



Podkarpacka Liga Pływacka Dzieci 11-12 lat - 3 edycja wiosna 2023
Rzeszów, 6-5-2023

Konkurencja 15
2023-05-06 - 14:44

Dziewcz t, 400m dowolny

12 lat
Wyniki

Punkty: FINA 2022

Pozycja				Rok ur.					Czas	Pkt.		
1.	KISZKA Milena			11	KP SOKÓŁ Rzeszów				5:35.00	340		
	50m:	35.45	35.45	150m:	1:57.70	42.07	250m:	3:25.05	43.40	350m:	4:53.41	44.53
	100m:	1:15.63	40.18	200m:	2:41.65	43.95	300m:	4:08.88	43.83	400m:	5:35.00	41.59
2.	POKRZYWA Emilia			11	KS Swim2Win Krosno				5:40.72	323		
	50m:	35.06	35.06	150m:	2:04.73	45.13	250m:	3:35.50	45.20	350m:	4:58.79	40.55
	100m:	1:19.60	44.54	200m:	2:50.30	45.57	300m:	4:18.24	42.74	400m:	5:40.72	41.93
3.	KOZŁOWSKA Alicja			11	Stow. Sportowe PROSWIM				5:47.03	306		
	50m:	37.53	37.53	150m:	2:07.20	44.81	250m:	3:38.61	45.29	350m:	5:09.09	45.52
	100m:	1:22.39	44.86	200m:	2:53.32	46.12	300m:	4:23.57	44.96	400m:	5:47.03	37.94
4.	MAIK Marcelina			11	AZS PWSTE Jarosław				5:48.31	302		
	50m:	39.08	39.08	150m:	2:09.52	46.48	250m:	3:40.71	45.08	350m:	5:09.05	43.95
	100m:	1:23.04	43.96	200m:	2:55.63	46.11	300m:	4:25.10	44.39	400m:	5:48.31	39.26
5.	JASTRZ BSKA Natalia			11	Stow. Sportowe PROSWIM				5:52.79	291		
	50m:	38.59	38.59	150m:	2:08.41	45.59	250m:	3:40.44	45.43	350m:	5:10.84	44.23
	100m:	1:22.82	44.23	200m:	2:55.01	46.60	300m:	4:26.61	46.17	400m:	5:52.79	41.95
6.	BRATU Julia			11	UKP GRYF D bica				5:57.42	280		
	50m:	41.11	41.11	150m:	2:11.82	45.65	250m:	3:43.91	45.68	350m:	5:14.23	45.27
	100m:	1:26.17	45.06	200m:	2:58.23	46.41	300m:	4:28.96	45.05	400m:	5:57.42	43.19
7.	BLUJ Zuzanna			11	KP ORLIK Przeworsk				6:00.12	274		
	50m:	39.19	39.19	150m:	2:09.71	46.32	250m:	3:40.95	45.69	350m:	5:16.54	47.51
	100m:	1:23.39	44.20	200m:	2:55.26	45.55	300m:	4:29.03	48.08	400m:	6:00.12	43.58
8.	WOYTERSKA Lena			11	MKS IKAR Stal Mielec				6:04.33	264		
	50m:	39.13	39.13	150m:	2:11.33	47.03	250m:	3:44.31	46.08	350m:	5:18.23	46.87
	100m:	1:24.30	45.17	200m:	2:58.23	46.90	300m:	4:31.36	47.05	400m:	6:04.33	46.10
9.	SZYBISTY Karolina			11	KP SOKÓŁ Rzeszów				6:11.32	250		
	50m:	40.86	40.86	150m:	2:16.90	48.43	250m:	3:53.38	49.36	350m:	5:27.90	47.69
	100m:	1:28.47	47.61	200m:	3:04.02	47.12	300m:	4:40.21	46.83	400m:	6:11.32	43.42
10.	BARAN Izabela			11	UKS DELFIN Tarnobrzeg				6:16.01	240		
	50m:	40.50	40.50	150m:	2:16.27	48.46	250m:	3:55.02	49.89	350m:	5:32.77	48.53
	100m:	1:27.81	47.31	200m:	3:05.13	48.86	300m:	4:44.24	49.22	400m:	6:16.01	43.24
11.	SERWI SKA Ró a			11	Stow. Sportowe SWIM TRI Rzeszów				6:17.55	237		
	50m:	44.64	44.64	150m:	2:23.05	50.08	250m:	3:59.55	48.17	350m:	5:33.59	45.57
	100m:	1:32.97	48.33	200m:	3:11.38	48.33	300m:	4:48.02	48.47	400m:	6:17.55	43.96
12.	TOMASZEWSKA Maja			11	UKP GRYF D bica				6:19.83	233		
	50m:	40.39	40.39	150m:	2:16.09	49.21	250m:	3:55.58	50.65	350m:	5:34.21	48.48
	100m:	1:26.88	46.49	200m:	3:04.93	48.84	300m:	4:45.73	50.15	400m:	6:19.83	45.62
13.	SKIBA Eliza			11	UKS FENIKS D bica				6:38.85	201		
	50m:	40.36	40.36	150m:	2:21.74	52.36	250m:	4:03.72	53.72	350m:	5:48.14	52.84
	100m:	1:29.38	49.02	200m:	3:10.00	48.26	300m:	4:55.30	51.58	400m:	6:38.85	50.71
14.	STACHNIK Wiktoria			11	MUKP FALA Ropczyce				6:42.91	195		
	50m:	46.76	46.76	150m:	2:28.94	53.09	250m:	4:13.95	52.52	350m:	5:56.26	50.18
	100m:	1:35.85	49.09	200m:	3:21.43	52.49	300m:	5:06.08	52.13	400m:	6:42.91	46.65
15.	GOC Jagoda			11	UKP GRYF D bica				6:49.80	185		
	50m:	48.22	48.22	150m:	2:32.11	51.85	250m:	4:17.06	51.68	350m:	6:01.06	51.26
	100m:	1:40.26	52.04	200m:	3:25.38	53.27	300m:	5:09.80	52.74	400m:	6:49.80	48.74
16.	PIEGDO Marta			11	KP SOKÓŁ Rzeszów				6:54.75	179		
	50m:	44.34	44.34	150m:	2:27.16	52.79	250m:	4:15.29	54.30	350m:	6:03.59	53.79
	100m:	1:34.37	50.03	200m:	3:20.99	53.83	300m:	5:09.80	54.51	400m:	6:54.75	51.16
17.	ST PIE Julia			11	SP MOTYL MOSIR Stalowa Wola				7:17.26	153		
	50m:	46.95	46.95	150m:	2:37.30	55.86	250m:	4:31.09	57.05	350m:	6:26.12	58.60
	100m:	1:41.44	54.49	200m:	3:34.04	56.74	300m:	5:27.52	56.43	400m:	7:17.26	51.14



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18.	ROGOWSKA Alicja			11	SP MOTYL MOSIR	Stalowa Wola			7:47.41	125		
	50m:	50.01	50.01	150m:	2:47.23	59.71	250m:	4:49.63	1:01.20	350m:	6:49.64	1:00.68
	100m:	1:47.52	57.51	200m:	3:48.43	1:01.20	300m:	5:48.96	59.33	400m:	7:47.41	57.77
19.	D BAL Zofia			11	MUKP FALA	Ropczyce			8:16.91	104		
	50m:	52.58	52.58	150m:	3:00.19	1:05.86	250m:	5:11.73	1:05.85	350m:	7:19.30	1:01.43
	100m:	1:54.33	1:01.75	200m:	4:05.88	1:05.69	300m:	6:17.87	1:06.14	400m:	8:16.91	57.61