



Konkurencja 9

Kobiet, 400m zmienny

13 lat i starsi

03-12-2017 - 11:53

Wyniki

Rek Okr gu wi t. Seniorów	4:45.20	Kilija ska Donata	KSOST	Kraków	08-03-2013
Rek Okr gu wi t. Jun 18-lat	4:45.20	Kilija ska Donata	KSOST	Kraków	08-03-2013
Rek Okr gu wi t. Jun 17-lat	4:46.40	Kilija ska Donata	KSOST	Gliwice	18-03-2011
Rek Okr gu wi t. Jun 16-lat	4:46.40	Kilija ska Donata	KSOST	Gliwice	18-03-2011
Rek Okr gu wi t. Jun 15-lat	4:53.17	Kilija ska Donata	KSOST	Katowice	24-01-2010
Rek Okr gu wi t. Jun 14-lat	5:00.78	Wolek Oliwia	KSOST	Ostrowiec w.	27-11-2015
Rek Okr gu wi t. Młodz.13-lat	5:16.17	Wołoszyn Sonia	KSOST	Saint Dizier (FRA)	16-11-2008

Punkty: FINA 2016

Pozycja Rok ur. Czas Pkt.

15 lat i starsi

1. Banaczkowska Aleksandra	02	KSZO Ostrowiec w	<b>4:59.01</b>	653
50m: 33.49 33.49	150m: 1:49.47 38.86	250m: 3:08.78 38.99	350m: 4:25.36 35.89	
100m: 1:10.61 37.12	200m: 2:29.79 40.32	300m: 3:49.47 40.69	400m: 4:59.01 33.65	
2. Szafranska Julia SOc	00	KSZO Ostrowiec w	<b>5:04.88</b>	616
50m: 33.08 33.08	150m: 1:48.58 37.94	250m: 3:12.75 44.70	350m: 4:31.99 34.03	
100m: 1:10.64 37.56	200m: 2:28.05 39.47	300m: 3:57.96 45.21	400m: 5:04.88 32.89	

14 lat

1. Wska Kinga	03	Salos Cortile Kielce	<b>5:46.67</b>	419
50m: 36.36 36.36	150m: 2:03.92 45.60	250m: 3:37.77 49.10	350m: 5:07.43 39.51	
100m: 1:18.32 41.96	200m: 2:48.67 44.75	300m: 4:27.92 50.15	400m: 5:46.67 39.24	

13 lat

1. Latała Weronika	04	Barakuda Starachowice	<b>5:15.23</b>	557
<i>Rekord Okr gu wi tokrzyskiego Młodzików 13-lat</i>				
50m: 32.91 32.91	150m: 1:53.42 42.29	250m: 3:18.90 44.25	350m: 4:40.88 36.79	
100m: 1:11.13 38.22	200m: 2:34.65 41.23	300m: 4:04.09 45.19	400m: 5:15.23 34.35	
2. Ofman Julia	04	Barakuda Starachowice	<b>5:34.80</b>	465
50m: 36.04 36.04	150m: 2:07.68 44.06	250m: 3:33.63 42.83	350m: 4:57.78 40.09	
100m: 1:23.62 47.58	200m: 2:50.80 43.12	300m: 4:17.69 44.06	400m: 5:34.80 37.02	
3. Falfus Julia SOc	04	KSZO Ostrowiec w	<b>5:35.07</b>	464
50m: 37.69 37.69	150m: 2:04.76 43.17	250m: 3:32.91 44.77	350m: 4:57.91 38.79	
100m: 1:21.59 43.90	200m: 2:48.14 43.38	300m: 4:19.12 46.21	400m: 5:35.07 37.16	
4. Gromska Kinga SOc	04	KSZO Ostrowiec w	<b>5:43.94</b>	429
50m: 35.87 35.87	150m: 2:05.33 45.04	250m: 3:36.93 48.29	350m: 5:06.13 41.95	
100m: 1:20.29 44.42	200m: 2:48.64 43.31	300m: 4:24.18 47.25	400m: 5:43.94 37.81	
5. Sierpie Aleksandra	04	Barakuda Starachowice	<b>5:50.06</b>	407
50m: 39.43 39.43	150m: 2:14.60 45.75	250m: 3:43.84 44.53	350m: 5:09.89 41.69	
100m: 1:28.85 49.42	200m: 2:59.31 44.71	300m: 4:28.20 44.36	400m: 5:50.06 40.17	
6. Dziwosz Julia	04	Barakuda Starachowice	<b>5:58.34</b>	379
50m: 39.23 39.23	150m: 2:13.02 45.90	250m: 3:47.81 49.03	350m: 5:19.24 41.19	
100m: 1:27.12 47.89	200m: 2:58.78 45.76	300m: 4:38.05 50.24	400m: 5:58.34 39.10	
7. Tarnowska Natalia SOc	04	KSZO Ostrowiec w	<b>6:09.70</b>	345
50m: 37.20 37.20	150m: 2:10.25 47.82	250m: 3:50.28 54.37	350m: 5:28.97 42.14	
100m: 1:22.43 45.23	200m: 2:55.91 45.66	300m: 4:46.83 56.55	400m: 6:09.70 40.73	