

MISTRZOSTWA WARMI SKO-MAZURSKIEGO OZP  
Olsztyn, 4- - 5-12-2015

Konkurencja 31  
2015-12-05 - 12:41

Kobiet, 400m dowolny

Open  
Wyniki

Rekord Okr gu Open	4:07.59	CZERNIAK, Monika	01113	Ostrowiec Sw	2014-12-19
Rekord Okr gu - 11	5:08.22	ŁUKASIK, Wiktoria	00713	Gizycko	2010-11-20
Rekord Okr gu 12	4:51.45	MACIESZA, Agata	00813	Elk	2008-12-14
Rekord Okr gu 13	4:42.75	ZGIET, Karina	00813	Elk	2008-12-14
Rekord Okr gu 14	4:30.81	LEO CZUK, Sara	00913	Krakow	2013-11-09
Rekord Okr gu 15	4:26.75	KOTOWICZ, Anna	00913	Lodz	2013-11-17
Rekord Okr gu 16	4:26.41	KOTOWICZ, Anna	00913	Gorzow Wlkp	2014-03-15
Rekord Okr gu 17	4:25.44	CHODYNA, Monika	00213	Olsztyn	2009-12-12
Rekord Okr gu 18	4:26.82	CHODYNA, Monika	00213	Szczecin	2010-12-03
Rekord Okr gu 19 +	4:07.59	CZERNIAK, Monika	01113	Ostrowiec Sw	2014-12-19

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.	
<b>10 lat i młodszy</b>										
1.	<b>BORCZAK, Julia</b>		05	UKP Jedyńka Elbl g				<b>6:12.18</b>	250	
	50m:	43.38 43.38	150m:	2:21.15	48.94	250m:	3:56.09	46.38	350m:	5:30.04 46.24
	100m:	1:32.21 48.83	200m:	3:09.71	48.56	300m:	4:43.80 47.71	400m:	6:12.18 42.14	
2.	<b>CZARNECKA, Olga</b>		05	MTP KORMORAN Olsztyn				<b>6:52.53</b>	183	
	50m:	46.36 46.36	150m:	2:30.24	51.95	250m:	4:14.90 51.99	350m:	6:01.67 52.53	
	100m:	1:38.29 51.93	200m:	3:22.91	52.67	300m:	5:09.14 54.24	400m:	6:52.53 50.86	
3.	<b>NIEWIADOMSKA, Klaudia</b>		06	UKP Jedyńka Elbl g				<b>7:43.45</b>	129	
	50m:	49.17 49.17	150m:	2:49.11	59.73	250m:	4:51.36 1:01.64	350m:	6:49.86 1:00.29	
	100m:	1:49.38 1:00.21	200m:	3:49.72	1:00.61	300m:	5:49.57 58.21	400m:	7:43.45 53.59	
<b>11 lat</b>										
1.	<b>GUTOWSKA, Maria</b>		04	UKP Jedyńka Elbl g				<b>5:34.98</b>	343	
	50m:	37.92 37.92	150m:	2:02.80	43.05	250m:	3:29.60 43.70	350m:	4:55.11 42.44	
	100m:	1:19.75 41.83	200m:	2:45.90	43.10	300m:	4:12.67 43.07	400m:	5:34.98 39.87	
2.	<b>GRAJEK, Sandra</b>		04	MTP KORMORAN Olsztyn				<b>6:20.04</b>	234	
	50m:	43.91 43.91	150m:	2:21.10	48.52	250m:	3:57.28 48.06	350m:	5:29.16 44.91	
	100m:	1:32.58 48.67	200m:	3:09.22	48.12	300m:	4:44.25 46.97	400m:	6:20.04 50.88	
3.	<b>WIERZCHOWSKA, Maja</b>		04	MTP KORMORAN Olsztyn				<b>6:30.35</b>	216	
	50m:	42.67 42.67	150m:	2:21.26	49.53	250m:	4:02.98 50.74	350m:	5:43.37 50.29	
	100m:	1:31.73 49.06	200m:	3:12.24	50.98	300m:	4:53.08 50.10	400m:	6:30.35 46.98	
4.	<b>SOBIESKA, Agata</b>		04	MTP KORMORAN Olsztyn				<b>6:40.92</b>	200	
	50m:	46.88 46.88	150m:	2:29.88	50.69	250m:	4:13.88 52.04	350m:	5:55.08 49.95	
	100m:	1:39.19 52.31	200m:	3:21.84	51.96	300m:	5:05.13 51.25	400m:	6:40.92 45.84	
<b>12 lat</b>										
1.	<b>KULIK, Wiktoria</b>		03	MTP KORMORAN Olsztyn				<b>5:06.08</b>	449	
	50m:	34.61 34.61	150m:	1:53.69	39.73	250m:	3:12.34 38.93	350m:	4:29.51 38.34	
	100m:	1:13.96 39.35	200m:	2:33.41	39.72	300m:	3:51.17 38.83	400m:	5:06.08 36.57	
2.	<b>ŁABAJ, Zuzanna</b>		03	MTP KORMORAN Olsztyn				<b>5:30.01</b>	358	
	50m:	37.80 37.80	150m:	2:00.71	42.06	250m:	3:26.20 42.50	350m:	4:50.63 41.51	
	100m:	1:18.65 40.85	200m:	2:43.70	42.99	300m:	4:09.12 42.92	400m:	5:30.01 39.38	
3.	<b>ŁUCZY SKA, Adrianna</b>		03	MTP KORMORAN Olsztyn				<b>5:51.88</b>	296	
	50m:	37.62 37.62	150m:	2:06.48	45.81	250m:	3:37.27 45.25	350m:	5:08.50 45.72	
	100m:	1:20.67 43.05	200m:	2:52.02	45.54	300m:	4:22.78 45.51	400m:	5:51.88 43.38	
4.	<b>GŁ BI SKA, Martyna</b>		03	Orka Iława				<b>6:15.54</b>	243	
	50m:	41.87 41.87	150m:	2:17.55	48.56	250m:	3:55.25 49.04	350m:	5:30.65 46.42	
	100m:	1:28.99 47.12	200m:	3:06.21	48.66	300m:	4:44.23 48.98	400m:	6:15.54 44.89	
5.	<b>SKALSKA, Oliwia</b>		03	MTP KORMORAN Olsztyn				<b>6:26.48</b>	223	
	50m:	43.93 43.93	150m:	2:22.66	49.91	250m:	4:01.53 50.02	350m:	5:41.11 49.04	
	100m:	1:32.75 48.82	200m:	3:11.51	48.85	300m:	4:52.07 50.54	400m:	6:26.48 45.37	

MISTRZOSTWA WARMII SKO-MAZURSKIEGO OZP  
Olsztyn, 4- - 5-12-2015

Konkurencja 31, Kobiet, 400m dowolny

13 lat

1.	JASZCZUK, Ewa SOL	02	MTP KORMORAN Olsztyn	<b>4:42.80</b>	570
	50m: 31.41 31.41	150m: 1:42.34	36.32 250m: 2:55.45 36.41	350m: 4:07.79	35.84
	100m: 1:06.02 34.61	200m: 2:19.04	36.70 300m: 3:31.95 36.50	400m: 4:42.80	35.01
2.	BUKO, Martyna	02	MKS Medyk Gi ycko	<b>4:49.21</b>	533
	50m: 31.50 31.50	150m: 1:43.76	36.74 250m: 2:58.12 36.78	350m: 4:13.27	37.03
	100m: 1:07.02 35.52	200m: 2:21.34	37.58 300m: 3:36.24 38.12	400m: 4:49.21	35.94
3.	PAWEŁAS, Martyna SOL	02	MTP KORMORAN Olsztyn	<b>5:32.20</b>	351
	50m: 37.14 37.14	150m: 2:00.68	42.31 250m: 3:27.19 43.25	350m: 4:53.94	43.08
	100m: 1:18.37 41.23	200m: 2:43.94	43.26 300m: 4:10.86 43.67	400m: 5:32.20	38.26

14 lat

1.	SZELUGA, Wiktoria SOL	01	MTP KORMORAN Olsztyn	<b>4:58.59</b>	484
	50m: 32.90 32.90	150m: 1:48.58	38.65 250m: 3:05.07 38.28	350m: 4:21.62	38.39
	100m: 1:09.93 37.03	200m: 2:26.79	38.21 300m: 3:43.23 38.16	400m: 4:58.59	36.97
2.	TYLKIE, Karolina	01	UKP Jedyńka Elbl g	<b>5:12.38</b>	423
	50m: 34.88 34.88	150m: 1:54.51	40.39 250m: 3:14.43 39.90	350m: 4:33.73	39.34
	100m: 1:14.12 39.24	200m: 2:34.53	40.02 300m: 3:54.39 39.96	400m: 5:12.38	38.65
3.	TROJA, Delfina SOL	01	MTP KORMORAN Olsztyn	<b>5:17.40</b>	403
	50m: 35.57 35.57	150m: 1:55.55	40.58 250m: 3:17.87 41.21	350m: 4:38.58	40.14
	100m: 1:14.97 39.40	200m: 2:36.66	41.11 300m: 3:58.44 40.57	400m: 5:17.40	38.82
4.	KRUPI SKA, Laura SOL	01	MTP KORMORAN Olsztyn	<b>5:21.96</b>	386
	50m: 35.00 35.00	150m: 1:56.86	42.24 250m: 3:18.84 39.80	350m: 4:40.55	40.71
	100m: 1:14.62 39.62	200m: 2:39.04	42.18 300m: 3:59.84 41.00	400m: 5:21.96	41.41

15 lat

1.	CHODYNA, Kinga	00	MTP KORMORAN Olsztyn	<b>4:40.22</b>	586
	50m: 32.05 32.05	150m: 1:43.03	35.85 250m: 2:55.51 36.42	350m: 4:06.66	35.11
	100m: 1:07.18 35.13	200m: 2:19.09	36.06 300m: 3:31.55 36.04	400m: 4:40.22	33.56

16 lat i starsi

1.	OSEŁKOWSKA, Julia	99	MTP KORMORAN Olsztyn	<b>5:13.49</b>	418
	50m: 34.19 34.19	150m: 1:52.27	39.53 250m: 3:12.52 40.51	350m: 4:34.38	41.04
	100m: 1:12.74 38.55	200m: 2:32.01	39.74 300m: 3:53.34 40.82	400m: 5:13.49	39.11