

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2016  
Nowa Ruda, 9- - 10-12-2016

Konkurencja 30  
2016-12-10 - 12:18

Kobiet, 400m dowolny

11 - 50 lat  
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.		
Młodzik									wyniki tymczasowe		
WITEK Oliwia			04	UKS SP 149 Łód				<b>5:04.49</b>	456		
50m:	36.11	36.11	150m:	1:54.69	39.02	250m:	3:11.54	37.86	350m:	4:27.94	38.12
100m:	1:15.67	39.56	200m:	2:33.68	38.99	300m:	3:49.82	38.28	400m:	5:04.49	36.55
MACIASZCZYK Weronika			04	UKS SP 149 Łód				<b>5:04.64</b>	456		
50m:	36.21	36.21	150m:	1:55.42	39.81	250m:	3:12.92	38.36	350m:	4:29.20	38.15
100m:	1:15.61	39.40	200m:	2:34.56	39.14	300m:	3:51.05	38.13	400m:	5:04.64	35.44
KOZŁOWSKA Maja			04	KS Warta Poznań W				<b>5:05.22</b>	453		
50m:	33.95	33.95	150m:	1:51.51	39.45	250m:	3:10.20	39.56	350m:	4:28.78	39.17
100m:	1:12.06	38.11	200m:	2:30.64	39.13	300m:	3:49.61	39.41	400m:	5:05.22	36.44
KRZYWDA Amelia			05	UKS KORAL Wrocław MC				<b>5:07.66</b>	442		
50m:	34.65	34.65	150m:	1:51.76	38.61	250m:	3:10.02	39.14	350m:	4:29.83	40.29
100m:	1:13.15	38.50	200m:	2:30.88	39.12	300m:	3:49.54	39.52	400m:	5:07.66	37.83
STASZAK Agnieszka			04	KS Warta Poznań ML				<b>5:11.52</b>	426		
50m:	35.31	35.31	150m:	1:55.00	40.02	250m:	3:15.52	40.19	350m:	4:35.05	39.33
100m:	1:14.98	39.67	200m:	2:35.33	40.33	300m:	3:55.72	40.20	400m:	5:11.52	36.47
WA KOWSKA Zofia			04	KS Warta Poznań ML				<b>5:14.53</b>	414		
50m:	36.42	36.42	150m:	1:58.33	40.54	250m:	3:19.82	41.02	350m:	4:37.88	37.69
100m:	1:17.79	41.37	200m:	2:38.80	40.47	300m:	4:00.19	40.37	400m:	5:14.53	36.65
MAKSYMOWICZ Nina			05	Klub Pływacki Harpun Osiecznic				<b>5:21.33</b>	388		
50m:	36.03	36.03	150m:	1:57.34	41.41	250m:	3:19.78	41.04	350m:	4:42.39	41.46
100m:	1:15.93	39.90	200m:	2:38.74	41.40	300m:	4:00.93	41.15	400m:	5:21.33	38.94
STRUŻYK Karolina			04	MKS Juwenia Wrocław DS				<b>5:22.44</b>	384		
50m:	37.02	37.02	150m:	1:59.62	41.64	250m:	3:22.85	42.01	350m:	4:44.61	40.00
100m:	1:17.98	40.96	200m:	2:40.84	41.22	300m:	4:04.61	41.76	400m:	5:22.44	37.83
CHRYPLEWICZ Julia			04	Ks Rekin wiebodzię				<b>5:29.14</b>	361		
50m:	36.06	36.06	150m:	1:58.73	42.12	250m:	3:23.81	42.29	350m:	4:48.69	42.95
100m:	1:16.61	40.55	200m:	2:41.52	42.79	300m:	4:05.74	41.93	400m:	5:29.14	40.45
ZYS Angelika			04	UKS KORAL Wrocław MC				<b>5:30.33</b>	357		
50m:	36.27	36.27	150m:	2:00.72	42.51	250m:	3:26.28	43.02	350m:	4:51.68	42.33
100m:	1:18.21	41.94	200m:	2:43.26	42.54	300m:	4:09.35	43.07	400m:	5:30.33	38.65
GÓRA Katarzyna			04	KS Warta Poznań ML				<b>5:35.18</b>	342		
50m:	36.29	36.29	150m:	2:02.57	44.39	250m:	3:28.40	42.80	350m:	4:55.16	42.82
100m:	1:18.18	41.89	200m:	2:45.60	43.03	300m:	4:12.34	43.94	400m:	5:35.18	40.02
GRZYB Natalia			04	KS WANKAN Legnica				<b>5:35.69</b>	340		
50m:	38.00	38.00	150m:	2:02.08	42.41	250m:	3:27.61	43.07	350m:	4:53.99	43.48
100m:	1:19.67	41.67	200m:	2:44.54	42.46	300m:	4:10.51	42.90	400m:	5:35.69	41.70
MARCZYŃSKA Eliza			05	WKS I sk Wrocław AW				<b>5:36.18</b>	339		
50m:	37.67	37.67	150m:	2:04.21	44.00	250m:	3:30.84	43.71	350m:	4:56.53	41.68
100m:	1:20.21	42.54	200m:	2:47.13	42.92	300m:	4:14.85	44.01	400m:	5:36.18	39.65
KOSTRZEWIŃSKA Amelia			04	WKS I sk Wrocław AW				<b>5:37.96</b>	334		
50m:	38.42	38.42	150m:	2:03.94	42.66	250m:	3:30.74	43.68	350m:	4:56.76	42.85
100m:	1:21.28	42.86	200m:	2:47.06	43.12	300m:	4:13.91	43.17	400m:	5:37.96	41.20

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2016  
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Konkurencja 30, Dziewcząt, 400m dowolny, Młodzik

Pozycja			Rok ur.					Czas	Pkt.		
LUDWICZAK Paulina			05	KS Warta Poznań ML				<b>5:42.75</b>	320		
50m:	37.75	37.75	150m:	2:03.65	43.52	250m:	3:31.95	44.09	350m:	5:00.11	44.03
100m:	1:20.13	42.38	200m:	2:47.86	44.21	300m:	4:16.08	44.13	400m:	5:42.75	42.64
MAKSYMOWICZ Nadia			05	Klub Pływacki Harpun Osiecznic				<b>5:43.60</b>	317		
50m:	40.06	40.06	150m:	2:06.84	43.20	250m:	3:34.79	44.21	350m:	5:02.17	43.40
100m:	1:23.64	43.58	200m:	2:50.58	43.74	300m:	4:18.77	43.98	400m:	5:43.60	41.43
RADOCHO SKA Oliwia			05	WKS I sk Wrocław AW				<b>6:08.75</b>	257		
50m:	41.27	41.27	150m:	2:13.78	46.88	250m:	3:49.98	47.87	350m:	5:20.76	43.07
100m:	1:26.90	45.63	200m:	3:02.11	48.33	300m:	4:37.69	47.71	400m:	6:08.75	47.99
PILARSKA Maja			04	UKS Shark Rudna				<b>6:11.66</b>	251		
50m:	44.60	44.60	150m:	2:21.30	49.55	250m:	3:56.53	47.42	350m:	5:31.84	46.68
100m:	1:31.75	47.15	200m:	3:09.11	47.81	300m:	4:45.16	48.63	400m:	6:11.66	39.82
KUCYPERA Iga			04	WKS I sk Wrocław AW				<b>6:13.10</b>	248		
50m:	42.07	42.07	150m:	2:15.70	48.17	250m:	3:53.36	48.57	350m:	5:28.74	47.12
100m:	1:27.53	45.46	200m:	3:04.79	49.09	300m:	4:41.62	48.26	400m:	6:13.10	44.36
JASZCZAK Weronika			04	WKS I sk Wrocław AW				<b>6:13.86</b>	246		
50m:	40.12	40.12	150m:	2:15.30	49.11	250m:	3:53.01	49.01	350m:	5:29.98	47.85
100m:	1:26.19	46.07	200m:	3:04.00	48.70	300m:	4:42.13	49.12	400m:	6:13.86	43.88
BUK Matylda			05	WKS I sk Wrocław AW				<b>6:19.86</b>	235		
50m:	41.89	41.89	150m:	2:17.09	48.25	250m:	3:55.53	49.24	350m:	5:32.99	48.07
100m:	1:28.84	46.95	200m:	3:06.29	49.20	300m:	4:44.92	49.39	400m:	6:19.86	46.87
KRYSA Amelia			05	WKS I sk Wrocław AW				<b>6:26.61</b>	223		
50m:	43.35	43.35	150m:	2:21.43	49.06	250m:	4:00.82	50.33	350m:	5:39.47	47.14
100m:			200m:	3:10.49		300m:			400m:	6:26.61	

Junior Młodszy

1. W GRZYNOWSKA Aleksandra			01	WKS I sk Wrocław DP				<b>4:26.19</b>	683		
50m:	30.03	30.03	150m:	1:36.81	33.80	250m:	2:45.25	34.26	350m:	3:53.29	33.73
100m:	1:03.01	32.98	200m:	2:10.99	34.18	300m:	3:19.56	34.31	400m:	4:26.19	32.90
2. URBANIAK Dominika			03	UKS 190 Łódź				<b>4:32.85</b>	634		
50m:	30.94	30.94	150m:	1:38.73	34.19	250m:	2:48.88	35.26	350m:	3:58.90	34.90
100m:	1:04.54	33.60	200m:	2:13.62	34.89	300m:	3:24.00	35.12	400m:	4:32.85	33.95
3. SOBIAK Zuzanna			02	KS Warta Poznań GP				<b>4:41.72</b>	576		
50m:	32.14	32.14	150m:	1:42.31	35.16	250m:	2:54.53	36.27	350m:	4:06.94	36.02
100m:	1:07.15	35.01	200m:	2:18.26	35.95	300m:	3:30.92	36.39	400m:	4:41.72	34.78
4. OBAJTEK Aleksandra			03	Ks Rekin wiebodzi				<b>4:42.76</b>	570		
50m:	32.40	32.40	150m:	1:42.94	35.73	250m:	2:54.51	35.91	350m:	4:07.00	36.14
100m:	1:07.21	34.81	200m:	2:18.60	35.66	300m:	3:30.86	36.35	400m:	4:42.76	35.76
5. HELLAK Emilia			03	WKS I sk Wrocław PO				<b>4:45.52</b>	554		
50m:	33.79	33.79	150m:	1:47.20	36.86	250m:	3:00.37	36.39	350m:	4:12.12	35.44
100m:	1:10.34	36.55	200m:	2:23.98	36.78	300m:	3:36.68	36.31	400m:	4:45.52	33.40
6. SZEBESCZYK Hanna			01	WKS I sk Wrocław DP				<b>4:45.96</b>	551		
50m:	32.81	32.81	150m:	1:44.71	36.12	250m:	2:57.41	36.33	350m:	4:10.45	36.94
100m:	1:08.59	35.78	200m:	2:21.08	36.37	300m:	3:33.51	36.10	400m:	4:45.96	35.51

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2016  
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Konkurencja 30, Dziewcząt, 400m dowolny, Junior Młodszy

Pozycja			Rok ur.						Czas	Pkt.		
7.	PALONKA Zuzanna		02	WKS I sk Wrocław PD					<b>4:50.76</b>	524		
	50m:	33.63	33.63	150m:	1:46.70	36.85	250m:	3:00.97	36.92	350m:	4:14.87	36.47
	100m:	1:09.85	36.22	200m:	2:24.05	37.35	300m:	3:38.40	37.43	400m:	4:50.76	35.89
8.	MAZIAR Alicja		02	Ks Rekin wiebodzice					<b>4:51.21</b>	522		
	50m:	32.23	32.23	150m:	1:46.60	37.53	250m:	3:00.71	37.05	350m:	4:15.32	37.41
	100m:	1:09.07	36.84	200m:	2:23.66	37.06	300m:	3:37.91	37.20	400m:	4:51.21	35.89
9.	JEZIORNA Julia		01	WKS I sk Wrocław DP					<b>4:51.48</b>	520		
	50m:	32.73	32.73	150m:	1:46.73	37.05	250m:	3:01.04	37.13	350m:	4:15.36	37.40
	100m:	1:09.68	36.95	200m:	2:23.91	37.18	300m:	3:37.96	36.92	400m:	4:51.48	36.12
10.	KRZYSZTOFIAK Iga		03	KS Warta Poznań GP					<b>4:53.28</b>	511		
	50m:	32.59	32.59	150m:	1:45.29	36.53	250m:	3:00.23	37.62	350m:	4:16.16	38.13
	100m:	1:08.76	36.17	200m:	2:22.61	37.32	300m:	3:38.03	37.80	400m:	4:53.28	37.12
11.	SZPIEGOWSKA Wiktoria		02	WKS I sk Wrocław PD					<b>4:57.21</b>	491		
	50m:	33.41	33.41	150m:	1:47.49	37.49	250m:	3:03.30	38.11	350m:	4:20.00	38.12
	100m:	1:10.00	36.59	200m:	2:25.19	37.70	300m:	3:41.88	38.58	400m:	4:57.21	37.21
12.	GABOR Martyna		02	UKS Shark Rudna					<b>4:57.53</b>	489		
	50m:	32.86	32.86	150m:	1:46.28	37.26	250m:	3:01.67	37.72	350m:	4:18.93	38.98
	100m:	1:09.02	36.16	200m:	2:23.95	37.67	300m:	3:39.95	38.28	400m:	4:57.53	38.60
13.	CHWAŁCZY SKA Aleksandra		01	WKS I sk Wrocław DP					<b>4:59.91</b>	478		
	50m:	33.28	33.28	150m:	1:48.09	38.08	250m:	3:04.57	38.26	350m:	4:22.15	38.74
	100m:	1:10.01	36.73	200m:	2:26.31	38.22	300m:	3:43.41	38.84	400m:	4:59.91	37.76
14.	STRZY EWSKA Weronika		02	KS Warta Poznań GP					<b>5:03.76</b>	460		
	50m:	33.05	33.05	150m:	1:47.13	37.68	250m:	3:03.96	38.48	350m:	4:23.92	40.48
	100m:	1:09.45	36.40	200m:	2:25.48	38.35	300m:	3:43.44	39.48	400m:	5:03.76	39.84
15.	CIESIELSKA Natalia		03	UKS SP 149 Łódź					<b>5:03.82</b>	459		
	50m:	34.97	34.97	150m:	1:52.07	38.94	250m:	3:09.39	38.82	350m:	4:26.62	38.64
	100m:	1:13.13	38.16	200m:	2:30.57	38.50	300m:	3:47.98	38.59	400m:	5:03.82	37.20
16.	KICI SKA Julia		01	UKP MANTA Jelcz-Laskowice					<b>5:04.82</b>	455		
	50m:	34.42	34.42	150m:	1:51.69	38.60	250m:	3:08.96	39.00	350m:	4:26.81	38.57
	100m:	1:13.09	38.67	200m:	2:29.96	38.27	300m:	3:48.24	39.28	400m:	5:04.82	38.01
17.	HAJDUK Oliwia		03	Mkp Atol Oleśnica					<b>5:07.17</b>	445		
	50m:	34.51	34.51	150m:	1:52.71	39.34	250m:	3:11.98	39.93	350m:	4:30.21	38.96
	100m:	1:13.37	38.86	200m:	2:32.05	39.34	300m:	3:51.25	39.27	400m:	5:07.17	36.96
18.	DUTKOWIAK Aleksandra		03	WKS I sk Wrocław PO					<b>5:08.61</b>	438		
	50m:	34.67	34.67	150m:	1:51.96	38.93	250m:	3:08.48	37.85	350m:	4:23.21	36.89
	100m:	1:13.03	38.36	200m:	2:30.63	38.67	300m:	3:46.32	37.84	400m:	5:08.61	45.40
19.	W CLEWSKA Aleksandra		03	WKS I sk Wrocław PO					<b>5:08.72</b>	438		
	50m:	34.34	34.34	150m:	1:52.47	39.54	250m:	3:11.84	39.54	350m:	4:30.86	39.52
	100m:	1:12.93	38.59	200m:	2:32.30	39.83	300m:	3:51.34	39.50	400m:	5:08.72	37.86
20.	NOWAKOWSKA Marta		03	WKS I sk Wrocław PO					<b>5:08.93</b>	437		
	50m:	34.86	34.86	150m:	1:52.61	39.25	250m:	3:12.20	39.37	350m:	4:31.44	39.45
	100m:	1:13.36	38.50	200m:	2:32.83	40.22	300m:	3:51.99	39.79	400m:	5:08.93	37.49
21.	MRUK Aleksandra		02	UKP MANTA Jelcz-Laskowice					<b>5:12.01</b>	424		
	50m:	33.64	33.64	150m:	1:51.48	39.63	250m:	3:10.93	40.04	350m:	4:30.88	39.42
	100m:	1:11.85	38.21	200m:	2:30.89	39.41	300m:	3:51.46	40.53	400m:	5:12.01	41.13

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2016  
Nowa Ruda, 9- - 10-12-2016

Konkurencja 30, Dziewcząt, 400m dowolny, Junior Młodszy

Pozycja		Rok ur.						Czas	Pkt.
22.	BARANOWSKA Martyna	03	KS Warta Poznań W					<b>5:15.11</b>	412
	50m: 35.39 35.39		150m: 1:54.84 39.95	250m: 3:16.56 40.90	350m: 4:36.76 39.48				
	100m: 1:14.89 39.50		200m: 2:35.66 40.82	300m: 3:57.28 40.72	400m: 5:15.11 38.35				
23.	ZDANOWICZ Hanna	02	Mkp Atol Oleśnica					<b>5:15.15</b>	412
	50m: 31.44 31.44		150m: 1:49.32 39.99	250m: 3:11.54 41.40	350m: 4:34.89 41.06				
	100m: 1:09.33 37.89		200m: 2:30.14 40.82	300m: 3:53.83 42.29	400m: 5:15.15 40.26				
24.	HUMIENNA Idalia	03	MKS Juwenia Wrocław RP					<b>5:16.03</b>	408
	50m: 35.10 35.10		150m: 1:55.80 41.11	250m: 3:16.92 40.30	350m: 4:37.69 40.44				
	100m: 1:14.69 39.59		200m: 2:36.62 40.82	300m: 3:57.25 40.33	400m: 5:16.03 38.34				
25.	WOJAKIEWICZ Matylda	03	AZS AWF Wrocław W					<b>5:16.53</b>	406
	50m: 35.33 35.33		150m: 1:54.89 40.44	250m: 3:16.94 41.12	350m: 4:37.98 40.54				
	100m: 1:14.45 39.12		200m: 2:35.82 40.93	300m: 3:57.44 40.50	400m: 5:16.53 38.55				
26.	MIECHOWSKA Maria	03	UKS Korale Wrocław RP					<b>5:29.15</b>	361
	50m: 37.49 37.49		150m: 1:59.49 41.28	250m: 3:23.50 42.29	350m: 4:47.67 42.20				
	100m: 1:18.21 40.72		200m: 2:41.21 41.72	300m: 4:05.47 41.97	400m: 5:29.15 41.48				
27.	LACHOWICZ Karolina	02	KS BALTI Bielawa					<b>5:30.70</b>	356
	50m: 35.71 35.71		150m: 1:59.41 42.81	250m: 3:25.69 44.02	350m: 4:50.02 42.40				
	100m: 1:16.60 40.89		200m: 2:41.67 42.26	300m: 4:07.62 41.93	400m: 5:30.70 40.68				
28.	KOWALSKA Alicja	03	KS Just Swim Jelenia Góra					<b>5:46.92</b>	308
	50m: 38.09 38.09		150m: 2:06.11 44.41	250m: 3:35.62 44.52	350m: 5:05.33 43.99				
	100m: 1:21.70 43.61		200m: 2:51.10 44.99	300m: 4:21.34 45.72	400m: 5:46.92 41.59				

Open									
1.	JABŁO SKA Oliwia	97	KS Neptun Widnica					<b>4:39.82</b>	588
	50m: 33.08 33.08		150m: 1:43.54 35.30	250m: 2:54.18 35.42	350m: 4:05.08 35.59				
	100m: 1:08.24 35.16		200m: 2:18.76 35.22	300m: 3:29.49 35.31	400m: 4:39.82 34.74				
2.	MALINOWSKA Zuzanna	00	Wks Iłk PA					<b>4:41.91</b>	575
	50m: 32.87 32.87		150m: 1:45.68 36.57	250m: 2:58.47 36.36	350m: 4:08.42 35.28				
	100m: 1:09.11 36.24		200m: 2:22.11 36.43	300m: 3:33.14 34.67	400m: 4:41.91 33.49				