

Mistrzostwa Okręgu I śkiego Open  
Gliwice, 12. - 13.11.2021

Konkurencja 23  
12.11.2021 - 16:45

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2021

Pozycja					Rok ur.					Czas	Pkt.	
<b>14 lat</b>												
1.	Poppe Marta				07	UKS „MANTA” Kochłowice Ruda I ska				<b>4:35.36</b>	613	
	50m:	31.15	31.15	150m:	1:40.46	35.47	250m:	2:51.34	35.32	350m:	4:01.41	34.93
	100m:	1:04.99	33.84	200m:	2:16.02	35.56	300m:	3:26.48	35.14	400m:	4:35.36	33.95
2.	Wiernicka Julia				07	KS Pi tka Chorzów				<b>4:38.16</b>	594	
	50m:	31.39	31.39	150m:	1:41.42	35.34	250m:	2:53.33	35.82	350m:	4:04.49	35.69
	100m:	1:06.08	34.69	200m:	2:17.51	36.09	300m:	3:28.80	35.47	400m:	4:38.16	33.67
3.	R czkowska Maja				07	LKS Jedno 32 Przyszowice				<b>4:46.48</b>	544	
	50m:	32.22	32.22	150m:	1:42.95	35.62	250m:	2:55.96	36.91	350m:	4:10.36	36.93
	100m:	1:07.33	35.11	200m:	2:19.05	36.10	300m:	3:33.43	37.47	400m:	4:46.48	36.12
4.	Bukowska Michalina				07	UKP „Ruda I ska”				<b>4:52.89</b>	509	
	50m:	33.77	33.77	150m:	1:47.13	36.87	250m:	3:02.09	37.66	350m:	4:17.09	37.13
	100m:	1:10.26	36.49	200m:	2:24.43	37.30	300m:	3:39.96	37.87	400m:	4:52.89	35.80
5.	Skudlik Michalina				07	UKS „MANTA” Kochłowice Ruda I ska				<b>4:54.35</b>	501	
	50m:	34.05	34.05	150m:	1:48.53	37.40	250m:	3:03.71	37.46	350m:	4:18.34	37.35
	100m:	1:11.13	37.08	200m:	2:26.25	37.72	300m:	3:40.99	37.28	400m:	4:54.35	36.01
6.	Kalata Zuzanna				07	MKS SMS Victoria Racibórz				<b>4:56.21</b>	492	
	50m:	34.23	34.23	150m:	1:49.53	37.97	250m:	3:04.88	37.84	350m:	4:20.37	37.88
	100m:	1:11.56	37.33	200m:	2:27.04	37.51	300m:	3:42.49	37.61	400m:	4:56.21	35.84
7.	Czerwi ska – La Cerra Domenica				07	MKS SMS Victoria Racibórz				<b>4:58.19</b>	482	
	50m:	34.35	34.35	150m:	1:49.37	37.75	250m:	3:05.70	38.03	350m:	4:21.44	37.56
	100m:	1:11.62	37.27	200m:	2:27.67	38.30	300m:	3:43.88	38.18	400m:	4:58.19	36.75
8.	Pustelnik Aurelia				07	UKS „MANTA” Kochłowice Ruda I ska				<b>4:59.08</b>	478	
	50m:	33.82	33.82	150m:	1:50.09	38.33	250m:	3:06.80	37.71	350m:	4:22.65	38.50
	100m:	1:11.76	37.94	200m:	2:29.09	39.00	300m:	3:44.15	37.35	400m:	4:59.08	36.43
9.	Matura Oliwia				07	UKS „Na Fali Bytom”				<b>5:00.85</b>	470	
	50m:	33.49	33.49	150m:	1:48.65	37.91	250m:	3:05.52	38.68	350m:	4:23.05	39.51
	100m:	1:10.74	37.25	200m:	2:26.84	38.19	300m:	3:43.54	38.02	400m:	5:00.85	37.80
10.	Drobna Angelika				07	UKS „ONDRASZEK” w Bielsku-Białej				<b>5:01.43</b>	467	
	50m:	33.56	33.56	150m:	1:48.25	37.99	250m:	3:05.78	38.77	350m:	4:22.78	38.83
	100m:	1:10.26	36.70	200m:	2:27.01	38.76	300m:	3:43.95	38.17	400m:	5:01.43	38.65
11.	Iwanicka Dominika				07	MKP Zabrze				<b>5:03.99</b>	455	
	50m:	34.96	34.96	150m:	1:51.20	38.08	250m:	3:09.23	38.85	350m:	4:27.48	39.10
	100m:	1:13.12	38.16	200m:	2:30.38	39.18	300m:	3:48.38	39.15	400m:	5:03.99	36.51
12.	Zdziebło Zosia				07	Uks "Salmo ory"				<b>5:05.82</b>	447	
	50m:	34.16	34.16	150m:	1:50.87	38.70	250m:	3:09.10	39.06	350m:	4:28.59	40.22
	100m:	1:12.17	38.01	200m:	2:30.04	39.17	300m:	3:48.37	39.27	400m:	5:05.82	37.23
13.	Baron Julia				07	KS Pi tka Chorzów				<b>5:11.98</b>	421	
	50m:	34.34	34.34	150m:	1:52.54	39.45	250m:	3:12.94	40.17	350m:	4:33.36	40.51
	100m:	1:13.09	38.75	200m:	2:32.77	40.23	300m:	3:52.85	39.91	400m:	5:11.98	38.62
14.	Kubiak Matylda				07	Uks "Salmo ory"				<b>5:15.93</b>	405	
	50m:	35.34	35.34	150m:	1:53.77	39.92	250m:	3:15.07	40.64	350m:	4:36.84	40.81
	100m:	1:13.85	38.51	200m:	2:34.43	40.66	300m:	3:56.03	40.96	400m:	5:15.93	39.09
15.	Grzymała Hanna				07	Uks "Salmo ory"				<b>5:21.16</b>	386	
	50m:	36.40	36.40	150m:	1:55.98	40.54	250m:	3:18.35	41.26	350m:	4:40.65	41.09
	100m:	1:15.44	39.04	200m:	2:37.09	41.11	300m:	3:59.56	41.21	400m:	5:21.16	40.51
16.	Marcjanek Wiktoria				07	UKS ORKA Cz stochowa				<b>5:29.77</b>	356	
	50m:	35.03	35.03	150m:	1:55.65	41.38	250m:	3:20.42	42.66	350m:	4:46.23	43.58
	100m:	1:14.27	39.24	200m:	2:37.76	42.11	300m:	4:02.65	42.23	400m:	5:29.77	43.54

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15 lat

1.	Nikiel Natalia		06	MKS Park Wodny Tarnowskie Góry	<b>4:39.90</b>	583
	50m: 32.78	32.78	150m: 1:43.42	35.76	250m: 2:54.25	35.26
	100m: 1:07.66	34.88	200m: 2:18.99	35.57	300m: 3:29.80	35.55
					350m: 4:05.38	35.58
					400m: 4:39.90	34.52
2.	Gawlik Jagoda		06	KS „Górnik” Sosnowiec	<b>4:55.65</b>	495
	50m: 33.72	33.72	150m: 1:49.00	38.12	250m: 3:04.81	38.16
	100m: 1:10.88	37.16	200m: 2:26.65	37.65	300m: 3:43.18	38.37
					350m: 4:20.12	36.94
					400m: 4:55.65	35.53
3.	Kubecka Dominika		06	UKP „Ruda I ska”	<b>4:57.22</b>	487
	50m: 33.83	33.83	150m: 1:48.33	37.73	250m: 3:03.76	37.77
	100m: 1:10.60	36.77	200m: 2:25.99	37.66	300m: 3:41.76	38.00
					350m: 4:20.03	38.27
					400m: 4:57.22	37.19
4.	Karwacka Kinga		06	UKS Aquatica Pawłowice	<b>5:02.66</b>	461
	50m: 34.30	34.30	150m: 1:50.32	38.50	250m: 3:06.97	38.54
	100m: 1:11.82	37.52	200m: 2:28.43	38.11	300m: 3:45.68	38.71
					350m: 4:25.13	39.45
					400m: 5:02.66	37.53
5.	Adamczyk Hanna		06	UKS „Aligator” Gorzyce	<b>5:07.88</b>	438
	50m: 34.34	34.34	150m: 1:51.47	38.78	250m: 3:10.49	39.70
	100m: 1:12.69	38.35	200m: 2:30.79	39.32	300m: 3:50.08	39.59
					350m: 4:29.16	39.08
					400m: 5:07.88	38.72
6.	Duhl Maja		06	UKS „ONDRASZEK” w Bielsku-Białej	<b>5:15.24</b>	408
	50m: 36.05	36.05	150m: 1:56.12	40.49	250m: 3:17.04	40.43
	100m: 1:15.63	39.58	200m: 2:36.61	40.49	300m: 3:57.30	40.26
					350m: 4:37.23	39.93
					400m: 5:15.24	38.01
7.	Brzyska Jagoda		06	MKS Park Wodny Tarnowskie Góry	<b>5:21.25</b>	386
	50m: 35.47	35.47	150m: 1:57.02	41.30	250m: 3:19.89	41.57
	100m: 1:15.72	40.25	200m: 2:38.32	41.30	300m: 3:59.78	39.89
					350m: 4:39.71	39.93
					400m: 5:21.25	41.54

16 lat

1.	Bukowska Olga		05	UKP „Ruda I ska”	<b>4:37.37</b>	599
	50m: 30.99	30.99	150m: 1:40.24	35.01	250m: 2:51.67	35.54
	100m: 1:05.23	34.24	200m: 2:16.13	35.89	300m: 3:27.16	35.49
					350m: 4:02.88	35.72
					400m: 4:37.37	34.49
2.	Mleczek Natalia		05	LKS Jedno 32 Przyszowice	<b>4:41.42</b>	574
	50m: 32.56	32.56	150m: 1:43.16	35.48	250m: 2:54.87	35.60
	100m: 1:07.68	35.12	200m: 2:19.27	36.11	300m: 3:30.71	35.84
					350m: 4:06.55	35.84
					400m: 4:41.42	34.87
3.	Grzybek Zofia		05	PTS "JANOSIK" Bielsko-Biała	<b>4:56.66</b>	490
	50m: 33.97	33.97	150m: 1:48.99	37.69	250m: 3:04.61	37.89
	100m: 1:11.30	37.33	200m: 2:26.72	37.73	300m: 3:42.80	38.19
					350m: 4:21.13	38.33
					400m: 4:56.66	35.53
4.	Daszkiewicz Emilia		05	UKS „Aligator” Gorzyce	<b>5:00.78</b>	470
	50m: 33.86	33.86	150m: 1:49.63	38.39	250m: 3:06.99	38.77
	100m: 1:11.24	37.38	200m: 2:28.22	38.59	300m: 3:45.52	38.53
					350m: 4:23.18	37.66
					400m: 5:00.78	37.60
5.	Gierach Oliwia		05	MKP „Wodnik 29” Tychy	<b>5:04.98</b>	451
	50m: 35.12	35.12	150m: 1:51.84	38.73	250m: 3:09.27	38.48
	100m: 1:13.11	37.99	200m: 2:30.79	38.95	300m: 3:48.26	38.99
					350m: 4:27.25	38.99
					400m: 5:04.98	37.73
6.	Pieczul Inga		05	MKP „Wodnik 29” Tychy	<b>5:05.44</b>	449
	50m: 32.87	32.87	150m: 1:47.45	37.87	250m: 3:06.04	39.31
	100m: 1:09.58	36.71	200m: 2:26.73	39.28	300m: 3:46.10	40.06
					350m: 4:25.82	39.72
					400m: 5:05.44	39.62
7.	Porszke Martyna		05	MKP „Wodnik 29” Tychy	<b>5:05.97</b>	446
	50m: 35.71	35.71	150m: 1:53.24	39.30	250m: 3:11.78	39.40
	100m: 1:13.94	38.23	200m: 2:32.38	39.14	300m: 3:50.63	38.85
					350m: 4:29.46	38.83
					400m: 5:05.97	36.51
8.	Krupa Helena		05	MKS SMS Victoria Racibórz	<b>5:13.53</b>	415
	50m: 35.14	35.14	150m: 1:53.74	39.81	250m: 3:15.77	41.36
	100m: 1:13.93	38.79	200m: 2:34.41	40.67	300m: 3:56.59	40.82
					350m: 4:36.66	40.07
					400m: 5:13.53	36.87
9.	Cuber Maja		05	MKS SMS Victoria Racibórz	<b>5:22.15</b>	382
	50m: 35.21	35.21	150m: 1:56.37	42.08	250m: 3:20.31	41.63
	100m: 1:14.29	39.08	200m: 2:38.68	42.31	300m: 4:02.17	41.86
					350m: 4:43.27	41.10
					400m: 5:22.15	38.88

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17 lat i starsi

1. Wiktorowicz Patrycja	04	MKS SMS Victoria Racibórz	<b>4:33.41</b>	626
50m: 30.85 30.85	150m: 1:40.34 35.33	250m: 2:51.16 35.30	350m: 4:00.69 34.66	
100m: 1:05.01 34.16	200m: 2:15.86 35.52	300m: 3:26.03 34.87	400m: 4:33.41 32.72	
2. Fira Weronika	04	"Sikret" Gliwice	<b>4:34.93</b>	615
50m: 31.80 31.80	150m: 1:41.49 35.15	250m: 2:51.69 34.94	350m: 4:01.59 34.82	
100m: 1:06.34 34.54	200m: 2:16.75 35.26	300m: 3:26.77 35.08	400m: 4:34.93 33.34	
3. Wygnał Maja	03	MKS SMS Victoria Racibórz	<b>4:39.61</b>	585
50m: 31.79 31.79	150m: 1:43.98 36.52	250m: 2:55.08 35.12	350m: 4:05.21 34.95	
100m: 1:07.46 35.67	200m: 2:19.96 35.98	300m: 3:30.26 35.18	400m: 4:39.61 34.40	
4. Zaborowicz Julia	01	KS „Górnik” Sosnowiec	<b>4:40.46</b>	580
50m: 31.22 31.22	150m: 1:40.28 35.44	250m: 2:53.30 36.82	350m: 4:05.94 35.70	
100m: 1:04.84 33.62	200m: 2:16.48 36.20	300m: 3:30.24 36.94	400m: 4:40.46 34.52	
5. Sobolewska Magdalena	04	O KU AZS PWSZ Racibórz	<b>4:41.92</b>	571
50m: 32.25 32.25	150m: 1:42.68 35.61	250m: 2:53.80 35.48	350m: 4:06.30 36.29	
100m: 1:07.07 34.82	200m: 2:18.32 35.64	300m: 3:30.01 36.21	400m: 4:41.92 35.62	
6. Rybska Maja	04	CSiR MOS w D browie Górnicy	<b>5:27.68</b>	363
50m: 36.77 36.77	150m: 1:58.37 41.20	250m: 3:22.12 42.08	350m: 4:46.13 41.88	
100m: 1:17.17 40.40	200m: 2:40.04 41.67	300m: 4:04.25 42.13	400m: 5:27.68 41.55	