

Letnie Otwarte Mistrzostwa Polski Osób Niepełnosprawnych  
Gorzów Wlkp., 13- - 14-6-2015

Konkurencja 7  
2015-06-13 - 12:22

Kobiet, 400m dowolny

Open  
Wyniki

Punkty: IPC 2014

| Pozycja              |                        |         |         |                     |         |         |       |                 | Czas    | Pkt.  |          |         |
|----------------------|------------------------|---------|---------|---------------------|---------|---------|-------|-----------------|---------|-------|----------|---------|
| <b>Grupa S7</b>      |                        |         |         |                     |         |         |       |                 |         |       |          |         |
| 1.                   | MAŁASZKIEWICZ Dominika |         | S7      | Start Białystok     |         |         |       | <b>10:38.78</b> | 103     |       |          |         |
|                      | 50m:                   | 1:10.99 | 1:10.99 | 150m:               | 3:47.94 | 1:18.74 | 250m: | 6:30.91         | 1:23.62 | 350m: | 9:16.93  | 1:22.80 |
|                      | 100m:                  | 2:29.20 | 1:18.21 | 200m:               | 5:07.29 | 1:19.35 | 300m: | 7:54.13         | 1:23.22 | 400m: | 10:38.78 | 1:21.85 |
| <b>Grupa S8</b>      |                        |         |         |                     |         |         |       |                 |         |       |          |         |
| 1.                   | KACIK Nikola           |         | S8      | Szansa Start Gda sk |         |         |       | <b>7:05.70</b>  | 292     |       |          |         |
|                      | 50m:                   | 47.48   | 47.48   | 150m:               | 2:35.65 | 54.64   | 250m: | 4:26.22         | 55.81   | 350m: | 6:14.70  | 53.52   |
|                      | 100m:                  | 1:41.01 | 53.53   | 200m:               | 3:30.41 | 54.76   | 300m: | 5:21.18         | 54.96   | 400m: | 7:05.70  | 51.00   |
| <b>Grupa S9</b>      |                        |         |         |                     |         |         |       |                 |         |       |          |         |
| 1.                   | SOBCZAK Katarzyna      |         | S9      | Start Wrocław       |         |         |       | <b>5:21.76</b>  | 551     |       |          |         |
|                      | 50m:                   | 37.09   | 37.09   | 150m:               | 1:57.59 | 40.65   | 250m: | 3:19.83         | 40.93   | 350m: | 4:42.55  | 41.39   |
|                      | 100m:                  | 1:16.94 | 39.85   | 200m:               | 2:38.90 | 41.31   | 300m: | 4:01.16         | 41.33   | 400m: | 5:21.76  | 39.21   |
| 2.                   | LISIAK Nikola          |         | S9      | KSI Start Szczecin  |         |         |       | <b>6:33.91</b>  | 300     |       |          |         |
|                      | 50m:                   | 40.76   | 40.76   | 150m:               | 2:17.20 | 49.39   | 250m: | 3:59.49         | 51.68   | 350m: | 5:42.84  | 51.30   |
|                      | 100m:                  | 1:27.81 | 47.05   | 200m:               | 3:07.81 | 50.61   | 300m: | 4:51.54         | 52.05   | 400m: | 6:33.91  | 51.07   |
| <b>Grupa S10</b>     |                        |         |         |                     |         |         |       |                 |         |       |          |         |
| 1.                   | JABŁO SKA Oliwia       |         | S10     | Start Wrocław       |         |         |       | <b>4:40.54</b>  | 919     |       |          |         |
|                      | 50m:                   | 32.69   | 32.69   | 150m:               | 1:43.47 | 35.54   | 250m: | 2:54.76         | 35.64   | 350m: | 4:06.08  | 35.67   |
|                      | 100m:                  | 1:07.93 | 35.24   | 200m:               | 2:19.12 | 35.65   | 300m: | 3:30.41         | 35.65   | 400m: | 4:40.54  | 34.46   |
| 2.                   | GIEDRY Alicja          |         | S10     | Szansa Start Gda sk |         |         |       | <b>5:47.08</b>  | 486     |       |          |         |
|                      | 50m:                   | 39.43   | 39.43   | 150m:               | 2:07.02 | 44.48   | 250m: | 3:36.33         | 44.48   | 350m: | 5:04.97  | 44.41   |
|                      | 100m:                  | 1:22.54 | 43.11   | 200m:               | 2:51.85 | 44.83   | 300m: | 4:20.56         | 44.23   | 400m: | 5:47.08  | 42.11   |
| 3.                   | GRZEGORCZYK Justyna    |         | S10     | Start Białystok     |         |         |       | <b>6:58.43</b>  | 277     |       |          |         |
|                      | 50m:                   | 45.78   | 45.78   | 150m:               | 2:29.49 | 52.76   | 250m: | 4:15.93         | 54.31   | 350m: | 6:05.07  | 55.08   |
|                      | 100m:                  | 1:36.73 | 50.95   | 200m:               | 3:21.62 | 52.13   | 300m: | 5:09.99         | 54.06   | 400m: | 6:58.43  | 53.36   |
| <b>Grupa S12</b>     |                        |         |         |                     |         |         |       |                 |         |       |          |         |
| 1.                   | MENDAK Joanna          |         | S12     | Start Białystok     |         |         |       | <b>5:16.00</b>  | 676     |       |          |         |
|                      | 50m:                   | 35.43   | 35.43   | 150m:               | 1:55.12 | 40.36   | 250m: | 3:15.92         | 40.16   | 350m: | 4:37.19  | 40.26   |
|                      | 100m:                  | 1:14.76 | 39.33   | 200m:               | 2:35.76 | 40.64   | 300m: | 3:56.93         | 41.01   | 400m: | 5:16.00  | 38.81   |
| <b>Grupa S1 - 10</b> |                        |         |         |                     |         |         |       |                 |         |       |          |         |
| 1.                   | JABŁO SKA Oliwia       |         | S10     | Start Wrocław       |         |         |       | <b>4:40.54</b>  | 919     |       |          |         |
|                      | 50m:                   | 32.69   | 32.69   | 150m:               | 1:43.47 | 35.54   | 250m: | 2:54.76         | 35.64   | 350m: | 4:06.08  | 35.67   |
|                      | 100m:                  | 1:07.93 | 35.24   | 200m:               | 2:19.12 | 35.65   | 300m: | 3:30.41         | 35.65   | 400m: | 4:40.54  | 34.46   |
| 2.                   | SOBCZAK Katarzyna      |         | S9      | Start Wrocław       |         |         |       | <b>5:21.76</b>  | 551     |       |          |         |
|                      | 50m:                   | 37.09   | 37.09   | 150m:               | 1:57.59 | 40.65   | 250m: | 3:19.83         | 40.93   | 350m: | 4:42.55  | 41.39   |
|                      | 100m:                  | 1:16.94 | 39.85   | 200m:               | 2:38.90 | 41.31   | 300m: | 4:01.16         | 41.33   | 400m: | 5:21.76  | 39.21   |
| 3.                   | GIEDRY Alicja          |         | S10     | Szansa Start Gda sk |         |         |       | <b>5:47.08</b>  | 486     |       |          |         |
|                      | 50m:                   | 39.43   | 39.43   | 150m:               | 2:07.02 | 44.48   | 250m: | 3:36.33         | 44.48   | 350m: | 5:04.97  | 44.41   |
|                      | 100m:                  | 1:22.54 | 43.11   | 200m:               | 2:51.85 | 44.83   | 300m: | 4:20.56         | 44.23   | 400m: | 5:47.08  | 42.11   |
| 4.                   | LISIAK Nikola          |         | S9      | KSI Start Szczecin  |         |         |       | <b>6:33.91</b>  | 300     |       |          |         |
|                      | 50m:                   | 40.76   | 40.76   | 150m:               | 2:17.20 | 49.39   | 250m: | 3:59.49         | 51.68   | 350m: | 5:42.84  | 51.30   |
|                      | 100m:                  | 1:27.81 | 47.05   | 200m:               | 3:07.81 | 50.61   | 300m: | 4:51.54         | 52.05   | 400m: | 6:33.91  | 51.07   |
| 5.                   | KACIK Nikola           |         | S8      | Szansa Start Gda sk |         |         |       | <b>7:05.70</b>  | 292     |       |          |         |
|                      | 50m:                   | 47.48   | 47.48   | 150m:               | 2:35.65 | 54.64   | 250m: | 4:26.22         | 55.81   | 350m: | 6:14.70  | 53.52   |
|                      | 100m:                  | 1:41.01 | 53.53   | 200m:               | 3:30.41 | 54.76   | 300m: | 5:21.18         | 54.96   | 400m: | 7:05.70  | 51.00   |

Letnie Otwarte Mistrzostwa Polski Osób Niepełnosprawnych  
Gorzów Wlkp., 13- - 14-6-2015

Konkurencja 7, Kobiet, 400m dowolny, Grupa S1 - 10

| Pozycja |                        |         |         |       |                 |         |       |         | Czas            | Pkt.  |          |         |
|---------|------------------------|---------|---------|-------|-----------------|---------|-------|---------|-----------------|-------|----------|---------|
| 6.      | GRZEGORCZYK Justyna    |         |         | S10   | Start Białystok |         |       |         | <b>6:58.43</b>  | 277   |          |         |
|         | 50m:                   | 45.78   | 45.78   | 150m: | 2:29.49         | 52.76   | 250m: | 4:15.93 | 54.31           | 350m: | 6:05.07  | 55.08   |
|         | 100m:                  | 1:36.73 | 50.95   | 200m: | 3:21.62         | 52.13   | 300m: | 5:09.99 | 54.06           | 400m: | 6:58.43  | 53.36   |
| 7.      | MAŁASZKIEWICZ Dominika |         |         | S7    | Start Białystok |         |       |         | <b>10:38.78</b> | 103   |          |         |
|         | 50m:                   | 1:10.99 | 1:10.99 | 150m: | 3:47.94         | 1:18.74 | 250m: | 6:30.91 | 1:23.62         | 350m: | 9:16.93  | 1:22.80 |
|         | 100m:                  | 2:29.20 | 1:18.21 | 200m: | 5:07.29         | 1:19.35 | 300m: | 7:54.13 | 1:23.22         | 400m: | 10:38.78 | 1:21.85 |

Grupa S11 - 13

|    |               |         |       |       |                 |       |       |         |                |       |         |       |
|----|---------------|---------|-------|-------|-----------------|-------|-------|---------|----------------|-------|---------|-------|
| 1. | MENDAK Joanna |         |       | S12   | Start Białystok |       |       |         | <b>5:16.00</b> | 676   |         |       |
|    | 50m:          | 35.43   | 35.43 | 150m: | 1:55.12         | 40.36 | 250m: | 3:15.92 | 40.16          | 350m: | 4:37.19 | 40.26 |
|    | 100m:         | 1:14.76 | 39.33 | 200m: | 2:35.76         | 40.64 | 300m: | 3:56.93 | 41.01          | 400m: | 5:16.00 | 38.81 |

Open

|    |                        |         |         |       |                     |         |       |         |                 |       |          |         |
|----|------------------------|---------|---------|-------|---------------------|---------|-------|---------|-----------------|-------|----------|---------|
| 1. | JABŁO SKA Oliwia       |         |         | S10   | Start Wrocław       |         |       |         | <b>4:40.54</b>  | 919   |          |         |
|    | 50m:                   | 32.69   | 32.69   | 150m: | 1:43.47             | 35.54   | 250m: | 2:54.76 | 35.64           | 350m: | 4:06.08  | 35.67   |
|    | 100m:                  | 1:07.93 | 35.24   | 200m: | 2:19.12             | 35.65   | 300m: | 3:30.41 | 35.65           | 400m: | 4:40.54  | 34.46   |
| 2. | MENDAK Joanna          |         |         | S12   | Start Białystok     |         |       |         | <b>5:16.00</b>  | 676   |          |         |
|    | 50m:                   | 35.43   | 35.43   | 150m: | 1:55.12             | 40.36   | 250m: | 3:15.92 | 40.16           | 350m: | 4:37.19  | 40.26   |
|    | 100m:                  | 1:14.76 | 39.33   | 200m: | 2:35.76             | 40.64   | 300m: | 3:56.93 | 41.01           | 400m: | 5:16.00  | 38.81   |
| 3. | SOBCZAK Katarzyna      |         |         | S9    | Start Wrocław       |         |       |         | <b>5:21.76</b>  | 551   |          |         |
|    | 50m:                   | 37.09   | 37.09   | 150m: | 1:57.59             | 40.65   | 250m: | 3:19.83 | 40.93           | 350m: | 4:42.55  | 41.39   |
|    | 100m:                  | 1:16.94 | 39.85   | 200m: | 2:38.90             | 41.31   | 300m: | 4:01.16 | 41.33           | 400m: | 5:21.76  | 39.21   |
| 4. | GIEDRY Alicja          |         |         | S10   | Szansa Start Gda sk |         |       |         | <b>5:47.08</b>  | 486   |          |         |
|    | 50m:                   | 39.43   | 39.43   | 150m: | 2:07.02             | 44.48   | 250m: | 3:36.33 | 44.48           | 350m: | 5:04.97  | 44.41   |
|    | 100m:                  | 1:22.54 | 43.11   | 200m: | 2:51.85             | 44.83   | 300m: | 4:20.56 | 44.23           | 400m: | 5:47.08  | 42.11   |
| 5. | LISIAK Nikola          |         |         | S9    | KSI Start Szczecin  |         |       |         | <b>6:33.91</b>  | 300   |          |         |
|    | 50m:                   | 40.76   | 40.76   | 150m: | 2:17.20             | 49.39   | 250m: | 3:59.49 | 51.68           | 350m: | 5:42.84  | 51.30   |
|    | 100m:                  | 1:27.81 | 47.05   | 200m: | 3:07.81             | 50.61   | 300m: | 4:51.54 | 52.05           | 400m: | 6:33.91  | 51.07   |
| 6. | KACIK Nikola           |         |         | S8    | Szansa Start Gda sk |         |       |         | <b>7:05.70</b>  | 292   |          |         |
|    | 50m:                   | 47.48   | 47.48   | 150m: | 2:35.65             | 54.64   | 250m: | 4:26.22 | 55.81           | 350m: | 6:14.70  | 53.52   |
|    | 100m:                  | 1:41.01 | 53.53   | 200m: | 3:30.41             | 54.76   | 300m: | 5:21.18 | 54.96           | 400m: | 7:05.70  | 51.00   |
| 7. | GRZEGORCZYK Justyna    |         |         | S10   | Start Białystok     |         |       |         | <b>6:58.43</b>  | 277   |          |         |
|    | 50m:                   | 45.78   | 45.78   | 150m: | 2:29.49             | 52.76   | 250m: | 4:15.93 | 54.31           | 350m: | 6:05.07  | 55.08   |
|    | 100m:                  | 1:36.73 | 50.95   | 200m: | 3:21.62             | 52.13   | 300m: | 5:09.99 | 54.06           | 400m: | 6:58.43  | 53.36   |
| 8. | MAŁASZKIEWICZ Dominika |         |         | S7    | Start Białystok     |         |       |         | <b>10:38.78</b> | 103   |          |         |
|    | 50m:                   | 1:10.99 | 1:10.99 | 150m: | 3:47.94             | 1:18.74 | 250m: | 6:30.91 | 1:23.62         | 350m: | 9:16.93  | 1:22.80 |
|    | 100m:                  | 2:29.20 | 1:18.21 | 200m: | 5:07.29             | 1:19.35 | 300m: | 7:54.13 | 1:23.22         | 400m: | 10:38.78 | 1:21.85 |