

Mistrzostwa Okręgu I śkiego Open  
Gliwice, 13. - 14.6.2019

Konkurencja 21  
13.06.2019 - 15:59

Kobiet, 400m dowolny

Open  
Wyniki

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.
<b>14 lat</b>									
1.	Słabosz Emilia		05	MOSM Tychy				<b>4:42.70</b>	585
	50m:	32.46	32.46	150m:	1:43.47	35.91	250m:	2:56.12	36.27
	100m:	1:07.56	35.10	200m:	2:19.85	36.38	300m:	3:32.68	36.56
				350m:	4:08.81	36.13	400m:	4:42.70	33.89
2.	Volkert Julia		05	MOSM Tychy				<b>4:59.02</b>	494
	50m:	33.10	33.10	150m:	1:48.73	38.40	250m:	3:05.12	38.38
	100m:	1:10.33	37.23	200m:	2:26.74	38.01	300m:	3:44.14	39.02
				350m:	4:22.50	38.36	400m:	4:59.02	36.52
3.	Pieczul Inga		05	UKS „MANTA” Kochłowice				<b>5:04.14</b>	469
	50m:	34.18	34.18	150m:	1:50.58	38.58	250m:	3:08.49	38.75
	100m:	1:12.00	37.82	200m:	2:29.74	39.16	300m:	3:47.88	39.39
				350m:	4:26.32	38.44	400m:	5:04.14	37.82
4.	Grzybek Magdalena		05	KS Górnik Radlin				<b>5:16.96</b>	415
	50m:	34.90	34.90	150m:	1:55.62	40.99	250m:	3:18.99	41.44
	100m:	1:14.63	39.73	200m:	2:37.55	41.93	300m:	4:01.26	42.27
				350m:	4:40.14	38.88	400m:	5:16.96	36.82
5.	Gierach Oliwia		05	UKS Wodnik-29 Katowice				<b>5:22.09</b>	395
	50m:	35.92	35.92	150m:	1:57.41	41.15	250m:		350m:
	100m:	1:16.26	40.34	200m:	2:38.45	41.04	300m:	4:01.57	400m:
								5:22.09	
6.	Adamus Wiktoria		05	KS Górnik Radlin				<b>5:22.55</b>	393
	50m:	35.15	35.15	150m:	1:57.31	41.83	250m:	3:20.93	41.56
	100m:	1:15.48	40.33	200m:	2:39.37	42.06	300m:	4:03.23	42.30
				350m:	4:44.40	41.17	400m:	5:22.55	38.15
7.	Matwin Julia		05	UKS „Delfinek” Cz stochowa				<b>5:26.48</b>	379
	50m:	36.39	36.39	150m:	1:59.30	42.06	250m:	3:24.20	42.55
	100m:	1:17.24	40.85	200m:	2:41.65	42.35	300m:	4:06.95	42.75
				350m:	4:48.53	41.58	400m:	5:26.48	37.95
8.	Pasek Natalia		05	UKS „MANTA” Kochłowice				<b>5:31.66</b>	362
	50m:	35.59	35.59	150m:	1:58.81	42.39	250m:	3:25.22	42.88
	100m:	1:16.42	40.83	200m:	2:42.34	43.53	300m:	4:09.18	43.96
				350m:	4:51.60	42.42	400m:	5:31.66	40.06
9.	Smykowska Kinga		05	UKS „MANTA” Kochłowice				<b>5:36.76</b>	346
	50m:	38.33	38.33	150m:	2:04.53		250m:		350m:
	100m:			200m:			300m:		400m:
								5:36.76	
10.	Lisowska Daria		05	MOSM Tychy				<b>5:58.84</b>	286
	50m:	36.49	36.49	150m:	2:05.85	45.83	250m:	3:38.85	46.34
	100m:	1:20.02	43.53	200m:	2:52.51	46.66	300m:	4:27.85	49.00
				350m:			400m:	5:58.84	
<b>15 lat</b>									
1.	Bociek Wiktoria		04	KS „Górnik” Sosnowiec				<b>4:29.35</b>	676
	50m:	31.07	31.07	150m:	1:39.17	34.16	250m:	2:47.78	34.19
	100m:	1:05.01	33.94	200m:	2:13.59	34.42	300m:	3:22.29	34.51
				350m:	3:56.39	34.10	400m:	4:29.35	32.96
2.	Bocian Roksana		04	LKS Jedno 32 Przyszowice				<b>4:41.25</b>	594
	50m:	32.67	32.67	150m:	1:44.11	36.31	250m:	2:56.55	35.94
	100m:	1:07.80	35.13	200m:	2:20.61	36.50	300m:	3:32.16	35.61
				350m:	4:07.33	35.17	400m:	4:41.25	33.92
3.	Fira Weronika		04	UKS Salmo ory				<b>4:42.93</b>	583
	50m:	32.54	32.54	150m:	1:45.36	36.29	250m:	2:56.73	35.43
	100m:	1:09.07	36.53	200m:	2:21.30	35.94	300m:	3:32.58	35.85
				350m:	4:08.03	35.45	400m:	4:42.93	34.90
4.	Sobolewska Magdalena		04	UKS „MANTA” Kochłowice				<b>4:46.63</b>	561
	50m:	32.84	32.84	150m:	1:44.36	36.18	250m:	2:57.31	36.47
	100m:	1:08.18	35.34	200m:	2:20.84	36.48	300m:	3:34.26	36.95
				350m:	4:10.91	36.65	400m:	4:46.63	35.72
5.	Konopka Weronika		04	"Sikret" Gliwice				<b>4:50.28</b>	540
	50m:			150m:			250m:		350m:
	100m:	1:11.35		200m:	2:26.22		300m:	3:39.86	400m:
								4:50.28	
6.	Sikora Balbina		04	"Sikret" Gliwice				<b>4:53.62</b>	522
	50m:	33.20	33.20	150m:	1:46.89	37.30	250m:	3:02.48	37.96
	100m:	1:09.59	36.39	200m:	2:24.52	37.63	300m:	3:40.20	37.72
				350m:	4:17.94	37.74	400m:	4:53.62	35.68

Mistrzostwa Okręgu Gliwickiego Open  
Gliwice, 13. - 14.6.2019

Konkurencja 21, Dziewcząt, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.
7.	Grzymała Zuzanna		04	UKS Salmo ory				<b>5:10.95</b>	439
	50m:	35.32 35.32	150m:	1:54.19 39.75	250m:	3:14.69 40.09	350m:	4:34.02 39.12	
	100m:	1:14.44 39.12	200m:	2:34.60 40.41	300m:	3:54.90 40.21	400m:	5:10.95 36.93	
8.	Lala Patrycja		04	UKS Salmo ory				<b>5:52.10</b>	302
	50m:	38.63 38.63	150m:	2:06.22	250m:		350m:		
	100m:		200m:		300m:	4:22.51	400m:	5:52.10	

16 - 18 lat

1.	Cioch-Gradzik Wiktoria		03	UKS „MANTA” Kochłowice				<b>4:36.05</b>	628
	50m:	31.96 31.96	150m:	1:40.74 34.52	250m:	2:50.85 34.97	350m:	4:01.43 35.26	
	100m:	1:06.22 34.26	200m:	2:15.88 35.14	300m:	3:26.17 35.32	400m:	4:36.05 34.62	
2.	Pogo Milena		03	CSiR MOS w D browie Górnicej				<b>4:45.12</b>	570
	50m:		150m:		250m:		350m:		
	100m:	1:09.92	200m:	2:22.13	300m:	3:34.17	400m:	4:45.12	
3.	Fuks Emilia		02	UKS Wodnik Siemianowice Gliwickie				<b>4:47.89</b>	554
	50m:	32.68 32.68	150m:		250m:		350m:		
	100m:	1:08.83 36.15	200m:	2:22.11	300m:	3:35.92	400m:	4:47.89	
4.	Fijołek Aleksandra		01	MKP „Wodnik 29” Tychy				<b>4:52.28</b>	529
	50m:		150m:		250m:		350m:		
	100m:	1:09.64	200m:	2:24.51	300m:	3:39.21	400m:	4:52.28	
5.	Zarembik Katarzyna		02	MKS SMS Victoria Racibórz				<b>4:58.84</b>	495
	50m:	33.34 33.34	150m:	1:47.89 38.03	250m:	3:04.33 38.01	350m:	4:21.20 38.29	
	100m:	1:09.86 36.52	200m:	2:26.32 38.43	300m:	3:42.91 38.58	400m:	4:58.84 37.64	
6.	Dobrowolska Natalia		03	MKS SMS Victoria Racibórz				<b>5:09.07</b>	447
	50m:	34.84 34.84	150m:	1:52.16 39.17	250m:	3:11.22 39.35	350m:	4:31.37 39.80	
	100m:	1:12.99 38.15	200m:	2:31.87 39.71	300m:	3:51.57 40.35	400m:	5:09.07 37.70	
7.	Krywiel Karolina		03	MKS SMS Victoria Racibórz				<b>5:18.80</b>	408
	50m:	36.98 36.98	150m:	1:59.25 41.17	250m:	3:20.62 40.55	350m:	4:41.14 39.64	
	100m:	1:18.08 41.10	200m:	2:40.07 40.82	300m:	4:01.50 40.88	400m:	5:18.80 37.66	
8.	Przewońnik Hanna		02	UKS „MANTA” Kochłowice				<b>6:00.69</b>	281
	50m:	39.80 39.80	150m:	2:11.51 46.64	250m:	3:45.52 47.04	350m:	5:19.21 46.58	
	100m:	1:24.87 45.07	200m:	2:58.48 46.97	300m:	4:32.63 47.11	400m:	6:00.69 41.48	

Open

1.	Bocięk Wiktoria		04	KS „Górnik” Sosnowiec				<b>4:29.35</b>	676
	50m:	31.07 31.07	150m:	1:39.17 34.16	250m:	2:47.78 34.19	350m:	3:56.39 34.10	
	100m:	1:05.01 33.94	200m:	2:13.59 34.42	300m:	3:22.29 34.51	400m:	4:29.35 32.96	
2.	Cioch-Gradzik Wiktoria		03	UKS „MANTA” Kochłowice				<b>4:36.05</b>	628
	50m:	31.96 31.96	150m:	1:40.74 34.52	250m:	2:50.85 34.97	350m:	4:01.43 35.26	
	100m:	1:06.22 34.26	200m:	2:15.88 35.14	300m:	3:26.17 35.32	400m:	4:36.05 34.62	
3.	Zawadzka Anna		00	MKP „Wodnik 29” Tychy				<b>4:37.81</b>	616
	50m:	33.20 33.20	150m:	1:42.56 34.80	250m:	2:53.25 35.51	350m:	4:04.03 35.44	
	100m:	1:07.76 34.56	200m:	2:17.74 35.18	300m:	3:28.59 35.34	400m:	4:37.81 33.78	
4.	Kaczor Natalia		01	SMS Racibórz				<b>4:40.69</b>	597
	50m:	30.95 30.95	150m:	1:41.31 36.17	250m:	2:54.11 36.43	350m:	4:06.14 36.02	
	100m:	1:05.14 34.19	200m:	2:17.68 36.37	300m:	3:30.12 36.01	400m:	4:40.69 34.55	
5.	Bocięk Aleksandra		04	LKS Jedno 32 Przyszowice				<b>4:41.25</b>	594
	50m:	32.67 32.67	150m:	1:44.11 36.31	250m:	2:56.55 35.94	350m:	4:07.33 35.17	
	100m:	1:07.80 35.13	200m:	2:20.61 36.50	300m:	3:32.16 35.61	400m:	4:41.25 33.92	
6.	Słabosz Emilia		05	MOSM Tychy				<b>4:42.70</b>	585
	50m:	32.46 32.46	150m:	1:43.47 35.91	250m:	2:56.12 36.27	350m:	4:08.81 36.13	
	100m:	1:07.56 35.10	200m:	2:19.85 36.38	300m:	3:32.68 36.56	400m:	4:42.70 33.89	

Mistrzostwa Okręgu I śkiego Open  
Gliwice, 13. - 14.6.2019

Konkurencja 21, Kobiet, 400m dowolny, Open

Pozycja			Rok ur.					Czas	Pkt.
7.	Fira Weronika		04	UKS Salmo	ory		<b>4:42.93</b>	583	
	50m:	32.54 32.54	150m:	1:45.36 36.29	250m:	2:56.73 35.43	350m:	4:08.03 35.45	
	100m:	1:09.07 36.53	200m:	2:21.30 35.94	300m:	3:32.58 35.85	400m:	4:42.93 34.90	
8.	Pogo Milena		03	CSiR MOS w D	browie Górnicy		<b>4:45.12</b>	570	
	50m:		150m:		250m:		350m:		
	100m:	1:09.92	200m:	2:22.13	300m:	3:34.17	400m:	4:45.12	
9.	Sobolewska Magdalena		04	UKS „MANTA”	Kochłowice		<b>4:46.63</b>	561	
	50m:	32.84 32.84	150m:	1:44.36 36.18	250m:	2:57.31 36.47	350m:	4:10.91 36.65	
	100m:	1:08.18 35.34	200m:	2:20.84 36.48	300m:	3:34.26 36.95	400m:	4:46.63 35.72	
10.	Fuks Emilia		02	UKS Wodnik	Siemianowice I śkie		<b>4:47.89</b>	554	
	50m:	32.68 32.68	150m:		250m:		350m:		
	100m:	1:08.83 36.15	200m:	2:22.11	300m:	3:35.92	400m:	4:47.89	
11.	Konopka Weronika		04	"Sikret"	Gliwice		<b>4:50.28</b>	540	
	50m:		150m:		250m:		350m:		
	100m:	1:11.35	200m:	2:26.22	300m:	3:39.86	400m:	4:50.28	
12.	Fijołek Aleksandra		01	MKP „Wodnik 29”	Tychy		<b>4:52.28</b>	529	
	50m:		150m:		250m:		350m:		
	100m:	1:09.64	200m:	2:24.51	300m:	3:39.21	400m:	4:52.28	
13.	Sikora Balbina		04	"Sikret"	Gliwice		<b>4:53.62</b>	522	
	50m:	33.20 33.20	150m:	1:46.89 37.30	250m:	3:02.48 37.96	350m:	4:17.94 37.74	
	100m:	1:09.59 36.39	200m:	2:24.52 37.63	300m:	3:40.20 37.72	400m:	4:53.62 35.68	
14.	Zarembik Katarzyna		02	MKS SMS Victoria	Racibórz		<b>4:58.84</b>	495	
	50m:	33.34 33.34	150m:	1:47.89 38.03	250m:	3:04.33 38.01	350m:	4:21.20 38.29	
	100m:	1:09.86 36.52	200m:	2:26.32 38.43	300m:	3:42.91 38.58	400m:	4:58.84 37.64	
15.	Volkert Julia		05	MOSM	Tychy		<b>4:59.02</b>	494	
	50m:	33.10 33.10	150m:	1:48.73 38.40	250m:	3:05.12 38.38	350m:	4:22.50 38.36	
	100m:	1:10.33 37.23	200m:	2:26.74 38.01	300m:	3:44.14 39.02	400m:	4:59.02 36.52	
16.	Pieczul Inga		05	UKS „MANTA”	Kochłowice		<b>5:04.14</b>	469	
	50m:	34.18 34.18	150m:	1:50.58 38.58	250m:	3:08.49 38.75	350m:	4:26.32 38.44	
	100m:	1:12.00 37.82	200m:	2:29.74 39.16	300m:	3:47.88 39.39	400m:	5:04.14 37.82	
17.	Dobrowolska Natalia		03	MKS SMS Victoria	Racibórz		<b>5:09.07</b>	447	
	50m:	34.84 34.84	150m:	1:52.16 39.17	250m:	3:11.22 39.35	350m:	4:31.37 39.80	
	100m:	1:12.99 38.15	200m:	2:31.87 39.71	300m:	3:51.57 40.35	400m:	5:09.07 37.70	
18.	Grzymała Zuzanna		04	UKS Salmo	ory		<b>5:10.95</b>	439	
	50m:	35.32 35.32	150m:	1:54.19 39.75	250m:	3:14.69 40.09	350m:	4:34.02 39.12	
	100m:	1:14.44 39.12	200m:	2:34.60 40.41	300m:	3:54.90 40.21	400m:	5:10.95 36.93	
19.	Grzybek Magdalena		05	KS Górnik	Radlin		<b>5:16.96</b>	415	
	50m:	34.90 34.90	150m:	1:55.62 40.99	250m:	3:18.99 41.44	350m:	4:40.14 38.88	
	100m:	1:14.63 39.73	200m:	2:37.55 41.93	300m:	4:01.26 42.27	400m:	5:16.96 36.82	
20.	Krywiel Karolina		03	MKS SMS Victoria	Racibórz		<b>5:18.80</b>	408	
	50m:	36.98 36.98	150m:	1:59.25 41.17	250m:	3:20.62 40.55	350m:	4:41.14 39.64	
	100m:	1:18.08 41.10	200m:	2:40.07 40.82	300m:	4:01.50 40.88	400m:	5:18.80 37.66	
21.	Gierach Oliwia		05	UKS Wodnik-29	Katowice		<b>5:22.09</b>	395	
	50m:	35.92 35.92	150m:	1:57.41 41.15	250m:		350m:		
	100m:	1:16.26 40.34	200m:	2:38.45 41.04	300m:	4:01.57	400m:	5:22.09	
22.	Adamus Wiktoria		05	KS Górnik	Radlin		<b>5:22.55</b>	393	
	50m:	35.15 35.15	150m:	1:57.31 41.83	250m:	3:20.93 41.56	350m:	4:44.40 41.17	
	100m:	1:15.48 40.33	200m:	2:39.37 42.06	300m:	4:03.23 42.30	400m:	5:22.55 38.15	
23.	Matwin Julia		05	UKS „Delfinek”	Cz stochowa		<b>5:26.48</b>	379	
	50m:	36.39 36.39	150m:	1:59.30 42.06	250m:	3:24.20 42.55	350m:	4:48.53 41.58	
	100m:	1:17.24 40.85	200m:	2:41.65 42.35	300m:	4:06.95 42.75	400m:	5:26.48 37.95	
24.	Pasek Natalia		05	UKS „MANTA”	Kochłowice		<b>5:31.66</b>	362	
	50m:	35.59 35.59	150m:	1:58.81 42.39	250m:	3:25.22 42.88	350m:	4:51.60 42.42	
	100m:	1:16.42 40.83	200m:	2:42.34 43.53	300m:	4:09.18 43.96	400m:	5:31.66 40.06	

Mistrzostwa Okręgu Gliwickiego Open  
Gliwice, 13. - 14.6.2019

Konkurencja 21, Kobiet, 400m dowolny, Open

Pozycja			Rok ur.						Czas	Pkt.
25.	Smykowska Kinga		05	UKS „MANTA” Kochłowice				<b>5:36.76</b>	346	
	50m:	38.33 38.33	150m:	2:04.53	250m:		350m:			
	100m:		200m:		300m:		400m:	5:36.76		
26.	Mikus Katarzyna		00	CSiR MOS w D browie Górniczej				<b>5:37.79</b>	343	
	50m:	37.29 37.29	150m:	2:01.60 42.97	250m:	3:27.90 43.66	350m:	4:55.40 43.90		
	100m:	1:18.63 41.34	200m:	2:44.24 42.64	300m:	4:11.50 43.60	400m:	5:37.79 42.39		
27.	Lala Patrycja		04	UKS Salmo ory				<b>5:52.10</b>	302	
	50m:	38.63 38.63	150m:	2:06.22	250m:		350m:			
	100m:		200m:		300m:	4:22.51	400m:	5:52.10		
28.	Lisowska Daria		05	MOSM Tychy				<b>5:58.84</b>	286	
	50m:	36.49 36.49	150m:	2:05.85 45.83	250m:	3:38.85 46.34	350m:			
	100m:	1:20.02 43.53	200m:	2:52.51 46.66	300m:	4:27.85 49.00	400m:	5:58.84		
29.	Przewońnik Hanna		02	UKS „MANTA” Kochłowice				<b>6:00.69</b>	281	
	50m:	39.80 39.80	150m:	2:11.51 46.64	250m:	3:45.52 47.04	350m:	5:19.21 46.58		
	100m:	1:24.87 45.07	200m:	2:58.48 46.97	300m:	4:32.63 47.11	400m:	6:00.69 41.48		