



Konkurencja 19
11-06-2011

Kobiet, 400m dowolny

Open
Wyniki

Rek Okregu Swiet. Seniorów	4:16.54	Kilija ska Donata	KSOST	Tampere (FIN)	20-07-2009
Rek Okregu Swiet. Jun.18-lat	4:16.54	Kilija ska Donata	KSOST	Tampere (FIN)	20-07-2009
Rek Okregu Swiet. Jun.17-lat	4:16.54	Kilija ska Donata	KSOST	Tampere (FIN)	20-07-2009
Rek Okregu Swiet. Jun.16-lat	4:16.54	Kilija ska Donata	KSOST	Tampere (FIN)	20-07-2009
Rek Okregu Swiet. Jun.15-lat	4:16.54	Kilija ska Donata	KSOST	Tampere (FIN)	20-07-2009
Rek Okregu Swiet. Jun.14-lat	4:16.54	Kilija ska Donata	KSOST	Tampere (FIN)	20-07-2009
Rek Okregu Swiet. Mlodz.13-lat	4:37.09	Wolozyn Sonia	ARKIE	Ostrowiec w.	18-05-2008
Rek Okregu Swiet. Mlodz.12-lat	4:53.37	Wolozyn Sonia	ARKIE	D bica	24-11-2007

Punkty: FINA 2008

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m	
Open									
1.	95	Wolozyn Sonia	4:30.90	723	1:05.32	1:09.84	1:08.89	1:06.85	
		50m: 31.48	31.48	150m: 1:40.05	34.73	250m: 2:49.68	34.52	350m: 3:57.89	33.84
		100m: 1:05.32	33.84	200m: 2:15.16	35.11	300m: 3:24.05	34.37	400m: 4:30.90	33.01
2.	97	Loranty Patrycja	4:46.67	610	1:07.57	1:15.29	1:13.45	1:10.36	
		50m: 32.13	32.13	150m: 1:44.90	37.33	250m: 2:59.67	36.81	350m: 4:12.50	36.19
		100m: 1:07.57	35.44	200m: 2:22.86	37.96	300m: 3:36.31	36.64	400m: 4:46.67	34.17
3.	96	Majos Paulina	4:53.31	570	1:09.89	1:14.36	1:15.33	1:13.73	
		50m: 33.24	33.24	150m: 1:47.20	37.31	250m: 3:01.76	37.51	350m: 4:17.70	38.12
		100m: 1:09.89	36.65	200m: 2:24.25	37.05	300m: 3:39.58	37.82	400m: 4:53.31	35.61
4.	96	Woszczy ska Aleksandra	5:02.41	520	1:08.80	1:16.52	1:18.12	1:18.97	
		50m: 32.50	32.50	150m: 1:46.89	38.09	250m: 3:03.79	38.47	350m: 4:22.46	39.02
		100m: 1:08.80	36.30	200m: 2:25.32	38.43	300m: 3:43.44	39.65	400m: 5:02.41	39.95
5.	98	Jarocho Wiktoria	5:10.50	480	1:18.83	1:21.27	1:16.82	1:13.58	
		50m: 37.66	37.66	150m: 1:59.64	40.81	250m: 3:18.24	38.14	350m: 4:34.71	37.79
		100m: 1:18.83	41.17	200m: 2:40.10	40.46	300m: 3:56.92	38.68	400m: 5:10.50	35.79
6.	98	Machula Sara	5:10.80	479	1:19.22	1:21.30	1:16.50	1:13.78	
		50m: 38.07	38.07	150m: 2:00.13	40.91	250m: 3:18.97	38.45	350m: 4:34.80	37.78
		100m: 1:19.22	41.15	200m: 2:40.52	40.39	300m: 3:57.02	38.05	400m: 5:10.80	36.00
7.	98	Mazur Maja	5:10.82	479	1:15.34	1:19.89	1:18.66	1:16.93	
		50m: 35.67	35.67	150m: 1:55.44	40.10	250m: 3:14.11	38.88	350m: 4:32.77	38.88
		100m: 1:15.34	39.67	200m: 2:35.23	39.79	300m: 3:53.89	39.78	400m: 5:10.82	38.05
8.	98	Rogowska Paulina	5:13.88	465	1:17.84	1:21.35	1:19.16	1:15.53	
		50m: 37.03	37.03	150m: 1:58.46	40.62	250m: 3:18.80	39.61	350m: 4:37.41	39.06
		100m: 1:17.84	40.81	200m: 2:39.19	40.73	300m: 3:58.35	39.55	400m: 5:13.88	36.47
9.	97	Kaczko Oliwia	5:25.80	416	1:17.95	1:22.96	1:23.45	1:21.44	
		50m: 37.07	37.07	150m: 1:59.10	41.15	250m: 3:22.37	41.46	350m: 4:46.11	41.75
		100m: 1:17.95	40.88	200m: 2:40.91	41.81	300m: 4:04.36	41.99	400m: 5:25.80	39.69
10.	97	Gierczak Emilia	5:36.37	378	1:18.72	1:24.69	1:26.95	1:26.01	
		50m: 37.53	37.53	150m: 2:00.22	41.50	250m: 3:26.49	43.08	350m: 4:53.71	43.35
		100m: 1:18.72	41.19	200m: 2:43.41	43.19	300m: 4:10.36	43.87	400m: 5:36.37	42.66
11.	98	Łosak Wiktoria	5:48.69	339	1:23.33	1:30.84	1:28.65	1:25.87	
		50m: 38.84	38.84	150m: 2:08.54	45.21	250m: 3:38.25	44.08	350m: 5:06.19	43.37
		100m: 1:23.33	44.49	200m: 2:54.17	45.63	300m: 4:22.82	44.57	400m: 5:48.69	42.50
12.	99	Foltyń Matylda	5:52.97	327	1:21.26	1:28.63	1:32.03	1:31.05	
		50m: 38.24	38.24	150m: 2:06.12	44.86	250m: 3:36.36	46.47	350m: 5:07.65	45.73
		100m: 1:21.26	43.02	200m: 2:49.89	43.77	300m: 4:21.92	45.56	400m: 5:52.97	45.32
13.	98	Mazurek Joanna	5:54.47	323	1:26.13	1:30.98	1:30.19	1:27.17	
		50m: 40.72	40.72	150m: 2:11.45	45.32	250m: 3:41.94	44.83	350m: 5:12.29	44.99
		100m: 1:26.13	45.41	200m: 2:57.11	45.66	300m: 4:27.30	45.36	400m: 5:54.47	42.18
14.	99	Kojtek Milena	6:14.44	274	1:29.72	1:36.88	1:36.90	1:30.94	
		50m: 41.89	41.89	150m: 2:18.13	48.41	250m: 3:54.80	48.20	350m: 5:31.50	48.00
		100m: 1:29.72	47.83	200m: 3:06.60	48.47	300m: 4:43.50	48.70	400m: 6:14.44	42.94
15.	99	Opalko Dominika	6:16.12	270	1:28.17	1:37.08	1:35.83	1:35.04	
		50m: 40.70	40.70	150m: 2:15.62	47.45	250m: 3:52.95	47.70	350m: 5:30.06	48.98
		100m: 1:28.17	47.47	200m: 3:05.25	49.63	300m: 4:41.08	48.13	400m: 6:16.12	46.06
16.	99	Mor g Weronika	6:21.78	258	1:31.23	1:38.60	1:38.26	1:33.69	
		50m: 43.16	43.16	150m: 2:20.75	49.52	250m: 3:58.92	49.09	350m: 5:35.99	47.90
		100m: 1:31.23	48.07	200m: 3:09.83	49.08	300m: 4:48.09	49.17	400m: 6:21.78	45.79



Letnie Mistrzostwa Okregu w tokrzyskiego
Ostrowiec w., 11,12. czerwiec 2011r



Konkurencja 19, Kobiet, 400m dowolny, Open

Pozycja		Rok ur.				Czas	Pkt.	100m	200m	300m	400m
17.	liwi ska Aleksandra	99	Salos Cortile Kielce			6:46.32	214	1:35.57	1:43.05	1:45.88	1:41.82
	50m: 44.90	44.90	150m: 2:26.85	51.28	250m: 4:11.42	52.80	350m: 5:56.92	52.42			
	100m: 1:35.57	50.67	200m: 3:18.62	51.77	300m: 5:04.50	53.08	400m: 6:46.32	49.40			
11 - 13 lat											
1.	Jarocho Wiktoria	98	KSZO Ostrowiec w.			5:10.50	480	1:18.83	1:21.27	1:16.82	1:13.58
	50m: 37.66	37.66	150m: 1:59.64	40.81	250m: 3:18.24	38.14	350m: 4:34.71	37.79			
	100m: 1:18.83	41.17	200m: 2:40.10	40.46	300m: 3:56.92	38.68	400m: 5:10.50	35.79			
2.	Machula Sara	98	KSZO Ostrowiec w.			5:10.80	479	1:19.22	1:21.30	1:16.50	1:13.78
	50m: 38.07	38.07	150m: 2:00.13	40.91	250m: 3:18.97	38.45	350m: 4:34.80	37.78			
	100m: 1:19.22	41.15	200m: 2:40.52	40.39	300m: 3:57.02	38.05	400m: 5:10.80	36.00			
3.	Mazur Maja	98	Salos Cortile Kielce			5:10.82	479	1:15.34	1:19.89	1:18.66	1:16.93
	50m: 35.67	35.67	150m: 1:55.44	40.10	250m: 3:14.11	38.88	350m: 4:32.77	38.88			
	100m: 1:15.34	39.67	200m: 2:35.23	39.79	300m: 3:53.89	39.78	400m: 5:10.82	38.05			
4.	Rogowska Paulina	98	Salos Cortile Kielce			5:13.88	465	1:17.84	1:21.35	1:19.16	1:15.53
	50m: 37.03	37.03	150m: 1:58.46	40.62	250m: 3:18.80	39.61	350m: 4:37.41	39.06			
	100m: 1:17.84	40.81	200m: 2:39.19	40.73	300m: 3:58.35	39.55	400m: 5:13.88	36.47			
5.	Łosak Wiktoria	98	Salos Cortile Kielce			5:48.69	339	1:23.33	1:30.84	1:28.65	1:25.87
	50m: 38.84	38.84	150m: 2:08.54	45.21	250m: 3:38.25	44.08	350m: 5:06.19	43.37			
	100m: 1:23.33	44.49	200m: 2:54.17	45.63	300m: 4:22.82	44.57	400m: 5:48.69	42.50			
6.	Foltyn Matylda	99	Salos Cortile Kielce			5:52.97	327	1:21.26	1:28.63	1:32.03	1:31.05
	50m: 38.24	38.24	150m: 2:06.12	44.86	250m: 3:36.36	46.47	350m: 5:07.65	45.73			
	100m: 1:21.26	43.02	200m: 2:49.89	43.77	300m: 4:21.92	45.56	400m: 5:52.97	45.32			
7.	Mazurek Joanna	98	Barakuda Starachowice			5:54.47	323	1:26.13	1:30.98	1:30.19	1:27.17
	50m: 40.72	40.72	150m: 2:11.45	45.32	250m: 3:41.94	44.83	350m: 5:12.29	44.99			
	100m: 1:26.13	45.41	200m: 2:57.11	45.66	300m: 4:27.30	45.36	400m: 5:54.47	42.18			
8.	Kojtek Milena	99	ORKA J drzejów			6:14.44	274	1:29.72	1:36.88	1:36.90	1:30.94
	50m: 41.89	41.89	150m: 2:18.13	48.41	250m: 3:54.80	48.20	350m: 5:31.50	48.00			
	100m: 1:29.72	47.83	200m: 3:06.60	48.47	300m: 4:43.50	48.70	400m: 6:14.44	42.94			
9.	Opalko Dominika	99	Korona-Swim Kielce			6:16.12	270	1:28.17	1:37.08	1:35.83	1:35.04
	50m: 40.70	40.70	150m: 2:15.62	47.45	250m: 3:52.95	47.70	350m: 5:30.06	48.98			
	100m: 1:28.17	47.47	200m: 3:05.25	49.63	300m: 4:41.08	48.13	400m: 6:16.12	46.06			
10.	Mor g Weronika	99	ORKA J drzejów			6:21.78	258	1:31.23	1:38.60	1:38.26	1:33.69
	50m: 43.16	43.16	150m: 2:20.75	49.52	250m: 3:58.92	49.09	350m: 5:35.99	47.90			
	100m: 1:31.23	48.07	200m: 3:09.83	49.08	300m: 4:48.09	49.17	400m: 6:21.78	45.79			
11.	liwi ska Aleksandra	99	Salos Cortile Kielce			6:46.32	214	1:35.57	1:43.05	1:45.88	1:41.82
	50m: 44.90	44.90	150m: 2:26.85	51.28	250m: 4:11.42	52.80	350m: 5:56.92	52.42			
	100m: 1:35.57	50.67	200m: 3:18.62	51.77	300m: 5:04.50	53.08	400m: 6:46.32	49.40			
PK	Bord oł Katarzyna	94	SKARPA Lublin			4:52.96	572	1:10.44	1:14.61	1:14.94	1:12.97
	50m: 33.69	33.69	150m: 1:47.79	37.35	250m: 3:02.45	37.40	350m: 4:16.71	36.72			
	100m: 1:10.44	36.75	200m: 2:25.05	37.26	300m: 3:39.99	37.54	400m: 4:52.96	36.25			
PK	wi tek Dorota	97	Marato czyk Ostrów W			5:26.87	412	1:17.87	1:26.20	1:23.09	1:19.71
	50m: 36.67	36.67	150m: 2:00.87	43.00	250m: 3:26.83	42.76	350m: 4:47.59	40.43			
	100m: 1:17.87	41.20	200m: 2:44.07	43.20	300m: 4:07.16	40.33	400m: 5:26.87	39.28			
PK	Bernat Gabriela	99	SKARPA Lublin			5:39.56	367	1:22.00	1:27.98	1:27.61	1:21.97
	50m: 38.63	38.63	150m: 2:06.15	44.15	250m: 3:33.91	43.93	350m: 5:00.44	42.85			
	100m: 1:22.00	43.37	200m: 2:49.98	43.83	300m: 4:17.59	43.68	400m: 5:39.56	39.12			