250m: 4:38.23 54.17 350m: 6:20.34 45.95					
	100m: 1:46.55 59.06 200m: 3:44.06 58.96 300m: 5:34.39 56.16 400m: 7:05.34 45.00					

DYSKW. SIOMA Zuzanna 12 Orka Zamo
M5 - Nierównoczesna praca ramion

JUNIOR

1.	WILCZEWSKA Aleksandra	14	Olimpia Lublin	5:08.14	596	+0,75
	50m: 33.88 33.88 150m: 1:52.35 38.90 250m: 3:12.90 43.67 350m: 4:33.21 36.62					
	100m: 1:13.45 39.57 200m: 2:29.23 36.88 300m: 3:56.59 43.69 400m: 5:08.14 34.93					
2.	TERLECKA Anna	14	Wodnik Krasnystaw	5:27.07	499	+0,78
	50m: 32.08 32.08 150m: 1:53.87 42.97 250m: 3:20.13 44.73 350m: 4:47.65 41.32					
	100m: 1:10.90 38.82 200m: 2:35.40 41.53 300m: 4:06.33 46.20 400m: 5:27.07 39.42					
3.	MALINOWSKA Zuzanna	15	Olimpia Lublin	5:50.73	404	+0,80
	50m: 36.07 36.07 150m: 2:04.28 44.41 250m: 3:40.59 51.71 350m: 5:11.98 40.25					
	100m: 1:19.87 43.80 200m: 2:48.88 44.60 300m: 4:31.73 51.14 400m: 5:50.73 38.75					

OPEN

1.	WILCZEWSKA Aleksandra	14	Olimpia Lublin	5:08.14	596	+0,75
	50m: 33.88 33.88 150m: 1:52.35 38.90 250m: 3:12.90 43.67 350m: 4:33.21 36.62					
	100m: 1:13.45 39.57 200m: 2:29.23 36.88 300m: 3:56.59 43.69 400m: 5:08.14 34.93					
2.	MIKOŁAJEK Aleksandra	16	Avia widnik	5:20.07	532	+0,80
	50m: 33.97 33.97 150m: 1:56.87 43.63 250m: 3:22.76 43.99 350m: 4:43.18 36.66					
	100m: 1:13.24 39.27 200m: 2:38.77 41.90 300m: 4:06.52 43.76 400m: 5:20.07 36.89					
3.	TERLECKA Anna	14	Wodnik Krasnystaw	5:27.07	499	+0,78
	50m: 32.08 32.08 150m: 1:53.87 42.97 250m: 3:20.13 44.73 350m: 4:47.65 41.32					
	100m: 1:10.90 38.82 200m: 2:35.40 41.53 300m: 4:06.33 46.20 400m: 5:27.07 39.42					

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Konkurencja 11, Kobiet, 400m zmienny, OPEN

Pozycja			Wiek							Czas	Pkt.	CR
4.	KURZYNA Aleksandra		13	Fala Kra nik						5:31.09	481	+0,77
	50m:	36.51 36.51	150m:	2:00.84	41.59	250m:	3:27.88	45.99	350m:	4:54.65	39.29	
	100m:	1:19.25 42.74	200m:	2:41.89	41.05	300m:	4:15.36	47.48	400m:	5:31.09	36.44	
5.	LUTKIEWICZ Gabriela		13	Wisła Puławy						5:34.32	467	+0,77
	50m:	34.30 34.30	150m:	1:59.57	44.52	250m:	3:28.31	46.95	350m:	4:56.78	38.90	
	100m:	1:15.05 40.75	200m:	2:41.36	41.79	300m:	4:17.88	49.57	400m:	5:34.32	37.54	
6.	URAWSKA Kaja		13	Olimpia Lublin						5:39.08	448	+0,61
	50m:	34.80 34.80	150m:	2:01.10	44.84	250m:	3:33.28	48.83	350m:	5:02.07	40.10	
	100m:	1:16.26 41.46	200m:	2:44.45	43.35	300m:	4:21.97	48.69	400m:	5:39.08	37.01	
7.	ŁUSZCZEW Brygida		12	Olimpijczyk 23 Lublin						5:46.20	420	
	50m:	35.05 35.05	150m:	2:03.24	45.04	250m:	3:35.61	49.78	350m:	5:06.50	39.91	
	100m:	1:18.20 43.15	200m:	2:45.83	42.59	300m:	4:26.59	50.98	400m:	5:46.20	39.70	
8.	KOŁODZIEJCZYK Oliwia		13	Olimpia Lublin						5:48.76	411	+0,50
	50m:	37.81 37.81	150m:	2:09.27	45.36	250m:	3:42.46	49.10	350m:	5:12.03	39.38	
	100m:	1:23.91 46.10	200m:	2:53.36	44.09	300m:	4:32.65	50.19	400m:	5:48.76	36.73	
9.	MALINOWSKA Zuzanna		15	Olimpia Lublin						5:50.73	404	+0,80
	50m:	36.07 36.07	150m:	2:04.28	44.41	250m:	3:40.59	51.71	350m:	5:11.98	40.25	
	100m:	1:19.87 43.80	200m:	2:48.88	44.60	300m:	4:31.73	51.14	400m:	5:50.73	38.75	
10.	WIKŁA Katarzyna		12	Lublinianka						6:03.25	364	+0,80
	50m:	39.82 39.82	150m:	2:14.42	46.38	250m:	3:48.48	48.99	350m:	5:22.21	43.62	
	100m:	1:28.04 48.22	200m:	2:59.49	45.07	300m:	4:38.59	50.11	400m:	6:03.25	41.04	
11.	BEDNARZ Julia		12	Orka Zamo						6:10.90	342	+0,86
	50m:	38.84 38.84	150m:	2:18.24	48.62	250m:	3:55.89	50.25	350m:	5:29.12	42.63	
	100m:	1:29.62 50.78	200m:	3:05.64	47.40	300m:	4:46.49	50.60	400m:	6:10.90	41.78	
12.	SOSNOWSKA Joanna		12	Orka Zamo						7:05.34	226	+0,76
	50m:	47.49 47.49	150m:	2:45.10	58.55	250m:	4:38.23	54.17	350m:	6:20.34	45.95	
	100m:	1:46.55 59.06	200m:	3:44.06	58.96	300m:	5:34.39	56.16	400m:	7:05.34	45.00	
DYSKW.	SIOMA Zuzanna		12	Orka Zamo								
	<i>M5 - Nierównoczesna praca ramion</i>											
PK	AMILKIEWICZ Aleksandra		11	Olimpia Lublin						5:30.86	482	+0,60
	50m:	34.39 34.39	150m:	1:56.26	41.05	250m:	3:25.37	48.14	350m:	4:53.13	39.16	
	100m:	1:15.21 40.82	200m:	2:37.23	40.97	300m:	4:13.97	48.60	400m:	5:30.86	37.73	