

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

Konkurencja 5  
2013-12-13 - 11:55

Kobiet, 400m zmienny

11 lat i starsi  
Wyniki

Top Times DOZP Open	4:37.66	TCHÓRZ Alicja	00101	Poznan	2013-11-30
Top Times DOZP - 11	5:40.88	ZIEBA Katarzyna	00401	Nowa Ruda	2008-12-13
Top Times DOZP 12	5:33.71	ZIEBA Katarzyna	00401	Nowa Ruda	2009-12-19
Top Times DOZP 13	5:27.79	PAWLIKOWSKA Agata	00101	Nowa Ruda - Slupiec	2007-12-15
Top Times DOZP 14	5:09.33	FILIPEK Jagoda	00601	Lodz	2013-11-16
Top Times DOZP 15	5:04.19	OLBERT Dominika	00601	Nowa Ruda	2010-12-17
Top Times DOZP 16	4:55.18	NAZI BŁO Klaudia	00101	Nowa Ruda	2009-12-19
Top Times DOZP 17	4:55.24	NAZI BŁO Klaudia	00101	Lodz	2010-11-20
Top Times DOZP 18	4:54.22	STASZKIEWICZ Katarzyna	00601	Gorzow Wlkp.	2008-11-30
Top Times DOZP 19 +	4:37.66	TCHÓRZ Alicja	00101	Poznan	2013-11-30

Punkty: FINA 2012

Pozycja Rok ur. Czas Pkt.

11-12 lat

1. JURCZYK Karolina	01	KS OSIR Bielawa	<b>6:04.20</b>	368	
50m: 36.31 36.31	150m: 2:09.19	45.36 250m: 3:48.17	53.41	350m: 5:24.82	41.59
100m: 1:23.83 47.52	200m: 2:54.76	45.57 300m: 4:43.23	55.06	400m: 6:04.20	39.38
2. FLISAK Emanuela	02	KS OSIR Bielawa	<b>6:07.82</b>	357	
50m: 38.44 38.44	150m: 2:13.10	47.34 250m: 3:49.53	49.16	350m: 5:26.70	46.21
100m: 1:25.76 47.32	200m: 3:00.37	47.27 300m: 4:40.49	50.96	400m: 6:07.82	41.12
3. GRYLEWICZ Zuzanna	02	Klub Sportowy REKIN	<b>6:45.62</b>	266	
50m: 47.45 47.45	150m: 2:34.39	51.14 250m: 4:18.15	53.28	350m: 6:00.88	47.57
100m: 1:43.25 55.80	200m: 3:24.87	50.48 300m: 5:13.31	55.16	400m: 6:45.62	44.74

13-15 lat

1. SMAGA Anna	98	WKS I sk Wrocław DP	<b>5:03.20</b>	638	
50m: 32.10 32.10	150m: 1:48.60	38.54 250m: 3:09.77	43.44	350m: 4:28.53	35.16
100m: 1:10.06 37.96	200m: 2:26.33	37.73 300m: 3:53.37	43.60	400m: 5:03.20	34.67
2. SZKARŁAT Julia	98	WKS I sk Wrocław DP	<b>5:06.66</b>	616	
50m: 31.04 31.04	150m: 1:45.66	38.68 250m: 3:09.07	45.72	350m: 4:31.22	36.07
100m: 1:06.98 35.94	200m: 2:23.35	37.69 300m: 3:55.15	46.08	400m: 5:06.66	35.44
3. FILIPEK Jagoda	99	WKS I sk Wrocław MG	<b>5:11.93</b>	586	
50m: 31.89 31.89	150m: 1:48.58	39.88 250m: 3:12.96	43.59	350m: 4:36.19	37.95
100m: 1:08.70 36.81	200m: 2:29.37	40.79 300m: 3:58.24	45.28	400m: 5:11.93	35.74
4. WLEZIE Gabriela	98	AZS AWF Wrocław AK	<b>5:18.30</b>	551	
50m: 33.16 33.16	150m: 1:54.65	41.32 250m: 3:20.67	46.15	350m: 4:43.26	35.61
100m: 1:13.33 40.17	200m: 2:34.52	39.87 300m: 4:07.65	46.98	400m: 5:18.30	35.04
5. BARTYZEL Aleksandra	98	UKP MANTA Jelcz-Laskowice	<b>5:24.53</b>	520	
50m: 34.73 34.73	150m: 1:57.28	40.67 250m: 3:20.42	42.97	350m: 4:46.05	40.75
100m: 1:16.61 41.88	200m: 2:37.45	40.17 300m: 4:05.30	44.88	400m: 5:24.53	38.48
6. RYBI SKA Marcelina	99	WKS I sk Wrocław MG	<b>5:25.15</b>	517	
50m: 35.17 35.17	150m: 1:57.47	41.51 250m: 3:24.50	46.78	350m: 4:48.98	37.86
100m: 1:15.96 40.79	200m: 2:37.72	40.25 300m: 4:11.12	46.62	400m: 5:25.15	36.17
7. BORCZYK Martyna	00	Klub Sportowy REKIN	<b>6:03.74</b>	369	
50m: 38.27 38.27	150m: 2:11.50	46.48 250m: 3:47.55	51.41	350m: 5:21.73	43.06
100m: 1:25.02 46.75	200m: 2:56.14	44.64 300m: 4:38.67	51.12	400m: 6:03.74	42.01