

Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
D bica, 30-31.10.2021

Konkurencja 19
30.10.2021 - 15:42

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Punkty: FINA 2021

Pozycja			Rok ur.					Czas	Pkt.
12 lat									
1.	DOMAGAŁA Katarzyna		09	KP SOKÓŁ Rzeszów				5:11.75	422
	50m:	35.83 35.83	150m:	1:53.95 39.37	250m:	3:13.11 39.42	350m:	4:32.88 39.70	
	100m:	1:14.58 38.75	200m:	2:33.69 39.74	300m:	3:53.18 40.07	400m:	5:11.75 38.87	
2.	GROCHAŁA Nikola		09	UKS FREGATA Kolbuszowa				5:34.13	343
	50m:	37.28 37.28	150m:	2:01.93 43.50	250m:	3:28.88 43.50	350m:	4:54.56 43.52	
	100m:	1:18.43 41.15	200m:	2:45.38 43.45	300m:	4:11.04 42.16	400m:	5:34.13 39.57	
3.	SZKLARZ Oliwia		09	UKS FREGATA Kolbuszowa				5:40.56	324
	50m:	37.70 37.70	150m:	2:05.48 44.66	250m:	3:34.50 44.56	350m:	4:58.98 40.87	
	100m:	1:20.82 43.12	200m:	2:49.94 44.46	300m:	4:18.11 43.61	400m:	5:40.56 41.58	
4.	WILK Weronika		09	UKS DELFINEK Ustrzyki Dolne				6:25.85	222
	50m:	39.90 39.90	150m:	2:16.59 50.60	250m:	3:58.14 50.24	350m:	5:38.58 50.51	
	100m:	1:25.99 46.09	200m:	3:07.90 51.31	300m:	4:48.07 49.93	400m:	6:25.85 47.27	
5.	STACHYRAK Julia		09	UKS DELFINEK Ustrzyki Dolne				6:44.68	193
	50m:	40.64 40.64	150m:	2:18.97 50.15	250m:	4:01.53 51.76	350m:	5:46.66 52.22	
	100m:	1:28.82 48.18	200m:	3:09.77 50.80	300m:	4:54.44 52.91	400m:	6:44.68 58.02	
13 lat									
1.	GAJDA Martyna		08	UKS FENIKS D bica				4:55.03	498
	50m:	32.85 32.85	150m:	1:48.96 38.22	250m:	3:05.47 38.34	350m:	4:20.00 36.22	
	100m:	1:10.74 37.89	200m:	2:27.13 38.17	300m:	3:43.78 38.31	400m:	4:55.03 35.03	
2.	BEREZAK Milena		08	MKS IKAR Mielec				5:05.94	446
	50m:	36.78 36.78	150m:	1:56.41 39.61	250m:	3:14.75 38.91	350m:	4:31.87 38.09	
	100m:	1:16.80 40.02	200m:	2:35.84 39.43	300m:	3:53.78 39.03	400m:	5:05.94 34.07	
3.	GŁOGOWSKA Zuzanna		08	MKS IKAR Mielec				5:20.62	388
	50m:	36.26 36.26	150m:	1:57.55 40.67	250m:	3:19.25 41.15	350m:	4:42.20 41.53	
	100m:	1:16.88 40.62	200m:	2:38.10 40.55	300m:	4:00.67 41.42	400m:	5:20.62 38.42	
4.	PAZDYK Martyna		08	UKS FENIKS D bica				5:28.06	362
	50m:	37.38 37.38	150m:	2:00.55 41.88	250m:	3:25.96 41.62	350m:	4:50.38 41.80	
	100m:	1:18.67 41.29	200m:	2:44.34 43.79	300m:	4:08.58 42.62	400m:	5:28.06 37.68	
5.	ZYGUMUNT Zuzanna		08	UKS FENIKS D bica				5:34.17	343
	50m:	36.04 36.04	150m:	1:56.86 41.29	250m:	3:22.93 43.79	350m:	4:51.91 44.52	
	100m:	1:15.57 39.53	200m:	2:39.14 42.28	300m:	4:07.39 44.46	400m:	5:34.17 42.26	
6.	STARZEC Karolina		08	UKS FENIKS D bica				5:40.77	323
	50m:	38.07 38.07	150m:	2:04.74 43.25	250m:	3:33.08 44.16	350m:	5:00.71 43.63	
	100m:	1:21.49 43.42	200m:	2:48.92 44.18	300m:	4:17.08 44.00	400m:	5:40.77 40.06	
14 lat									
1.	SZOPA Natalia		07	UKP GRYF D bica				4:37.46	599
	50m:	31.32 31.32	150m:	1:42.91 36.20	250m:	2:54.82 35.59	350m:	4:04.44 34.92	
	100m:	1:06.71 35.39	200m:	2:19.23 36.32	300m:	3:29.52 34.70	400m:	4:37.46 33.02	
2.	LIPI SKA Julia		07	UKS FENIKS D bica				5:02.85	460
	50m:	35.19 35.19	150m:	1:51.84 38.29	250m:	3:09.21 38.16	350m:	4:25.38 38.15	
	100m:	1:13.55 38.36	200m:	2:31.05 39.21	300m:	3:47.23 38.02	400m:	5:02.85 37.47	
3.	WO NIAK Kornelia		07	UKS FREGATA Kolbuszowa				5:18.96	394
	50m:	36.23 36.23	150m:	1:56.57 40.51	250m:	3:18.62 41.00	350m:	4:41.07 41.30	
	100m:	1:16.06 39.83	200m:	2:37.62 41.05	300m:	3:59.77 41.15	400m:	5:18.96 37.89	
4.	JANCZY Julia		07	UKS DELFINEK Ustrzyki Dolne				5:51.57	294
	50m:	38.01 38.01	150m:	2:06.71 45.22	250m:	3:38.33 46.29	350m:	5:10.23 45.83	
	100m:	1:21.49 43.48	200m:	2:52.04 45.33	300m:	4:24.40 46.07	400m:	5:51.57 41.34	

Zimowe Mistrzostwa Okręgu Podkarpackiego 2021 w pływaniu
Długość, 30-31.10.2021

Konkurencja 19, Kobiety, 400m dowolny

15 lat i starsi

1.	STACHOWICZ Ilona	05	KS Swim2Win Krosno	4:44.85	553	
	50m: 32.33 32.33	150m: 1:44.39	36.70 250m: 2:58.53	36.99	350m: 4:10.93	36.45
	100m: 1:07.69 35.36	200m: 2:21.54	37.15 300m: 3:34.48	35.95	400m: 4:44.85	33.92
2.	MALEC Wiktoria	03	MKS IKAR Mielec	4:45.09	552	
	50m: 31.56 31.56	150m: 1:43.32	36.13 250m: 2:56.61	36.88	350m: 4:10.23	36.72
	100m: 1:07.19 35.63	200m: 2:19.73	36.41 300m: 3:33.51	36.90	400m: 4:45.09	34.86
3.	NIEMIEC Aleksandra	97	MUKP FALA Ropczyce	4:45.35	550	
	50m: 31.46 31.46	150m: 1:42.29	35.94 250m: 2:55.86	36.74	350m: 4:09.41	36.55
	100m: 1:06.35 34.89	200m: 2:19.12	36.83 300m: 3:32.86	37.00	400m: 4:45.35	35.94
4.	PAWEŁEK Zuzanna	06	KP SOKÓŁ Rzeszów	5:04.42	453	
	50m: 34.10 34.10	150m: 1:50.41	38.76 250m: 3:08.87	39.39	350m: 4:27.11	38.38
	100m: 1:11.65 37.55	200m: 2:29.48	39.07 300m: 3:48.73	39.86	400m: 5:04.42	37.31
5.	TROJNACKA Oliwia	05	MKS IKAR Mielec	5:18.77	395	
	50m: 36.40 36.40	150m: 1:57.91	41.38 250m: 3:19.21	40.80	350m: 4:40.77	40.88
	100m: 1:16.53 40.13	200m: 2:38.41	40.50 300m: 3:59.89	40.68	400m: 5:18.77	38.00
6.	SKOWRO SKA Wiktoria	02	UKS FREGATA Kolbuszowa	5:28.23	361	
	50m: 36.65 36.65	150m: 1:58.44	41.38 250m: 3:21.76	41.95	350m: 4:45.65	41.87
	100m: 1:17.06 40.41	200m: 2:39.81	41.37 300m: 4:03.78	42.02	400m: 5:28.23	42.58
PK	KUBICKA Gabriela	09	SSKSit GLOSATOR Kraków	5:20.99	387	
	50m: 35.27 35.27	150m: 1:57.47	41.62 250m: 3:19.57	41.23	350m: 4:42.89	40.58
	100m: 1:15.85 40.58	200m: 2:38.34	40.87 300m: 4:02.31	42.74	400m: 5:20.99	38.10