

Mistrzostwa Okręgu I skiego 14,15,16-18 i Open
Gliwice, 5- - 6-12-2014

Konkurencja 12
2014-12-05 - 13:10

Kobiet, 400m zmienny

Open
Wyniki

Rekord I skia Open	4:40.26	Szczepaniak Karolina	AZS AWF Katowice	2012-01-01
Rekord I skia 11	5:53.90	Lachawczak M.	MKS Pałac Katowice	1995-01-01
Rekord I skia 12	5:33.73	Lachawczak M.	MKS Pałac Katowice	1996-01-01
Rekord I skia 13	5:20.94	Wojtyczka Joanna	Górnik 09 Mysłowice	1998-01-01
Rekord I skia 14	5:03.83	Kwiątek Miriam	MUKS Gilus Gilowice	2012-01-01
Rekord I skia 15	4:56.79	J drzejczak Otylia	MKS Pałac Katowice	1998-01-01
Rekord I skia 16	4:42.49	J drzejczak Otylia	MKS Pałac Katowice	1999-01-01
Rekord I skia 17	4:42.49	J drzejczak Otylia	MKS Pałac Katowice	2000-01-01
Rekord I skia 18	4:42.49	J drzejczak Otylia	MKS Pałac Katowice	2000-01-01

Punkty: FINA 2013

Pozycja	Rok ur.	Czas	Pkt.
14 lat			
1. Adamska Alicja	00 UKS Aligator Gorzyce	5:16.74	559
50m: 33.98 33.98	150m: 1:53.83 39.18	250m: 3:18.44 46.28	350m: 4:41.94 37.11
100m: 1:14.65 40.67	200m: 2:32.16 38.33	300m: 4:04.83 46.39	400m: 5:16.74 34.80
2. Domagała Julia	00 CSiR MOS Dabrowa Górnicza	5:43.65	438
50m: 36.10 36.10	150m: 2:03.52 44.00	250m: 3:35.11 49.82	350m: 5:05.50 40.63
100m: 1:19.52 43.42	200m: 2:45.29 41.77	300m: 4:24.87 49.76	400m: 5:43.65 38.15
DYSKW. Łotecka Aleksandra	00 KS. Górnik Radlin	5:49.68	
<i>M12 - Niejednoczesne dotknięcie ciany dłońmi przy nawrocie lub na zakończeniu wyścigu (Czas: 12:41), K-12</i>			
50m: 36.36 36.36	150m: 2:08.20 48.84	250m: 3:43.70 48.23	350m: 5:11.36 40.12
100m: 1:19.36 43.00	200m: 2:55.47 47.27	300m: 4:31.24 47.54	400m: 5:49.68 38.32

15 lat

1. Czaja Barbara	99 KS. Górnik Radlin	5:15.88	564
50m: 33.58 33.58	150m: 1:53.38 40.01	250m: 3:17.43 43.53	350m: 4:39.20 36.78
100m: 1:13.37 39.79	200m: 2:33.90 40.52	300m: 4:02.42 44.99	400m: 5:15.88 36.68
2. Kruszniewska Kinga	99 KS. Górnik Radlin	5:33.55	479
50m: 35.31 35.31	150m: 2:01.55 43.66	250m: 3:31.65 46.53	350m: 4:56.47 40.07
100m: 1:17.89 42.58	200m: 2:45.12 43.57	300m: 4:16.40 44.75	400m: 5:33.55 37.08
3. Fuks Gabriela	99 Mks Gilus Gilowice	5:33.74	478
50m: 35.89 35.89	150m: 1:59.73 42.47	250m: 3:28.24 47.05	350m: 4:55.59 39.91
100m: 1:17.26 41.37	200m: 2:41.19 41.46	300m: 4:15.68 47.44	400m: 5:33.74 38.15
4. Adamczyk Zofia	99 KS. Górnik Radlin	5:33.93	477
50m: 35.35 35.35	150m: 2:03.46 44.05	250m: 3:31.63 44.71	350m: 4:56.86 39.88
100m: 1:19.41 44.06	200m: 2:46.92 43.46	300m: 4:16.98 45.35	400m: 5:33.93 37.07
5. Kubik Martyna	99 UKS Aligator Gorzyce	5:35.19	472
50m: 35.54 35.54	150m: 2:00.18 42.42	250m: 3:28.77 48.26	350m: 4:58.10 39.15
100m: 1:17.76 42.22	200m: 2:40.51 40.33	300m: 4:18.95 50.18	400m: 5:35.19 37.09

16 - 18 lat

1. Tomala Aleksandra	97 Zryw	4:59.84	659
50m: 30.58 30.58	150m: 1:44.66 38.52	250m: 3:07.10 44.91	350m: 4:25.75 35.14
100m: 1:06.14 35.56	200m: 2:22.19 37.53	300m: 3:50.61 43.51	400m: 4:59.84 34.09
2. Spoljar Sylwia	98 AZS AWF Katowice	5:10.05	596
50m: 32.76 32.76	150m: 1:52.53 41.59	250m: 3:15.04 42.21	350m: 4:35.92 37.47
100m: 1:10.94 38.18	200m: 2:32.83 40.30	300m: 3:58.45 43.41	400m: 5:10.05 34.13
3. Iwińska Marta	97 CSiR MOS Dabrowa Górnicza	5:13.50	577
50m: 32.70 32.70	150m: 1:51.25 41.15	250m: 3:16.82 45.65	350m: 4:38.57 36.90
100m: 1:10.10 37.40	200m: 2:31.17 39.92	300m: 4:01.67 44.85	400m: 5:13.50 34.93
4. Koral Julia	98 KS. Górnik Radlin	5:17.74	554
50m: 35.33 35.33	150m: 1:56.71 39.78	250m: 3:20.68 43.88	350m: 4:42.88 37.12
100m: 1:16.93 41.60	200m: 2:36.80 40.09	300m: 4:05.76 45.08	400m: 5:17.74 34.86

Mistrzostwa Okręgu I skiego 14,15,16-18 i Open
Gliwice, 5- - 6-12-2014

Konkurencja 12, Kobiet, 400m zmienny

Open

1.	Tomala Aleksandra	97	Zryw	4:59.84	659
	50m: 30.58 30.58	150m: 1:44.66 38.52	250m: 3:07.10 44.91	350m: 4:25.75 35.14	
	100m: 1:06.14 35.56	200m: 2:22.19 37.53	300m: 3:50.61 43.51	400m: 4:59.84 34.09	
2.	Spoljar Sylwia	98	AZS AWF Katowice	5:10.05	596
	50m: 32.76 32.76	150m: 1:52.53 41.59	250m: 3:15.04 42.21	350m: 4:35.92 37.47	
	100m: 1:10.94 38.18	200m: 2:32.83 40.30	300m: 3:58.45 43.41	400m: 5:10.05 34.13	
3.	liwi ska Marta	97	CSiR MOS Dabrowa Górnicza	5:13.50	577
	50m: 32.70 32.70	150m: 1:51.25 41.15	250m: 3:16.82 45.65	350m: 4:38.57 36.90	
	100m: 1:10.10 37.40	200m: 2:31.17 39.92	300m: 4:01.67 44.85	400m: 5:13.50 34.93	
4.	Czaja Barbara	99	KS. Górnik Radlin	5:15.88	564
	50m: 33.58 33.58	150m: 1:53.38 40.01	250m: 3:17.43 43.53	350m: 4:39.20 36.78	
	100m: 1:13.37 39.79	200m: 2:33.90 40.52	300m: 4:02.42 44.99	400m: 5:15.88 36.68	
5.	Bura Dominika	01	UKS Aligator Gorzyce	5:16.31	562
	50m: 34.39 34.39	150m: 1:57.74 43.59	250m: 3:22.48 42.33	350m: 4:42.00 36.16	
	100m: 1:14.15 39.76	200m: 2:40.15 42.41	300m: 4:05.84 43.36	400m: 5:16.31 34.31	
6.	Adamska Alicja	00	UKS Aligator Gorzyce	5:16.74	559
	50m: 33.98 33.98	150m: 1:53.83 39.18	250m: 3:18.44 46.28	350m: 4:41.94 37.11	
	100m: 1:14.65 40.67	200m: 2:32.16 38.33	300m: 4:04.83 46.39	400m: 5:16.74 34.80	
7.	Koral Julia	98	KS. Górnik Radlin	5:17.74	554
	50m: 35.33 35.33	150m: 1:56.71 39.78	250m: 3:20.68 43.88	350m: 4:42.88 37.12	
	100m: 1:16.93 41.60	200m: 2:36.80 40.09	300m: 4:05.76 45.08	400m: 5:17.74 34.86	
8.	Kruszniewska Kinga	99	KS. Górnik Radlin	5:33.55	479
	50m: 35.31 35.31	150m: 2:01.55 43.66	250m: 3:31.65 46.53	350m: 4:56.47 40.07	
	100m: 1:17.89 42.58	200m: 2:45.12 43.57	300m: 4:16.40 44.75	400m: 5:33.55 37.08	
9.	Fuks Gabriela	99	Mks Gilus Gilowice	5:33.74	478
	50m: 35.89 35.89	150m: 1:59.73 42.47	250m: 3:28.24 47.05	350m: 4:55.59 39.91	
	100m: 1:17.26 41.37	200m: 2:41.19 41.46	300m: 4:15.68 47.44	400m: 5:33.74 38.15	
10.	Adamczyk Zofia	99	KS. Górnik Radlin	5:33.93	477
	50m: 35.35 35.35	150m: 2:03.46 44.05	250m: 3:31.63 44.71	350m: 4:56.86 39.88	
	100m: 1:19.41 44.06	200m: 2:46.92 43.46	300m: 4:16.98 45.35	400m: 5:33.93 37.07	
11.	Kubik Martyna	99	UKS Aligator Gorzyce	5:35.19	472
	50m: 35.54 35.54	150m: 2:00.18 42.42	250m: 3:28.77 48.26	350m: 4:58.10 39.15	
	100m: 1:17.76 42.22	200m: 2:40.51 40.33	300m: 4:18.95 50.18	400m: 5:35.19 37.09	
12.	Ostrowska Kamila	01	UKS Aligator Gorzyce	5:35.60	470
	50m: 35.67 35.67	150m: 2:00.69 42.26	250m: 3:30.10 48.19	350m: 4:57.83 40.79	
	100m: 1:18.43 42.76	200m: 2:41.91 41.22	300m: 4:17.04 46.94	400m: 5:35.60 37.77	
13.	Domagała Julia	00	CSiR MOS Dabrowa Górnicza	5:43.65	438
	50m: 36.10 36.10	150m: 2:03.52 44.00	250m: 3:35.11 49.82	350m: 5:05.50 40.63	
	100m: 1:19.52 43.42	200m: 2:45.29 41.77	300m: 4:24.87 49.76	400m: 5:43.65 38.15	
14.	Krótki Magdalena	01	UKS Aligator Gorzyce	5:52.23	407
	50m: 37.98 37.98	150m: 2:07.84 45.26	250m: 3:42.41 49.31	350m: 5:12.69 41.75	
	100m: 1:22.58 44.60	200m: 2:53.10 45.26	300m: 4:30.94 48.53	400m: 5:52.23 39.54	

DYSKW.	Łotecka Aleksandra	00	KS. Górnik Radlin	5:49.68	
	<i>M12 - Niejednoczesne dotkni cie ciany dło mi przy nawrocie lub na zako czenie wy cigu (Czas: 12:41), K-12</i>				
	50m: 36.36 36.36	150m: 2:08.20 48.84	250m: 3:43.70 48.23	350m: 5:11.36 40.12	
	100m: 1:19.36 43.00	200m: 2:55.47 47.27	300m: 4:31.24 47.54	400m: 5:49.68 38.32	