

Mistrzostwa Okręgu I śkiego Open
Gliwice, 23. - 24.6.2017

Konkurencja 21
24.06.2017 - 10:50

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.			
14 lat												
1.	Pogo Milena		03	CSiR MOS D browa Górnicza				4:42.22	602			
	50m:	33.26	33.26	150m:	1:44.50	35.82	250m:	2:55.71	35.81	350m:	4:07.52	36.15
	100m:	1:08.68	35.42	200m:	2:19.90	35.40	300m:	3:31.37	35.66	400m:	4:42.22	34.70
2.	Fuks Aleksandra		03	Muks Gilus Gilowice				4:45.30	583			
	50m:	32.61	32.61	150m:	1:44.48	36.64	250m:	2:58.97	37.20	350m:	4:12.49	36.54
	100m:	1:07.84	35.23	200m:	2:21.77	37.29	300m:	3:35.95	36.98	400m:	4:45.30	32.81
3.	Kindrat Julia		03	SiKReT Gliwice				4:56.78	518			
	50m:	33.78	33.78	150m:	1:48.49	37.47	250m:	3:05.32	38.15	350m:	4:21.25	37.43
	100m:	1:11.02	37.24	200m:	2:27.17	38.68	300m:	3:43.82	38.50	400m:	4:56.78	35.53
4.	Krusi ska Wiktoria		03	MKS Park Wodny Tarnowskie Góry				5:00.12	501			
	50m:	34.17	34.17	150m:	1:50.44	38.27	250m:	3:07.04	38.36	350m:	4:23.26	37.66
	100m:	1:12.17	38.00	200m:	2:28.68	38.24	300m:	3:45.60	38.56	400m:	5:00.12	36.86
5.	Cioch-Gradzik Wiktoria		03	MKS Pałac Młodzie y Katowice				5:01.53	494			
	50m:	33.24	33.24	150m:	1:48.41	38.07	250m:	3:06.54	38.79	350m:	4:24.35	38.43
	100m:	1:10.34	37.10	200m:	2:27.75	39.34	300m:	3:45.92	39.38	400m:	5:01.53	37.18
6.	Niewiadomska Nikola		03	UKS Manta Kochłowice Ruda l ska				5:07.74	464			
	50m:	33.53	33.53	150m:	1:49.92	38.15	250m:	3:08.81	40.00	350m:	4:27.89	40.16
	100m:	1:11.77	38.24	200m:	2:28.81	38.89	300m:	3:47.73	38.92	400m:	5:07.74	39.85
7.	Salamon Zuzanna		03	UKS Aquatica Pawłowice				5:17.83	421			
	50m:	35.70	35.70	150m:	1:58.25	41.58	250m:	3:19.46	40.88	350m:	4:39.91	39.75
	100m:	1:16.67	40.97	200m:	2:38.58	40.33	300m:	4:00.16	40.70	400m:	5:17.83	37.92
8.	Wilczy ska Inez		03	MOS Katowice				5:27.55	385			
	50m:	37.18	37.18	150m:	2:00.74	42.24	250m:	3:25.19	42.44	350m:	4:48.40	41.08
	100m:	1:18.50	41.32	200m:	2:42.75	42.01	300m:	4:07.32	42.13	400m:	5:27.55	39.15
9.	Bialik Karolina SR		03	MKS-SMS Victoria Racibórz				5:31.12	373			
	50m:	37.67	37.67	150m:	2:00.58	42.30	250m:	3:25.49	42.49	350m:	4:51.19	42.27
	100m:	1:18.28	40.61	200m:	2:43.00	42.42	300m:	4:08.92	43.43	400m:	5:31.12	39.93
15 lat												
1.	Zarembik Katarzyna SR		02	MKS-SMS Victoria Racibórz				4:38.39	627			
	50m:	32.54	32.54	150m:	1:43.49	35.71	250m:	2:55.39	35.98	350m:	4:06.15	35.01
	100m:	1:07.78	35.24	200m:	2:19.41	35.92	300m:	3:31.14	35.75	400m:	4:38.39	32.24
2.	Fuks Emilia		02	UKS WODNIK Siemianowice laski				4:46.76	574			
	50m:	33.23	33.23	150m:	1:45.21	36.07	250m:	2:59.03	36.94	350m:	4:11.97	35.85
	100m:	1:09.14	35.91	200m:	2:22.09	36.88	300m:	3:36.12	37.09	400m:	4:46.76	34.79
3.	Niemczyk Wiktoria		02	MOSM Tychy				4:55.68	523			
	50m:	33.71	33.71	150m:	1:47.50	37.37	250m:	3:03.67	38.39	350m:	4:19.77	37.62
	100m:	1:10.13	36.42	200m:	2:25.28	37.78	300m:	3:42.15	38.48	400m:	4:55.68	35.91
4.	Szkoda Klaudia		02	CSiR MOS D browa Górnicza				4:57.96	512			
	50m:	33.94	33.94	150m:	1:48.72	37.67	250m:	3:04.73	38.10	350m:	4:20.88	38.03
	100m:	1:11.05	37.11	200m:	2:26.63	37.91	300m:	3:42.85	38.12	400m:	4:57.96	37.08
5.	Michalak Laura		02	MOSM Tychy				5:11.52	448			
	50m:	34.06	34.06	150m:	1:51.41	38.87	250m:	3:11.44	40.32	350m:	4:33.30	40.89
	100m:	1:12.54	38.48	200m:	2:31.12	39.71	300m:	3:52.41	40.97	400m:	5:11.52	38.22
6.	Czichy Małgorzata		02	MKS Park Wodny Tarnowskie Góry				5:31.55	371			
	50m:	36.65	36.65	150m:	1:59.20	41.52	250m:	3:24.33	42.63	350m:	4:50.37	42.65
	100m:	1:17.68	41.03	200m:	2:41.70	42.50	300m:	4:07.72	43.39	400m:	5:31.55	41.18

Mistrzostwa Okręgu Gliwickiego Open
Gliwice, 23. - 24.6.2017

Konkurencja 21, Kobiety, 400m dowolny

16 - 18 lat

1.	Zaborowicz Julia	01	KS Górnik Sosnowiec	4:33.55	661
	50m: 32.00 32.00	150m: 1:41.04 34.78	250m: 2:50.74 34.78	350m: 4:00.09 34.73	
	100m: 1:06.26 34.26	200m: 2:15.96 34.92	300m: 3:25.36 34.62	400m: 4:33.55 33.46	
2.	Zawadzka Anna	00	Młodzieżowy Klub Pływacki Wodny	4:36.06	643
	50m: 33.16 33.16	150m: 1:42.34 34.33	250m: 2:51.67 34.68	350m: 4:01.80 34.92	
	100m: 1:08.01 34.85	200m: 2:16.99 34.65	300m: 3:26.88 35.21	400m: 4:36.06 34.26	
3.	Wi niewska Oliwia	01	CSiR MOS D browa Górnicza	4:40.39	614
	50m: 32.23 32.23	150m: 1:42.19 35.34	250m: 2:53.87 35.75	350m: 4:05.81 35.64	
	100m: 1:06.85 34.62	200m: 2:18.12 35.93	300m: 3:30.17 36.30	400m: 4:40.39 34.58	
4.	Kosińska Dominika	01	AZS AWF Katowice	4:43.56	594
	50m: 33.78 33.78	150m: 1:45.93 36.06	250m: 2:58.20 35.89	350m: 4:10.34 35.80	
	100m: 1:09.87 36.09	200m: 2:22.31 36.38	300m: 3:34.54 36.34	400m: 4:43.56 33.22	
5.	Adamczyk Agata	99	UKS Aligator Gorzyce	4:48.41	564
	50m: 33.15 33.15	150m: 1:46.16 36.72	250m: 3:00.52 36.99	350m: 4:13.86 35.85	
	100m: 1:09.44 36.29	200m: 2:23.53 37.37	300m: 3:38.01 37.49	400m: 4:48.41 34.55	
6.	Maddock Klaudia	01	UKS Nowy Klub Pływacki	4:54.32	531
	50m: 34.06 34.06	150m: 1:46.81 36.38	250m: 3:00.06 36.79	350m: 4:16.65 38.63	
	100m: 1:10.43 36.37	200m: 2:23.27 36.46	300m: 3:38.02 37.96	400m: 4:54.32 37.67	
7.	Majewska Weronika SR	01	UKS Manta Kochłowie Ruda Śląska	4:58.66	508
	50m: 34.04 34.04	150m: 1:49.28 37.48	250m: 3:05.00 38.05	350m: 4:21.73 38.03	
	100m: 1:11.80 37.76	200m: 2:26.95 37.67	300m: 3:43.70 38.70	400m: 4:58.66 36.93	
8.	Kustra Julita	00	SiKReT Gliwice	4:59.70	503
	50m: 34.27 34.27	150m: 1:49.61 37.87	250m: 3:06.71 38.76	350m: 4:23.31 38.33	
	100m: 1:11.74 37.47	200m: 2:27.95 38.34	300m: 3:44.98 38.27	400m: 4:59.70 36.39	
9.	Gazda Zuzanna	01	CSiR MOS D browa Górnicza	5:00.41	499
	50m: 34.31 34.31	150m: 1:49.46 38.20	250m: 3:05.92 38.13	350m: 4:22.57 37.88	
	100m: 1:11.26 36.95	200m: 2:27.79 38.33	300m: 3:44.69 38.77	400m: 5:00.41 37.84	
10.	Grychtoł Weronika	01	Uks Wodnik 29 Katowice	5:01.27	495
	50m: 34.61 34.61	150m: 1:51.56 38.68	250m: 3:08.03 37.28	350m: 4:23.57 37.77	
	100m: 1:12.88 38.27	200m: 2:30.75 39.19	300m: 3:45.80 37.77	400m: 5:01.27 37.70	
11.	Skórka Maja	01	CSiR MOS D browa Górnicza	5:06.01	472
	50m: 34.68 34.68	150m: 1:51.17 38.75	250m: 3:10.23 39.65	350m: 4:28.49 39.03	
	100m: 1:12.42 37.74	200m: 2:30.58 39.41	300m: 3:49.46 39.23	400m: 5:06.01 37.52	
12.	Kabańska Nicol	01	CSiR MOS D browa Górnicza	5:10.47	452
	50m: 35.59 35.59	150m: 1:52.95 39.11	250m: 3:12.35 39.81	350m: 4:31.90 39.46	
	100m: 1:13.84 38.25	200m: 2:32.54 39.59	300m: 3:52.44 40.09	400m: 5:10.47 38.57	
13.	Szczygieł Aleksandra	01	MOS Katowice	5:36.02	356
	50m: 37.05 37.05	150m: 2:00.58 41.94	250m: 3:27.64 43.49	350m: 4:55.36 43.54	
	100m: 1:18.64 41.59	200m: 2:44.15 43.57	300m: 4:11.82 44.18	400m: 5:36.02 40.66	

Open

1.	Zaborowicz Julia	01	KS Górnik Sosnowiec	4:33.55	661
	50m: 32.00 32.00	150m: 1:41.04 34.78	250m: 2:50.74 34.78	350m: 4:00.09 34.73	
	100m: 1:06.26 34.26	200m: 2:15.96 34.92	300m: 3:25.36 34.62	400m: 4:33.55 33.46	
2.	Zawadzka Anna	00	Młodzieżowy Klub Pływacki Wodny	4:36.06	643
	50m: 33.16 33.16	150m: 1:42.34 34.33	250m: 2:51.67 34.68	350m: 4:01.80 34.92	
	100m: 1:08.01 34.85	200m: 2:16.99 34.65	300m: 3:26.88 35.21	400m: 4:36.06 34.26	
3.	Zarembik Katarzyna SR	02	MKS-SMS Victoria Racibórz	4:38.39	627
	50m: 32.54 32.54	150m: 1:43.49 35.71	250m: 2:55.39 35.98	350m: 4:06.15 35.01	
	100m: 1:07.78 35.24	200m: 2:19.41 35.92	300m: 3:31.14 35.75	400m: 4:38.39 32.24	
4.	Wi niewska Oliwia	01	CSiR MOS D browa Górnicza	4:40.39	614
	50m: 32.23 32.23	150m: 1:42.19 35.34	250m: 2:53.87 35.75	350m: 4:05.81 35.64	
	100m: 1:06.85 34.62	200m: 2:18.12 35.93	300m: 3:30.17 36.30	400m: 4:40.39 34.58	

Mistrzostwa Okręgu I śkiego Open
Gliwice, 23. - 24.6.2017

Konkurencja 21, Kobiet, 400m dowolny, Open

Pozycja			Rok ur.					Czas	Pkt.
5.	Pogo Milena		03	CSiR MOS D browa Górnicza				4:42.22	602
	50m: 33.26	33.26	150m: 1:44.50	35.82	250m: 2:55.71	35.81	350m: 4:07.52	36.15	
	100m: 1:08.68	35.42	200m: 2:19.90	35.40	300m: 3:31.37	35.66	400m: 4:42.22	34.70	
6.	Kosi ska Dominika		01	AZS AWF Katowice				4:43.56	594
	50m: 33.78	33.78	150m: 1:45.93	36.06	250m: 2:58.20	35.89	350m: 4:10.34	35.80	
	100m: 1:09.87	36.09	200m: 2:22.31	36.38	300m: 3:34.54	36.34	400m: 4:43.56	33.22	
7.	Roman Matylda		02	Zryw Opole				4:44.18	590
	50m: 32.73	32.73	150m: 1:44.04	35.35	250m: 2:55.83	35.67	350m: 4:09.24	36.63	
	100m: 1:08.69	35.96	200m: 2:20.16	36.12	300m: 3:32.61	36.78	400m: 4:44.18	34.94	
8.	Fuks Aleksandra		03	Muks Gilus Gilowice				4:45.30	583
	50m: 32.61	32.61	150m: 1:44.48	36.64	250m: 2:58.97	37.20	350m: 4:12.49	36.54	
	100m: 1:07.84	35.23	200m: 2:21.77	37.29	300m: 3:35.95	36.98	400m: 4:45.30	32.81	
9.	Fuks Emilia		02	UKS WODNIK Siemianowice laski				4:46.76	574
	50m: 33.23	33.23	150m: 1:45.21	36.07	250m: 2:59.03	36.94	350m: 4:11.97	35.85	
	100m: 1:09.14	35.91	200m: 2:22.09	36.88	300m: 3:36.12	37.09	400m: 4:46.76	34.79	
10.	Adamczyk Agata		99	UKS Aligator Gorzyce				4:48.41	564
	50m: 33.15	33.15	150m: 1:46.16	36.72	250m: 3:00.52	36.99	350m: 4:13.86	35.85	
	100m: 1:09.44	36.29	200m: 2:23.53	37.37	300m: 3:38.01	37.49	400m: 4:48.41	34.55	
11.	Bogucka Karolina SR		00	Karol Wadowice				4:50.51	552
	50m: 33.15	33.15	150m: 1:45.38	36.12	250m: 2:59.00	36.99	350m: 4:14.41	37.72	
	100m: 1:09.26	36.11	200m: 2:22.01	36.63	300m: 3:36.69	37.69	400m: 4:50.51	36.10	
12.	Ma dok Klaudia		01	UKS Nowy Klub Pływacki				4:54.32	531
	50m: 34.06	34.06	150m: 1:46.81	36.38	250m: 3:00.06	36.79	350m: 4:16.65	38.63	
	100m: 1:10.43	36.37	200m: 2:23.27	36.46	300m: 3:38.02	37.96	400m: 4:54.32	37.67	
13.	Niemczyk Wiktoria		02	MOSM Tychy				4:55.68	523
	50m: 33.71	33.71	150m: 1:47.50	37.37	250m: 3:03.67	38.39	350m: 4:19.77	37.62	
	100m: 1:10.13	36.42	200m: 2:25.28	37.78	300m: 3:42.15	38.48	400m: 4:55.68	35.91	
14.	Kindrat Julia		03	SiKReT Gliwice				4:56.78	518
	50m: 33.78	33.78	150m: 1:48.49	37.47	250m: 3:05.32	38.15	350m: 4:21.25	37.43	
	100m: 1:11.02	37.24	200m: 2:27.17	38.68	300m: 3:43.82	38.50	400m: 4:56.78	35.53	
15.	Jeziorna Julia		01	WKS I sk Wrocław				4:57.32	515
	50m: 33.66	33.66	150m: 1:48.20	37.58	250m: 3:04.77	38.15	350m: 4:20.86	37.90	
	100m: 1:10.62	36.96	200m: 2:26.62	38.42	300m: 3:42.96	38.19	400m: 4:57.32	36.46	
16.	Szkoda Klaudia		02	CSiR MOS D browa Górnicza				4:57.96	512
	50m: 33.94	33.94	150m: 1:48.72	37.67	250m: 3:04.73	38.10	350m: 4:20.88	38.03	
	100m: 1:11.05	37.11	200m: 2:26.63	37.91	300m: 3:42.85	38.12	400m: 4:57.96	37.08	
17.	Majewska Weronika SR		01	UKS Manta Kochłowice Ruda I ska				4:58.66	508
	50m: 34.04	34.04	150m: 1:49.28	37.48	250m: 3:05.00	38.05	350m: 4:21.73	38.03	
	100m: 1:11.80	37.76	200m: 2:26.95	37.67	300m: 3:43.70	38.70	400m: 4:58.66	36.93	
18.	Kustra Julita		00	SiKReT Gliwice				4:59.70	503
	50m: 34.27	34.27	150m: 1:49.61	37.87	250m: 3:06.71	38.76	350m: 4:23.31	38.33	
	100m: 1:11.74	37.47	200m: 2:27.95	38.34	300m: 3:44.98	38.27	400m: 4:59.70	36.39	
19.	Krusi ska Wiktoria		03	MKS Park Wodny Tarnowskie Góry				5:00.12	501
	50m: 34.17	34.17	150m: 1:50.44	38.27	250m: 3:07.04	38.36	350m: 4:23.26	37.66	
	100m: 1:12.17	38.00	200m: 2:28.68	38.24	300m: 3:45.60	38.56	400m: 5:00.12	36.86	
20.	Gazda Zuzanna		01	CSiR MOS D browa Górnicza				5:00.41	499
	50m: 34.31	34.31	150m: 1:49.46	38.20	250m: 3:05.92	38.13	350m: 4:22.57	37.88	
	100m: 1:11.26	36.95	200m: 2:27.79	38.33	300m: 3:44.69	38.77	400m: 5:00.41	37.84	
21.	Grychtoł Weronika		01	Uks Wodnik 29 Katowice				5:01.27	495
	50m: 34.61	34.61	150m: 1:51.56	38.68	250m: 3:08.03	37.28	350m: 4:23.57	37.77	
	100m: 1:12.88	38.27	200m: 2:30.75	39.19	300m: 3:45.80	37.77	400m: 5:01.27	37.70	
22.	Cioch-Gradzik Wiktoria		03	MKS Pałac Młodzie y Katowice				5:01.53	494
	50m: 33.24	33.24	150m: 1:48.41	38.07	250m: 3:06.54	38.79	350m: 4:24.35	38.43	
	100m: 1:10.34	37.10	200m: 2:27.75	39.34	300m: 3:45.92	39.38	400m: 5:01.53	37.18	

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Konkurencja 21, Kobiet, 400m dowolny, Open

Pozycja			Rok ur.					Czas	Pkt.
23.	Chwałczy ska Aleksandra		01	WKS I sk Wrocław				5:02.52	489
	50m: 34.56	34.56	150m: 1:50.70	38.45	250m: 3:07.07	38.20	350m: 4:24.37	38.22	
	100m: 1:12.25	37.69	200m: 2:28.87	38.17	300m: 3:46.15	39.08	400m: 5:02.52	38.15	
24.	Kici ska Julia		01	UKP MANTA Jelcz-Laskowice				5:05.98	472
	50m: 34.95	34.95	150m: 1:51.30	38.21	250m: 3:09.71	39.07	350m: 4:28.68	38.53	
	100m: 1:13.09	38.14	200m: 2:30.64	39.34	300m: 3:50.15	40.44	400m: 5:05.98	37.30	
25.	Skórka Maja		01	CSiR MOS D browa Górnicza				5:06.01	472
	50m: 34.68	34.68	150m: 1:51.17	38.75	250m: 3:10.23	39.65	350m: 4:28.49	39.03	
	100m: 1:12.42	37.74	200m: 2:30.58	39.41	300m: 3:49.46	39.23	400m: 5:06.01	37.52	
26.	Niewiadomska Nikola		03	UKS Manta Kochłowice Ruda I ska				5:07.74	464
	50m: 33.53	33.53	150m: 1:49.92	38.15	250m: 3:08.81	40.00	350m: 4:27.89	40.16	
	100m: 1:11.77	38.24	200m: 2:28.81	38.89	300m: 3:47.73	38.92	400m: 5:07.74	39.85	
27.	Błaszczuk Weronika		02	UKS Junior Kluczbork				5:09.45	457
	50m: 34.77	34.77	150m: 1:52.15	39.33	250m: 3:12.05	39.63	350m: 4:30.83	39.00	
	100m: 1:12.82	38.05	200m: 2:32.42	40.27	300m: 3:51.83	39.78	400m: 5:09.45	38.62	
28.	Kaba ska Nicol		01	CSiR MOS D browa Górnicza				5:10.47	452
	50m: 35.59	35.59	150m: 1:52.95	39.11	250m: 3:12.35	39.81	350m: 4:31.90	39.46	
	100m: 1:13.84	38.25	200m: 2:32.54	39.59	300m: 3:52.44	40.09	400m: 5:10.47	38.57	
29.	Michalak Laura		02	MOSM Tychy				5:11.52	448
	50m: 34.06	34.06	150m: 1:51.41	38.87	250m: 3:11.44	40.32	350m: 4:33.30	40.89	
	100m: 1:12.54	38.48	200m: 2:31.12	39.71	300m: 3:52.41	40.97	400m: 5:11.52	38.22	
30.	Salamon Zuzanna		03	UKS Aquatica Pawłowice				5:17.83	421
	50m: 35.70	35.70	150m: 1:58.25	41.58	250m: 3:19.46	40.88	350m: 4:39.91	39.75	
	100m: 1:16.67	40.97	200m: 2:38.58	40.33	300m: 4:00.16	40.70	400m: 5:17.83	37.92	
31.	Wilczy ska Inez		03	MOS Katowice				5:27.55	385
	50m: 37.18	37.18	150m: 2:00.74	42.24	250m: 3:25.19	42.44	350m: 4:48.40	41.08	
	100m: 1:18.50	41.32	200m: 2:42.75	42.01	300m: 4:07.32	42.13	400m: 5:27.55	39.15	
32.	Bialik Karolina SR		03	MKS-SMS Victoria Racibórz				5:31.12	373
	50m: 37.67	37.67	150m: 2:00.58	42.30	250m: 3:25.49	42.49	350m: 4:51.19	42.27	
	100m: 1:18.28	40.61	200m: 2:43.00	42.42	300m: 4:08.92	43.43	400m: 5:31.12	39.93	
33.	Czichy Małgorzata		02	MKS Park Wodny Tarnowskie Góry				5:31.55	371
	50m: 36.65	36.65	150m: 1:59.20	41.52	250m: 3:24.33	42.63	350m: 4:50.37	42.65	
	100m: 1:17.68	41.03	200m: 2:41.70	42.50	300m: 4:07.72	43.39	400m: 5:31.55	41.18	
34.	Szczygieł Aleksandra		01	MOS Katowice				5:36.02	356
	50m: 37.05	37.05	150m: 2:00.58	41.94	250m: 3:27.64	43.49	350m: 4:55.36	43.54	
	100m: 1:18.64	41.59	200m: 2:44.15	43.57	300m: 4:11.82	44.18	400m: 5:36.02	40.66	