

Konkurencja 7

Kobiet, 400m dowolny

11 lat i starsi

30-09-2017 - 11:12

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	Łód	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	4:31.82	642
50m: 32.28 32.28	150m: 1:39.75 33.92	250m: 2:49.00 34.59	350m: 3:58.02 34.38	
100m: 1:05.83 33.55	200m: 2:14.41 34.66	300m: 3:23.64 34.64	400m: 4:31.82 33.80	
2. Rogowska Paulina	98	Salos Cortile Kielce	4:38.45	597
50m: 32.32 32.32	150m: 1:42.63 35.56	250m: 2:54.94 35.90	350m: 4:05.96 35.05	
100m: 1:07.07 34.75	200m: 2:19.04 36.41	300m: 3:30.91 35.97	400m: 4:38.45 32.49	
3. Banaczkowska Aleksandra SOc	02	KSZO Ostrowiec w	4:39.18	592
50m: 33.19 33.19	150m: 1:43.74 35.41	250m: 2:55.24 35.76	350m: 4:06.51 35.52	
100m: 1:08.33 35.14	200m: 2:19.48 35.74	300m: 3:30.99 35.75	400m: 4:39.18 32.67	
4. Kurasi ska Oliwia SOc	02	KSZO Ostrowiec w	4:46.39	549
50m: 33.39 33.39	150m: 1:45.72 36.22	250m: 2:58.08 36.19	350m: 4:10.86 36.16	
100m: 1:09.50 36.11	200m: 2:21.89 36.17	300m: 3:34.70 36.62	400m: 4:46.39 35.53	

14 lat

1. Czernik Natalia SOc	03	KSZO Ostrowiec w	5:09.65	434
50m: 34.78 34.78	150m: 1:51.39 38.65	250m: 3:10.97 39.85	350m: 4:31.05 40.05	
100m: 1:12.74 37.96	200m: 2:31.12 39.73	300m: 3:51.00 40.03	400m: 5:09.65 38.60	
2. Adamczyk Aleksandra	03	UNIA Busko Zdrój	5:39.84	328
50m: 36.68 36.68	150m: 2:01.16 43.00	250m: 3:29.09 43.96	350m: 4:58.13 44.61	
100m: 1:18.16 41.48	200m: 2:45.13 43.97	300m: 4:13.52 44.43	400m: 5:39.84 41.71	

13 lat

1. Wi niewska Antonina	04	Barakuda Starachowice	5:01.66	469
50m: 34.08 34.08	150m: 1:49.98 38.30	250m: 3:06.95 38.45	350m: 4:24.91 39.20	
100m: 1:11.68 37.60	200m: 2:28.50 38.52	300m: 3:45.71 38.76	400m: 5:01.66 36.75	
2. Gromska Kinga SOc	04	KSZO Ostrowiec w	5:12.17	424
50m: 35.41 35.41	150m: 1:55.90 40.54	250m: 3:15.55 39.91	350m: 4:34.84 40.00	
100m: 1:15.36 39.95	200m: 2:35.64 39.74	300m: 3:54.84 39.29	400m: 5:12.17 37.33	
3. Dziwosz Julia	04	Barakuda Starachowice	5:25.84	372
50m: 40.06 40.06	150m: 2:06.37 42.81	250m: 3:27.68 40.04	350m: 4:48.57 40.34	
100m: 1:23.56 43.50	200m: 2:47.64 41.27	300m: 4:08.23 40.55	400m: 5:25.84 37.27	
4. Tarnowska Natalia SOc	04	KSZO Ostrowiec w	5:51.47	297
50m: 37.35 37.35	150m: 2:05.50 44.92	250m: 3:33.55 42.77	350m: 5:06.62 45.95	
100m: 1:20.58 43.23	200m: 2:50.78 45.28	300m: 4:20.67 47.12	400m: 5:51.47 44.85	

Konkurencja 7, Kobiet, 400m dowolny

12 lat

1.	Jarzyna Maria		05	Barakuda Starachowice	5:24.61	377
	50m: 36.11	36.11	150m: 1:58.91	41.58	250m: 3:23.16	42.26
	100m: 1:17.33	41.22	200m: 2:40.90	41.99	300m: 4:05.21	42.05
					350m: 4:46.69	41.48
					400m: 5:24.61	37.92
2.	Pawlik Natalia		05	Salos Cortile Kielce	5:31.41	354
	50m: 36.24	36.24	150m: 2:00.07	42.46	250m: 3:25.92	42.72
	100m: 1:17.61	41.37	200m: 2:43.20	43.13	300m: 4:07.97	42.05
					350m: 4:50.19	42.22
					400m: 5:31.41	41.22
3.	Poche Karolina		05	Barakuda Starachowice	5:35.16	342
	50m: 37.03	37.03	150m: 2:01.18	42.90	250m: 3:27.65	43.36
	100m: 1:18.28	41.25	200m: 2:44.29	43.11	300m: 4:10.74	43.09
					350m: 4:53.92	43.18
					400m: 5:35.16	41.24
4.	Strzelecka Pola		05	KSZO Ostrowiec w	5:45.61	312
	50m: 38.02	38.02	150m: 2:04.65	44.07	250m: 3:34.40	45.18
	100m: 1:20.58	42.56	200m: 2:49.22	44.57	300m: 4:19.12	44.72
					350m: 5:03.66	44.54
					400m: 5:45.61	41.95
5.	Gil Beata		05	Korona-Swim Kielce	5:48.89	303
	50m: 39.24	39.24	150m: 2:07.77	44.70	250m: 3:36.50	44.01
	100m: 1:23.07	43.83	200m: 2:52.49	44.72	300m: 4:20.76	44.26
					350m: 5:05.98	45.22
					400m: 5:48.89	42.91
6.	Wierzbicka Julia		05	FOKA Sandomierz	5:52.58	294
	50m: 40.24	40.24	150m: 2:09.49	45.88	250m: 3:40.60	45.06
	100m: 1:23.61	43.37	200m: 2:55.54	46.05	300m: 4:26.04	45.44
					350m: 5:10.98	44.94
					400m: 5:52.58	41.60
7.	Sidło Natalia		05	Korona-Swim Kielce	5:53.21	292
	50m: 39.45	39.45	150m: 2:10.46	45.73	250m: 3:41.13	44.56
	100m: 1:24.73	45.28	200m: 2:56.57	46.11	300m: 4:26.36	45.23
					350m: 5:11.21	44.85
					400m: 5:53.21	42.00
8.	Kutz Natalia		05	Delfin Połaniec	5:58.03	281
	50m: 37.76	37.76	150m: 2:06.21	44.83	250m: 3:38.72	46.37
	100m: 1:21.38	43.62	200m: 2:52.35	46.14	300m: 4:25.68	46.96
					350m: 5:13.42	47.74
					400m: 5:58.03	44.61
9.	Misiura Magdalena		05	KSZO Ostrowiec w	6:12.72	249
	50m: 39.18	39.18	150m: 2:12.71	47.73	250m: 3:50.75	49.51
	100m: 1:24.98	45.80	200m: 3:01.24	48.53	300m: 4:39.74	48.99
					350m: 5:28.30	48.56
					400m: 6:12.72	44.42
10.	Orzelska Marta		05	Orka MOSiR Kielce	6:15.30	244
	50m: 42.27	42.27	150m: 2:17.82	48.30	250m: 3:56.87	49.95
	100m: 1:29.52	47.25	200m: 3:06.92	49.10	300m: 4:45.44	48.57
					350m: 5:31.72	46.28
					400m: 6:15.30	43.58
11.	Michalska Julia		05	Korona-Swim Kielce	6:18.26	238
	50m: 42.24	42.24	150m: 2:19.67	49.46	250m: 3:57.66	48.21
	100m: 1:30.21	47.97	200m: 3:09.45	49.78	300m: 4:45.97	48.31
					350m: 5:33.25	47.28
					400m: 6:18.26	45.01