



Konkurencja 7  
11-05-2013

Kobiet, 400m dowolny

11 lat i starsi  
Wyniki

Rek Okręgu wiot Seniorów	4:15.07	Kilijaska Donata	KSOST	Olsztyn	14-05-2012
Rek Okręgu wiot Jun 18-lat	4:15.07	Kilijaska Donata	KSOST	Olsztyn	14-05-2012
Rek Okręgu wiot Jun 17-lat	4:15.07	Kilijaska Donata	KSOST	Olsztyn	14-05-2012
Rek Okręgu wiot Jun 16-lat	4:16.10	Kilijaska Donata	KSOST	Belgrad (SRB)	06-07-2011
Rek Okręgu wiot Jun 15-lat	4:16.54	Kilijaska Donata	KSOST	Tampere (FIN)	20-07-2009
Rek Okręgu wiot Jun 14-lat	4:16.54	Kilijaska Donata	KSOST	Tampere (FIN)	20-07-2009
Rek Okręgu wiot Młodz.13-lat	4:37.09	Wołoszyn Sonia	ARKIE	Ostrowiec w.	18-05-2008
Rek Okręgu wiot Młodz.12-lat	4:53.37	Wołoszyn Sonia	ARKIE	Dębica	24-11-2007

Punkty: FINA 2011

Pozycja Rok ur. Czas Pkt.

15 lat i starsi

1. Jarocho Wiktoria	98	KSZO Ostrowiec w	<b>4:43.84</b>	598
50m: 33.19 33.19	150m: 1:43.92 35.88	250m: 2:55.73 36.22	350m: 4:08.30 36.25	
100m: 1:08.04 34.85	200m: 2:19.51 35.59	300m: 3:32.05 36.32	400m: 4:43.84 35.54	
2. Majos Paulina	96	Salos Cortile Kielce	<b>4:45.79</b>	585
50m: 32.57 32.57	150m: 1:43.89 36.10	250m: 2:56.04 36.32	350m: 4:10.17 37.22	
100m: 1:07.79 35.22	200m: 2:19.72 35.83	300m: 3:32.95 36.91	400m: 4:45.79 35.62	
3. Mazur Maja	98	Salos Cortile Kielce	<b>4:48.37</b>	570
50m: 33.93 33.93	150m: 1:46.67 37.03	250m: 3:00.00 35.92	350m: 4:12.74 36.73	
100m: 1:09.64 35.71	200m: 2:24.08 37.41	300m: 3:36.01 36.01	400m: 4:48.37 35.63	
4. Zarychta Anita	98	Barakuda Starachowice	<b>4:55.98</b>	527
50m: 33.99 33.99	150m: 1:49.85 38.57	250m: 3:06.88 38.53	350m: 4:22.02 37.09	
100m: 1:11.28 37.29	200m: 2:28.35 38.50	300m: 3:44.93 38.05	400m: 4:55.98 33.96	
5. Salwa Patrycja	98	Salos Cortile Kielce	<b>5:35.01</b>	363
50m: 37.49 37.49	150m: 2:02.56 43.15	250m: 3:29.15 43.46	350m: 4:54.53 42.24	
100m: 1:19.41 41.92	200m: 2:45.69 43.13	300m: 4:12.29 43.14	400m: 5:35.01 40.48	
6. Prasek Sara	98	UNIA Busko Zdrój	<b>5:46.48</b>	328
50m: 35.69 35.69	150m: 2:01.31 43.77	250m: 3:32.27 45.32	350m: 5:02.78 45.61	
100m: 1:17.54 41.85	200m: 2:46.95 45.64	300m: 4:17.17 44.90	400m: 5:46.48 43.70	
7. Kucharska Katarzyna	98	UNIA Busko Zdrój	<b>6:29.15</b>	232
50m: 42.34 42.34	150m: 2:19.35 50.71	250m: 3:59.44 50.48	350m: 5:41.11 51.90	
100m: 1:28.64 46.30	200m: 3:08.96 49.61	300m: 4:49.21 49.77	400m: 6:29.15 48.04	

14 lat

1. Grzybek Nadia	99	FOKA Sandomierz	<b>5:04.00</b>	486
50m: 33.74 33.74	150m: 1:48.68 38.33	250m: 3:06.79 39.15	350m: 4:25.78 39.52	
100m: 1:10.35 36.61	200m: 2:27.64 38.96	300m: 3:46.26 39.47	400m: 5:04.00 38.22	
2. Stępie Kamila	99	Barakuda Starachowice	<b>5:19.04</b>	421
50m: 35.13 35.13	150m: 1:54.79 39.94	250m: 3:17.03 41.14	350m: 4:39.18 40.72	
100m: 1:14.85 39.72	200m: 2:35.89 41.10	300m: 3:58.46 41.43	400m: 5:19.04 39.86	
3. Opałko Dominika	99	Salos Cortile Kielce	<b>5:20.40</b>	415
50m: 35.48 35.48	150m: 1:57.35 41.84	250m: 3:19.67 41.26	350m: 4:41.57 40.71	
100m: 1:15.51 40.03	200m: 2:38.41 41.06	300m: 4:00.86 41.19	400m: 5:20.40 38.83	
4. Gaik Natalia	99	Salos Cortile Kielce	<b>5:31.66</b>	374
50m: 36.35 36.35	150m: 1:59.55 43.89	250m: 3:24.62 41.24	350m: 4:50.46 43.08	
100m: 1:15.66 39.31	200m: 2:43.38 43.83	300m: 4:07.38 42.76	400m: 5:31.66 41.20	
5. Pilińska Adrianna	99	KSZO Ostrowiec w	<b>5:35.11</b>	363
50m: 37.49 37.49	150m: 2:02.85 43.37	250m: 3:30.08 43.63	350m: 4:55.55 42.20	
100m: 1:19.48 41.99	200m: 2:46.45 43.60	300m: 4:13.35 43.27	400m: 5:35.11 39.56	



Konkurencja 7, Kobiety, 400m dowolny

13 lat

1. Radecka Anna			00	Barakuda Starachowice			<b>5:04.85</b>	482
50m:	36.03	36.03	150m:	1:53.05	39.02	250m:	3:11.29	39.55
100m:	1:14.03	38.00	200m:	2:31.74	38.69	300m:	3:49.53	38.24
						350m:	4:28.75	39.22
						400m:	5:04.85	36.10
2. Szafranska Julia			00	KSZO Ostrowiec w			<b>5:05.78</b>	478
50m:	35.31	35.31	150m:	1:52.21	39.24	250m:	3:10.09	38.54
100m:	1:12.97	37.66	200m:	2:31.55	39.34	300m:	3:49.18	39.09
						350m:	4:27.89	38.71
						400m:	5:05.78	37.89
3. Wójtowicz Julia			00	Barakuda Starachowice			<b>5:11.45</b>	452
50m:	35.35	35.35	150m:	1:53.85	39.96	250m:	3:13.72	40.38
100m:	1:13.89	38.54	200m:	2:33.34	39.49	300m:	3:53.67	39.95
						350m:	4:33.61	39.94
						400m:	5:11.45	37.84

11 - 12 lat

1. Wołek Oliwia			01	KSZO Ostrowiec w			<b>5:20.10</b>	417
50m:	36.49	36.49	150m:	1:58.39	41.32	250m:	3:20.50	41.08
100m:	1:17.07	40.58	200m:	2:39.42	41.03	300m:	4:01.69	41.19
						350m:	4:42.03	40.34
						400m:	5:20.10	38.07
2. Wicha Karolina			01	KSZO Ostrowiec w			<b>5:27.80</b>	388
50m:	36.14	36.14	150m:	1:58.27	41.35	250m:	3:23.02	42.39
100m:	1:16.92	40.78	200m:	2:40.63	42.36	300m:	4:05.96	42.94
						350m:	4:48.10	42.14
						400m:	5:27.80	39.70
3. Grzybek Alicja			01	FOKA Sandomierz			<b>5:33.00</b>	370
50m:	38.02	38.02	150m:	2:03.33	43.02	250m:	3:28.24	42.51
100m:	1:20.31	42.29	200m:	2:45.73	42.40	300m:	4:10.93	42.69
						350m:	4:52.49	41.56
						400m:	5:33.00	40.51
4. Kuczyńska Zofia			01	FOKA Sandomierz			<b>5:41.12</b>	344
50m:	38.79	38.79	150m:	2:06.06	43.30	250m:	3:35.54	44.86
100m:	1:22.76	43.97	200m:	2:50.68	44.62	300m:	4:17.86	42.32
						350m:	5:00.48	42.62
						400m:	5:41.12	40.64
5. Gromada Karolina			01	FOKA Sandomierz			<b>6:07.65</b>	275
50m:	41.20	41.20	150m:	2:15.05	46.70	250m:	3:49.83	47.13
100m:	1:28.35	47.15	200m:	3:02.70	47.65	300m:	4:37.69	47.86
						350m:	5:25.04	47.35
						400m:	6:07.65	42.61
6. Pajk Julia			01	KSZO Ostrowiec w			<b>6:22.68</b>	244
50m:	41.29	41.29	150m:	2:17.50	49.02	250m:	3:55.09	49.58
100m:	1:28.48	47.19	200m:	3:05.51	48.01	300m:	4:45.57	50.48
						350m:	5:34.92	49.35
						400m:	6:22.68	47.76
7. Kałuzińska Paula			01	Korona-Swim Kielce			<b>6:48.22</b>	201
50m:	43.63	43.63	150m:			250m:		
100m:	1:33.47	49.84	200m:	3:22.19		300m:	5:08.06	
						350m:	5:58.78	50.72
						400m:	6:48.22	49.44
8. Kowalczyk Dominika			01	Korona-Swim Kielce			<b>7:08.89</b>	173
50m:	43.03	43.03	150m:	2:27.88	54.30	250m:	4:21.02	57.23
100m:	1:33.58	50.55	200m:	3:23.79	55.91	300m:	5:18.11	57.09
						350m:	6:14.76	56.65
						400m:	7:08.89	54.13
PK Gasin Nadia			98	MKS Ikar Mielec			<b>5:10.53</b>	456
50m:	36.13	36.13	150m:	1:54.59	39.63	250m:	3:14.08	39.93
100m:	1:14.96	38.83	200m:	2:34.15	39.56	300m:	3:54.15	40.07
						350m:	4:32.70	38.55
						400m:	5:10.53	37.83