

Mistrzostwa Okręgu Open i 14,15,16,17-18 lat
Gliwice, 22- - 23-6-2012

Konkurencja 19
2012-06-23 - 10:50

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2012

Pozycja			Rok ur.					Czas	Pkt.		
Open											
1.	BARTOSZEK, Joanna		96	Muks Gilus Gilowice				4:34.46	661		
	50m:	31.71 31.71	150m:	1:40.72	34.50	250m:	2:49.99	34.75	350m:	3:59.68	34.56
	100m:	1:06.22 34.51	200m:	2:15.24	34.52	300m:	3:25.12	35.13	400m:	4:34.46	34.78
2.	LEWANDOWSKA, PAULINA SO		96	Ukp Unia				4:41.69	611		
	50m:	32.01 32.01	150m:	1:43.56	35.93	250m:	2:56.19	36.37	350m:	4:07.98	35.59
	100m:	1:07.63 35.62	200m:	2:19.82	36.26	300m:	3:32.39	36.20	400m:	4:41.69	33.71
3.	NOWAK, Sonia		96	AZS AWF Katowice				4:41.71	611		
	50m:	33.04 33.04	150m:	1:43.68	35.44	250m:	2:55.13	35.65	350m:	4:06.93	35.62
	100m:	1:08.24 35.20	200m:	2:19.48	35.80	300m:	3:31.31	36.18	400m:	4:41.71	34.78
4.	ARŁOK, Martyna		97	KS. Górnik Radlin				4:43.23	601		
	50m:	31.21 31.21	150m:	1:42.79	36.08	250m:	2:55.01	35.85	350m:	4:07.88	36.07
	100m:	1:06.71 35.50	200m:	2:19.16	36.37	300m:	3:31.81	36.80	400m:	4:43.23	35.35
5.	ROSTOWSKA, Wiktoria		97	Csir Mos D browa Górnicza				4:47.83	573		
	50m:	32.70 32.70	150m:	1:44.85	36.64	250m:	2:58.70	36.81	350m:	4:12.20	36.35
	100m:	1:08.21 35.51	200m:	2:21.89	37.04	300m:	3:35.85	37.15	400m:	4:47.83	35.63
6.	LIWI SKA, Marta		97	Csir Mos D browa Górnicza				4:49.43	564		
	50m:	32.42 32.42	150m:	1:45.20	36.69	250m:	3:00.17	37.41	350m:	4:13.80	36.69
	100m:	1:08.51 36.09	200m:	2:22.76	37.56	300m:	3:37.11	36.94	400m:	4:49.43	35.63
7.	PAWLIK, Katarzyna		89	Start Katowice				4:49.76	562		
	50m:	33.05 33.05	150m:	1:45.68	36.56	250m:	2:59.56	37.21	350m:	4:13.87	37.33
	100m:	1:09.12 36.07	200m:	2:22.35	36.67	300m:	3:36.54	36.98	400m:	4:49.76	35.89
8.	BUDA, Karolina		97	Csir Mos D browa Górnicza				4:54.31	536		
	50m:	32.94 32.94	150m:	1:46.47	37.12	250m:	3:02.61	37.89	350m:	4:18.36	37.56
	100m:	1:09.35 36.41	200m:	2:24.72	38.25	300m:	3:40.80	38.19	400m:	4:54.31	35.95
9.	WO NIAK, Weronika		98	UKS 9 Kalisz				4:55.70	529		
	50m:	31.70 31.70	150m:	1:45.41	37.28	250m:	3:02.15	38.41	350m:	4:19.85	38.80
	100m:	1:08.13 36.43	200m:	2:23.74	38.33	300m:	3:41.05	38.90	400m:	4:55.70	35.85
10.	SZKROBOCZ, Martyna		95	Ukp Ruda I ska				5:00.33	504		
	50m:	33.75 33.75	150m:	1:49.09	38.12	250m:	3:06.48	38.91	350m:	4:23.29	38.52
	100m:	1:10.97 37.22	200m:	2:27.57	38.48	300m:	3:44.77	38.29	400m:	5:00.33	37.04
11.	KORAL, Julia		98	H2O Jastrz bie-Zdrój				5:04.58	484		
	50m:	33.07 33.07	150m:	1:49.92	39.01	250m:	3:08.75	39.48	350m:	4:26.95	39.01
	100m:	1:10.91 37.84	200m:	2:29.27	39.35	300m:	3:47.94	39.19	400m:	5:04.58	37.63
12.	MAKOSZ, Emilia SR		94	MKS-SMS Victoria Racibórz				5:10.61	456		
	50m:	34.93 34.93	150m:	1:52.37	39.21	250m:	3:11.45	39.33	350m:	4:31.66	40.17
	100m:	1:13.16 38.23	200m:	2:32.12	39.75	300m:	3:51.49	40.04	400m:	5:10.61	38.95
13.	TURZA, Patrycja		98	KS"Górnik"Sosnowiec				5:15.23	436		
	50m:	33.41 33.41	150m:	1:52.11	40.48	250m:	3:14.33	41.34	350m:	4:36.12	40.86
	100m:	1:11.63 38.22	200m:	2:32.99	40.88	300m:	3:55.26	40.93	400m:	5:15.23	39.11
14.	DZIULBLI SKA, Maja		98	TKKF Szczygłowiec Knurów				5:23.14	405		
	50m:	35.04 35.04	150m:	1:56.22	41.64	250m:	3:20.05	42.36	350m:	4:43.40	41.69
	100m:	1:14.58 39.54	200m:	2:37.69	41.47	300m:	4:01.71	41.66	400m:	5:23.14	39.74
15.	POZNAKOWSKA, Magdalena SR		98	MKS-SMS Victoria Racibórz				5:33.92	367		
	50m:	37.85 37.85	150m:	2:05.38	44.24	250m:	3:31.03	42.30	350m:	4:54.08	40.68
	100m:	1:21.14 43.29	200m:	2:48.73	43.35	300m:	4:13.40	42.37	400m:	5:33.92	39.84
16.	KUSTRA, Dominika		98	MTP Delfin Cieszyn				5:35.38	362		
	50m:	37.32 37.32	150m:	2:02.57	43.24	250m:	3:29.90	43.16	350m:	4:54.80	41.62
	100m:	1:19.33 42.01	200m:	2:46.74	44.17	300m:	4:13.18	43.28	400m:	5:35.38	40.58
17.	DUDZIK, Kinga SR		98	MKS-SMS Victoria Racibórz				5:37.60	355		
	50m:	37.88 37.88	150m:	2:02.86	42.80	250m:	3:30.84	43.75	350m:	4:56.69	42.69
	100m:	1:20.06 42.18	200m:	2:47.09	44.23	300m:	4:14.00	43.16	400m:	5:37.60	40.91

Mistrzostwa Okręgu Open i 14,15,16,17-18 lat
Gliwice, 22- - 23-6-2012

Konkurencja 19, Kobiet, 400m dowolny, Open

Pozycja		Rok ur.						Czas	Pkt.
18.	CIANA, Monika SR	97	MKS-SMS Victoria Racibórz					5:42.23	341
	50m: 36.01 36.01	150m: 2:03.73	44.22	250m: 3:31.76	43.70	350m: 4:58.84	42.47		
	100m: 1:19.51 43.50	200m: 2:48.06	44.33	300m: 4:16.37	44.61	400m: 5:42.23	43.39		
19.	DZIEWO SKA, Weronika	98	Mosm Tychy					6:02.45	287
	50m: 38.14 38.14	150m: 2:07.95	45.74	250m: 3:41.31	46.98	350m: 5:16.20	47.19		
	100m: 1:22.21 44.07	200m: 2:54.33	46.38	300m: 4:29.01	47.70	400m: 6:02.45	46.25		

17 - 18 lat

1.	SZKROBOCZ, Martyna	95	Ukp Ruda I ska					5:00.33	504
	50m: 33.75 33.75	150m: 1:49.09	38.12	250m: 3:06.48	38.91	350m: 4:23.29	38.52		
	100m: 1:10.97 37.22	200m: 2:27.57	38.48	300m: 3:44.77	38.29	400m: 5:00.33	37.04		
2.	MAKOSZ, Emilia SR	94	MKS-SMS Victoria Racibórz					5:10.61	456
	50m: 34.93 34.93	150m: 1:52.37	39.21	250m: 3:11.45	39.33	350m: 4:31.66	40.17		
	100m: 1:13.16 38.23	200m: 2:32.12	39.75	300m: 3:51.49	40.04	400m: 5:10.61	38.95		

16 lat

1.	BARTOSZEK, Joanna	96	Muks Gilus Gilowice					4:34.46	661
	50m: 31.71 31.71	150m: 1:40.72	34.50	250m: 2:49.99	34.75	350m: 3:59.68	34.56		
	100m: 1:06.22 34.51	200m: 2:15.24	34.52	300m: 3:25.12	35.13	400m: 4:34.46	34.78		
2.	LEWANDOWSKA, PAULINA SO	96	Ukp Unia					4:41.69	611
	50m: 32.01 32.01	150m: 1:43.56	35.93	250m: 2:56.19	36.37	350m: 4:07.98	35.59		
	100m: 1:07.63 35.62	200m: 2:19.82	36.26	300m: 3:32.39	36.20	400m: 4:41.69	33.71		
3.	NOWAK, Sonia	96	AZS AWF Katowice					4:41.71	611
	50m: 33.04 33.04	150m: 1:43.68	35.44	250m: 2:55.13	35.65	350m: 4:06.93	35.62		
	100m: 1:08.24 35.20	200m: 2:19.48	35.80	300m: 3:31.31	36.18	400m: 4:41.71	34.78		

15 lat

1.	ARŁOK, Martyna	97	KS. Górnik Radlin					4:43.23	601
	50m: 31.21 31.21	150m: 1:42.79	36.08	250m: 2:55.01	35.85	350m: 4:07.88	36.07		
	100m: 1:06.71 35.50	200m: 2:19.16	36.37	300m: 3:31.81	36.80	400m: 4:43.23	35.35		
2.	ROSTOWSKA, Wiktoria	97	Csir Mos D browa Górnicza					4:47.83	573
	50m: 32.70 32.70	150m: 1:44.85	36.64	250m: 2:58.70	36.81	350m: 4:12.20	36.35		
	100m: 1:08.21 35.51	200m: 2:21.89	37.04	300m: 3:35.85	37.15	400m: 4:47.83	35.63		
3.	LIWI SKA, Marta	97	Csir Mos D browa Górnicza					4:49.43	564
	50m: 32.42 32.42	150m: 1:45.20	36.69	250m: 3:00.17	37.41	350m: 4:13.80	36.69		
	100m: 1:08.51 36.09	200m: 2:22.76	37.56	300m: 3:37.11	36.94	400m: 4:49.43	35.63		
4.	BUDA, Karolina	97	Csir Mos D browa Górnicza					4:54.31	536
	50m: 32.94 32.94	150m: 1:46.47	37.12	250m: 3:02.61	37.89	350m: 4:18.36	37.56		
	100m: 1:09.35 36.41	200m: 2:24.72	38.25	300m: 3:40.80	38.19	400m: 4:54.31	35.95		
5.	CIANA, Monika SR	97	MKS-SMS Victoria Racibórz					5:42.23	341
	50m: 36.01 36.01	150m: 2:03.73	44.22	250m: 3:31.76	43.70	350m: 4:58.84	42.47		
	100m: 1:19.51 43.50	200m: 2:48.06	44.33	300m: 4:16.37	44.61	400m: 5:42.23	43.39		

14 lat

1.	WO NIAK, Weronika	98	UKS 9 Kalisz					4:55.70	529
	50m: 31.70 31.70	150m: 1:45.41	37.28	250m: 3:02.15	38.41	350m: 4:19.85	38.80		
	100m: 1:08.13 36.43	200m: 2:23.74	38.33	300m: 3:41.05	38.90	400m: 4:55.70	35.85		
2.	KORAL, Julia	98	H2O Jastrz bie-Zdrój					5:04.58	484
	50m: 33.07 33.07	150m: 1:49.92	39.01	250m: 3:08.75	39.48	350m: 4:26.95	39.01		
	100m: 1:10.91 37.84	200m: 2:29.27	39.35	300m: 3:47.94	39.19	400m: 5:04.58	37.63		
3.	TURZA, Patrycja	98	KS"Górnik"Sosnowiec					5:15.23	436
	50m: 33.41 33.41	150m: 1:52.11	40.48	250m: 3:14.33	41.34	350m: 4:36.12	40.86		
	100m: 1:11.63 38.22	200m: 2:32.99	40.88	300m: 3:55.26	40.93	400m: 5:15.23	39.11		

Mistrzostwa Okręgu Open i 14,15,16,17-18 lat
Gliwice, 22- - 23-6-2012

Konkurencja 19, Dziewcząt, 400m dowolny, 14 lat

Pozycja	Rok ur.								Czas	Pkt.
4.	DZIULBLI SKA, Maja		98	TKKF Szczygłowie Knurów				5:23.14	405	
	50m:	35.04 35.04	150m:	1:56.22 41.64	250m:	3:20.05 42.36	350m:	4:43.40 41.69		
	100m:	1:14.58 39.54	200m:	2:37.69 41.47	300m:	4:01.71 41.66	400m:	5:23.14 39.74		
5.	POZNAKOWSKA, Magdalena SR		98	MKS-SMS Victoria Racibórz				5:33.92	367	
	50m:	37.85 37.85	150m:	2:05.38 44.24	250m:	3:31.03 42.30	350m:	4:54.08 40.68		
	100m:	1:21.14 43.29	200m:	2:48.73 43.35	300m:	4:13.40 42.37	400m:	5:33.92 39.84		
6.	KUSTRA, Dominika		98	MTP Delfin Cieszyn				5:35.38	362	
	50m:	37.32 37.32	150m:	2:02.57 43.24	250m:	3:29.90 43.16	350m:	4:54.80 41.62		
	100m:	1:19.33 42.01	200m:	2:46.74 44.17	300m:	4:13.18 43.28	400m:	5:35.38 40.58		
7.	DUDZIK, Kinga SR		98	MKS-SMS Victoria Racibórz				5:37.60	355	
	50m:	37.88 37.88	150m:	2:02.86 42.80	250m:	3:30.84 43.75	350m:	4:56.69 42.69		
	100m:	1:20.06 42.18	200m:	2:47.09 44.23	300m:	4:14.00 43.16	400m:	5:37.60 40.91		
8.	DZIEWO SKA, Weronika		98	Mosm Tychy				6:02.45	287	
	50m:	38.14 38.14	150m:	2:07.95 45.74	250m:	3:41.31 46.98	350m:	5:16.20 47.19		
	100m:	1:22.21 44.07	200m:	2:54.33 46.38	300m:	4:29.01 47.70	400m:	6:02.45 46.25		