

Zimowe Mistrzostwa Okręgu Podkarpackiego 2023 w pływaniu  
Mielec, 18. - 19.11.2023

Konkurencja 19  
18.11.2023 - 15:49

Kobiet, 400m dowolny

12 lat i starsi  
Wyniki

Punkty: FINA 2023

Pozycja			Rok ur.					Czas	Pkt.
<b>12 lat</b>									
1.	WOYTERSKA Lena		11	MKS IKAR Stal Mielec				<b>5:28.20</b>	350
	50m:	38.66 38.66	150m:	2:03.63 42.74	250m:	3:27.84 41.66	350m:	4:49.81 40.65	
	100m:	1:20.89 42.23	200m:	2:46.18 42.55	300m:	4:09.16 41.32	400m:	5:28.20 38.39	
2.	KISZKA Milena		11	KP SOKÓŁ Rzeszów				<b>5:32.65</b>	336
	50m:	38.07 38.07	150m:	2:02.49 42.68	250m:	3:27.72 42.93	350m:	4:51.94 42.09	
	100m:	1:19.81 41.74	200m:	2:44.79 42.30	300m:	4:09.85 42.13	400m:	5:32.65 40.71	
3.	SERWI SKA Ró a		11	Stow. Sportowe SWIM TRI Rzeszów				<b>6:06.50</b>	251
	50m:	41.82 41.82	150m:	2:15.65 46.52	250m:	3:50.73 47.91	350m:	5:22.42 44.54	
	100m:	1:29.13 47.31	200m:	3:02.82 47.17	300m:	4:37.88 47.15	400m:	6:06.50 44.08	
4.	SROCZY SKA Blanka		11	SP MOTYL MOSiR Stalowa Wola				<b>6:06.58</b>	251
	50m:	41.04 41.04	150m:	2:14.26 47.25	250m:	3:49.31 47.59	350m:	5:22.76 47.77	
	100m:	1:27.01 45.97	200m:	3:01.72 47.46	300m:	4:34.99 45.68	400m:	6:06.58 43.82	
5.	KRASOWSKA Maja		11	UKS DELFIN Tarnobrzeg				<b>6:07.35</b>	249
	50m:	40.68 40.68	150m:	2:13.29 47.23	250m:	3:48.27 47.28	350m:	5:24.03 48.33	
	100m:	1:26.06 45.38	200m:	3:00.99 47.70	300m:	4:35.70 47.43	400m:	6:07.35 43.32	
<b>13 lat</b>									
1.	MALEC Matylda		10	MKS IKAR Stal Mielec				<b>5:01.89</b>	449
	50m:	34.31 34.31	150m:	1:51.32 39.12	250m:	3:08.34 38.41	350m:	4:25.34 38.55	
	100m:	1:12.20 37.89	200m:	2:29.93 38.61	300m:	3:46.79 38.45	400m:	5:01.89 36.55	
2.	BASZCZUK Milena		10	UKS FENIKS D bica				<b>5:12.12</b>	406
	50m:	35.51 35.51	150m:	1:54.70 39.94	250m:	3:54.76 40.40	350m:	5:12.15 38.30	
	100m:	1:14.76 39.25	200m:	3:14.36 1:19.66	300m:	4:33.85 39.09	400m:	5:12.12	
3.	KARWAJ Paulina		10	UKS SP AQUARIUS Lesko				<b>5:22.23</b>	369
	50m:	35.57 35.57	150m:	1:54.36 39.81	250m:	3:19.04 43.39	350m:	4:43.81 42.47	
	100m:	1:14.55 38.98	200m:	2:35.65 41.29	300m:	4:01.34 42.30	400m:	5:22.23 38.42	
4.	W GRZYN Emilia		10	KP SOKÓŁ Rzeszów				<b>5:29.50</b>	345
	50m:	38.44 38.44	150m:	2:02.68 42.46	250m:	3:28.63 42.76	350m:	4:50.67 40.30	
	100m:	1:20.22 41.78	200m:	2:45.87 43.19	300m:	4:10.37 41.74	400m:	5:29.50 38.83	
5.	AGAIBY Weronika		10	SP MOTYL MOSiR Stalowa Wola				<b>5:31.63</b>	339
	50m:	36.69 36.69	150m:	1:59.22 41.77	250m:	3:24.86 42.90	350m:	4:50.38 42.76	
	100m:	1:17.45 40.76	200m:	2:41.96 42.74	300m:	4:07.62 42.76	400m:	5:31.63 41.25	
6.	FLOREK Aleksandra		10	UKS SP AQUARIUS Lesko				<b>5:44.02</b>	303
	50m:	40.43 40.43	150m:	2:09.22 44.53	250m:	3:37.67 43.82	350m:	5:03.17 42.23	
	100m:	1:24.69 44.26	200m:	2:53.85 44.63	300m:	4:20.94 43.27	400m:	5:44.02 40.85	
7.	SOCHA Zuzanna		10	UKS FENIKS D bica				<b>6:02.36</b>	260
	50m:	40.19 40.19	150m:	2:15.29 47.36	250m:	3:47.90 45.66	350m:	5:19.78 45.74	
	100m:	1:27.93 47.74	200m:	3:02.24 46.95	300m:	4:34.04 46.14	400m:	6:02.36 42.58	
<b>14 lat</b>									
1.	G SKA Paulina		09	MKS IKAR Stal Mielec				<b>4:44.18</b>	539
	50m:	32.78 32.78	150m:	1:44.36 36.18	250m:	2:56.83 36.21	350m:	4:08.88 36.18	
	100m:	1:08.18 35.40	200m:	2:20.62 36.26	300m:	3:32.70 35.87	400m:	4:44.18 35.30	
2.	DOMAGAŁA Katarzyna		09	UKS FENIKS D bica				<b>5:08.02</b>	423
	50m:	34.34 34.34	150m:	1:50.42 38.70	250m:	3:09.46 39.68	350m:	4:28.40 39.79	
	100m:	1:11.72 37.38	200m:	2:29.78 39.36	300m:	3:48.61 39.15	400m:	5:08.02 39.62	

Zimowe Mistrzostwa Okręgu Podkarpackiego 2023 w pływaniu  
Mielec, 18. - 19.11.2023

Konkurencja 19, Dziewcząt, 400m dowolny, 14 lat

Pozycja	Rok ur.								Czas	Pkt.	
3. SZMYD Karolina	09 UKS FENIKS D bica								<b>5:37.74</b>	321	
50m:	38.26	38.26	150m:	2:03.93	43.03	250m:	3:30.45	43.17	350m:	4:56.97	43.24
100m:	1:20.90	42.64	200m:	2:47.28	43.35	300m:	4:13.73	43.28	400m:	5:37.74	40.77
4. GRZESIAK Kalina	09 UKS SP AQUARIUS Lesko								<b>6:09.19</b>	245	
50m:	40.42	40.42	150m:	2:12.10	46.29	250m:	3:47.79	48.30	350m:	5:23.89	47.87
100m:	1:25.81	45.39	200m:	2:59.49	47.39	300m:	4:36.02	48.23	400m:	6:09.19	45.30

15 lat i starsi

1. SZOPA Natalia	07 UKP GRYF D bica								<b>4:30.34</b>	626	
50m:	30.40	30.40	150m:	1:37.34	33.94	250m:	2:46.86	35.15	350m:	3:57.66	35.01
100m:	1:03.40	33.00	200m:	2:11.71	34.37	300m:	3:22.65	35.79	400m:	4:30.34	32.68
2. GAJDA Martyna	08 UKS FENIKS D bica								<b>4:39.03</b>	569	
50m:	31.16	31.16	150m:	1:40.63	35.23	250m:	2:52.60	35.89	350m:	4:04.27	35.88
100m:	1:05.40	34.24	200m:	2:16.71	36.08	300m:	3:28.39	35.79	400m:	4:39.03	34.76
3. TROJNACKA Oliwia	05 MKS IKAR Stal Mielec								<b>4:53.05</b>	491	
50m:	34.04	34.04	150m:	1:47.74	37.12	250m:	3:01.82	37.03	350m:	4:16.18	37.43
100m:	1:10.62	36.58	200m:	2:24.79	37.05	300m:	3:38.75	36.93	400m:	4:53.05	36.87
4. BANASZKIEWICZ Julia	06 UKS FENIKS D bica								<b>5:01.49</b>	451	
50m:	34.38	34.38	150m:	1:50.63	38.10	250m:	3:06.83	38.06	350m:	4:23.98	38.50
100m:	1:12.53	38.15	200m:	2:28.77	38.14	300m:	3:45.48	38.65	400m:	5:01.49	37.51
5. PAWEŁEK Zuzanna	06 KP SOKÓŁ Rzeszów								<b>5:03.08</b>	444	
50m:	33.80	33.80	150m:	1:49.29	38.45	250m:	3:06.93	39.03	350m:	4:25.02	38.79
100m:	1:10.84	37.04	200m:	2:27.90	38.61	300m:	3:46.23	39.30	400m:	5:03.08	38.06
6. GUZIOR Emilia	05 KP SOKÓŁ Rzeszów								<b>5:09.47</b>	417	
50m:	34.41	34.41	150m:	1:51.61	39.38	250m:	3:10.88	39.33	350m:	4:30.34	39.62
100m:	1:12.23	37.82	200m:	2:31.55	39.94	300m:	3:50.72	39.84	400m:	5:09.47	39.13
7. PAZDYK Martyna	08 UKS FENIKS D bica								<b>5:10.15</b>	414	
50m:	35.20	35.20	150m:	1:54.05	39.77	250m:	3:11.49	38.83	350m:	4:27.88	37.62
100m:	1:14.28	39.08	200m:	2:32.66	38.61	300m:	3:50.26	38.77	400m:	5:10.15	42.27
8. SŁABIK Nadia	08 KS Swim2Win Krosno								<b>5:16.35</b>	390	
50m:	35.69	35.69	150m:	1:54.06	39.64	250m:	3:14.11	40.08	350m:	4:36.01	41.18
100m:	1:14.42	38.73	200m:	2:34.03	39.97	300m:	3:54.83	40.72	400m:	5:16.35	40.34
9. KRUK Kornelia	07 UKS DELFIN Tarnobrzeg								<b>5:17.05</b>	388	
50m:	34.01	34.01	150m:	1:52.81	40.47	250m:	3:14.53	41.02	350m:	4:36.24	40.32
100m:	1:12.34	38.33	200m:	2:33.51	40.70	300m:	3:55.92	41.39	400m:	5:17.05	40.81