



Konkurencja 19  
08-12-2012

Kobiet, 400m dowolny

Open  
Wyniki

Rek Okręgu wiot. Seniorów	4:08.04	Kilija ska Donata	KSOST	Pozna	17-12-2011
Rek Okręgu wiot. Jun.18-lat	4:08.04	Kilija ska Donata	KSOST	Pozna	17-12-2011
Rek Okręgu wiot. Jun.17-lat	4:08.04	Kilija ska Donata	KSOST	Pozna	17-12-2011
Rek Okręgu wiot. Jun.16-lat	4:08.04	Kilija ska Donata	KSOST	Pozna	17-12-2011
Rek Okręgu wiot. Jun.15-lat	4:11.12	Kilija ska Donata	KSOST	Łód	21-11-2010
Rek Okręgu wiot. Jun.14-lat	4:16.92	Kilija ska Donata	KSOST	Gorzów Wlkp.	28-11-2009
Rek Okręgu wiot. Młodz.13-lat	4:35.47	Wołoszyn Sonia	KSOST	Saint Dizier (FRA)	15-11-2008
Rek Okręgu wiot. Młodz.12-lat	4:43.86	Wołoszyn Sonia	ARKIE	Ostrowiec w.	09-12-2007
Rek Okręgu wiot. Dzieci	5:16.58	Mikołajczyk Marta	KOKIE	Busko Zdrój	06-12-2008

Punkty: FINA 2011

Pozycja Rok ur. Czas Pkt.

Młodzik

1. St pie Kamila	99	Barakuda Starachowice	<b>5:13.66</b>	420
50m: 35.17 35.17	150m: 1:53.85 39.63	250m: 3:14.60 40.80	350m: 4:35.11 40.43	
100m: 1:14.22 39.05	200m: 2:33.80 39.95	300m: 3:54.68 40.08	400m: 5:13.66 38.55	
2. Szafrska Julia	00	KSZO Ostrowiec w	<b>5:19.44</b>	397
50m: 36.01 36.01	150m: 1:57.12 41.23	250m: 3:20.04 41.36	350m: 4:41.18 40.44	
100m: 1:15.89 39.88	200m: 2:38.68 41.56	300m: 4:00.74 40.70	400m: 5:19.44 38.26	
3. Karkoszka Anna	00	Barakuda Starachowice	<b>5:19.46</b>	397
50m: 36.07 36.07	150m: 1:56.70 40.64	250m: 3:19.01 41.04	350m: 4:41.35 41.35	
100m: 1:16.06 39.99	200m: 2:37.97 41.27	300m: 4:00.00 40.99	400m: 5:19.46 38.11	
4. Kowal Paulina	99	KSZO Ostrowiec w	<b>5:20.76</b>	392
50m: 36.08 36.08	150m: 1:56.84 41.01	250m: 3:19.90 41.33	350m: 4:41.68 40.56	
100m: 1:15.83 39.75	200m: 2:38.57 41.73	300m: 4:01.12 41.22	400m: 5:20.76 39.08	
5. Wójtowicz Julia	00	Barakuda Starachowice	<b>5:23.20</b>	384
50m: 36.37 36.37	150m: 1:58.81 41.64	250m: 3:21.68 41.19	350m: 4:44.20 41.37	
100m: 1:17.17 40.80	200m: 2:40.49 41.68	300m: 4:02.83 41.15	400m: 5:23.20 39.00	
6. Kroczek Iga	00	KSZO Ostrowiec w	<b>5:26.05</b>	374
50m: 38.28 38.28	150m: 2:01.28 41.48	250m: 3:24.48 41.64	350m: 4:47.04 40.69	
100m: 1:19.80 41.52	200m: 2:42.84 41.56	300m: 4:06.35 41.87	400m: 5:26.05 39.01	
7. St pie Paulina	00	WODNIK Koskie	<b>6:43.13</b>	197
50m: 44.22 44.22	150m: 2:26.61 51.88	250m: 4:11.08 51.92	350m: 5:53.66 51.82	
100m: 1:34.73 50.51	200m: 3:19.16 52.55	300m: 5:01.84 50.76	400m: 6:43.13 49.47	

Open

1. Wołoszyn Sonia SOc	95	KSZO Ostrowiec w	<b>4:27.79</b>	675
50m: 30.65 30.65	150m: 1:38.27 34.40	250m: 2:46.92 34.47	350m: 3:55.25 34.21	
100m: 1:03.87 33.22	200m: 2:12.45 34.18	300m: 3:21.04 34.12	400m: 4:27.79 32.54	
2. Loranty Patrycja	97	KSZO Ostrowiec w	<b>4:35.94</b>	617
50m: 32.19 32.19	150m: 1:42.62 35.42	250m: 2:53.28 35.05	350m: 4:02.92 34.62	
100m: 1:07.20 35.01	200m: 2:18.23 35.61	300m: 3:28.30 35.02	400m: 4:35.94 33.02	
3. Zawolik Wiktoria	97	KSZO Ostrowiec w	<b>4:40.08</b>	590
50m: 31.91 31.91	150m: 1:42.60 35.76	250m: 2:54.22 35.87	350m: 4:05.49 35.38	
100m: 1:06.84 34.93	200m: 2:18.35 35.75	300m: 3:30.11 35.89	400m: 4:40.08 34.59	
4. Jarocho Wiktoria	98	KSZO Ostrowiec w	<b>4:45.30</b>	558
50m: 33.05 33.05	150m: 1:44.34 35.81	250m: 2:56.31 35.90	350m: 4:08.96 36.57	
100m: 1:08.53 35.48	200m: 2:20.41 36.07	300m: 3:32.39 36.08	400m: 4:45.30 36.34	
5. Mazur Maja	98	Salos Cortile Kielce	<b>4:51.55</b>	523
50m: 32.80 32.80	150m: 1:46.29 37.32	250m: 3:00.69 36.88	350m: 4:15.12 37.18	
100m: 1:08.97 36.17	200m: 2:23.81 37.52	300m: 3:37.94 37.25	400m: 4:51.55 36.43	
6. Zarychta Anita	98	Barakuda Starachowice	<b>5:04.70</b>	458
50m: 34.95 34.95	150m: 1:52.47 39.29	250m: 3:11.77 39.64	350m: 4:29.39 37.96	
100m: 1:13.18 38.23	200m: 2:32.13 39.66	300m: 3:51.43 39.66	400m: 5:04.70 35.31	



Zimowe Mistrzostwa Okręgu wiołozyskiego  
Ostrowiec w., 8,9 grudzie 2012



Konkurencja 19, Kobiet, 400m dowolny, Open

Pozycja				Rok ur.					Czas	Pkt.
7.	St pie Kamila			99	Barakuda Starachowice				<b>5:13.66</b>	420
	50m: 35.17	35.17	150m: 1:53.85	39.63	250m: 3:14.60	40.80	350m: 4:35.11	40.43		
	100m: 1:14.22	39.05	200m: 2:33.80	39.95	300m: 3:54.68	40.08	400m: 5:13.66	38.55		
8.	Szafra ska Julia			00	KSZO Ostrowiec w				<b>5:19.44</b>	397
	50m: 36.01	36.01	150m: 1:57.12	41.23	250m: 3:20.04	41.36	350m: 4:41.18	40.44		
	100m: 1:15.89	39.88	200m: 2:38.68	41.56	300m: 4:00.74	40.70	400m: 5:19.44	38.26		
9.	Karkoszka Anna			00	Barakuda Starachowice				<b>5:19.46</b>	397
	50m: 36.07	36.07	150m: 1:56.70	40.64	250m: 3:19.01	41.04	350m: 4:41.35	41.35		
	100m: 1:16.06	39.99	200m: 2:37.97	41.27	300m: 4:00.00	40.99	400m: 5:19.46	38.11		
10.	Kowal Paulina			99	KSZO Ostrowiec w				<b>5:20.76</b>	392
	50m: 36.08	36.08	150m: 1:56.84	41.01	250m: 3:19.90	41.33	350m: 4:41.68	40.56		
	100m: 1:15.83	39.75	200m: 2:38.57	41.73	300m: 4:01.12	41.22	400m: 5:20.76	39.08		
11.	Wójtowicz Julia			00	Barakuda Starachowice				<b>5:23.20</b>	384
	50m: 36.37	36.37	150m: 1:58.81	41.64	250m: 3:21.68	41.19	350m: 4:44.20	41.37		
	100m: 1:17.17	40.80	200m: 2:40.49	41.68	300m: 4:02.83	41.15	400m: 5:23.20	39.00		
12.	Kroczek Iga			00	KSZO Ostrowiec w				<b>5:26.05</b>	374
	50m: 38.28	38.28	150m: 2:01.28	41.48	250m: 3:24.48	41.64	350m: 4:47.04	40.69		
	100m: 1:19.80	41.52	200m: 2:42.84	41.56	300m: 4:06.35	41.87	400m: 5:26.05	39.01		
13.	Kuczy ska Zofia			01	FOKA Sandomierz				<b>5:38.45</b>	334
	50m: 38.45	38.45	150m: 2:04.65	43.29	250m: 3:31.89	43.99	350m: 4:57.11	41.98		
	100m: 1:21.36	42.91	200m: 2:47.90	43.25	300m: 4:15.13	43.24	400m: 5:38.45	41.34		
14.	St pie Paulina			00	WODNIK Ko skie				<b>6:43.13</b>	197
	50m: 44.22	44.22	150m: 2:26.61	51.88	250m: 4:11.08	51.92	350m: 5:53.66	51.82		
	100m: 1:34.73	50.51	200m: 3:19.16	52.55	300m: 5:01.84	50.76	400m: 6:43.13	49.47		
PK	Majos Paulina			96	Akwedukt Kielce				<b>4:41.65</b>	580
	50m: 32.66	32.66	150m: 1:43.11	35.53	250m: 2:54.95	35.89	350m: 4:07.28	36.47		
	100m: 1:07.58	34.92	200m: 2:19.06	35.95	300m: 3:30.81	35.86	400m: 4:41.65	34.37		
PK	Ramian Anna			96	Akwedukt Kielce				<b>5:17.67</b>	404
	50m: 35.18	35.18	150m: 1:55.56	41.31	250m: 3:18.23	41.17	350m: 4:39.80	40.19		
	100m: 1:14.25	39.07	200m: 2:37.06	41.50	300m: 3:59.61	41.38	400m: 5:17.67	37.87		
PK	Mikołajczyk Marta			97	Akwedukt Kielce				<b>5:29.15</b>	363
	50m: 34.46	34.46	150m: 1:55.01	41.97	250m: 3:20.60	42.25	350m: 4:48.41	44.05		
	100m: 1:13.04	38.58	200m: 2:38.35	43.34	300m: 4:04.36	43.76	400m: 5:29.15	40.74		