

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2019  
Nowa Ruda, 29. - 30.11.2019

Konkurencja 27  
2019.11.30 - 9:16

Kobiet, 400m dowolny

11 - 50 lat  
Wyniki

Rekordy DOZP 2019.11.26 Open	4:10.42	ZUKOWSKA Paula	00101	Kozienice	2016.02.20
Rekordy DOZP 2019.11.26 19 +	4:10.42	ZUKOWSKA Paula	00101	Kozienice	2016.02.20
Rekordy DOZP 2019.11.26 18	4:10.61	KILJAJSKA Donata	00601	Brno - Lesna (CZE)	2013.11.17
Rekordy DOZP 2019.11.26 17	4:18.08	NOWAK Julia	00601	Ostrowiec Sw	2014.12.19
Rekordy DOZP 2019.11.26 16	4:25.07	HELLAK Emilia	00601	Lodz	2019.11.09
Rekordy DOZP 2019.11.26 5	4:22.36	HELLAK Emilia	00601	Lodz	2018.11.10
Rekordy DOZP 2019.11.26 4	4:27.85	TRACZYK Justyna	00601	Wroclaw	2018.10.20
Rekordy DOZP 2019.11.26 3	4:33.36	TRACZYK Justyna	00201	Gorzow Wlkp	2017.06.17
Rekordy DOZP 2019.11.26 2	4:42.53	ZIEBA Katarzyna	00401	Ostrowiec Sw.	2009.06.27
Rekordy DOZP 2019.11.26 - 11	4:48.19	BURDELAK Agnieszka	01101	Brzeg Dolny	2002.12.14

Punkty: FINA 2019

Pozycja	Rok ur.	Czas	Pkt.
<b>11 lat</b>			
1. MICHALCZUK Monika	08 7 Zdrój Trzebnica	<b>5:13.56</b>	415
50m: 34.74 34.74	150m: 1:53.80 40.00	250m: 3:14.26 40.79	350m: 4:35.66 41.22
100m: 1:13.80 39.06	200m: 2:33.47 39.67	300m: 3:54.44 40.18	400m: 5:13.56 37.90
2. SIEJKA Weronika	08 Neptun widnica	<b>5:27.16</b>	365
50m: 34.08 34.08	150m: 1:55.02 41.61	250m: 3:20.52 42.95	350m: 4:45.77 42.79
100m: 1:13.41 39.33	200m: 2:37.57 42.55	300m: 4:02.98 42.46	400m: 5:27.16 41.39
3. NAPIERALCZYK Martyna	08 Si sk Wrocław	<b>5:50.36</b>	297
50m: 36.94 36.94	150m: 2:02.69 44.45	250m: 3:33.99 45.99	350m: 5:06.81 46.46
100m: 1:18.24 41.30	200m: 2:48.00 45.31	300m: 4:20.35 46.36	400m: 5:50.36 43.55
4. KOŁOMA SKA Natalia	08 Szafir Wałbrzych	<b>6:05.32</b>	262
50m: 38.72 38.72	150m: 2:08.72 46.30	250m: 3:44.70 48.66	350m: 5:19.80 46.59
100m: 1:22.42 43.70	200m: 2:56.04 47.32	300m: 4:33.21 48.51	400m: 6:05.32 45.52
5. ANDRZEJEWSKA Maja	08 Korol Wrocław	<b>6:20.28</b>	232
50m: 39.93 39.93	150m: 2:14.40 48.86	250m: 3:54.86 49.80	350m: 5:35.35 50.60
100m: 1:25.54 45.61	200m: 3:05.06 50.66	300m: 4:44.75 49.89	400m: 6:20.28 44.93
6. GRABOWSKA Natalia	08 Juwenia Wrocław	<b>6:27.20</b>	220
50m: 42.74 42.74	150m: 2:21.64 51.01	250m: 4:02.21 50.53	350m: 5:41.89 49.41
100m: 1:30.63 47.89	200m: 3:11.68 50.04	300m: 4:52.48 50.27	400m: 6:27.20 45.31

12 lat

1. WŁADYCZKA Amelia	07 Juwenia Wrocław	<b>5:02.75</b>	461
50m: 32.62 32.62	150m: 1:49.45 39.52	250m: 3:08.93 39.55	350m: 4:27.04 38.45
100m: 1:09.93 37.31	200m: 2:29.38 39.93	300m: 3:48.59 39.66	400m: 5:02.75 35.71
2. JAROS Aleksandra	07 Neptun widnica	<b>5:13.27</b>	416
50m: 35.23 35.23	150m: 1:53.31 39.49	250m: 3:13.31 39.84	350m: 4:33.96 40.48
100m: 1:13.82 38.59	200m: 2:33.47 40.16	300m: 3:53.48 40.17	400m: 5:13.27 39.31
3. GIEWIADA Patrycja	07 Kro nicka Przysa	<b>5:15.88</b>	406
50m: 32.49 32.49	150m: 1:50.09 40.10	250m: 3:14.18 42.98	350m: 5:15.83 37.71
100m: 1:09.99 37.50	200m: 2:31.20 41.11	300m: 4:38.12 1:23.94	400m: 5:15.88 0.05
4. WIERZBICKA Maria	07 HS Team Kłodzko	<b>5:17.27</b>	400
50m: 34.76 34.76	150m: 1:54.95 41.04	250m: 3:15.88 40.23	350m: 4:37.87 40.83
100m: 1:13.91 39.15	200m: 2:35.65 40.70	300m: 3:57.04 41.16	400m: 5:17.27 39.40
5. J DRUCH Maja	07 Just Swim Jelenia G	<b>5:54.10</b>	288
50m: 37.14 37.14	150m: 2:07.29 46.23	250m: 3:40.74 46.97	350m: 5:13.79 46.18
100m: 1:21.06 43.92	200m: 2:53.77 46.48	300m: 4:27.61 46.87	400m: 5:54.10 40.31

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2019  
Nowa Ruda, 29. - 30.11.2019

Konkurencja 27, Dziewcząt, 400m dowolny, 12 lat

Pozycja			Rok ur.				Czas				Pkt.
6.	RUTA Jagoda		07 Harpun Osiecznica				<b>6:02.47</b>				268
	50m:	40.79 40.79	150m:	2:13.72 46.50	250m:	3:47.54 47.05	350m:	5:20.50 45.88	400m:	6:02.47 41.97	
	100m:	1:27.22 46.43	200m:	3:00.49 46.77	300m:	4:34.62 47.08					
7.	ANDRZEJEWSKA Lena		07 Koral Wrocław				<b>6:09.42</b>				253
	50m:	40.69 40.69	150m:	2:14.79 47.62	250m:	3:51.53 48.75	350m:	5:25.98 47.27	400m:	6:09.42 43.44	
	100m:	1:27.17 46.48	200m:	3:02.78 47.99	300m:	4:38.71 47.18					
8.	JANYGA Zuzanna		07 Szafir Wałbrzych				<b>6:15.51</b>				241
	50m:	42.32 42.32	150m:	2:18.69 48.66	250m:	3:56.35 48.58	350m:	5:32.28 48.40	400m:	6:15.51 43.23	
	100m:	1:30.03 47.71	200m:	3:07.77 49.08	300m:	4:43.88 47.53					
9.	PAWŁOWSKA Agata		07 Rekin wiebodzice				<b>6:20.30</b>				232
	50m:	41.75 41.75	150m:	3:08.33 1:39.13	250m:	4:45.75 48.87	350m:	6:20.27 45.00	400m:	6:20.30 0.03	
	100m:	1:29.20 47.45	200m:	3:56.88 48.55	300m:	5:35.27 49.52					
10.	SZELUK Amelia		07 Just Swim Jelenia G				<b>6:27.35</b>				220
	50m:	42.35 42.35	150m:	2:21.84 50.65	250m:	4:03.39 50.64	350m:	5:42.90 48.50	400m:	6:27.35 44.45	
	100m:	1:31.19 48.84	200m:	3:12.75 50.91	300m:	4:54.40 51.01					
11.	SZYMANOWSKA Maja		07 Harpun Osiecznica				<b>6:36.52</b>				205
	50m:	44.00 44.00	150m:	2:24.07 49.85	250m:	4:07.08 52.00	350m:	5:47.60 50.86	400m:	6:36.52 48.92	
	100m:	1:34.22 50.22	200m:	3:15.08 51.01	300m:	4:56.74 49.66					

13 lat

1.	TRACZYK Anna		06 Juvenia Wrocław				<b>4:43.42</b>				562
	50m:	32.00 32.00	150m:	1:43.71 36.50	250m:	2:57.31 36.87	350m:	4:09.18 35.46	400m:	4:43.42 34.24	
	100m:	1:07.21 35.21	200m:	2:20.44 36.73	300m:	3:33.72 36.41					
2.	JANISZEWSKA Natalia		06 SI sk Wrocław				<b>4:44.28</b>				557
	50m:	32.18 32.18	150m:	1:44.64 36.46	250m:	2:58.09 36.62	350m:	4:10.19 35.85	400m:	4:44.28 34.09	
	100m:	1:08.18 36.00	200m:	2:21.47 36.83	300m:	3:34.34 36.25					
3.	PITY SKA Klara		06 SI sk Wrocław				<b>4:49.75</b>				526
	50m:	32.67 32.67	150m:	1:45.87 36.45	250m:	3:00.19 37.10	350m:	4:14.77 37.14	400m:	4:49.75 34.98	
	100m:	1:09.42 36.75	200m:	2:23.09 37.22	300m:	3:37.63 37.44					
4.	SZWABI KA Alicja		06 Torpeda Ole nica				<b>4:59.29</b>				477
	50m:	33.03 33.03	150m:	1:47.82 38.10	250m:	3:05.28 38.49	350m:	4:22.11 37.86	400m:	4:59.29 37.18	
	100m:	1:09.72 36.69	200m:	2:26.79 38.97	300m:	3:44.25 38.97					
5.	WIDNICKA Kamila		06 Rekin wiebodzice				<b>5:00.19</b>				473
	50m:	32.95 32.95	150m:	1:48.41 38.32	250m:	3:06.10 38.98	350m:	4:24.55 39.29	400m:	5:00.19 35.64	
	100m:	1:10.09 37.14	200m:	2:27.12 38.71	300m:	3:45.26 39.16					
6.	MAZURKIEWICZ Marta		06 Juvenia Wrocław				<b>5:21.01</b>				386
	50m:	34.96 34.96	150m:	1:55.06 40.54	250m:	3:18.69 41.93	350m:	4:42.17 41.55	400m:	5:21.01 38.84	
	100m:	1:14.52 39.56	200m:	2:36.76 41.70	300m:	4:00.62 41.93					
7.	TERKA Karolina		06 Atol Ole nica				<b>5:22.22</b>				382
	50m:	36.17 36.17	150m:	1:57.21 41.00	250m:	3:20.88 42.24	350m:	4:44.32 41.79	400m:	5:22.22 37.90	
	100m:	1:16.21 40.04	200m:	2:38.64 41.43	300m:	4:02.53 41.65					
8.	WO NIAK Ewa		06 7 Zdrój Trzebnica				<b>5:24.88</b>				373
	50m:	36.14 36.14	150m:	1:59.33 42.14	250m:		350m:		400m:	5:24.88	
	100m:	1:17.19 41.05	200m:	2:41.54 42.21	300m:	4:06.26					
9.	PNIACZEK Anna		06 Koral Wrocław				<b>5:33.69</b>				344
	50m:	35.42 35.42	150m:	1:58.91 42.98	250m:	3:25.65 43.27	350m:	4:53.47 43.19	400m:	5:33.69 40.22	
	100m:	1:15.93 40.51	200m:	2:42.38 43.47	300m:	4:10.28 44.63					

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2019  
Nowa Ruda, 29. - 30.11.2019

Konkurencja 27, Dziewcząt, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.			
10.	HARTEL Maja		06	Koral Wrocław				<b>5:35.16</b>	339			
	50m:	37.18	37.18	150m:	2:00.97	42.61	250m:	3:27.65	43.33	350m:	4:55.36	43.83
	100m:	1:18.36	41.18	200m:	2:44.32	43.35	300m:	4:11.53	43.88	400m:	5:35.16	39.80
11.	GÓRSKA Amelia		06	Koral Wrocław				<b>5:44.00</b>	314			
	50m:	36.84	36.84	150m:	2:04.82	44.32	250m:	3:34.71	45.42	350m:	5:02.69	43.56
	100m:	1:20.50	43.66	200m:	2:49.29	44.47	300m:	4:19.13	44.42	400m:	5:44.00	41.31
12.	ARBACZEWSKA Alicja		06	Juvenia Wrocław				<b>5:49.92</b>	298			
	50m:	38.21	38.21	150m:	2:08.26	45.09	250m:	3:39.04	45.98	350m:	5:08.49	44.31
	100m:	1:23.17	44.96	200m:	2:53.06	44.80	300m:	4:24.18	45.14	400m:	5:49.92	41.43
13.	JO KO Greta		06	Just Swim Jelenia G				<b>5:54.78</b>	286			
	50m:	37.30	37.30	150m:	2:08.23	46.49	250m:	3:41.45	46.36	350m:	5:14.07	45.50
	100m:	1:21.74	44.44	200m:	2:55.09	46.86	300m:	4:28.57	47.12	400m:	5:54.78	40.71
14.	PIECUCH Oliwia		06	Koral Wrocław				<b>5:57.25</b>	280			
	50m:	39.14	39.14	150m:			250m:			350m:		
	100m:	1:22.76	43.62	200m:	2:54.58		300m:	4:27.55		400m:	5:57.25	
15.	GÓRKA Oliwia		06	Just Swim Jelenia G				<b>6:20.82</b>	231			
	50m:	40.07	40.07	150m:	2:16.57	49.05	250m:	3:53.34	48.09	350m:	5:35.36	51.19
	100m:	1:27.52	47.45	200m:	3:05.25	48.68	300m:	4:44.17	50.83	400m:	6:20.82	45.46
16.	CHAŁUPCZAK Amelia		06	Koral Wrocław				<b>6:30.87</b>	214			
	50m:	41.57	41.57	150m:	2:19.88	50.30	250m:	4:00.44	50.60	350m:	5:43.12	50.46
	100m:	1:29.58	48.01	200m:	3:09.84	49.96	300m:	4:52.66	52.22	400m:	6:30.87	47.75
17.	NIEDZIELSKA Marta		06	Just Swim Jelenia G				<b>6:35.50</b>	206			
	50m:	42.25	42.25	150m:	2:24.64	51.39	250m:	4:05.18	50.61	350m:	5:48.02	49.17
	100m:	1:33.25	51.00	200m:	3:14.57	49.93	300m:	4:58.85	53.67	400m:	6:35.50	47.48
18.	ŁUSZCZY SKA Aleksandra		06	Just Swim Jelenia G				<b>6:58.00</b>	175			
	50m:	43.67	43.67	150m:	2:29.83	53.36	250m:	4:18.11	54.45	350m:	6:09.15	55.26
	100m:	1:36.47	52.80	200m:	3:23.66	53.83	300m:	5:13.89	55.78	400m:	6:58.00	48.85

14 lat

1.	KSI EK Dominika		05	Just Swim Jelenia G				<b>4:53.78</b>	504			
	50m:	32.01	32.01	150m:	1:45.66	37.37	250m:	3:00.84	37.61	350m:	4:16.78	38.15
	100m:	1:08.29	36.28	200m:	2:23.23	37.57	300m:	3:38.63	37.79	400m:	4:53.78	37.00
2.	L GA Maja		05	Neptun widnica				<b>4:57.64</b>	485			
	50m:	32.26	32.26	150m:	1:46.41	37.80	250m:	3:03.12	38.25	350m:	4:20.47	38.75
	100m:	1:08.61	36.35	200m:	2:24.87	38.46	300m:	3:41.72	38.60	400m:	4:57.64	37.17
3.	FLAGA Aleksandra		05	Termy Jakuba				<b>5:01.48</b>	467			
	50m:	34.06	34.06	150m:	1:49.74	38.33	250m:	3:07.81	38.99	350m:	4:26.06	39.36
	100m:	1:11.41	37.35	200m:	2:28.82	39.08	300m:	3:46.70	38.89	400m:	5:01.48	35.42
4.	MARCINOWSKA Julia		05	Piast Głogów				<b>5:02.07</b>	464			
	50m:	32.90	32.90	150m:	1:48.76	38.46	250m:	3:07.29	39.44	350m:	4:24.98	38.91
	100m:	1:10.30	37.40	200m:	2:27.85	39.09	300m:	3:46.07	38.78	400m:	5:02.07	37.09

15 lat

1.	STRU YK Karolina		04	Juvenia Wrocław				<b>4:39.05</b>	589			
	50m:	32.41	32.41	150m:	1:43.12	35.67	250m:	2:54.75	35.90	350m:	4:05.69	35.05
	100m:	1:07.45	35.04	200m:	2:18.85	35.73	300m:	3:30.64	35.89	400m:	4:39.05	33.36

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2019  
Nowa Ruda, 29. - 30.11.2019

Konkurencja 27, Dziewcząt, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.			
2.	KRAMKOWSKA Dominika		04	Juvenia Wrocław				<b>4:42.94</b>	565			
	50m:	31.57	31.57	150m:	1:43.11	35.82	250m:	2:55.59	36.18	350m:	4:08.49	36.06
	100m:	1:07.29	35.72	200m:	2:19.41	36.30	300m:	3:32.43	36.84	400m:	4:42.94	34.45
3.	SOKOŁOWSKA Dominika		04	Neptun Widnica				<b>4:52.04</b>	513			
	50m:	32.62	32.62	150m:	1:44.98	36.34	250m:	2:59.03	37.13	350m:	4:14.07	37.29
	100m:	1:08.64	36.02	200m:	2:21.90	36.92	300m:	3:36.78	37.75	400m:	4:52.04	37.97

16 lat i starsi

1.	JABŁO SKA Oliwia		97	Start				<b>4:36.18</b>	607			
	50m:	32.69	32.69	150m:	1:42.09	34.78	250m:	2:51.81	34.95	350m:	4:01.94	34.97
	100m:	1:07.31	34.62	200m:	2:16.86	34.77	300m:	3:26.97	35.16	400m:	4:36.18	34.24
2.	MA LEJ Iga		03	Juvenia Wrocław				<b>4:47.33</b>	539			
	50m:	32.13	32.13	150m:	1:44.53	36.43	250m:	2:58.09	36.80	350m:	4:11.25	36.71
	100m:	1:08.10	35.97	200m:	2:21.29	36.76	300m:	3:34.54	36.45	400m:	4:47.33	36.08