



Konkurencja 1  
19-11-2011

Kobiet, 400m zmienny

13 lat i starsi  
Wyniki

|                               |         |                   |       |                    |            |
|-------------------------------|---------|-------------------|-------|--------------------|------------|
| Rek Okr gu wi t. Seniorów     | 4:46.40 | Kilija ska Donata | KSOST | Gliwice            | 18-03-2011 |
| Rek Okr gu wi t. Jun 18-lat   | 4:46.40 | Kilija ska Donata | KSOST | Gliwice            | 18-03-2011 |
| 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   | 5:13.23 | Szel g Karolina   | KSOST | Busko-Zdrój        | 02-12-2009 |
| Rek Okr gu wi t. Młodz.13-lat | 5:16.17 | Wołoszyn Sonia    | KSOST | Saint Dizier (FRA) | 16-11-2008 |

Punkty: FINA 2011

| Pozycja                | Rok ur.             | Czas                | Pkt.                |
|------------------------|---------------------|---------------------|---------------------|
| <b>15 lat i starsi</b> |                     |                     |                     |
| 1. Wołoszyn Sonia      | 95                  | <b>5:07.96</b>      | 609                 |
| 50m: 32.56 32.56       | 150m: 1:49.46 39.95 | 250m: 3:14.12 45.75 | 350m: 4:34.88 35.08 |
| 100m: 1:09.51 36.95    | 200m: 2:28.37 38.91 | 300m: 3:59.80 45.68 | 400m: 5:07.96 33.08 |
| 2. Długoł cka Karolina | 96                  | <b>5:20.07</b>      | 542                 |
| 50m:                   | 150m:               | 250m: 3:20.35 47.21 | 350m: 4:45.67 38.09 |
| 100m:                  | 200m: 2:33.14       | 300m: 4:07.58 47.23 | 400m: 5:20.07 34.40 |
| 3. Majos Paulina       | 96                  | <b>5:28.10</b>      | 503                 |
| 50m: 34.24 34.24       | 150m: 1:55.28 41.70 | 250m: 3:25.98 49.54 | 350m: 4:51.66 36.72 |
| 100m: 1:13.58 39.34    | 200m: 2:36.44 41.16 | 300m: 4:14.94 48.96 | 400m: 5:28.10 36.44 |
| <b>14 lat</b>          |                     |                     |                     |
| 1. Loranty Patrycja    | 97                  | <b>5:24.71</b>      | 519                 |
| 50m: 35.29 35.29       | 150m: 1:56.40 41.19 | 250m: 3:25.65 46.65 | 350m: 4:49.15 36.11 |
| 100m: 1:15.21 39.92    | 200m: 2:39.00 42.60 | 300m: 4:13.04 47.39 | 400m: 5:24.71 35.56 |
| 2. Zawolik Wiktoria    | 97                  | <b>5:26.44</b>      | 511                 |
| 50m: 36.95 36.95       | 150m: 1:59.13 40.74 | 250m: 3:26.71 46.31 | 350m: 4:50.12 35.88 |
| 100m: 1:18.39 41.44    | 200m: 2:40.40 41.27 | 300m: 4:14.24 47.53 | 400m: 5:26.44 36.32 |
| <b>13 lat</b>          |                     |                     |                     |
| 1. Jarocho Wiktoria    | 98                  | <b>5:43.98</b>      | 437                 |
| 50m: 35.40 35.40       | 150m: 1:59.22 41.57 | 250m: 3:33.23 50.56 | 350m: 5:04.14 40.70 |
| 100m: 1:17.65 42.25    | 200m: 2:42.67 43.45 | 300m: 4:23.44 50.21 | 400m: 5:43.98 39.84 |
| 2. Rogowska Paulina    | 98                  | <b>5:47.68</b>      | 423                 |
| 50m: 36.92 36.92       | 150m: 2:07.32 45.18 | 250m: 3:41.06 48.39 | 350m: 5:11.85 39.93 |
| 100m: 1:22.14 45.22    | 200m: 2:52.67 45.35 | 300m: 4:31.92 50.86 | 400m: 5:47.68 35.83 |
| 3. Mazur Maja          | 98                  | <b>5:48.64</b>      | 419                 |
| 50m: 38.20 38.20       | 150m: 2:06.14 43.11 | 250m: 3:39.52 51.67 | 350m: 5:10.55 38.96 |
| 100m: 1:23.03 44.83    | 200m: 2:47.85 41.71 | 300m: 4:31.59 52.07 | 400m: 5:48.64 38.09 |
| 4. Machula Sara        | 98                  | <b>5:52.39</b>      | 406                 |
| 50m: 37.14 37.14       | 150m: 2:10.93 48.58 | 250m: 3:47.21 50.75 | 350m: 5:14.98 38.69 |
| 100m: 1:22.35 45.21    | 200m: 2:56.46 45.53 | 300m: 4:36.29 49.08 | 400m: 5:52.39 37.41 |
| 5. Kowalik Nina        | 98                  | <b>6:02.31</b>      | 374                 |
| 50m: 35.98 35.98       | 150m: 2:08.85 46.77 | 250m: 3:46.34 51.94 | 350m: 5:22.71 42.04 |
| 100m: 1:22.08 46.10    | 200m: 2:54.40 45.55 | 300m: 4:40.67 54.33 | 400m: 6:02.31 39.60 |
| 6. Sarna Magdalena     | 98                  | <b>6:03.39</b>      | 370                 |
| 50m: 36.74 36.74       | 150m: 2:09.46 47.39 | 250m: 3:47.26 51.78 | 350m: 5:22.42 42.01 |
| 100m: 1:22.07 45.33    | 200m: 2:55.48 46.02 | 300m: 4:40.41 53.15 | 400m: 6:03.39 40.97 |
| 7. Prasek Sara         | 98                  | <b>6:05.45</b>      | 364                 |
| 50m: 39.93 39.93       | 150m: 2:13.48 44.01 | 250m: 3:49.85 52.38 | 350m: 5:24.33 43.29 |
| 100m: 1:29.47 49.54    | 200m: 2:57.47 43.99 | 300m: 4:41.04 51.19 | 400m: 6:05.45 41.12 |