

Zimowe Mistrzostwa Okręgu Wlkp. 2016  
Poznań, 12-13-2-2016

Konkurencja 37  
2016-02-13 - 13:03

Kobiet, 400m dowolny

13 lat i starsi  
Wyniki

Punkty: FINA 2015

Pozycja	Rok ur.	Czas	Pkt.
<b>16 lat i starsi</b>			
1. CIE LAK Joanna	96	<b>4:22.30</b>	714
50m: 30.29 30.29	150m: 1:36.24 33.08	250m: 2:42.82 33.29	350m: 3:50.08 33.65
100m: 1:03.16 32.87	200m: 2:09.53 33.29	300m: 3:16.43 33.61	400m: 4:22.30 32.22
2. SŁUPEK Roksana SB	99	<b>4:30.00</b>	655
50m: 30.37 30.37	150m: 1:37.63 33.99	250m: 2:46.18 34.40	350m: 3:56.06 34.89
100m: 1:03.64 33.27	200m: 2:11.78 34.15	300m: 3:21.17 34.99	400m: 4:30.00 33.94
3. BŁA YCZEK Klaudia	00	<b>4:39.32</b>	591
50m: 31.49 31.49	150m: 1:41.66 35.36	250m: 2:52.39 35.15	350m: 4:03.76 35.75
100m: 1:06.30 34.81	200m: 2:17.24 35.58	300m: 3:28.01 35.62	400m: 4:39.32 35.56
4. ROTTER Zuzanna	97	<b>4:40.40</b>	585
50m: 32.57 32.57	150m: 1:42.81 35.37	250m: 2:54.01 35.66	350m: 4:05.73 35.55
100m: 1:07.44 34.87	200m: 2:18.35 35.54	300m: 3:30.18 36.17	400m: 4:40.40 34.67
5. BŁAJET Oliwia	00	<b>4:41.97</b>	575
50m: 32.56 32.56	150m: 1:43.44 35.61	250m: 2:55.19 35.91	350m: 4:06.79 35.91
100m: 1:07.83 35.27	200m: 2:19.28 35.84	300m: 3:30.88 35.69	400m: 4:41.97 35.18
6. KROMOLICKA Wiktoria	00	<b>4:44.54</b>	559
50m: 31.48 31.48	150m: 1:41.88 35.35	250m: 2:54.05 36.36	350m: 4:09.12 37.68
100m: 1:06.53 35.05	200m: 2:17.69 35.81	300m: 3:31.44 37.39	400m: 4:44.54 35.42
7. RUTKOWSKA Wiktoria SB	99	<b>4:48.87</b>	535
50m: 31.80 31.80	150m: 1:43.85 36.59	250m: 2:58.19 37.26	350m: 4:12.97 37.56
100m: 1:07.26 35.46	200m: 2:20.93 37.08	300m: 3:35.41 37.22	400m: 4:48.87 35.90
8. RADOSZ Joanna	97	<b>4:56.92</b>	492
50m: 33.17 33.17	150m: 1:46.84 37.48	250m: 3:03.88 38.64	350m: 4:20.65 38.09
100m: 1:09.36 36.19	200m: 2:25.24 38.40	300m: 3:42.56 38.68	400m: 4:56.92 36.27
9. NOWICKA Weronika	00	<b>4:57.72</b>	488
<i>REKORD POLSKI NIEŚLŹYCH JUNIORÓW, SENIORÓW</i>			
50m: 32.98 32.98	150m: 1:47.86 38.34	250m: 3:04.40 38.11	350m: 4:21.23 38.54
100m: 1:09.52 36.54	200m: 2:26.29 38.43	300m: 3:42.69 38.29	400m: 4:57.72 36.49
10. MICHALAK Weronika	00	<b>5:01.92</b>	468
50m: 34.23 34.23	150m: 1:48.92 37.85	250m: 3:05.22 38.46	350m: 4:23.64 39.30
100m: 1:11.07 36.84	200m: 2:26.76 37.84	300m: 3:44.34 39.12	400m: 5:01.92 38.28
SIATECKA Weronika	00	<b>5:01.92</b>	468
50m: 34.55 34.55	150m: 1:51.25 38.48	250m: 3:08.85 38.43	350m: 4:25.12 37.83
100m: 1:12.77 38.22	200m: 2:30.42 39.17	300m: 3:47.29 38.44	400m: 5:01.92 36.80
12. ŁUCZAK Marta	99	<b>5:25.24</b>	374
50m: 34.36 34.36	150m: 1:53.54 40.72	250m: 3:17.90 42.89	350m: 4:44.07 43.38
100m: 1:12.82 38.46	200m: 2:35.01 41.47	300m: 4:00.69 42.79	400m: 5:25.24 41.17
<b>13 - 15 lat</b>			
1. PARADOWSKA Kinga SB	01	<b>4:31.81</b>	642
50m: 30.95 30.95	150m: 1:40.18 35.05	250m: 2:50.11 34.94	350m: 3:58.92 34.45
100m: 1:05.13 34.18	200m: 2:15.17 34.99	300m: 3:24.47 34.36	400m: 4:31.81 32.89
2. KRYSZKOWSKA Natalia	02	<b>4:40.27</b>	585
50m: 31.90 31.90	150m: 1:43.24 35.92	250m: 2:54.13 35.38	350m: 4:05.88 36.06
100m: 1:07.32 35.42	200m: 2:18.75 35.51	300m: 3:29.82 35.69	400m: 4:40.27 34.39
3. SOBIAK Zuzanna	02	<b>4:48.05</b>	539
50m: 32.58 32.58	150m: 1:44.88 36.64	250m: 2:58.43 37.12	350m: 4:12.23 37.04
100m: 1:08.24 35.66	200m: 2:21.31 36.43	300m: 3:35.19 36.76	400m: 4:48.05 35.82

Zimowe Mistrzostwa Okręgu Wlkp. 2016  
Poznań, 12- - 13-2-2016

Konkurencja 37, Dziewcząt, 400m dowolny, 13 - 15 lat

Pozycja			Rok ur.					Czas	Pkt.
4.	URBA	SKA Paulina	01	MKP Słowianka Gorzów Wlkp.				<b>4:48.94</b>	534
	50m:	32.13 32.13	150m:	1:43.96	36.48	250m:	2:58.50 37.33	350m:	4:13.22 37.36
	100m:	1:07.48 35.35	200m:	2:21.17	37.21	300m:	3:35.86 37.36	400m:	4:48.94 35.72
5.	G	SOWSKA Martyna	01	Delfin Toru				<b>4:51.56</b>	520
	50m:	33.26 33.26	150m:	1:46.88	37.05	250m:	3:01.36 37.31	350m:	4:15.88 37.39
	100m:	1:09.83 36.57	200m:	2:24.05	37.17	300m:	3:38.49 37.13	400m:	4:51.56 35.68
6.	WŁODARCZYK	Agnieszka	01	MKP Wągrowiec				<b>4:52.72</b>	514
	50m:	31.90 31.90	150m:	1:43.67	36.46	250m:	2:59.27 37.95	350m:	4:16.10 38.25
	100m:	1:07.21 35.31	200m:	2:21.32	37.65	300m:	3:37.85 38.58	400m:	4:52.72 36.62
7.	DOM	OL Zuzanna	02	KKS Włókniarz 1925 Kalisz				<b>4:54.61</b>	504
	50m:	33.31 33.31	150m:	1:47.53	37.63	250m:	3:03.61 37.81	350m:	4:18.79 37.50
	100m:	1:09.90 36.59	200m:	2:25.80	38.27	300m:	3:41.29 37.68	400m:	4:54.61 35.82
8.	KOTWAS	Aleksandra	01	KTP Iskra Konin				<b>4:56.07</b>	497
	50m:	32.82 32.82	150m:	1:47.83	37.93	250m:	3:04.16 38.21	350m:	4:20.61 37.85
	100m:	1:09.90 37.08	200m:	2:25.95	38.12	300m:	3:42.76 38.60	400m:	4:56.07 35.46
9.	KRZYSZTOFIAK	Iga	03	KS Warta Poznań				<b>4:56.77</b>	493
	50m:	33.32 33.32	150m:	1:47.51	37.44	250m:	3:03.72 38.62	350m:	4:19.87 38.31
	100m:	1:10.07 36.75	200m:	2:25.10	37.59	300m:	3:41.56 37.84	400m:	4:56.77 36.90
10.	OSIEWALSKA	Agnieszka	01	UKS Shark Rudna				<b>5:07.30</b>	444
	50m:	35.74 35.74	150m:	1:53.78	39.28	250m:	3:13.15 39.45	350m:	4:31.54 39.10
	100m:	1:14.50 38.76	200m:	2:33.70	39.92	300m:	3:52.44 39.29	400m:	5:07.30 35.76
11.	GABOR	Martyna	02	UKS Shark Rudna				<b>5:07.65</b>	442
	50m:	35.17 35.17	150m:	1:54.39	39.52	250m:	3:13.00 39.21	350m:	4:31.55 39.42
	100m:	1:14.87 39.70	200m:	2:33.79	39.40	300m:	3:52.13 39.13	400m:	5:07.65 36.10
12.	KANTECKA	Julia	03	MKS Oceanik Ostrzeszów				<b>5:10.01</b>	432
	50m:	34.96 34.96	150m:	1:54.13	40.18	250m:	3:13.12 39.37	350m:	4:32.27 39.27
	100m:	1:13.95 38.99	200m:	2:33.75	39.62	300m:	3:53.00 39.88	400m:	5:10.01 37.74
13.	GRZEGOLEC	weronika	02	MKP Słowianka Gorzów Wlkp.				<b>5:13.54</b>	418
	50m:	34.32 34.32	150m:	1:52.45	39.74	250m:	3:12.07 39.88	350m:	4:33.56 40.92
	100m:	1:12.71 38.39	200m:	2:32.19	39.74	300m:	3:52.64 40.57	400m:	5:13.54 39.98
14.	CZEPULANIS	Alicja	02	MKP Słowianka Gorzów Wlkp.				<b>5:19.07</b>	397
	50m:	36.44 36.44	150m:	1:57.48	41.07	250m:	3:19.82 40.83	350m:	4:40.67 39.79
	100m:	1:16.41 39.97	200m:	2:38.99	41.51	300m:	4:00.88 41.06	400m:	5:19.07 38.40
15.	GABRY	Kamila	02	MKP Słowianka Gorzów Wlkp.				<b>5:22.16</b>	385
	50m:	37.21 37.21	150m:	1:58.20	41.02	250m:	3:19.84 40.47	350m:	4:42.23 41.32
	100m:	1:17.18 39.97	200m:	2:39.37	41.17	300m:	4:00.91 41.07	400m:	5:22.16 39.93
16.	GORZE	Marta	03	UKS CITYZEN Poznań				<b>5:27.89</b>	365
	50m:	35.29 35.29	150m:	1:57.58	41.83	250m:	3:23.21 42.52	350m:	4:48.52 42.64
	100m:	1:15.75 40.46	200m:	2:40.69	43.11	300m:	4:05.88 42.67	400m:	5:27.89 39.37
17.	JANUSZEWSKA	Otylia	03	KP MZOS Płock				<b>5:30.92</b>	355
	50m:	37.65 37.65	150m:	2:00.61	42.01	250m:	3:25.76 42.61	350m:	4:50.38 42.48
	100m:	1:18.60 40.95	200m:	2:43.15	42.54	300m:	4:07.90 42.14	400m:	5:30.92 40.54
18.	STROI	SKA Katarzyna	02	KS Extreme Team Oborniki				<b>5:36.10</b>	339
	50m:	37.03 37.03	150m:	2:00.13	42.33	250m:	3:26.74 43.44	350m:	4:54.25 43.75
	100m:	1:17.80 40.77	200m:	2:43.30	43.17	300m:	4:10.50 43.76	400m:	5:36.10 41.85