

Otwarte Zimowe Mistrzostwa Województwa Zachodniopomorskiego  
Szczecin, 11- - 12-12-2015

Konkurencja 11  
2015-12-11 - 14:14

Kobiet, 400m dowolny

10 lat i starsi  
Wyniki

Punkty: FINA 2015

Pozycja			Rok ur.					Czas	Pkt.	
<b>15 lat i starsi</b>										
1.	KLESSA HELENA SSz		00	MKP Szczecin				<b>4:36.17</b>	612	
	50m:	31.56 31.56	150m:	1:40.78	34.91	250m:	2:51.16	35.17	350m:	4:01.65 35.24
	100m:	1:05.87 34.31	200m:	2:15.99	35.21	300m:	3:26.41	35.25	400m:	4:36.17 34.52
2.	JANCZAK PATRYCJA SSz		00	MKP Szczecin				<b>4:44.45</b>	560	
	50m:	32.54 32.54	150m:	1:43.38	35.56	250m:	2:56.00	36.40	350m:	4:08.69 35.78
	100m:	1:07.82 35.28	200m:	2:19.60	36.22	300m:	3:32.91	36.91	400m:	4:44.45 35.76
3.	GROBLICA Joanna		00	MKP Szczecin				<b>4:54.97</b>	502	
	50m:	33.74 33.74	150m:	1:47.91	37.28	250m:	3:03.53	37.85	350m:	4:18.87 37.74
	100m:	1:10.63 36.89	200m:	2:25.68	37.77	300m:	3:41.13	37.60	400m:	4:54.97 36.10
4.	SENCZYSZYN Barbara		00	MKP Szczecin				<b>5:44.77</b>	314	
	50m:	36.00 36.00	150m:	2:03.54	44.75	250m:	3:37.15	50.27	350m:	5:06.91 39.25
	100m:	1:18.79 42.79	200m:	2:46.88	43.34	300m:	4:27.66	50.51	400m:	5:44.77 37.86
<b>14 lat</b>										
1.	ZIELI SKA Oliwia		01	MKP Szczecin				<b>4:40.22</b>	586	
	50m:	32.05 32.05	150m:	1:41.99	35.24	250m:	2:53.67	35.84	350m:	4:05.42 36.05
	100m:	1:06.75 34.70	200m:	2:17.83	35.84	300m:	3:29.37	35.70	400m:	4:40.22 34.80
2.	MARCZUK Zuzanna		01	Neptun Stargard				<b>4:52.53</b>	515	
	50m:	33.16 33.16	150m:	1:47.57	37.62	250m:	3:02.80	37.64	350m:	4:16.88 36.73
	100m:	1:09.95 36.79	200m:	2:25.16	37.59	300m:	3:40.15	37.35	400m:	4:52.53 35.65
3.	GACZY SKA Pola		01	MKP Szczecin				<b>4:55.87</b>	498	
	50m:	33.48 33.48	150m:	1:48.90	37.69	250m:	3:03.89	37.42	350m:	4:19.34 37.24
	100m:	1:11.21 37.73	200m:	2:26.47	37.57	300m:	3:42.10	38.21	400m:	4:55.87 36.53
4.	KRZY A SKA Karolina		01	MKP Szczecin				<b>4:58.71</b>	483	
	50m:	34.71 34.71	150m:	1:49.11	37.51	250m:	3:04.13	37.50	350m:	4:20.45 38.38
	100m:	1:11.60 36.89	200m:	2:26.63	37.52	300m:	3:42.07	37.94	400m:	4:58.71 38.26
5.	SIERPUTOWSKA Oliwia		01	Znicz Koszalin				<b>5:26.78</b>	369	
	50m:	35.36 35.36	150m:	1:56.88	41.67	250m:	3:21.24	42.17	350m:	4:45.89 42.43
	100m:	1:15.21 39.85	200m:	2:39.07	42.19	300m:	4:03.46	42.22	400m:	5:26.78 40.89
<b>13 lat</b>										
1.	HAŁ,AWCZAK Marcelina		02	MKP Szczecin				<b>4:48.02</b>	539	
	50m:	32.36 32.36	150m:	1:44.63	36.73	250m:	2:58.99	37.07	350m:	4:12.72 36.53
	100m:	1:07.90 35.54	200m:	2:21.92	37.29	300m:	3:36.19	37.20	400m:	4:48.02 35.30
2.	GÓRNICKA Aleksandra		02	MKP Szczecin				<b>4:50.65</b>	525	
	50m:	33.04 33.04	150m:	1:47.27	37.62	250m:	3:02.24	37.53	350m:	4:16.18 36.86
	100m:	1:09.65 36.61	200m:	2:24.71	37.44	300m:	3:39.32	37.08	400m:	4:50.65 34.47
3.	MICHALAK Anna		02	MKP Szczecin				<b>4:52.20</b>	517	
	50m:	32.40 32.40	150m:	1:44.96	36.84	250m:	3:00.01	37.59	350m:	4:15.13 37.54
	100m:	1:08.12 35.72	200m:	2:22.42	37.46	300m:	3:37.59	37.58	400m:	4:52.20 37.07
4.	KRZEMIENIECKA Martyna		02	Znicz Koszalin				<b>4:56.49</b>	494	
	50m:	33.27 33.27	150m:	1:47.44	37.56	250m:	3:02.78	37.53	350m:	4:19.43 38.43
	100m:	1:09.88 36.61	200m:	2:25.25	37.81	300m:	3:41.00	38.22	400m:	4:56.49 37.06
5.	RODA Dominika		02	MKP Szczecin				<b>5:03.22</b>	462	
	50m:	34.38 34.38	150m:	1:50.26	38.20	250m:	3:06.96	38.45	350m:	4:24.84 39.54
	100m:	1:12.06 37.68	200m:	2:28.51	38.25	300m:	3:45.30	38.34	400m:	5:03.22 38.38
6.	LISZTWAN Alicja		02	Znicz Koszalin				<b>5:12.43</b>	422	
	50m:	34.74 34.74	150m:	1:52.53	39.99	250m:	3:12.49	39.76	350m:	4:33.10 40.78
	100m:	1:12.54 37.80	200m:	2:32.73	40.20	300m:	3:52.32	39.83	400m:	5:12.43 39.33

Otwarte Zimowe Mistrzostwa Województwa Zachodniopomorskiego  
Szczecin, 11- - 12-12-2015

Konkurencja 11, Kobiet, 400m dowolny

12 lat

1.	GARBARCZYK Weronika	03	IUKP Wodnik Police	<b>4:59.33</b>	480
	50m: 32.52 32.52	150m: 1:47.79	38.25 250m: 3:05.54	39.08 350m: 4:23.78	39.44
	100m: 1:09.54 37.02	200m: 2:26.46	38.67 300m: 3:44.34	38.80 400m: 4:59.33	35.55
2.	KACZMAREK Marta	03	Znicz Koszalin	<b>5:10.90</b>	429
	50m: 35.66 35.66	150m: 1:54.62	39.61 250m: 3:14.79	39.96 350m: 4:34.57	39.68
	100m: 1:15.01 39.35	200m: 2:34.83	40.21 300m: 3:54.89	40.10 400m: 5:10.90	36.33
3.	JANKOWSKA Joanna	03	IUKP Wodnik Police	<b>5:19.62</b>	395
	50m: 35.51 35.51	150m: 1:55.37	40.30 250m: 3:17.56	41.13 350m: 4:37.40	39.00
	100m: 1:15.07 39.56	200m: 2:36.43	41.06 300m: 3:58.40	40.84 400m: 5:19.62	42.22
4.	KAWCZY SKA Zuzanna	03	MKP Szczecin	<b>5:24.56</b>	377
	50m: 36.70 36.70	150m: 1:58.61	41.02 250m: 3:23.47	42.53 350m: 4:46.32	41.05
	100m: 1:17.59 40.89	200m: 2:40.94	42.33 300m: 4:05.27	41.80 400m: 5:24.56	38.24
5.	MATYSZCZUK Jagoda	03	Znicz Koszalin	<b>5:27.79</b>	366
	50m: 36.63 36.63	150m: 1:57.23	40.48 250m: 3:23.49	43.73 350m: 4:48.52	41.09
	100m: 1:16.75 40.12	200m: 2:39.76	42.53 300m: 4:07.43	43.94 400m: 5:27.79	39.27
6.	LIWKA Joanna	03	Znicz Koszalin	<b>5:32.33</b>	351
	50m: 36.05 36.05	150m: 1:58.31	41.90 250m: 3:23.93	43.09 350m: 4:49.28	43.05
	100m: 1:16.41 40.36	200m: 2:40.84	42.53 300m: 4:06.23	42.30 400m: 5:32.33	43.05
7.	WRÓBLEWSKA Julia	03	MKP Szczecin	<b>6:21.03</b>	233
	50m: 41.31 41.31	150m: 2:18.58	49.56 250m: 3:58.53	49.67 350m: 5:35.71	49.19
	100m: 1:29.02 47.71	200m: 3:08.86	50.28 300m: 4:46.52	47.99 400m: 6:21.03	45.32
PK	BRONISZ Katina	04	MKP Szczecin	<b>5:23.56</b>	380
	50m: 36.04 36.04	150m: 1:57.40	41.45 250m: 3:20.33	41.36 350m: 4:43.95	41.64
	100m: 1:15.95 39.91	200m: 2:38.97	41.57 300m: 4:02.31	41.98 400m: 5:23.56	39.61
PK	CHMIEL Zuzanna	04	MKP Szczecin	<b>5:54.81</b>	288
	50m: 38.45 38.45	150m: 2:10.15	46.48 250m: 3:41.77	43.79 350m: 5:12.48	45.12
	100m: 1:23.67 45.22	200m: 2:57.98	47.83 300m: 4:27.36	45.59 400m: 5:54.81	42.33