

Mistrzostwa Okręgu I skiego 14,15,16-18 i Open
Gliwice, 4. - 5.12.2015

Konkurencja 21
05.12.2015 - 10:10

Kobiet, 400m dowolny

Open
Wyniki

Rekord I skia Open	4:10.96	Gawęłczyk Dominika	AZS AWF Katowice	01.01.2009
Rekord I skia 14	4:26.16	Wi niweska Oliwia	MOS D browa Górnicza	01.01.2015
Rekord I skia 15	4:26.16	Wi niweska Oliwia	MOS D browa Górnicza	01.01.2015
Rekord I skia 16	4:16.54	Gawęłczyk Dominika	AZS AWF Katowice	01.01.2007
Rekord I skia 17	4:15.35	Gawęłczyk Dominika	AZS AWF Katowice	01.01.2008
Rekord I skia 18	4:10.96	Gawęłczyk Dominika	AZS AWF Katowice	01.01.2009

Punkty: FINA 2015

Pozycja			Rok ur.			Czas	Pkt.	
14 lat								
1.	Zaborowicz Julia		01	K.S. Górnik Sosnowiec		4:27.49	673	
	<i>Mistrz I skia</i>							
	50m: 31.01	31.01	150m: 1:38.16	33.67	250m: 2:47.08	34.49	350m: 3:55.31	34.01
	100m: 1:04.49	33.48	200m: 2:12.59	34.43	300m: 3:21.30	34.22	400m: 4:27.49	32.18
2.	Kosi ska Dominika		01	ks Pi tka Chorzów		4:44.70	558	
	50m: 33.27	33.27	150m: 1:46.23	36.42	250m: 2:59.36	36.42	350m: 4:10.54	34.89
	100m: 1:09.81	36.54	200m: 2:22.94	36.71	300m: 3:35.65	36.29	400m: 4:44.70	34.16
3.	Czornik Julia		01	ks Pi tka Chorzów		4:47.14	544	
	50m: 33.03	33.03	150m: 1:45.11	36.61	250m: 2:58.56	36.59	350m: 4:11.45	36.59
	100m: 1:08.50	35.47	200m: 2:21.97	36.86	300m: 3:34.86	36.30	400m: 4:47.14	35.69
4.	Gazda Zuzanna		01	CSIR MOS D browa Górnicza		4:52.90	513	
	50m: 33.74	33.74	150m: 1:47.50	36.95	250m: 3:02.23	37.42	350m: 4:16.47	37.07
	100m: 1:10.55	36.81	200m: 2:24.81	37.31	300m: 3:39.40	37.17	400m: 4:52.90	36.43
5.	Ma dok Klaudia		01	Nowy KP Bielsko-Biała		4:53.03	512	
	50m: 31.83	31.83	150m: 1:43.56	36.56	250m: 3:00.06	38.58	350m: 4:16.52	38.03
	100m: 1:07.00	35.17	200m: 2:21.48	37.92	300m: 3:38.49	38.43	400m: 4:53.03	36.51
6.	Kaba ska Nicol		01	CSIR MOS D browa Górnicza		5:02.40	466	
	50m: 33.79	33.79	150m:		250m: 3:08.16	38.92	350m: 4:25.37	38.58
	100m: 1:11.30	37.51	200m: 2:29.24		300m: 3:46.79	38.63	400m: 5:02.40	37.03
7.	Grychoł Weronika		01	UKS Wodnik 29 Katowice		5:02.78	464	
	50m: 34.60	34.60	150m: 1:52.19	39.15	250m: 3:10.34	38.88	350m: 4:26.45	37.72
	100m: 1:13.04	38.44	200m: 2:31.46	39.27	300m: 3:48.73	38.39	400m: 5:02.78	36.33
8.	Rzadek Natalia		01	Nowy KP Bielsko-Biała		5:03.35	462	
	50m: 33.97	33.97	150m: 1:51.03	39.46	250m: 3:09.97	39.71	350m: 4:26.58	38.21
	100m: 1:11.57	37.60	200m: 2:30.26	39.23	300m: 3:48.37	38.40	400m: 5:03.35	36.77
9.	Słowikowska Agnieszka SR		01	Unia Racibórz		5:17.77	401	
	50m: 35.86	35.86	150m: 1:56.79	40.84	250m: 3:18.51	41.19	350m: 4:40.87	40.60
	100m: 1:15.95	40.09	200m: 2:37.32	40.53	300m: 4:00.27	41.76	400m: 5:17.77	36.90
10.	Jasiak Martyna SR		01	MKS-SMS Victoria Racibórz		5:22.65	384	
	50m: 36.38	36.38	150m: 1:56.69	40.23	250m: 3:18.78	41.43	350m: 4:41.53	41.27
	100m: 1:16.46	40.08	200m: 2:37.35	40.66	300m: 4:00.26	41.48	400m: 5:22.65	41.12
11.	Kapitan Paulina		01	ks Pi tka Chorzów		5:24.91	376	
	50m: 36.26	36.26	150m: 1:58.86	41.40	250m: 3:21.80	41.47	350m: 4:45.16	41.58
	100m: 1:17.46	41.20	200m: 2:40.33	41.47	300m: 4:03.58	41.78	400m: 5:24.91	39.75
12.	Szczygieł Aleksandra		01	MOS Katowice		5:44.05	316	
	50m: 35.49	35.49	150m: 1:58.76	42.61	250m: 3:29.00	45.81	350m: 5:00.85	45.81
	100m: 1:16.15	40.66	200m: 2:43.19	44.43	300m: 4:15.04	46.04	400m: 5:44.05	43.20
15 lat								
1.	Bronek Martyna		00	UKS Aligtor Gorzyce		4:35.86	614	
	<i>Mistrz I skia</i>							
	50m: 31.32	31.32	150m: 1:41.37	35.33	250m: 2:51.64	35.34	350m: 4:01.56	35.04
	100m: 1:06.04	34.72	200m: 2:16.30	34.93	300m: 3:26.52	34.88	400m: 4:35.86	34.30

Mistrzostwa Okręgu I skiego 14,15,16-18 i Open
Gliwice, 4. - 5.12.2015

Konkurencja 21, Dziewcząt, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.			
2.	Sobik Oliwia		00	CSIR MOS D browa Górnicza				4:48.91	534			
	50m:	32.85	32.85	150m:	1:46.98	37.22	250m:	3:00.97	36.91	350m:	4:13.76	36.17
	100m:	1:09.76	36.91	200m:	2:24.06	37.08	300m:	3:37.59	36.62	400m:	4:48.91	35.15
3.	Lycza Marta SR		00	UKS WODNIK Siemianowice laski				4:49.65	530			
	50m:	33.00	33.00	150m:	1:46.00	36.75	250m:	3:00.04	36.61	350m:	4:14.12	37.03
	100m:	1:09.25	36.25	200m:	2:23.43	37.43	300m:	3:37.09	37.05	400m:	4:49.65	35.53
4.	Kustra Julita		00	KS MarioSport				4:56.08	496			
	50m:	32.80	32.80	150m:	1:47.45	37.87	250m:	3:03.27	37.78	350m:	4:19.16	38.13
	100m:	1:09.58	36.78	200m:	2:25.49	38.04	300m:	3:41.03	37.76	400m:	4:56.08	36.92
5.	Wistula Julia		00	KS. Górnik Radlin				5:01.52	470			
	50m:	34.55	34.55	150m:	1:49.58	38.24	250m:	3:05.48	38.56	350m:	4:24.63	39.24
	100m:	1:11.34	36.79	200m:	2:26.92	37.34	300m:	3:45.39	39.91	400m:	5:01.52	36.89

16 - 18 lat

1.	Teresko Anna <i>Mistrzyni</i>		97	CSIR MOS D browa Górnicza				4:26.20	683			
	50m:	30.94	30.94	150m:	1:37.87	33.65	250m:	2:45.80	34.07	350m:	3:53.23	33.65
	100m:	1:04.22	33.28	200m:	2:11.73	33.86	300m:	3:19.58	33.78	400m:	4:26.20	32.97
2.	Bart Patrycja		97	MKS Pałac Młodzieży Katowice				4:27.67	672			
	50m:	31.32	31.32	150m:	1:39.32	34.25	250m:	2:48.06	34.34	350m:	3:56.21	33.89
	100m:	1:05.07	33.75	200m:	2:13.72	34.40	300m:	3:22.32	34.26	400m:	4:27.67	31.46
3.	Janecka Zuzanna		99	CSIR MOS D browa Górnicza				4:41.08	580			
	50m:	31.53	31.53	150m:	1:42.11	35.64	250m:	2:53.92	35.98	350m:	4:05.82	35.71
	100m:	1:06.47	34.94	200m:	2:17.94	35.83	300m:	3:30.11	36.19	400m:	4:41.08	35.26
4.	Adamczyk Agata		99	UKS Aligtor Gorzyce				4:44.22	561			
	50m:	33.20	33.20	150m:	1:45.32	36.22	250m:	2:58.08	36.61	350m:	4:10.10	36.11
	100m:	1:09.10	35.90	200m:	2:21.47	36.15	300m:	3:33.99	35.91	400m:	4:44.22	34.12
5.	Kolber Roksana		98	CSIR MOS D browa Górnicza				4:51.99	518			
	50m:	33.49	33.49	150m:	1:46.28	36.60	250m:	3:00.20	37.24	350m:	4:15.26	37.68
	100m:	1:09.68	36.19	200m:	2:22.96	36.68	300m:	3:37.58	37.38	400m:	4:51.99	36.73
6.	Konopka Sandra		97	UKS Manta Kochłowice Ruda Śląska				5:59.32	278			
	50m:	41.35	41.35	150m:	2:13.58	46.85	250m:	3:46.16	45.37	350m:	5:17.16	45.70
	100m:	1:26.73	45.38	200m:	3:00.79	47.21	300m:	4:31.46	45.30	400m:	5:59.32	42.16

Open

1.	Teresko Anna		97	CSIR MOS D browa Górnicza				4:26.20	683			
	50m:	30.94	30.94	150m:	1:37.87	33.65	250m:	2:45.80	34.07	350m:	3:53.23	33.65
	100m:	1:04.22	33.28	200m:	2:11.73	33.86	300m:	3:19.58	33.78	400m:	4:26.20	32.97
2.	Zaborowicz Julia		01	K.S. Górnik Sosnowiec				4:27.49	673			
	50m:	31.01	31.01	150m:	1:38.16	33.67	250m:	2:47.08	34.49	350m:	3:55.31	34.01
	100m:	1:04.49	33.48	200m:	2:12.59	34.43	300m:	3:21.30	34.22	400m:	4:27.49	32.18
3.	Bart Patrycja		97	MKS Pałac Młodzieży Katowice				4:27.67	672			
	50m:	31.32	31.32	150m:	1:39.32	34.25	250m:	2:48.06	34.34	350m:	3:56.21	33.89
	100m:	1:05.07	33.75	200m:	2:13.72	34.40	300m:	3:22.32	34.26	400m:	4:27.67	31.46
4.	Bronek Martyna		00	UKS Aligtor Gorzyce				4:35.86	614			
	50m:	31.32	31.32	150m:	1:41.37	35.33	250m:	2:51.64	35.34	350m:	4:01.56	35.04
	100m:	1:06.04	34.72	200m:	2:16.30	34.93	300m:	3:26.52	34.88	400m:	4:35.86	34.30
5.	Janecka Zuzanna		99	CSIR MOS D browa Górnicza				4:41.08	580			
	50m:	31.53	31.53	150m:	1:42.11	35.64	250m:	2:53.92	35.98	350m:	4:05.82	35.71
	100m:	1:06.47	34.94	200m:	2:17.94	35.83	300m:	3:30.11	36.19	400m:	4:41.08	35.26
6.	Bednarek Zuzanna		01	MKS Jedynka Łódź				4:43.75	564			
	50m:	32.16	32.16	150m:	1:43.44	36.04	250m:	2:56.85	36.63	350m:	4:09.42	36.44
	100m:	1:07.40	35.24	200m:	2:20.22	36.78	300m:	3:32.98	36.13	400m:	4:43.75	34.33

Mistrzostwa Okręgu I skiego 14,15,16-18 i Open
Gliwice, 4. - 5.12.2015

Konkurencja 21, Kobiet, 400m dowolny, Open

Pozycja			Rok ur.					Czas	Pkt.
7.	Adamczyk Agata		99	UKS Aligtor Gorzyce				4:44.22	561
	50m: 33.20	33.20	150m: 1:45.32	36.22	250m: 2:58.08	36.61	350m: 4:10.10	36.11	
	100m: 1:09.10	35.90	200m: 2:21.47	36.15	300m: 3:33.99	35.91	400m: 4:44.22	34.12	
8.	Kosińska Dominika		01	ks Piłkarska Chorzów				4:44.70	558
	50m: 33.27	33.27	150m: 1:46.23	36.42	250m: 2:59.36	36.42	350m: 4:10.54	34.89	
	100m: 1:09.81	36.54	200m: 2:22.94	36.71	300m: 3:35.65	36.29	400m: 4:44.70	34.16	
9.	Czornik Julia		01	ks Piłkarska Chorzów				4:47.14	544
	50m: 33.03	33.03	150m: 1:45.11	36.61	250m: 2:58.56	36.59	350m: 4:11.45	36.59	
	100m: 1:08.50	35.47	200m: 2:21.97	36.86	300m: 3:34.86	36.30	400m: 4:47.14	35.69	
10.	Sobik Oliwia		00	CSIR MOS D browa Górnicza				4:48.91	534
	50m: 32.85	32.85	150m: 1:46.98	37.22	250m: 3:00.97	36.91	350m: 4:13.76	36.17	
	100m: 1:09.76	36.91	200m: 2:24.06	37.08	300m: 3:37.59	36.62	400m: 4:48.91	35.15	
11.	Łycka Marta SR		00	UKS WODNIK Siemianowice Śląskie				4:49.65	530
	50m: 33.00	33.00	150m: 1:46.00	36.75	250m: 3:00.04	36.61	350m: 4:14.12	37.03	
	100m: 1:09.25	36.25	200m: 2:23.43	37.43	300m: 3:37.09	37.05	400m: 4:49.65	35.53	
12.	Kolber Roksana		98	CSIR MOS D browa Górnicza				4:51.99	518
	50m: 33.49	33.49	150m: 1:46.28	36.60	250m: 3:00.20	37.24	350m: 4:15.26	37.68	
	100m: 1:09.68	36.19	200m: 2:22.96	36.68	300m: 3:37.58	37.38	400m: 4:51.99	36.73	
13.	Gazda Zuzanna		01	CSIR MOS D browa Górnicza				4:52.90	513
	50m: 33.74	33.74	150m: 1:47.50	36.95	250m: 3:02.23	37.42	350m: 4:16.47	37.07	
	100m: 1:10.55	36.81	200m: 2:24.81	37.31	300m: 3:39.40	37.17	400m: 4:52.90	36.43	
14.	Małdok Klaudia		01	Nowy KP Bielsko-Biała				4:53.03	512
	50m: 31.83	31.83	150m: 1:43.56	36.56	250m: 3:00.06	38.58	350m: 4:16.52	38.03	
	100m: 1:07.00	35.17	200m: 2:21.48	37.92	300m: 3:38.49	38.43	400m: 4:53.03	36.51	
15.	Kustra Julita		00	KS MarioSport				4:56.08	496
	50m: 32.80	32.80	150m: 1:47.45	37.87	250m: 3:03.27	37.78	350m: 4:19.16	38.13	
	100m: 1:09.58	36.78	200m: 2:25.49	38.04	300m: 3:41.03	37.76	400m: 4:56.08	36.92	
16.	Wistula Julia		00	KS. Górnik Radlin				5:01.52	470
	50m: 34.55	34.55	150m: 1:49.58	38.24	250m: 3:05.48	38.56	350m: 4:24.63	39.24	
	100m: 1:11.34	36.79	200m: 2:26.92	37.34	300m: 3:45.39	39.91	400m: 5:01.52	36.89	
17.	Kabańska Nicol		01	CSIR MOS D browa Górnicza				5:02.40	466
	50m: 33.79	33.79	150m:		250m: 3:08.16	38.92	350m: 4:25.37	38.58	
	100m: 1:11.30	37.51	200m: 2:29.24		300m: 3:46.79	38.63	400m: 5:02.40	37.03	
18.	Grychtoł Weronika		01	UKS Wodnik 29 Katowice				5:02.78	464
	50m: 34.60	34.60	150m: 1:52.19	39.15	250m: 3:10.34	38.88	350m: 4:26.45	37.72	
	100m: 1:13.04	38.44	200m: 2:31.46	39.27	300m: 3:48.73	38.39	400m: 5:02.78	36.33	
19.	Rzadek Natalia		01	Nowy KP Bielsko-Biała				5:03.35	462
	50m: 33.97	33.97	150m: 1:51.03	39.46	250m: 3:09.97	39.71	350m: 4:26.58	38.21	
	100m: 1:11.57	37.60	200m: 2:30.26	39.23	300m: 3:48.37	38.40	400m: 5:03.35	36.77	
20.	Słowikowska Agnieszka SR		01	Unia Racibórz				5:17.77	401
	50m: 35.86	35.86	150m: 1:56.79	40.84	250m: 3:18.51	41.19	350m: 4:40.87	40.60	
	100m: 1:15.95	40.09	200m: 2:37.32	40.53	300m: 4:00.27	41.76	400m: 5:17.77	36.90	
21.	Szołtysek Karolina		02	SiKReT Gliwice				5:17.88	401
	50m: 34.58	34.58	150m: 1:56.89	41.86	250m: 3:20.44	41.79	350m: 4:40.28	39.12	
	100m: 1:15.03	40.45	200m: 2:38.65	41.76	300m: 4:01.16	40.72	400m: 5:17.88	37.60	
22.	Jasiak Martyna SR		01	MKS-SMS Victoria Racibórz				5:22.65	384
	50m: 36.38	36.38	150m: 1:56.69	40.23	250m: 3:18.78	41.43	350m: 4:41.53	41.27	
	100m: 1:16.46	40.08	200m: 2:37.35	40.66	300m: 4:00.26	41.48	400m: 5:22.65	41.12	
23.	Kapitan Paulina		01	ks Piłkarska Chorzów				5:24.91	376
	50m: 36.26	36.26	150m: 1:58.86	41.40	250m: 3:21.80	41.47	350m: 4:45.16	41.58	
	100m: 1:17.46	41.20	200m: 2:40.33	41.47	300m: 4:03.58	41.78	400m: 5:24.91	39.75	
24.	Szczygieł Aleksandra		01	MOS Katowice				5:44.05	316
	50m: 35.49	35.49	150m: 1:58.76	42.61	250m: 3:29.00	45.81	350m: 5:00.85	45.81	
	100m: 1:16.15	40.66	200m: 2:43.19	44.43	300m: 4:15.04	46.04	400m: 5:44.05	43.20	

Mistrzostwa Okręgu I śkiego 14,15,16-18 i Open
Gliwice, 4. - 5.12.2015

Konkurencja 21, Kobiet, 400m dowolny, Open

Pozycja				Rok ur.					Czas	Pkt.		
25.	Konopka Sandra			97	UKS Manta Kochłowice Ruda	I ska			5:59.32	278		
	50m:	41.35	41.35	150m:	2:13.58	46.85	250m:	3:46.16	45.37	350m:	5:17.16	45.70
	100m:	1:26.73	45.38	200m:	3:00.79	47.21	300m:	4:31.46	45.30	400m:	5:59.32	42.16