

IV Ogólnopolskie Zawody O Puchar Rycerza Kmity
Zabierzów, 4. - 5.4.2009

Konkurencja 7 Kobiet, 400m dowolny 16 lat i starsi
4.4.2009 - 10:45 Wyniki

Minimum startowe : 4:39.24

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
1.	Gawe ³ czyk Dominika SK		91	AZS AWF Katowice				4:22.56	763
	50m:	30.34 30.34	150m:	1:35.59 32.91	250m:	2:41.94 33.15	350m:	3:49.55 34.01	
	100m:	1:02.68 32.34	200m:	2:08.79 33.20	300m:	3:15.54 33.60	400m:	4:22.56 33.01	
2.	Radlińska Marcelina		93	Orka Zamocœæ				4:23.57	754
	50m:	29.75 29.75	150m:	1:36.21 33.79	250m:	2:43.72 33.36	350m:	3:51.32 33.43	
	100m:	1:02.42 32.67	200m:	2:10.36 34.15	300m:	3:17.89 34.17	400m:	4:23.57 32.25	
3.	Kamińska Aleksandra SK		92	Warszawianka Warszawa				4:30.85	695
	50m:	31.46 31.46	150m:	1:39.33 34.15	250m:	2:48.25 34.56	350m:	3:57.18 34.39	
	100m:	1:05.18 33.72	200m:	2:13.69 34.36	300m:	3:22.79 34.54	400m:	4:30.85 33.67	
4.	Zagrodnik Aleksandra		93	Unia Oœwiêcim				4:30.96	694
	50m:	31.65 31.65	150m:	1:39.25 33.95	250m:	2:48.46 34.72	350m:	3:57.65 34.58	
	100m:	1:05.30 33.65	200m:	2:13.74 34.49	300m:	3:23.07 34.61	400m:	4:30.96 33.31	
5.	Kuzawińska Karolina		93	MZOS P³ock				4:31.03	693
	50m:	31.58 31.58	150m:	1:39.69 34.13	250m:	2:48.61 34.56	350m:	3:57.82 34.61	
	100m:	1:05.56 33.98	200m:	2:14.05 34.36	300m:	3:23.21 34.60	400m:	4:31.03 33.21	
6.	Kawecka Anna SK		92	Salos Cortile Kielce				4:31.05	693
	50m:	30.87 30.87	150m:	1:37.41 33.57	250m:	2:46.52 34.86	350m:	3:57.01 35.33	
	100m:	1:03.84 32.97	200m:	2:11.66 34.25	300m:	3:21.68 35.16	400m:	4:31.05 34.04	
7.	Waku³a Karolina		93	AZS AWF Katowice				4:32.43	683
	50m:	32.59 32.59	150m:	1:41.79 34.76	250m:	2:50.89 34.31	350m:	3:59.61 34.25	
	100m:	1:07.03 34.44	200m:	2:16.58 34.79	300m:	3:25.36 34.47	400m:	4:32.43 32.82	
8.	Pyszka Alicja		93	Jordan Kraków				4:33.42	675
	50m:	31.48 31.48	150m:	1:39.97 34.39	250m:	2:49.09 34.56	350m:	3:59.37 35.13	
	100m:	1:05.58 34.10	200m:	2:14.53 34.56	300m:	3:24.24 35.15	400m:	4:33.42 34.05	
9.	Szpak Zofia		92	Korner Zielona Góra				4:37.37	647
	50m:	31.34 31.34	150m:	1:40.45 34.78	250m:	2:51.17 35.53	350m:	4:02.45 35.78	
	100m:	1:05.67 34.33	200m:	2:15.64 35.19	300m:	3:26.67 35.50	400m:	4:37.37 34.92	
10.	Przystalska Angelika		93	Unia Oœwiêcim				4:44.15	602
	<i>Minimum startowe 16 lat i starsi</i>								
	50m:	32.97 32.97	150m:	1:44.90 35.98	250m:	2:56.79 35.98	350m:	4:08.77 36.06	
	100m:	1:08.92 35.95	200m:	2:20.81 35.91	300m:	3:32.71 35.92	400m:	4:44.15 35.38	
11.	Suchaniak Irena		93	Korona Kraków				4:50.92	561
	<i>Minimum startowe 16 lat i starsi</i>								
	50m:	32.35 32.35	150m:	1:44.04 36.33	250m:	2:58.42 37.66	350m:	4:14.67 38.30	
	100m:	1:07.71 35.36	200m:	2:20.76 36.72	300m:	3:36.37 37.95	400m:	4:50.92 36.25	
12.	Rumińska Marlena		93	Manta Jelcz Laskowice				4:50.99	560
	<i>Minimum startowe 16 lat i starsi</i>								
	50m:	32.47 32.47	150m:	1:45.76 37.00	250m:	3:00.42 37.37	350m:	4:15.17 37.51	
	100m:	1:08.76 36.29	200m:	2:23.05 37.29	300m:	3:37.66 37.24	400m:	4:50.99 35.82	

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Zabierzów, 4. - 5.4.2009

Konkurencja 7, Kobiet, 400m dowolny

Konkurencja 7
4.4.2009 - 10:45

Dziewcz1t, 400m dowolny

14 - 15 lat
Wyniki

Minimum startowe : 4:46.69

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.			
1.	Sad ^o Kamila		94	Avia Ćwidnik				4:33.38	676			
	50m:	30.35	30.35	150m:	1:38.28	34.39	250m:	2:48.24	35.31	350m:	3:59.21	35.14
	100m:	1:03.89	33.54	200m:	2:12.93	34.65	300m:	3:24.07	35.83	400m:	4:33.38	34.17
2.	Sêd ^{ak} Katarzyna		94	Orka Zamoœæ				4:34.48	667			
	50m:	32.06	32.06	150m:	1:41.66	35.18	250m:	2:51.94	34.95	350m:	4:01.12	34.21
	100m:	1:06.48	34.42	200m:	2:16.99	35.33	300m:	3:26.91	34.97	400m:	4:34.48	33.36
3.	Bajorska Dorota		94	Unia Ocewiêcim				4:34.77	665			
	50m:	32.10	32.10	150m:	1:42.08	35.25	250m:	2:52.17	34.93	350m:	4:01.73	34.53
	100m:	1:06.83	34.73	200m:	2:17.24	35.16	300m:	3:27.20	35.03	400m:	4:34.77	33.04
4.	G ^{1b} Weronika		94	Unia Tarnów				4:38.62	638			
	50m:	32.37	32.37	150m:	1:42.54	35.35	250m:	2:52.95	35.34	350m:	4:04.53	35.61
	100m:	1:07.19	34.82	200m:	2:17.61	35.07	300m:	3:28.92	35.97	400m:	4:38.62	34.09
5.	Uryga Paulina		95	Jordan Kraków				4:40.30	627			
	50m:	32.63	32.63	150m:	1:43.74	35.35	250m:	2:54.42	34.93	350m:	4:05.62	35.09
	100m:	1:08.39	35.76	200m:	2:19.49	35.75	300m:	3:30.53	36.11	400m:	4:40.30	34.68
6.	Tabiœe Gabriela		95	CKiS Skawina				4:42.95	609			
	50m:	33.11	33.11	150m:	1:44.31	35.84	250m:	2:56.06	35.89	350m:	4:08.26	35.88
	100m:	1:08.47	35.36	200m:	2:20.17	35.86	300m:	3:32.38	36.32	400m:	4:42.95	34.69
7.	Ko ³ odziejczyk Izabella		94	Manta Jelcz Laskowice				4:44.81	597			
	50m:	31.02	31.02	150m:	1:43.33	36.52	250m:	2:56.76	36.52	350m:	4:10.64	36.68
	100m:	1:06.81	35.79	200m:	2:20.24	36.91	300m:	3:33.96	37.20	400m:	4:44.81	34.17
8.	Pomiet ^o Aleksandra		94	Kmity Zabierzów				4:48.06	577			
	<i>Minimum startowe 14-15 lat</i>											
	50m:	32.30	32.30	150m:	1:45.77	37.40	250m:	3:00.23	37.48	350m:	4:13.61	36.01
	100m:	1:08.37	36.07	200m:	2:22.75	36.98	300m:	3:37.60	37.37	400m:	4:48.06	34.45
9.	I ^z ewska Agnieszka		94	Jordan Kraków				4:48.09	577			
	<i>Minimum startowe 14-15 lat</i>											
	50m:	33.49	33.49	150m:	1:46.03	36.42	250m:	2:59.30	36.40	350m:	4:12.29	36.42
	100m:	1:09.61	36.12	200m:	2:22.90	36.87	300m:	3:35.87	36.57	400m:	4:48.09	35.80
10.	Tyrpa Aleksandra		94	CKiS Skawina				4:48.49	575			
	<i>Minimum startowe 14-15 lat</i>											
	50m:	33.24	33.24	150m:	1:46.42	36.73	250m:	3:00.63	37.24	350m:	4:14.10	35.98
	100m:	1:09.69	36.45	200m:	2:23.39	36.97	300m:	3:38.12	37.49	400m:	4:48.49	34.39
11.	Dudek Marlena		94	Unia Ocewiêcim				4:48.74	573			
	<i>Minimum startowe 14-15 lat</i>											
	50m:	34.19	34.19	150m:	1:47.59	36.64	250m:	3:00.33	36.53	350m:	4:13.10	36.39
	100m:	1:10.95	36.76	200m:	2:23.80	36.21	300m:	3:36.71	36.38	400m:	4:48.74	35.64
12.	Rakoczy Magdalena		95	AZS AWF Katowice				4:52.60	551			
	<i>Minimum startowe 14-15 lat</i>											
	50m:	33.81	33.81	150m:	1:47.86	37.35	250m:	3:02.24	36.93	350m:	4:16.85	37.24
	100m:	1:10.51	36.70	200m:	2:25.31	37.45	300m:	3:39.61	37.37	400m:	4:52.60	35.75
13.	Magier Marta		94	Skalar S ³ upsk				4:53.10	548			
	<i>Minimum startowe 14-15 lat</i>											
	50m:	33.14	33.14	150m:	1:46.53	37.00	250m:	3:01.62	37.71	350m:	4:16.82	37.53
	100m:	1:09.53	36.39	200m:	2:23.91	37.38	300m:	3:39.29	37.67	400m:	4:53.10	36.28
14.	Goc Katarzyna		95	MKS MOS Katowice				5:08.03	472			
	<i>Minimum startowe 14-15 lat</i>											
	50m:	35.66	35.66	150m:	1:52.19	38.46	250m:	3:10.93	39.57	350m:	4:29.56	39.39
	100m:	1:13.73	38.07	200m:	2:31.36	39.17	300m:	3:50.17	39.24	400m:	5:08.03	38.47

IV Ogólnopolskie Zawody O Puchar Rycerza Kmity
Zabierzów, 4. - 5.4.2009

Konkurencja 7, Dziewcz¹t, 400m dowolny, 14 - 15 lat

Pozycja	Rok ur.	Czas	Pkt.
DYSKW. Flak Daria	95 Kmita Zabierzów		
<i>Minimum startowe 14-15 latD1 - chodzenie po dnie (Czas: 11:50)</i>			

Konkurencja 7
4.4.2009 - 10:45
Dziewcz¹t, 400m dowolny
12 - 13 lat
Wyniki

Minimum startowe : 5:02.32

Punkty: FINA 2008

Pozycja	Rok ur.	Czas	Pkt.
1. D ³ ugo ³ êcka Karolina	96 Unia Busko	4:48.67	574
50m: 33.08 33.08	150m: 1:47.12 37.23	250m: 3:00.64 36.64	350m: 4:14.60 36.93
100m: 1:09.89 36.81	200m: 2:24.00 36.88	300m: 3:37.67 37.03	400m: 4:48.67 34.07
2. Ulatowska Alicja	96 Aquatica Paw ³ owice	4:50.39	564
50m: 33.39 33.39	150m: 1:48.21 37.38	250m: 3:02.44 37.13	350m: 4:16.19 36.93
100m: 1:10.83 37.44	200m: 2:25.31 37.10	300m: 3:39.26 36.82	400m: 4:50.39 34.20
3. Dworaczek Paulina	96 Jordan Kraków	4:52.04	554
50m: 32.99 32.99	150m: 1:47.19 37.60	250m: 3:02.73 37.32	350m: 4:17.25 36.57
100m: 1:09.59 36.60	200m: 2:25.41 38.22	300m: 3:40.68 37.95	400m: 4:52.04 34.79
4. Szczyrbak Kornelia	96 CKiS Skawina	4:59.37	514
50m: 33.52 33.52	150m: 1:48.69 38.15	250m: 3:05.82 39.02	350m: 4:23.21 39.02
100m: 1:10.54 37.02	200m: 2:26.80 38.11	300m: 3:44.19 38.37	400m: 4:59.37 36.16
5. Sirignano Luigia	96 Jordan Kraków	4:59.83	512
50m: 33.63 33.63	150m: 1:49.78 38.49	250m: 3:07.43 38.57	350m: 4:24.33 38.17
100m: 1:11.29 37.66	200m: 2:28.86 39.08	300m: 3:46.16 38.73	400m: 4:59.83 35.50
6. Niemiec Aleksandra	97 Fala Ropczyce	5:06.82	478
<i>Minimum startowe 12-13lat</i>			
50m: 35.38 35.38	150m: 1:52.85 38.67	250m: 3:11.61 39.18	350m: 4:29.80 39.04
100m: 1:14.18 38.80	200m: 2:32.43 39.58	300m: 3:50.76 39.15	400m: 5:06.82 37.02
7. Jab ³ ońska Angelika	96 Unia Busko	5:06.95	477
<i>Minimum startowe 12-13lat</i>			
50m: 35.34 35.34	150m: 1:51.82 38.82	250m: 3:10.11 38.84	350m: 4:28.51 39.06
100m: 1:13.00 37.66	200m: 2:31.27 39.45	300m: 3:49.45 39.34	400m: 5:06.95 38.44
8. Kmieciak Sabina	96 Kmita Zabierzów	5:13.28	449
<i>Minimum startowe 12-13lat</i>			
50m: 33.00 33.00	150m: 1:49.84 39.36	250m: 3:11.62 40.88	350m: 4:33.26 40.50
100m: 1:10.48 37.48	200m: 2:30.74 40.90	300m: 3:52.76 41.14	400m: 5:13.28 40.02