



Konkurencja 9

Kobiet, 400m zmienny

13 lat i starsi

11-02-2012 - 11:44

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.

15 lat i starsi

1. Wołoszyn Sonia	95	KSZO Ostrowiec w	5:06.98	614			
50m: 32.50	32.50	150m: 1:48.65	40.08	250m: 3:13.08	45.53	350m: 4:32.90	34.22
100m: 1:08.57	36.07	200m: 2:27.55	38.90	300m: 3:58.68	45.60	400m: 5:06.98	34.08
2. Majos Paulina	96	Salos Cortile Kielce	5:09.47	600			
50m: 32.33	32.33	150m: 1:48.70	39.36	250m: 3:12.83	44.65	350m: 4:33.66	35.39
100m: 1:09.34	37.01	200m: 2:28.18	39.48	300m: 3:58.27	45.44	400m: 5:09.47	35.81
3. Zawolik Wiktoria	97	KSZO Ostrowiec w	5:29.97	495			
50m: 35.69	35.69	150m: 1:59.48	41.13	250m: 3:28.25	46.48	350m: 4:53.51	37.38
100m: 1:18.35	42.66	200m: 2:41.77	42.29	300m: 4:16.13	47.88	400m: 5:29.97	36.46

14 lat

1. Jarocho Wiktoria	98	KSZO Ostrowiec w	5:25.36	516			
50m: 36.29	36.29	150m: 1:57.21	40.29	250m: 3:24.99	47.38	350m: 4:49.21	37.25
100m: 1:16.92	40.63	200m: 2:37.61	40.40	300m: 4:11.96	46.97	400m: 5:25.36	36.15
2. Mazur Maja	98	Salos Cortile Kielce	5:42.34	443			
50m: 37.01	37.01	150m: 2:03.73	42.20	250m: 3:35.69	50.36	350m: 5:05.20	38.33
100m: 1:21.53	44.52	200m: 2:45.33	41.60	300m: 4:26.87	51.18	400m: 5:42.34	37.14
3. Rogowska Paulina	98	Salos Cortile Kielce	5:50.75	412			
50m: 38.04	38.04	150m: 2:07.23	43.84	250m: 3:42.32	52.78	350m: 5:12.91	38.78
100m: 1:23.39	45.35	200m: 2:49.54	42.31	300m: 4:34.13	51.81	400m: 5:50.75	37.84
4. Prasek Sara	98	UNIA Busko Zdrój	5:58.60	385			
50m: 39.28	39.28	150m: 2:11.30	44.47	250m: 3:46.31	51.14	350m: 5:20.10	41.88
100m: 1:26.83	47.55	200m: 2:55.17	43.87	300m: 4:38.22	51.91	400m: 5:58.60	38.50
5. Kowalik Nina	98	Korona-Swim Kielce	6:00.49	379			
50m: 36.78	36.78	150m: 2:11.14	47.92	250m: 3:48.68	52.09	350m: 5:22.49	40.91
100m: 1:23.22	46.44	200m: 2:56.59	45.45	300m: 4:41.58	52.90	400m: 6:00.49	38.00
6. Łosak Wiktoria	98	Salos Cortile Kielce	6:08.35	355			
50m: 42.14	42.14	150m: 2:18.13	45.57	250m: 3:53.66	50.09	350m: 5:27.40	41.77
100m: 1:32.56	50.42	200m: 3:03.57	45.44	300m: 4:45.63	51.97	400m: 6:08.35	40.95
7. Salwa Patrycja	98	Salos Cortile Kielce	6:18.98	326			
50m: 49.45	49.45	150m: 2:31.99	47.85	250m: 4:07.79	48.89	350m: 5:39.09	41.42
100m: 1:44.14	54.69	200m: 3:18.90	46.91	300m: 4:57.67	49.88	400m: 6:18.98	39.89

13 lat

1. Gaik Natalia	99	Salos Cortile Kielce	5:58.67	385			
50m: 39.75	39.75	150m: 2:11.01	46.23	250m: 3:48.30	51.21	350m: 5:19.95	39.99
100m: 1:24.78	45.03	200m: 2:57.09	46.08	300m: 4:39.96	51.66	400m: 5:58.67	38.72
2. Tomaszewska Aleksandra	99	Salos Cortile Kielce	6:08.10	356			
50m: 38.15	38.15	150m: 2:10.13	47.58	250m: 3:50.16	53.66	350m: 5:26.28	42.78
100m: 1:22.55	44.40	200m: 2:56.50	46.37	300m: 4:43.50	53.34	400m: 6:08.10	41.82
3. Foltyn Matylda	99	Salos Cortile Kielce	6:15.79	335			
50m: 41.25	41.25	150m: 2:18.26	47.01	250m: 3:56.37	51.01	350m: 5:33.36	43.76
100m: 1:31.25	50.00	200m: 3:05.36	47.10	300m: 4:49.60	53.23	400m: 6:15.79	42.43



Konkurencja 9, Dziewcz t, 400m zmienny, 13 lat

Pozycja	Rok ur.								Czas	Pkt.
4. Opałko Dominika	99 Korona-Swim Kielce								6:24.44	313
50m: 43.11	43.11	150m: 2:23.23	48.95	250m: 3:59.41	49.98	350m: 5:39.46	46.91			
100m: 1:34.28	51.17	200m: 3:09.43	46.20	300m: 4:52.55	53.14	400m: 6:24.44	44.98			
5. Kaszuba Wiktoria	99 Korona-Swim Kielce								6:31.05	297
50m: 42.89	42.89	150m: 2:23.46	49.87	250m: 4:07.06	54.86	350m: 5:45.72	44.46			
100m: 1:33.59	50.70	200m: 3:12.20	48.74	300m: 5:01.26	54.20	400m: 6:31.05	45.33			
6. Reczko Emilia	99 KSZO Ostrowiec w								6:56.19	246
50m: 49.05	49.05	150m: 2:38.01	55.94	250m: 4:27.06	56.13	350m: 6:10.73	45.13			
100m: 1:42.07	53.02	200m: 3:30.93	52.92	300m: 5:25.60	58.54	400m: 6:56.19	45.46			
7. Kowal Paulina	99 KSZO Ostrowiec w								6:58.81	242
50m: 45.31	45.31	150m: 2:34.23	54.10	250m: 4:25.57	58.49	350m: 6:13.00	47.47			
100m: 1:40.13	54.82	200m: 3:27.08	52.85	300m: 5:25.53	59.96	400m: 6:58.81	45.81			