

Zimowe Mistrzostwa Okręgu Podkarpackiego 2018 w pływaniu
Sanok, 1. - 2.12.2018

Konkurencja 19
01.12.2018 - 16:44

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Rekord POZP Open (wg Swimrankings) 4:29.47 CERLICH Oliwia 00508 Lodz 20.12.2017

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.
12 lat									
1.	ZIOBRO Patrycja		06	CSTiR Strzy ów				5:01.91	468
	50m: 34.77 34.77	150m: 1:51.15		38.64	250m: 3:07.49	38.51	350m: 4:24.53	38.98	
	100m: 1:12.51 37.74	200m: 2:28.98		37.83	300m: 3:45.55	38.06	400m: 5:01.91	37.38	
2.	PAWEŁEK Zuzanna		06	KP SOKÓŁ Rzeszów				5:29.06	362
	50m: 35.97 35.97	150m: 1:59.37		42.11	250m: 3:23.10	41.89	350m: 4:47.57	41.78	
	100m: 1:17.26 41.29	200m: 2:41.21		41.84	300m: 4:05.79	42.69	400m: 5:29.06	41.49	
3.	MA NICKA Martyna		06	MKP BOBRY D bica				5:44.16	316
	50m: 36.84 36.84	150m: 2:03.91		44.10	250m: 3:33.23	44.87	350m: 5:02.12	43.58	
	100m: 1:19.81 42.97	200m: 2:48.36		44.45	300m: 4:18.54	45.31	400m: 5:44.16	42.04	
4.	INDYK Maja		06	MKS IKAR Mielec				5:49.11	303
	50m: 37.24 37.24	150m: 2:04.56		44.31	250m: 3:34.72	44.75	350m: 4:59.51	40.16	
	100m: 1:20.25 43.01	200m: 2:49.97		45.41	300m: 4:19.35	44.63	400m: 5:49.11	49.60	
13 lat									
1.	STACHOWICZ Ilona		05	MOSiR WODNIK Krosno				4:52.63	514
	50m: 32.40 32.40	150m: 1:46.56		38.03	250m: 3:03.25	38.30	350m: 4:18.14	36.65	
	100m: 1:08.53 36.13	200m: 2:24.95		38.39	300m: 3:41.49	38.24	400m: 4:52.63	34.49	
2.	TROJNACKA Oliwia		05	MKS IKAR Mielec				4:54.17	506
	50m: 32.09 32.09	150m: 1:45.27		37.53	250m: 3:01.18	38.12	350m: 4:17.27	37.83	
	100m: 1:07.74 35.65	200m: 2:23.06		37.79	300m: 3:39.44	38.26	400m: 4:54.17	36.90	
3.	SZCZUDŁO Gabriela		05	UKP GRYF D bica				4:55.99	497
	50m: 33.69 33.69	150m: 1:47.17		36.95	250m: 3:02.77	37.55	350m: 4:18.91	38.38	
	100m: 1:10.22 36.53	200m: 2:25.22		38.05	300m: 3:40.53	37.76	400m: 4:55.99	37.08	
4.	KASPRZYCKA Nikola		05	KS Swim2Win Krosno				4:56.17	496
	50m: 34.37 34.37	150m: 1:49.30		37.61	250m: 3:04.40	37.48	350m: 4:19.44	37.78	
	100m: 1:11.69 37.32	200m: 2:26.92		37.62	300m: 3:41.66	37.26	400m: 4:56.17	36.73	
5.	MOTOR Magdalena		05	KP SOKÓŁ Rzeszów				5:03.97	459
	50m: 34.73 34.73	150m: 1:52.66		39.20	250m: 3:10.42	39.12	350m: 4:28.41	39.21	
	100m: 1:13.46 38.73	200m: 2:31.30		38.64	300m: 3:49.20	38.78	400m: 5:03.97	35.56	
6.	PA KO Julia		05	KP SOKÓŁ Rzeszów				5:24.57	377
	50m: 35.04 35.04	150m: 1:58.19		41.92	250m: 3:20.37	41.01	350m: 4:44.40	42.24	
	100m: 1:16.27 41.23	200m: 2:39.36		41.17	300m: 4:02.16	41.79	400m: 5:24.57	40.17	
7.	RÓ YCKA Karolina		05	CSTiR Strzy ów				5:34.46	344
	50m: 36.70 36.70	150m: 2:00.67		42.88	250m: 3:27.21	43.39	350m: 4:53.73	43.34	
	100m: 1:17.79 41.09	200m: 2:43.82		43.15	300m: 4:10.39	43.18	400m: 5:34.46	40.73	
8.	PILECKA Maja		05	MOSiR WODNIK Krosno				5:58.49	279
	50m: 38.42 38.42	150m: 2:07.02		45.08	250m: 3:40.23	46.73	350m: 5:13.24	46.72	
	100m: 1:21.94 43.52	200m: 2:53.50		46.48	300m: 4:26.52	46.29	400m: 5:58.49	45.25	
14 lat									
1.	KOKOSZKA Patrycja		04	MKS IKAR Mielec				4:53.25	511
	50m: 34.03 34.03	150m: 1:48.79		37.36	250m: 3:03.51	37.21	350m: 4:17.46	36.88	
	100m: 1:11.43 37.40	200m: 2:26.30		37.51	300m: 3:40.58	37.07	400m: 4:53.25	35.79	

Zimowe Mistrzostwa Okręgu Podkarpackiego 2018 w pływaniu
Sanok, 1. - 2.12.2018

Konkurencja 19, Dziewcząt, 400m dowolny, 14 lat

Pozycja	Rok ur.								Czas	Pkt.		
2.	STACHYRA Zuzanna 04 UKS AQUARIUS Lesko								5:47.35	307		
	50m:	37.69	37.69	150m:	2:02.51	43.11	250m:	3:32.61	45.60	350m:	5:02.44	44.48
	100m:	1:19.40	41.71	200m:	2:47.01	44.50	300m:	4:17.96	45.35	400m:	5:47.35	44.91

15 lat i starsi

1.	CERLICH Oliwia 02 MKS IKAR Mielec								4:27.32	675		
	<i>Wynik Lepszy od Rekordu POZP 16 lat (Swimrankings)</i>											
	50m:	31.02	31.02	150m:	1:38.28	33.85	250m:	2:46.01	34.06	350m:	3:54.08	34.26
	100m:	1:04.43	33.41	200m:	2:11.95	33.67	300m:	3:19.82	33.81	400m:	4:27.32	33.24
2.	GANCARZ Julia 03 MKS IKAR Mielec								4:36.26	611		
	50m:	31.53	31.53	150m:	1:40.67	34.98	250m:	2:51.11	35.12	350m:	4:01.37	35.14
	100m:	1:05.69	34.16	200m:	2:15.99	35.32	300m:	3:26.23	35.12	400m:	4:36.26	34.89
3.	PIEJKO Dorota 03 CSTiR Strzyków								4:38.54	596		
	50m:	33.47	33.47	150m:	1:44.26	35.32	250m:	2:54.38	34.85	350m:	4:04.69	34.88
	100m:	1:08.94	35.47	200m:	2:19.53	35.27	300m:	3:29.81	35.43	400m:	4:38.54	33.85
4.	FLORKIEWICZ Liwia 03 UKP GRYF D bica								4:56.82	493		
	50m:	33.15	33.15	150m:	1:46.80	37.32	250m:	3:03.33	38.21	350m:	4:19.88	38.08
	100m:	1:09.48	36.33	200m:	2:25.12	38.32	300m:	3:41.80	38.47	400m:	4:56.82	36.94
5.	SZERSZE Natalia 02 UKP GRYF D bica								5:15.32	411		
	50m:	35.89	35.89	150m:	1:55.85	40.47	250m:	3:15.64	39.20	350m:	4:36.14	40.34
	100m:	1:15.38	39.49	200m:	2:36.44	40.59	300m:	3:55.80	40.16	400m:	5:15.32	39.18