

Zimowe Mistrzostwa Województwa Lubelskiego 12 lat i starsi  
Puławy, 3. - 4.12.2011

Konkurencja 11  
2011-12-03 - 11:58

Kobiet, 400m zmienny

Open  
Wyniki

|               |         |                      |       |           |            |
|---------------|---------|----------------------|-------|-----------|------------|
| TOP LOZP Open | 4:44.26 | RADLI SKA, Marcelina | ORZAM | Puławy    | 2011-03-18 |
| TOP LOZP 12   | 5:32.37 | RUDAWSKA, Adrianna   | ORLUB | Zabierzow | 2008-04-27 |
| TOP LOZP 13   | 5:11.79 | RADLI SKA, Marcelina | ORZAM | Puławy    | 2006-12-09 |
| TOP LOZP 14   | 4:59.37 | SIE CZYK, Jowita     | ZABIA | Lodz      | 2011-11-12 |
| TOP LOZP 15   | 4:57.58 | LEFANOWICZ, Iwona    | SKLUB | Lodz      | 2007-10-20 |
| TOP LOZP 16   | 4:51.49 | MAZUREK, Karolina    | FAKRA | Gorzow    | 2005-11-25 |

Punkty: FINA 2010

Pozycja Rok ur. Czas Pkt.  
Młodzik

|                         |               |               |                |     |
|-------------------------|---------------|---------------|----------------|-----|
| 1. GOLE , Martyna       | 98            | Fala Kra nik  | <b>5:32.57</b> | 483 |
| 50m: 36.29 36.29        | 150m:         | 250m:         | 350m:          |     |
| 100m: 1:19.20 42.91     | 200m: 2:41.28 | 300m: 4:15.45 | 400m: 5:32.57  |     |
| 2. WIECZOREK, Magdalena | 98            | Fala Kra nik  | <b>5:37.16</b> | 464 |
| 50m: 36.60 36.60        | 150m:         | 250m:         | 350m:          |     |
| 100m: 1:22.20 45.60     | 200m: 2:48.19 | 300m: 4:21.22 | 400m: 5:37.16  |     |

Junior

|                                |               |                   |                |     |
|--------------------------------|---------------|-------------------|----------------|-----|
| 1. SIE CZYK, Jowita            | 97            | ak Biała Podlaska | <b>4:53.91</b> | 700 |
| <i>Rekord Okr gu 14-15 lat</i> |               |                   |                |     |
| 50m: 32.14 32.14               | 150m:         | 250m:             | 350m:          |     |
| 100m: 1:09.64 37.50            | 200m: 2:23.61 | 300m: 3:43.85     | 400m: 4:53.91  |     |
| 2. ZYGO, Karolina              | 96            | Olimpia Lublin    | <b>5:04.06</b> | 632 |
| 50m: 33.40 33.40               | 150m:         | 250m:             | 350m:          |     |
| 100m: 1:10.76 37.36            | 200m: 2:24.77 | 300m: 3:51.74     | 400m: 5:04.06  |     |
| 3. MACIEJEWSKA, Joanna         | 97            | MTP Lublinianka   | <b>5:41.23</b> | 447 |
| 50m: 36.92 36.92               | 150m:         | 250m:             | 350m:          |     |
| 100m: 1:19.60 42.68            | 200m: 2:47.97 | 300m: 4:20.98     | 400m: 5:41.23  |     |

|                             |       |              |       |  |
|-----------------------------|-------|--------------|-------|--|
| NIE UK. RYBI SKA, Magdalena | 96    | G 92 Ursynów |       |  |
| 50m:                        | 150m: | 250m:        | 350m: |  |
| 100m:                       | 200m: | 300m:        | 400m: |  |

Open

|                                |               |                   |                |     |
|--------------------------------|---------------|-------------------|----------------|-----|
| 1. SIE CZYK, Jowita            | 97            | ak Biała Podlaska | <b>4:53.91</b> | 700 |
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|                             |       |              |       |  |
|-----------------------------|-------|--------------|-------|--|
| NIE UK. RYBI SKA, Magdalena | 96    | G 92 Ursynów |       |  |
| 50m:                        | 150m: | 250m:        | 350m: |  |
| 100m:                       | 200m: | 300m:        | 400m: |  |

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Konkurencja 11, Kobiet, 400m zmienny

|    |                  |         |       |       |              |       |                |     |
|----|------------------|---------|-------|-------|--------------|-------|----------------|-----|
| PK | TREPKA, Karolina |         |       | 96    | G 92 Ursynów |       | <b>5:24.98</b> | 518 |
|    | 50m:             | 35.55   | 35.55 | 150m: | 250m:        | 350m: |                |     |
|    | 100m:            | 1:17.15 | 41.60 | 200m: | 300m:        | 400m: | 5:24.98        |     |