



Konkurencja 1
10-11-2012

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.

15 lat i starsi

1. Wołoszyn Sonia SOc	95	KSZO Ostrowiec w	5:09.24	601
50m: 32.93 32.93	150m: 1:48.40 40.03	250m: 3:13.96 45.36	350m: 4:35.87 35.62	
100m: 1:08.37 35.44	200m: 2:28.60 40.20	300m: 4:00.25 46.29	400m: 5:09.24 33.37	
2. Majos Paulina	96	Salos Cortile Kielce	5:20.62	539
50m: 33.61 33.61	150m: 1:53.82 41.40	250m: 3:21.32 46.65	350m: 4:45.59 36.77	
100m: 1:12.42 38.81	200m: 2:34.67 40.85	300m: 4:08.82 47.50	400m: 5:20.62 35.03	
3. Loranty Patrycja	97	KSZO Ostrowiec w	5:21.93	533
50m: 35.88 35.88	150m: 1:58.22 42.98	250m: 3:26.40 46.16	350m: 4:47.89 34.53	
100m: 1:15.24 39.36	200m: 2:40.24 42.02	300m: 4:13.36 46.96	400m: 5:21.93 34.04	
4. Zawolik Wiktoria	97	KSZO Ostrowiec w	5:30.21	494
50m: 35.11 35.11	150m: 1:58.00 41.37	250m: 3:27.98 48.79	350m: 4:53.91 37.01	
100m: 1:16.63 41.52	200m: 2:39.19 41.19	300m: 4:16.90 48.92	400m: 5:30.21 36.30	
5. Marzec Paulina	97	Salos Cortile Kielce	5:30.68	491
50m: 34.72 34.72	150m: 1:56.91 42.05	250m: 3:26.17 46.98	350m: 4:52.60 39.80	
100m: 1:14.86 40.14	200m: 2:39.19 42.28	300m: 4:12.80 46.63	400m: 5:30.68 38.08	
6. Pytel Maria	86	Barakuda Starachowice	5:49.11	418
50m: 38.37 38.37	150m: 2:12.00 46.83	250m: 3:44.03 48.29	350m: 5:12.60 38.45	
100m: 1:25.17 46.80	200m: 2:55.74 43.74	300m: 4:34.15 50.12	400m: 5:49.11 36.51	

14 lat

1. Jarocho Wiktoria	98	KSZO Ostrowiec w	5:32.73	482
50m: 34.39 34.39	150m: 1:55.67 41.33	250m: 3:26.61 49.61	350m: 4:54.95 38.36	
100m: 1:14.34 39.95	200m: 2:37.00 41.33	300m: 4:16.59 49.98	400m: 5:32.73 37.78	
2. Mazur Maja	98	Salos Cortile Kielce	5:33.64	478
50m: 35.21 35.21	150m: 1:59.25 42.11	250m: 3:28.96 48.54	350m: 4:56.80 38.07	
100m: 1:17.14 41.93	200m: 2:40.42 41.17	300m: 4:18.73 49.77	400m: 5:33.64 36.84	
3. Machula Sara	98	KSZO Ostrowiec w	5:43.48	438
50m: 37.45 37.45	150m: 2:08.01 45.96	250m: 3:38.17 48.02	350m: 5:05.96 38.79	
100m: 1:22.05 44.60	200m: 2:50.15 42.14	300m: 4:27.17 49.00	400m: 5:43.48 37.52	
4. Zarychta Anita	98	Barakuda Starachowice	5:50.15	414
50m: 38.75 38.75	150m: 2:10.64 46.99	250m: 3:44.75 46.68	350m: 5:13.15 40.33	
100m: 1:23.65 44.90	200m: 2:58.07 47.43	300m: 4:32.82 48.07	400m: 5:50.15 37.00	
5. Sarna Magdalena	98	Korona-Swim Kielce	5:58.45	386
50m: 37.00 37.00	150m: 2:07.02 44.98	250m: 3:42.86 49.80	350m: 5:16.46 40.25	
100m: 1:22.04 45.04	200m: 2:53.06 46.04	300m: 4:36.21 53.35	400m: 5:58.45 41.99	
6. Prasek Sara	98	UNIA Busko Zdrój	6:01.65	376
50m: 35.63 35.63	150m: 2:03.64 43.68	250m: 3:39.66 52.24	350m: 5:17.45 44.74	
100m: 1:19.96 44.33	200m: 2:47.42 43.78	300m: 4:32.71 53.05	400m: 6:01.65 44.20	



Konkurencja 1, Kobiet, 400m zmienny

13 lat

1.	Grzybek Nadia		99	FOKA Sandomierz		5:46.29	428	
	50m: 37.73	37.73	150m: 2:03.45	40.94	250m: 3:36.23	51.15	350m: 5:07.83	41.20
	100m: 1:22.51	44.78	200m: 2:45.08	41.63	300m: 4:26.63	50.40	400m: 5:46.29	38.46
2.	Tomaszewska Aleksandra		99	Salos Cortile Kielce		5:56.09	393	
	50m: 38.23	38.23	150m: 2:04.64	44.93	250m: 3:41.82	53.40	350m: 5:16.46	41.14
	100m: 1:19.71	41.48	200m: 2:48.42	43.78	300m: 4:35.32	53.50	400m: 5:56.09	39.63
3.	Gaik Natalia		99	Salos Cortile Kielce		6:12.12	345	
	50m: 38.28	38.28	150m: 2:09.46	45.21	250m: 3:50.29	53.64	350m: 5:26.43	43.47
	100m: 1:24.25	45.97	200m: 2:56.65	47.19	300m: 4:42.96	52.67	400m: 6:12.12	45.69
4.	Kowal Paulina		99	KSZO Ostrowiec w		6:13.79	340	
	50m: 41.40	41.40	150m: 2:16.59	47.55	250m: 3:58.51	54.76	350m: 5:33.80	40.52
	100m: 1:29.04	47.64	200m: 3:03.75	47.16	300m: 4:53.28	54.77	400m: 6:13.79	39.99
5.	Reczko Emilia		99	KSZO Ostrowiec w		6:13.98	340	
	50m: 43.27	43.27	150m: 2:20.28	46.80	250m: 4:01.21	54.10	350m: 5:33.44	40.92
	100m: 1:33.48	50.21	200m: 3:07.11	46.83	300m: 4:52.52	51.31	400m: 6:13.98	40.54
6.	St pie Kamila		99	Barakuda Starachowice		6:15.78	335	
	50m: 41.51	41.51	150m: 2:18.64	47.93	250m: 3:57.16	52.19	350m: 5:35.60	44.37
	100m: 1:30.71	49.20	200m: 3:04.97	46.33	300m: 4:51.23	54.07	400m: 6:15.78	40.18
7.	Kaszuba Wiktoria		99	Korona-Swim Kielce		6:20.90	321	
	50m: 38.67	38.67	150m: 2:14.52	49.45	250m: 3:56.20	52.59	350m: 5:36.55	44.84
	100m: 1:25.07	46.40	200m: 3:03.61	49.09	300m: 4:51.71	55.51	400m: 6:20.90	44.35