



Konkurencja 19
17-12-2011

Kobiet, 400m dowolny

Open
Wyniki

Rek Okręgu	wi t. Seniorów	4:08.04	Kilija ska Donata	KSOST	Pozna	17-12-2011
Rek Okręgu	wi t. Jun.18-lat	4:08.04	Kilija ska Donata	KSOST	Pozna	17-12-2011
Rek Okręgu	wi t. Jun.17-lat	4:08.04	Kilija ska Donata	KSOST	Pozna	17-12-2011
Rek Okręgu	wi t. Jun.16-lat	4:08.04	Kilija ska Donata	KSOST	Pozna	17-12-2011
Rek Okręgu	wi t. Jun.15-lat	4:11.12	Kilija ska Donata	KSOST	Łódź	21-11-2010
Rek Okręgu	wi t. Jun.14-lat	4:16.92	Kilija ska Donata	KSOST	Gorzów Wlkp.	28-11-2009
Rek Okręgu	wi t. Młodz.13-lat	4:35.47	Wołoszyn Sonia	KSOST	Saint Dizier (FRA)	15-11-2008
Rek Okręgu	wi t. Młodz.12-lat	4:43.86	Wołoszyn Sonia	ARKIE	Ostrowiec w.	09-12-2007
Rek Okręgu	wi t. Dzieci	5:16.58	Mikołajczyk Marta	KOKIE	Busko Zdrój	06-12-2008

Punkty: FINA 2011

Pozycja			Rok ur.					Czas	Pkt.
Młodzik									
1.	Jankowska Klaudia	98	G-92 Ursynów Warszawa	4:52.67	517				
	50m: 34.17 34.17	150m: 1:48.95 37.35	250m: 3:04.13 37.30	350m: 4:18.31 36.75					
	100m: 1:11.60 37.43	200m: 2:26.83 37.88	300m: 3:41.56 37.43	400m: 4:52.67 34.36					
2.	Machula Sara	98	KSZO Ostrowiec w	4:54.28	508				
	50m: 34.07 34.07	150m: 1:48.90 37.73	250m: 3:03.84 37.34	350m: 4:18.46 36.92					
	100m: 1:11.17 37.10	200m: 2:26.50 37.60	300m: 3:41.54 37.70	400m: 4:54.28 35.82					
3.	Mazur Maja	98	Salos Cortile Kielce	4:58.46	487				
	50m: 34.24 34.24	150m: 1:51.05 38.92	250m: 3:07.77 37.57	350m: 4:22.52 36.97					
	100m: 1:12.13 37.89	200m: 2:30.20 39.15	300m: 3:45.55 37.78	400m: 4:58.46 35.94					
4.	Rogowska Paulina	98	Salos Cortile Kielce	5:02.83	466				
	50m: 35.89 35.89	150m: 1:53.10 39.27	250m: 3:09.84 37.56	350m: 4:26.16 37.90					
	100m: 1:13.83 37.94	200m: 2:32.28 39.18	300m: 3:48.26 38.42	400m: 5:02.83 36.67					
5.	Janiec Zuzanna	98	Delfin Tarnobrzeg	5:16.90	407				
	50m: 36.13 36.13	150m: 1:55.77 40.07	250m: 3:15.90 39.06	350m: 4:37.49 41.09					
	100m: 1:15.70 39.57	200m: 2:36.84 41.07	300m: 3:56.40 40.50	400m: 5:16.90 39.41					
6.	Klechowska Aleksandra	98	KSZO Ostrowiec w	5:18.56	401				
	50m: 34.88 34.88	150m: 1:53.17 40.06	250m: 3:15.73 41.20	350m: 4:39.03 42.02					
	100m: 1:13.11 38.23	200m: 2:34.53 41.36	300m: 3:57.01 41.28	400m: 5:18.56 39.53					
7.	St pie Kamila	99	Barakuda Starachowice	5:23.93	381				
	50m: 35.91 35.91	150m: 1:58.83 42.09	250m: 3:22.26 41.84	350m: 4:44.66 41.43					
	100m: 1:16.74 40.83	200m: 2:40.42 41.59	300m: 4:03.23 40.97	400m: 5:23.93 39.27					
8.	Gaik Natalia	99	Salos Cortile Kielce	5:25.44	376				
	50m: 36.99 36.99	150m: 1:59.86 41.75	250m: 3:22.60 40.72	350m: 4:45.41 41.28					
	100m: 1:18.11 41.12	200m: 2:41.88 42.02	300m: 4:04.13 41.53	400m: 5:25.44 40.03					
9.	Mazurek Joanna	98	Barakuda Starachowice	5:38.31	334				
	50m: 37.16 37.16	150m: 2:02.91 43.52	250m: 3:30.09 43.77	350m: 4:56.67 43.30					
	100m: 1:19.39 42.23	200m: 2:46.32 43.41	300m: 4:13.37 43.28	400m: 5:38.31 41.64					
10.	B kiewicz Julia	00	ORKA J drzejów	5:45.56	314				
	50m: 39.32 39.32	150m: 2:05.27 43.56	250m: 3:34.63 44.55	350m: 5:03.08 44.21					
	100m: 1:21.71 42.39	200m: 2:50.08 44.81	300m: 4:18.87 44.24	400m: 5:45.56 42.48					
11.	Karkoszka Anna	00	Barakuda Starachowice	5:52.53	295				
	50m: 37.31 37.31	150m: 2:07.99 45.67	250m: 3:39.01 45.25	350m: 5:11.99 46.07					
	100m: 1:22.32 45.01	200m: 2:53.76 45.77	300m: 4:25.92 46.91	400m: 5:52.53 40.54					
12.	Kowal Paulina	99	KSZO Ostrowiec w	5:55.30	289				
	50m: 39.21 39.21	150m: 2:08.24 45.02	250m: 3:39.64 45.92	350m: 5:10.99 45.41					
	100m: 1:23.22 44.01	200m: 2:53.72 45.48	300m: 4:25.58 45.94	400m: 5:55.30 44.31					
13.	Mor g Weronika	99	ORKA J drzejów	6:03.69	269				
	50m: 41.19 41.19	150m: 2:13.92 46.86	250m: 3:47.50 46.75	350m: 5:20.07 46.03					
	100m: 1:27.06 45.87	200m: 3:00.75 46.83	300m: 4:34.04 46.54	400m: 6:03.69 43.62					
NIE UK.	Knap Joanna	99	Korona-Swim Kielce						



Konkurencja 19, Kobiety, 400m dowolny

Open

1.	Wołoszyn Sonia	95	KSZO Ostrowiec w	4:24.62	699
	50m: 30.47 30.47	150m: 1:36.19 33.11	250m: 2:44.10 34.05	350m: 3:51.84 33.71	
	100m: 1:03.08 32.61	200m: 2:10.05 33.86	300m: 3:18.13 34.03	400m: 4:24.62 32.78	
2.	Loranty Patrycja	97	KSZO Ostrowiec w	4:39.27	595
	50m: 31.59 31.59	150m: 1:42.27 35.86	250m: 2:53.44 35.72	350m: 4:04.74 35.37	
	100m: 1:06.41 34.82	200m: 2:17.72 35.45	300m: 3:29.37 35.93	400m: 4:39.27 34.53	
3.	Jankowska Klaudia	98	G-92 Ursynów Warszawa	4:52.67	517
	50m: 34.17 34.17	150m: 1:48.95 37.35	250m: 3:04.13 37.30	350m: 4:18.31 36.75	
	100m: 1:11.60 37.43	200m: 2:26.83 37.88	300m: 3:41.56 37.43	400m: 4:52.67 34.36	
4.	Trepka Karolina	96	G-92 Ursynów Warszawa	4:53.72	511
	50m: 33.95 33.95	150m: 1:47.88 37.12	250m: 3:02.81 37.41	350m: 4:17.27 37.21	
	100m: 1:10.76 36.81	200m: 2:25.40 37.52	300m: 3:40.06 37.25	400m: 4:53.72 36.45	
5.	Machula Sara	98	KSZO Ostrowiec w	4:54.28	508
	50m: 34.07 34.07	150m: 1:48.90 37.73	250m: 3:03.84 37.34	350m: 4:18.46 36.92	
	100m: 1:11.17 37.10	200m: 2:26.50 37.60	300m: 3:41.54 37.70	400m: 4:54.28 35.82	
6.	Mazur Maja	98	Salos Cortile Kielce	4:58.46	487
	50m: 34.24 34.24	150m: 1:51.05 38.92	250m: 3:07.77 37.57	350m: 4:22.52 36.97	
	100m: 1:12.13 37.89	200m: 2:30.20 39.15	300m: 3:45.55 37.78	400m: 4:58.46 35.94	
7.	Rogowska Paulina	98	Salos Cortile Kielce	5:02.83	466
	50m: 35.89 35.89	150m: 1:53.10 39.27	250m: 3:09.84 37.56	350m: 4:26.16 37.90	
	100m: 1:13.83 37.94	200m: 2:32.28 39.18	300m: 3:48.26 38.42	400m: 5:02.83 36.67	
8.	Janiec Zuzanna	98	Delfin Tarnobrzeg	5:16.90	407
	50m: 36.13 36.13	150m: 1:55.77 40.07	250m: 3:15.90 39.06	350m: 4:37.49 41.09	
	100m: 1:15.70 39.57	200m: 2:36.84 41.07	300m: 3:56.40 40.50	400m: 5:16.90 39.41	
9.	Klechowska Aleksandra	98	KSZO Ostrowiec w	5:18.56	401
	50m: 34.88 34.88	150m: 1:53.17 40.06	250m: 3:15.73 41.20	350m: 4:39.03 42.02	
	100m: 1:13.11 38.23	200m: 2:34.53 41.36	300m: 3:57.01 41.28	400m: 5:18.56 39.53	
10.	St pie Kamila	99	Barakuda Starachowice	5:23.93	381
	50m: 35.91 35.91	150m: 1:58.83 42.09	250m: 3:22.26 41.84	350m: 4:44.66 41.43	
	100m: 1:16.74 40.83	200m: 2:40.42 41.59	300m: 4:03.23 40.97	400m: 5:23.93 39.27	
11.	Gaik Natalia	99	Salos Cortile Kielce	5:25.44	376
	50m: 36.99 36.99	150m: 1:59.86 41.75	250m: 3:22.60 40.72	350m: 4:45.41 41.28	
	100m: 1:18.11 41.12	200m: 2:41.88 42.02	300m: 4:04.13 41.53	400m: 5:25.44 40.03	
12.	Bednarska Patrycja	96	Akwedukt Kielce	5:25.96	374
	50m: 35.35 35.35	150m: 1:54.82 40.30	250m: 3:17.40 41.29	350m: 4:43.77 43.55	
	100m: 1:14.52 39.17	200m: 2:36.11 41.29	300m: 4:00.22 42.82	400m: 5:25.96 42.19	
13.	Mazurek Joanna	98	Barakuda Starachowice	5:38.31	334
	50m: 37.16 37.16	150m: 2:02.91 43.52	250m: 3:30.09 43.77	350m: 4:56.67 43.30	
	100m: 1:19.39 42.23	200m: 2:46.32 43.41	300m: 4:13.37 43.28	400m: 5:38.31 41.64	
14.	B kiewicz Julia	00	ORKA J drzejów	5:45.56	314
	50m: 39.32 39.32	150m: 2:05.27 43.56	250m: 3:34.63 44.55	350m: 5:03.08 44.21	
	100m: 1:21.71 42.39	200m: 2:50.08 44.81	300m: 4:18.87 44.24	400m: 5:45.56 42.48	
15.	Karkoszka Anna	00	Barakuda Starachowice	5:52.53	295
	50m: 37.31 37.31	150m: 2:07.99 45.67	250m: 3:39.01 45.25	350m: 5:11.99 46.07	
	100m: 1:22.32 45.01	200m: 2:53.76 45.77	300m: 4:25.92 46.91	400m: 5:52.53 40.54	
16.	Kowal Paulina	99	KSZO Ostrowiec w	5:55.30	289
	50m: 39.21 39.21	150m: 2:08.24 45.02	250m: 3:39.64 45.92	350m: 5:10.99 45.41	
	100m: 1:23.22 44.01	200m: 2:53.72 45.48	300m: 4:25.58 45.94	400m: 5:55.30 44.31	
17.	Mor g Weronika	99	ORKA J drzejów	6:03.69	269
	50m: 41.19 41.19	150m: 2:13.92 46.86	250m: 3:47.50 46.75	350m: 5:20.07 46.03	
	100m: 1:27.06 45.87	200m: 3:00.75 46.83	300m: 4:34.04 46.54	400m: 6:03.69 43.62	



Mistrzostwa Okręgu świętokrzyskiego
Ostrowiec w., 17,18 grudnia 2011r



Konkurencja 19, Kobiet, 400m dowolny, Open

Pozycja	Rok ur.	Czas	Pkt.
NIE UK. Knap Joanna	99		Korona-Swim Kielce
NIE UK. Ucha ska Karolina	94		KSZO Ostrowiec w