



Konkurencja 3

Kobiet, 400m zmienny

13 lat i starsi

15-05-2016 - 10:22

Wyniki

Rek Okr gu wi t. Seniorów	4:56.56	Kilija ska Donata	KSOST	Drzonków	19-07-2013
Rek Okr gu wi t. Jun 18-lat	4:56.56	Kilija ska Donata	KSOST	Drzonków	19-07-2013
Rek Okr gu wi t. Jun 17-lat	4:57.53	Kilija ska Donata	KSOST	O wi cim	18-07-2012
Rek Okr gu wi t. Jun 16-lat	4:59.14	Kilija ska Donata	KSOST	Novara (ITA)	01-05-2010
Rek Okr gu wi t. Jun 15-lat	4:59.14	Kilija ska Donata	KSOST	Novara (ITA)	01-05-2010
Rek Okr gu wi t. Jun 14-lat	5:17.69	Wolek Oliwia	KSOST	Olsztyn	03-07-2015
Rek Okr gu wi t. Młodz.13-lat	5:22.19	Wolozyn Sonia	ARKIE	Ostrowiec w.	17-05-2008

Punkty: FINA 2014

Pozycja Rok ur. Czas Pkt.

15 lat i starsi

1. Wolek Oliwia SOc	01	KSZO Ostrowiec w	5:10.91	643
50m: 34.41 34.41	150m: 1:51.87 39.70	250m: 3:15.32 42.85	350m: 4:35.85 35.41	
100m: 1:12.17 37.76	200m: 2:32.47 40.60	300m: 4:00.44 45.12	400m: 5:10.91 35.06	
2. Rogowska Paulina	98	Salos Cortile Kielce	5:23.15	573
50m: 33.74 33.74	150m: 1:55.66 43.18	250m: 3:24.24 47.74	350m: 4:48.82 37.27	
100m: 1:12.48 38.74	200m: 2:36.50 40.84	300m: 4:11.55 47.31	400m: 5:23.15 34.33	
3. Łosak Wiktoria SK	98	KSZO Ostrowiec w	5:38.45	498
50m: 35.92 35.92	150m: 2:00.42 44.53	250m: 3:31.29 49.15	350m: 5:00.01 38.69	
100m: 1:15.89 39.97	200m: 2:42.14 41.72	300m: 4:21.32 50.03	400m: 5:38.45 38.44	

14 lat

1. Banaczkowska Aleksandra SOc	02	KSZO Ostrowiec w	5:30.17	537
50m: 34.95 34.95	150m: 1:59.40 43.42	250m: 3:29.87 47.31	350m: 4:52.76 37.48	
100m: 1:15.98 41.03	200m: 2:42.56 43.16	300m: 4:15.28 45.41	400m: 5:30.17 37.41	
2. Kuc Weronika	02	Barakuda Starachowice	5:37.49	503
50m: 35.61 35.61	150m: 2:01.77 43.65	250m: 3:33.42 48.49	350m: 5:01.38 39.01	
100m: 1:18.12 42.51	200m: 2:44.93 43.16	300m: 4:22.37 48.95	400m: 5:37.49 36.11	
3. Nowak Adrianna SOc	02	KSZO Ostrowiec w	5:58.25	420
50m: 36.33 36.33	150m: 2:06.64 45.63	250m: 3:41.29 51.33	350m: 5:17.72 43.55	
100m: 1:21.01 44.68	200m: 2:49.96 43.32	300m: 4:34.17 52.88	400m: 5:58.25 40.53	
4. Borkowska Anna	02	Salos Cortile Kielce	6:08.75	385
50m:	150m: 2:17.57 48.97	250m: 3:57.64 50.79	350m: 5:27.42 40.32	
100m: 1:28.60	200m: 3:06.85 49.28	300m: 4:47.10 49.46	400m: 6:08.75 41.33	
5. Przygoda Natalia SOc	02	KSZO Ostrowiec w	6:25.85	336
50m: 39.26 39.26	150m: 2:20.14 53.72	250m: 4:03.07 53.97	350m: 5:43.23 44.90	
100m: 1:26.42 47.16	200m: 3:09.10 48.96	300m: 4:58.33 55.26	400m: 6:25.85 42.62	

13 lat

1. Duma Patrycja	03	FOKA Sandomierz	6:09.25	384
50m: 41.83 41.83	150m: 2:19.18 48.55	250m: 3:57.60 51.17	350m: 5:29.11 40.87	
100m: 1:30.63 48.80	200m: 3:06.43 47.25	300m: 4:48.24 50.64	400m: 6:09.25 40.14	
2. Czernik Natalia	03	KSZO Ostrowiec w	6:19.55	353
50m: 41.19 41.19	150m: 2:19.15 51.53	250m: 4:01.62 53.21	350m: 5:37.70 43.94	
100m: 1:27.62 46.43	200m: 3:08.41 49.26	300m: 4:53.76 52.14	400m: 6:19.55 41.85	
3. Cukrowska Urszula	03	WODNIK Kołskie	7:06.95	248
50m: 46.45 46.45	150m: 2:38.31 56.05	250m: 4:29.21 56.28	350m: 6:18.28 52.44	
100m: 1:42.26 55.81	200m: 3:32.93 54.62	300m: 5:25.84 56.63	400m: 7:06.95 48.67	
4. Wska Kinga	03	Korona-Swim Kielce	7:15.56	234
50m: 46.06 46.06	150m: 2:41.46 58.92	250m: 4:41.22 59.55	350m: 6:28.26 47.17	
100m: 1:42.54 56.48	200m: 3:41.67 1:00.21	300m: 5:41.09 59.87	400m: 7:15.56 47.30	
5. Adamczyk Aleksandra	03	UNIA Busko Zdrój	7:40.84	197
50m: 46.69 46.69	150m: 2:50.83 1:04.65	250m: 4:54.89 1:04.25	350m: 6:53.43 51.24	
100m: 1:46.18 59.49	200m: 3:50.64 59.81	300m: 6:02.19 1:07.30	400m: 7:40.84 47.41	