



Konkurencja 11  
26-11-2016 - 12:11

Kobiet, 400m dowolny

11 lat i starsi  
Wyniki

Rek Okręgu wiot. Seniorów	4:08.04	Kilijańska Donata	KSOST	Poznań	17-12-2011
Rek Okręgu wiot. Jun 18-lat	4:08.04	Kilijańska Donata	KSOST	Poznań	17-12-2011
Rek Okręgu wiot. Jun 17-lat	4:08.04	Kilijańska Donata	KSOST	Poznań	17-12-2011
Rek Okręgu wiot. Jun 16-lat	4:08.04	Kilijańska Donata	KSOST	Poznań	17-12-2011
Rek Okręgu wiot. Jun 15-lat	4:11.12	Kilijańska Donata	KSOST	Łódź	21-11-2010
Rek Okręgu wiot. Jun 14-lat	4:16.92	Kilijańska Donata	KSOST	Gorzów Wlkp.	28-11-2009
Rek Okręgu wiot. Młodz. 13-lat	4:35.47	Wołoszyn Sonia	KSOST	Saint Dizier (FRA)	15-11-2008
Rek Okręgu wiot. Młodz. 12-lat	4:43.86	Wołoszyn Sonia	ARKIE	Ostrowiec w.	09-12-2007

Punkty: FINA 2014

Pozycja Rok ur. Czas Pkt.

15 lat i starsi

1. Szafrska Julia SOc	00	KSZO Ostrowiec w	<b>4:23.25</b>	707
50m: 31.37 31.37	150m: 1:37.18 32.77	250m: 2:43.77 33.40	350m: 3:50.50 33.30	
100m: 1:04.41 33.04	200m: 2:10.37 33.19	300m: 3:17.20 33.43	400m: 4:23.25 32.75	
2. Rogowska Paulina	98	Salos Cortile Kielce	<b>4:31.22</b>	646
50m: 31.56 31.56	150m: 1:40.35 34.64	250m: 2:49.74 34.64	350m: 3:58.27 34.17	
100m: 1:05.71 34.15	200m: 2:15.10 34.75	300m: 3:24.10 34.36	400m: 4:31.22 32.95	
3. Zarychta Anita	98	Barakuda Starachowice	<b>4:39.15</b>	592
50m: 31.67 31.67	150m: 1:41.41 35.37	250m: 2:53.94 36.22	350m: 4:06.02 35.45	
100m: 1:06.04 34.37	200m: 2:17.72 36.31	300m: 3:30.57 36.63	400m: 4:39.15 33.13	

14 lat

1. Banaczkowska Aleksandra SOc	02	KSZO Ostrowiec w	<b>4:39.81</b>	588
50m: 32.82 32.82	150m: 1:41.97 34.70	250m: 2:53.54 35.91	350m: 4:05.13 35.58	
100m: 1:07.27 34.45	200m: 2:17.63 35.66	300m: 3:29.55 36.01	400m: 4:39.81 34.68	
2. Boro Paulina SOc	02	KSZO Ostrowiec w	<b>4:55.12</b>	501
50m: 33.65 33.65	150m: 1:47.57 37.33	250m: 3:02.90 37.92	350m: 4:19.32 38.15	
100m: 1:10.24 36.59	200m: 2:24.98 37.41	300m: 3:41.17 38.27	400m: 4:55.12 35.80	
3. Kurasińska Oliwia SOc	02	KSZO Ostrowiec w	<b>4:56.94</b>	492
50m: 33.56 33.56	150m: 1:47.38 37.19	250m: 3:03.10 38.07	350m: 4:19.86 38.29	
100m: 1:10.19 36.63	200m: 2:25.03 37.65	300m: 3:41.57 38.47	400m: 4:56.94 37.08	
4. Nowak Adrianna SOc	02	KSZO Ostrowiec w	<b>5:03.53</b>	461
50m: 34.52 34.52	150m: 1:48.64 37.26	250m: 3:05.44 38.55	350m: 4:24.37 39.64	
100m: 1:11.38 36.86	200m: 2:26.89 38.25	300m: 3:44.73 39.29	400m: 5:03.53 39.16	

13 lat

1. Czernik Natalia SOc	03	KSZO Ostrowiec w	<b>5:05.70</b>	451
50m: 34.52 34.52	150m: 1:51.14 38.51	250m: 3:09.17 39.07	350m: 4:27.68 39.30	
100m: 1:12.63 38.11	200m: 2:30.10 38.96	300m: 3:48.38 39.21	400m: 5:05.70 38.02	
2. Rokosz Aleksandra SOc	03	KSZO Ostrowiec w	<b>5:09.11</b>	436
50m: 35.23 35.23	150m: 1:53.61 39.63	250m: 3:13.26 40.12	350m: 4:32.13 38.93	
100m: 1:13.98 38.75	200m: 2:33.14 39.53	300m: 3:53.20 39.94	400m: 5:09.11 36.98	
3. Wska Kinga	03	Korona-Swim Kielce	<b>5:22.56</b>	384
50m: 36.06 36.06	150m: 1:56.64 40.81	250m: 3:19.42 40.97	350m: 4:42.37 41.77	
100m: 1:15.83 39.77	200m: 2:38.45 41.81	300m: 4:00.60 41.18	400m: 5:22.56 40.19	
4. Chcińska Zuzanna	03	Korona-Swim Kielce	<b>5:26.26</b>	371
50m: 37.71 37.71	150m: 1:58.73 40.49	250m: 3:20.51 41.18	350m: 4:45.78 42.50	
100m: 1:18.24 40.53	200m: 2:39.33 40.60	300m: 4:03.28 42.77	400m: 5:26.26 40.48	
5. Adamczyk Aleksandra	03	UNIA Busko Zdrój	<b>5:35.91</b>	340
50m: 36.73 36.73	150m: 1:58.48 41.42	250m: 3:24.93 44.15	350m: 4:53.37 43.77	
100m: 1:17.06 40.33	200m: 2:40.78 42.30	300m: 4:09.60 44.67	400m: 5:35.91 42.54	



Konkurencja 11, Dziewcząt, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.			
6.	Cukrowska Urszula		03	WODNIK Koszów				<b>6:29.77</b>	217			
	50m:	42.74	42.74	150m:	2:21.50	49.74	250m:	4:01.83	51.57	350m:	5:41.81	49.86
	100m:	1:31.76	49.02	200m:	3:10.26	48.76	300m:	4:51.95	50.12	400m:	6:29.77	47.96

12 lat

1.	Latała Weronika		04	Barakuda Starachowice				<b>5:11.12</b>	428			
	50m:	34.51	34.51	150m:	1:54.26	40.48	250m:	3:15.66	40.28	350m:	4:35.80	39.32
	100m:	1:13.78	39.27	200m:	2:35.38	41.12	300m:	3:56.48	40.82	400m:	5:11.12	35.32
2.	Wiñewska Antonina		04	Barakuda Starachowice				<b>5:12.21</b>	423			
	50m:	35.55	35.55	150m:	1:54.57	40.01	250m:	3:14.39	39.80	350m:	4:34.94	40.15
	100m:	1:14.56	39.01	200m:	2:34.59	40.02	300m:	3:54.79	40.40	400m:	5:12.21	37.27
3.	Falfus Julia		04	KSZO Ostrowiec w				<b>5:15.55</b>	410			
	50m:	35.92	35.92	150m:	1:56.00	40.22	250m:	3:16.85	40.28	350m:	4:37.60	40.03
	100m:	1:15.78	39.86	200m:	2:36.57	40.57	300m:	3:57.57	40.72	400m:	5:15.55	37.95
4.	Gromska Kinga SOc		04	KSZO Ostrowiec w				<b>5:16.61</b>	406			
	50m:	34.89	34.89	150m:	1:52.91	39.39	250m:	3:13.95	40.95	350m:	4:36.38	41.40
	100m:	1:13.52	38.63	200m:	2:33.00	40.09	300m:	3:54.98	41.03	400m:	5:16.61	40.23
5.	Stanecka Hanna		04	Barakuda Starachowice				<b>5:34.12</b>	345			
	50m:	37.56	37.56	150m:	2:03.51	43.38	250m:	3:32.68	44.61	350m:	4:56.27	40.17
	100m:	1:20.13	42.57	200m:	2:48.07	44.56	300m:	4:16.10	43.42	400m:	5:34.12	37.85
6.	Rykowska Zofia		04	Salos Cortile Kielce				<b>5:40.43</b>	326			
	50m:	38.32	38.32	150m:	2:05.84	44.07	250m:	3:33.84	44.13	350m:	5:00.23	42.28
	100m:	1:21.77	43.45	200m:	2:49.71	43.87	300m:	4:17.95	44.11	400m:	5:40.43	40.20
7.	Chrzostowska Angelika		04	Korona-Swim Kielce				<b>5:42.03</b>	322			
	50m:	38.51	38.51	150m:	2:05.27	44.39	250m:	3:34.08	43.92	350m:	5:01.30	43.47
	100m:	1:20.88	42.37	200m:	2:50.16	44.89	300m:	4:17.83	43.75	400m:	5:42.03	40.73
8.	Kamińska Urszula		04	Orka MOSiR Kielce				<b>5:52.30</b>	294			
	50m:	37.84	37.84	150m:	2:05.48	44.30	250m:	3:35.86	45.06	350m:	5:08.19	46.26
	100m:	1:21.18	43.34	200m:	2:50.80	45.32	300m:	4:21.93	46.07	400m:	5:52.30	44.11
9.	Porzucek Klaudia		04	Salos Cortile Kielce				<b>5:56.74</b>	284			
	50m:	38.61	38.61	150m:	2:08.91	45.57	250m:	3:40.34	45.61	350m:	5:13.43	45.94
	100m:	1:23.34	44.73	200m:	2:54.73	45.82	300m:	4:27.49	47.15	400m:	5:56.74	43.31
10.	Tarnowska Natalia		04	KSZO Ostrowiec w				<b>6:06.55</b>	261			
	50m:	39.52	39.52	150m:	2:11.14	45.49	250m:	3:46.83	47.64	350m:	5:23.32	48.95
	100m:	1:25.65	46.13	200m:	2:59.19	48.05	300m:	4:34.37	47.54	400m:	6:06.55	43.23
11.	Dziwosz Julia		04	Barakuda Starachowice				<b>6:13.62</b>	247			
	50m:	43.75	43.75	150m:	2:19.48	47.38	250m:	3:54.35	47.21	350m:		
	100m:	1:32.10	48.35	200m:	3:07.14	47.66	300m:	4:41.14	46.79	400m:	6:13.62	
12.	Adamus Hanna		04	Barakuda Starachowice				<b>6:22.54</b>	230			
	50m:	42.47	42.47	150m:	2:19.36	49.31	250m:	3:57.58	49.19	350m:	5:36.73	48.36
	100m:	1:30.05	47.58	200m:	3:08.39	49.03	300m:	4:48.37	50.79	400m:	6:22.54	45.81
13.	Sierpień Aleksandra		04	Barakuda Starachowice				<b>6:31.15</b>	215			
	50m:	42.77	42.77	150m:	2:24.24	51.10	250m:	4:05.87	51.62	350m:	5:45.87	49.39
	100m:	1:33.14	50.37	200m:	3:14.25	50.01	300m:	4:56.48	50.61	400m:	6:31.15	45.28