

Zimowe Mistrzostwa Okręgu 2012  
Nowa Ruda, 7- - 8-12-2012

Konkurencja 28  
2012-12-08 - 12:10

Kobiet, 400m dowolny

10 lat i starsi  
Wyniki

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.
<b>Młodzicy</b>									
1.	I	YCKA Marta	00	UKS WODNIK Siemianowice	I	skie	<b>5:19.47</b>	397	
		50m: 34.66 34.66	150m: 1:55.67 41.21	250m: 3:17.94 40.77	350m: 4:40.41 40.78				
		100m: 1:14.46 39.80	200m: 2:37.17 41.50	300m: 3:59.63 41.69	400m: 5:19.47 39.06				
2.		LIWI SKA KALINA	00	WKS I sk Wrocław			<b>5:21.74</b>	389	
		50m: 35.84 35.84	150m: 1:56.79 41.27	250m: 3:19.13 41.49	350m: 4:41.65 41.02				
		100m: 1:15.52 39.68	200m: 2:37.64 40.85	300m: 4:00.63 41.50	400m: 5:21.74 40.09				
3.		GIELNIEWSKA Wiktoria	00	MKS Juwenia Wrocław			<b>5:24.89</b>	378	
		50m: 34.95 34.95	150m: 1:56.28 41.24	250m: 3:20.77 42.55	350m: 4:46.32 42.41				
		100m: 1:15.04 40.09	200m: 2:38.22 41.94	300m: 4:03.91 43.14	400m: 5:24.89 38.57				
4.		KOTWAS Monika	00	Mks Piranie Lubin			<b>5:26.25</b>	373	
		50m: 38.06 38.06	150m: 2:01.34 42.03	250m: 3:25.55 42.12	350m: 4:47.66 40.59				
		100m: 1:19.31 41.25	200m: 2:43.43 42.09	300m: 4:07.07 41.52	400m: 5:26.25 38.59				
5.		CYGAN-DUSZY SKA Wiktoria	00	MKS Juwenia Wrocław			<b>5:31.95</b>	354	
		50m: 37.33 37.33	150m: 2:02.70 42.94	250m: 3:28.67 41.99	350m: 4:53.12 42.08				
		100m: 1:19.76 42.43	200m: 2:46.68 43.98	300m: 4:11.04 42.37	400m: 5:31.95 38.83				
6.		BOHATER Paulina	00	MKS Juwenia Wrocław			<b>5:46.48</b>	311	
		50m: 38.00 38.00	150m: 2:05.04 43.65	250m: 3:34.79 45.12	350m: 5:04.92 45.57				
		100m: 1:21.39 43.39	200m: 2:49.67 44.63	300m: 4:19.35 44.56	400m: 5:46.48 41.56				
7.		WIDANKA Aleksandra	00	MKS Juwenia Wrocław			<b>5:46.99</b>	310	
		50m: 36.66 36.66	150m: 2:04.68 44.61	250m: 3:34.47 45.16	350m: 5:04.59 45.21				
		100m: 1:20.07 43.41	200m: 2:49.31 44.63	300m: 4:19.38 44.91	400m: 5:46.99 42.40				
8.		BORCZYK Martyna	00	Klub Sportowy REKIN			<b>5:53.12</b>	294	
		50m: 41.32 41.32	150m: 2:10.54 44.95	250m: 3:41.10 45.01	350m: 5:10.85 44.18				
		100m: 1:25.59 44.27	200m: 2:56.09 45.55	300m: 4:26.67 45.57	400m: 5:53.12 42.27				
9.		GŁOWACZ Angelika	01	UKS Koral Wrocław			<b>5:54.36</b>	291	
		50m: 39.94 39.94	150m: 2:11.55 46.26	250m: 3:43.31 45.79	350m: 5:12.93 45.01				
		100m: 1:25.29 45.35	200m: 2:57.52 45.97	300m: 4:27.92 44.61	400m: 5:54.36 41.43				
10.		SAWICKA BARBARA	00	WKS I sk Wrocław			<b>5:54.65</b>	290	
		50m: 39.22 39.22	150m: 2:09.48 44.99	250m: 3:40.61 45.66	350m: 5:11.95 45.28				
		100m: 1:24.49 45.27	200m: 2:54.95 45.47	300m: 4:26.67 46.06	400m: 5:54.65 42.70				
11.		KACZMAREK Julia	01	UKS Koral Wrocław			<b>5:56.23</b>	286	
		50m: 39.04 39.04	150m: 2:11.52 46.65	250m: 3:43.67 45.31	350m: 5:15.99 45.72				
		100m: 1:24.87 45.83	200m: 2:58.36 46.84	300m: 4:30.27 46.60	400m: 5:56.23 40.24				
12.		WOJTCZAK Oliwia	01	UKS Koral Wrocław			<b>6:04.79</b>	267	
		50m: 39.55 39.55	150m: 2:12.26 47.20	250m: 3:46.14 46.89	350m: 5:19.68 46.01				
		100m: 1:25.06 45.51	200m: 2:59.25 46.99	300m: 4:33.67 47.53	400m: 6:04.79 45.11				
13.		FUDALI KINGA	00	Mks Piranie Lubin			<b>6:07.77</b>	260	
		50m: 40.12 40.12	150m: 2:13.51 47.37	250m: 3:48.84 47.96	350m: 5:21.24 46.85				
		100m: 1:26.14 46.02	200m: 3:00.88 47.37	300m: 4:34.39 45.55	400m: 6:07.77 46.53				
14.		WIECZOREK JULIA	01	WKS I sk Wrocław			<b>6:20.70</b>	234	
		50m: 41.72 41.72	150m: 2:19.09 49.49	250m: 3:57.39 49.14	350m: 5:34.19 47.62				
		100m: 1:29.60 47.88	200m: 3:08.25 49.16	300m: 4:46.57 49.18	400m: 6:20.70 46.51				
DYSKW.		DZI CIELSKA Emilia	01	UKS SVIDA widnica			<b>5:40.71</b>		
		<b>O-4</b>							
		50m: 36.00 36.00	150m: 1:59.99 43.09	250m: 3:29.10 44.51	350m: 4:59.01 45.07				
		100m: 1:16.90 40.90	200m: 2:44.59 44.60	300m: 4:13.94 44.84	400m: 5:40.71 41.70				

Zimowe Mistrzostwa Okręgu 2012  
Nowa Ruda, 7- - 8-12-2012

Konkurencja 28, Kobiet, 400m dowolny

Junior

1.	JASEK ALICJA	97	WKS I sk Wrocław	<b>4:44.37</b>	563
	50m: 32.40 32.40	150m: 1:43.72 36.15	250m: 2:56.51 36.32	350m: 4:09.38 36.27	
	100m: 1:07.57 35.17	200m: 2:20.19 36.47	300m: 3:33.11 36.60	400m: 4:44.37 34.99	
2.	WLEZIEN GABRIELA	98	Azs Awf Wrocław	<b>4:51.22</b>	524
	50m: 32.35 32.35	150m: 1:45.74 36.91	250m: 3:00.45 37.53	350m: 4:15.59 37.76	
	100m: 1:08.83 36.48	200m: 2:22.92 37.18	300m: 3:37.83 37.38	400m: 4:51.22 35.63	
3.	DYKIJ DOMINIKA	98	WKS I sk Wrocław	<b>4:52.14</b>	519
	50m: 32.62 32.62	150m: 1:44.34 36.66	250m: 2:58.96 37.41	350m: 4:14.75 38.17	
	100m: 1:07.68 35.06	200m: 2:21.55 37.21	300m: 3:36.58 37.62	400m: 4:52.14 37.39	
4.	CEKAŁA Aleksandra	97	MKS Juvenia Wrocław	<b>4:52.78</b>	516
	50m: 32.79 32.79	150m: 1:46.05 36.70	250m: 3:01.45 38.04	350m: 4:17.52 38.14	
	100m: 1:09.35 36.56	200m: 2:23.41 37.36	300m: 3:39.38 37.93	400m: 4:52.78 35.26	
5.	STAWARZ SANDRA	98	WKS I sk Wrocław	<b>5:00.82</b>	476
	50m: 32.49 32.49	150m: 1:44.60 37.01	250m: 3:01.41 38.97	350m: 4:21.53 40.23	
	100m: 1:07.59 35.10	200m: 2:22.44 37.84	300m: 3:41.30 39.89	400m: 5:00.82 39.29	
6.	ZAJ C Oliwia	98	MKS Juvenia Wrocław	<b>5:01.16</b>	474
	50m: 35.73 35.73	150m: 1:53.92 39.30	250m: 3:10.74 38.02	350m: 4:26.38 37.88	
	100m: 1:14.62 38.89	200m: 2:32.72 38.80	300m: 3:48.50 37.76	400m: 5:01.16 34.78	
7.	ROMANOWICZ Anna	97	UKS Shark Rudna	<b>5:03.51</b>	463
	50m: 33.25 33.25	150m: 1:46.39 37.19	250m: 3:02.84 38.62	350m: 4:23.13 40.32	
	100m: 1:09.20 35.95	200m: 2:24.22 37.83	300m: 3:42.81 39.97	400m: 5:03.51 40.38	
8.	SADOWSKA Klaudia	99	WKS I sk Wrocław	<b>5:09.08</b>	439
	50m: 35.45 35.45	150m: 1:54.38 40.17	250m: 3:13.65 39.23	350m: 4:32.39 39.31	
	100m: 1:14.21 38.76	200m: 2:34.42 40.04	300m: 3:53.08 39.43	400m: 5:09.08 36.69	
9.	W CKOWSKA Ewa	99	UKS Shark Rudna	<b>5:09.46</b>	437
	50m: 35.28 35.28	150m: 1:53.31 39.53	250m: 3:13.02 39.89	350m: 4:32.15 39.38	
	100m: 1:13.78 38.50	200m: 2:33.13 39.82	300m: 3:52.77 39.75	400m: 5:09.46 37.31	
10.	REBIEC Magdalena	99	Mks "Płetval" Polkowice	<b>5:26.67</b>	371
	50m: 36.73 36.73	150m: 2:00.66 42.19	250m: 3:24.63 42.10	350m: 4:47.95 41.58	
	100m: 1:18.47 41.74	200m: 2:42.53 41.87	300m: 4:06.37 41.74	400m: 5:26.67 38.72	
11.	PETTERS Klaudia	99	TOP Bolesławiec	<b>5:43.76</b>	319
	50m: 37.32 37.32	150m: 2:02.82 43.71	250m: 3:32.19 44.99	350m: 5:01.36 44.30	
	100m: 1:19.11 41.79	200m: 2:47.20 44.38	300m: 4:17.06 44.87	400m: 5:43.76 42.40	

16 lat i starsi

1.	PO AROWSZCZYK Beata	91	MKS Juvenia Wrocław	<b>4:31.11</b>	650
	50m: 31.82 31.82	150m: 1:39.60 34.06	250m: 2:48.11 34.15	350m: 3:57.33 34.66	
	100m: 1:05.54 33.72	200m: 2:13.96 34.36	300m: 3:22.67 34.56	400m: 4:31.11 33.78	
2.	LIPI SKA Małgorzata	93	KSZO Ostrowiec	<b>4:51.53</b>	523
	50m: 32.96 32.96	150m: 1:45.60 37.02	250m: 2:59.52 37.04	350m: 4:14.87 37.81	
	100m: 1:08.58 35.62	200m: 2:22.48 36.88	300m: 3:37.06 37.54	400m: 4:51.53 36.66	