



Zimowe Mistrzostwa Okręgu Podkarpackiego  
Stalowa Wola, 19- - 20-11-2016

Konkurencja 11  
2016-11-19 - 11:15

Kobiet, 400m zmienny

13 lat i starsi  
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.
13 lat									
1.	BIGUS Wiktoria		03	UKP GRYF D bica				<b>5:46.36</b>	427
	50m: 38.53	38.53	150m: 2:08.96	43.51	250m: 3:39.45	48.47	350m: 5:09.42	40.70	
	100m: 1:25.45	46.92	200m: 2:50.98	42.02	300m: 4:28.72	49.27	400m: 5:46.36	36.94	
2.	GAWRON Amelia		03	KP SOKÓŁ Rzeszów				<b>5:47.89</b>	421
	50m: 38.19	38.19	150m: 2:07.85	45.26	250m: 3:42.21	50.51	350m: 5:11.35	38.61	
	100m: 1:22.59	44.40	200m: 2:51.70	43.85	300m: 4:32.74	50.53	400m: 5:47.89	36.54	
14 lat									
1.	CERLICH Oliwia		02	MKS IKAR Mielec				<b>5:13.01</b>	578
	50m: 33.84	33.84	150m: 1:53.98	40.67	250m: 3:18.68	44.40	350m: 4:40.04	34.69	
	100m: 1:13.31	39.47	200m: 2:34.28	40.30	300m: 4:05.35	46.67	400m: 5:13.01	32.97	
2.	MADYCKA Marcelina		02	MKS IKAR Mielec				<b>5:30.95</b>	489
	50m: 34.91	34.91	150m: 1:58.91	43.31	250m: 3:27.34	46.31	350m: 4:53.85	39.77	
	100m: 1:15.60	40.69	200m: 2:41.03	42.12	300m: 4:14.08	46.74	400m: 5:30.95	37.10	
15 lat i starsi									
1.	NIZIOŁEK Kinga SMS		00	MKS IKAR Mielec				<b>5:31.14</b>	488
	50m: 34.45	34.45	150m: 1:59.01	43.56	250m: 3:29.78	48.07	350m: 4:55.87	39.30	
	100m: 1:15.45	41.00	200m: 2:41.71	42.70	300m: 4:16.57	46.79	400m: 5:31.14	35.27	
2.	SKROK Zuzanna		01	SP MOTYL MOSiR Stalowa Wola				<b>5:35.76</b>	468
	50m: 35.84	35.84	150m: 2:00.20	43.60	250m: 3:31.43	47.52	350m: 4:58.10	38.97	
	100m: 1:16.60	40.76	200m: 2:43.91	43.71	300m: 4:19.13	47.70	400m: 5:35.76	37.66	
3.	RYGIEL Julia		01	KS Swim2win Krosno				<b>5:44.86</b>	432
	50m: 38.64	38.64	150m: 2:08.01	45.12	250m: 3:37.54	46.12	350m: 5:07.44	42.42	
	100m: 1:22.89	44.25	200m: 2:51.42	43.41	300m: 4:25.02	47.48	400m: 5:44.86	37.42	