

ZIMOWE MISTRZOSTWA OKR GU Dolno I skiego
Nowa Ruda, 17. - 18.12.2010

Konkurencja 28
2010-12-18 - 12:26

Kobiet, 400m dowolny

11 lat i starsi
Wyniki

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.	
Młodzik										
1.	JASEK ALICJA		97	Wks	I sk	Wrocław		4:57.60	491	
	50m:	34.81 34.81	150m:	1:52.06	39.00	250m:	3:08.38	37.86	350m:	4:22.10 36.12
	100m:	1:13.06 38.25	200m:	2:30.52	38.46	300m:	3:45.98	37.60	400m:	4:57.60 35.50
2.	STRZELCZYK ALEKSANDRA		97	Wks	I sk	Wrocław		4:59.37	483	
	50m:	34.81 34.81	150m:	1:50.95	38.28	250m:	3:06.91	37.94	350m:	4:22.91 37.48
	100m:	1:12.67 37.86	200m:	2:28.97	38.02	300m:	3:45.43	38.52	400m:	4:59.37 36.46
3.	WLA LAK AGATA		97	KS "rekin"		Swiebodzice		5:02.35	469	
	50m:	34.19 34.19	150m:	1:51.24	38.77	250m:	3:09.82	38.69	350m:	4:26.25 37.29
	100m:	1:12.47 38.28	200m:	2:31.13	39.89	300m:	3:48.96	39.14	400m:	5:02.35 36.10
4.	MAJ Wiktoria		97	Mks	Juvenia	Wrocław		5:06.27	451	
	50m:	34.15 34.15	150m:	1:52.03	39.17	250m:	3:10.23	38.84	350m:	4:28.69 39.30
	100m:	1:12.86 38.71	200m:	2:31.39	39.36	300m:	3:49.39	39.16	400m:	5:06.27 37.58
5.	SAWZDARGO MONIKA		97	Uks	Koral	Wrocław		5:14.72	415	
	50m:	34.10 34.10	150m:	1:54.16	40.30	250m:	3:15.03	40.27	350m:	4:36.36 40.55
	100m:	1:13.86 39.76	200m:	2:34.76	40.60	300m:	3:55.81	40.78	400m:	5:14.72 38.36
6.	JUNIK Katarzyna		97	MKP"Atol"	Ole nica			5:20.49	393	
	50m:	35.41 35.41	150m:	1:54.67	39.99	250m:	3:16.75	40.82	350m:	4:39.49 41.41
	100m:	1:14.68 39.27	200m:	2:35.93	41.26	300m:	3:58.08	41.33	400m:	5:20.49 41.00
7.	SOPI SKA JULIA		97	Uks	Koral	Wrocław		5:31.21	356	
	50m:	36.88 36.88	150m:	2:00.25	42.46	250m:	3:24.83	42.39	350m:	4:49.86 42.64
	100m:	1:17.79 40.91	200m:	2:42.44	42.19	300m:	4:07.22	42.39	400m:	5:31.21 41.35
8.	B K ZUZANNA		97	Wks	I sk	Wrocław		5:37.88	336	
	50m:	39.60 39.60	150m:	2:04.63	42.87	250m:	3:30.80	42.75	350m:	4:56.91 42.88
	100m:	1:21.76 42.16	200m:	2:48.05	43.42	300m:	4:14.03	43.23	400m:	5:37.88 40.97
9.	KACZMAREK ALICJA		97	Wks	I sk	Wrocław		5:41.35	325	
	50m:	41.29 41.29	150m:	2:08.04	43.88	250m:	3:35.45	44.05	350m:	5:01.15 41.62
	100m:	1:24.16 42.87	200m:	2:51.40	43.36	300m:	4:19.53	44.08	400m:	5:41.35 40.20
10.	ROMANOWICZ Anna		97	Uks	Shark	Rudna		5:46.63	311	
	50m:	35.98 35.98	150m:	2:01.70	44.18	250m:	3:31.17	45.24	350m:	5:02.83 45.98
	100m:	1:17.52 41.54	200m:	2:45.93	44.23	300m:	4:16.85	45.68	400m:	5:46.63 43.80
11.	KRZYWAK Maria		99	MKP"Atol"	Ole nica			5:58.65	281	
	50m:	41.13 41.13	150m:	2:13.49	46.32	250m:	3:45.75	45.78	350m:	5:12.87 41.09
	100m:	1:27.17 46.04	200m:	2:59.97	46.48	300m:	4:31.78	46.03	400m:	5:58.65 45.78
12.	W CKOWSKA Ewa		99	UKS	ENERGETYK	Zgorzelec		6:16.22	243	
	50m:	41.78 41.78	150m:	2:18.31	48.59	250m:	3:54.53	48.40	350m:	5:31.78 48.02
	100m:	1:29.72 47.94	200m:	3:06.13	47.82	300m:	4:43.76	49.23	400m:	6:16.22 44.44

Junior młodszy

1.	KŁOPOCKA Paulina		95	Mks	Juvenia	Wrocław		4:43.86	566	
	50m:	32.65 32.65	150m:	1:44.67	36.26	250m:	2:57.02	36.16	350m:	4:09.08 35.70
	100m:	1:08.41 35.76	200m:	2:20.86	36.19	300m:	3:33.38	36.36	400m:	4:43.86 34.78
2.	WRÓBLEWSKA DOMINIKA		95	Wks	I sk	Wrocław		4:47.73	544	
	50m:	31.87 31.87	150m:	1:42.62	36.14	250m:	2:56.66	37.41	350m:	4:11.24 37.06
	100m:	1:06.48 34.61	200m:	2:19.25	36.63	300m:	3:34.18	37.52	400m:	4:47.73 36.49
3.	KITA Katarzyna		95	Uks	Shark	Rudna		4:49.40	534	
	50m:	31.84 31.84	150m:	1:46.03	37.37	250m:	3:00.54	36.79	350m:	4:14.44 36.77
	100m:	1:08.66 36.82	200m:	2:23.75	37.72	300m:	3:37.67	37.13	400m:	4:49.40 34.96
4.	W GRZYN Sylwia		95	Uks	Shark	Rudna		4:49.54	534	
	50m:	32.70 32.70	150m:	1:45.34	36.72	250m:	2:59.37	37.00	350m:	4:14.44 37.71
	100m:	1:08.62 35.92	200m:	2:22.37	37.03	300m:	3:36.73	37.36	400m:	4:49.54 35.10

ZIMOWE MISTRZOSTWA OKR GU Dolno I skiego
Nowa Ruda, 17. - 18.12.2010

Konkurencja 28, Dziewcz t, 400m dowolny, Junior młodszy

Pozycja			Rok ur.					Czas	Pkt.			
5.	WI	CKOWSKA Daria	96	Uks Shark Rudna				4:53.16	514			
	50m:	32.16	32.16	150m:	1:45.35	37.01	250m:	3:00.61	38.02	350m:	4:15.97	38.02
	100m:	1:08.34	36.18	200m:	2:22.59	37.24	300m:	3:37.95	37.34	400m:	4:53.16	37.19
6.	KLEMCZY	SKA Magda	96	Mks Juvenia Wrocław				5:01.29	474			
	50m:	33.39	33.39	150m:	1:49.32	38.32	250m:	3:06.90	38.81	350m:	4:24.51	38.61
	100m:	1:11.00	37.61	200m:	2:28.09	38.77	300m:	3:45.90	39.00	400m:	5:01.29	36.78

16 lat i starsi

1.	PO	AROWSZCZYK BEATA	93	Wks I sk Wrocław				4:25.71	691			
	50m:	30.59	30.59	150m:	1:38.65	34.40	250m:	2:45.45	32.18	350m:	3:51.85	33.56
	100m:	1:04.25	33.66	200m:	2:13.27	34.62	300m:	3:18.29	32.84	400m:	4:25.71	33.86
2.	ELAZNA	Paulina	94	Mks Juvenia Wrocław				4:33.48	633			
	50m:	30.76	30.76	150m:	1:38.64	34.34	250m:	2:48.28	34.95	350m:	3:59.04	35.30
	100m:	1:04.30	33.54	200m:	2:13.33	34.69	300m:	3:23.74	35.46	400m:	4:33.48	34.44
3.	MISZTAL	Beata	94	Wks I sk Wrocław				4:37.80	604			
	50m:	31.22	31.22	150m:	1:39.53	34.80	250m:	2:49.65	35.09	350m:	4:01.81	36.54
	100m:	1:04.73	33.51	200m:	2:14.56	35.03	300m:	3:25.27	35.62	400m:	4:37.80	35.99
4.	KLINGER	Anna	94	Uks Shark Rudna				4:51.42	523			
	50m:	33.15	33.15	150m:	1:47.11	36.98	250m:	3:01.43	37.20	350m:	4:15.30	37.07
	100m:	1:10.13	36.98	200m:	2:24.23	37.12	300m:	3:38.23	36.80	400m:	4:51.42	36.12
5.	ANDRZEJCZUK	Martynika	94	Wks I sk Wrocław				5:08.18	442			
	50m:	33.88	33.88	150m:	1:50.91	38.83	250m:	3:09.64	39.67	350m:	4:29.23	39.83
	100m:	1:12.08	38.20	200m:	2:29.97	39.06	300m:	3:49.40	39.76	400m:	5:08.18	38.95