

Otwarte Mistrzostwa Województwa Zachodniopomorskiego w pływaniu  
Szczecin, 10-12-2014

Konkurencja 11  
2014-12-10 - 12:55

Kobiet, 400m dowolny

12 lat i starsi  
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.
<b>12 lat</b>									
1.	CHOŁUJ, Julia		02	MKP Szczecin				<b>5:08.93</b>	437
	50m:	35.32 35.32	150m:	1:54.24 40.03	250m:	3:13.79 39.42	350m:	4:31.37 38.24	
	100m:	1:14.21 38.89	200m:	2:34.37 40.13	300m:	3:53.13 39.34	400m:	5:08.93 37.56	
2.	MICHALAK, Anna		02	MKP Szczecin				<b>5:18.19</b>	400
	50m:	34.79 34.79	150m:	1:55.28 41.03	250m:	3:17.55 41.04	350m:	4:39.25 40.74	
	100m:	1:14.25 39.46	200m:	2:36.51 41.23	300m:	3:58.51 40.96	400m:	5:18.19 38.94	
3.	KAMI SKA, Martyna		02	Znicz Koszalin				<b>5:24.49</b>	377
	50m:	35.07 35.07	150m:	1:55.83 40.92	250m:	3:19.77 42.06	350m:	4:41.75 39.47	
	100m:	1:14.91 39.84	200m:	2:37.71 41.88	300m:	4:02.28 42.51	400m:	5:24.49 42.74	
4.	LISZTWAN, Alicja		02	Znicz Koszalin				<b>5:25.37</b>	374
	50m:	34.95 34.95	150m:	1:55.10 41.12	250m:	3:19.24 42.46	350m:	4:45.17 43.31	
	100m:	1:13.98 39.03	200m:	2:36.78 41.68	300m:	4:01.86 42.62	400m:	5:25.37 40.20	
5.	RODA, Dominika		02	MKP Szczecin				<b>5:30.94</b>	355
	50m:	37.17 37.17	150m:	2:02.27 43.21	250m:	3:27.19 42.17	350m:	4:52.73 42.56	
	100m:	1:19.06 41.89	200m:	2:45.02 42.75	300m:	4:10.17 42.98	400m:	5:30.94 38.21	
6.	JANKOWSKA, Emilia		02	IUKP "WODNIK" Police				<b>5:33.66</b>	347
	50m:	38.15 38.15	150m:	2:02.58 42.47	250m:	3:27.31 42.39	350m:	4:52.99 42.93	
	100m:	1:20.11 41.96	200m:	2:44.92 42.34	300m:	4:10.06 42.75	400m:	5:33.66 40.67	
7.	KAŁDUN, Ewelina		02	MKP Szczecin				<b>5:33.72</b>	347
	50m:	36.37 36.37	150m:	1:57.55 41.09	250m:	3:23.61 43.75	350m:	4:50.14 43.42	
	100m:	1:16.46 40.09	200m:	2:39.86 42.31	300m:	4:06.72 43.11	400m:	5:33.72 43.58	
<b>13 lat</b>									
1.	SKOWRO SKA, Wiktoria		01	MKP „Słowianka” Gorzów Wlkp.				<b>4:48.18</b>	538
	50m:	32.25 32.25	150m:	1:44.63 36.56	250m:	2:58.17 36.62	350m:	4:12.24 37.30	
	100m:	1:08.07 35.82	200m:	2:21.55 36.92	300m:	3:34.94 36.77	400m:	4:48.18 35.94	
2.	ZIELI SKA, Oliwia		01	MKP Szczecin				<b>4:54.17</b>	506
	50m:	32.64 32.64	150m:	1:45.56 36.90	250m:	3:00.86 37.80	350m:	4:17.39 38.26	
	100m:	1:08.66 36.02	200m:	2:23.06 37.50	300m:	3:39.13 38.27	400m:	4:54.17 36.78	
3.	MARCZUK, Zuzanna		01	MKS Neptun Stargard				<b>4:59.94</b>	478
	50m:	31.99 31.99	150m:	1:46.45 38.31	250m:	3:05.06 39.44	350m:	4:23.13 38.99	
	100m:	1:08.14 36.15	200m:	2:25.62 39.17	300m:	3:44.14 39.08	400m:	4:59.94 36.81	
4.	MARKUNAS, Julia		01	MKP Szczecin				<b>5:00.45</b>	475
	50m:	33.39 33.39	150m:	1:48.97 38.44	250m:	3:06.65 38.89	350m:	4:23.52 38.45	
	100m:	1:10.53 37.14	200m:	2:27.76 38.79	300m:	3:45.07 38.42	400m:	5:00.45 36.93	
5.	KACPRZAK, Paulina		01	MKP Szczecin				<b>5:03.33</b>	462
	50m:	32.81 32.81	150m:	1:48.36 38.45	250m:	3:06.55 38.86	350m:	4:24.84 39.28	
	100m:	1:09.91 37.10	200m:	2:27.69 39.33	300m:	3:45.56 39.01	400m:	5:03.33 38.49	
6.	KRZY A SKA, Karolina		01	MKP Szczecin				<b>5:07.25</b>	444
	50m:	34.95 34.95	150m:	1:50.62 38.03	250m:	3:08.26 38.78	350m:	4:24.21 37.49	
	100m:	1:12.59 37.64	200m:	2:29.48 38.86	300m:	3:46.72 38.46	400m:	5:07.25 43.04	
7.	GACZY SKA, Pola		01	MKP Szczecin				<b>5:08.47</b>	439
	50m:	34.44 34.44	150m:	1:52.60 39.69	250m:	3:10.77 38.83	350m:	4:29.14 38.76	
	100m:	1:12.91 38.47	200m:	2:31.94 39.34	300m:	3:50.38 39.61	400m:	5:08.47 39.33	
8.	URBA SKA, Paulina		01	MKP „Słowianka” Gorzów Wlkp.				<b>5:08.58</b>	438
	50m:	33.60 33.60	150m:	1:50.41 38.87	250m:	3:09.84 39.95	350m:	4:29.94 39.45	
	100m:	1:11.54 37.94	200m:	2:29.89 39.48	300m:	3:50.49 40.65	400m:	5:08.58 38.64	
9.	WOJCIECHOWSKA, Martyna		01	Znicz Koszalin				<b>5:12.50</b>	422
	50m:	35.28 35.28	150m:	1:54.96 40.13	250m:	3:14.60 39.91	350m:	4:34.72 39.69	
	100m:	1:14.83 39.55	200m:	2:34.69 39.73	300m:	3:55.03 40.43	400m:	5:12.50 37.78	

Otwarte Mistrzostwa Województwa Zachodniopomorskiego w pływaniu  
Szczecin, 10-12-2014

Konkurencja 11, Dziewcz t, 400m dowolny, 13 lat

Pozycja		Rok ur.						Czas	Pkt.
10.	SIERPUTOWSKA, Oliwia	01	Znicz Koszalin					<b>5:13.44</b>	418
	50m: 35.34 35.34	150m: 1:55.63	40.20	250m: 3:15.76	40.42	350m: 4:35.56	39.58		
	100m: 1:15.43 40.09	200m: 2:35.34	39.71	300m: 3:55.98	40.22	400m: 5:13.44	37.88		

14 lat

1.	MARGULA, Weronika	00	MKP Szczecin					<b>4:28.50</b>	666
	50m: 30.37 30.37	150m: 1:36.45	33.39	250m: 2:44.91	34.42	350m: 3:54.40	34.64		
	100m: 1:03.06 32.69	200m: 2:10.49	34.04	300m: 3:19.76	34.85	400m: 4:28.50	34.10		
2.	JANCZAK, Patrycja	00	MKP Szczecin					<b>4:47.25</b>	544
	50m: 32.80 32.80	150m: 1:44.49	36.20	250m: 2:57.92	36.69	350m: 4:11.21	36.33		
	100m: 1:08.29 35.49	200m: 2:21.23	36.74	300m: 3:34.88	36.96	400m: 4:47.25	36.04		
3.	BIERNACKA, Wiktoria	00	Znicz Koszalin					<b>5:07.62</b>	443
	50m: 33.82 33.82	150m: 1:49.39	38.63	250m: 3:09.58	40.45	350m: 4:29.14	38.67		
	100m: 1:10.76 36.94	200m: 2:29.13	39.74	300m: 3:50.47	40.89	400m: 5:07.62	38.48		
4.	SIEDLECKA, Patrycja	00	Znicz Koszalin					<b>5:10.15</b>	432
	50m: 34.30 34.30	150m: 1:52.04	39.42	250m: 3:11.36	39.79	350m: 4:30.94	39.38		
	100m: 1:12.62 38.32	200m: 2:31.57	39.53	300m: 3:51.56	40.20	400m: 5:10.15	39.21		
5.	KORLAGA, Paulina	00	MKP Szczecin					<b>5:16.90</b>	405
	50m: 35.02 35.02	150m: 1:55.55	40.67	250m: 3:17.45	40.81	350m: 4:39.86	40.95		
	100m: 1:14.88 39.86	200m: 2:36.64	41.09	300m: 3:58.91	41.46	400m: 5:16.90	37.04		

15 lat i starsi

1.	SOSNOWSKA, Patrycja	99	Znicz Koszalin					<b>4:59.09</b>	482
	50m: 31.30 31.30	150m: 1:41.47	36.00	250m: 2:58.65	39.00	350m: 4:19.40	40.64		
	100m: 1:05.47 34.17	200m: 2:19.65	38.18	300m: 3:38.76	40.11	400m: 4:59.09	39.69		
2.	KOTO SKA, Dominika	97	IUKP "WODNIK" Police					<b>5:04.19</b>	458
	50m: 32.63 32.63	150m: 1:46.96	37.01	250m: 3:03.15	38.34	350m: 4:19.87	38.17		
	100m: 1:09.95 37.32	200m: 2:24.81	37.85	300m: 3:41.70	38.55	400m: 5:04.19	44.32		