



Konkurencja 7  
18-03-2017 - 11:29

Kobiet, 400m dowolny

11 lat i starsi  
Wyniki

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

Punkty: FINA 2016

Pozycja Rok ur. Czas Pkt.

15 lat i starsi

1. Szafra ska Julia Soc	00	KSZO Ostrowiec w	<b>4:22.55</b>	712
50m: 31.16 31.16	150m: 1:36.28 32.54	250m: 2:42.83 33.34	350m: 3:50.01 33.57	
100m: 1:03.74 32.58	200m: 2:09.49 33.21	300m: 3:16.44 33.61	400m: 4:22.55 32.54	
2. Wicha Karolina Soc	01	KSZO Ostrowiec w	<b>4:27.51</b>	673
50m: 31.60 31.60	150m: 1:39.74 34.45	250m: 2:47.58 33.61	350m: 3:54.69 33.21	
100m: 1:05.29 33.69	200m: 2:13.97 34.23	300m: 3:21.48 33.90	400m: 4:27.51 32.82	
3. Banaczkowska Aleksandra SOc	02	KSZO Ostrowiec w	<b>4:39.99</b>	587
50m: 32.89 32.89	150m: 1:43.84 35.80	250m: 2:54.90 35.16	350m: 4:05.45 35.43	
100m: 1:08.04 35.15	200m: 2:19.74 35.90	300m: 3:30.02 35.12	400m: 4:39.99 34.54	
4. Pytel Maria	86	Barakuda Starachowice	<b>4:47.74</b>	541
50m: 33.09 33.09	150m: 1:44.27 36.18	250m: 2:57.26 36.50	350m: 4:11.34 37.10	
100m: 1:08.09 35.00	200m: 2:20.76 36.49	300m: 3:34.24 36.98	400m: 4:47.74 36.40	
5. Kurasi ska Oliwia SOc	02	KSZO Ostrowiec w	<b>4:53.24</b>	511
50m: 34.30 34.30	150m: 1:47.43 36.45	250m: 3:01.42 36.88	350m: 4:16.58 37.61	
100m: 1:10.98 36.68	200m: 2:24.54 37.11	300m: 3:38.97 37.55	400m: 4:53.24 36.66	

14 lat

1. Czernik Natalia SOc	03	KSZO Ostrowiec w	<b>5:07.61</b>	443
50m: 34.99 34.99	150m: 1:51.27 38.62	250m: 3:09.84 39.51	350m: 4:29.67 39.95	
100m: 1:12.65 37.66	200m: 2:30.33 39.06	300m: 3:49.72 39.88	400m: 5:07.61 37.94	
2. Ch cina Zuzanna	03	Korona-Swim Kielce	<b>5:26.32</b>	371
50m: 38.14 38.14	150m: 2:01.25 41.77	250m: 3:24.06 41.44	350m: 4:47.40 41.42	
100m: 1:19.48 41.34	200m: 2:42.62 41.37	300m: 4:05.98 41.92	400m: 5:26.32 38.92	
3. Adamczyk Aleksandra	03	UNIA Busko Zdrój	<b>5:38.83</b>	331
50m: 36.58 36.58	150m: 2:00.31 42.54	250m: 3:27.48 43.81	350m: 4:57.21 44.80	
100m: 1:17.77 41.19	200m: 2:43.67 43.36	300m: 4:12.41 44.93	400m: 5:38.83 41.62	

13 lat

1. Latała Weronika	04	Barakuda Starachowice	<b>4:48.89</b>	534
50m: 31.55 31.55	150m: 1:44.37 36.86	250m: 2:58.96 37.42	350m: 4:14.05 37.33	
100m: 1:07.51 35.96	200m: 2:21.54 37.17	300m: 3:36.72 37.76	400m: 4:48.89 34.84	
2. Wi niewska Antonina	04	Barakuda Starachowice	<b>5:05.92</b>	450
50m: 33.63 33.63	150m: 1:50.49 39.03	250m: 3:09.54 39.66	350m: 4:28.79 39.58	
100m: 1:11.46 37.83	200m: 2:29.88 39.39	300m: 3:49.21 39.67	400m: 5:05.92 37.13	
3. Falfus Julia	04	KSZO Ostrowiec w	<b>5:11.22</b>	427
50m: 35.72 35.72	150m: 1:54.89 40.01	250m: 3:13.99 39.65	350m: 4:34.15 39.36	
100m: 1:14.88 39.16	200m: 2:34.34 39.45	300m: 3:54.79 40.80	400m: 5:11.22 37.07	
4. Stanecka Hanna	04	Barakuda Starachowice	<b>5:14.87</b>	413
50m: 36.07 36.07	150m: 1:58.19 41.74	250m: 3:19.26 40.16	350m: 4:38.63 39.19	
100m: 1:16.45 40.38	200m: 2:39.10 40.91	300m: 3:59.44 40.18	400m: 5:14.87 36.24	



Konkurencja 7, Dziewcząt, 400m dowolny, 13 lat

Pozycja		Rok ur.						Czas	Pkt.
5.	Gromska Kinga SOc	04	KSZO Ostrowiec w					<b>5:16.26</b>	407
	50m: 36.19 36.19		150m: 1:56.52 40.61		250m: 3:17.87 40.36		350m: 4:37.49 39.84		
	100m: 1:15.91 39.72		200m: 2:37.51 40.99		300m: 3:57.65 39.78		400m: 5:16.26 38.77		
6.	Bontor Patrycja	04	Barakuda Starachowice					<b>5:18.75</b>	398
	50m: 35.63 35.63		150m: 1:57.96 41.81		250m: 3:20.79 41.67		350m: 4:43.50 41.44		
	100m: 1:16.15 40.52		200m: 2:39.12 41.16		300m: 4:02.06 41.27		400m: 5:18.75 35.25		
7.	Ofman Julia	04	Barakuda Starachowice					<b>5:19.24</b>	396
	50m: 36.66 36.66		150m: 2:00.35 42.00		250m: 3:22.22 40.74		350m: 4:42.47 40.11		
	100m: 1:18.35 41.69		200m: 2:41.48 41.13		300m: 4:02.36 40.14		400m: 5:19.24 36.77		
8.	Sierpie Aleksandra	04	Barakuda Starachowice					<b>5:29.13</b>	361
	50m: 36.36 36.36		150m: 2:01.06 43.02		250m: 3:25.36 42.06		350m: 4:50.68 42.98		
	100m: 1:18.04 41.68		200m: 2:43.30 42.24		300m: 4:07.70 42.34		400m: 5:29.13 38.45		
9.	Rykowska Zofia	04	Salos Cortile Kielce					<b>5:33.17</b>	348
	50m: 37.48 37.48		150m: 2:01.96 42.71		250m: 3:27.85 43.14		350m: 4:52.90 42.38		
	100m: 1:19.25 41.77		200m: 2:44.71 42.75		300m: 4:10.52 42.67		400m: 5:33.17 40.27		
10.	Chrzstowska Angelika	04	Korona-Swim Kielce					<b>5:38.70</b>	331
	50m: 38.84 38.84		150m: 2:05.89 43.52		250m: 3:32.61 43.34		350m: 4:57.51 41.99		
	100m: 1:22.37 43.53		200m: 2:49.27 43.38		300m: 4:15.52 42.91		400m: 5:38.70 41.19		
11.	Tarnowska Natalia	04	KSZO Ostrowiec w					<b>5:48.06</b>	305
	50m: 38.29 38.29		150m: 2:06.05 44.62		250m: 3:36.00 44.70		350m: 5:04.83 44.78		
	100m: 1:21.43 43.14		200m: 2:51.30 45.25		300m: 4:20.05 44.05		400m: 5:48.06 43.23		
12.	Dziwosz Julia	04	Barakuda Starachowice					<b>5:48.87</b>	303
	50m: 39.57 39.57		150m: 2:09.04 44.43		250m: 3:35.48 42.03		350m: 5:04.93 44.65		
	100m: 1:24.61 45.04		200m: 2:53.45 44.41		300m: 4:20.28 44.80		400m: 5:48.87 43.94		
13.	Gałka Weronika	04	Barakuda Starachowice					<b>5:51.47</b>	297
	50m: 39.55 39.55		150m: 2:08.44 45.02		250m: 3:40.22 46.13		350m: 5:09.36 44.02		
	100m: 1:23.42 43.87		200m: 2:54.09 45.65		300m: 4:25.34 45.12		400m: 5:51.47 42.11		
14.	Kamińska Urszula	04	Orka MOSiR Kielce					<b>5:59.89</b>	276
	50m: 38.09 38.09		150m: 2:06.21 44.96		250m: 3:38.27 45.83		350m: 5:13.68 47.39		
	100m: 1:21.25 43.16		200m: 2:52.44 46.23		300m: 4:26.29 48.02		400m: 5:59.89 46.21		
15.	Adamus Hanna	04	Barakuda Starachowice					<b>6:14.57</b>	245
	50m: 42.61 42.61		150m: 2:18.01 47.62		250m: 3:54.86 48.51		350m: 5:30.61 47.95		
	100m: 1:30.39 47.78		200m: 3:06.35 48.34		300m: 4:42.66 47.80		400m: 6:14.57 43.96		
12 lat									
1.	Petrykowska Adrianna	05	KSZO Ostrowiec w					<b>5:10.20</b>	432
	50m: 35.03 35.03		150m: 1:55.20 39.89		250m: 3:14.58 39.96		350m: 4:32.75 38.65		
	100m: 1:15.31 40.28		200m: 2:34.62 39.42		300m: 3:54.10 39.52		400m: 5:10.20 37.45		
2.	Strzelecka Pola	05	KSZO Ostrowiec w					<b>5:34.02</b>	346
	50m: 38.36 38.36		150m: 2:03.67 43.01		250m: 3:29.96 42.84		350m: 4:54.57 42.12		
	100m: 1:20.66 42.30		200m: 2:47.12 43.45		300m: 4:12.45 42.49		400m: 5:34.02 39.45		
3.	Pawlik Natalia	05	Orka MOSiR Kielce					<b>5:35.83</b>	340
	50m: 37.95 37.95		150m: 2:04.16 43.48		250m: 3:31.15 43.24		350m: 4:55.18 41.44		
	100m: 1:20.68 42.73		200m: 2:47.91 43.75		300m: 4:13.74 42.59		400m: 5:35.83 40.65		
4.	Jarzyna Maria	05	Barakuda Starachowice					<b>5:38.17</b>	333
	50m: 36.56 36.56		150m: 2:01.57 43.24		250m: 3:29.85 44.75		350m: 4:58.22 44.09		
	100m: 1:18.33 41.77		200m: 2:45.10 43.53		300m: 4:14.13 44.28		400m: 5:38.17 39.95		
5.	Poche Karolina	05	Barakuda Starachowice					<b>5:44.80</b>	314
	50m: 37.02 37.02		150m: 2:03.42 44.07		250m: 3:32.62 44.77		350m: 5:00.18 43.53		
	100m: 1:19.35 42.33		200m: 2:47.85 44.43		300m: 4:16.65 44.03		400m: 5:44.80 44.62		
6.	Kutz Natalia	05	Delfin Połaniec					<b>5:59.88</b>	276
	50m: 39.27 39.27		150m: 2:09.47 45.38		250m: 3:42.66 46.85		350m: 5:15.82 46.99		
	100m: 1:24.09 44.82		200m: 2:55.81 46.34		300m: 4:28.83 46.17		400m: 5:59.88 44.06		



Konkurencja 7, Dziewcząt, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.			
7.	Misiura Magdalena		05	KSZO Ostrowiec w				<b>6:11.21</b>	252			
	50m:	39.65	39.65	150m:	2:14.19	48.37	250m:	3:52.19	49.03	350m:	5:29.62	48.83
	100m:	1:25.82	46.17	200m:	3:03.16	48.97	300m:	4:40.79	48.60	400m:	6:11.21	41.59
8.	Bak Aleksandra		05	Orka MOSiR Kielce				<b>6:12.58</b>	249			
	50m:	40.95	40.95	150m:	2:16.76	49.24	250m:	3:54.03	48.62	350m:	5:29.19	47.35
	100m:	1:27.52	46.57	200m:	3:05.41	48.65	300m:	4:41.84	47.81	400m:	6:12.58	43.39
9.	Walczyk Natalia		05	KSZO Ostrowiec w				<b>6:22.49</b>	230			
	50m:	41.61	41.61	150m:	2:18.88	49.52	250m:	3:59.33	50.43	350m:	5:36.36	47.54
	100m:	1:29.36	47.75	200m:	3:08.90	50.02	300m:	4:48.82	49.49	400m:	6:22.49	46.13
10.	Strzbała Alicja		05	Korona-Swim Kielce				<b>6:23.40</b>	228			
	50m:	41.00	41.00	150m:	2:19.00	49.96	250m:	3:59.19	50.08	350m:	5:37.56	47.88
	100m:	1:29.04	48.04	200m:	3:09.11	50.11	300m:	4:49.68	50.49	400m:	6:23.40	45.84
11.	Tokarska Zuzanna		05	Barakuda Starachowice				<b>6:37.55</b>	205			
	50m:	43.44	43.44	150m:	2:35.75	55.12	250m:	4:07.24	1:42.60	350m:	5:50.11	51.43
	100m:	1:33.30	49.86	200m:	2:24.64		300m:	4:58.68	51.44	400m:	6:37.55	47.44
PK	Grz Gabriela Soc		01	Motyl Stalowa Wola				<b>4:49.21</b>	533			
	50m:	33.29	33.29	150m:	1:46.05	36.66	250m:	2:59.61	36.44	350m:	4:13.32	36.77
	100m:	1:09.39	36.10	200m:	2:23.17	37.12	300m:	3:36.55	36.94	400m:	4:49.21	35.89