



Konkurencja 19
08-06-2013 - 16:36

Kobiet, 400m dowolny

Open
Wyniki

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

Punkty: FINA 2011

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m				
Open											
1. Wołoszyn Sonia SOc	95	4:35.70	652	1:07.40	1:10.51	1:09.39	1:08.40				
50m:	32.53	32.53	150m:	1:42.46	35.06	250m:	2:52.57	34.66	350m:	4:01.69	34.39
100m:	1:07.40	34.87	200m:	2:17.91	35.45	300m:	3:27.30	34.73	400m:	4:35.70	34.01
2. Jarocho Wiktoria	98	4:41.79	611	1:07.70	1:10.75	1:11.51	1:11.83				
50m:	33.02	33.02	150m:	1:42.81	35.11	250m:	2:54.07	35.62	350m:	4:06.02	36.06
100m:	1:07.70	34.68	200m:	2:18.45	35.64	300m:	3:29.96	35.89	400m:	4:41.79	35.77
3. Mazur Maja	98	4:50.55	557	1:09.37	1:14.59	1:14.33	1:12.26				
50m:	33.18	33.18	150m:	1:46.44	37.07	250m:	3:00.82	36.86	350m:	4:14.69	36.40
100m:	1:09.37	36.19	200m:	2:23.96	37.52	300m:	3:38.29	37.47	400m:	4:50.55	35.86
4. Zarychta Anita	98	4:55.44	530	1:09.61	1:15.56	1:16.54	1:13.73				
50m:	32.89	32.89	150m:	1:47.49	37.88	250m:	3:03.34	38.17	350m:	4:19.14	37.43
100m:	1:09.61	36.72	200m:	2:25.17	37.68	300m:	3:41.71	38.37	400m:	4:55.44	36.30
5. Grzybek Nadia	99	5:00.72	502	1:12.79	1:16.37	1:16.47	1:15.09				
50m:	34.96	34.96	150m:	1:50.90	38.11	250m:	3:07.14	37.98	350m:	4:23.50	37.87
100m:	1:12.79	37.83	200m:	2:29.16	38.26	300m:	3:45.63	38.49	400m:	5:00.72	37.22
6. Radecka Anna	00	5:01.20	500	1:12.04	1:16.46	1:17.21	1:15.49				
50m:	34.61	34.61	150m:	1:49.97	37.93	250m:	3:07.10	38.60	350m:	4:24.30	38.59
100m:	1:12.04	37.43	200m:	2:28.50	38.53	300m:	3:45.71	38.61	400m:	5:01.20	36.90
7. Szafrska Julia	00	5:05.75	478	1:12.93	1:18.22	1:18.38	1:16.22				
50m:	34.57	34.57	150m:	1:51.73	38.80	250m:	3:10.18	39.03	350m:	4:28.42	38.89
100m:	1:12.93	38.36	200m:	2:31.15	39.42	300m:	3:49.53	39.35	400m:	5:05.75	37.33
8. St pie Kamila	99	5:10.53	456	1:14.38	1:19.59	1:19.48	1:17.08				
50m:	35.38	35.38	150m:	1:53.86	39.48	250m:	3:13.81	39.84	350m:	4:32.91	39.46
100m:	1:14.38	39.00	200m:	2:33.97	40.11	300m:	3:53.45	39.64	400m:	5:10.53	37.62
9. Kowal Paulina	99	5:15.19	436	1:12.77	1:19.75	1:22.14	1:20.53				
50m:	34.44	34.44	150m:	1:52.21	39.44	250m:	3:12.93	40.41	350m:	4:35.95	41.29
100m:	1:12.77	38.33	200m:	2:32.52	40.31	300m:	3:54.66	41.73	400m:	5:15.19	39.24
10. Foltyn Matylda	99	5:17.23	428	1:13.19	1:20.39	1:22.50	1:21.15				
50m:	34.56	34.56	150m:	1:52.91	39.72	250m:	3:14.98	41.40	350m:	4:37.35	41.27
100m:	1:13.19	38.63	200m:	2:33.58	40.67	300m:	3:56.08	41.10	400m:	5:17.23	39.88
11. Grzybek Alicja	01	5:25.40	396	1:18.92	1:23.33	1:22.88	1:20.27				
50m:	37.61	37.61	150m:	2:00.49	41.57	250m:	3:23.70	41.45	350m:	4:46.43	41.30
100m:	1:18.92	41.31	200m:	2:42.25	41.76	300m:	4:05.13	41.43	400m:	5:25.40	38.97
12. Wicha Karolina	01	5:28.77	384	1:18.72	1:23.81	1:24.49	1:21.75				
50m:	37.04	37.04	150m:	1:59.96	41.24	250m:	3:24.44	41.91	350m:	4:48.20	41.18
100m:	1:18.72	41.68	200m:	2:42.53	42.57	300m:	4:07.02	42.58	400m:	5:28.77	40.57
13. Kroczek Iga	00	5:35.61	361	1:21.89	1:25.81	1:26.47	1:21.44				
50m:	39.30	39.30	150m:	2:05.09	43.20	250m:	3:30.86	43.16	350m:	4:55.44	41.27
100m:	1:21.89	42.59	200m:	2:47.70	42.61	300m:	4:14.17	43.31	400m:	5:35.61	40.17
14. Reczko Emilia	99	5:35.97	360	1:19.67	1:26.65	1:27.51	1:22.14				
50m:	37.16	37.16	150m:	2:03.00	43.33	250m:	3:30.64	44.32	350m:	4:56.07	42.24
100m:	1:19.67	42.51	200m:	2:46.32	43.32	300m:	4:13.83	43.19	400m:	5:35.97	39.90
15. Ku miarczyk Weronika	01	6:07.40	275	1:27.77	1:34.35	1:34.76	1:30.52				
50m:	41.34	41.34	150m:	2:15.25	47.48	250m:	3:49.40	47.28	350m:	5:24.84	47.96
100m:	1:27.77	46.43	200m:	3:02.12	46.87	300m:	4:36.88	47.48	400m:	6:07.40	42.56
16. Gwó d Aleksandra	01	6:21.62	246	1:30.70	1:39.64	1:39.79	1:31.49				
50m:	42.38	42.38	150m:	2:20.47	49.77	250m:	3:59.68	49.34	350m:	5:36.88	46.75
100m:	1:30.70	48.32	200m:	3:10.34	49.87	300m:	4:50.13	50.45	400m:	6:21.62	44.74



Konkurencja 19, Kobiet, 400m dowolny, Open

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
17. Paj k Julia	01	6:39.08	215	1:32.07	1:43.00	1:42.86	1:41.15
50m: 42.41	42.41	150m: 2:23.34	51.27	250m: 4:07.63	52.56	350m: 5:49.32	51.39
100m: 1:32.07	49.66	200m: 3:15.07	51.73	300m: 4:57.93	50.30	400m: 6:39.08	49.76

Młodzik

1. Radecka Anna	00	5:01.20	500	1:12.04	1:16.46	1:17.21	1:15.49
50m: 34.61	34.61	150m: 1:49.97	37.93	250m: 3:07.10	38.60	350m: 4:24.30	38.59
100m: 1:12.04	37.43	200m: 2:28.50	38.53	300m: 3:45.71	38.61	400m: 5:01.20	36.90
2. Szafranska Julia	00	5:05.75	478	1:12.93	1:18.22	1:18.38	1:16.22
50m: 34.57	34.57	150m: 1:51.73	38.80	250m: 3:10.18	39.03	350m: 4:28.42	38.89
100m: 1:12.93	38.36	200m: 2:31.15	39.42	300m: 3:49.53	39.35	400m: 5:05.75	37.33
3. Grzybek Alicja	01	5:25.40	396	1:18.92	1:23.33	1:22.88	1:20.27
50m: 37.61	37.61	150m: 2:00.49	41.57	250m: 3:23.70	41.45	350m: 4:46.43	41.30
100m: 1:18.92	41.31	200m: 2:42.25	41.76	300m: 4:05.13	41.43	400m: 5:25.40	38.97
4. Wicha Karolina	01	5:28.77	384	1:18.72	1:23.81	1:24.49	1:21.75
50m: 37.04	37.04	150m: 1:59.96	41.24	250m: 3:24.44	41.91	350m: 4:48.20	41.18
100m: 1:18.72	41.68	200m: 2:42.53	42.57	300m: 4:07.02	42.58	400m: 5:28.77	40.57
5. Kroczyk Iga	00	5:35.61	361	1:21.89	1:25.81	1:26.47	1:21.44
50m: 39.30	39.30	150m: 2:05.09	43.20	250m: 3:30.86	43.16	350m: 4:55.44	41.27
100m: 1:21.89	42.59	200m: 2:47.70	42.61	300m: 4:14.17	43.31	400m: 5:35.61	40.17
6. Ku mierzcyk Weronika	01	6:07.40	275	1:27.77	1:34.35	1:34.76	1:30.52
50m: 41.34	41.34	150m: 2:15.25	47.48	250m: 3:49.40	47.28	350m: 5:24.84	47.96
100m: 1:27.77	46.43	200m: 3:02.12	46.87	300m: 4:36.88	47.48	400m: 6:07.40	42.56
7. Gwózd Aleksandra	01	6:21.62	246	1:30.70	1:39.64	1:39.79	1:31.49
50m: 42.38	42.38	150m: 2:20.47	49.77	250m: 3:59.68	49.34	350m: 5:36.88	46.75
100m: 1:30.70	48.32	200m: 3:10.34	49.87	300m: 4:50.13	50.45	400m: 6:21.62	44.74
8. Paj k Julia	01	6:39.08	215	1:32.07	1:43.00	1:42.86	1:41.15
50m: 42.41	42.41	150m: 2:23.34	51.27	250m: 4:07.63	52.56	350m: 5:49.32	51.39
100m: 1:32.07	49.66	200m: 3:15.07	51.73	300m: 4:57.93	50.30	400m: 6:39.08	49.76
PK Dyrda Karolina	97	4:38.08	636	1:08.28	1:10.78	1:10.68	1:08.34
50m: 32.75	32.75	150m: 1:43.76	35.48	250m: 2:54.44	35.38	350m: 4:04.65	34.91
100m: 1:08.28	35.53	200m: 2:19.06	35.30	300m: 3:29.74	35.30	400m: 4:38.08	33.43
PK Roman Magdalena	99	4:40.04	622	1:05.51	1:11.56	1:11.97	1:11.00
50m: 31.21	31.21	150m: 1:40.99	35.48	250m: 2:53.00	35.93	350m: 4:05.00	35.96
100m: 1:05.51	34.30	200m: 2:17.07	36.08	300m: 3:29.04	36.04	400m: 4:40.04	35.04
PK Bukowska Laura	99	4:48.68	568	1:09.52	1:13.72	1:12.98	1:12.46
50m: 32.48	32.48	150m: 1:46.34	36.82	250m: 2:59.62	36.38	350m: 4:12.98	36.76
100m: 1:09.52	37.04	200m: 2:23.24	36.90	300m: 3:36.22	36.60	400m: 4:48.68	35.70
PK Osmulska Adriana	98	5:04.37	485	1:13.45	1:18.41	1:17.92	1:14.59
50m: 34.91	34.91	150m: 1:52.58	39.13	250m: 3:10.72	38.86	350m: 4:27.77	37.99
100m: 1:13.45	38.54	200m: 2:31.86	39.28	300m: 3:49.78	39.06	400m: 5:04.37	36.60
PK arnowska Karolina	99	5:06.18	476	1:14.72	1:18.96	1:17.91	1:14.59
50m: 35.12	35.12	150m: 1:54.13	39.41	250m: 3:12.27	38.59	350m: 4:30.72	39.13
100m: 1:14.72	39.60	200m: 2:33.68	39.55	300m: 3:51.59	39.32	400m: 5:06.18	35.46
PK Michałowska Olga	98	5:10.49	456	1:14.37	1:19.63	1:19.16	1:17.33
50m: 35.52	35.52	150m: 1:53.80	39.43	250m: 3:13.55	39.55	350m: 4:32.42	39.26
100m: 1:14.37	38.85	200m: 2:34.00	40.20	300m: 3:53.16	39.61	400m: 5:10.49	38.07
PK Kruk Alicja	98	5:26.07	394	1:16.79	1:24.29	1:23.88	1:21.11
50m: 36.41	36.41	150m: 1:58.90	42.11	250m: 3:23.44	42.36	350m: 4:47.16	42.20
100m: 1:16.79	40.38	200m: 2:41.08	42.18	300m: 4:04.96	41.52	400m: 5:26.07	38.91
PK Małek Julia	98	5:31.12	376	1:17.55	1:23.51	1:24.43	1:25.63
50m: 37.11	37.11	150m: 1:58.87	41.32	250m: 3:23.04	41.98	350m: 4:48.84	43.35
100m: 1:17.55	40.44	200m: 2:41.06	42.19	300m: 4:05.49	42.45	400m: 5:31.12	42.28
PK Fil Konstancja	99	5:47.49	325	1:20.99	1:26.32	1:28.88	1:31.30
50m: 37.89	37.89	150m: 2:04.12	43.13	250m: 3:32.79	45.48	350m: 5:00.46	44.27
100m: 1:20.99	43.10	200m: 2:47.31	43.19	300m: 4:16.19	43.40	400m: 5:47.49	47.03
PK Tomaszewska Julia	99	6:02.60	286	1:28.32	1:33.14	1:32.55	1:28.59
50m: 42.05	42.05	150m: 2:15.18	46.86	250m: 3:47.51	46.05	350m: 5:19.49	45.48
100m: 1:28.32	46.27	200m: 3:01.46	46.28	300m: 4:34.01	46.50	400m: 6:02.60	43.11