

Mistrzostwa Okręgu I śkiego Open
Gliwice, 8. - 9.12.2017

Konkurencja 12
08.12.2017 - 11:32

Kobiet, 400m zmienny

Open
Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.			
14 lat												
1.	Famulok Zuzanna		03	UKS Aquatica Pawłowice				4:59.95	647			
	50m:	31.35	31.35	150m:	1:45.86	38.53	250m:	3:07.00	43.08	350m:	4:26.14	35.41
	100m:	1:07.33	35.98	200m:	2:23.92	38.06	300m:	3:50.73	43.73	400m:	4:59.95	33.81
2.	Malina Amelia		03	CSiR MOS D browa Górnicza				5:12.25	573			
	50m:	35.02	35.02	150m:	1:52.78	39.76	250m:	3:16.30	44.18	350m:		
	100m:	1:13.02	38.00	200m:	2:32.12	39.34	300m:	4:00.49	44.19	400m:	5:12.25	
3.	Cioch-Gradzik Wiktoria		03	MKS Pałac Katowice				5:15.11	558			
	50m:	34.03	34.03	150m:	1:53.08	40.38	250m:	3:18.97	45.27	350m:	4:40.67	36.32
	100m:	1:12.70	38.67	200m:	2:33.70	40.62	300m:	4:04.35	45.38	400m:	5:15.11	34.44
4.	Kasprowicz Marta SR		03	MKS-SMS Victoria Racibórz				5:19.54	535			
	50m:	33.11	33.11	150m:	1:54.63	42.48	250m:	3:21.64	46.58	350m:	4:45.00	35.89
	100m:	1:12.15	39.04	200m:	2:35.06	40.43	300m:	4:09.11	47.47	400m:	5:19.54	34.54
5.	Fuks Aleksandra		03	MUKS Gilus Gilowice				5:25.60	506			
	50m:	35.16	35.16	150m:	1:57.08	42.35	250m:	3:24.36	46.03	350m:	4:47.79	37.58
	100m:	1:14.73	39.57	200m:	2:38.33	41.25	300m:	4:10.21	45.85	400m:	5:25.60	37.81
6.	Dobrowolska Natalia SR		03	MKS-SMS Victoria Racibórz				5:38.11	451			
	50m:	35.30	35.30	150m:	2:00.66	43.81	250m:	3:30.92	48.36	350m:	4:59.34	40.54
	100m:	1:16.85	41.55	200m:	2:42.56	41.90	300m:	4:18.80	47.88	400m:	5:38.11	38.77
DYSKW.	Kr tosz Maria		03	UKS WODNIK Siemianowice laski				5:35.90				
	<i>G4 - Wykonanie wi cej ni jednego poci gni cia ramionem (lub obydwoma ramionami jednocze nie) (Czas: 11:47)</i>											
	50m:	37.03	37.03	150m:	2:48.00	1:26.66	250m:	3:33.20		350m:	4:58.69	39.63
	100m:	1:21.34	44.31	200m:			300m:	4:19.06	45.86	400m:	5:35.90	37.21
15 lat												
1.	Krosta Emilia		02	UKS WODNIK Siemianowice laski				5:16.62	550			
	50m:	35.01	35.01	150m:	1:53.02	40.81	250m:	3:17.59	42.62	350m:	4:40.74	37.74
	100m:	1:12.21	37.20	200m:	2:34.97	41.95	300m:	4:03.00	45.41	400m:	5:16.62	35.88
2.	Bura Julia SR		02	MKS-SMS Victoria Racibórz				5:19.90	533			
	50m:	35.87	35.87	150m:	1:56.36	40.22	250m:	3:19.41	43.70	350m:	4:42.44	39.29
	100m:	1:16.14	40.27	200m:	2:35.71	39.35	300m:	4:03.15	43.74	400m:	5:19.90	37.46
3.	Pluta Emilia		02	UKS Aligator Gorzyce				5:34.63	466			
	50m:	37.43	37.43	150m:	2:03.75	44.36	250m:	3:31.46	45.13	350m:	4:57.21	39.40
	100m:	1:19.39	41.96	200m:	2:46.33	42.58	300m:	4:17.81	46.35	400m:	5:34.63	37.42
16 - 18 lat												
1.	Wi niewska Oliwia		01	CSiR MOS D browa Górnicza				5:00.96	640			
	50m:	32.92	32.92	150m:	1:49.18	38.40	250m:	3:08.65	42.69	350m:	4:27.55	36.14
	100m:	1:10.78	37.86	200m:	2:25.96	36.78	300m:	3:51.41	42.76	400m:	5:00.96	33.41
2.	Ma dok Klaudia		01	Nowy KP Bielsko-Biała				5:22.40	521			
	50m:	34.44	34.44	150m:	1:54.85	40.75	250m:	3:20.94	46.39	350m:	4:45.84	36.82
	100m:	1:14.10	39.66	200m:	2:34.55	39.70	300m:	4:09.02	48.08	400m:	5:22.40	36.56

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Open

1.	Famulok Zuzanna		03	UKS Aquatica Pawłowice		4:59.95	647	
	50m: 31.35	31.35	150m: 1:45.86	38.53	250m: 3:07.00	43.08	350m: 4:26.14	35.41
	100m: 1:07.33	35.98	200m: 2:23.92	38.06	300m: 3:50.73	43.73	400m: 4:59.95	33.81
2.	Wi niewska Oliwia		01	CSiR MOS D browa Górnicza		5:00.96	640	
	50m: 32.92	32.92	150m: 1:49.18	38.40	250m: 3:08.65	42.69	350m: 4:27.55	36.14
	100m: 1:10.78	37.86	200m: 2:25.96	36.78	300m: 3:51.41	42.76	400m: 5:00.96	33.41
3.	Sm tek Wiktoria SR		01	MMKS K dzierzyn-Ko le		5:09.48	589	
	50m: 34.76	34.76	150m: 1:55.20	39.15	250m: 3:16.09	42.85	350m: 4:35.40	36.19
	100m: 1:16.05	41.29	200m: 2:33.24	38.04	300m: 3:59.21	43.12	400m: 5:09.48	34.08
4.	Wojtaszewska Paulina SO		03	UKP Unia O wi cim		5:10.20	585	
	50m: 33.46	33.46	150m: 1:51.00	40.09	250m: 3:13.81	42.86	350m: 4:35.08	36.85
	100m: 1:10.91	37.45	200m: 2:30.95	39.95	300m: 3:58.23	44.42	400m: 5:10.20	35.12
5.	Malina Amelia		03	CSiR MOS D browa Górnicza		5:12.25	573	
	50m: 35.02	35.02	150m: 1:52.78	39.76	250m: 3:16.30	44.18	350m:	
	100m: 1:13.02	38.00	200m: 2:32.12	39.34	300m: 4:00.49	44.19	400m: 5:12.25	
6.	Cioch-Gradzik Wiktoria		03	MKS Pałac Katowice		5:15.11	558	
	50m: 34.03	34.03	150m: 1:53.08	40.38	250m: 3:18.97	45.27	350m: 4:40.67	36.32
	100m: 1:12.70	38.67	200m: 2:33.70	40.62	300m: 4:04.35	45.38	400m: 5:15.11	34.44
7.	Krosta Emilia		02	UKS WODNIK Siemianowice laski		5:16.62	550	
	50m: 35.01	35.01	150m: 1:53.02	40.81	250m: 3:17.59	42.62	350m: 4:40.74	37.74
	100m: 1:12.21	37.20	200m: 2:34.97	41.95	300m: 4:03.00	45.41	400m: 5:16.62	35.88
8.	Kasprowicz Marta SR		03	MKS-SMS Victoria Racibórz		5:19.54	535	
	50m: 33.11	33.11	150m: 1:54.63	42.48	250m: 3:21.64	46.58	350m: 4:45.00	35.89
	100m: 1:12.15	39.04	200m: 2:35.06	40.43	300m: 4:09.11	47.47	400m: 5:19.54	34.54
9.	Bocian Roksana		04	LKS Jedno 32 Przyszowice		5:19.90	533	
	50m: 34.21	34.21	150m: 1:56.18	42.54	250m: 3:24.18	46.23	350m: 4:45.00	34.72
	100m: 1:13.64	39.43	200m: 2:37.95	41.77	300m: 4:10.28	46.10	400m: 5:19.90	34.90
	Bura Julia SR		02	MKS-SMS Victoria Racibórz		5:19.90	533	
	50m: 35.87	35.87	150m: 1:56.36	40.22	250m: 3:19.41	43.70	350m: 4:42.44	39.29
	100m: 1:16.14	40.27	200m: 2:35.71	39.35	300m: 4:03.15	43.74	400m: 5:19.90	37.46
11.	Ma dok Klaudia		01	Nowy KP Bielsko-Biała		5:22.40	521	
	50m: 34.44	34.44	150m: 1:54.85	40.75	250m: 3:20.94	46.39	350m: 4:45.84	36.82
	100m: 1:14.10	39.66	200m: 2:34.55	39.70	300m: 4:09.02	48.08	400m: 5:22.40	36.56
12.	Fuks Aleksandra		03	MUKS Gilus Gilowice		5:25.60	506	
	50m: 35.16	35.16	150m: 1:57.08	42.35	250m: 3:24.36	46.03	350m: 4:47.79	37.58
	100m: 1:14.73	39.57	200m: 2:38.33	41.25	300m: 4:10.21	45.85	400m: 5:25.60	37.81
13.	Pluta Emilia		02	UKS Aligator Gorzyce		5:34.63	466	
	50m: 37.43	37.43	150m: 2:03.75	44.36	250m: 3:31.46	45.13	350m: 4:57.21	39.40
	100m: 1:19.39	41.96	200m: 2:46.33	42.58	300m: 4:17.81	46.35	400m: 5:34.63	37.42
14.	Dobrowolska Natalia SR		03	MKS-SMS Victoria Racibórz		5:38.11	451	
	50m: 35.30	35.30	150m: 2:00.66	43.81	250m: 3:30.92	48.36	350m: 4:59.34	40.54
	100m: 1:16.85	41.55	200m: 2:42.56	41.90	300m: 4:18.80	47.88	400m: 5:38.11	38.77
15.	Kosacka Iga		03	Zryw Opole		5:42.88	433	
	50m: 35.74	35.74	150m: 2:02.34	44.52	250m: 3:35.49	50.71	350m: 5:05.08	39.50
	100m: 1:17.82	42.08	200m: 2:44.78	42.44	300m: 4:25.58	50.09	400m: 5:42.88	37.80

DYSKW. Kr tosz Maria 03 UKS WODNIK Siemianowice laski **5:35.90**
G4 - Wykonanie wi cej ni jednego poci gni cia ramionem (lub obydwoma ramionami jednocze nie) (Czas: 11:47)

50m:	37.03	37.03	150m:	2:48.00	1:26.66	250m:	3:33.20	350m:	4:58.69	39.63	
100m:	1:21.34	44.31	200m:			300m:	4:19.06	45.86	400m:	5:35.90	37.21