



Zimowe Mistrzostwa Okręgu Podkarpackiego 2019 w pływaniu
D bica, 16. - 17.11.2019

Konkurencja 11
16.11.2019 - 12:17

Kobiet, 400m zmienny

13 lat i starsi
Wyniki

Rekord POZP Open (wg Swimrankings) 4:54.72 CZERNIAK Monika 00308 Szczecin 04.12.2010

Punkty: FINA 2019

| Pozycja | | Rok ur. | | | | | | Czas | Pkt. |
|-----------------|---------------------|---------------|---------------------|---------------|-------|---------------|--|----------------|------|
| 13 lat | | | | | | | | | |
| 1. | PAWEŁEK Zuzanna | 06 | KP SOKÓŁ Rzeszów | | | | | 5:52.52 | 396 |
| | 50m: 37.97 37.97 | 150m: 2:07.72 | 45.23 | 250m: 3:43.89 | 53.55 | 350m: 5:15.63 | | 39.37 | |
| | 100m: 1:22.49 44.52 | 200m: 2:50.34 | 42.62 | 300m: 4:36.26 | 52.37 | 400m: 5:52.52 | | 36.89 | |
| 2. | SZELC Aleksandra | 06 | MOSiR WODNIK Krosno | | | | | 6:07.57 | 349 |
| | 50m: 37.73 37.73 | 150m: 2:11.09 | 47.59 | 250m: 3:52.17 | 51.60 | 350m: 5:27.41 | | 41.56 | |
| | 100m: 1:23.50 45.77 | 200m: 3:00.57 | 49.48 | 300m: 4:45.85 | 53.68 | 400m: 6:07.57 | | 40.16 | |
| 3. | ROWI SKA Patrycja | 06 | UKP GRYF D bica | | | | | 6:28.74 | 295 |
| | 50m: 42.02 42.02 | 150m: 2:24.01 | 52.76 | 250m: 4:00.74 | 48.70 | 350m: 5:41.52 | | 48.77 | |
| | 100m: 1:31.25 49.23 | 200m: 3:12.04 | 48.03 | 300m: 4:52.75 | 52.01 | 400m: 6:28.74 | | 47.22 | |
| 14 lat | | | | | | | | | |
| 1. | MOTOR Magdalena | 05 | KP SOKÓŁ Rzeszów | | | | | 5:34.63 | 463 |
| | 50m: 36.99 36.99 | 150m: 2:02.59 | 43.54 | 250m: 3:34.46 | 48.87 | 350m: 4:59.41 | | 36.86 | |
| | 100m: 1:19.05 42.06 | 200m: 2:45.59 | 43.00 | 300m: 4:22.55 | 48.09 | 400m: 5:34.63 | | 35.22 | |
| 2. | TROJNACKA Oliwia | 05 | MKS IKAR Mielec | | | | | 5:35.47 | 459 |
| | 50m: 34.91 34.91 | 150m: 1:55.42 | 42.50 | 250m: 3:29.77 | 51.01 | 350m: 5:00.35 | | 38.72 | |
| | 100m: 1:12.92 38.01 | 200m: 2:38.76 | 43.34 | 300m: 4:21.63 | 51.86 | 400m: 5:35.47 | | 35.12 | |
| 15 lat i starsi | | | | | | | | | |
| 1. | GANCARZ Julia | 03 | MKS IKAR Mielec | | | | | 5:06.68 | 601 |
| | 50m: 32.63 32.63 | 150m: 1:49.33 | 39.36 | 250m: 3:11.95 | 43.53 | 350m: 4:31.98 | | 34.96 | |
| | 100m: 1:09.97 37.34 | 200m: 2:28.42 | 39.09 | 300m: 3:57.02 | 45.07 | 400m: 5:06.68 | | 34.70 | |
| 2. | CERLICH Oliwia | 02 | MKS IKAR Mielec | | | | | 5:09.88 | 583 |
| | 50m: 34.13 34.13 | 150m: 1:52.15 | 40.16 | 250m: 3:14.57 | 43.98 | 350m: 4:34.75 | | 35.90 | |
| | 100m: 1:11.99 37.86 | 200m: 2:30.59 | 38.44 | 300m: 3:58.85 | 44.28 | 400m: 5:09.88 | | 35.13 | |