

Zimowe Mistrzostwa Okregu Seniorów i Juniorów  
Piekary, 13. - 14.12.2008

Konkurencja 19  
2008-12-13 - 16:42

Kobiet, 400m dowolny

13 lat i starsi  
Wyniki

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
<b>junior m<sup>3</sup>odszy</b>									
1.	BAJORSKA, Dorota		94	UKP Unia Oeowiêcim				<b>4:38.27</b>	641
	50m:	32.23 32.23	150m:	1:42.64 35.28	250m:	2:53.66 35.60	350m:	4:04.33 35.30	
	100m:	1:07.36 35.13	200m:	2:18.06 35.42	300m:	3:29.03 35.37	400m:	4:38.27 33.94	
2.	SEIBT, Zuzanna		94	Jordan Kraków				<b>4:43.23</b>	607
	50m:	33.08 33.08	150m:	1:44.90 36.19	250m:	2:57.33 36.08	350m:	4:09.83 36.08	
	100m:	1:08.71 35.63	200m:	2:21.25 36.35	300m:	3:33.75 36.42	400m:	4:43.23 33.40	
3.	RYBSKA, Agnieszka		95	Unia Tarnów				<b>4:43.86</b>	603
	50m:	32.84 32.84	150m:	1:45.11 36.44	250m:	2:56.76 35.15	350m:	4:08.75 36.22	
	100m:	1:08.67 35.83	200m:	2:21.61 36.50	300m:	3:32.53 35.77	400m:	4:43.86 35.11	
4.	ZGODA, Anna		94	Jordan Kraków				<b>4:44.66</b>	598
	50m:	33.68 33.68	150m:	1:46.57 36.60	250m:	2:58.44 35.91	350m:	4:09.71 35.64	
	100m:	1:09.97 36.29	200m:	2:22.53 35.96	300m:	3:34.07 35.63	400m:	4:44.66 34.95	
5.	DUDEK, Marlena		94	UKP Unia Oeowiêcim				<b>4:46.47</b>	587
	50m:	33.39 33.39	150m:	1:45.66 36.58	250m:	2:58.34 36.24	350m:	4:11.46 36.69	
	100m:	1:09.08 35.69	200m:	2:22.10 36.44	300m:	3:34.77 36.43	400m:	4:46.47 35.01	
6.	OPITEK, Urszula		94	UKP Unia Oeowiêcim				<b>4:46.61</b>	586
	50m:	32.60 32.60	150m:	1:44.71 36.58	250m:	2:58.02 36.85	350m:	4:11.30 36.75	
	100m:	1:08.13 35.53	200m:	2:21.17 36.46	300m:	3:34.55 36.53	400m:	4:46.61 35.31	
7.	MUSIAŁ, Natalia SO		95	UKP Unia Oeowiêcim				<b>4:48.50</b>	575
	50m:	32.82 32.82	150m:	1:44.85 36.28	250m:	2:58.07 36.46	350m:	4:12.22 37.27	
	100m:	1:08.57 35.75	200m:	2:21.61 36.76	300m:	3:34.95 36.88	400m:	4:48.50 36.28	
8.	ZGODA, Edyta		94	Jordan Kraków				<b>4:53.05</b>	548
	50m:	33.67 33.67	150m:	1:46.00 36.30	250m:	2:59.21 36.58	350m:	4:14.68 38.05	
	100m:	1:09.70 36.03	200m:	2:22.63 36.63	300m:	3:36.63 37.42	400m:	4:53.05 38.37	
9.	FLAK, Daria		95	Kmity Zabierzów				<b>4:54.30</b>	541
	50m:	32.03 32.03	150m:	1:46.33 38.19	250m:	3:02.33 37.86	350m:	4:18.36 38.10	
	100m:	1:08.14 36.11	200m:	2:24.47 38.14	300m:	3:40.26 37.93	400m:	4:54.30 35.94	
10.	CHRUŒCIŒNSKA, Katarzyna		95	Jordan Kraków				<b>4:59.12</b>	516
	50m:	35.54 35.54	150m:	1:50.68 38.19	250m:	3:07.00 38.07	350m:	4:23.00 37.67	
	100m:	1:12.49 36.95	200m:	2:28.93 38.25	300m:	3:45.33 38.33	400m:	4:59.12 36.12	
11.	FRENKE, Ma <sup>3</sup> gorzata		95	UKP Unia Oeowiêcim				<b>5:01.77</b>	502
	50m:	33.99 33.99	150m:	1:50.91 38.93	250m:	3:08.34 38.73	350m:	4:25.24 38.37	
	100m:	1:11.98 37.99	200m:	2:29.61 38.70	300m:	3:46.87 38.53	400m:	5:01.77 36.53	
12.	KOWALIK, Karolina		95	Jordan Kraków				<b>5:10.53</b>	461
	50m:	35.78 35.78	150m:	1:55.19 40.08	250m:	3:14.63 40.01	350m:	4:33.25 38.45	
	100m:	1:15.11 39.33	200m:	2:34.62 39.43	300m:	3:54.80 40.17	400m:	5:10.53 37.28	
13.	NĒDZA, Aleksandra		95	Jordan Kraków				<b>5:16.60</b>	435
	50m:	37.18 37.18	150m:	1:58.06 40.70	250m:	3:19.43 40.41	350m:	4:38.84 39.16	
	100m:	1:17.36 40.18	200m:	2:39.02 40.96	300m:	3:59.68 40.25	400m:	5:16.60 37.76	
14.	CORDOVA, Adrianna		94	UKP Unia Oeowiêcim				<b>5:16.63</b>	435
	50m:	36.10 36.10	150m:	1:56.31 40.59	250m:	3:17.19 40.04	350m:	4:38.39 40.69	
	100m:	1:15.72 39.62	200m:	2:37.15 40.84	300m:	3:57.70 40.51	400m:	5:16.63 38.24	
15.	LECENIAK, Agnieszka		95	Kmity Zabierzów				<b>5:24.41</b>	404
	50m:	35.23 35.23	150m:	1:57.18 41.21	250m:	3:19.53 41.15	350m:	4:43.81 42.11	
	100m:	1:15.97 40.74	200m:	2:38.38 41.20	300m:	4:01.70 42.17	400m:	5:24.41 40.60	
16.	LIPOWSKA, Ma <sup>3</sup> gorzata		95	Jordan Kraków				<b>5:24.44</b>	404
	50m:	35.57 35.57	150m:	1:56.20 40.90	250m:	3:19.91 41.56	350m:	4:43.93 41.63	
	100m:	1:15.30 39.73	200m:	2:38.35 42.15	300m:	4:02.30 42.39	400m:	5:24.44 40.51	
17.	KRUPA, Karolina		95	Jordan Kraków				<b>5:33.85</b>	371
	50m:	37.27 37.27	150m:	2:01.32 42.26	250m:	3:26.55 42.79	350m:	4:52.23 42.65	
	100m:	1:19.06 41.79	200m:	2:43.76 42.44	300m:	4:09.58 43.03	400m:	5:33.85 41.62	

Zimowe Mistrzostwa Okregu Seniorów i Juniorów  
Piekary, 13. - 14.12.2008

Konkurencja 19, Dziewcz<sup>1</sup>t, 400m dowolny, junior m<sup>3</sup>odszy

Pozycja			Rok ur.					Czas	Pkt.			
18.	MICHAŁOWSKA, Agnieszka		95	STP Nowy S'cz				<b>5:38.44</b>	356			
	50m:	37.65	37.65	150m:	2:03.39	43.15	250m:	3:30.63	43.69	350m:	4:56.98	42.81
	100m:	1:20.24	42.59	200m:	2:46.94	43.55	300m:	4:14.17	43.54	400m:	5:38.44	41.46
junior												
1.	ZAGRODNIK, Aleksandra		93	UKP Unia Oœwiêcim				<b>4:30.16</b>	700			
	50m:	32.42	32.42	150m:	1:41.15	34.36	250m:	2:50.10	34.33	350m:	3:58.13	33.72
	100m:	1:06.79	34.37	200m:	2:15.77	34.62	300m:	3:24.41	34.31	400m:	4:30.16	32.03
2.	NITKA, Aleksandra		93	UKP Unia Oœwiêcim				<b>4:31.25</b>	692			
	50m:	32.57	32.57	150m:	1:41.55	34.46	250m:	2:50.95	34.70	350m:	3:58.84	33.92
	100m:	1:07.09	34.52	200m:	2:16.25	34.70	300m:	3:24.92	33.97	400m:	4:31.25	32.41
3.	SIKORA, Paulina		93	UKP Unia Oœwiêcim				<b>4:35.82</b>	658			
	50m:	32.57	32.57	150m:	1:42.77	35.01	250m:	2:52.33	34.67	350m:	4:01.63	34.81
	100m:	1:07.76	35.19	200m:	2:17.66	34.89	300m:	3:26.82	34.49	400m:	4:35.82	34.19
4.	SUCHANIAK, IRENA		93	Korona Kraków				<b>4:38.59</b>	638			
	50m:	32.38	32.38	150m:	1:41.99	35.04	250m:	2:52.78	35.66	350m:	4:04.28	35.46
	100m:	1:06.95	34.57	200m:	2:17.12	35.13	300m:	3:28.82	36.04	400m:	4:38.59	34.31
5.	PRZYSTALSKA, Angelika		93	UKP Unia Oœwiêcim				<b>4:42.14</b>	615			
	50m:	32.94	32.94	150m:	1:43.85	35.38	250m:	2:55.38	35.80	350m:	4:06.80	35.77
	100m:	1:08.47	35.53	200m:	2:19.58	35.73	300m:	3:31.03	35.65	400m:	4:42.14	35.34
6.	KUŒE, Dominika		93	Jordan Kraków				<b>4:58.71</b>	518			
	50m:	34.78	34.78	150m:	1:48.48	37.36	250m:	3:04.43	38.45	350m:	4:21.51	38.23
	100m:	1:11.12	36.34	200m:	2:25.98	37.50	300m:	3:43.28	38.85	400m:	4:58.71	37.20
7.	ZADROŃA, KAROLINA		92	Korona Kraków				<b>5:05.59</b>	484			
	50m:	34.54	34.54	150m:	1:51.21	38.89	250m:	3:08.86	39.02	350m:	4:27.73	39.58
	100m:	1:12.32	37.78	200m:	2:29.84	38.63	300m:	3:48.15	39.29	400m:	5:05.59	37.86
open												
1.	ZAGRODNIK, Aleksandra		93	UKP Unia Oœwiêcim				<b>4:30.16</b>	700			
	50m:	32.42	32.42	150m:	1:41.15	34.36	250m:	2:50.10	34.33	350m:	3:58.13	33.72
	100m:	1:06.79	34.37	200m:	2:15.77	34.62	300m:	3:24.41	34.31	400m:	4:30.16	32.03
2.	NITKA, Aleksandra		93	UKP Unia Oœwiêcim				<b>4:31.25</b>	692			
	50m:	32.57	32.57	150m:	1:41.55	34.46	250m:	2:50.95	34.70	350m:	3:58.84	33.92
	100m:	1:07.09	34.52	200m:	2:16.25	34.70	300m:	3:24.92	33.97	400m:	4:31.25	32.41
3.	SIKORA, Paulina		93	UKP Unia Oœwiêcim				<b>4:35.82</b>	658			
	50m:	32.57	32.57	150m:	1:42.77	35.01	250m:	2:52.33	34.67	350m:	4:01.63	34.81
	100m:	1:07.76	35.19	200m:	2:17.66	34.89	300m:	3:26.82	34.49	400m:	4:35.82	34.19
4.	BAJORSKA, Dorota		94	UKP Unia Oœwiêcim				<b>4:38.27</b>	641			
	50m:	32.23	32.23	150m:	1:42.64	35.28	250m:	2:53.66	35.60	350m:	4:04.33	35.30
	100m:	1:07.36	35.13	200m:	2:18.06	35.42	300m:	3:29.03	35.37	400m:	4:38.27	33.94
5.	SUCHANIAK, IRENA		93	Korona Kraków				<b>4:38.59</b>	638			
	50m:	32.38	32.38	150m:	1:41.99	35.04	250m:	2:52.78	35.66	350m:	4:04.28	35.46
	100m:	1:06.95	34.57	200m:	2:17.12	35.13	300m:	3:28.82	36.04	400m:	4:38.59	34.31
6.	PRZYSTALSKA, Angelika		93	UKP Unia Oœwiêcim				<b>4:42.14</b>	615			
	50m:	32.94	32.94	150m:	1:43.85	35.38	250m:	2:55.38	35.80	350m:	4:06.80	35.77
	100m:	1:08.47	35.53	200m:	2:19.58	35.73	300m:	3:31.03	35.65	400m:	4:42.14	35.34
7.	SEIBT, Zuzanna		94	Jordan Kraków				<b>4:43.23</b>	607			
	50m:	33.08	33.08	150m:	1:44.90	36.19	250m:	2:57.33	36.08	350m:	4:09.83	36.08
	100m:	1:08.71	35.63	200m:	2:21.25	36.35	300m:	3:33.75	36.42	400m:	4:43.23	33.40
8.	RYBSKA, Agnieszka		95	Unia Tarnów				<b>4:43.86</b>	603			
	50m:	32.84	32.84	150m:	1:45.11	36.44	250m:	2:56.76	35.15	350m:	4:08.75	36.22
	100m:	1:08.67	35.83	200m:	2:21.61	36.50	300m:	3:32.53	35.77	400m:	4:43.86	35.11

Zimowe Mistrzostwa Okregu Seniorów i Juniorów  
Piekary, 13. - 14.12.2008

Konkurencja 19, Kobiety, 400m dowolny, open

Pozycja			Rok ur.					Czas	Pkt.			
9.	ZGODA, Anna		94	Jordan Kraków				<b>4:44.66</b>	598			
	50m:	33.68 33.68	150m:	1:46.57	36.60	250m:	2:58.44	35.91	350m:	4:09.71	35.64	
	100m:	1:09.97	36.29	200m:	2:22.53	35.96	300m:	3:34.07	35.63	400m:	4:44.66	34.95
10.	DUDEK, Marlena		94	UKP Unia Oświęcim				<b>4:46.47</b>	587			
	50m:	33.39 33.39	150m:	1:45.66	36.58	250m:	2:58.34	36.24	350m:	4:11.46	36.69	
	100m:	1:09.08	35.69	200m:	2:22.10	36.44	300m:	3:34.77	36.43	400m:	4:46.47	35.01
11.	OPITEK, Urszula		94	UKP Unia Oświęcim				<b>4:46.61</b>	586			
	50m:	32.60 32.60	150m:	1:44.71	36.58	250m:	2:58.02	36.85	350m:	4:11.30	36.75	
	100m:	1:08.13	35.53	200m:	2:21.17	36.46	300m:	3:34.55	36.53	400m:	4:46.61	35.31
12.	MUSIAŁ, Natalia SO		95	UKP Unia Oświęcim				<b>4:48.50</b>	575			
	50m:	32.82 32.82	150m:	1:44.85	36.28	250m:	2:58.07	36.46	350m:	4:12.22	37.27	
	100m:	1:08.57	35.75	200m:	2:21.61	36.76	300m:	3:34.95	36.88	400m:	4:48.50	36.28
13.	ZGODA, Edyta		94	Jordan Kraków				<b>4:53.05</b>	548			
	50m:	33.67 33.67	150m:	1:46.00	36.30	250m:	2:59.21	36.58	350m:	4:14.68	38.05	
	100m:	1:09.70	36.03	200m:	2:22.63	36.63	300m:	3:36.63	37.42	400m:	4:53.05	38.37
14.	FLAK, Daria		95	Kmity Zabierzów				<b>4:54.30</b>	541			
	50m:	32.03 32.03	150m:	1:46.33	38.19	250m:	3:02.33	37.86	350m:	4:18.36	38.10	
	100m:	1:08.14	36.11	200m:	2:24.47	38.14	300m:	3:40.26	37.93	400m:	4:54.30	35.94
15.	KUĆ, Dominika		93	Jordan Kraków				<b>4:58.71</b>	518			
	50m:	34.78 34.78	150m:	1:48.48	37.36	250m:	3:04.43	38.45	350m:	4:21.51	38.23	
	100m:	1:11.12	36.34	200m:	2:25.98	37.50	300m:	3:43.28	38.85	400m:	4:58.71	37.20
16.	CHRUŃCIEŃSKA, Katarzyna		95	Jordan Kraków				<b>4:59.12</b>	516			
	50m:	35.54 35.54	150m:	1:50.68	38.19	250m:	3:07.00	38.07	350m:	4:23.00	37.67	
	100m:	1:12.49	36.95	200m:	2:28.93	38.25	300m:	3:45.33	38.33	400m:	4:59.12	36.12
17.	FRENKE, Ma <sup>3</sup> gorzata		95	UKP Unia Oświęcim				<b>5:01.77</b>	502			
	50m:	33.99 33.99	150m:	1:50.91	38.93	250m:	3:08.34	38.73	350m:	4:25.24	38.37	
	100m:	1:11.98	37.99	200m:	2:29.61	38.70	300m:	3:46.87	38.53	400m:	5:01.77	36.53
18.	ZADROŃNA, KAROLINA		92	Korona Kraków				<b>5:05.59</b>	484			
	50m:	34.54 34.54	150m:	1:51.21	38.89	250m:	3:08.86	39.02	350m:	4:27.73	39.58	
	100m:	1:12.32	37.78	200m:	2:29.84	38.63	300m:	3:48.15	39.29	400m:	5:05.59	37.86
19.	KOWALIK, Karolina		95	Jordan Kraków				<b>5:10.53</b>	461			
	50m:	35.78 35.78	150m:	1:55.19	40.08	250m:	3:14.63	40.01	350m:	4:33.25	38.45	
	100m:	1:15.11	39.33	200m:	2:34.62	39.43	300m:	3:54.80	40.17	400m:	5:10.53	37.28
20.	NĘDZA, Aleksandra		95	Jordan Kraków				<b>5:16.60</b>	435			
	50m:	37.18 37.18	150m:	1:58.06	40.70	250m:	3:19.43	40.41	350m:	4:38.84	39.16	
	100m:	1:17.36	40.18	200m:	2:39.02	40.96	300m:	3:59.68	40.25	400m:	5:16.60	37.76
21.	CORDOVA, Adrianna		94	UKP Unia Oświęcim				<b>5:16.63</b>	435			
	50m:	36.10 36.10	150m:	1:56.31	40.59	250m:	3:17.19	40.04	350m:	4:38.39	40.69	
	100m:	1:15.72	39.62	200m:	2:37.15	40.84	300m:	3:57.70	40.51	400m:	5:16.63	38.24
22.	LECENIAK, Agnieszka		95	Kmity Zabierzów				<b>5:24.41</b>	404			
	50m:	35.23 35.23	150m:	1:57.18	41.21	250m:	3:19.53	41.15	350m:	4:43.81	42.11	
	100m:	1:15.97	40.74	200m:	2:38.38	41.20	300m:	4:01.70	42.17	400m:	5:24.41	40.60
23.	LIPOWSKA, Ma <sup>3</sup> gorzata		95	Jordan Kraków				<b>5:24.44</b>	404			
	50m:	35.57 35.57	150m:	1:56.20	40.90	250m:	3:19.91	41.56	350m:	4:43.93	41.63	
	100m:	1:15.30	39.73	200m:	2:38.35	42.15	300m:	4:02.30	42.39	400m:	5:24.44	40.51
24.	KRUPA, Karolina		95	Jordan Kraków				<b>5:33.85</b>	371			
	50m:	37.27 37.27	150m:	2:01.32	42.26	250m:	3:26.55	42.79	350m:	4:52.23	42.65	
	100m:	1:19.06	41.79	200m:	2:43.76	42.44	300m:	4:09.58	43.03	400m:	5:33.85	41.62
25.	MICHAŁOWSKA, Agnieszka		95	STP Nowy S'cz				<b>5:38.44</b>	356			
	50m:	37.65 37.65	150m:	2:03.39	43.15	250m:	3:30.63	43.69	350m:	4:56.98	42.81	
	100m:	1:20.24	42.59	200m:	2:46.94	43.55	300m:	4:14.17	43.54	400m:	5:38.44	41.46
26.	CYBULSKA, Jaga		90	Karol Wadowice				<b>6:11.10</b>	270			
	50m:	42.34 42.34	150m:	2:14.60	46.68	250m:	3:49.68	48.04	350m:	5:25.54	48.13	
	100m:	1:27.92	45.58	200m:	3:01.64	47.04	300m:	4:37.41	47.73	400m:	6:11.10	45.56