



Drużynowe Mistrzostwa Młodzików 12,13-lat
Ostrowiec w., 23,24 marzec 2013r



Konkurencja 7
23-03-2013 - 13:50

Dziewcząt, 400m dowolny

12 - 13 lat
Wyniki

Rek Polski Młodz 13-lat	4:24.58	Ancykowska Joanna	WAPOZ	Pozna	28-11-1991
Rek Polski Młodz 12-lat	4:35.20	Kwiatkowska Agnieszka	STSZC	Szczecin	20-11-1982
Rek Okręgu w t. Młodz.13-lat	4:35.47	Wołoszyn Sonia	KSOST	Saint Dizier (FRA)	15-11-2008
Rek Okręgu w t. Młodz.12-lat	4:43.86	Wołoszyn Sonia	ARKIE	Ostrowiec w.	09-12-2007

Punkty: FINA 2011

Pozycja	Rok ur.	Czas	Pkt.
12 lat			
1. Wołek Oliwia	01 KSZO Ostrowiec w	5:09.38	437
50m: 35.52 35.52	150m: 1:53.61 39.22	250m: 3:12.68 39.80	350m: 4:31.50 39.34
100m: 1:14.39 38.87	200m: 2:32.88 39.27	300m: 3:52.16 39.48	400m: 5:09.38 37.88
2. Serafin Magdalena	01 Jordan Kraków	5:16.67	408
50m: 34.69 34.69	150m: 1:53.99 39.84	250m: 3:15.17 40.42	350m: 4:36.43 40.48
100m: 1:14.15 39.46	200m: 2:34.75 40.76	300m: 3:55.95 40.78	400m: 5:16.67 40.24
3. Skrzypek Paulina	01 Motyl Stalowa Wola	5:17.61	404
50m: 37.01 37.01	150m: 1:59.82 41.53	250m: 3:20.89 40.37	350m: 4:40.87 38.89
100m: 1:18.29 41.28	200m: 2:40.52 40.70	300m: 4:01.98 41.09	400m: 5:17.61 36.74
4. Kuczyńska Zofia	01 FOKA Sandomierz	5:21.72	389
50m: 36.76 36.76	150m: 1:58.74 41.80	250m: 3:20.97 40.84	350m: 4:42.94 40.86
100m: 1:16.94 40.18	200m: 2:40.13 41.39	300m: 4:02.08 41.11	400m: 5:21.72 38.78
5. Głowa Aleksandra	01 KP Sokół Rzeszów	5:23.49	382
50m: 36.08 36.08	150m: 1:57.18 41.07	250m: 3:20.05 41.61	350m: 4:42.20 41.08
100m: 1:16.11 40.03	200m: 2:38.44 41.26	300m: 4:01.12 41.07	400m: 5:23.49 41.29
6. Bajorek Katarzyna	01 Jordan Kraków	5:23.59	382
50m: 36.65 36.65	150m: 1:58.42 41.66	250m: 3:20.99 41.43	350m: 4:44.24 41.87
100m: 1:16.76 40.11	200m: 2:39.56 41.14	300m: 4:02.37 41.38	400m: 5:23.59 39.35
7. mietana Karolina	01 Jordan Kraków	5:29.11	363
50m: 36.35 36.35	150m: 1:58.99 41.72	250m: 3:23.07 42.59	350m: 4:47.56 42.20
100m: 1:17.27 40.92	200m: 2:40.48 41.49	300m: 4:05.36 42.29	400m: 5:29.11 41.55
8. Ozdoba Oliwia	01 KSZO Ostrowiec w	5:34.26	347
50m: 38.24 38.24	150m: 2:02.21 42.22	250m: 3:27.91 42.73	350m: 4:53.63 42.67
100m: 1:19.99 41.75	200m: 2:45.18 42.97	300m: 4:10.96 43.05	400m: 5:34.26 40.63
9. Wicha Karolina	01 KSZO Ostrowiec w	5:34.61	346
50m: 36.52 36.52	150m: 1:59.71 42.35	250m: 3:25.06 42.70	350m: 4:51.46 43.27
100m: 1:17.36 40.84	200m: 2:42.36 42.65	300m: 4:08.19 43.13	400m: 5:34.61 43.15
10. Rabiniaak Zuzanna	01 RTP Victoria Radom	5:45.86	313
50m: 37.82 37.82	150m: 2:05.53 44.94	250m: 3:33.90 44.29	350m: 5:02.25 43.96
100m: 1:20.59 42.77	200m: 2:49.61 44.08	300m: 4:18.29 44.39	400m: 5:45.86 43.61
11. Czech Wiktoria	01 MOSiR Wodnik Krosno	5:49.09	304
50m: 40.61 40.61	150m: 2:11.06 43.65	250m: 3:40.60 45.17	350m: 5:08.38 43.89
100m: 1:27.41 46.80	200m: 2:55.43 44.37	300m: 4:24.49 43.89	400m: 5:49.09 40.71
12. Sikora Klaudia	01 Jordan Kraków	5:51.62	298
50m: 38.26 38.26	150m: 2:07.61 45.43	250m: 3:38.45 45.26	350m: 5:09.22 45.43
100m: 1:22.18 43.92	200m: 2:53.19 45.58	300m: 4:23.79 45.34	400m: 5:51.62 42.40
13. Mikołajczyk Paulina	01 Jordan Kraków	5:53.39	293
50m: 39.58 39.58	150m: 2:09.44 45.34	250m: 3:40.16 45.66	350m: 5:10.71 45.74
100m: 1:24.10 44.52	200m: 2:54.50 45.06	300m: 4:24.97 44.81	400m: 5:53.39 42.68
14. Ku miarczyk Weronika	01 Barakuda Starachowice	5:54.84	290
50m: 39.22 39.22	150m: 2:11.72 46.47	250m: 3:44.76 47.01	350m: 5:15.38 44.96
100m: 1:25.25 46.03	200m: 2:57.75 46.03	300m: 4:30.42 45.66	400m: 5:54.84 39.46
15. Malik Julianna	01 Jordan Kraków	5:56.51	286
50m: 37.98 37.98	150m: 2:08.82 45.76	250m: 3:40.73 45.73	350m: 5:11.81 45.78
100m: 1:23.06 45.08	200m: 2:55.00 46.18	300m: 4:26.03 45.30	400m: 5:56.51 44.70



Drużynowe Mistrzostwa Młodzików 12,13-lat
Ostrowiec w., 23,24 marzec 2013r



Konkurencja 7, Dziewcząt, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.			
16.	Gromada Karolina		01	FOKA Sandomierz				5:58.71	280			
	50m:	39.97	39.97	150m:	2:11.50	45.88	250m:	3:43.07	45.91	350m:	5:14.43	45.34
	100m:	1:25.62	45.65	200m:	2:57.16	45.66	300m:	4:29.09	46.02	400m:	5:58.71	44.28
17.	Pajk Julia		01	KSZO Ostrowiec w				6:06.87	262			
	50m:	39.78	39.78	150m:	2:12.87	47.11	250m:	3:46.72	46.38	350m:	5:21.59	47.60
	100m:	1:25.76	45.98	200m:	3:00.34	47.47	300m:	4:33.99	47.27	400m:	6:06.87	45.28
18.	Litwin Andrea		01	MKS Ikar Mielec				6:09.59	256			
	50m:	42.19	42.19	150m:	2:17.01	48.07	250m:	3:51.96	47.78	350m:	5:26.39	46.86
	100m:	1:28.94	46.75	200m:	3:04.18	47.17	300m:	4:39.53	47.57	400m:	6:09.59	43.20
19.	Jarzyna Natalia		01	Barakuda Starachowice				6:13.45	248			
	50m:	41.04	41.04	150m:	2:17.82	49.42	250m:	3:56.14	48.96	350m:	5:33.22	47.91
	100m:	1:28.40	47.36	200m:	3:07.18	49.36	300m:	4:45.31	49.17	400m:	6:13.45	40.23
20.	Iskra Alicja		01	Motyl Stalowa Wola				6:19.03	238			
	50m:	41.30	41.30	150m:	2:17.06	48.45	250m:	3:54.94	48.70	350m:	5:32.36	49.35
	100m:	1:28.61	47.31	200m:	3:06.24	49.18	300m:	4:43.01	48.07	400m:	6:19.03	46.67
21.	Surpeta Julia		01	Jordan Kraków				6:21.59	233			
	50m:	43.55	43.55	150m:	2:21.56	48.91	250m:	4:01.22	49.58	350m:	5:35.72	43.87
	100m:	1:32.65	49.10	200m:	3:11.64	50.08	300m:	4:51.85	50.63	400m:	6:21.59	45.87
22.	Maszczyk Julia		01	FOKA Sandomierz				6:30.93	217			
	50m:	41.24	41.24	150m:	3:08.46	1:39.85	250m:	4:49.74		350m:	6:06.51	25.71
	100m:	1:28.61	47.37	200m:			300m:	5:40.80	51.06	400m:	6:30.93	24.42
23.	Rygiel Julia		01	MOSiR Wodnik Krosno				6:39.15	203			
	50m:	42.91	42.91	150m:	2:25.85	52.40	250m:	4:10.33	52.34	350m:	5:52.06	50.22
	100m:	1:33.45	50.54	200m:	3:17.99	52.14	300m:	5:01.84	51.51	400m:	6:39.15	47.09
24.	Kałuzińska Paula		01	Korona-Swim Kielce				7:03.02	171			
	50m:	45.62	45.62	150m:	2:31.89	54.41	250m:	4:21.70	54.37	350m:	6:10.67	54.53
	100m:	1:37.48	51.86	200m:	3:27.33	55.44	300m:	5:16.14	54.44	400m:	7:03.02	52.35

13 lat

1.	Tomo Martyna		00	CSTR Strzyków				4:54.67	506			
	50m:	33.50	33.50	150m:	1:47.35	37.24	250m:	3:02.87	37.96	350m:	4:18.31	37.67
	100m:	1:10.11	36.61	200m:	2:24.91	37.56	300m:	3:40.64	37.77	400m:	4:54.67	36.36
2.	Radecka Anna		00	Barakuda Starachowice				4:55.20	503			
	50m:	34.33	34.33	150m:	1:49.69	38.11	250m:	3:05.28	37.58	350m:	4:20.61	37.84
	100m:	1:11.58	37.25	200m:	2:27.70	38.01	300m:	3:42.77	37.49	400m:	4:55.20	34.59
3.	Szopa Marta		00	CSTR Strzyków				5:06.70	449			
	50m:	34.38	34.38	150m:	1:51.87	39.35	250m:	3:10.19	39.30	350m:	4:28.83	39.35
	100m:	1:12.52	38.14	200m:	2:30.89	39.02	300m:	3:49.48	39.29	400m:	5:06.70	37.87
4.	Szafrańska Julia		00	KSZO Ostrowiec w				5:07.53	445			
	50m:	34.74	34.74	150m:	1:52.90	39.39	250m:	3:11.55	39.57	350m:	4:30.01	38.72
	100m:	1:13.51	38.77	200m:	2:31.98	39.08	300m:	3:51.29	39.74	400m:	5:07.53	37.52
5.	Karkoszka Anna		00	Barakuda Starachowice				5:07.64	445			
	50m:	34.65	34.65	150m:	1:51.51	38.74	250m:	3:10.42	39.57	350m:	4:29.88	39.98
	100m:	1:12.77	38.12	200m:	2:30.85	39.34	300m:	3:49.90	39.48	400m:	5:07.64	37.76
6.	Niedziałkowska Daria		00	RTP Victoria Radom				5:10.49	433			
	50m:	33.93	33.93	150m:	1:54.96	40.77	250m:	3:16.69	40.99	350m:	4:34.53	37.87
	100m:	1:14.19	40.26	200m:	2:35.70	40.74	300m:	3:56.66	39.97	400m:	5:10.49	35.96
7.	Kopaczek Joanna		00	Sokół Kolbuszowa				5:12.50	424			
	50m:	35.95	35.95	150m:	1:55.22	39.92	250m:	3:14.12	39.25	350m:	4:33.58	39.94
	100m:	1:15.30	39.35	200m:	2:34.87	39.65	300m:	3:53.64	39.52	400m:	5:12.50	38.92
8.	Niziołek Kinga		00	MKS Ikar Mielec				5:13.57	420			
	50m:	34.41	34.41	150m:	1:53.94	40.36	250m:	3:14.12	39.93	350m:	4:35.45	41.21
	100m:	1:13.58	39.17	200m:	2:34.19	40.25	300m:	3:54.24	40.12	400m:	5:13.57	38.12



Drużynowe Mistrzostwa Młodzików 12,13-let
Ostrowiec w., 23,24 marzec 2013r



Konkurencja 7, Dziewcząt, 400m dowolny, 13 lat

Pozycja	Rok ur.								Czas	Pkt.	
9. Nowak Julia	00 MKS Ikar Mielec								5:18.50	401	
50m:	36.20	36.20	150m:	1:58.52	42.01	250m:	3:19.37	39.27	350m:	4:41.69	41.07
100m:	1:16.51	40.31	200m:	2:40.10	41.58	300m:	4:00.62	41.25	400m:	5:18.50	36.81
10. Szypuła Klaudia	00 Sokół Kolbuszowa								5:30.31	359	
50m:	36.76	36.76	150m:	2:00.00	42.28	250m:	3:24.71	42.21	350m:	4:49.40	42.29
100m:	1:17.72	40.96	200m:	2:42.50	42.50	300m:	4:07.11	42.40	400m:	5:30.31	40.91
11. Jagiełło Weronika	00 Korona-Swim Kielce								5:35.51	343	
50m:	36.94	36.94	150m:	2:02.91	43.41	250m:	3:28.75	41.89	350m:	4:54.19	42.90
100m:	1:19.50	42.56	200m:	2:46.86	43.95	300m:	4:11.29	42.54	400m:	5:35.51	41.32
12. Rogala Julia	00 Fala Ropczyce								5:43.85	318	
50m:	36.53	36.53	150m:	2:03.39	43.96	250m:	3:31.37	44.48	350m:	5:01.51	44.56
100m:	1:19.43	42.90	200m:	2:46.89	43.50	300m:	4:16.95	45.58	400m:	5:43.85	42.34
13. Włoka Natalia	00 Fala Ropczyce								6:02.78	271	
50m:	39.71	39.71	150m:	2:12.64	47.22	250m:	3:45.34	46.69	350m:	5:19.23	46.94
100m:	1:25.42	45.71	200m:	2:58.65	46.01	300m:	4:32.29	46.95	400m:	6:02.78	43.55
14. Pyrcz Dominika	00 KP Sokół Rzeszów								6:42.07	199	
50m:	39.94	39.94	150m:	2:18.44	51.23	250m:	4:04.07	52.70	350m:	5:48.69	52.66
100m:	1:27.21	47.27	200m:	3:11.37	52.93	300m:	4:56.03	51.96	400m:	6:42.07	53.38
15. Twardowska Anna	00 Fala Ropczyce								6:55.26	181	
50m:	45.99	45.99	150m:	2:29.31	52.68	250m:	4:15.58	53.55	350m:	6:03.46	53.86
100m:	1:36.63	50.64	200m:	3:22.03	52.72	300m:	5:09.60	54.02	400m:	6:55.26	51.80