



Zimowe Mistrzostwa Okręgu Podkarpackiego 2022 w pływaniu
D bica, 19- - 20-11-2022

Konkurencja 19
2022-11-19 - 15:55

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Punkty: FINA 2022

Pozycja	Rok ur.	Czas	Pkt.
12 lat			
1. MALEC Matylda	10	5:19.69	391
50m: 36.23 36.23	150m: 1:56.67 40.74	250m: 3:18.76 41.05	350m: 4:41.21 40.96
100m: 1:15.93 39.70	200m: 2:37.71 41.04	300m: 4:00.25 41.49	400m: 5:19.69 38.48
2. BARTNIK Weronika	10	5:50.17	298
50m: 38.96 38.96	150m: 2:07.33 44.73	250m: 3:37.87 45.07	350m: 5:07.39 44.22
100m: 1:22.60 43.64	200m: 2:52.80 45.47	300m: 4:23.17 45.30	400m: 5:50.17 42.78
3. W GRZYN Emilia	10	5:54.59	287
50m: 40.70 40.70	150m: 2:10.67 45.20	250m: 3:43.44 46.31	350m: 5:14.99 45.92
100m: 1:25.47 44.77	200m: 2:57.13 46.46	300m: 4:29.07 45.63	400m: 5:54.59 39.60
4. FLOREK Aleksandra	10	6:06.98	258
50m: 41.72 41.72	150m: 2:15.51 47.84	250m: 3:50.87 47.26	350m: 5:23.99 45.83
100m: 1:27.67 45.95	200m: 3:03.61 48.10	300m: 4:38.16 47.29	400m: 6:06.98 42.99
5. BASZCZUK Milena	10	6:07.20	258
50m: 37.85 37.85	150m: 2:11.37 47.64	250m: 3:46.06 46.92	350m: 5:19.60 47.02
100m: 1:23.73 45.88	200m: 2:59.14 47.77	300m: 4:32.58 46.52	400m: 6:07.20 47.60
6. GOC Nadia	10	6:14.87	242
50m: 37.64 37.64	150m: 2:09.21 47.58	250m: 3:45.67 47.55	350m: 5:24.59 50.63
100m: 1:21.63 43.99	200m: 2:58.12 48.91	300m: 4:33.96 48.29	400m: 6:14.87 50.28
13 lat			
1. DOMAGAŁA Katarzyna	09	5:13.77	414
50m: 35.95 35.95	150m: 1:53.77 38.99	250m: 3:13.48 39.81	350m: 4:34.06 40.30
100m: 1:14.78 38.83	200m: 2:33.67 39.90	300m: 3:53.76 40.28	400m: 5:13.77 39.71
2. GROCHAŁA Nikola	09	5:19.05	394
50m: 34.81 34.81	150m: 1:55.12 40.86	250m: 3:17.38 41.43	350m: 4:39.11 41.29
100m: 1:14.26 39.45	200m: 2:35.95 40.83	300m: 3:57.82 40.44	400m: 5:19.05 39.94
3. LATAWIEC Paulina	09	5:30.19	355
50m: 36.52 36.52	150m: 1:59.49 42.32	250m: 3:25.09 42.52	350m: 4:50.04 42.58
100m: 1:17.17 40.65	200m: 2:42.57 43.08	300m: 4:07.46 42.37	400m: 5:30.19 40.15
4. MATUŁA Alicja	09	6:23.46	227
50m: 42.89 42.89	150m: 2:21.42 49.57	250m: 3:58.02 47.79	350m: 5:35.36 48.81
100m: 1:31.85 48.96	200m: 3:10.23 48.81	300m: 4:46.55 48.53	400m: 6:23.46 48.10
5. KARABANOWSKA Maja	09	6:45.96	191
50m: 46.29 46.29	150m: 2:30.48 51.74	250m: 4:14.33 52.06	350m: 5:59.02 52.28
100m: 1:38.74 52.45	200m: 3:22.27 51.79	300m: 5:06.74 52.41	400m: 6:45.96 46.94
6. BŁA OWSKA Martyna	09	6:48.69	187
50m: 42.55 42.55	150m: 2:25.92 53.06	250m: 4:13.54 53.88	350m: 5:59.98 52.79
100m: 1:32.86 50.31	200m: 3:19.66 53.74	300m: 5:07.19 53.65	400m: 6:48.69 48.71
14 lat			
1. GAJDA Martyna	08	4:42.85	565
50m: 31.94 31.94	150m: 1:42.79 35.84	250m: 2:55.88 36.99	350m: 4:08.38 35.76
100m: 1:06.95 35.01	200m: 2:18.89 36.10	300m: 3:32.62 36.74	400m: 4:42.85 34.47
2. BEREZAK Milena	08	4:49.39	528
50m: 33.33 33.33	150m: 1:46.87 37.06	250m: 3:00.61 36.81	350m: 4:14.28 36.87
100m: 1:09.81 36.48	200m: 2:23.80 36.93	300m: 3:37.41 36.80	400m: 4:49.39 35.11



Zimowe Mistrzostwa Okręgu Podkarpackiego 2022 w pływaniu
D bica, 19- - 20-11-2022

Konkurencja 19, Dziewcząt, 400m dowolny, 14 lat

Pozycja				Rok ur.					Czas	Pkt.		
3.	SŁABIK Nadia			08	KS Swim2Win Krosno				5:13.97	413		
	50m:	36.13	36.13	150m:	1:55.20	39.75	250m:	3:15.90	40.23	350m:	4:36.38	39.85
	100m:	1:15.45	39.32	200m:	2:35.67	40.47	300m:	3:56.53	40.63	400m:	5:13.97	37.59
4.	GŁOGOWSKA Zuzanna			08	MKS IKAR Stal Mielec				5:14.29	412		
	50m:	35.02	35.02	150m:	1:54.31	39.74	250m:	3:15.30	40.73	350m:	4:36.79	40.71
	100m:	1:14.57	39.55	200m:	2:34.57	40.26	300m:	3:56.08	40.78	400m:	5:14.29	37.50
5.	WACŁAW Maja			08	KP SOKÓŁ Rzeszów				5:15.51	407		
	50m:	34.99	34.99	150m:	1:55.93	41.41	250m:	3:17.92	41.25	350m:	4:39.38	39.80
	100m:	1:14.52	39.53	200m:	2:36.67	40.74	300m:	3:59.58	41.66	400m:	5:15.51	36.13
6.	CWYNAR Natalia			08	KP SOKÓŁ Rzeszów				5:25.56	370		
	50m:	37.15	37.15	150m:	2:00.76	41.98	250m:	3:24.05	41.76	350m:	4:46.74	41.42
	100m:	1:18.78	41.63	200m:	2:42.29	41.53	300m:	4:05.32	41.27	400m:	5:25.56	38.82
7.	RAMSKA Milena			08	Akademia Aqua Sport				5:39.04	328		
	50m:	36.87	36.87	150m:	2:02.30	43.60	250m:	3:30.67	44.05	350m:	4:59.43	44.13
	100m:	1:18.70	41.83	200m:	2:46.62	44.32	300m:	4:15.30	44.63	400m:	5:39.04	39.61
8.	OBŁÓJ Zuzanna			08	KS Swim2Win Krosno				5:42.72	317		
	50m:	40.60	40.60	150m:	2:10.05	45.59	250m:	3:38.34	42.95	350m:	5:06.16	43.96
	100m:	1:24.46	43.86	200m:	2:55.39	45.34	300m:	4:22.20	43.86	400m:	5:42.72	36.56
9.	BAJOR Dominika			08	KP SOKÓŁ Rzeszów				5:53.39	290		
	50m:	38.84	38.84	150m:	2:08.86	45.65	250m:	3:40.18	45.56	350m:	5:11.99	45.77
	100m:	1:23.21	44.37	200m:	2:54.62	45.76	300m:	4:26.22	46.04	400m:	5:53.39	41.40
NIE UK.	KRZY ANOWSKA Julia			08	AZS PWSTE Jarosław							

15 lat i starsi

1.	SZOPA Natalia			07	UKP GRYF D bica				4:33.03	628		
	50m:	29.63	29.63	150m:	1:38.73	35.55	250m:	2:50.12	35.98	350m:	4:00.08	34.83
	100m:	1:03.18	33.55	200m:	2:14.14	35.41	300m:	3:25.25	35.13	400m:	4:33.03	32.95
2.	TROJNACKA Oliwia			05	MKS IKAR Stal Mielec				4:46.51	544		
	50m:	33.05	33.05	150m:	1:46.27	36.83	250m:	2:59.23	36.15	350m:	4:11.56	35.94
	100m:	1:09.44	36.39	200m:	2:23.08	36.81	300m:	3:35.62	36.39	400m:	4:46.51	34.95
3.	STACHOWICZ Ilona			05	KS Swim2Win Krosno				4:50.50	522		
	50m:	32.31	32.31	150m:	1:43.77	36.33	250m:	2:58.57	37.95	350m:	4:14.83	37.78
	100m:	1:07.44	35.13	200m:	2:20.62	36.85	300m:	3:37.05	38.48	400m:	4:50.50	35.67
4.	PAWELEK Zuzanna			06	KP SOKÓŁ Rzeszów				4:54.12	503		
	50m:	31.97	31.97	150m:	1:45.08	36.94	250m:	3:01.49	38.48	350m:	4:17.02	36.65
	100m:	1:08.14	36.17	200m:	2:23.01	37.93	300m:	3:40.37	38.88	400m:	4:54.12	37.10
5.	LIPI SKA Julia			07	UKS FENIKS D bica				5:10.46	427		
	50m:	34.03	34.03	150m:	1:50.27	38.68	250m:	3:09.22	39.85	350m:	4:30.25	40.60
	100m:	1:11.59	37.56	200m:	2:29.37	39.10	300m:	3:49.65	40.43	400m:	5:10.46	40.21
PK	MITU Weronika			07	Gorlicki KP KARPATIA				5:14.78	410		
	50m:	35.33	35.33	150m:	1:55.27	40.53	250m:	3:16.60	40.22	350m:	4:36.27	39.59
	100m:	1:14.74	39.41	200m:	2:36.38	41.11	300m:	3:56.68	40.08	400m:	5:14.78	38.51