



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

Konkurencja 18
2016-11-19 - 16:40

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.	
12 lat										
1.	GAWRON Paula		04	CSTR Strzy ów				5:09.08	436	
	50m:	33.68 33.68	150m:	1:53.05	40.26	250m:	3:13.03	39.83	350m:	4:31.81 38.94
	100m:	1:12.79 39.11	200m:	2:33.20	40.15	300m:	3:52.87	39.84	400m:	5:09.08 37.27
2.	KACWIN Samanta		04	MKS IKAR Mielec				5:23.75	380	
	50m:	37.53 37.53	150m:	1:57.56	40.42	250m:	3:20.64	41.55	350m:	4:42.41 40.21
	100m:	1:17.14 39.61	200m:	2:39.09	41.53	300m:	4:02.20	41.56	400m:	5:23.75 41.34
3.	KOKOSZKA Patrycja		04	MKS IKAR Mielec				5:28.57	363	
	50m:	37.66 37.66	150m:	2:00.73	40.79	250m:	3:25.18	42.57	350m:	4:49.84 41.80
	100m:	1:19.94 42.28	200m:	2:42.61	41.88	300m:	4:08.04	42.86	400m:	5:28.57 38.73
4.	SZARANIEC Patrycja		04	UKP GRYF D bica				5:47.18	308	
	50m:		150m:		250m:		350m:			
	100m:		200m:		300m:		400m:	5:47.18		
5.	BŁA EJCZAK Zuzanna		04	UKS DELFIN Tarnobrzeg				5:59.61	277	
	50m:		150m:		250m:		350m:			
	100m:		200m:		300m:		400m:	5:59.61		
6.	RY Gabriela		04	MKP BOBRY D bica				6:41.69	199	
	50m:	44.22 44.22	150m:	2:26.64	52.58	250m:	4:09.85	51.75	350m:	5:52.87 51.23
	100m:	1:34.06 49.84	200m:	3:18.10	51.46	300m:	5:01.64	51.79	400m:	6:41.69 48.82
13 lat										
1.	GANCARZ Julia		03	MKS IKAR Mielec				4:45.79	552	
	50m:	31.72 31.72	150m:	1:43.71	36.16	250m:	2:56.49	36.12	350m:	4:10.05 37.02
	100m:	1:07.55 35.83	200m:	2:20.37	36.66	300m:	3:33.03	36.54	400m:	4:45.79 35.74
2.	GAWRON Amelia		03	KP SOKÓŁ Rzeszów				5:09.18	436	
	50m:	33.75 33.75	150m:	1:53.14	40.37	250m:	3:13.16	39.76	350m:	4:32.40 39.50
	100m:	1:12.77 39.02	200m:	2:33.40	40.26	300m:	3:52.90	39.74	400m:	5:09.18 36.78
3.	FLORKIEWICZ Liwia		03	KP SOKÓŁ Rzeszów				5:28.77	362	
	50m:	35.66 35.66	150m:	1:57.39	41.84	250m:	3:23.71	43.22	350m:	4:50.37 43.08
	100m:	1:15.55 39.89	200m:	2:40.49	43.10	300m:	4:07.29	43.58	400m:	5:28.77 38.40
4.	WAJSKOP Dorota		03	SP MOTYL MOŚIR Stalowa Wola				5:36.28	339	
	50m:	38.28 38.28	150m:	2:03.44	42.71	250m:	3:28.52	43.01	350m:	4:53.40 42.87
	100m:	1:20.73 42.45	200m:	2:45.51	42.07	300m:	4:10.53	42.01	400m:	5:36.28 42.88
14 lat										
1.	CERLICH Oliwia		02	MKS IKAR Mielec				4:33.02	633	
	50m:	31.44 31.44	150m:	1:40.68	34.56	250m:	2:50.45	35.03	350m:	4:00.02 34.49
	100m:	1:06.12 34.68	200m:	2:15.42	34.74	300m:	3:25.53	35.08	400m:	4:33.02 33.00
2.	GONET Katarzyna		02	KS Swim2win Krosno				4:55.14	501	
	50m:	35.66 35.66	150m:	1:50.47	37.22	250m:	3:04.96	37.18	350m:	4:18.80 37.09
	100m:	1:13.25 37.59	200m:	2:27.78	37.31	300m:	3:41.71	36.75	400m:	4:55.14 36.34
3.	SWIATEK Joanna		02	UKP GRYF D bica				5:13.97	416	
	50m:		150m:		250m:		350m:			
	100m:		200m:		300m:		400m:	5:13.97		



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15 lat i starsi

1.	GORZYNIK Aleksandra	01	KS Swim2win Krosno	4:36.04	613
	50m: 32.17 32.17	150m: 1:41.38	34.85 250m: 2:51.62 34.90	350m: 4:01.99	35.01
	100m: 1:06.53 34.36	200m: 2:16.72	35.34 300m: 3:26.98 35.36	400m: 4:36.04	34.05
2.	GR Z Gabriela	01	SP MOTYL MOSiR Stalowa Wola	4:53.58	509
	50m: 35.43 35.43	150m: 1:49.62	36.65 250m: 3:03.87 37.08	350m: 4:17.60	36.67
	100m: 1:12.97 37.54	200m: 2:26.79	37.17 300m: 3:40.93 37.06	400m: 4:53.58	35.98
3.	D BICKA Gabriela	01	SP MOTYL MOSiR Stalowa Wola	5:26.38	370
	50m: 38.11 38.11	150m: 2:03.00	42.61 250m: 3:26.31 41.32	350m: 4:47.93	40.86
	100m: 1:20.39 42.28	200m: 2:44.99	41.99 300m: 4:07.07 40.76	400m: 5:26.38	38.45
4.	SZYPUŁA Klaudia	00	PIRANIE SOSiR Nowa D ba	5:28.26	364
	50m: 36.25 36.25	150m: 1:57.47	41.10 250m: 3:21.67 42.25	350m: 4:46.81	42.64
	100m: 1:16.37 40.12	200m: 2:39.42	41.95 300m: 4:04.17 42.50	400m: 5:28.26	41.45
5.	PATLEWICZ Karolina	01	KS Swim2win Krosno	5:51.36	297
	50m:	150m:	250m:	350m:	
	100m:	200m:	300m:	400m:	5:51.36