

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2018  
Nowa Ruda, 7. - 8.12.2018

Konkurencja 25  
2018.12.08 - 9:19

Kobiet, 400m dowolny

11 - 50 lat  
Wyniki

Top Times	DOZP akt 2018-12-04 Open	4:10.42	ZUKOWSKA Paula	00101	Kozienice	2016.02.20
Top Times	DOZP akt 2018-12-04 19 +	4:10.42	ZUKOWSKA Paula	00101	Kozienice	2016.02.20
Top Times	DOZP akt 2018-12-04 18	4:10.61	KILLJA SKA Donata	00601	Brno - Lesna (CZE)	2013.11.17
Top Times	DOZP akt 2018-12-04 17	4:18.08	NOWAK Julia	00601	Ostrowiec Sw	2014.12.19
Top Times	DOZP akt 2018-12-04 16	4:25.40	WEGRZYNOWSKA Aleksandra	00601	Gliwice	2017.03.11
Top Times	DOZP akt 2018-12-04 5	4:22.36	HELLAK Emilia	00601	Lodz	2018.11.10
Top Times	DOZP akt 2018-12-04 4	4:27.85	TRACZYK Justyna	00601	Wroclaw	2018.10.20
Top Times	DOZP akt 2018-12-04 3	4:33.36	TRACZYK Justyna	00201	Gorzow Wlkp	2017.06.17
Top Times	DOZP akt 2018-12-04 2	4:42.53	ZIEBA Katarzyna	00401	Ostrowiec Sw.	2009.06.27
Top Times	DOZP akt 2018-12-04 - 11	4:48.19	BURDELAK Agnieszka	00401	Brzeg Dolny	2002.12.14

Punkty: FINA 2018

Pozycja Rok ur. Czas Pkt.

11 lat

1.	JAROS Aleksandra	07	Neptun widnica	<b>5:32.15</b>	351
	50m: 36.62 36.62	150m: 1:59.36	41.97 250m: 3:24.36	43.01 350m: 4:50.79	43.44
	100m: 1:17.39 40.77	200m: 2:41.35	41.99 300m: 4:07.35	42.99 400m: 5:32.15	41.36
2.	WŁADYCZKA Amelia	07	Koral Wrocław	<b>5:35.54</b>	341
	50m: 36.74 36.74	150m: 2:02.13	43.40 250m: 3:28.54	43.27 350m: 4:55.10	43.07
	100m: 1:18.73 41.99	200m: 2:45.27	43.14 300m: 4:12.03	43.49 400m: 5:35.54	40.44
3.	ZAKRZEWSKA Natalia	07	Kro nicka Przysta	<b>5:50.57</b>	299
	50m: 36.75 36.75	150m: 2:08.92	46.93 250m: 3:40.98	45.54 350m: 5:11.48	44.49
	100m: 1:21.99 45.24	200m: 2:55.44	46.52 300m: 4:26.99	46.01 400m: 5:50.57	39.09

12 lat

1.	JANISZEWSKA Natalia	06	lask Wrocław	<b>4:56.64</b>	494
	50m: 34.24 34.24	150m: 1:49.45	38.14 250m: 3:05.76	38.06 350m: 4:20.08	36.77
	100m: 1:11.31 37.07	200m: 2:27.70	38.25 300m: 3:43.31	37.55 400m: 4:56.64	36.56
2.	TRACZYK Anna	06	Juvenia Wrocław	<b>5:02.72</b>	464
	50m: 33.94 33.94	150m: 1:50.00	38.67 250m: 3:06.14	38.17 350m: 4:23.17	39.22
	100m: 1:11.33 37.39	200m: 2:27.97	37.97 300m: 3:43.95	37.81 400m: 5:02.72	39.55
3.	WIDNICKA Kamila	06	Rekin wiebodzice	<b>5:16.27</b>	407
	50m: 34.64 34.64	150m: 1:53.55	39.50 250m: 3:15.18	40.75 350m: 4:37.59	40.81
	100m: 1:14.05 39.41	200m: 2:34.43	40.88 300m: 3:56.78	41.60 400m: 5:16.27	38.68
4.	SZCZEPANIAK Marta	06	Koral Wrocław	<b>5:24.27</b>	378
	50m: 36.98 36.98	150m: 1:59.50	41.65 250m: 3:24.41	42.21 350m: 4:46.72	39.76
	100m: 1:17.85 40.87	200m: 2:42.20	42.70 300m: 4:06.96	42.55 400m: 5:24.27	37.55
5.	DA KOWSKA Natalia	06	Juvenia Wrocław	<b>5:25.47</b>	374
	50m: 34.29 34.29	150m: 1:53.93	40.67 250m: 3:17.56	42.19 350m: 4:42.96	42.92
	100m: 1:13.26 38.97	200m: 2:35.37	41.44 300m: 4:00.04	42.48 400m: 5:25.47	42.51
6.	MAZURKIEWICZ Marta	06	Juvenia Wrocław	<b>5:30.19</b>	358
	50m: 37.38 37.38	150m: 2:00.69	42.55 250m: 3:26.97	43.18 350m: 4:52.60	42.32
	100m: 1:18.14 40.76	200m: 2:43.79	43.10 300m: 4:10.28	43.31 400m: 5:30.19	37.59
7.	ZAPORA Agata	06	Just Swim Jelenia Góra	<b>5:43.81</b>	317
	50m: 37.11 37.11	150m: 2:04.09	43.97 250m: 3:33.93	44.94 350m: 5:03.77	44.64
	100m: 1:20.12 43.01	200m: 2:48.99	44.90 300m: 4:19.13	45.20 400m: 5:43.81	40.04
8.	GÓRSKA Amelia	06	Koral Wrocław	<b>5:48.01</b>	306
	50m: 37.73 37.73	150m: 2:07.40	45.50 250m: 3:36.75	45.16 350m: 5:06.21	44.49
	100m: 1:21.90 44.17	200m: 2:51.59	44.19 300m: 4:21.72	44.97 400m: 5:48.01	41.80
9.	PNIACZEK Anna	06	Koral Wrocław	<b>5:53.51</b>	291
	50m: 38.22 38.22	150m: 2:08.53	46.27 250m: 3:40.78	45.86 350m: 5:10.88	44.05
	100m: 1:22.26 44.04	200m: 2:54.92	46.39 300m: 4:26.83	46.05 400m: 5:53.51	42.63
10.	ARBACZEWSKA Alicja	06	Juvenia Wrocław	<b>5:54.68</b>	289
	50m: 39.52 39.52	150m: 2:10.37	46.24 250m: 3:41.83	45.93 350m: 5:13.54	45.81
	100m: 1:24.13 44.61	200m: 2:55.90	45.53 300m: 4:27.73	45.90 400m: 5:54.68	41.14

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2018  
Nowa Ruda, 7. - 8.12.2018

Konkurencja 25, Dziewcząt, 400m dowolny, 12 lat

Pozycja				Rok ur.					Czas	Pkt.		
11.	JO KO Greta			06	Just Swim Jelenia Góra				<b>6:07.24</b>	260		
	50m:	39.18	39.18	150m:	2:11.06	47.40	250m:	3:48.31	48.57	350m:	5:23.23	47.28
	100m:	1:23.66	44.48	200m:	2:59.74	48.68	300m:	4:35.95	47.64	400m:	6:07.24	44.01
12.	SKOWRON Aleksandra			06	WANKAN Legnica				<b>6:39.72</b>	201		
	50m:	41.12	41.12	150m:	2:21.67	52.23	250m:	4:06.60	52.86	350m:	5:51.86	52.18
	100m:	1:29.44	48.32	200m:	3:13.74	52.07	300m:	4:59.68	53.08	400m:	6:39.72	47.86

13 lat

1.	KSI EK Dominika			05	Just Swim Jelenia Góra				<b>4:52.22</b>	516		
	50m:	32.26	32.26	150m:	1:45.72	37.42	250m:	3:00.89	37.89	350m:	4:15.97	37.63
	100m:	1:08.30	36.04	200m:	2:23.00	37.28	300m:	3:38.34	37.45	400m:	4:52.22	36.25
2.	L GA Maja			05	Neptun widnica				<b>4:57.93</b>	487		
	50m:	31.41	31.41	150m:	1:44.52	37.14	250m:	3:01.77	38.97	350m:	4:20.29	39.53
	100m:	1:07.38	35.97	200m:	2:22.80	38.28	300m:	3:40.76	38.99	400m:	4:57.93	37.64
3.	LUDWICZAK Paulina			05	Warta Pozna				<b>5:01.53</b>	470		
	50m:	33.61	33.61	150m:	1:49.39	38.93	250m:	3:06.82	38.80	350m:	4:24.06	38.54
	100m:	1:10.46	36.85	200m:	2:28.02	38.63	300m:	3:45.52	38.70	400m:	5:01.53	37.47
4.	B CLER Natalia			05	Isk Wrocław				<b>5:16.88</b>	405		
	50m:	35.28	35.28	150m:	1:54.34	40.66	250m:	3:16.56	41.32	350m:	4:38.58	41.19
	100m:	1:13.68	38.40	200m:	2:35.24	40.90	300m:	3:57.39	40.83	400m:	5:16.88	38.30
5.	PAWLAK Patrycja			05	Isk Wrocław				<b>5:22.58</b>	384		
	50m:	35.98	35.98	150m:	1:55.67	40.69	250m:	3:18.70	42.00	350m:	4:41.94	41.80
	100m:	1:14.98	39.00	200m:	2:36.70	41.03	300m:	4:00.14	41.44	400m:	5:22.58	40.64
6.	MARCINOWSKA Julia			05	Piast Głogów				<b>5:22.73</b>	383		
	50m:	34.31	34.31	150m:	1:56.37	41.75	250m:	3:19.86	41.87	350m:	4:42.94	40.75
	100m:	1:14.62	40.31	200m:	2:37.99	41.62	300m:	4:02.19	42.33	400m:	5:22.73	39.79
7.	ZAKRZEWSKA Barbara			05	Krońska Przysa				<b>5:41.79</b>	323		
	50m:	37.44	37.44	150m:	2:03.61	44.08	250m:	3:33.09	44.55	350m:	5:01.06	43.61
	100m:	1:19.53	42.09	200m:	2:48.54	44.93	300m:	4:17.45	44.36	400m:	5:41.79	40.73
8.	KOWALEWICZ Maja			05	Koral Wrocław				<b>5:45.39</b>	313		
	50m:	37.93	37.93	150m:	2:04.42	44.06	250m:	3:33.57	44.61	350m:	5:04.16	44.66
	100m:	1:20.36	42.43	200m:	2:48.96	44.54	300m:	4:19.50	45.93	400m:	5:45.39	41.23
9.	DUDEK Justyna			05	Just Swim Jelenia Góra				<b>5:50.19</b>	300		
	50m:	37.93	37.93	150m:	2:07.23	45.03	250m:	3:38.02	44.85	350m:	5:11.33	46.08
	100m:	1:22.20	44.27	200m:	2:53.17	45.94	300m:	4:25.25	47.23	400m:	5:50.19	38.86
10.	SZYMA SKA Daria			05	WANKAN Legnica				<b>5:52.32</b>	294		
	50m:	39.45	39.45	150m:	2:10.33	46.13	250m:	3:42.40	46.15	350m:	5:12.30	44.43
	100m:	1:24.20	44.75	200m:	2:56.25	45.92	300m:	4:27.87	45.47	400m:	5:52.32	40.02
11.	FILIPIAK Kinga			05	Krońska Przysa				<b>5:57.37</b>	282		
	50m:	39.19	39.19	150m:	2:08.25	44.94	250m:	3:40.08	45.83	350m:	5:12.76	45.94
	100m:	1:23.31	44.12	200m:	2:54.25	46.00	300m:	4:26.82	46.74	400m:	5:57.37	44.61
DYSKW.	SOBCZAK Marta			05	Shark Rudna							
	O-1											
	50m:	39.06	39.06	150m:		250m:	3:43.58			350m:	6:02.32	43.38
	100m:	1:22.69	43.63	200m:		300m:	5:18.94	1:35.36		400m:		

14 lat

1.	GALLE Julia			04	Swim Academy Oława				<b>5:32.75</b>	350	
	50m:	37.42	37.42	150m:	2:00.22	42.24	250m:			350m:	
	100m:	1:17.98	40.56	200m:			300m:			400m:	5:32.75

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2018  
Nowa Ruda, 7. - 8.12.2018

Konkurencja 25, Dziewcząt, 400m dowolny, 14 lat

Pozycja			Rok ur.				Czas				Pkt.	
2.	ZYS Angelika		04				Koral Wrocław				<b>5:33.51</b>	347
	50m:	36.31	36.31	150m:	2:00.79	42.68	250m:	3:27.17	43.20	350m:	4:54.05	42.91
	100m:	1:18.11	41.80	200m:	2:43.97	43.18	300m:	4:11.14	43.97	400m:	5:33.51	39.46

15 lat

1.	DUTKOWIAK Aleksandra		03				IASK Wrocław				<b>4:45.36</b>	555
	50m:	31.56	31.56	150m:	1:43.02	36.19	250m:	2:56.18	36.81	350m:	4:09.94	37.04
	100m:	1:06.83	35.27	200m:	2:19.37	36.35	300m:	3:32.90	36.72	400m:	4:45.36	35.42
2.	TRACZUK Katarzyna		03				IASK Wrocław				<b>5:07.97</b>	441
	50m:	34.70	34.70	150m:	1:52.93	39.55	250m:	3:10.80	38.70	350m:	4:29.52	39.68
	100m:	1:13.38	38.68	200m:	2:32.10	39.17	300m:	3:49.84	39.04	400m:	5:07.97	38.45
3.	SKWARCZEWSKA Kamila		03				Energetyk Zgorzelec				<b>5:15.79</b>	409
	50m:	35.00	35.00	150m:	1:56.38	41.32	250m:	3:19.93	41.86	350m:	4:40.22	38.85
	100m:	1:15.06	40.06	200m:	2:38.07	41.69	300m:	4:01.37	41.44	400m:	5:15.79	35.57
4.	SOROKANYCZ Julia		03				Piast Głogów				<b>5:48.86</b>	303
	50m:	36.39	36.39	150m:	2:02.35	44.39	250m:	3:33.68	45.80	350m:	5:05.43	45.64
	100m:	1:17.96	41.57	200m:	2:47.88	45.53	300m:	4:19.79	46.11	400m:	5:48.86	43.43

DYSKW.	BORTKUN Martyna		03				Krońska Przysła					
	O-2											
	50m:	33.15	33.15	150m:	1:59.07	44.54	250m:			350m:	5:07.63	
	100m:	1:14.53	41.38	200m:			300m:			400m:		

16 lat i starsi

1.	JABŁO SKA Oliwia		97				WZSN START Wrocław				<b>4:32.35</b>	638
	50m:	31.74	31.74	150m:	1:39.97	34.55	250m:	2:49.04	34.46	350m:	3:58.39	34.65
	100m:	1:05.42	33.68	200m:	2:14.58	34.61	300m:	3:23.74	34.70	400m:	4:32.35	33.96
2.	SASIN Dominika		94				Awf Wrocław				<b>4:45.60</b>	553
	50m:	30.46	30.46	150m:	1:40.67	35.53	250m:	2:54.46	37.15	350m:	4:09.81	37.73
	100m:	1:05.14	34.68	200m:	2:17.31	36.64	300m:	3:32.08	37.62	400m:	4:45.60	35.79
3.	SZEBESCZYK Hanna		01				Awf Wrocław				<b>4:57.72</b>	488
	50m:	33.40	33.40	150m:	1:47.04	37.47	250m:	3:03.64	38.18	350m:	4:20.84	38.78
	100m:	1:09.57	36.17	200m:	2:25.46	38.42	300m:	3:42.06	38.42	400m:	4:57.72	36.88
PK	SIEJKA Weronika		08				Neptun Widnica				<b>5:57.34</b>	282
	50m:	37.69	37.69	150m:	2:07.30	45.33	250m:	3:39.84	46.65	350m:	5:11.83	46.18
	100m:	1:21.97	44.28	200m:	2:53.19	45.89	300m:	4:25.65	45.81	400m:	5:57.34	45.51