

Mistrzostwa Okręgu I śkiego Open  
Gliwice, 17. - 18.6.2016

Konkurencja 21  
17.06.2016 - 17:00

Kobiet, 400m dowolny

Open  
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.
<b>14 lat</b>									
1.	Zarembik Katarzyna SR	02	MKS-SMS Victoria Racibórz	<b>4:43.17</b>	596				
	50m: 32.06 32.06	150m: 1:43.80	36.44	250m: 2:57.28	36.92	350m: 4:09.92	35.64		
	100m: 1:07.36 35.30	200m: 2:20.36	36.56	300m: 3:34.28	37.00	400m: 4:43.17	33.25		
2.	Pluta Emilia	02	UKS Aligator Gorzyce	<b>4:44.06</b>	590				
	50m: 33.64 33.64	150m: 1:46.81	36.93	250m: 2:59.70	35.99	350m: 4:10.77	34.58		
	100m: 1:09.88 36.24	200m: 2:23.71	36.90	300m: 3:36.19	36.49	400m: 4:44.06	33.29		
3.	Szymczak Patrycja	02	UKS MANTA Kochłowice Ruda l s	<b>4:45.64</b>	581				
	50m: 32.37 32.37	150m: 1:46.27	37.04	250m: 2:59.56	36.68	350m: 4:10.98	35.34		
	100m: 1:09.23 36.86	200m: 2:22.88	36.61	300m: 3:35.64	36.08	400m: 4:45.64	34.66		
4.	Fuks Emilia	02	UKS WODNIK Siemianowice laski	<b>4:55.69</b>	523				
	50m: 33.90 33.90	150m: 1:48.77	37.38	250m: 3:04.32	37.80	350m: 4:19.44	37.17		
	100m: 1:11.39 37.49	200m: 2:26.52	37.75	300m: 3:42.27	37.95	400m: 4:55.69	36.25		
5.	Szkoda Klaudia	02	CSiR MOS D browa Górnicza	<b>4:56.04</b>	522				
	50m: 34.00 34.00	150m: 1:48.48	37.47	250m: 3:04.04	37.71	350m: 4:19.45	37.70		
	100m: 1:11.01 37.01	200m: 2:26.33	37.85	300m: 3:41.75	37.71	400m: 4:56.04	36.59		
6.	Niemczyk Wiktoria	02	MOSM Tychy	<b>5:01.80</b>	492				
	50m: 34.33 34.33	150m: 1:51.12	39.08	250m: 3:08.87	39.01	350m: 4:26.18	38.13		
	100m: 1:12.04 37.71	200m: 2:29.86	38.74	300m: 3:48.05	39.18	400m: 5:01.80	35.62		
7.	Wojtasik Anita	02	UKS Aligator Gorzyce	<b>5:02.18</b>	490				
	50m: 35.84 35.84	150m: 1:53.90	39.12	250m: 3:12.25	38.85	350m: 4:28.21	36.57		
	100m: 1:14.78 38.94	200m: 2:33.40	39.50	300m: 3:51.64	39.39	400m: 5:02.18	33.97		
8.	J drzejczyk Julia	02	KS Pi tka Chorzów	<b>5:20.80</b>	410				
	50m:	150m:		250m:		350m: 4:41.78	41.10		
	100m: 1:16.44	200m: 2:37.99		300m: 4:00.68		400m: 5:20.80	39.02		
9.	Pawlik Alicja	02	KS Pi tka Chorzów	<b>6:04.58</b>	279				
	50m: 38.18 38.18	150m: 2:09.98	46.61	250m: 3:45.09	47.45	350m: 5:18.85	46.88		
	100m: 1:23.37 45.19	200m: 2:57.64	47.66	300m: 4:31.97	46.88	400m: 6:04.58	45.73		
10.	Deutsch Marlena	02	KS Pi tka Chorzów	<b>6:25.23</b>	236				
	50m: 40.77 40.77	150m: 2:16.94	48.90	250m: 3:55.51	48.60	350m: 5:35.99	50.53		
	100m: 1:28.04 47.27	200m: 3:06.91	49.97	300m: 4:45.46	49.95	400m: 6:25.23	49.24		
<b>15 lat</b>									
1.	Zaborowicz Julia	01	K.S. Górnik Sosnowiec	<b>4:30.47</b>	684				
	50m: 32.10 32.10	150m: 1:41.47	34.79	250m: 2:51.76	35.15	350m: 3:59.11	33.74		
	100m: 1:06.68 34.58	200m: 2:16.61	35.14	300m: 3:25.37	33.61	400m: 4:30.47	31.36		
2.	Wi niewska Oliwia	01	CSiR MOS D browa Górnicza	<b>4:36.72</b>	639				
	50m: 32.48 32.48	150m: 1:42.53	34.92	250m: 2:51.71	33.89	350m: 4:01.53	34.93		
	100m: 1:07.61 35.13	200m: 2:17.82	35.29	300m: 3:26.60	34.89	400m: 4:36.72	35.19		
3.	Kosi ska Dominika	01	KS Pi tka Chorzów	<b>4:49.16</b>	560				
	50m: 33.26 33.26	150m: 1:47.41	37.10	250m: 3:01.53	37.24	350m: 4:15.10	36.09		
	100m: 1:10.31 37.05	200m: 2:24.29	36.88	300m: 3:39.01	37.48	400m: 4:49.16	34.06		
4.	Ma dok Klaudia	01	Nowy KP Bielsko-Biała	<b>4:49.51</b>	558				
	50m: 33.58 33.58	150m: 1:49.35	38.26	250m: 3:03.18	36.73	350m: 4:15.80	35.26		
	100m: 1:11.09 37.51	200m: 2:26.45	37.10	300m: 3:40.54	37.36	400m: 4:49.51	33.71		
5.	Wojaczek Agnieszka	01	KS. Górnik Radlin	<b>5:02.05</b>	491				
	50m: 32.74 32.74	150m: 1:49.02	38.51	250m: 3:07.56	39.41	350m: 4:24.84	37.80		
	100m: 1:10.51 37.77	200m: 2:28.15	39.13	300m: 3:47.04	39.48	400m: 5:02.05	37.21		
6.	Gazda Zuzanna	01	CSiR MOS D browa Górnicza	<b>5:02.13</b>	491				
	50m: 34.49 34.49	150m: 1:51.09	38.73	250m: 3:09.11	39.01	350m: 4:26.07	37.97		
	100m: 1:12.36 37.87	200m: 2:30.10	39.01	300m: 3:48.10	38.99	400m: 5:02.13	36.06		

Mistrzostwa Okręgu I śkiego Open  
Gliwice, 17. - 18.6.2016

Konkurencja 21, Dziewcz t, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.
7.	Majewska Weronika SR		01	UKS MANTA Kochłowice Ruda I s				<b>5:02.33</b>	490
	50m:	34.39 34.39	150m:	1:51.42 39.13	250m:	3:09.48 38.76	350m:	4:26.39 37.77	
	100m:	1:12.29 37.90	200m:	2:30.72 39.30	300m:	3:48.62 39.14	400m:	5:02.33 35.94	
8.	Grychtoł Weronika		01	Uks Wodnik 29 Katowice				<b>5:05.81</b>	473
	50m:	34.19 34.19	150m:	1:51.29 38.83	250m:	3:09.39 39.17	350m:	4:27.23 39.03	
	100m:	1:12.46 38.27	200m:	2:30.22 38.93	300m:	3:48.20 38.81	400m:	5:05.81 38.58	
9.	Skórka Julia		01	CSiR MOS D browa Górnicza				<b>5:08.77</b>	460
	50m:	34.31 34.31	150m:	1:51.68 39.16	250m:	3:11.21 39.71	350m:	4:30.42 39.48	
	100m:	1:12.52 38.21	200m:	2:31.50 39.82	300m:	3:50.94 39.73	400m:	5:08.77 38.35	
10.	Skudlik Marta		01	UKS MANTA Kochłowice Ruda I s				<b>5:11.02</b>	450
	50m:	35.49 35.49	150m:	1:54.38 39.94	250m:	3:13.99 39.57	350m:	4:32.58 38.49	
	100m:	1:14.44 38.95	200m:	2:34.42 40.04	300m:	3:54.09 40.10	400m:	5:11.02 38.44	
11.	Kaba ska Nicol		01	CSiR MOS D browa Górnicza				<b>5:13.95</b>	437
	50m:	35.79 35.79	150m:	1:55.07 39.95	250m:	3:15.47 40.16	350m:	4:35.48 39.80	
	100m:	1:15.12 39.33	200m:	2:35.31 40.24	300m:	3:55.68 40.21	400m:	5:13.95 38.47	

16 - 18 lat

1.	Lichwa Dominika		99	AZS AWF Katowice				<b>4:40.38</b>	614
	50m:	31.85 31.85	150m:	1:42.26 35.35	250m:	2:53.78 35.73	350m:	4:06.04 35.98	
	100m:	1:06.91 35.06	200m:	2:18.05 35.79	300m:	3:30.06 36.28	400m:	4:40.38 34.34	
2.	Adamczyk Agata		99	UKS Aligator Gorzyce				<b>4:40.71</b>	612
	50m:	32.45 32.45	150m:	1:43.43 35.70	250m:	2:56.02 36.31	350m:	4:07.25 35.44	
	100m:	1:07.73 35.28	200m:	2:19.71 36.28	300m:	3:31.81 35.79	400m:	4:40.71 33.46	
3.	Zawadzka Anna		00	Uks Wodnik 29 Katowice				<b>4:44.16</b>	590
	50m:	32.37 32.37	150m:	1:44.14 36.05	250m:	2:57.66 36.87	350m:	4:10.90 36.25	
	100m:	1:08.09 35.72	200m:	2:20.79 36.65	300m:	3:34.65 36.99	400m:	4:44.16 33.26	
4.	Janecka Zuzanna		99	AZS AWF Katowice				<b>4:50.22</b>	554
	50m:	33.30 33.30	150m:	1:47.36 37.01	250m:	3:00.98 36.27	350m:	4:13.98 36.62	
	100m:	1:10.35 37.05	200m:	2:24.71 37.35	300m:	3:37.36 36.38	400m:	4:50.22 36.24	
5.	Koral Julia SR		98	KS. Górnik Radlin				<b>4:53.58</b>	535
	50m:	34.03 34.03	150m:	1:48.45 36.99	250m:	3:02.94 36.75	350m:	4:16.94 37.06	
	100m:	1:11.46 37.43	200m:	2:26.19 37.74	300m:	3:39.88 36.94	400m:	4:53.58 36.64	
6.	I ycka Marta SR		00	UKS WODNIK Siemianowice laski				<b>4:57.75</b>	513
	50m:	33.22 33.22	150m:	1:48.32 37.76	250m:	3:03.67 37.49	350m:	4:20.61 38.27	
	100m:	1:10.56 37.34	200m:	2:26.18 37.86	300m:	3:42.34 38.67	400m:	4:57.75 37.14	
7.	Je owska Kamila		00	CSiR MOS D browa Górnicza				<b>5:00.00</b>	501
	50m:	34.24 34.24	150m:	1:51.28 38.99	250m:	3:08.85 38.59	350m:	4:23.60 37.42	
	100m:	1:12.29 38.05	200m:	2:30.26 38.98	300m:	3:46.18 37.33	400m:	5:00.00 36.40	
8.	Kustra Julita		00	KS MarioSport				<b>5:05.89</b>	473
	50m:	34.69 34.69	150m:	1:51.43 38.96	250m:	3:10.51 39.79	350m:	4:28.79 38.84	
	100m:	1:12.47 37.78	200m:	2:30.72 39.29	300m:	3:49.95 39.44	400m:	5:05.89 37.10	

Open

1.	Zaborowicz Julia		01	K.S. Górnik Sosnowiec				<b>4:30.47</b>	684
	50m:	32.10 32.10	150m:	1:41.47 34.79	250m:	2:51.76 35.15	350m:	3:59.11 33.74	
	100m:	1:06.68 34.58	200m:	2:16.61 35.14	300m:	3:25.37 33.61	400m:	4:30.47 31.36	
2.	Bart Patrycja		97	MKS Pałac Młodzie y Katowice				<b>4:30.48</b>	684
	50m:	31.85 31.85	150m:	1:41.76 35.07	250m:	2:51.49 34.80	350m:	3:59.43 33.89	
	100m:	1:06.69 34.84	200m:	2:16.69 34.93	300m:	3:25.54 34.05	400m:	4:30.48 31.05	
3.	Wi niewska Oliwia		01	CSiR MOS D browa Górnicza				<b>4:36.72</b>	639
	50m:	32.48 32.48	150m:	1:42.53 34.92	250m:	2:51.71 33.89	350m:	4:01.53 34.93	
	100m:	1:07.61 35.13	200m:	2:17.82 35.29	300m:	3:26.60 34.89	400m:	4:36.72 35.19	

Mistrzostwa Okręgu I śkiego Open  
Gliwice, 17. - 18.6.2016

Konkurencja 21, Kobiet, 400m dowolny, Open

Pozycja			Rok ur.						Czas	Pkt.
4.	Lichwa Dominika		99	AZS AWF Katowice				<b>4:40.38</b>	614	
	50m: 31.85	31.85	150m: 1:42.26	35.35	250m: 2:53.78	35.73	350m: 4:06.04	35.98		
	100m: 1:06.91	35.06	200m: 2:18.05	35.79	300m: 3:30.06	36.28	400m: 4:40.38	34.34		
5.	Adamczyk Agata		99	UKS Aligator Gorzyce				<b>4:40.71</b>	612	
	50m: 32.45	32.45	150m: 1:43.43	35.70	250m: 2:56.02	36.31	350m: 4:07.25	35.44		
	100m: 1:07.73	35.28	200m: 2:19.71	36.28	300m: 3:31.81	35.79	400m: 4:40.71	33.46		
6.	Zarembik Katarzyna SR		02	MKS-SMS Victoria Racibórz				<b>4:43.17</b>	596	
	50m: 32.06	32.06	150m: 1:43.80	36.44	250m: 2:57.28	36.92	350m: 4:09.92	35.64		
	100m: 1:07.36	35.30	200m: 2:20.36	36.56	300m: 3:34.28	37.00	400m: 4:43.17	33.25		
7.	Pluta Emilia		02	UKS Aligator Gorzyce				<b>4:44.06</b>	590	
	50m: 33.64	33.64	150m: 1:46.81	36.93	250m: 2:59.70	35.99	350m: 4:10.77	34.58		
	100m: 1:09.88	36.24	200m: 2:23.71	36.90	300m: 3:36.19	36.49	400m: 4:44.06	33.29		
8.	Zawadzka Anna		00	Uks Wodnik 29 Katowice				<b>4:44.16</b>	590	
	50m: 32.37	32.37	150m: 1:44.14	36.05	250m: 2:57.66	36.87	350m: 4:10.90	36.25		
	100m: 1:08.09	35.72	200m: 2:20.79	36.65	300m: 3:34.65	36.99	400m: 4:44.16	33.26		
9.	Szymczak Patrycja		02	UKS MANTA Kochłowice Ruda I s				<b>4:45.64</b>	581	
	50m: 32.37	32.37	150m: 1:46.27	37.04	250m: 2:59.56	36.68	350m: 4:10.98	35.34		
	100m: 1:09.23	36.86	200m: 2:22.88	36.61	300m: 3:35.64	36.08	400m: 4:45.64	34.66		
10.	Kosińska Dominika		01	KS Piłka Chorzów				<b>4:49.16</b>	560	
	50m: 33.26	33.26	150m: 1:47.41	37.10	250m: 3:01.53	37.24	350m: 4:15.10	36.09		
	100m: 1:10.31	37.05	200m: 2:24.29	36.88	300m: 3:39.01	37.48	400m: 4:49.16	34.06		
11.	Madok Klaudia		01	Nowy KP Bielsko-Biała				<b>4:49.51</b>	558	
	50m: 33.58	33.58	150m: 1:49.35	38.26	250m: 3:03.18	36.73	350m: 4:15.80	35.26		
	100m: 1:11.09	37.51	200m: 2:26.45	37.10	300m: 3:40.54	37.36	400m: 4:49.51	33.71		
12.	Janecka Zuzanna		99	AZS AWF Katowice				<b>4:50.22</b>	554	
	50m: 33.30	33.30	150m: 1:47.36	37.01	250m: 3:00.98	36.27	350m: 4:13.98	36.62		
	100m: 1:10.35	37.05	200m: 2:24.71	37.35	300m: 3:37.36	36.38	400m: 4:50.22	36.24		
13.	Fuks Aleksandra		03	Muks Gilus Gilowice				<b>4:53.05</b>	538	
	50m: 34.17	34.17	150m: 1:48.76	37.78	250m: 3:04.10	37.40	350m: 4:18.21	36.84		
	100m: 1:10.98	36.81	200m: 2:26.70	37.94	300m: 3:41.37	37.27	400m: 4:53.05	34.84		
14.	Bogucka Karolina SR		00	Karol Wadowice				<b>4:53.33</b>	536	
	50m: 33.24	33.24	150m: 1:46.17	36.95	250m: 3:00.78	37.14	350m: 4:16.60	37.56		
	100m: 1:09.22	35.98	200m: 2:23.64	37.47	300m: 3:39.04	38.26	400m: 4:53.33	36.73		
15.	Koral Julia SR		98	KS. Górnik Radlin				<b>4:53.58</b>	535	
	50m: 34.03	34.03	150m: 1:48.45	36.99	250m: 3:02.94	36.75	350m: 4:16.94	37.06		
	100m: 1:11.46	37.43	200m: 2:26.19	37.74	300m: 3:39.88	36.94	400m: 4:53.58	36.64		
16.	Fuks Emilia		02	UKS WODNIK Siemianowice laski				<b>4:55.69</b>	523	
	50m: 33.90	33.90	150m: 1:48.77	37.38	250m: 3:04.32	37.80	350m: 4:19.44	37.17		
	100m: 1:11.39	37.49	200m: 2:26.52	37.75	300m: 3:42.27	37.95	400m: 4:55.69	36.25		
17.	Szkoda Klaudia		02	CSiR MOS D browa Górnicza				<b>4:56.04</b>	522	
	50m: 34.00	34.00	150m: 1:48.48	37.47	250m: 3:04.04	37.71	350m: 4:19.45	37.70		
	100m: 1:11.01	37.01	200m: 2:26.33	37.85	300m: 3:41.75	37.71	400m: 4:56.04	36.59		
18.	Lińska Marta SR		00	UKS WODNIK Siemianowice laski				<b>4:57.75</b>	513	
	50m: 33.22	33.22	150m: 1:48.32	37.76	250m: 3:03.67	37.49	350m: 4:20.61	38.27		
	100m: 1:10.56	37.34	200m: 2:26.18	37.86	300m: 3:42.34	38.67	400m: 4:57.75	37.14		
19.	Jeowska Kamila		00	CSiR MOS D browa Górnicza				<b>5:00.00</b>	501	
	50m: 34.24	34.24	150m: 1:51.28	38.99	250m: 3:08.85	38.59	350m: 4:23.60	37.42		
	100m: 1:12.29	38.05	200m: 2:30.26	38.98	300m: 3:46.18	37.33	400m: 5:00.00	36.40		
20.	Niemczyk Wiktoria		02	MOSM Tychy				<b>5:01.80</b>	492	
	50m: 34.33	34.33	150m: 1:51.12	39.08	250m: 3:08.87	39.01	350m: 4:26.18	38.13		
	100m: 1:12.04	37.71	200m: 2:29.86	38.74	300m: 3:48.05	39.18	400m: 5:01.80	35.62		
21.	Wojacek Agnieszka		01	KS. Górnik Radlin				<b>5:02.05</b>	491	
	50m: 32.74	32.74	150m: 1:49.02	38.51	250m: 3:07.56	39.41	350m: 4:24.84	37.80		
	100m: 1:10.51	37.77	200m: 2:28.15	39.13	300m: 3:47.04	39.48	400m: 5:02.05	37.21		

Mistrzostwa Okręgu Gliwickiego Open  
Gliwice, 17. - 18.6.2016

Konkurencja 21, Kobiet, 400m dowolny, Open

Pozycja			Rok ur.					Czas	Pkt.
22.	Gazda Zuzanna		01	CSiR MOS D browa Górnicza				<b>5:02.13</b>	491
	50m:	34.49 34.49	150m:	1:51.09 38.73	250m:	3:09.11 39.01	350m:	4:26.07 37.97	
	100m:	1:12.36 37.87	200m:	2:30.10 39.01	300m:	3:48.10 38.99	400m:	5:02.13 36.06	
23.	Wojtasik Anita		02	UKS Aligator Gorzyce				<b>5:02.18</b>	490
	50m:	35.84 35.84	150m:	1:53.90 39.12	250m:	3:12.25 38.85	350m:	4:28.21 36.57	
	100m:	1:14.78 38.94	200m:	2:33.40 39.50	300m:	3:51.64 39.39	400m:	5:02.18 33.97	
24.	Majewska Weronika SR		01	UKS MANTA Kochłowice Ruda I s				<b>5:02.33</b>	490
	50m:	34.39 34.39	150m:	1:51.42 39.13	250m:	3:09.48 38.76	350m:	4:26.39 37.77	
	100m:	1:12.29 37.90	200m:	2:30.72 39.30	300m:	3:48.62 39.14	400m:	5:02.33 35.94	
25.	Grychtoł Weronika		01	Uks Wodnik 29 Katowice				<b>5:05.81</b>	473
	50m:	34.19 34.19	150m:	1:51.29 38.83	250m:	3:09.39 39.17	350m:	4:27.23 39.03	
	100m:	1:12.46 38.27	200m:	2:30.22 38.93	300m:	3:48.20 38.81	400m:	5:05.81 38.58	
26.	Kustra Julita		00	KS MarioSport				<b>5:05.89</b>	473
	50m:	34.69 34.69	150m:	1:51.43 38.96	250m:	3:10.51 39.79	350m:	4:28.79 38.84	
	100m:	1:12.47 37.78	200m:	2:30.72 39.29	300m:	3:49.95 39.44	400m:	5:05.89 37.10	
27.	Skórka Julia		01	CSiR MOS D browa Górnicza				<b>5:08.77</b>	460
	50m:	34.31 34.31	150m:	1:51.68 39.16	250m:	3:11.21 39.71	350m:	4:30.42 39.48	
	100m:	1:12.52 38.21	200m:	2:31.50 39.82	300m:	3:50.94 39.73	400m:	5:08.77 38.35	
28.	Skudlik Marta		01	UKS MANTA Kochłowice Ruda I s				<b>5:11.02</b>	450
	50m:	35.49 35.49	150m:	1:54.38 39.94	250m:	3:13.99 39.57	350m:	4:32.58 38.49	
	100m:	1:14.44 38.95	200m:	2:34.42 40.04	300m:	3:54.09 40.10	400m:	5:11.02 38.44	
29.	Kaba ska Nicol		01	CSiR MOS D browa Górnicza				<b>5:13.95</b>	437
	50m:	35.79 35.79	150m:	1:55.07 39.95	250m:	3:15.47 40.16	350m:	4:35.48 39.80	
	100m:	1:15.12 39.33	200m:	2:35.31 40.24	300m:	3:55.68 40.21	400m:	5:13.95 38.47	
30.	J drzejczyk Julia		02	KS Pi tka Chorzów				<b>5:20.80</b>	410
	50m:		150m:		250m:		350m:	4:41.78 41.10	
	100m:	1:16.44	200m:	2:37.99	300m:	4:00.68	400m:	5:20.80 39.02	
31.	Pawlik Alicja		02	KS Pi tka Chorzów				<b>6:04.58</b>	279
	50m:	38.18 38.18	150m:	2:09.98 46.61	250m:	3:45.09 47.45	350m:	5:18.85 46.88	
	100m:	1:23.37 45.19	200m:	2:57.64 47.66	300m:	4:31.97 46.88	400m:	6:04.58 45.73	
32.	Deutsch Marlena		02	KS Pi tka Chorzów				<b>6:25.23</b>	236
	50m:	40.77 40.77	150m:	2:16.94 48.90	250m:	3:55.51 48.60	350m:	5:35.99 50.53	
	100m:	1:28.04 47.27	200m:	3:06.91 49.97	300m:	4:45.46 49.95	400m:	6:25.23 49.24	