

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

Event 4
2019.11.29 - 9:17

Women, 400m Medley

11 - 50 years
Results

Points: FINA 2019

Rank			YB			Time	Pts	
13 lat								
1.	TRACZYK Anna		06	Juvenia Wrocław		5:22.70	516	
	50m:	34.15 34.15	150m:	1:53.39 39.45	250m:	3:18.66 46.21	350m:	4:45.88 38.17
	100m:	1:13.94 39.79	200m:	2:32.45 39.06	300m:	4:07.71 49.05	400m:	5:22.70 36.82
2.	JACH Tamara		06	Koral Wrocław		5:31.43	476	
	50m:	36.47 36.47	150m:	2:02.87 42.45	250m:	3:30.37 45.60	350m:	4:55.09 38.58
	100m:	1:20.42 43.95	200m:	2:44.77 41.90	300m:	4:16.51 46.14	400m:	5:31.43 36.34
3.	GORSKA Amelia		06	Koral Wrocław		6:33.81	284	
	50m:	40.75 40.75	150m:	2:23.71 49.97	250m:	4:07.30 55.45	350m:	5:49.29 46.57
	100m:	1:33.74 52.99	200m:	3:11.85 48.14	300m:	5:02.72 55.42	400m:	6:33.81 44.52
14 lat								
1.	FLAGA Aleksandra		05	Termy Jakuba		6:12.14	336	
	50m:	37.79 37.79	150m:	2:11.90 48.18	250m:	3:55.25 54.85	350m:	5:33.02 42.54
	100m:	1:23.72 45.93	200m:	3:00.40 48.50	300m:	4:50.48 55.23	400m:	6:12.14 39.12
2.	ZAKRZEWSKA Barbara		05	Krosnicka Przystan		6:19.19	318	
	50m:	37.87 37.87	150m:	2:13.38 47.30	250m:	3:56.42 57.01	350m:	5:37.57 43.04
	100m:	1:26.08 48.21	200m:	2:59.41 46.03	300m:	4:54.53 58.11	400m:	6:19.19 41.62
16 lat i starsi								
1.	DZWONNIK Zuzanna		00	Politechnika Łódzka		4:55.84	670	
	50m:	31.80 31.80	150m:	1:46.11 37.05	250m:	3:05.18 41.40	350m:	4:21.59 34.43
	100m:	1:09.06 37.26	200m:	2:23.78 37.67	300m:	3:47.16 41.98	400m:	4:55.84 34.25
2.	CICHOWSKA Julia		01	Juvenia Wrocław		5:04.62	614	
	50m:	31.75 31.75	150m:	1:48.27 39.88	250m:	3:09.43 42.05	350m:	4:28.75 36.51
	100m:	1:08.39 36.64	200m:	2:27.38 39.11	300m:	3:52.24 42.81	400m:	5:04.62 35.87
3.	SMIECHOWSKA Maria		03	Juvenia Wrocław		5:34.75	462	
	50m:	33.91 33.91	150m:	1:55.93 42.01	250m:	3:25.50 47.69	350m:	4:54.62 41.53
	100m:	1:13.92 40.01	200m:	2:37.81 41.88	300m:	4:13.09 47.59	400m:	5:34.75 40.13