

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

Konkurencja 4  
2010-12-17 - 11:28

Kobiet, 400m zmienny

11 lat i starsi  
Wyniki

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.
<b>Młodzik</b>									
1.	KANIAK Aleksandra		97	Mks Juvenia Wrocław				<b>5:43.61</b>	438
	50m:	38.47 38.47	150m:	2:08.23 43.88	250m:	3:37.07 45.69	350m:	5:05.29 41.08	
	100m:	1:24.35 45.88	200m:	2:51.38 43.15	300m:	4:24.21 47.14	400m:	5:43.61 38.32	
2.	WLEZIE Gabriela		98	AZS AWF Wrocław				<b>5:51.36</b>	410
	50m:	38.23 38.23	150m:	2:07.92 44.32	250m:	3:42.41 50.15	350m:	5:12.54 40.98	
	100m:	1:23.60 45.37	200m:	2:52.26 44.34	300m:	4:31.56 49.15	400m:	5:51.36 38.82	
3.	SZTANDERA Dominika		97	MKS 9 Dzierżoniów				<b>5:56.73</b>	391
	50m:	36.04 36.04	150m:	2:10.21 47.46	250m:	3:44.59 47.22	350m:	5:17.40 44.63	
	100m:	1:22.75 46.71	200m:	2:57.37 47.16	300m:	4:32.77 48.18	400m:	5:56.73 39.33	
4.	MAJ Wiktoria		97	Mks Juvenia Wrocław				<b>5:57.56</b>	389
	50m:	38.52 38.52	150m:	2:11.34 46.97	250m:	3:48.32 50.86	350m:	5:17.75 38.63	
	100m:	1:24.37 45.85	200m:	2:57.46 46.12	300m:	4:39.12 50.80	400m:	5:57.56 39.81	
5.	HORUDKO Jolanta		98	Wks I sk Wrocław				<b>6:00.44</b>	379
	50m:	42.98 42.98	150m:	2:20.94 45.73	250m:	3:49.84 45.53	350m:	5:20.12 42.38	
	100m:	1:35.21 52.23	200m:	3:04.31 43.37	300m:	4:37.74 47.90	400m:	6:00.44 40.32	
6.	ROSIŃSKA Sara		98	Mks Juvenia Wrocław				<b>6:11.10</b>	348
	50m:	39.10 39.10	150m:	2:18.39 50.98	250m:	3:55.79 49.94	350m:	5:29.74 42.44	
	100m:	1:27.41 48.31	200m:	3:05.85 47.46	300m:	4:47.30 51.51	400m:	6:11.10 41.36	
7.	BARZYK Aleksandra		98	Wks I sk Wrocław				<b>6:21.54</b>	320
	50m:	41.71 41.71	150m:	2:20.42 47.91	250m:	3:59.63 50.85	350m:	5:36.19 45.07	
	100m:	1:32.51 50.80	200m:	3:08.78 48.36	300m:	4:51.12 51.49	400m:	6:21.54 45.35	
8.	MIREK Klaudia		98	MKS 9 Dzierżoniów				<b>6:47.58</b>	262
	50m:	43.85 43.85	150m:	2:25.57 50.75	250m:	4:13.38 57.44	350m:	5:59.44 48.14	
	100m:	1:34.82 50.97	200m:	3:15.94 50.37	300m:	5:11.30 57.92	400m:	6:47.58 48.14	

Junior młodszy

1.	OLBERT DOMINIKA		95	Wks I sk Wrocław				<b>5:04.19</b>	631
	50m:	32.39 32.39	150m:	1:49.59 39.59	250m:	3:10.07 41.35	350m:	4:30.13 37.30	
	100m:	1:10.00 37.61	200m:	2:28.72 39.13	300m:	3:52.83 42.76	400m:	5:04.19 34.06	
2.	LESIAK BARBARA		95	Wks I sk Wrocław				<b>5:18.14</b>	552
	50m:	34.22 34.22	150m:	1:53.32 39.91	250m:	3:18.40 45.26	350m:	4:41.88 38.27	
	100m:	1:13.41 39.19	200m:	2:33.14 39.82	300m:	4:03.61 45.21	400m:	5:18.14 36.26	

16 lat i starsi

1.	TCHÓRZ Alicja		92	MKP Słowianka Gorzów Wlkp.				<b>4:47.93</b>	745
	50m:	30.36 30.36	150m:	1:42.20 37.11	250m:	3:00.42 41.04	350m:	4:15.89 33.71	
	100m:	1:05.09 34.73	200m:	2:19.38 37.18	300m:	3:42.18 41.76	400m:	4:47.93 32.04	
2.	PAWLIKOWSKA Agata		94	Mks Juvenia Wrocław				<b>5:04.83</b>	627
	50m:	31.90 31.90	150m:	1:47.85 39.10	250m:	3:07.83 41.08	350m:	4:28.79 38.05	
	100m:	1:08.75 36.85	200m:	2:26.75 38.90	300m:	3:50.74 42.91	400m:	5:04.83 36.04	