

Otwarte Mistrzostwa Okręgu Podkarpackiego w pływaniu
D bica, 13. - 14.11.2010

Konkurencja 17
2010-11-13 - 16:45

Kobiet, 400m dowolny

11 lat i starsi
Wyniki

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.		
11 lat											
1.	DZIEKAN Aleksandra		99	MKS IKAR Mielec				5:56.11	287		
	50m:	39.96 39.96	150m:	2:11.08	46.09	250m:	3:43.53	46.04	350m:	5:14.57	45.02
	100m:	1:24.99 45.03	200m:	2:57.49	46.41	300m:	4:29.55	46.02	400m:	5:56.11	41.54
2.	TYMOFEJEWICZ Natalia		99	MOTYL MOSiR Stalowa Wola				6:01.33	274		
	50m:		150m:	2:11.04		250m:	3:44.64		350m:		
	100m:		200m:			300m:	5:17.26	1:32.62	400m:	6:01.33	
3.	KRZYWONOS Izabela		99	KP SOKÓŁ Rzeszów				6:19.99	236		
	50m:	41.10 41.10	150m:	2:18.19	49.68	250m:	3:55.40	49.16	350m:	5:33.34	48.87
	100m:	1:28.51 47.41	200m:	3:06.24	48.05	300m:	4:44.47	49.07	400m:	6:19.99	46.65
12 lat											
1.	KUKOWSKA Sylwia		98	MKS IKAR Mielec				5:16.02	410		
	50m:	36.40 36.40	150m:	1:57.04	40.53	250m:	3:18.01	40.70	350m:	4:37.98	39.04
	100m:	1:16.51 40.11	200m:	2:37.31	40.27	300m:	3:58.94	40.93	400m:	5:16.02	38.04
2.	KRÓLEWICZ Konstancja		98	MKS IKAR Mielec				5:22.64	386		
	50m:	37.27 37.27	150m:	1:58.66	40.36	250m:	3:20.90	40.12	350m:	4:43.71	41.30
	100m:	1:18.30 41.03	200m:	2:40.78	42.12	300m:	4:02.41	41.51	400m:	5:22.64	38.93
3.	KLAPER Natalia		98	UNIA Tarnów				5:29.18	363		
	50m:	36.72 36.72	150m:	1:59.53	41.63	250m:	3:23.55	41.72	350m:	4:48.28	42.44
	100m:	1:17.90 41.18	200m:	2:41.83	42.30	300m:	4:05.84	42.29	400m:	5:29.18	40.90
4.	JAROCHA Wiktoria		98	KS KSZO Ostrowiec wietokrzyski				5:33.34	350		
	50m:	38.22 38.22	150m:	2:02.76	42.32	250m:	3:27.83	42.38	350m:	4:53.04	41.98
	100m:	1:20.44 42.22	200m:	2:45.45	42.69	300m:	4:11.06	43.23	400m:	5:33.34	40.30
5.	HAŁAJ Monika		98	MOTYL MOSiR Stalowa Wola				5:39.18	332		
	50m:	37.78 37.78	150m:	2:04.34	43.69	250m:	3:32.19	43.73	350m:	4:57.24	41.95
	100m:	1:20.65 42.87	200m:	2:48.46	44.12	300m:	4:15.29	43.10	400m:	5:39.18	41.94
13 lat											
1.	ZAWOLIK Wiktoria		97	KS KSZO Ostrowiec wietokrzyski				5:00.07	479		
	50m:	34.09 34.09	150m:	1:49.74	37.94	250m:	3:06.16	38.01	350m:	4:23.23	38.49
	100m:	1:11.80 37.71	200m:	2:28.15	38.41	300m:	3:44.74	38.58	400m:	5:00.07	36.84
2.	NIEMIEC Aleksandra		97	MUKP FALA Ropczyce				5:09.68	436		
	50m:	34.28 34.28	150m:	1:50.87	38.62	250m:	3:10.06	40.16	350m:	4:30.36	40.32
	100m:	1:12.25 37.97	200m:	2:29.90	39.03	300m:	3:50.04	39.98	400m:	5:09.68	39.32
3.	AK Aleksandra		97	MKP BOBRY D bica				5:26.89	371		
	50m:	37.68 37.68	150m:	2:02.59	42.36	250m:	3:27.99		350m:	4:49.43	
	100m:	1:20.23 42.55	200m:			300m:			400m:	5:26.89	37.46
4.	SZNAJDER Kamila		97	MOSiR WODNIK Krosno				5:49.70	303		
	50m:	39.61 39.61	150m:	2:08.26	44.72	250m:	3:37.60	44.92	350m:	5:06.79	44.95
	100m:	1:23.54 43.93	200m:	2:52.68	44.42	300m:	4:21.84	44.24	400m:	5:49.70	42.91
14 lat i starsi											
1.	WOŁOSZYN Sonia		95	KS KSZO Ostrowiec wietokrzyski				4:42.18	577		
	50m:	32.46 32.46	150m:	1:43.37	35.67	250m:	2:55.19	35.72	350m:	4:06.78	35.78
	100m:	1:07.70 35.24	200m:	2:19.47	36.10	300m:	3:31.00	35.81	400m:	4:42.18	35.40
2.	WÓJTOWICZ Gabriela		95	MKP BOBRY D bica				4:48.66	539		
	50m:	32.50 32.50	150m:	1:43.62	35.99	250m:	2:56.93	36.88	350m:	4:12.49	38.29
	100m:	1:07.63 35.13	200m:	2:20.05	36.43	300m:	3:34.20	37.27	400m:	4:48.66	36.17

Otwarte Mistrzostwa Okręgu Podkarpackiego w pływaniu
D bica, 13. - 14.11.2010

Konkurencja 17, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.		
3.	DZIEKAN Agnieszka		96	MKS IKAR Mielec				4:52.29	519		
	50m:	32.83 32.83	150m:	1:46.72	37.55	250m:	3:01.80	37.71	350m:	4:17.27	37.36
	100m:	1:09.17 36.34	200m:	2:24.09	37.37	300m:	3:39.91	38.11	400m:	4:52.29	35.02
4.	TOMANEK Marlena		95	MKS IKAR Mielec				4:55.40	502		
	50m:	32.74 32.74	150m:	1:45.46	37.05	250m:	3:01.68	38.09	350m:	4:17.70	37.96
	100m:	1:08.41 35.67	200m:	2:23.59	38.13	300m:	3:39.74	38.06	400m:	4:55.40	37.70
5.	AK Anna		95	MKP BOBRY D bica				5:00.17	479		
	50m:	32.64 32.64	150m:	1:46.44	37.53	250m:	3:02.60	38.15	350m:	4:19.98	39.31
	100m:	1:08.91 36.27	200m:	2:24.45	38.01	300m:	3:40.67	38.07	400m:	5:00.17	40.19
6.	CWYNAR Michalina		95	MKP BOBRY D bica				5:06.09	452		
	50m:	34.53 34.53	150m:	1:51.52	39.10	250m:	3:10.12	39.19	350m:	4:29.03	39.28
	100m:	1:12.42 37.89	200m:	2:30.93	39.41	300m:	3:49.75	39.63	400m:	5:06.09	37.06
7.	RAMIAN Anna		96	MUKP Korona-Swim Kielce				5:09.27	438		
	50m:	34.79 34.79	150m:	1:52.75	39.40	250m:	3:11.86	39.40	350m:	4:30.86	39.18
	100m:	1:13.35 38.56	200m:	2:32.46	39.71	300m:	3:51.68	39.82	400m:	5:09.27	38.41
8.	BURCHAN Adrianna		96	MOTYL MOSiR Stalowa Wola				5:18.31	401		
	50m:	35.91 35.91	150m:	1:55.38	40.05	250m:	3:17.25	41.06	350m:	4:39.40	40.89
	100m:	1:15.33 39.42	200m:	2:36.19	40.81	300m:	3:58.51	41.26	400m:	5:18.31	38.91