

Zimowe Mistrzostwa Okręgu Podkarpackiego 2020 w pływaniu
Sanok, 14. - 15.11.2020

Konkurencja 19
14.11.2020 - 15:43

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

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

Punkty: FINA 2020

Pozycja	Rok ur.	Czas	Pkt.
12 lat			
1. GAJDA Martyna	08 MKP BOBRY D bica	5:28.44	361
50m: 36.24 36.24	150m: 2:00.68 42.74	250m: 3:26.52 42.96	350m: 4:48.48 41.01
100m: 1:17.94 41.70	200m: 2:43.56 42.88	300m: 4:07.47 40.95	400m: 5:28.44 39.96
2. STARZEC Karolina	08 UKP GRYF D bica	5:34.43	342
50m: 38.21 38.21	150m: 2:03.91 43.46	250m: 3:30.38 43.45	350m: 4:54.61 41.78
100m: 1:20.45 42.24	200m: 2:46.93 43.02	300m: 4:12.83 42.45	400m: 5:34.43 39.82
3. BEREZAK Milena	08 MKS IKAR Mielec	5:39.61	326
50m: 39.51 39.51	150m: 2:07.25 44.07	250m: 3:33.88 43.27	350m: 5:00.38 43.38
100m: 1:23.18 43.67	200m: 2:50.61 43.36	300m: 4:17.00 43.12	400m: 5:39.61 39.23
4. GŁOGOWSKA Zuzanna	08 MKS IKAR Mielec	5:49.47	299
50m: 39.55 39.55	150m: 2:09.32 45.29	250m: 3:37.21 44.94	350m: 5:06.86 44.55
100m: 1:24.03 44.48	200m: 2:52.27 42.95	300m: 4:22.31 45.10	400m: 5:49.47 42.61
5. SOJKA Aleksandra	08 UKP GRYF D bica	6:13.33	245
50m: 40.68 40.68	150m: 2:16.00 48.36	250m: 3:51.74 47.32	350m: 5:27.88 48.60
100m: 1:27.64 46.96	200m: 3:04.42 48.42	300m: 4:39.28 47.54	400m: 6:13.33 45.45
13 lat			
1. SZOPA Natalia	07 UKP GRYF D bica	4:49.49	527
50m: 32.05 32.05	150m: 1:45.91 37.92	250m: 3:01.63 37.66	350m: 4:15.73 36.67
100m: 1:07.99 35.94	200m: 2:23.97 38.06	300m: 3:39.06 37.43	400m: 4:49.49 33.76
2. LIPI SKA Julia	07 UKP GRYF D bica	5:21.17	386
50m: 36.15 36.15	150m: 1:56.68 40.82	250m: 3:19.27 41.38	350m: 4:41.34 40.73
100m: 1:15.86 39.71	200m: 2:37.89 41.21	300m: 4:00.61 41.34	400m: 5:21.17 39.83
3. WO NIAK Kornelia	07 UKS FREGATA Kolbuszowa	5:30.21	355
50m: 36.78 36.78	150m: 1:59.80 41.72	250m: 3:25.32 42.74	350m: 4:50.02 42.04
100m: 1:18.08 41.30	200m: 2:42.58 42.78	300m: 4:07.98 42.66	400m: 5:30.21 40.19
4. SZKLARZ Julia	07 UKS FREGATA Kolbuszowa	5:31.52	351
50m: 37.31 37.31	150m: 2:00.37 41.81	250m: 3:26.15 42.97	350m: 4:51.60 42.58
100m: 1:18.56 41.25	200m: 2:43.18 42.81	300m: 4:09.02 42.87	400m: 5:31.52 39.92
5. WRONA Zuzanna	07 UKS DELFINEK Ustrzyki D.	6:03.99	265
50m: 39.59 39.59	150m: 2:09.85 45.39	250m: 3:43.08 47.23	350m: 5:18.91 48.40
100m: 1:24.46 44.87	200m: 2:55.85 46.00	300m: 4:30.51 47.43	400m: 6:03.99 45.08
6. JANCZY Julia	07 UKS DELFINEK Ustrzyki D.	6:17.86	237
50m: 39.20 39.20	150m: 2:12.46 48.28	250m: 3:50.71 49.20	350m: 5:29.29 49.22
100m: 1:24.18 44.98	200m: 3:01.51 49.05	300m: 4:40.07 49.36	400m: 6:17.86 48.57
14 lat			
1. PAWEŁEK Zuzanna	06 KP SOKÓŁ Rzeszów	4:51.90	514
50m: 32.73 32.73	150m: 1:47.91 38.18	250m: 3:02.93 37.67	350m: 4:16.67 36.68
100m: 1:09.73 37.00	200m: 2:25.26 37.35	300m: 3:39.99 37.06	400m: 4:51.90 35.23
2. ZIELI SKA Zuzanna	06 MKS IKAR Mielec	5:08.95	434
50m: 36.43 36.43	150m: 1:56.39 40.01	250m: 3:15.51 39.47	350m: 4:33.17 38.22
100m: 1:16.38 39.95	200m: 2:36.04 39.65	300m: 3:54.95 39.44	400m: 5:08.95 35.78
3. ZIOBRO Patrycja	06 UKP GRYF D bica	5:10.33	428
50m: 34.05 34.05	150m: 1:52.55 40.52	250m: 3:12.20 39.81	350m: 4:31.43 39.37
100m: 1:12.03 37.98	200m: 2:32.39 39.84	300m: 3:52.06 39.86	400m: 5:10.33 38.90

Zimowe Mistrzostwa Okręgu Podkarpackiego 2020 w pływaniu
Sanok, 14. - 15.11.2020

Konkurencja 19, Dziewcząt, 400m dowolny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.
4.	INDYK Maja		06	MKS IKAR Mielec				5:13.40	415
	50m:	34.74 34.74	150m:	1:54.42 40.46	250m:	3:14.73 40.03	350m:	4:34.53 39.98	
	100m:	1:13.96 39.22	200m:	2:34.70 40.28	300m:	3:54.55 39.82	400m:	5:13.40 38.87	
5.	SZELC Aleksandra		06	MOSiR WODNIK Krosno				5:30.85	353
	50m:	33.89 33.89	150m:	1:56.76 42.52	250m:	3:22.28 42.85	350m:	4:49.07 42.59	
	100m:	1:14.24 40.35	200m:	2:39.43 42.67	300m:	4:06.48 44.20	400m:	5:30.85 41.78	
6.	ZIEMBA Paulina		06	AZS SMS Jarosław				5:49.49	299
	50m:	38.72 38.72	150m:	2:06.48 44.40	250m:	3:36.05 44.57	350m:	5:06.43 45.24	
	100m:	1:22.08 43.36	200m:	2:51.48 45.00	300m:	4:21.19 45.14	400m:	5:49.49 43.06	

15 lat i starsi

1.	CERLICH Oliwia		02	MKS IKAR Mielec				4:31.24	641
	50m:	30.88 30.88	150m:	1:38.43 33.76	250m:	2:46.72 34.29	350m:	3:56.70 35.14	
	100m:	1:04.67 33.79	200m:	2:12.43 34.00	300m:	3:21.56 34.84	400m:	4:31.24 34.54	
2.	MALEC Wiktoria		03	MKS IKAR Mielec				4:43.16	563
	50m:	32.43 32.43	150m:	1:44.69 36.48	250m:	2:56.53 35.70	350m:	4:08.51 36.22	
	100m:	1:08.21 35.78	200m:	2:20.83 36.14	300m:	3:32.29 35.76	400m:	4:43.16 34.65	
3.	STACHOWICZ Ilona		05	KS Swim2Win Krosno				4:48.76	531
	50m:	32.29 32.29	150m:	1:44.59 36.89	250m:	2:59.49 37.32	350m:	4:13.23 36.48	
	100m:	1:07.70 35.41	200m:	2:22.17 37.58	300m:	3:36.75 37.26	400m:	4:48.76 35.53	
4.	SZCZUDŁO Gabriela		05	UKP GRYF D bica				4:48.85	531
	50m:	33.28 33.28	150m:	1:46.69 37.12	250m:	3:02.11 37.59	350m:	4:16.74 37.09	
	100m:	1:09.57 36.29	200m:	2:24.52 37.83	300m:	3:39.65 37.54	400m:	4:48.85 32.11	
5.	SKOWRO SKA Wiktoria		02	UKS FREGATA Kolbuszowa				5:27.18	365
	50m:	35.88 35.88	150m:	1:58.23 41.65	250m:	3:21.89 42.12	350m:	4:47.20 42.74	
	100m:	1:16.58 40.70	200m:	2:39.77 41.54	300m:	4:04.46 42.57	400m:	5:27.18 39.98	