

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

Konkurencja 5
2014-12-12 - 11:50

Kobiet, 400m zmienny

11 lat i starsi
Wyniki

Punkty: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.	
11-12 lat										
1.	SZPIEGOWSKA Wiktoria		02	WKS I sk Wrocław				5:58.41	386	
	50m:	38.63 38.63	150m:	2:10.35	46.40	250m:	3:46.01	51.30	350m:	5:18.45 40.88
	100m:	1:23.95 45.32	200m:	2:54.71	44.36	300m:	4:37.57	51.56	400m:	5:58.41 39.96
2.	KŁUSEK Maria		02	UKS Delfinek Legnica				6:00.68	379	
	50m:	41.15 41.15	150m:	2:18.41	46.06	250m:	3:50.41	48.56	350m:	5:22.05 42.19
	100m:	1:32.35 51.20	200m:	3:01.85	43.44	300m:	4:39.86	49.45	400m:	6:00.68 38.63
3.	GRYLEWICZ Zuzanna		02	Ks Rekin wiebodzice				6:06.21	362	
	50m:	41.08 41.08	150m:	2:59.01	1:29.80	250m:	4:41.57	52.11	350m:	6:06.21 41.23
	100m:	1:29.21 48.13	200m:	3:49.46	50.45	300m:	5:24.98	43.41	400m:	6:06.21
4.	BAJ Joanna		02	MKS Juwenia Wrocław				6:19.14	326	
	50m:	39.00 39.00	150m:	2:18.09	49.00	250m:	3:56.85	50.61	350m:	5:34.43 44.91
	100m:	1:29.09 50.09	200m:	3:06.24	48.15	300m:	4:49.52	52.67	400m:	6:19.14 44.71
DYSKW.	PRZECZEK Adrianna		02	MKS Juwenia Wrocław				6:26.09		
	<i>G3 - Nieutrzymanie pozycji na plecach (za wyj. tkiem wykonywania cyklu nawrotowego)</i>									
	50m:	39.76 39.76	150m:	2:18.45	49.62	250m:	4:01.31	53.26	350m:	5:37.93 43.19
	100m:	1:28.83 49.07	200m:	3:08.05	49.60	300m:	4:54.74	53.43	400m:	6:26.09 48.16
13-15 lat										
1.	FILIPEK Jagoda		99	WKS I sk Wrocław				5:04.72	628	
	50m:	31.48 31.48	150m:	1:46.35	39.09	250m:	3:09.47	44.76	350m:	4:30.01 36.08
	100m:	1:07.26 35.78	200m:	2:24.71	38.36	300m:	3:53.93	44.46	400m:	5:04.72 34.71
2.	IWANOWSKA Alexandra		00	MKS Juwenia Wrocław				5:12.01	585	
	50m:	32.83 32.83	150m:	1:55.24	42.22	250m:	3:17.91	40.26	350m:	4:36.40 36.12
	100m:	1:13.02 40.19	200m:	2:37.65	42.41	300m:	4:00.28	42.37	400m:	5:12.01 35.61
3.	HALICKA Lidia		01	WKS I sk Wrocław				5:20.37	540	
	50m:	33.67 33.67	150m:	1:53.74	40.13	250m:	3:19.53	46.08	350m:	4:44.29 37.96
	100m:	1:13.61 39.94	200m:	2:33.45	39.71	300m:	4:06.33	46.80	400m:	5:20.37 36.08
4.	KNAPIK Agata		00	UKS OXPRESS Bolesławiec				5:27.00	508	
	50m:	34.20 34.20	150m:	1:56.94	43.38	250m:	3:25.73	45.61	350m:	4:51.19 39.46
	100m:	1:13.56 39.36	200m:	2:40.12	43.18	300m:	4:11.73	46.00	400m:	5:27.00 35.81
5.	WEGRZYNOWSKA Aleksandra		01	WKS I sk Wrocław				5:31.14	489	
	50m:	35.82 35.82	150m:	1:59.05	42.35	250m:	3:28.39	45.94	350m:	4:54.34 38.84
	100m:	1:16.70 40.88	200m:	2:42.45	43.40	300m:	4:15.50	47.11	400m:	5:31.14 36.80
6.	CICHOWSKA Julia		01	WKS I sk Wrocław				5:32.85	482	
	50m:	35.38 35.38	150m:	2:02.53	44.18	250m:	3:29.57	43.75	350m:	4:54.70 40.13
	100m:	1:18.35 42.97	200m:	2:45.82	43.29	300m:	4:14.57	45.00	400m:	5:32.85 38.15
7.	BORCZYK Martyna		00	Ks Rekin wiebodzice				5:43.07	440	
	50m:	35.16 35.16	150m:	2:00.90	44.57	250m:	3:32.04	47.44	350m:	5:03.96 42.46
	100m:	1:16.33 41.17	200m:	2:44.60	43.70	300m:	4:21.50	49.46	400m:	5:43.07 39.11
8.	FIEDKIEWICZ Kornelia		01	KS WANKAN LEGNICA				5:49.51	416	
	50m:	35.51 35.51	150m:	2:06.67	44.91	250m:	3:40.66	51.35	350m:	5:11.62 39.60
	100m:	1:21.76 46.25	200m:	2:49.31	42.64	300m:	4:32.02	51.36	400m:	5:49.51 37.89
9.	ŁYCZKO Dominika		99	Mks Rokita Brzeg Dolny				5:51.28	410	
	50m:	34.74 34.74	150m:	2:00.59	43.78	250m:	3:30.77	47.88	350m:	5:06.39 45.66
	100m:	1:16.81 42.07	200m:	2:42.89	42.30	300m:	4:20.73	49.96	400m:	5:51.28 44.89

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

Konkurencja 5, Dziewcząt, 400m zmienny, 13-15 lat

Pozycja				Rok ur.					Czas	Pkt.		
10.	WÓJCIK Zuzanna			01	MKS Juwenia Wrocław				5:56.56	392		
	50m:	37.36	37.36	150m:	2:10.98	48.90	250m:	3:46.67	49.09	350m:	5:16.00	40.06
	100m:	1:22.08	44.72	200m:	2:57.58	46.60	300m:	4:35.94	49.27	400m:	5:56.56	40.56
11.	FUTOMA Martyna			01	WKS I sk Wrocław				6:00.02	381		
	50m:	37.77	37.77	150m:	2:09.87	46.08	250m:	3:47.74	53.11	350m:	5:20.16	40.18
	100m:	1:23.79	46.02	200m:	2:54.63	44.76	300m:	4:39.98	52.24	400m:	6:00.02	39.86
12.	KWIATKOWSKA Zofia			01	MKP Wodnik Bielsk Podlaski				6:03.41	370		
	50m:	38.51	38.51	150m:	2:10.68	46.36	250m:	3:48.81	51.66	350m:	5:23.62	42.74
	100m:	1:24.32	45.81	200m:	2:57.15	46.47	300m:	4:40.88	52.07	400m:	6:03.41	39.79

16 lat i starsi

1.	BARTYZEL Aleksandra			98	UKP MANTA Jelcz-Laskowice				5:26.99	508		
	50m:	33.85	33.85	150m:	1:56.16	42.64	250m:	3:21.56	43.84	350m:	4:49.11	41.72
	100m:	1:13.52	39.67	200m:	2:37.72	41.56	300m:	4:07.39	45.83	400m:	5:26.99	37.88