

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

Konkurencja 17  
2011-12-03 - 15:27

Kobiet, 400m dowolny

Open  
Wyniki

TOP LOZP Open	4:19.57	BARZYCKA, Paulina	ORLUB	Plock	2005-02-27
TOP LOZP 12	4:36.74	RUDAWSKA, Adrianna	ORLUB	Swidnik	2008-11-15
TOP LOZP 13	4:29.73	RUDAWSKA, Adrianna	ORLUB	Pulawy	2009-12-05
TOP LOZP 14	4:22.99	RUDAWSKA, Adrianna	ORLUB	Zamosc	2010-01-16
TOP LOZP 15	4:26.18	LALAK, Patrycja	ORLUB	Katowice	2010-01-23
TOP LOZP 16	4:23.57	RADLI SKA, Marcelina	ORZAM	Zabierzow	2009-04-04

Punkty: FINA 2010

Pozycja					Rok ur.		Czas	Pkt.
<b>Młodzik</b>								
1.	WIECZOREK, Magdalena				98	Fala Kra nik	<b>4:48.94</b>	537
	50m:	32.12	32.12	150m:	250m:	350m:		
	100m:	1:07.91	35.79	200m:	300m:	400m:	4:48.94	
					2:21.59		3:36.10	
2.	GOLE , Martyna				98	Fala Kra nik	<b>4:53.51</b>	512
	50m:	33.15	33.15	150m:	250m:	350m:		
	100m:	1:09.36	36.21	200m:	300m:	400m:	4:53.51	
					2:23.54		3:39.42	
3.	WOJCIECHOWSKA, Joanna				98	LUKS Orlik Lublin	<b>5:03.67</b>	462
	50m:	33.86	33.86	150m:	250m:	350m:		
	100m:	1:11.89	38.03	200m:	300m:	400m:	5:03.67	
					2:29.93		3:47.86	
4.	SACZUK, Aleksandra				98	MTP Lublinianka	<b>5:07.63</b>	445
	50m:	34.58	34.58	150m:	250m:	350m:		
	100m:	1:13.07	38.49	200m:	300m:	400m:	5:07.63	
					2:31.21		3:49.91	
5.	RABCZY SKA, Marta				98	Avia widnik	<b>5:17.93</b>	403
	50m:	36.19	36.19	150m:	250m:	350m:		
	100m:	1:16.04	39.85	200m:	300m:	400m:	5:17.93	
					2:38.86		4:00.04	
6.	MAŁEK, Julia				98	Skarpa Lublin	<b>5:21.37</b>	390
	50m:	35.48	35.48	150m:	250m:	350m:		
	100m:	1:14.56	39.08	200m:	300m:	400m:	5:21.37	
					2:35.75		3:58.65	
7.	LISICA, Julia				98	Skarpa Lublin	<b>5:28.34</b>	366
	50m:	37.67	37.67	150m:	250m:	350m:		
	100m:	1:20.22	42.55	200m:	300m:	400m:	5:28.34	
					2:45.25		4:09.40	
8.	JANIK, Anita				98	Fala Kra nik	<b>5:28.85</b>	364
	50m:	35.41	35.41	150m:	250m:	350m:		
	100m:	1:16.41	41.00	200m:	300m:	400m:	5:28.85	
					2:40.41		4:05.66	
9.	MICHAŁOWSKA, Olga				98	Skarpa Lublin	<b>5:29.65</b>	361
	50m:	37.21	37.21	150m:	250m:	350m:		
	100m:	1:18.78	41.57	200m:	300m:	400m:	5:29.65	
					2:42.80		4:06.38	
10.	KOZAK, Anna				99	Olimpia Lublin	<b>5:33.79</b>	348
	50m:	36.28	36.28	150m:	250m:	350m:		
	100m:	1:18.00	41.72	200m:	300m:	400m:	5:33.79	
					2:45.33		4:11.88	
11.	JAKÓBIK, Sara				98	Sparta Biłgoraj	<b>5:34.63</b>	345
	50m:	37.03	37.03	150m:	250m:	350m:		
	100m:	1:19.47	42.44	200m:	300m:	400m:	5:34.63	
					2:47.00		4:11.97	
12.	KRUK, Alicja				98	Skarpa Lublin	<b>5:49.09</b>	304
	50m:	39.90	39.90	150m:	250m:	350m:		
	100m:	1:24.23	44.33	200m:	300m:	400m:	5:49.09	
					2:54.03		4:23.35	
13.	CHUDZIK, Paulina				99	Skarpa Lublin	<b>6:01.51</b>	274
	50m:	40.06	40.06	150m:	250m:	350m:		
	100m:	1:24.22	44.16	200m:	300m:	400m:	6:01.51	
					2:56.58		4:30.10	
14.	FIL, Konstancja				99	Skarpa Lublin	<b>6:04.23</b>	268
	50m:	41.57	41.57	150m:	250m:	350m:		
	100m:	1:27.76	46.19	200m:	300m:	400m:	6:04.23	
					3:02.45		4:34.86	

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Konkurencja 17, Kobiet, 400m dowolny

Junior

1.	RUDAWSKA, Adrianna	96	UKS 23 Lublin	<b>4:26.15</b>	687
	<i>Rekord Okr gu 15 lat</i>				
	50m: 30.03 30.03	150m:	250m:	350m:	
	100m: 1:02.99 32.96	200m: 2:10.24	300m: 3:18.39	400m: 4:26.15	
2.	ZYGO, Karolina	96	Olimpia Lublin	<b>4:35.36</b>	620
	50m: 33.18 33.18	150m:	250m:	350m:	
	100m: 1:07.90 34.72	200m: 2:15.49	300m: 3:25.15	400m: 4:35.36	
3.	DZIEWA, Aleksandra	96	Lider Chełm	<b>4:39.86</b>	591
	50m: 31.58 31.58	150m:	250m:	350m:	
	100m: 1:06.17 34.59	200m: 2:17.75	300m: 3:29.23	400m: 4:39.86	
4.	DYRDA, Karolina	97	MTP Lublinianka	<b>4:52.91</b>	515
	50m: 33.38 33.38	150m:	250m:	350m:	
	100m: 1:09.48 36.10	200m: 2:23.31	300m: 3:37.72	400m: 4:52.91	
5.	MIROSŁAW, Klara	96	UKS 23 Lublin	<b>4:54.63</b>	506
	50m: 33.26 33.26	150m:	250m:	350m:	
	100m: 1:08.94 35.68	200m: 2:24.00	300m: 3:39.78	400m: 4:54.63	
6.	DENKO, Eryka	97	Olimpia Lublin	<b>5:01.76</b>	471
	50m: 33.56 33.56	150m:	250m:	350m:	
	100m: 1:10.53 36.97	200m: 2:28.84	300m: 3:47.09	400m: 5:01.76	
7.	KRUK, Urszula	97	LUKS Orlik Lublin	<b>5:18.36</b>	401
	50m: 35.52 35.52	150m:	250m:	350m:	
	100m: 1:14.34 38.82	200m: 2:35.06	300m: 3:57.39	400m: 5:18.36	
8.	SADURSKA, Martyna	97	LUKS Orlik Lublin	<b>5:34.36</b>	346
	50m: 36.78 36.78	150m:	250m:	350m:	
	100m: 1:20.24 43.46	200m: 2:47.26	300m: 4:13.49	400m: 5:34.36	

Open

1.	RUDAWSKA, Adrianna	96	UKS 23 Lublin	<b>4:26.15</b>	687
	<i>Rekord Okr gu 15 lat</i>				
	50m: 30.03 30.03	150m:	250m:	350m:	
	100m: 1:02.99 32.96	200m: 2:10.24	300m: 3:18.39	400m: 4:26.15	
2.	ZYGO, Karolina	96	Olimpia Lublin	<b>4:35.36</b>	620
	50m: 33.18 33.18	150m:	250m:	350m:	
	100m: 1:07.90 34.72	200m: 2:15.49	300m: 3:25.15	400m: 4:35.36	
3.	S DŁAK, Katarzyna	94	Orka Zamo	<b>4:37.08</b>	609
	50m:	150m:	250m:	350m:	
	100m: 1:04.77	200m: 2:15.26	300m: 3:26.91	400m: 4:37.08	
4.	DZIEWA, Aleksandra	96	Lider Chełm	<b>4:39.86</b>	591
	50m: 31.58 31.58	150m:	250m:	350m:	
	100m: 1:06.17 34.59	200m: 2:17.75	300m: 3:29.23	400m: 4:39.86	
5.	WIERTEL, Agata	95	MTP Lublinianka	<b>4:40.65</b>	586
	50m: 31.87 31.87	150m:	250m:	350m:	
	100m: 1:06.79 34.92	200m: 2:18.16	300m: 3:30.07	400m: 4:40.65	
6.	BORZ CKA, Katarzyna	95	UKS 23 Lublin	<b>4:44.88</b>	560
	50m: 32.10 32.10	150m:	250m:	350m:	
	100m: 1:07.42 35.32	200m: 2:19.24	300m: 3:32.20	400m: 4:44.88	
7.	WIECZOREK, Magdalena	98	Fala Kra nik	<b>4:48.94</b>	537
	50m: 32.12 32.12	150m:	250m:	350m:	
	100m: 1:07.91 35.79	200m: 2:21.59	300m: 3:36.10	400m: 4:48.94	
8.	DYRDA, Karolina	97	MTP Lublinianka	<b>4:52.91</b>	515
	50m: 33.38 33.38	150m:	250m:	350m:	
	100m: 1:09.48 36.10	200m: 2:23.31	300m: 3:37.72	400m: 4:52.91	

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Konkurencja 17, Kobiet, 400m dowolny, Open

Pozycja					Rok ur.					Czas	Pkt.
9.	GOLE, Martyna				98	Fala Kra nik				<b>4:53.51</b>	512
	50m:	33.15	33.15	150m:	250m:	350m:	400m:	300m:	3:39.42	4:53.51	
	100m:	1:09.36	36.21	200m:	2:23.54						
10.	MIROŚLAW, Klara				96	UKS 23 Lublin				<b>4:54.63</b>	506
	50m:	33.26	33.26	150m:	250m:	350m:	400m:	300m:	3:39.78	4:54.63	
	100m:	1:08.94	35.68	200m:	2:24.00						
11.	DENKO, Eryka				97	Olimpia Lublin				<b>5:01.76</b>	471
	50m:	33.56	33.56	150m:	250m:	350m:	400m:	300m:	3:47.09	5:01.76	
	100m:	1:10.53	36.97	200m:	2:28.84						
12.	WOJCIECHOWSKA, Joanna				98	LUKS Orlik Lublin				<b>5:03.67</b>	462
	50m:	33.86	33.86	150m:	250m:	350m:	400m:	300m:	3:47.86	5:03.67	
	100m:	1:11.89	38.03	200m:	2:29.93						
13.	SACZUK, Aleksandra				98	MTP Lublinianka				<b>5:07.63</b>	445
	50m:	34.58	34.58	150m:	250m:	350m:	400m:	300m:	3:49.91	5:07.63	
	100m:	1:13.07	38.49	200m:	2:31.21						
14.	RABCZY SKA, Marta				98	Avia widnik				<b>5:17.93</b>	403
	50m:	36.19	36.19	150m:	250m:	350m:	400m:	300m:	4:00.04	5:17.93	
	100m:	1:16.04	39.85	200m:	2:38.86						
15.	KRUK, Urszula				97	LUKS Orlik Lublin				<b>5:18.36</b>	401
	50m:	35.52	35.52	150m:	250m:	350m:	400m:	300m:	3:57.39	5:18.36	
	100m:	1:14.34	38.82	200m:	2:35.06						
16.	MAŁEK, Julia				98	Skarpa Lublin				<b>5:21.37</b>	390
	50m:	35.48	35.48	150m:	250m:	350m:	400m:	300m:	3:58.65	5:21.37	
	100m:	1:14.56	39.08	200m:	2:35.75						
17.	LISICA, Julia				98	Skarpa Lublin				<b>5:28.34</b>	366
	50m:	37.67	37.67	150m:	250m:	350m:	400m:	300m:	4:09.40	5:28.34	
	100m:	1:20.22	42.55	200m:	2:45.25						
18.	JANIK, Anita				98	Fala Kra nik				<b>5:28.85</b>	364
	50m:	35.41	35.41	150m:	250m:	350m:	400m:	300m:	4:05.66	5:28.85	
	100m:	1:16.41	41.00	200m:	2:40.41						
19.	MICHAŁOWSKA, Olga				98	Skarpa Lublin				<b>5:29.65</b>	361
	50m:	37.21	37.21	150m:	250m:	350m:	400m:	300m:	4:06.38	5:29.65	
	100m:	1:18.78	41.57	200m:	2:42.80						
20.	KOZAK, Anna				99	Olimpia Lublin				<b>5:33.79</b>	348
	50m:	36.28	36.28	150m:	250m:	350m:	400m:	300m:	4:11.88	5:33.79	
	100m:	1:18.00	41.72	200m:	2:45.33						
21.	SADURSKA, Martyna				97	LUKS Orlik Lublin				<b>5:34.36</b>	346
	50m:	36.78	36.78	150m:	250m:	350m:	400m:	300m:	4:13.49	5:34.36	
	100m:	1:20.24	43.46	200m:	2:47.26						
22.	JAKÓBIK, Sara				98	Sparta Biłgoraj				<b>5:34.63</b>	345
	50m:	37.03	37.03	150m:	250m:	350m:	400m:	300m:	4:11.97	5:34.63	
	100m:	1:19.47	42.44	200m:	2:47.00						
23.	KRUK, Alicja				98	Skarpa Lublin				<b>5:49.09</b>	304
	50m:	39.90	39.90	150m:	250m:	350m:	400m:	300m:	4:23.35	5:49.09	
	100m:	1:24.23	44.33	200m:	2:54.03						
24.	CHUDZIK, Paulina				99	Skarpa Lublin				<b>6:01.51</b>	274
	50m:	40.06	40.06	150m:	250m:	350m:	400m:	300m:	4:30.10	6:01.51	
	100m:	1:24.22	44.16	200m:	2:56.58						
25.	FIL, Konstancja				99	Skarpa Lublin				<b>6:04.23</b>	268
	50m:	41.57	41.57	150m:	250m:	350m:	400m:	300m:	4:34.86	6:04.23	
	100m:	1:27.76	46.19	200m:	3:02.45						

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

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Konkurencja 17, Kobiet, 400m dowolny

Pozycja				Rok ur.				Czas	Pkt.
PK	JANKOWSKA, Klaudia			98	G 92 Ursynów			<b>5:04.17</b>	460
	50m:	32.60	32.60	150m:		250m:		350m:	
	100m:	1:08.46	35.86	200m:	2:25.74	300m:	3:45.83	400m:	5:04.17