

Zimowe Mistrzostwa Okręgu 2013  
Nowa Ruda, 13- - 14-12-2013

Konkurencja 29  
2013-12-14 - 11:25

Kobiet, 400m dowolny

11 lat i starsi  
Wyniki

Punkty: FINA 2012

Pozycja	Rok ur.	Czas	Pkt.
<b>11-12 lat</b>			
1. WOJTCZAK Oliwia	01 Uks Koral Wrocław Ch	<b>5:12.29</b>	425
50m: 34.66 34.66	150m: 1:54.80 40.19	250m: 3:15.55 40.51	350m: 4:36.09 40.49
100m: 1:14.61 39.95	200m: 2:35.04 40.24	300m: 3:55.60 40.05	400m: 5:12.29 36.20
2. ZAWADZKA Hanna	02 Klub Sportowy REKIN	<b>5:27.53</b>	368
50m: 36.08 36.08	150m: 1:59.43 42.05	250m: 3:24.58 42.73	350m: 4:48.26 41.86
100m: 1:17.38 41.30	200m: 2:41.85 42.42	300m: 4:06.40 41.82	400m: 5:27.53 39.27
3. JEZIORNA Julia	01 AZS AWF Wrocław AK	<b>5:31.36</b>	356
50m: 37.48 37.48	150m: 2:02.11 42.48	250m: 3:27.20 41.99	350m: 4:51.36 42.36
100m: 1:19.63 42.15	200m: 2:45.21 43.10	300m: 4:09.00 41.80	400m: 5:31.36 40.00
4. WIECZOREK Julia	01 Wks I sk Wrocław WO	<b>5:48.78</b>	305
50m: 38.16 38.16	150m: 2:05.51 44.53	250m: 3:34.80 44.74	350m: 5:04.35 44.85
100m: 1:20.98 42.82	200m: 2:50.06 44.55	300m: 4:19.50 44.70	400m: 5:48.78 44.43
5. LEKSOWSKA Katarzyna	01 Uks Koral Wrocław Ch	<b>5:49.85</b>	302
50m: 36.96 36.96	150m: 2:04.35 44.49	250m: 3:35.84 45.69	350m: 5:06.24 43.39
100m: 1:19.86 42.90	200m: 2:50.15 45.80	300m: 4:22.85 47.01	400m: 5:49.85 43.61
6. PYTKOWSKA Klaudia	01 Wks I sk Wrocław WO	<b>5:51.58</b>	298
50m: 37.88 37.88	150m: 2:07.24 45.89	250m: 3:40.70 46.43	350m: 5:10.06 43.44
100m: 1:21.35 43.47	200m: 2:54.27 47.03	300m: 4:26.62 45.92	400m: 5:51.58 41.52
7. DOPART Martyna	01 Uczniowski Ludowy Klub Sportow	<b>5:54.06</b>	292
50m: 37.22 37.22	150m: 2:05.77 45.46	250m: 3:38.09 45.87	350m: 5:10.20 45.97
100m: 1:20.31 43.09	200m: 2:52.22 46.45	300m: 4:24.23 46.14	400m: 5:54.06 43.86
8. KLUSEK Maria	02 KS Wankan Legnica	<b>5:55.17</b>	289
50m: 38.21 38.21	150m: 2:09.69 46.25	250m: 3:40.87 45.23	350m: 5:13.07 45.54
100m: 1:23.44 45.23	200m: 2:55.64 45.95	300m: 4:27.53 46.66	400m: 5:55.17 42.10
9. KUSTRA Ewa	01 UKS Delfinek Legnica	<b>6:36.92</b>	207
50m: 41.78 41.78	150m: 2:19.40 49.99	250m: 4:02.08 51.84	350m: 5:44.70 51.54
100m: 1:29.41 47.63	200m: 3:10.24 50.84	300m: 4:53.16 51.08	400m: 6:36.92 52.22
<b>13-15 lat</b>			
1. STAWARZ Sandra	98 WKS I sk Wrocław DP	<b>4:43.23</b>	570
50m: 32.16 32.16	150m: 1:42.92 36.08	250m: 2:54.69 35.95	350m: 4:07.39 36.49
100m: 1:06.84 34.68	200m: 2:18.74 35.82	300m: 3:30.90 36.21	400m: 4:43.23 35.84
2. ZAJ C Oliwia	98 MKS Juvenia Wrocław RP	<b>4:44.89</b>	560
50m: 32.76 32.76	150m: 1:45.27 36.43	250m: 2:57.95 36.21	350m: 4:10.82 36.54
100m: 1:08.84 36.08	200m: 2:21.74 36.47	300m: 3:34.28 36.33	400m: 4:44.89 34.07
3. DYKIJ Dominika	98 WKS I sk Wrocław DP	<b>4:45.62</b>	556
50m: 32.14 32.14	150m: 1:43.62 36.28	250m: 2:56.45 36.52	350m: 4:10.15 37.00
100m: 1:07.34 35.20	200m: 2:19.93 36.31	300m: 3:33.15 36.70	400m: 4:45.62 35.47
4. LEMIEC Marta	99 MKS Juvenia Wrocław RP	<b>4:46.73</b>	549
50m: 32.28 32.28	150m: 1:43.44 36.13	250m: 2:57.40 37.19	350m: 4:11.45 36.79
100m: 1:07.31 35.03	200m: 2:20.21 36.77	300m: 3:34.66 37.26	400m: 4:46.73 35.28
5. SADOWSKA Klaudia	99 WKS I sk Wrocław MG	<b>4:48.67</b>	538
50m: 32.54 32.54	150m: 1:45.39 37.01	250m: 2:59.28 36.29	350m: 4:12.38 36.83
100m: 1:08.38 35.84	200m: 2:22.99 37.60	300m: 3:35.55 36.27	400m: 4:48.67 36.29



Zimowe Mistrzostwa Okręgu 2013  
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Konkurencja 29, Dziewcząt, 400m dowolny, 13-15 lat

Pozycja			Rok ur.					Czas	Pkt.
6.	NIEMCZYCKA Julia		99	WKS I sk Wrocław MG			<b>4:50.47</b>	529	
	50m: 31.26	31.26	150m: 1:43.05	36.52	250m: 2:57.83	37.45	350m: 4:13.00	37.99	
	100m: 1:06.53	35.27	200m: 2:20.38	37.33	300m: 3:35.01	37.18	400m: 4:50.47	37.47	
7.	WICKOWSKA Ewa		99	UKS Shark Rudna			<b>4:51.11</b>	525	
	50m: 32.85	32.85	150m: 1:45.49	36.74	250m: 2:59.35	36.94	350m: 4:14.72	38.10	
	100m: 1:08.75	35.90	200m: 2:22.41	36.92	300m: 3:36.62	37.27	400m: 4:51.11	36.39	
8.	FILIPEK Jagoda		99	WKS I sk Wrocław MG			<b>4:52.27</b>	519	
	50m: 31.02	31.02	150m: 1:43.81	37.45	250m: 2:59.87	38.17	350m: 4:14.65	38.01	
	100m: 1:06.36	35.34	200m: 2:21.70	37.89	300m: 3:36.64	36.77	400m: 4:52.27	37.62	
9.	LIWISKA Kalina		00	Wojskowy Klub Sportowy I sk			<b>4:53.15</b>	514	
	50m: 33.11	33.11	150m: 1:46.14	36.91	250m: 3:01.25	37.55	350m: 4:16.53	37.72	
	100m: 1:09.23	36.12	200m: 2:23.70	37.56	300m: 3:38.81	37.56	400m: 4:53.15	36.62	
10.	PETTERS Klaudia		99	UKS Oxpess			<b>5:01.70</b>	472	
	50m: 33.40	33.40	150m: 1:48.14	37.87	250m: 3:05.91	38.92	350m: 4:23.50	38.67	
	100m: 1:10.27	36.87	200m: 2:26.99	38.85	300m: 3:44.83	38.92	400m: 5:01.70	38.20	
11.	ZABŁOCKA Zuzanna		99	WKS I sk Wrocław MG			<b>5:04.70</b>	458	
	50m: 32.79	32.79	150m: 1:47.79	38.30	250m: 3:06.22	39.67	350m: 4:26.07	39.94	
	100m: 1:09.49	36.70	200m: 2:26.55	38.76	300m: 3:46.13	39.91	400m: 5:04.70	38.63	
12.	MYCEK Agnieszka		00	Wojskowy Klub Sportowy I sk			<b>5:05.42</b>	455	
	50m: 35.32	35.32	150m: 1:52.52	38.75	250m: 3:10.48	39.03	350m: 4:27.74	38.61	
	100m: 1:13.77	38.45	200m: 2:31.45	38.93	300m: 3:49.13	38.65	400m: 5:05.42	37.68	
13.	SASIELA Sylwia		00	Wojskowy Klub Sportowy I sk			<b>5:12.55</b>	424	
	50m: 34.86	34.86	150m: 1:53.97	39.76	250m: 3:14.90	40.48	350m: 4:35.26	39.98	
	100m: 1:14.21	39.35	200m: 2:34.42	40.45	300m: 3:55.28	40.38	400m: 5:12.55	37.29	
14.	MALINOWSKA Zuzanna		00	Wojskowy Klub Sportowy I sk			<b>5:14.56</b>	416	
	50m: 36.07	36.07	150m: 1:57.36	40.60	250m: 3:17.95	39.95	350m: 4:37.22	39.15	
	100m: 1:16.76	40.69	200m: 2:38.00	40.64	300m: 3:58.07	40.12	400m: 5:14.56	37.34	
15.	CIOCHO Katarzyna		00	MKS Juvenia Wrocław RP			<b>5:15.14</b>	414	
	50m: 35.65	35.65	150m: 1:55.48	40.36	250m: 3:15.83	40.06	350m: 4:36.62	40.27	
	100m: 1:15.12	39.47	200m: 2:35.77	40.29	300m: 3:56.35	40.52	400m: 5:15.14	38.52	
16.	KOTWAS Monika		00	Mks Piranie			<b>5:19.28</b>	398	
	50m: 36.99	36.99	150m: 1:58.11	41.18	250m: 3:19.80	40.59	350m: 4:41.31	40.62	
	100m: 1:16.93	39.94	200m: 2:39.21	41.10	300m: 4:00.69	40.89	400m: 5:19.28	37.97	
17.	BOHATER Paulina		00	MKS Juvenia Wrocław RP			<b>5:19.47</b>	397	
	50m: 34.88	34.88	150m: 1:55.19	40.96	250m: 3:17.09	40.73	350m: 4:38.50	40.14	
	100m: 1:14.23	39.35	200m: 2:36.36	41.17	300m: 3:58.36	41.27	400m: 5:19.47	40.97	
18.	WRÓBLEWSKA Maja		00	Wojskowy Klub Sportowy I sk			<b>5:19.87</b>	396	
	50m: 36.23	36.23	150m: 1:57.52	41.03	250m: 3:19.28	40.84	350m: 4:40.40	40.43	
	100m: 1:16.49	40.26	200m: 2:38.44	40.92	300m: 3:59.97	40.69	400m: 5:19.87	39.47	
19.	KRAWCZYK Patrycja		98	MKS Piast Głogów			<b>5:23.43</b>	383	
	50m: 36.52	36.52	150m: 1:57.31	41.42	250m: 3:19.90	41.33	350m: 4:42.76	41.68	
	100m: 1:15.89	39.37	200m: 2:38.57	41.26	300m: 4:01.08	41.18	400m: 5:23.43	40.67	
20.	WILISOWSKA Julia		00	Wojskowy Klub Sportowy I sk			<b>5:25.04</b>	377	
	50m: 38.68	38.68	150m: 2:02.25	41.86	250m: 3:24.51	40.61	350m: 4:46.30	40.62	
	100m: 1:20.39	41.71	200m: 2:43.90	41.65	300m: 4:05.68	41.17	400m: 5:25.04	38.74	



Konkurencja 29, Kobiet, 400m dowolny

16 lat i starsi

1.	PO	AROWSZCZYK Beata	91	MKS Juvenia Wrocław RP	<b>4:27.41</b>	<b>677</b>			
	50m:	30.17	30.17	150m: 1:36.77	33.58	250m: 2:44.01	33.68	350m: 3:52.68	34.57
	100m:	1:03.19	33.02	200m: 2:10.33	33.56	300m: 3:18.11	34.10	400m: 4:27.41	34.73

