



Konkurencja 19
12-06-2010

Kobiet, 400m dowolny

Open
Wyniki

Rek Polski Jun. 15-lat	4:16.54	Kilija ska Donata	KSOST	Tampere (FIN)	20-07-2009
Rek Okregu Swiet. Seniorów	4:16.54	Kilija ska Donata	KSOST	Tampere (FIN)	20-07-2009
Rek Okregu Swiet. Jun.18-lat	4:16.54	Kilija ska Donata	KSOST	Tampere (FIN)	20-07-2009
Rek Okregu Swiet. Jun.17-lat	4:16.54	Kilija ska Donata	KSOST	Tampere (FIN)	20-07-2009
Rek Okregu Swiet. Jun.16-lat	4:16.54	Kilija ska Donata	KSOST	Tampere (FIN)	20-07-2009
Rek Okregu Swiet. Jun.15-lat	4:16.54	Kilija ska Donata	KSOST	Tampere (FIN)	20-07-2009
Rek Okregu Swiet. Jun.14-lat	4:16.54	Kilija ska Donata	KSOST	Tampere (FIN)	20-07-2009
Rek Okregu Swiet. Mlodz.13-lat	4:37.09	Wołoszyn Sonia	ARKIE	Ostrowiec Sw.	18-05-2008
Rek Okregu Swiet. Mlodz.12-lat	4:53.37	Wołoszyn Sonia	ARKIE	Debica	24-11-2007

Punkty: FINA 2008

Pozycja		Rok ur.						Czas	Pkt.
1.	Kilija ska Donata	95	KSZO Ostrowiec Sw					4:24.45	777
	50m: 31.20 31.20	150m: 1:38.41 34.15	250m: 2:45.56 33.57	350m: 3:52.22 33.20					
	100m: 1:04.26 33.06	200m: 2:11.99 33.58	300m: 3:19.02 33.46	400m: 4:24.45 32.23					
2.	Wołoszyn Sonia	95	Salos Cortile Kielce					4:35.94	684
	50m: 32.85 32.85	150m: 1:42.91 35.23	250m: 2:53.95 35.19	350m: 4:03.34 34.07					
	100m: 1:07.68 34.83	200m: 2:18.76 35.85	300m: 3:29.27 35.32	400m: 4:35.94 32.60					
3.	Grzebała Zuzanna	95	KSZO Ostrowiec Sw					4:36.60	679
	50m: 32.99 32.99	150m: 1:43.05 34.99	250m: 2:53.07 34.75	350m: 4:02.66 34.75					
	100m: 1:08.06 35.07	200m: 2:18.32 35.27	300m: 3:27.91 34.84	400m: 4:36.60 33.94					
4.	Lipi ska Małgorzata	93	KSZO Ostrowiec Sw					4:40.21	653
	50m: 32.74 32.74	150m: 1:42.94 35.32	250m: 2:54.09 35.39	350m: 4:05.15 35.40					
	100m: 1:07.62 34.88	200m: 2:18.70 35.76	300m: 3:29.75 35.66	400m: 4:40.21 35.06					
5.	Ucha ska Karolina	94	KSZO Ostrowiec Sw					4:44.29	626
	50m: 32.69 32.69	150m: 1:43.48 35.86	250m: 2:55.01 35.63	350m: 4:08.03 36.80					
	100m: 1:07.62 34.93	200m: 2:19.38 35.90	300m: 3:31.23 36.22	400m: 4:44.29 36.26					
6.	Woszczy ska Aleksandra	96	KSZO Ostrowiec Sw					4:53.76	567
	50m: 35.07 35.07	150m: 1:49.65 37.06	250m: 3:04.72 37.55	350m: 4:18.35 36.29					
	100m: 1:12.59 37.52	200m: 2:27.17 37.52	300m: 3:42.06 37.34	400m: 4:53.76 35.41					
7.	Loranty Patrycja	97	KSZO Ostrowiec Sw					5:01.37	525
	50m: 33.99 33.99	150m: 1:50.21 38.79	250m: 3:08.22 38.60	350m: 4:24.54 37.96					
	100m: 1:11.42 37.43	200m: 2:29.62 39.41	300m: 3:46.58 38.36	400m: 5:01.37 36.83					
8.	St pie Olga	95	KSZO Ostrowiec Sw					5:02.03	522
	50m: 34.97 34.97	150m: 1:51.46 38.25	250m: 3:08.29 38.30	350m: 4:24.86 38.17					
	100m: 1:13.21 38.24	200m: 2:29.99 38.53	300m: 3:46.69 38.40	400m: 5:02.03 37.17					
9.	Majos Paulina	96	Korona-Swim Kielce					5:03.21	516
	50m: 35.24 35.24	150m: 1:52.33 38.70	250m: 3:10.14 39.13	350m: 4:28.16 39.17					
	100m: 1:13.63 38.39	200m: 2:31.01 38.68	300m: 3:48.99 38.85	400m: 5:03.21 35.05					
10.	Słowiecka Maja	94	Salos Cortile Kielce					5:09.20	486
	50m: 33.80 33.80	150m: 1:50.71 38.77	250m: 3:10.07 39.50	350m: 4:29.85 39.95					
	100m: 1:11.94 38.14	200m: 2:30.57 39.86	300m: 3:49.90 39.83	400m: 5:09.20 39.35					
11.	Marzec Paulina	97	Salos Cortile Kielce					5:15.32	458
	50m: 36.92 36.92	150m: 1:56.80 40.50	250m: 3:17.66 40.43	350m: 4:38.32 40.27					
	100m: 1:16.30 39.38	200m: 2:37.23 40.43	300m: 3:58.05 40.39	400m: 5:15.32 37.00					
12.	Banasik Paula	95	KSZO Ostrowiec Sw					5:17.14	451
	50m: 36.40 36.40	150m: 1:56.34 40.09	250m: 3:16.63 40.13	350m: 4:37.71 40.72					
	100m: 1:16.25 39.85	200m: 2:36.50 40.16	300m: 3:56.99 40.36	400m: 5:17.14 39.43					
13.	miałek Katarzyna	93	FOKA Sandomierz					5:17.73	448
	50m: 35.18 35.18	150m: 1:56.18 40.73	250m: 3:18.64 41.21	350m: 4:40.56 40.83					
	100m: 1:15.45 40.27	200m: 2:37.43 41.25	300m: 3:59.73 41.09	400m: 5:17.73 37.17					
14.	Gawlik Mariola	97	Salos Cortile Kielce					5:25.40	417
	50m: 36.78 36.78	150m: 1:57.24 40.69	250m: 3:22.12 42.93	350m: 4:45.83 40.74					
	100m: 1:16.55 39.77	200m: 2:39.19 41.95	300m: 4:05.09 42.97	400m: 5:25.40 39.57					



Mistrzostwa Okregu Swietokrzyskiego
Ostrowiec Sw., 12-13.06.2010



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Pozycja					Rok ur.					Czas	Pkt.	
15.	Machula Sara				98	KSZO Ostrowiec Sw				5:26.09	414	
	50m:	38.40	38.40	150m:	2:01.18	41.59	250m:	3:24.83	41.93	350m:	4:47.72	40.98
	100m:	1:19.59	41.19	200m:	2:42.90	41.72	300m:	4:06.74	41.91	400m:	5:26.09	38.37
16.	Jarocho Wiktoria				98	KSZO Ostrowiec Sw				5:30.28	399	
	50m:	39.31	39.31	150m:	2:04.04	42.67	250m:	3:28.83	41.99	350m:	4:52.11	40.84
	100m:	1:21.37	42.06	200m:	2:46.84	42.80	300m:	4:11.27	42.44	400m:	5:30.28	38.17
17.	Belotti Dominika				94	FOKA Sandomierz				5:38.94	369	
	50m:	38.05	38.05	150m:	2:03.09	43.19	250m:	3:30.59	43.61	350m:	4:57.25	43.66
	100m:	1:19.90	41.85	200m:	2:46.98	43.89	300m:	4:13.59	43.00	400m:	5:38.94	41.69
18.	Kaczko Oliwia				97	FOKA Sandomierz				5:41.54	361	
	50m:	38.12	38.12	150m:	2:03.56	42.93	250m:	3:31.79	44.07	350m:	4:59.84	43.96
	100m:	1:20.63	42.51	200m:	2:47.72	44.16	300m:	4:15.88	44.09	400m:	5:41.54	41.70
19.	Rogowska Paulina				98	Salos Cortile Kielce				5:42.44	358	
	50m:	38.98	38.98	150m:	2:07.19	45.20	250m:	3:35.14	43.06	350m:	5:01.81	43.85
	100m:	1:21.99	43.01	200m:	2:52.08	44.89	300m:	4:17.96	42.82	400m:	5:42.44	40.63
20.	Pepa Milena				97	Salos Cortile Kielce				6:12.67	278	
	50m:	41.37	41.37	150m:	2:15.77	47.96	250m:	3:53.42	48.97	350m:	5:29.76	48.54
	100m:	1:27.81	46.44	200m:	3:04.45	48.68	300m:	4:41.22	47.80	400m:	6:12.67	42.91
PK	Karczewska Joanna				95	SKARPA Lublin				4:59.32	536	
	50m:	34.27	34.27	150m:	1:49.72	38.18	250m:	3:06.44	38.32	350m:	4:22.39	37.79
	100m:	1:11.54	37.27	200m:	2:28.12	38.40	300m:	3:44.60	38.16	400m:	4:59.32	36.93
PK	Mycak Katarzyna				98	MMKS Kedzierzyn Kozle				5:06.90	497	
	50m:	36.49	36.49	150m:	1:55.26	39.89	250m:	3:13.95	39.54	350m:	4:31.15	38.50
	100m:	1:15.37	38.88	200m:	2:34.41	39.15	300m:	3:52.65	38.70	400m:	5:06.90	35.75
PK	Szlagor Magdalena				97	JUNIOR Kluczbork				5:17.81	448	
	50m:	35.85	35.85	150m:	1:56.35	40.55	250m:	3:18.49	41.15	350m:	4:40.18	40.71
	100m:	1:15.80	39.95	200m:	2:37.34	40.99	300m:	3:59.47	40.98	400m:	5:17.81	37.63