



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

Konkurencja 19
16.11.2019 - 15:47

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Rekord POZP Open (wg Swimrankings) 4:24.49 CERLICH Oliwia 00508 Gorzów Wielkopolski 15.12.2018

Punkty: FINA 2019

Pozycja			Rok ur.					Czas	Pkt.
12 lat									
1.	SZOPA Natalia		07	UKP GRYF D bica				4:55.92	493
	50m: 33.00	33.00	150m: 1:49.24	38.61	250m: 3:06.00	38.34	350m: 4:20.89	36.69	
	100m: 1:10.63	37.63	200m: 2:27.66	38.42	300m: 3:44.20	38.20	400m: 4:55.92	35.03	
2.	LIPI SKA Julia		07	UKP GRYF D bica				5:14.12	412
	50m: 36.42	36.42	150m: 1:55.89	40.29	250m: 3:16.02	39.98	350m: 4:35.82	40.07	
	100m: 1:15.60	39.18	200m: 2:36.04	40.15	300m: 3:55.75	39.73	400m: 5:14.12	38.30	
3.	SZKLARZ Julia		07	UKS FREGATA Kolbuszowa				5:40.17	325
	50m: 38.69	38.69	150m: 2:05.66	43.88	250m: 3:33.80	43.54	350m: 5:00.28	42.64	
	100m: 1:21.78	43.09	200m: 2:50.26	44.60	300m: 4:17.64	43.84	400m: 5:40.17	39.89	
4.	WO NIAK Kornelia		07	UKS FREGATA Kolbuszowa				5:48.53	302
	50m: 39.64	39.64	150m: 2:08.63	44.70	250m: 3:38.36	44.64	350m: 5:07.04	43.68	
	100m: 1:23.93	44.29	200m: 2:53.72	45.09	300m: 4:23.36	45.00	400m: 5:48.53	41.49	
5.	JANCZY Julia		07	UKS DELFINEK Ustrzyki D.				6:01.10	271
	50m: 39.63	39.63	150m: 2:09.80	45.56	250m: 3:42.26	46.43	350m: 5:15.20	46.28	
	100m: 1:24.24	44.61	200m: 2:55.83	46.03	300m: 4:28.92	46.66	400m: 6:01.10	45.90	
13 lat									
1.	ZIOBRO Patrycja		06	UKP GRYF D bica				4:50.73	520
	50m: 34.10	34.10	150m: 1:48.04	37.55	250m: 3:01.89	37.30	350m: 4:15.48	36.74	
	100m: 1:10.49	36.39	200m: 2:24.59	36.55	300m: 3:38.74	36.85	400m: 4:50.73	35.25	
2.	PAWEŁEK Zuzanna		06	KP SOKÓŁ Rzeszów				4:58.30	482
	50m: 33.72	33.72	150m: 1:49.20	38.43	250m: 3:05.75	38.11	350m: 4:21.07	36.78	
	100m: 1:10.77	37.05	200m: 2:27.64	38.44	300m: 3:44.29	38.54	400m: 4:58.30	37.23	
3.	SZELC Aleksandra		06	MOSiR WODNIK Krosno				5:21.83	383
	50m: 34.20	34.20	150m: 1:55.30	41.95	250m: 3:19.06	41.87	350m: 4:42.02	40.88	
	100m: 1:13.35	39.15	200m: 2:37.19	41.89	300m: 4:01.14	42.08	400m: 5:21.83	39.81	
4.	MA NICKA Martyna		06	MKP BOBRY D bica				5:38.69	329
	50m: 36.91	36.91	150m: 2:00.40	42.08	250m: 3:27.97	44.07	350m: 4:55.86	43.98	
	100m: 1:18.32	41.41	200m: 2:43.90	43.50	300m: 4:11.88	43.91	400m: 5:38.69	42.83	
5.	ZIEMBA Paulina		06	AZS SMS Jarosław				5:53.57	289
	50m: 38.59	38.59	150m: 2:07.10	45.37	250m: 3:39.24	46.66	350m: 5:10.84	44.99	
	100m: 1:21.73	43.14	200m: 2:52.58	45.48	300m: 4:25.85	46.61	400m: 5:53.57	42.73	
6.	ZDU SKA Maja		06	MKS IKAR Mielec				6:02.46	268
	50m: 39.96	39.96	150m: 2:11.47	46.83	250m: 3:46.30	47.98	350m: 5:19.64	46.10	
	100m: 1:24.64	44.68	200m: 2:58.32	46.85	300m: 4:33.54	47.24	400m: 6:02.46	42.82	
14 lat									
1.	STACHOWICZ Ilona		05	MOSiR WODNIK Krosno				4:47.22	540
	50m: 32.39	32.39	150m: 1:45.41	37.05	250m: 3:00.05	37.14	350m: 4:13.00	36.07	
	100m: 1:08.36	35.97	200m: 2:22.91	37.50	300m: 3:36.93	36.88	400m: 4:47.22	34.22	
2.	SZCZUDŁO Gabriela		05	UKP GRYF D bica				4:51.78	515
	50m: 33.72	33.72	150m: 1:48.66	37.92	250m: 3:03.67	37.50	350m: 4:17.02	36.93	
	100m: 1:10.74	37.02	200m: 2:26.17	37.51	300m: 3:40.09	36.42	400m: 4:51.78	34.76	



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

Konkurencja 19, Dziewcząt, 400m dowolny, 14 lat

Pozycja		Rok ur.						Czas	Pkt.
3.	KASPRZYCKA Nikola	05	KS Swim2Win Krosno					4:53.09	508
	50m: 33.95 33.95	150m: 1:48.91	37.63	250m: 3:03.50	36.82	350m: 4:17.11	36.29		
	100m: 1:11.28 37.33	200m: 2:26.68	37.77	300m: 3:40.82	37.32	400m: 4:53.09	35.98		
4.	MOTOR Magdalena	05	KP SOKÓŁ Rzeszów					4:53.17	507
	50m: 34.24 34.24	150m: 1:49.74	37.93	250m: 3:05.09	37.57	350m: 4:19.18	36.83		
	100m: 1:11.81 37.57	200m: 2:27.52	37.78	300m: 3:42.35	37.26	400m: 4:53.17	33.99		
5.	TROJNACKA Oliwia	05	MKS IKAR Mielec					4:57.07	488
	50m: 33.96 33.96	150m: 1:49.13	38.16	250m: 3:04.23	36.88	350m: 4:21.51	38.04		
	100m: 1:10.97 37.01	200m: 2:27.35	38.22	300m: 3:43.47	39.24	400m: 4:57.07	35.56		
6.	CWYNAR Karolina	05	KP SOKÓŁ Rzeszów					5:12.84	418
	50m: 35.40 35.40	150m: 1:53.97	40.09	250m: 3:14.72	40.61	350m: 4:35.25	40.43		
	100m: 1:13.88 38.48	200m: 2:34.11	40.14	300m: 3:54.82	40.10	400m: 5:12.84	37.59		

15 lat i starsi

1.	GANCARZ Julia	03	MKS IKAR Mielec					4:30.84	644
	50m: 31.40 31.40	150m: 1:39.81	34.15	250m: 2:47.96	34.09	350m: 3:57.04	34.63		
	100m: 1:05.66 34.26	200m: 2:13.87	34.06	300m: 3:22.41	34.45	400m: 4:30.84	33.80		
2.	CERLICH Oliwia	02	MKS IKAR Mielec					4:33.57	625
	50m: 31.46 31.46	150m: 1:40.59	34.72	250m: 2:49.78	34.62	350m: 3:59.24	34.16		
	100m: 1:05.87 34.41	200m: 2:15.16	34.57	300m: 3:25.08	35.30	400m: 4:33.57	34.33		
3.	MALEC Wiktoria	03	MKS IKAR Mielec					4:39.68	585
	50m: 31.30 31.30	150m: 1:40.20	34.59	250m: 2:50.87	35.72	350m: 4:03.88	36.62		
	100m: 1:05.61 34.31	200m: 2:15.15	34.95	300m: 3:27.26	36.39	400m: 4:39.68	35.80		
4.	SKOWROŃSKA Wiktoria	02	UKS FREGATA Kolbuszowa					5:27.40	364
	50m: 36.44 36.44	150m: 1:58.92	41.69	250m: 3:22.76	41.49	350m: 4:46.96	41.81		
	100m: 1:17.23 40.79	200m: 2:41.27	42.35	300m: 4:05.15	42.39	400m: 5:27.40	40.44		