



Konkurencja 19
07-12-2013 - 15:35

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	Łódź	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 2013

Pozycja Rok ur. Czas Pkt.

12 - 13 lat

1. Szafranska Julia	00	KSZO Ostrowiec w	4:53.78	510
50m: 33.10 33.10	150m: 1:47.59 37.76	250m: 3:01.87 37.21	350m: 4:16.80 37.35	
100m: 1:09.83 36.73	200m: 2:24.66 37.07	300m: 3:39.45 37.58	400m: 4:53.78 36.98	
2. Radecka Anna	00	Barakuda Starachowice	4:54.00	509
50m: 32.87 32.87	150m: 1:47.28 37.53	250m: 3:02.88 37.55	350m: 4:18.18 37.48	
100m: 1:09.75 36.88	200m: 2:25.33 38.05	300m: 3:40.70 37.82	400m: 4:54.00 35.82	
3. Wójtowicz Julia	00	Barakuda Starachowice	5:03.01	465
50m: 34.73 34.73	150m: 1:51.81 38.92	250m: 3:09.65 38.97	350m: 4:26.00 38.40	
100m: 1:12.89 38.16	200m: 2:30.68 38.87	300m: 3:47.60 37.95	400m: 5:03.01 37.01	
4. Wołek Oliwia	01	KSZO Ostrowiec w	5:07.18	446
50m: 36.06 36.06	150m: 1:54.39 39.29	250m: 3:12.77 38.99	350m: 4:30.65 38.62	
100m: 1:15.10 39.04	200m: 2:33.78 39.39	300m: 3:52.03 39.26	400m: 5:07.18 36.53	
5. Wicha Karolina	01	KSZO Ostrowiec w	5:15.85	411
50m: 36.06 36.06	150m: 1:56.52 40.60	250m: 3:16.83 40.56	350m: 4:37.91 40.47	
100m: 1:15.92 39.86	200m: 2:36.27 39.75	300m: 3:57.44 40.61	400m: 5:15.85 37.94	
6. Grzybek Alicja	01	FOKA Sandomierz	5:16.75	407
50m: 36.35 36.35	150m: 1:57.15 40.67	250m: 3:17.74 40.40	350m: 4:38.34 39.90	
100m: 1:16.48 40.13	200m: 2:37.34 40.19	300m: 3:58.44 40.70	400m: 5:16.75 38.41	
7. Kroczek Iga	00	KSZO Ostrowiec w	5:28.67	364
50m: 37.88 37.88	150m: 2:01.18 41.89	250m: 3:25.05 41.77	350m: 4:49.27 41.94	
100m: 1:19.29 41.41	200m: 2:43.28 42.10	300m: 4:07.33 42.28	400m: 5:28.67 39.40	
8. Ku mierzcyk Weronika	01	Barakuda Starachowice	5:39.57	330
50m: 38.57 38.57	150m: 2:05.20 44.04	250m: 3:32.89 43.76	350m: 4:59.38 43.32	
100m: 1:21.16 42.59	200m: 2:49.13 43.93	300m: 4:16.06 43.17	400m: 5:39.57 40.19	
9. Wolska Aleksandra	01	Barakuda Starachowice	5:43.01	320
50m: 39.59 39.59	150m: 2:07.14 44.54	250m: 3:36.47 45.07	350m: 5:03.28 43.03	
100m: 1:22.60 43.01	200m: 2:51.40 44.26	300m: 4:20.25 43.78	400m: 5:43.01 39.73	
10. Pajk Julia	01	KSZO Ostrowiec w	6:07.51	260
50m: 40.08 40.08	150m: 2:13.63 47.44	250m: 3:48.30 47.49	350m: 5:22.35 47.11	
100m: 1:26.19 46.11	200m: 3:00.81 47.18	300m: 4:35.24 46.94	400m: 6:07.51 45.16	
11. Markiewicz Maria	00	WODNIK Koszów	6:57.44	178
50m: 42.26 42.26	150m: 2:23.82 53.50	250m: 4:14.81 55.54	350m: 6:05.11 55.13	
100m: 1:30.32 48.06	200m: 3:19.27 55.45	300m: 5:09.98 55.17	400m: 6:57.44 52.33	

Open

1. Wołoszyn Sonia SOc	95	KSZO Ostrowiec w	4:26.98	680
50m: 30.64 30.64	150m: 1:37.90 33.99	250m: 2:45.81 33.98	350m: 3:53.98 34.19	
100m: 1:03.91 33.27	200m: 2:11.83 33.93	300m: 3:19.79 33.98	400m: 4:26.98 33.00	
2. Mazur Maja	98	Salos Cortile Kielce	4:42.10	576
50m: 32.31 32.31	150m: 1:43.77 36.21	250m: 2:55.17 35.48	350m: 4:07.10 35.94	
100m: 1:07.56 35.25	200m: 2:19.69 35.92	300m: 3:31.16 35.99	400m: 4:42.10 35.00	



Konkurencja 19, Kobiet, 400m dowolny, Open

Pozycja					Rok ur.					Czas	Pkt.	
3.	Zarychta Anita				98	Barakuda Starachowice				4:43.20	570	
	50m:	32.65	32.65	150m:	1:44.67	36.73	250m:	2:57.74	36.20	350m:	4:09.36	35.47
	100m:	1:07.94	35.29	200m:	2:21.54	36.87	300m:	3:33.89	36.15	400m:	4:43.20	33.84
4.	Zawolik Wiktoria				97	KSZO Ostrowiec w				4:50.56	528	
	50m:	32.61	32.61	150m:	1:45.04	36.73	250m:	2:59.04	37.09	350m:	4:13.54	37.18
	100m:	1:08.31	35.70	200m:	2:21.95	36.91	300m:	3:36.36	37.32	400m:	4:50.56	37.02
5.	Grzybek Nadia				99	FOKA Sandomierz				4:53.32	513	
	50m:	33.72	33.72	150m:	1:48.02	37.56	250m:	3:02.93	37.17	350m:	4:17.57	36.77
	100m:	1:10.46	36.74	200m:	2:25.76	37.74	300m:	3:40.80	37.87	400m:	4:53.32	35.75
6.	Szafranska Julia				00	KSZO Ostrowiec w				4:53.78	510	
	50m:	33.10	33.10	150m:	1:47.59	37.76	250m:	3:01.87	37.21	350m:	4:16.80	37.35
	100m:	1:09.83	36.73	200m:	2:24.66	37.07	300m:	3:39.45	37.58	400m:	4:53.78	36.98
7.	Radecka Anna				00	Barakuda Starachowice				4:54.00	509	
	50m:	32.87	32.87	150m:	1:47.28	37.53	250m:	3:02.88	37.55	350m:	4:18.18	37.48
	100m:	1:09.75	36.88	200m:	2:25.33	38.05	300m:	3:40.70	37.82	400m:	4:54.00	35.82
8.	Tomaszewska Aleksandra				99	Salos Cortile Kielce				4:59.20	483	
	50m:	34.41	34.41	150m:	1:50.45	38.66	250m:	3:07.30	38.55	350m:	4:22.90	37.29
	100m:	1:11.79	37.38	200m:	2:28.75	38.30	300m:	3:45.61	38.31	400m:	4:59.20	36.30
9.	Kowal Paulina				99	KSZO Ostrowiec w				5:02.40	468	
	50m:	34.08	34.08	150m:	1:49.29	38.09	250m:	3:06.75	38.97	350m:	4:23.82	38.50
	100m:	1:11.20	37.12	200m:	2:27.78	38.49	300m:	3:45.32	38.57	400m:	5:02.40	38.58
10.	Stapie Kamila				99	Barakuda Starachowice				5:02.54	467	
	50m:	34.44	34.44	150m:	1:49.72	37.91	250m:	3:06.89	38.72	350m:	4:24.88	38.61
	100m:	1:11.81	37.37	200m:	2:28.17	38.45	300m:	3:46.27	39.38	400m:	5:02.54	37.66
11.	Wójtowicz Julia				00	Barakuda Starachowice				5:03.01	465	
	50m:	34.73	34.73	150m:	1:51.81	38.92	250m:	3:09.65	38.97	350m:	4:26.00	38.40
	100m:	1:12.89	38.16	200m:	2:30.68	38.87	300m:	3:47.60	37.95	400m:	5:03.01	37.01
12.	Wołek Oliwia				01	KSZO Ostrowiec w				5:07.18	446	
	50m:	36.06	36.06	150m:	1:54.39	39.29	250m:	3:12.77	38.99	350m:	4:30.65	38.62
	100m:	1:15.10	39.04	200m:	2:33.78	39.39	300m:	3:52.03	39.26	400m:	5:07.18	36.53
13.	Wicha Karolina				01	KSZO Ostrowiec w				5:15.85	411	
	50m:	36.06	36.06	150m:	1:56.52	40.60	250m:	3:16.83	40.56	350m:	4:37.91	40.47
	100m:	1:15.92	39.86	200m:	2:36.27	39.75	300m:	3:57.44	40.61	400m:	5:15.85	37.94
14.	Grzybek Alicja				01	FOKA Sandomierz				5:16.75	407	
	50m:	36.35	36.35	150m:	1:57.15	40.67	250m:	3:17.74	40.40	350m:	4:38.34	39.90
	100m:	1:16.48	40.13	200m:	2:37.34	40.19	300m:	3:58.44	40.70	400m:	5:16.75	38.41
15.	Kroczek Iga				00	KSZO Ostrowiec w				5:28.67	364	
	50m:	37.88	37.88	150m:	2:01.18	41.89	250m:	3:25.05	41.77	350m:	4:49.27	41.94
	100m:	1:19.29	41.41	200m:	2:43.28	42.10	300m:	4:07.33	42.28	400m:	5:28.67	39.40
16.	Reczko Emilia				99	KSZO Ostrowiec w				5:28.76	364	
	50m:	38.01	38.01	150m:	2:02.52	42.53	250m:	3:26.63	41.73	350m:	4:50.61	41.91
	100m:	1:19.99	41.98	200m:	2:44.90	42.38	300m:	4:08.70	42.07	400m:	5:28.76	38.15
17.	Ku mierczyk Weronika				01	Barakuda Starachowice				5:39.57	330	
	50m:	38.57	38.57	150m:	2:05.20	44.04	250m:	3:32.89	43.76	350m:	4:59.38	43.32
	100m:	1:21.16	42.59	200m:	2:49.13	43.93	300m:	4:16.06	43.17	400m:	5:39.57	40.19
18.	Wolska Aleksandra				01	Barakuda Starachowice				5:43.01	320	
	50m:	39.59	39.59	150m:	2:07.14	44.54	250m:	3:36.47	45.07	350m:	5:03.28	43.03
	100m:	1:22.60	43.01	200m:	2:51.40	44.26	300m:	4:20.25	43.78	400m:	5:43.01	39.73
19.	Boro Paulina				02	KSZO Ostrowiec w				5:53.20	293	
	50m:	39.30	39.30	150m:	2:09.34	45.85	250m:	3:40.80	46.10	350m:	5:12.35	44.88
	100m:	1:23.49	44.19	200m:	2:54.70	45.36	300m:	4:27.47	46.67	400m:	5:53.20	40.85



Konkurencja 19, Kobiety, 400m dowolny, Open

Pozycja				Rok ur.					Czas	Pkt.		
20.	Paj k Julia			01	KSZO Ostrowiec w				6:07.51	260		
	50m:	40.08	40.08	150m:	2:13.63	47.44	250m:	3:48.30	47.49	350m:	5:22.35	47.11
	100m:	1:26.19	46.11	200m:	3:00.81	47.18	300m:	4:35.24	46.94	400m:	6:07.51	45.16
21.	Markiewicz Maria			00	WODNIK Koszkie				6:57.44	178		
	50m:	42.26	42.26	150m:	2:23.82	53.50	250m:	4:14.81	55.54	350m:	6:05.11	55.13
	100m:	1:30.32	48.06	200m:	3:19.27	55.45	300m:	5:09.98	55.17	400m:	6:57.44	52.33
PK	Majos Paulina			96	TS Akwedukt Kielce				4:45.33	557		
	50m:	32.34	32.34	150m:	1:43.30	35.85	250m:	2:55.79	36.30	350m:	4:09.39	36.85
	100m:	1:07.45	35.11	200m:	2:19.49	36.19	300m:	3:32.54	36.75	400m:	4:45.33	35.94
PK	Ramian Anna			96	TS Akwedukt Kielce				5:24.85	377		
	50m:	36.20	36.20	150m:	1:57.75	41.55	250m:	3:21.54	42.12	350m:	4:45.21	41.53
	100m:	1:16.20	40.00	200m:	2:39.42	41.67	300m:	4:03.68	42.14	400m:	5:24.85	39.64