



Konkurencja 11
11-06-2011

Kobiet, 400m zmienny

Open
Wyniki

Rek Okregu Swiet. Seniorów	4:59.14	Kilija ska Donata	KSOST	Novara (ITA)	01-05-2010
Rek Okregu Swiet. Jun.18-lat	4:59.14	Kilija ska Donata	KSOST	Novara (ITA)	01-05-2010
Rek Okregu Swiet. Jun.17-lat	4:59.14	Kilija ska Donata	KSOST	Novara (ITA)	01-05-2010
Rek Okregu Swiet. Jun.16-lat	4:59.14	Kilija ska Donata	KSOST	Novara (ITA)	01-05-2010
Rek Okregu Swiet. Jun.15-lat	4:59.14	Kilija ska Donata	KSOST	Novara (ITA)	01-05-2010
Rek Okregu Swiet. Jun.14-lat	5:22.19	Wołoszyn Sonia	ARKIE	Ostrowiec w.	17-05-2008
Rek Okregu Swiet. Mlodz.13-lat	5:22.19	Wołoszyn Sonia	ARKIE	Ostrowiec w.	17-05-2008
Rek Okregu Swiet. Mlodz.12-lat	6:16.57	Sychowska Agnieszka	NEKIE	Ostrowiec w.	10-06-2006

Punkty: FINA 2008

Pozycja Rok ur. Czas Pkt. 100m 200m 300m 400m

Open

1. Wołoszyn Sonia	95	KSZO Ostrowiec w.	5:17.31	637	1:11.01	1:22.74	1:34.22	1:09.34
50m: 33.26	33.26	150m: 1:52.94	41.93	250m: 3:20.82	47.07	350m: 4:43.57	35.60	
100m: 1:11.01	37.75	200m: 2:33.75	40.81	300m: 4:07.97	47.15	400m: 5:17.31	33.74	
2. Marzec Paulina	97	Salos Cortile Kielce	5:36.08	536	1:17.35	1:24.70	1:34.58	1:19.45
50m: 36.06	36.06	150m: 1:59.43	42.08	250m: 3:29.05	47.00	350m: 4:57.46	40.83	
100m: 1:17.35	41.29	200m: 2:42.05	42.62	300m: 4:16.63	47.58	400m: 5:36.08	38.62	
3. Loranty Patrycja	97	KSZO Ostrowiec w.	5:37.86	528	1:18.42	1:30.77	1:36.93	1:11.74
50m: 36.13	36.13	150m: 2:05.24	46.82	250m: 3:38.36	49.17	350m: 5:03.45	37.33	
100m: 1:18.42	42.29	200m: 2:49.19	43.95	300m: 4:26.12	47.76	400m: 5:37.86	34.41	
4. Jarochoa Wiktoria	98	KSZO Ostrowiec w.	5:48.68	480	1:19.20	1:26.35	1:42.97	1:20.16
50m: 37.89	37.89	150m: 2:02.24	43.04	250m: 3:37.75	52.20	350m: 5:09.33	40.81	
100m: 1:19.20	41.31	200m: 2:45.55	43.31	300m: 4:28.52	50.77	400m: 5:48.68	39.35	
5. Mazur Maja	98	Salos Cortile Kielce	6:10.00	402	1:27.28	1:31.43	1:50.08	1:21.21
50m: 39.60	39.60	150m: 2:13.83	46.55	250m: 3:53.29	54.58	350m: 5:30.32	41.53	
100m: 1:27.28	47.68	200m: 2:58.71	44.88	300m: 4:48.79	55.50	400m: 6:10.00	39.68	
6. Opałko Dominika	99	Korona-Swim Kielce	6:56.12	282	1:41.28	1:44.27	1:51.59	1:38.98
50m: 46.41	46.41	150m: 2:33.43	52.15	250m: 4:19.38	53.83	350m: 6:07.88	50.74	
100m: 1:41.28	54.87	200m: 3:25.55	52.12	300m: 5:17.14	57.76	400m: 6:56.12	48.24	

11 - 13 lat

1. Jarochoa Wiktoria	98	KSZO Ostrowiec w.	5:48.68	480	1:19.20	1:26.35	1:42.97	1:20.16
50m: 37.89	37.89	150m: 2:02.24	43.04	250m: 3:37.75	52.20	350m: 5:09.33	40.81	
100m: 1:19.20	41.31	200m: 2:45.55	43.31	300m: 4:28.52	50.77	400m: 5:48.68	39.35	
2. Mazur Maja	98	Salos Cortile Kielce	6:10.00	402	1:27.28	1:31.43	1:50.08	1:21.21
50m: 39.60	39.60	150m: 2:13.83	46.55	250m: 3:53.29	54.58	350m: 5:30.32	41.53	
100m: 1:27.28	47.68	200m: 2:58.71	44.88	300m: 4:48.79	55.50	400m: 6:10.00	39.68	
3. Opałko Dominika	99	Korona-Swim Kielce	6:56.12	282	1:41.28	1:44.27	1:51.59	1:38.98
50m: 46.41	46.41	150m: 2:33.43	52.15	250m: 4:19.38	53.83	350m: 6:07.88	50.74	
100m: 1:41.28	54.87	200m: 3:25.55	52.12	300m: 5:17.14	57.76	400m: 6:56.12	48.24	

PK Rybi ska Magdalena	96	Gim-92 Ursynów W-wa	5:39.66	519	1:19.74	1:27.42	1:32.00	1:20.50
50m: 37.17	37.17	150m: 2:04.43	44.69	250m: 3:32.94	45.78	350m: 4:59.41	40.25	
100m: 1:19.74	42.57	200m: 2:47.16	42.73	300m: 4:19.16	46.22	400m: 5:39.66	40.25	