

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

Konkurencja 4
2016-12-09 - 11:39

Kobiet, 400m zmienny

11 - 50 lat
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.			
Młodzik												
1.	MIKOŁAJCZYK Maja		04	UKS SP 149 Łód				5:17.02	548			
	50m:	33.74	33.74	150m:	1:53.14	40.16	250m:	3:18.12	43.41	350m:	4:40.54	37.17
	100m:	1:12.98	39.24	200m:	2:34.71	41.57	300m:	4:03.37	45.25	400m:	5:17.02	36.48
2.	MACIASZCZYK Wiktoria		04	UKS SP 149 Łód				5:32.40	475			
	50m:	36.36	36.36	150m:	1:59.90	42.85	250m:	3:28.05	47.16	350m:	4:55.10	39.63
	100m:	1:17.05	40.69	200m:	2:40.89	40.99	300m:	4:15.47	47.42	400m:	5:32.40	37.30
3.	TRACZYK Justyna		04	AZS AWF Wrocław W				5:46.38	420			
	50m:	35.67	35.67	150m:	2:00.32	42.96	250m:	3:34.23	49.80	350m:	5:05.61	39.88
	100m:	1:17.36	41.69	200m:	2:44.43	44.11	300m:	4:25.73	51.50	400m:	5:46.38	40.77
4.	WITEK Oliwia		04	UKS SP 149 Łód				5:51.60	401			
	50m:	39.89	39.89	150m:	2:11.29	45.05	250m:	3:42.69	47.58	350m:	5:12.90	40.91
	100m:	1:26.24	46.35	200m:	2:55.11	43.82	300m:	4:31.99	49.30	400m:	5:51.60	38.70
5.	MARCINKOWSKA Maja		05	UKS SP 149 Łód				6:06.68	354			
	50m:	45.79	45.79	150m:	2:24.23	46.06	250m:	3:59.35	47.57	350m:	5:28.46	39.97
	100m:	1:38.17	52.38	200m:	3:11.78	47.55	300m:	4:48.49	49.14	400m:	6:06.68	38.22
6.	KOWACKA Aleksandra		04	UKS SP 149 Łód				6:17.49	324			
	50m:	42.11	42.11	150m:	2:22.98	46.87	250m:	4:02.24	52.82	350m:	5:37.98	40.18
	100m:	1:36.11	54.00	200m:	3:09.42	46.44	300m:	4:57.80	55.56	400m:	6:17.49	39.51
7.	MAKSYMOWICZ Nadia		05	Klub Pływacki Harpun Osiecznic				6:30.79	292			
	50m:	43.80	43.80	150m:	2:22.60	47.21	250m:	4:08.01	58.64	350m:	5:50.29	44.79
	100m:	1:35.39	51.59	200m:	3:09.37	46.77	300m:	5:05.50	57.49	400m:	6:30.79	40.50
8.	OLE Maja		05	Klub Pływacki Harpun Osiecznic				6:51.13	251			
	50m:	41.17	41.17	150m:	2:31.28	52.54	250m:	4:16.72	55.06	350m:	6:02.11	49.70
	100m:	1:38.74	57.57	200m:	3:21.66	50.38	300m:	5:12.41	55.69	400m:	6:51.13	49.02

Junior Młodszy

1.	URBANIAK Dominika		03	UKS 190 Łód				5:12.83	570			
	50m:	32.33	32.33	150m:	1:52.36	42.12	250m:	3:18.04	44.03	350m:	4:38.92	35.98
	100m:	1:10.24	37.91	200m:	2:34.01	41.65	300m:	4:02.94	44.90	400m:	5:12.83	33.91
2.	SOBIAK Zuzanna		02	KS Warta Pozna GP				5:13.93	564			
	50m:	33.19	33.19	150m:	1:51.39	39.49	250m:	3:16.68	45.99	350m:	4:38.93	35.64
	100m:	1:11.90	38.71	200m:	2:30.69	39.30	300m:	4:03.29	46.61	400m:	5:13.93	35.00
3.	MACIEJEWSKA Beata		03	UKS SP 149 Łód				5:26.98	499			
	50m:	37.70	37.70	150m:	2:04.39	42.83	250m:	3:29.37	44.36	350m:	4:50.79	36.97
	100m:	1:21.56	43.86	200m:	2:45.01	40.62	300m:	4:13.82	44.45	400m:	5:26.98	36.19
4.	BORSUK Magdalena		02	KS Warta Pozna GP				5:29.12	489			
	50m:	33.36	33.36	150m:	1:54.70	41.94	250m:	3:22.26	46.25	350m:	4:48.81	40.35
	100m:	1:12.76	39.40	200m:	2:36.01	41.31	300m:	4:08.46	46.20	400m:	5:29.12	40.31
5.	KRZYSZTOFIAK Iga		03	KS Warta Pozna GP				5:32.33	475			
	50m:	34.05	34.05	150m:	1:55.48	40.33	250m:	3:25.90	49.90	350m:	4:54.72	38.07
	100m:	1:15.15	41.10	200m:	2:36.00	40.52	300m:	4:16.65	50.75	400m:	5:32.33	37.61

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

Konkurencja 4, Dziewcząt, 400m zmienny, Junior Młodszy

Pozycja			Rok ur.					Czas	Pkt.			
6.	MOTYL Sara		03	UKS 190 Łódź				5:33.39	471			
	50m:	35.78	35.78	150m:	2:03.18	44.60	250m:	3:31.91	44.28	350m:	4:56.56	39.15
	100m:	1:18.58	42.80	200m:	2:47.63	44.45	300m:	4:17.41	45.50	400m:	5:33.39	36.83
7.	NOWAKOWSKA Marta		03	WKS I sk Wrocław PO				5:38.11	451			
	50m:	36.56	36.56	150m:	2:02.17	44.37	250m:	3:32.80	47.47	350m:	4:59.67	38.80
	100m:	1:17.80	41.24	200m:	2:45.33	43.16	300m:	4:20.87	48.07	400m:	5:38.11	38.44
8.	DUTKOWIAK Aleksandra		03	WKS I sk Wrocław PO				5:38.47	450			
	50m:	36.11	36.11	150m:	2:04.47	44.56	250m:	3:34.22	48.17	350m:	5:01.86	39.25
	100m:	1:19.91	43.80	200m:	2:46.05	41.58	300m:	4:22.61	48.39	400m:	5:38.47	36.61
9.	GLEJZER Marcelina		02	Ks Rekin wiebodzice				5:43.08	432			
	50m:	36.83	36.83	150m:	2:04.83	45.54	250m:	3:35.83	46.01	350m:	5:04.08	41.19
	100m:	1:19.29	42.46	200m:	2:49.82	44.99	300m:	4:22.89	47.06	400m:	5:43.08	39.00
10.	PROCE Marta		02	Ks Rekin wiebodzice				5:45.09	425			
	50m:	36.50	36.50	150m:	2:04.61	43.02	250m:	3:37.71	49.31	350m:	5:08.22	39.34
	100m:	1:21.59	45.09	200m:	2:48.40	43.79	300m:	4:28.88	51.17	400m:	5:45.09	36.87
11.	SARCZY SKA Zuzanna		03	WKS I sk Wrocław PO				5:48.24	413			
	50m:	38.75	38.75	150m:	2:13.95	47.14	250m:	3:42.25	43.93	350m:	5:09.07	41.26
	100m:	1:26.81	48.06	200m:	2:58.32	44.37	300m:	4:27.81	45.56	400m:	5:48.24	39.17
12.	W CLEWSKA Aleksandra		03	WKS I sk Wrocław PO				5:54.00	393			
	50m:	37.22	37.22	150m:	2:08.14	45.55	250m:	3:41.23	48.57	350m:	5:12.59	41.85
	100m:	1:22.59	45.37	200m:	2:52.66	44.52	300m:	4:30.74	49.51	400m:	5:54.00	41.41

Open

1.	UKOWSKA Paula		93	Wks I sk PA				4:48.93	724			
	50m:	30.94	30.94	150m:	1:42.21	36.83	250m:	3:00.58	42.45	350m:	4:16.92	33.36
	100m:	1:05.38	34.44	200m:	2:18.13	35.92	300m:	3:43.56	42.98	400m:	4:48.93	32.01
2.	SADOWSKA Klaudia		99	WKS I sk Wrocław AR				5:10.31	584			
	50m:	32.35	32.35	150m:	1:52.22	41.54	250m:	3:13.78	41.74	350m:	4:34.41	37.71
	100m:	1:10.68	38.33	200m:	2:32.04	39.82	300m:	3:56.70	42.92	400m:	5:10.31	35.90