

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2017
Nowa Ruda, 8. - 9.12.2017

Konkurencja 25
2017.12.09 - 9:12

Kobiet, 400m dowolny

11 - 50 lat
Wyniki

Top Times	DOZP akt 2014-12-04 Open	4:10.42	ZUKOWSKA Paula	00101	Kozienice	2016.02.20
Top Times	DOZP akt 2014-12-04 - 11	4:48.19	BURDELAK Agnieszka	01101	Brzeg Dolny	2002.12.14
Top Times	DOZP akt 2014-12-04 12	4:42.53	ZIEBA Katarzyna	00401	Ostrowiec Sw.	2009.06.27
Top Times	DOZP akt 2014-12-04 13	4:33.36	TRACZYK Justyna	00201	Gorzow Wlkp	2017.06.17
Top Times	DOZP akt 2014-12-04 14	4:32.65	BURDELAK Agnieszka	01101	Zamosc	2005.01.22
Top Times	DOZP akt 2014-12-04 15	4:24.83	WEGRZYNOWSKA Aleksandra	00601	Poznan	2016.11.19
Top Times	DOZP akt 2014-12-04 16	4:25.40	WEGRZYNOWSKA Aleksandra	00601	Gliwice	2017.03.11
Top Times	DOZP akt 2014-12-04 17	4:18.08	NOWAK Julia	00601	Ostrowiec Sw	2014.12.19
Top Times	DOZP akt 2014-12-04 18	4:10.61	KILIJA SKA Donata	00601	Brno - Lesna (CZE)	2013.11.17
Top Times	DOZP akt 2014-12-04 19 +	4:10.42	ZUKOWSKA Paula	00101	Kozienice	2016.02.20

Punkty: FINA 2016

Pozycja	Rok ur.	Czas	Pkt.		
11 lat					
1.	TRACZYK Anna	06	MKS Juvenia Wrocław	5:15.30	411
	50m: 35.77 35.77	150m: 1:54.71 39.98	250m: 3:15.69 40.52	350m: 4:36.50 40.22	
	100m: 1:14.73 38.96	200m: 2:35.17 40.46	300m: 3:56.28 40.59	400m: 5:15.30 38.80	
2.	PITY SKA Klara	06	MKS Juvenia Wrocław	5:18.18	400
	50m: 35.57 35.57	150m: 1:56.81 41.37	250m: 3:19.39 40.63	350m: 4:40.14 40.49	
	100m: 1:15.44 39.87	200m: 2:38.76 41.95	300m: 3:59.65 40.26	400m: 5:18.18 38.04	
3.	JACH Tamara	06	UKS KORAL Wrocław	5:30.27	358
	50m: 36.85 36.85	150m: 2:01.48 42.95	250m: 3:27.32 42.82	350m: 4:51.44 42.10	
	100m: 1:18.53 41.68	200m: 2:44.50 43.02	300m: 4:09.34 42.02	400m: 5:30.27 38.83	
4.	WIDNICKA Kamila	06	Rekin wiebodzice	5:42.75	320
	50m: 37.81 37.81	150m: 2:03.59 43.69	250m: 3:31.36 44.24	350m: 5:00.72 44.60	
	100m: 1:19.90 42.09	200m: 2:47.12 43.53	300m: 4:16.12 44.76	400m: 5:42.75 42.03	
5.	CHŁ D Zuzanna	06	ZRYW Opole	5:42.96	319
	50m: 37.12 37.12	150m: 2:03.60 43.70	250m: 3:33.03 44.38	350m: 5:02.10 44.57	
	100m: 1:19.90 42.78	200m: 2:48.65 45.05	300m: 4:17.53 44.50	400m: 5:42.96 40.86	
6.	BŁACH Amelia	06	Atol Ole nica	5:44.82	314
	50m: 36.86 36.86	150m: 2:03.77 44.06	250m: 3:30.92 43.95	350m: 4:58.10 43.31	
	100m: 1:19.71 42.85	200m: 2:46.97 43.20	300m: 4:14.79 43.87	400m: 5:44.82 46.72	

12 - 13 lat

1.	KRUPA Milena	04	MKS Juvenia Wrocław	4:44.61	559
	50m: 31.70 31.70	150m: 1:42.96 35.95	250m: 2:55.83 36.66	350m: 4:09.04 36.58	
	100m: 1:07.01 35.31	200m: 2:19.17 36.21	300m: 3:32.46 36.63	400m: 4:44.61 35.57	
2.	MACIUSZEK Wiktoria	04	Shark Rudna	4:56.90	492
	50m: 31.54 31.54	150m: 1:43.65 36.73	250m: 2:59.84 38.52	350m: 4:17.83 39.14	
	100m: 1:06.92 35.38	200m: 2:21.32 37.67	300m: 3:38.69 38.85	400m: 4:56.90 39.07	
3.	SOKOŁOWSKA Dominika	04	Neptun widnica	5:03.62	460
	50m: 33.85 33.85	150m: 1:49.81 38.42	250m: 3:06.20 38.26	350m: 4:24.44 38.77	
	100m: 1:11.39 37.54	200m: 2:27.94 38.13	300m: 3:45.67 39.47	400m: 5:03.62 39.18	
4.	KICI SKA Anna	04	MANTA Jelcz-Laskowice	5:04.19	458
	50m: 34.06 34.06	150m: 1:51.26 39.39	250m: 3:09.25 38.45	350m: 4:27.17 39.25	
	100m: 1:11.87 37.81	200m: 2:30.80 39.54	300m: 3:47.92 38.67	400m: 5:04.19 37.02	

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2017
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Konkurencja 25, Dziewcząt, 400m dowolny, 12 - 13 lat

Pozycja			Rok ur.					Czas	Pkt.
5.	KSI EK Dominika		05	Just Swim Jelenia Góra				5:09.04	437
	50m: 36.04 36.04	150m: 1:55.68		40.18	250m: 3:14.29	38.81	350m: 4:31.73	38.22	
	100m: 1:15.50 39.46	200m: 2:35.48		39.80	300m: 3:53.51	39.22	400m: 5:09.04	37.31	
6.	MAKSYMOWICZ Nina		05	Harpun Osiecznica				5:09.43	435
	50m: 33.78 33.78	150m: 1:52.21		39.83	250m: 3:12.05	40.19	350m: 4:31.84	41.09	
	100m: 1:12.38 38.60	200m: 2:31.86		39.65	300m: 3:50.75	38.70	400m: 5:09.43	37.59	
7.	KRAWCZYK Jagoda		04	MKS Juwenia Wrocław				5:12.07	424
	50m: 33.85 33.85	150m: 1:53.91		40.80	250m: 3:15.07	40.42	350m: 4:34.28	38.85	
	100m: 1:13.11 39.26	200m: 2:34.65		40.74	300m: 3:55.43	40.36	400m: 5:12.07	37.79	
8.	KOSTRZEWI SKA Amelia		04	I sk Wrocław				5:12.41	423
	50m: 33.07 33.07	150m: 1:51.95		40.52	250m: 3:14.07	41.09	350m: 4:34.38	39.69	
	100m: 1:11.43 38.36	200m: 2:32.98		41.03	300m: 3:54.69	40.62	400m: 5:12.41	38.03	
9.	CHMIELOWIEC Dominika		04	WANKAN Legnica				5:13.05	420
	50m: 35.50 35.50	150m: 1:54.91		40.17	250m: 3:15.02	40.04	350m: 4:35.20	40.40	
	100m: 1:14.74 39.24	200m: 2:34.98		40.07	300m: 3:54.80	39.78	400m: 5:13.05	37.85	
10.	L GA Maja		05	Neptun widnica				5:21.22	389
	50m: 33.74 33.74	150m: 1:53.33		40.87	250m: 3:17.64	42.27	350m: 4:40.90	41.33	
	100m: 1:12.46 38.72	200m: 2:35.37		42.04	300m: 3:59.57	41.93	400m: 5:21.22	40.32	
11.	MARCZY SKA Eliza		05	I sk Wrocław				5:22.40	384
	50m: 34.02 34.02	150m: 1:56.25		42.34	250m: 3:19.15	41.32	350m: 4:41.75	41.01	
	100m: 1:13.91 39.89	200m: 2:37.83		41.58	300m: 4:00.74	41.59	400m: 5:22.40	40.65	
12.	GRZYB Natalia		04	WANKAN Legnica				5:23.24	381
	50m:	150m:			250m: 3:15.89		350m: 4:41.98		
	100m:	200m:			300m:		400m: 5:23.24	41.26	
13.	MIKŁOS Julia		05	MKS Juwenia Wrocław				5:27.64	366
	50m: 36.40 36.40	150m: 1:57.95		41.63	250m: 3:20.91	41.61	350m: 4:45.18	42.33	
	100m: 1:16.32 39.92	200m: 2:39.30		41.35	300m: 4:02.85	41.94	400m: 5:27.64	42.46	
14.	MAKSYMOWICZ Nadia		05	Harpun Osiecznica				5:29.52	360
	50m: 36.55 36.55	150m: 2:01.47		43.30	250m: 3:26.34	42.38	350m: 4:50.98	42.25	
	100m: 1:18.17 41.62	200m: 2:43.96		42.49	300m: 4:08.73	42.39	400m: 5:29.52	38.54	
15.	ZYS Angelika		04	UKS KORAL Wrocław				5:30.00	358
	50m: 34.98 34.98	150m: 1:59.15		43.53	250m: 3:25.71	43.29	350m: 4:51.27	42.51	
	100m: 1:15.62 40.64	200m: 2:42.42		43.27	300m: 4:08.76	43.05	400m: 5:30.00	38.73	
16.	MIKOSZA Aleksandra		04	I sk Wrocław				5:30.02	358
	50m: 36.60 36.60	150m: 2:01.86		43.28	250m: 3:26.16	42.34	350m: 4:51.12	41.92	
	100m: 1:18.58 41.98	200m: 2:43.82		41.96	300m: 4:09.20	43.04	400m: 5:30.02	38.90	
17.	KUCYPERA Iga		04	I sk Wrocław				5:30.69	356
	50m: 37.13 37.13	150m: 2:01.94		43.92	250m: 3:26.80	42.01	350m: 4:51.49	41.93	
	100m: 1:18.02 40.89	200m: 2:44.79		42.85	300m: 4:09.56	42.76	400m: 5:30.69	39.20	
18.	GOCZLING Katarzyna		04	I sk Wrocław				5:31.76	353
	50m: 36.89 36.89	150m: 2:01.21		42.63	250m: 3:26.39	42.11	350m: 4:50.69	41.63	
	100m: 1:18.58 41.69	200m: 2:44.28		43.07	300m: 4:09.06	42.67	400m: 5:31.76	41.07	
19.	SIKORSKA Ada		04	MKS Juwenia Wrocław				5:35.61	341
	50m: 37.50 37.50	150m: 2:01.72		42.64	250m: 3:28.39	43.11	350m: 4:53.00	42.12	
	100m: 1:19.08 41.58	200m: 2:45.28		43.56	300m: 4:10.88	42.49	400m: 5:35.61	42.61	

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2017
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Konkurencja 25, Dziewcząt, 400m dowolny, 12 - 13 lat

Pozycja		Rok ur.						Czas	Pkt.
20.	B CLER Natalia	05	I sk Wrocław					5:47.80	306
	50m: 1:21.28		150m: 2:06.10	44.82	250m: 3:36.29	45.34	350m: 5:05.43	44.61	
			200m: 2:50.95	44.85	300m: 4:20.82	44.53	400m: 5:47.80	42.37	
21.	JAKOBSCHÉ Natalia	05	WANKAN Legnica					5:57.83	281
	50m: 41.02 41.02		150m: 2:24.14	53.42	250m: 4:17.32	56.70	350m:		
	100m: 1:30.72 49.70		200m: 3:20.62	56.48	300m: 5:12.24	54.92	400m: 5:57.83		
22.	KOWALEWICZ Maja	05	UKS KORAL Wrocław					6:04.68	265
	50m: 40.84 40.84		150m: 2:14.04	47.45	250m: 3:48.62	47.90	350m: 5:22.21	46.48	
	100m: 1:26.59 45.75		200m: 3:00.72	46.68	300m: 4:35.73	47.11	400m: 6:04.68	42.47	
23.	PAJ K Julia	05	ZRYW Opole					6:08.64	257
	50m: 39.82 39.82		150m: 2:12.98	47.15	250m: 3:48.58	48.34	350m: 5:23.02	46.55	
	100m: 1:25.83 46.01		200m: 3:00.24	47.26	300m: 4:36.47	47.89	400m: 6:08.64	45.62	
24.	WIESIOŁEK Oliwia	05	WANKAN Legnica					6:51.47	185
	50m: 43.76 43.76		150m: 2:26.08	51.36	250m: 4:13.64	54.97	350m: 6:01.53	53.20	
	100m: 1:34.72 50.96		200m: 3:18.67	52.59	300m: 5:08.33	54.69	400m: 6:51.47	49.94	
25.	SOBCZAK Marta	05	Shark Rudna					6:55.32	180
	50m: 45.32 45.32		150m: 2:31.17	53.56	250m:		350m:		
	100m: 1:37.61 52.29		200m:		300m:		400m: 6:55.32		

14 - 15 lat

1.	GASIOR Oliwia	03	WANKAN Legnica					4:43.11	568
	50m: 31.73 31.73		150m: 1:40.48	35.23	250m: 2:52.94	35.91	350m: 4:07.04	37.65	
	100m: 1:05.25 33.52		200m: 2:17.03	36.55	300m: 3:29.39	36.45	400m: 4:43.11	36.07	
2.	MAZIAR Alicja	02	Rekin wiebodziće					4:46.47	548
	50m: 31.35 31.35		150m: 1:43.80	36.79	250m: 2:57.94	37.23	350m: 4:11.04	36.42	
	100m: 1:07.01 35.66		200m: 2:20.71	36.91	300m: 3:34.62	36.68	400m: 4:46.47	35.43	
3.	SKRZYPIEC Nika	03	MKS Juwenia Wrocław					4:51.42	521
	50m: 32.11 32.11		150m: 1:43.88	36.30	250m: 2:58.48	37.45	350m: 4:14.22	37.93	
	100m: 1:07.58 35.47		200m: 2:21.03	37.15	300m: 3:36.29	37.81	400m: 4:51.42	37.20	
4.	HAJDUK Oliwia	03	Atol Oleńnica					4:55.56	499
	50m: 32.39 32.39		150m: 1:46.02	37.41	250m: 3:02.62	38.82	350m: 4:19.39	38.61	
	100m: 1:08.61 36.22		200m: 2:23.80	37.78	300m: 3:40.78	38.16	400m: 4:55.56	36.17	
5.	MA LEJ Iga	03	MKS Juwenia Wrocław					5:02.61	465
	50m: 33.10 33.10		150m: 1:48.69	38.54	250m: 3:06.49	38.94	350m: 4:24.77	38.96	
	100m: 1:10.15 37.05		200m: 2:27.55	38.86	300m: 3:45.81	39.32	400m: 5:02.61	37.84	
6.	GÓRNIÉWICZ Aleksandra	02	WANKAN Legnica					5:25.34	374
	50m: 39.72 39.72		150m: 2:15.09	49.02	250m: 3:49.87	47.67	350m:		
	100m: 1:26.07 46.35		200m: 3:02.20	47.11	300m: 4:37.88	48.01	400m: 5:25.34		
NIE UK.	KLIMAS Emilia	03	WANKAN Legnica						
	50m: 50.19 50.19		150m: 2:53.74	1:02.44	250m: 4:56.37	1:02.02	350m: 7:03.22	1:02.97	
	100m: 1:51.30 1:01.11		200m: 3:54.35	1:00.61	300m: 6:00.25	1:03.88	400m:		

Konkurencja 25, Kobiet, 400m dowolny

16 lat i starsi

1.	BURA Dominika		01	MKS Juvenia Wrocław		4:38.61	596
	50m:		150m:	250m:		350m:	
	100m:		200m:	300m:		400m:	4:38.61
PK	KERTY SKA Nadia		03	WKS I sk Wrocław		4:43.41	566
	50m:	31.17	31.17	150m:	1:43.82	36.80	250m: 2:57.86
	100m:	1:07.02	35.85	200m:	2:20.88	37.06	300m: 3:35.09
						36.98	350m: 4:10.93
						37.23	400m: 4:43.41
PK	NOWAKOWSKA Marta		03	WKS I sk Wrocław		4:52.37	516
	50m:	32.62	32.62	150m:	1:45.14	36.90	250m: 2:59.35
	100m:	1:08.24	35.62	200m:	2:22.45	37.31	300m: 3:37.43
						36.90	350m: 4:15.52
						38.08	400m: 4:52.37
PK	DUTKOWIAK Aleksandra		03	WKS I sk Wrocław		4:53.59	509
	50m:	31.58	31.58	150m:	1:45.71	37.76	250m: 3:02.22
	100m:	1:07.95	36.37	200m:	2:23.96	38.25	300m: 3:40.13
						38.26	350m: 4:17.95
						37.91	400m: 4:53.59
PK	SZARCZY SKA Zuzanna		03	WKS I sk Wrocław		5:00.48	475
	50m:	33.91	33.91	150m:	1:48.75	37.99	250m: 3:06.15
	100m:	1:10.76	36.85	200m:	2:27.40	38.65	300m: 3:45.02
						38.75	350m: 4:23.71
						38.87	400m: 5:00.48
PK	W CLEWSKA Aleksandra		03	WKS I sk Wrocław		5:05.83	450
	50m:	33.07	33.07	150m:	1:48.84	38.44	250m: 3:07.12
	100m:	1:10.40	37.33	200m:	2:27.98	39.14	300m: 3:46.61
						39.14	350m: 4:26.41
						39.49	400m: 5:05.83
PK	TRACZUK Katarzyna		03	WKS I sk Wrocław		5:17.45	403
	50m:	36.17	36.17	150m:	1:57.01	40.81	250m: 3:18.09
	100m:	1:16.20	40.03	200m:	2:37.78	40.77	300m: 3:58.53
						40.31	350m: 4:38.61
						40.44	400m: 5:17.45