



Konkurencja 20
23-06-2018 - 16:39

Kobiet, 400m dowolny

Open
Wyniki

Rek Okręgu w. t. Seniorów	4:15.00	Kilija ska Donata	KSOST	Olsztyn	07-06-2014
Rek Okręgu w. t. Jun.18-lat	4:15.07	Kilija ska Donata	KSOST	Olsztyn	14-05-2012
Rek Okręgu w. t. Jun.17-lat	4:15.07	Kilija ska Donata	KSOST	Olsztyn	14-05-2012
Rek Okręgu w. t. Jun.16-lat	4:16.10	Kilija ska Donata	KSOST	Belgrad (SRB)	06-07-2011
Rek Okręgu w. t. Jun.15-lat	4:16.54	Kilija ska Donata	KSOST	Tampere (FIN)	20-07-2009
Rek Okręgu w. t. Jun.14-lat	4:16.54	Kilija ska Donata	KSOST	Tampere (FIN)	20-07-2009
Rek Okręgu w. t. Młodz.13-lat	4:37.09	Wołoszyn Sonia	ARKIE	Ostrowiec w.	18-05-2008
Rek Okręgu w. t. Młodz.12-lat	4:53.37	Wołoszyn Sonia	ARKIE	D bica	24-11-2007
Rek Okręgu w. t. Dzieci	5:43.43	Długoł cka Karolina	UNBUS	Ostrowiec w.	27-10-2007

Punkty: FINA 2017

Pozycja	Rok ur.	Czas	Pkt.
Open			
1. Szafrska Julia	00 KSZO Ostrowiec w	4:40.76	597
50m: 32.29 32.29	150m: 1:43.00 35.93	250m: 2:55.04 36.14	350m: 4:06.21 35.49
100m: 1:07.07 34.78	200m: 2:18.90 35.90	300m: 3:30.72 35.68	400m: 4:40.76 34.55
2. Kurasi ska Oliwia	02 KSZO Ostrowiec w	4:46.33	563
50m: 33.43 33.43	150m: 1:45.21 36.03	250m: 2:57.73 36.30	350m: 4:10.74 36.47
100m: 1:09.18 35.75	200m: 2:21.43 36.22	300m: 3:34.27 36.54	400m: 4:46.33 35.59
3. Falfus Julia	04 KSZO Ostrowiec w	4:52.71	527
50m: 33.88 33.88	150m: 1:47.88 37.49	250m: 3:02.83 37.49	350m: 4:17.17 37.04
100m: 1:10.39 36.51	200m: 2:25.34 37.46	300m: 3:40.13 37.30	400m: 4:52.71 35.54
4. Szafrska Malwina SOc	06 KSZO Ostrowiec w	5:07.92	452
50m: 35.22 35.22	150m: 1:54.26 39.85	250m: 3:13.51 39.64	350m: 4:31.42 38.50
100m: 1:14.41 39.19	200m: 2:33.87 39.61	300m: 3:52.92 39.41	400m: 5:07.92 36.50
5. Pawlik Natalia	05 Salos Cortile Kielce	5:15.06	422
50m: 35.90 35.90	150m: 1:56.38 40.83	250m: 3:17.71 40.34	350m: 4:36.87 39.02
100m: 1:15.55 39.65	200m: 2:37.37 40.99	300m: 3:57.85 40.14	400m: 5:15.06 38.19
6. Czernik Natalia	03 KSZO Ostrowiec w	5:15.84	419
50m: 36.23 36.23	150m: 1:55.67 39.70	250m: 3:16.13 40.34	350m: 4:37.12 40.36
100m: 1:15.97 39.74	200m: 2:35.79 40.12	300m: 3:56.76 40.63	400m: 5:15.84 38.72
7. Jarzyna Maria	05 Barakuda Starachowice	5:18.90	407
50m: 34.90 34.90	150m: 1:54.81 40.78	250m: 3:17.76 41.18	350m: 4:40.91 41.60
100m: 1:14.03 39.13	200m: 2:36.58 41.77	300m: 3:59.31 41.55	400m: 5:18.90 37.99
8. Kutz Natalia	05 Delfin Połaniec	5:22.90	392
50m: 36.64 36.64	150m: 1:59.56 41.46	250m: 3:21.98 40.89	350m: 4:44.83 41.41
100m: 1:18.10 41.46	200m: 2:41.09 41.53	300m: 4:03.42 41.44	400m: 5:22.90 38.07
9. Tarnowska Natalia SOc	04 KSZO Ostrowiec w	5:23.17	391
50m: 36.41 36.41	150m: 1:58.96 41.66	250m: 3:21.80 41.67	350m: 4:44.88 41.02
100m: 1:17.30 40.89	200m: 2:40.13 41.17	300m: 4:03.86 42.06	400m: 5:23.17 38.29
10. Sidło Natalia	05 Korona-Swim Kielce	5:35.41	350
50m: 37.02 37.02	150m: 2:01.62 43.23	250m: 3:29.40 43.87	350m: 4:55.02 42.34
100m: 1:18.39 41.37	200m: 2:45.53 43.91	300m: 4:12.68 43.28	400m: 5:35.41 40.39
11. Strzelecka Pola	05 KSZO Ostrowiec w	5:38.01	342
50m: 38.40 38.40	150m: 2:05.01 43.36	250m: 3:31.34 43.15	350m: 4:57.27 42.49
100m: 1:21.65 43.25	200m: 2:48.19 43.18	300m: 4:14.78 43.44	400m: 5:38.01 40.74
12. Bielecka Maja	06 KSZO Ostrowiec w	5:54.43	296
50m: 39.25 39.25	150m: 2:09.45 45.41	250m: 3:39.89 45.74	350m: 5:11.63 45.48
100m: 1:24.04 44.79	200m: 2:54.15 44.70	300m: 4:26.15 46.26	400m: 5:54.43 42.80
13. Kuc Michalina	06 UNIA Busko Zdrój	6:50.97	190
50m: 45.74 45.74	150m: 2:29.09 53.25	250m: 4:16.09 53.93	350m: 6:02.98 51.95
100m: 1:35.84 50.10	200m: 3:22.16 53.07	300m: 5:11.03 54.94	400m: 6:50.97 47.99
14. Tatar Oliwia	03 WODNIK Koszkie	7:36.26	139
50m: 43.63 43.63	150m: 2:34.15 50.52	250m: 2:37.76	350m: 4:40.12
100m: 1:38.39 54.76	200m: 3:38.92	300m: 5:38.91 3:01.15	400m: 7:36.26 2:56.14



Konkurencja 20, Kobiet, 400m dowolny

Młodzik

1. Szafranska Malwina SOc	06	KSZO Ostrowiec w	5:07.92	452
50m: 35.22 35.22	150m: 1:54.26	39.85 250m: 3:13.51	39.64 350m: 4:31.42	38.50
100m: 1:14.41 39.19	200m: 2:33.87	39.61 300m: 3:52.92	39.41 400m: 5:07.92	36.50
2. Pawlik Natalia	05	Salos Cortile Kielce	5:15.06	422
50m: 35.90 35.90	150m: 1:56.38	40.83 250m: 3:17.71	40.34 350m: 4:36.87	39.02
100m: 1:15.55 39.65	200m: 2:37.37	40.99 300m: 3:57.85	40.14 400m: 5:15.06	38.19
3. Jarzyna Maria	05	Barakuda Starachowice	5:18.90	407
50m: 34.90 34.90	150m: 1:54.81	40.78 250m: 3:17.76	41.18 350m: 4:40.91	41.60
100m: 1:14.03 39.13	200m: 2:36.58	41.77 300m: 3:59.31	41.55 400m: 5:18.90	37.99
4. Kutz Natalia	05	Delfin Połaniec	5:22.90	392
50m: 36.64 36.64	150m: 1:59.56	41.46 250m: 3:21.98	40.89 350m: 4:44.83	41.41
100m: 1:18.10 41.46	200m: 2:41.09	41.53 300m: 4:03.42	41.44 400m: 5:22.90	38.07
5. Sidło Natalia	05	Korona-Swim Kielce	5:35.41	350
50m: 37.02 37.02	150m: 2:01.62	43.23 250m: 3:29.40	43.87 350m: 4:55.02	42.34
100m: 1:18.39 41.37	200m: 2:45.53	43.91 300m: 4:12.68	43.28 400m: 5:35.41	40.39
6. Strzelecka Pola	05	KSZO Ostrowiec w	5:38.01	342
50m: 38.40 38.40	150m: 2:05.01	43.36 250m: 3:31.34	43.15 350m: 4:57.27	42.49
100m: 1:21.65 43.25	200m: 2:48.19	43.18 300m: 4:14.78	43.44 400m: 5:38.01	40.74
7. Bielecka Maja	06	KSZO Ostrowiec w	5:54.43	296
50m: 39.25 39.25	150m: 2:09.45	45.41 250m: 3:39.89	45.74 350m: 5:11.63	45.48
100m: 1:24.04 44.79	200m: 2:54.15	44.70 300m: 4:26.15	46.26 400m: 5:54.43	42.80
8. Kuc Michalina	06	UNIA Busko Zdrój	6:50.97	190
50m: 45.74 45.74	150m: 2:29.09	53.25 250m: 4:16.09	53.93 350m: 6:02.98	51.95
100m: 1:35.84 50.10	200m: 3:22.16	53.07 300m: 5:11.03	54.94 400m: 6:50.97	47.99