



Konkurencja 1
23-11-2013

Kobiet, 400m zmienny

13 lat i starsi
Wyniki

Rek Okręgu wiot. Seniorów	4:45.20	Kilijaska Donata	KSOST	Kraków	08-03-2013
Rek Okręgu wiot. Jun 18-lat	4:45.20	Kilijaska Donata	KSOST	Kraków	08-03-2013
Rek Okręgu wiot. Jun 17-lat	4:46.40	Kilijaska Donata	KSOST	Gliwice	18-03-2011
Rek Okręgu wiot. Jun 16-lat	4:46.40	Kilijaska Donata	KSOST	Gliwice	18-03-2011
Rek Okręgu wiot. Jun 15-lat	4:53.17	Kilijaska Donata	KSOST	Katowice	24-01-2010
Rek Okręgu wiot. Jun 14-lat	5:13.23	Szeląg Karolina	KSOST	Busko-Zdrój	02-12-2009
Rek Okręgu wiot. Młodz. 13-lat	5:16.17	Wołoszyn Sonia	KSOST	Saint Dizier (FRA)	16-11-2008

Punkty: FINA 2012

Pozycja Rok ur. Czas Pkt.

15 lat i starsi

1. Długocha Karolina SK	96	UNIA Busko Zdrój	5:00.76	653
50m: 31.58 31.58	150m: 1:45.69 37.70	250m: 3:08.09 44.83	350m: 4:27.48 34.84	
100m: 1:07.99 36.41	200m: 2:23.26 37.57	300m: 3:52.64 44.55	400m: 5:00.76 33.28	
2. Zarychta Anita	98	Barakuda Starachowice	5:22.73	529
50m: 34.63 34.63	150m: 1:56.78 42.98	250m: 3:25.36 45.47	350m: 4:48.77 36.90	
100m: 1:13.80 39.17	200m: 2:39.89 43.11	300m: 4:11.87 46.51	400m: 5:22.73 33.96	
3. Jarocho Wiktoria	98	KSZO Ostrowiec w	5:23.98	523
50m: 33.52 33.52	150m: 1:52.69 39.84	250m: 3:20.82 48.15	350m: 4:47.31 37.63	
100m: 1:12.85 39.33	200m: 2:32.67 39.98	300m: 4:09.68 48.86	400m: 5:23.98 36.67	
4. Loranty Patrycja	97	KSZO Ostrowiec w	5:27.74	505
50m: 34.56 34.56	150m: 1:57.08 42.19	250m: 3:26.03 47.63	350m: 4:51.14 37.14	
100m: 1:14.89 40.33	200m: 2:38.40 41.32	300m: 4:14.00 47.97	400m: 5:27.74 36.60	
5. Mazur Maja	98	Salos Cortile Kielce	5:31.43	488
50m: 35.64 35.64	150m: 1:59.67 41.54	250m: 3:29.48 49.58	350m: 4:57.04 36.89	
100m: 1:18.13 42.49	200m: 2:39.90 40.23	300m: 4:20.15 50.67	400m: 5:31.43 34.39	
6. Łosak Wiktoria	98	KSZO Ostrowiec w	5:55.06	397
50m: 37.90 37.90	150m: 2:07.85 44.13	250m: 3:42.59 50.34	350m: 5:14.76 40.03	
100m: 1:23.72 45.82	200m: 2:52.25 44.40	300m: 4:34.73 52.14	400m: 5:55.06 40.30	
7. Sarna Magdalena	98	Korona-Swim Kielce	6:09.26	353
50m: 39.50 39.50	150m: 2:05.84 43.55	250m: 3:45.72 54.64	350m: 5:25.50 44.51	
100m: 1:22.29 42.79	200m: 2:51.08 45.24	300m: 4:40.99 55.27	400m: 6:09.26 43.76	

14 lat

1. Tomaszewska Aleksandra	99	Salos Cortile Kielce	5:30.91	490
50m: 34.44 34.44	150m: 1:56.61 42.52	250m: 3:28.15 49.61	350m: 4:54.65 37.43	
100m: 1:14.09 39.65	200m: 2:38.54 41.93	300m: 4:17.22 49.07	400m: 5:30.91 36.26	
2. Grzybek Nadia	99	FOKA Sandomierz	5:40.29	451
50m: 37.29 37.29	150m: 2:02.25 42.29	250m: 3:32.48 49.56	350m: 5:02.30 40.00	
100m: 1:19.96 42.67	200m: 2:42.92 40.67	300m: 4:22.30 49.82	400m: 5:40.29 37.99	
3. Opałko Dominika	99	Salos Cortile Kielce	5:44.03	436
50m: 38.23 38.23	150m: 2:06.61 43.77	250m: 3:41.15 51.15	350m: 5:05.78 39.85	
100m: 1:22.84 44.61	200m: 3:37.18 1:30.57	300m: 4:25.93 50.76	400m: 5:44.03 38.25	
4. Kowal Paulina	99	KSZO Ostrowiec w	5:44.89	433
50m: 38.35 38.35	150m: 2:03.51 44.23	250m: 3:37.43 51.73	350m: 5:07.66 38.36	
100m: 1:19.28 40.93	200m: 2:45.70 42.19	300m: 4:29.30 51.87	400m: 5:44.89 37.23	
5. Gaik Natalia	99	Salos Cortile Kielce	5:58.34	386
50m: 36.14 36.14	150m: 2:03.10 44.64	250m: 3:39.89 52.05	350m: 5:15.39 41.91	
100m: 1:18.46 42.32	200m: 2:47.84 44.74	300m: 4:33.48 53.59	400m: 5:58.34 42.95	
6. Stępie Kamila	99	Barakuda Starachowice	6:00.79	378
50m: 39.00 39.00	150m: 2:13.47 47.38	250m: 3:48.72 49.36	350m: 5:20.59 41.79	
100m: 1:26.09 47.09	200m: 2:59.36 45.89	300m: 4:38.80 50.08	400m: 6:00.79 40.20	



Konkurencja 1, Dziewcząt, 400m zmienny, 14 lat

Pozycja				Rok ur.					Czas	Pkt.		
7.	Pilińska Adrianna SOc			99	KSZO Ostrowiec w				6:13.85	340		
	50m:	40.42	40.42	150m:	2:19.67	49.49	250m:	4:00.20	51.36	350m:	5:33.03	41.16
	100m:	1:30.18	49.76	200m:	3:08.84	49.17	300m:	4:51.87	51.67	400m:	6:13.85	40.82
8.	Reczko Emilia			99	KSZO Ostrowiec w				6:16.69	332		
	50m:	41.65	41.65	150m:	2:16.27	48.17	250m:	3:56.24	53.28	350m:	5:34.40	42.78
	100m:	1:28.10	46.45	200m:	3:02.96	46.69	300m:	4:51.62	55.38	400m:	6:16.69	42.29

13 lat

1.	Szafrańska Julia SOc			00	KSZO Ostrowiec w				5:35.10	472		
	50m:	36.58	36.58	150m:	2:02.56	42.50	250m:	3:32.69	48.82	350m:	4:59.33	36.53
	100m:	1:20.06	43.48	200m:	2:43.87	41.31	300m:	4:22.80	50.11	400m:	5:35.10	35.77
2.	Radecka Anna			00	Barakuda Starachowice				5:35.63	470		
	50m:	36.04	36.04	150m:	2:02.56	43.33	250m:	3:33.21	48.46	350m:	4:59.78	38.00
	100m:	1:19.23	43.19	200m:	2:44.75	42.19	300m:	4:21.78	48.57	400m:	5:35.63	35.85
3.	Wójtowicz Julia			00	Barakuda Starachowice				5:37.66	462		
	50m:	36.84	36.84	150m:	2:02.44	41.39	250m:	3:33.65	49.45	350m:	5:00.49	38.08
	100m:	1:21.05	44.21	200m:	2:44.20	41.76	300m:	4:22.41	48.76	400m:	5:37.66	37.17
4.	Jagiełło Weronika			00	Korona-Swim Kielce				6:01.51	376		
	50m:	40.13	40.13	150m:	2:14.69	47.38	250m:	3:51.71	52.21	350m:	5:22.47	39.16
	100m:	1:27.31	47.18	200m:	2:59.50	44.81	300m:	4:43.31	51.60	400m:	6:01.51	39.04
5.	Kroczyk Iga SOc			00	KSZO Ostrowiec w				6:11.89	345		
	50m:	41.80	41.80	150m:	2:16.51	46.33	250m:	3:56.00	54.08	350m:	5:31.94	42.01
	100m:	1:30.18	48.38	200m:	3:01.92	45.41	300m:	4:49.93	53.93	400m:	6:11.89	39.95
6.	Stępień Paulina			00	WODNIK Koszów				7:06.78	228		
	50m:	45.81	45.81	150m:	2:36.84	56.22	250m:	4:30.65	59.90	350m:	6:19.24	48.36
	100m:	1:40.62	54.81	200m:	3:30.75	53.91	300m:	5:30.88	1:00.23	400m:	7:06.78	47.54
7.	Biniek Dominika			00	WODNIK Koszów				7:46.39	175		
	50m:	49.77	49.77	150m:	3:00.95	1:02.61	250m:	4:59.94	55.11	350m:	6:50.76	53.85
	100m:	1:58.34	1:08.57	200m:	4:04.83	1:03.88	300m:	5:56.91	56.97	400m:	7:46.39	55.63