



Konkurencja 5
26-11-2011

Kobiet, 400m dowolny

Open
Wyniki

Rek Okr gu wi t Seniorów	4:10.37	Kilija ska Donata	KSOST	Łód	13-11-2011
Rek Okr gu wi t. Jun 18-lat	4:10.37	Kilija ska Donata	KSOST	Łód	13-11-2011
Rek Okr gu wi t. Jun 17-lat	4:10.37	Kilija ska Donata	KSOST	Łód	13-11-2011
Rek Okr gu wi t. Jun 16-lat	4:10.37	Kilija ska Donata	KSOST	Łód	13-11-2011
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 wiet. Młodzików 13-lat	4:35.47	Wołoszyn Sonia	KSOST	Saint Dizier (FRA)	15-11-2008
Rek Okr gu wi t. Młodzików 12-lat	4:43.86	Wołoszyn Sonia	ARKIE	Ostrowiec w.	09-12-2007
Rek Okr gu wi t. Dzieci	5:16.58	Mikołajczyk Marta	KOKIE	Busko Zdrój	06-12-2008

Punkty: FINA 2011

Pozycja	Rok ur.	Czas	Pkt.
11 lat			
1. Radecka Anna	00	Barakuda Starachowice	5:45.36 314
50m: 38.44 38.44	150m: 2:07.25 44.86	250m: 3:35.39 43.93	350m: 5:02.50 43.68
100m: 1:22.39 43.95	200m: 2:51.46 44.21	300m: 4:18.82 43.43	400m: 5:45.36 42.86
2. Pawełczak Karolina	00	FALA Ropczyce	5:45.59 314
50m: 39.21 39.21	150m: 2:06.98 44.73	250m: 3:35.99 43.94	350m: 5:03.00 43.71
100m: 1:22.25 43.04	200m: 2:52.05 45.07	300m: 4:19.29 43.30	400m: 5:45.59 42.59
3. B kiewicz Julia	00	ORKA J drzejów	5:49.01 304
50m: 37.62 37.62	150m: 2:04.05 44.01	250m: 3:33.74 44.67	350m: 5:03.63 44.13
100m: 1:20.04 42.42	200m: 2:49.07 45.02	300m: 4:19.50 45.76	400m: 5:49.01 45.38
4. Kroczek Iga	00	KSZO Ostrowiec w.	5:49.71 303
50m: 40.71 40.71	150m: 2:10.17 45.21	250m: 3:37.33 44.10	350m: 5:05.83 44.08
100m: 1:24.96 44.25	200m: 2:53.23 43.06	300m: 4:21.75 44.42	400m: 5:49.71 43.88
5. Karkoszka Anna	00	Barakuda Starachowice	5:51.46 298
50m: 37.23 37.23	150m: 2:05.84 44.76	250m: 3:36.25 45.50	350m: 5:07.01 45.41
100m: 1:21.08 43.85	200m: 2:50.75 44.91	300m: 4:21.60 45.35	400m: 5:51.46 44.45
6. Golenia Magdalena	00	FALA Ropczyce	6:02.51 272
50m: 39.09 39.09	150m: 2:07.17 45.14	250m: 3:39.42 46.48	350m: 5:15.32 48.52
100m: 1:22.03 42.94	200m: 2:52.94 45.77	300m: 4:26.80 47.38	400m: 6:02.51 47.19
7. Jagiełło Weronika	00	Korona-Swim Kielce	6:04.89 266
50m: 41.51 41.51	150m: 2:15.29 47.68	250m: 3:50.42 47.74	350m: 5:22.15 45.50
100m: 1:27.61 46.10	200m: 3:02.68 47.39	300m: 4:36.65 46.23	400m: 6:04.89 42.74
8. Rogala Julia	00	FALA Ropczyce	6:14.71 246
50m: 40.82 40.82	150m: 2:14.21 47.00	250m: 3:49.03 46.35	350m: 5:27.44 48.46
100m: 1:27.21 46.39	200m: 3:02.68 48.47	300m: 4:38.98 49.95	400m: 6:14.71 47.27
9. Wójtowicz Julia	00	Barakuda Starachowice	6:17.36 241
50m: 40.63 40.63	150m: 2:16.89 48.29	250m: 3:53.95 48.39	350m: 5:30.03 47.47
100m: 1:28.60 47.97	200m: 3:05.56 48.67	300m: 4:42.56 48.61	400m: 6:17.36 47.33
10. Szafrska Julia	00	KSZO Ostrowiec w.	6:23.96 229
50m: 42.09 42.09	150m: 2:17.99 48.30	250m: 3:56.40 49.37	350m: 5:35.55 49.44
100m: 1:29.69 47.60	200m: 3:07.03 49.04	300m: 4:46.11 49.71	400m: 6:23.96 48.41
11. yłka Natalia	00	FALA Ropczyce	6:34.18 211
50m: 43.65 43.65	150m: 2:24.75 51.23	250m: 4:06.81 50.71	350m: 5:49.67 50.71
100m: 1:33.52 49.87	200m: 3:16.10 51.35	300m: 4:58.96 52.15	400m: 6:34.18 44.51
12. Mroczkowska Nikola	00	KSZO Ostrowiec w.	6:49.75 188
50m: 45.68 45.68	150m: 2:30.68 53.29	250m: 4:16.51 53.60	350m: 6:01.32 52.62
100m: 1:37.39 51.71	200m: 3:22.91 52.23	300m: 5:08.70 52.19	400m: 6:49.75 48.43
13. St pie Paulina	00	WODNIK Ko skie	7:14.54 158
50m: 45.66 45.66	150m: 2:34.35 54.86	250m: 4:25.43 56.27	350m: 6:17.95 55.17
100m: 1:39.49 53.83	200m: 3:29.16 54.81	300m: 5:22.78 57.35	400m: 7:14.54 56.59
14. Łukomska Magdalena	00	UNIA Busko-Zdrój	7:28.05 144
50m: 45.28 45.28	150m: 2:39.71 59.17	250m: 4:39.91 59.95	350m: 6:38.90 58.50
100m: 1:40.54 55.26	200m: 3:39.96 1:00.25	300m: 5:40.40 1:00.49	400m: 7:28.05 49.15



Konkurencja 5, Dziewcz t, 400m dowolny, 11 lat

Pozycja		Rok ur.						Czas	Pkt.
15.	Kucharczyk Gabriela	00	Korona-Swim Kielce					7:31.70	140
	50m: 54.59 54.59	150m: 3:03.07 1:04.79	250m: 5:17.72 1:07.61	350m:					
	100m: 1:58.28 1:03.69	200m: 4:10.11 1:07.04	300m: 6:25.31 1:07.59	400m:				7:31.70	
16.	Biniek Dominika	00	WODNIK Koszkie					7:39.54	133
	50m: 51.58 51.58	150m: 2:45.18 57.45	250m: 4:45.05 59.85	350m:				6:44.28	59.75
	100m: 1:47.73 56.15	200m: 3:45.20 1:00.02	300m: 5:44.53 59.48	400m:				7:39.54	55.26
NIE UK.	Matyjewicz Justyna	00	FALA Ropczyce						
	50m: 42.78 42.78	150m: 2:25.42 51.80	250m: 4:09.21 51.32	350m:				5:54.63	51.50
	100m: 1:33.62 50.84	200m: 3:17.89 52.47	300m: 5:03.13 53.92	400m:					
NIE UK.	Krzeminska Patrycja	00	KSZO Ostrowiec w.						
	50m: 43.88 43.88	150m: 2:31.36 53.93	250m: 4:18.71 56.35	350m:				6:01.91	50.10
	100m: 1:37.43 53.55	200m: 3:22.36 51.00	300m: 5:11.81 53.10	400m:					

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1.	Długoł cka Karolina	96	UNIA Busko-Zdrój					5:04.04	461
	50m: 34.67 34.67	150m: 1:53.56 41.05	250m: 3:13.67 40.34	350m:				4:32.43	37.89
	100m: 1:12.51 37.84	200m: 2:33.33 39.77	300m: 3:54.54 40.87	400m:				5:04.04	31.61
2.	Kowalik Nina	98	Korona-Swim Kielce					5:10.72	432
	50m: 34.76 34.76	150m: 1:53.73 40.01	250m: 3:13.99 40.49	350m:				4:32.82	38.74
	100m: 1:13.72 38.96	200m: 2:33.50 39.77	300m: 3:54.08 40.09	400m:				5:10.72	37.90
3.	Sarna Magdalena	98	Korona-Swim Kielce					5:25.96	374
	50m: 35.15 35.15	150m: 1:56.47 41.38	250m: 3:20.56 42.48	350m:				4:44.37	41.61
	100m: 1:15.09 39.94	200m: 2:38.08 41.61	300m: 4:02.76 42.20	400m:				5:25.96	41.59
4.	Radecka Anna	00	Barakuda Starachowice					5:45.36	314
	50m: 38.44 38.44	150m: 2:07.25 44.86	250m: 3:35.39 43.93	350m:				5:02.50	43.68
	100m: 1:22.39 43.95	200m: 2:51.46 44.21	300m: 4:18.82 43.43	400m:				5:45.36	42.86
5.	Pawęczak Karolina	00	FALA Ropczyce					5:45.59	314
	50m: 39.21 39.21	150m: 2:06.98 44.73	250m: 3:35.99 43.94	350m:				5:03.00	43.71
	100m: 1:22.25 43.04	200m: 2:52.05 45.07	300m: 4:19.29 43.30	400m:				5:45.59	42.59
6.	B kiewicz Julia	00	ORKA J drzejów					5:49.01	304
	50m: 37.62 37.62	150m: 2:04.05 44.01	250m: 3:33.74 44.67	350m:				5:03.63	44.13
	100m: 1:20.04 42.42	200m: 2:49.07 45.02	300m: 4:19.50 45.76	400m:				5:49.01	45.38
7.	Kroczek Iga	00	KSZO Ostrowiec w.					5:49.71	303
	50m: 40.71 40.71	150m: 2:10.17 45.21	250m: 3:37.33 44.10	350m:				5:05.83	44.08
	100m: 1:24.96 44.25	200m: 2:53.23 43.06	300m: 4:21.75 44.42	400m:				5:49.71	43.88
8.	Karkoszka Anna	00	Barakuda Starachowice					5:51.46	298
	50m: 37.23 37.23	150m: 2:05.84 44.76	250m: 3:36.25 45.50	350m:				5:07.01	45.41
	100m: 1:21.08 43.85	200m: 2:50.75 44.91	300m: 4:21.60 45.35	400m:				5:51.46	44.45
9.	Golenia Magdalena	00	FALA Ropczyce					6:02.51	272
	50m: 39.09 39.09	150m: 2:07.17 45.14	250m: 3:39.42 46.48	350m:				5:15.32	48.52
	100m: 1:22.03 42.94	200m: 2:52.94 45.77	300m: 4:26.80 47.38	400m:				6:02.51	47.19
10.	Jagięto Weronika	00	Korona-Swim Kielce					6:04.89	266
	50m: 41.51 41.51	150m: 2:15.29 47.68	250m: 3:50.42 47.74	350m:				5:22.15	45.50
	100m: 1:27.61 46.10	200m: 3:02.68 47.39	300m: 4:36.65 46.23	400m:				6:04.89	42.74
11.	Rogala Julia	00	FALA Ropczyce					6:14.71	246
	50m: 40.82 40.82	150m: 2:14.21 47.00	250m: 3:49.03 46.35	350m:				5:27.44	48.46
	100m: 1:27.21 46.39	200m: 3:02.68 48.47	300m: 4:38.98 49.95	400m:				6:14.71	47.27
12.	Wójtowicz Julia	00	Barakuda Starachowice					6:17.36	241
	50m: 40.63 40.63	150m: 2:16.89 48.29	250m: 3:53.95 48.39	350m:				5:30.03	47.47
	100m: 1:28.60 47.97	200m: 3:05.56 48.67	300m: 4:42.56 48.61	400m:				6:17.36	47.33
13.	Szafra ska Julia	00	KSZO Ostrowiec w.					6:23.96	229
	50m: 42.09 42.09	150m: 2:17.99 48.30	250m: 3:56.40 49.37	350m:				5:35.55	49.44
	100m: 1:29.69 47.60	200m: 3:07.03 49.04	300m: 4:46.11 49.71	400m:				6:23.96	48.41



Konkurencja 5, Kobiet, 400m dowolny, Open

Pozycja		Rok ur.						Czas	Pkt.
14.	yłka Natalia	00	FALA Ropczyce					6:34.18	211
	50m: 43.65 43.65	150m: 2:24.75	51.23	250m: 4:06.81	50.71	350m: 5:49.67	50.71		
	100m: 1:33.52 49.87	200m: 3:16.10	51.35	300m: 4:58.96	52.15	400m: 6:34.18	44.51		
15.	Mroczkowska Nikola	00	KSZO Ostrowiec w.					6:49.75	188
	50m: 45.68 45.68	150m: 2:30.68	53.29	250m: 4:16.51	53.60	350m: 6:01.32	52.62		
	100m: 1:37.39 51.71	200m: 3:22.91	52.23	300m: 5:08.70	52.19	400m: 6:49.75	48.43		
16.	St pie Paulina	00	WODNIK Ko skie					7:14.54	158
	50m: 45.66 45.66	150m: 2:34.35	54.86	250m: 4:25.43	56.27	350m: 6:17.95	55.17		
	100m: 1:39.49 53.83	200m: 3:29.16	54.81	300m: 5:22.78	57.35	400m: 7:14.54	56.59		
17.	Łukomska Magdalena	00	UNIA Busko-Zdrój					7:28.05	144
	50m: 45.28 45.28	150m: 2:39.71	59.17	250m: 4:39.91	59.95	350m: 6:38.90	58.50		
	100m: 1:40.54 55.26	200m: 3:39.96	1:00.25	300m: 5:40.40	1:00.49	400m: 7:28.05	49.15		
18.	Kucharczyk Gabriela	00	Korona-Swim Kielce					7:31.70	140
	50m: 54.59 54.59	150m: 3:03.07	1:04.79	250m: 5:17.72	1:07.61	350m:			
	100m: 1:58.28 1:03.69	200m: 4:10.11	1:07.04	300m: 6:25.31	1:07.59	400m: 7:31.70			
19.	Biniek Dominika	00	WODNIK Ko skie					7:39.54	133
	50m: 51.58 51.58	150m: 2:45.18	57.45	250m: 4:45.05	59.85	350m: 6:44.28	59.75		
	100m: 1:47.73 56.15	200m: 3:45.20	1:00.02	300m: 5:44.53	59.48	400m: 7:39.54	55.26		
NIE UK.	Krzeminska Patrycja	00	KSZO Ostrowiec w.						
	50m: 43.88 43.88	150m: 2:31.36	53.93	250m: 4:18.71	56.35	350m: 6:01.91	50.10		
	100m: 1:37.43 53.55	200m: 3:22.36	51.00	300m: 5:11.81	53.10	400m:			
NIE UK.	Matyjewicz Justyna	00	FALA Ropczyce						
	50m: 42.78 42.78	150m: 2:25.42	51.80	250m: 4:09.21	51.32	350m: 5:54.63	51.50		
	100m: 1:33.62 50.84	200m: 3:17.89	52.47	300m: 5:03.13	53.92	400m:			