

Zimowe Mistrzostwa Okręgu 2014 DOZP  
Nowa Ruda, 12- - 13-12-2014

Konkurencja 33  
2014-12-13 - 12:10

Kobiet, 400m dowolny

11 lat i starsi  
Wyniki

Punkty: FINA 2013

Pozycja	Rok ur.	Czas	Pkt.
<b>11-12 lat</b>			
1. ZAWADZKA Hanna	02 Ks Rekin wiebodzice	<b>5:19.88</b>	395
50m: 35.91 35.91	150m: 1:58.39 41.84	250m: 3:20.69 40.90	350m: 4:41.82 40.03
100m: 1:16.55 40.64	200m: 2:39.79 41.40	300m: 4:01.79 41.10	400m: 5:19.88 38.06
2. PISKORSKA Adela	03 UKP Torpeda Olesnica	<b>5:26.67</b>	371
50m: 36.35 36.35	150m: 1:59.13 42.37	250m: 3:24.56 43.27	350m: 4:48.70 42.37
100m: 1:16.76 40.41	200m: 2:41.29 42.16	300m: 4:06.33 41.77	400m: 5:26.67 37.97
3. RERAK Gabriela	02 UKS KORAL Wrocław	<b>5:29.60</b>	361
50m: 37.31 37.31	150m: 2:01.02 42.28	250m: 3:26.81 42.90	350m: 4:51.82 42.53
100m: 1:18.74 41.43	200m: 2:43.91 42.89	300m: 4:09.29 42.48	400m: 5:29.60 37.78
4. PALONKA Zuzanna	02 WKS I sk Wrocław	<b>5:29.86</b>	360
50m: 38.04 38.04	150m: 2:04.21 43.67	250m: 3:28.01 40.55	350m: 4:50.68 40.21
100m: 1:20.54 42.50	200m: 2:47.46 43.25	300m: 4:10.47 42.46	400m: 5:29.86 39.18
5. MACIOŁA Maja	03 Mks Rokita Brzeg Dolny	<b>5:32.05</b>	353
50m: 37.78 37.78	150m: 2:01.90 42.42	250m: 3:28.17 43.16	350m: 4:52.66 42.95
100m: 1:19.48 41.70	200m: 2:45.01 43.11	300m: 4:09.71 41.54	400m: 5:32.05 39.39
6. SZPIEGOWSKA Wiktoria	02 WKS I sk Wrocław	<b>5:32.86</b>	351
50m: 38.48 38.48	150m: 2:03.30 42.93	250m: 3:29.22 42.82	350m: 4:52.69 41.30
100m: 1:20.37 41.89	200m: 2:46.40 43.10	300m: 4:11.39 42.17	400m: 5:32.86 40.17
7. ZDANOWICZ Hanna	02 Mkp Atol Ole nica	<b>5:38.57</b>	333
50m: 36.26 36.26	150m: 2:03.56 44.44	250m: 3:33.04 44.23	350m: 4:58.97 41.97
100m: 1:19.12 42.86	200m: 2:48.81 45.25	300m: 4:17.00 43.96	400m: 5:38.57 39.60
8. KOHL Oliwia	02 MKS Juvenia Wrocław	<b>5:39.96</b>	329
50m: 35.82 35.82	150m: 2:00.87 43.64	250m: 3:29.79 44.37	350m: 4:57.52 44.38
100m: 1:17.23 41.41	200m: 2:45.42 44.55	300m: 4:13.14 43.35	400m: 5:39.96 42.44
9. HANISZ Nina	03 UKS KORAL Wrocław	<b>5:40.55</b>	327
50m: 38.22 38.22	150m: 2:03.76 43.17	250m: 3:31.86 44.63	350m: 4:59.62 43.72
100m: 1:20.59 42.37	200m: 2:47.23 43.47	300m: 4:15.90 44.04	400m: 5:40.55 40.93
10. PLEWKA Małgorzata	02 UKS KORAL Wrocław	<b>5:46.69</b>	310
50m: 38.85 38.85	150m: 2:05.85 43.47	250m: 3:35.20 44.51	350m: 5:04.04 44.29
100m: 1:22.38 43.53	200m: 2:50.69 44.84	300m: 4:19.75 44.55	400m: 5:46.69 42.65
11. TOTOSZKO Marcelina	02 MKS Piast Głogów	<b>5:51.94</b>	297
50m: 37.51 37.51	150m: 2:07.49 45.72	250m: 3:39.61 46.09	350m: 5:11.93 45.75
100m: 1:21.77 44.26	200m: 2:53.52 46.03	300m: 4:26.18 46.57	400m: 5:51.94 40.01
12. WOJAKIEWICZ Matylda	03 KS AZS AWF Wrocław	<b>5:52.68</b>	295
50m: 39.11 39.11	150m: 2:08.03 44.79	250m: 3:38.73 45.71	350m: 5:10.04 45.60
100m: 1:23.24 44.13	200m: 2:53.02 44.99	300m: 4:24.44 45.71	400m: 5:52.68 42.64
13. SZAŁOBRYT And elika	02 MKS Juvenia Wrocław	<b>5:57.62</b>	283
50m: 37.39 37.39	150m: 2:07.91 46.36	250m: 3:41.01 46.37	350m: 5:14.80 46.31
100m: 1:21.55 44.16	200m: 2:54.64 46.73	300m: 4:28.49 47.48	400m: 5:57.62 42.82
14. PA Aleksandra	02 MKS Juvenia Wrocław	<b>6:01.49</b>	274
50m: 37.89 37.89	150m: 2:08.14 45.98	250m: 3:41.14 46.67	350m: 5:15.03 46.86
100m: 1:22.16 44.27	200m: 2:54.47 46.33	300m: 4:28.17 47.03	400m: 6:01.49 46.46
15. OSTROWSKA Maja	03 KP HARPUN Bolesławiec	<b>6:27.03</b>	223
50m: 42.25 42.25	150m: 2:18.85 49.38	250m: 3:58.24 49.70	350m: 5:38.37 50.52
100m: 1:29.47 47.22	200m: 3:08.54 49.69	300m: 4:47.85 49.61	400m: 6:27.03 48.66

Zimowe Mistrzostwa Okręgu 2014 DOZP  
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Konkurencja 33, Kobiet, 400m dowolny

13-15 lat

1.	WAŁEK Julia	99	WKS I sk Wrocław	<b>4:43.48</b>	568
	50m: 32.50 32.50	150m: 1:43.77 36.05	250m: 2:55.51 35.83	350m: 4:07.93 36.10	
	100m: 1:07.72 35.22	200m: 2:19.68 35.91	300m: 3:31.83 36.32	400m: 4:43.48 35.55	
2.	RYBI SKA Marcelina	99	WKS I sk Wrocław	<b>4:46.19</b>	552
	50m: 33.24 33.24	150m: 1:44.79 36.23	250m: 2:57.70 36.20	350m: 4:10.93 36.41	
	100m: 1:08.56 35.32	200m: 2:21.50 36.71	300m: 3:34.52 36.82	400m: 4:46.19 35.26	
3.	NIEMCZYCKA Julia	99	WKS I sk Wrocław	<b>4:48.94</b>	536
	50m: 32.51 32.51	150m: 1:43.97 36.27	250m: 2:56.99 36.41	350m: 4:11.83 37.93	
	100m: 1:07.70 35.19	200m: 2:20.58 36.61	300m: 3:33.90 36.91	400m: 4:48.94 37.11	
4.	KRZYWAK Maria	99	UKP Torpeda Olesnica	<b>4:56.06</b>	499
	50m: 33.00 33.00	150m: 1:46.57 36.98	250m: 3:02.15 37.82	350m: 4:19.79 39.11	
	100m: 1:09.59 36.59	200m: 2:24.33 37.76	300m: 3:40.68 38.53	400m: 4:56.06 36.27	
5.	ZABŁOCKA Zuzanna	99	WKS I sk Wrocław	<b>4:58.73</b>	485
	50m: 34.31 34.31	150m: 1:48.92 37.49	250m: 3:04.85 37.97	350m: 4:21.09 38.46	
	100m: 1:11.43 37.12	200m: 2:26.88 37.96	300m: 3:42.63 37.78	400m: 4:58.73 37.64	
6.	PETTERS Klaudia	99	UKS OXPRESS Bolesławiec	<b>5:01.39</b>	473
	50m: 33.72 33.72	150m: 1:48.59 38.12	250m: 3:05.52 38.60	350m: 4:23.48 39.09	
	100m: 1:10.47 36.75	200m: 2:26.92 38.33	300m: 3:44.39 38.87	400m: 5:01.39 37.91	
7.	BARAN Sonia	01	UKS KORAL Wrocław	<b>5:01.56</b>	472
	50m: 33.62 33.62	150m: 1:50.26 39.03	250m: 3:08.53 39.14	350m: 4:25.55 38.29	
	100m: 1:11.23 37.61	200m: 2:29.39 39.13	300m: 3:47.26 38.73	400m: 5:01.56 36.01	
8.	KACZMAREK Julia	01	UKS KORAL Wrocław	<b>5:02.22</b>	469
	50m: 34.17 34.17	150m: 1:50.12 38.42	250m: 3:08.05 39.22	350m: 4:25.24 38.47	
	100m: 1:11.70 37.53	200m: 2:28.83 38.71	300m: 3:46.77 38.72	400m: 5:02.22 36.98	
9.	KOTWAS Monika	00	UKS PIRANIE Lubin	<b>5:03.36</b>	463
	50m: 34.54 34.54	150m: 1:49.70 37.91	250m: 3:07.30 38.66	350m: 4:25.68 39.23	
	100m: 1:11.79 37.25	200m: 2:28.64 38.94	300m: 3:46.45 39.15	400m: 5:03.36 37.68	
10.	GIELNIEWSKA Wiktoria	00	KS AZS AWF Wrocław	<b>5:04.97</b>	456
	50m: 34.16 34.16	150m: 1:49.97 38.28	250m: 3:09.19 40.02	350m: 4:27.94 38.48	
	100m: 1:11.69 37.53	200m: 2:29.17 39.20	300m: 3:49.46 40.27	400m: 5:04.97 37.03	
11.	SZEBESCZYK Hanna	01	WKS I sk Wrocław	<b>5:05.06</b>	456
	50m: 34.24 34.24	150m: 1:51.17 39.17	250m: 3:09.69 38.72	350m: 4:27.22 38.76	
	100m: 1:12.00 37.76	200m: 2:30.97 39.80	300m: 3:48.46 38.77	400m: 5:05.06 37.84	
12.	RZADKOWOLSKA Zuzanna	00	UKS 9 Kalisz	<b>5:05.11</b>	456
	50m: 34.59 34.59	150m: 1:51.82 39.21	250m: 3:10.60 38.97	350m: 4:28.74 38.74	
	100m: 1:12.61 38.02	200m: 2:31.63 39.81	300m: 3:50.00 39.40	400m: 5:05.11 36.37	
13.	KOŁOMA SKA Amelia	00	MKS Juwenia Wrocław	<b>5:10.90</b>	431
	50m: 35.32 35.32	150m: 1:55.36 39.93	250m: 3:15.66 40.19	350m: 4:34.14 39.26	
	100m: 1:15.43 40.11	200m: 2:35.47 40.11	300m: 3:54.88 39.22	400m: 5:10.90 36.76	
14.	CIOCHO Katarzyna	00	MKS Juwenia Wrocław	<b>5:12.40</b>	424
	50m: 34.53 34.53	150m: 1:52.26 39.52	250m: 3:12.19 39.80	350m: 4:33.84 40.68	
	100m: 1:12.74 38.21	200m: 2:32.39 40.13	300m: 3:53.16 40.97	400m: 5:12.40 38.56	
15.	WIDANKA Aleksandra	00	MKS Juwenia Wrocław	<b>5:13.58</b>	420
	50m: 34.13 34.13	150m: 1:51.91 39.50	250m: 3:12.92 40.33	350m: 4:34.26 40.84	
	100m: 1:12.41 38.28	200m: 2:32.59 40.68	300m: 3:53.42 40.50	400m: 5:13.58 39.32	
16.	EPERLEIN-SZEWCZUK Alma	01	WKS I sk Wrocław	<b>5:24.21</b>	380
	50m: 37.03 37.03	150m: 1:57.87 40.67	250m: 3:20.79 41.29	350m: 4:44.25 41.84	
	100m: 1:17.20 40.17	200m: 2:39.50 41.63	300m: 4:02.41 41.62	400m: 5:24.21 39.96	

Zimowe Mistrzostwa Okręgu 2014 DOZP  
Nowa Ruda, 12- - 13-12-2014

Konkurencja 33, Dziewcz. t., 400m dowolny, 13-15 lat

Pozycja				Rok ur.					Czas	Pkt.		
17.	SOLUCH Iga			01	MKS Piast Głogów				<b>5:25.18</b>	376		
	50m:	36.50	36.50	150m:	1:58.43	40.89	250m:	3:20.89	40.98	350m:	4:45.00	42.44
	100m:	1:17.54	41.04	200m:	2:39.91	41.48	300m:	4:02.56	41.67	400m:	5:25.18	40.18
18.	SMIELAK Natalia			01	WKS I sk Wrocław				<b>5:37.74</b>	336		
	50m:	37.03	37.03	150m:	2:01.76	43.24	250m:	3:28.98	43.93	350m:	4:55.95	43.74
	100m:	1:18.52	41.49	200m:	2:45.05	43.29	300m:	4:12.21	43.23	400m:	5:37.74	41.79
19.	BOGDA SKA Zuzanna			01	Ks Rekin wiebodzice				<b>5:58.95</b>	280		
	50m:	39.30	39.30	150m:	2:10.23	46.45	250m:	3:43.46	46.88	350m:	5:16.16	46.23
	100m:	1:23.78	44.48	200m:	2:56.58	46.35	300m:	4:29.93	46.47	400m:	5:58.95	42.79

16 lat i starsi

1.	SOBCZAK Katarzyna				Start Wrocław				<b>5:16.77</b>	407		
	50m:	36.47	36.47	150m:	1:56.24	40.11	250m:	3:57.02	40.16	350m:		
	100m:	1:16.13	39.66	200m:	3:16.86	1:20.62	300m:	4:37.79	40.77	400m:	5:16.77	