

Zimowe Mistrzostwa Okręgu Wielkopolskiego
Poznań, 22- - 23-2-2014

Konkurencja 35
2014-02-23 - 13:10

Kobiet, 400m dowolny

13 lat i starsi
Wyniki

Punkty: FINA 2013

Pozycja	Rok ur.	Czas	Pkt.
16 lat i starsi			
1. CIE LAK, Joanna	96	4:20.90	729
50m: 29.28 29.28	150m: 1:34.46 32.98	250m: 2:41.45 33.62	350m: 3:49.24 34.10
100m: 1:01.48 32.20	200m: 2:07.83 33.37	300m: 3:15.14 33.69	400m: 4:20.90 31.66
2. PODLEWSKA, Miriam	97	4:28.60	668
50m: 31.02 31.02	150m: 1:39.27 34.33	250m: 2:47.93 34.16	350m: 3:55.48 33.59
100m: 1:04.94 33.92	200m: 2:13.77 34.50	300m: 3:21.89 33.96	400m: 4:28.60 33.12
3. GRZEGORCZYK, Izabella	93	4:31.79	645
50m: 30.44 30.44	150m: 1:38.28 34.40	250m: 2:47.13 34.41	350m: 3:57.54 35.58
100m: 1:03.88 33.44	200m: 2:12.72 34.44	300m: 3:21.96 34.83	400m: 4:31.79 34.25
4. BEDNAREK, Aleksandra	98	4:32.42	640
50m: 31.97 31.97	150m: 1:40.36 34.45	250m: 2:49.26 34.41	350m: 3:58.89 34.61
100m: 1:05.91 33.94	200m: 2:14.85 34.49	300m: 3:24.28 35.02	400m: 4:32.42 33.53
5. WARDZI SKA, Martyna	98	4:39.08	595
50m: 33.16 33.16	150m: 1:43.28 34.98	250m: 2:53.93 35.38	350m: 4:04.71 35.32
100m: 1:08.30 35.14	200m: 2:18.55 35.27	300m: 3:29.39 35.46	400m: 4:39.08 34.37
6. POKRYWKA, Karolina	98	4:43.09	570
50m: 32.08 32.08	150m: 1:41.15 34.84	250m: 2:52.56 36.47	350m: 4:06.59 37.23
100m: 1:06.31 34.23	200m: 2:16.09 34.94	300m: 3:29.36 36.80	400m: 4:43.09 36.50
7. DYMNA, Olimpia	97	4:43.61	567
50m: 30.79 30.79	150m: 1:42.61 36.48	250m: 2:55.14 36.27	350m: 4:08.30 36.79
100m: 1:06.13 35.34	200m: 2:18.87 36.26	300m: 3:31.51 36.37	400m: 4:43.61 35.31
8. POPŁONYK, Aleksandra	98	4:45.85	554
50m: 31.83 31.83	150m: 1:43.68 36.47	250m: 2:57.39 36.99	350m: 4:11.24 36.99
100m: 1:07.21 35.38	200m: 2:20.40 36.72	300m: 3:34.25 36.86	400m: 4:45.85 34.61
9. KRZYŻAN, Maria	98	4:47.92	542
50m: 32.33 32.33	150m: 1:44.24 36.40	250m: 2:57.89 36.82	350m: 4:11.56 36.87
100m: 1:07.84 35.51	200m: 2:21.07 36.83	300m: 3:34.69 36.80	400m: 4:47.92 36.36
10. JUSZCZAK, Aleksandra	98	4:50.96	525
50m: 32.65 32.65	150m: 1:45.57 36.98	250m: 2:59.71 37.27	350m: 4:14.66 37.32
100m: 1:08.59 35.94	200m: 2:22.44 36.87	300m: 3:37.34 37.63	400m: 4:50.96 36.30
11. KAJKO, Paula	98	4:56.09	498
50m: 32.71 32.71	150m: 1:47.46 37.69	250m: 3:03.89 38.20	350m: 4:20.48 38.47
100m: 1:09.77 37.06	200m: 2:25.69 38.23	300m: 3:42.01 38.12	400m: 4:56.09 35.61
12. RADOSZ, Joanna	97	5:05.61	453
50m: 35.04 35.04	150m: 1:51.87 38.83	250m: 3:10.06 38.86	350m: 4:28.22 38.90
100m: 1:13.04 38.00	200m: 2:31.20 39.33	300m: 3:49.32 39.26	400m: 5:05.61 37.39
13. PŁATEK, Anna	98	5:14.55	416
50m: 34.54 34.54	150m: 1:53.55 39.91	250m: 3:14.41 40.53	350m: 4:36.19 40.78
100m: 1:13.64 39.10	200m: 2:33.88 40.33	300m: 3:55.41 41.00	400m: 5:14.55 38.36

13 - 15 lat

1. ZROBEK, Natalia	99	4:36.70	611
50m: 31.67 31.67	150m: 1:41.06 35.23	250m: 2:51.21 35.38	350m: 4:02.19 35.47
100m: 1:05.83 34.16	200m: 2:15.83 34.77	300m: 3:26.72 35.51	400m: 4:36.70 34.51
2. NIEDWIECKA, Katarzyna	99	4:45.15	558
50m: 31.38 31.38	150m: 1:42.90 36.66	250m: 2:56.40 36.91	350m: 4:09.38 36.37
100m: 1:06.24 34.86	200m: 2:19.49 36.59	300m: 3:33.01 36.61	400m: 4:45.15 35.77
3. SŁUPEK, Roksana	99	4:45.79	554
50m: 30.46 30.46	150m: 1:42.13 36.75	250m: 2:55.95 36.90	350m: 4:09.92 36.90
100m: 1:05.38 34.92	200m: 2:19.05 36.92	300m: 3:33.02 37.07	400m: 4:45.79 35.87

Zimowe Mistrzostwa Okręgu Wielkopolskiego
Poznań, 22- - 23-2-2014

Konkurencja 35, Dziewcząt, 400m dowolny, 13 - 15 lat

Pozycja			Rok ur.					Czas	Pkt.
4.	KRÓL, Oliwia		99	Mka Trójka Łódź				4:46.71	549
	50m:	33.42 33.42	150m:	1:46.48 37.07	250m:	2:59.33 36.64	350m:	4:11.74 36.00	
	100m:	1:09.41 35.99	200m:	2:22.69 36.21	300m:	3:35.74 36.41	400m:	4:46.71 34.97	
5.	KLESSA, Helena		00	MKS Nielba Wągrowiec				4:51.97	520
	50m:	32.01 32.01	150m:	1:43.43 36.54	250m:	2:58.47 37.69	350m:	4:14.61 38.33	
	100m:	1:06.89 34.88	200m:	2:20.78 37.35	300m:	3:36.28 37.81	400m:	4:51.97 37.36	
6.	BŁAJET, Oliwia		00	KS Warta Poznań				4:55.20	503
	50m:	32.66 32.66	150m:	1:46.54 37.48	250m:	3:02.11 37.84	350m:	4:18.23 37.89	
	100m:	1:09.06 36.40	200m:	2:24.27 37.73	300m:	3:40.34 38.23	400m:	4:55.20 36.97	
7.	PIETRZAK, Patrycja		00	MUKS Piętnastka Bydgoszcz				5:03.68	462
	50m:	34.58 34.58	150m:	1:52.40 39.03	250m:	3:11.44 39.70	350m:	4:27.84 37.75	
	100m:	1:13.37 38.79	200m:	2:31.74 39.34	300m:	3:50.09 38.65	400m:	5:03.68 35.84	
8.	PŁÓCIENNIK, Wiktoria		00	UKS 9 Kalisz				5:09.80	435
	50m:	34.07 34.07	150m:	1:50.92 38.77	250m:	3:09.24 39.43	350m:	4:26.91 38.51	
	100m:	1:12.15 38.08	200m:	2:29.81 38.89	300m:	3:48.40 39.16	400m:	5:09.80 42.89	
9.	KOTWAS, Monika		00	MKS Piranie Lubin				5:13.99	418
	50m:	37.10 37.10	150m:	1:56.88 40.01	250m:	3:16.90 39.79	350m:	4:36.50 39.17	
	100m:	1:16.87 39.77	200m:	2:37.11 40.23	300m:	3:57.33 40.43	400m:	5:13.99 37.49	
10.	LICZNERSKA, Martyna		99	Muks Piętnastka Bydgoszcz				5:21.93	388
	50m:	35.50 35.50	150m:	1:58.89 42.54	250m:	3:21.04 40.69	350m:	4:43.95 40.78	
	100m:	1:16.35 40.85	200m:	2:40.35 41.46	300m:	4:03.17 42.13	400m:	5:21.93 37.98	
11.	BODAKOWSKA, Julia		01	MKS Piranie Lubin				5:23.65	382
	50m:	36.45 36.45	150m:	1:59.88 42.21	250m:	3:23.05 41.65	350m:	4:44.62 40.41	
	100m:	1:17.67 41.22	200m:	2:41.40 41.52	300m:	4:04.21 41.16	400m:	5:23.65 39.03	
12.	OSIEWALSKA, Agnieszka		01	MKS Piranie Lubin				5:31.89	354
	50m:	38.37 38.37	150m:	2:03.02 42.82	250m:	3:28.91 42.89	350m:	4:54.08 42.68	
	100m:	1:20.20 41.83	200m:	2:46.02 43.00	300m:	4:11.40 42.49	400m:	5:31.89 37.81	