



Podkarpacka Liga Pływacka Dzieci 11-12 lat - 3 edycja wiosna 2024
Rzeszów, 11-5-2024

Konkurencja 15
2024-05-11 - 13:50

Dziewcz t, 400m dowolny

12 lat
Wyniki

Punkty: FINA 2023

Pozycja				Rok ur.					Czas	Pkt.		
1.	MENET Maria			12	UKS AQUARIUS Lesko				5:34.39	330		
	50m:	34.86	34.86	150m:	1:59.44	43.08	250m:	3:25.83	43.02	350m:	4:52.97	43.68
	100m:	1:16.36	41.50	200m:	2:42.81	43.37	300m:	4:09.29	43.46	400m:	5:34.39	41.42
2.	NOWAK Oliwia			12	Stow. Sportowe PROSWIM				5:47.14	295		
	50m:	39.12	39.12	150m:	2:07.38	44.14	250m:	3:36.44	44.65	350m:	5:04.19	44.26
	100m:	1:23.24	44.12	200m:	2:51.79	44.41	300m:	4:19.93	43.49	400m:	5:47.14	42.95
3.	BOBECKA Zuzanna			12	KSW STAL Rzeszów				5:55.17	276		
	50m:	48.62	48.62	150m:	2:09.26	45.92	250m:	3:41.96	46.48	350m:	5:13.18	45.40
	100m:	1:23.34	34.72	200m:	2:55.48	46.22	300m:	4:27.78	45.82	400m:	5:55.17	41.99
4.	GIERLA Sara			12	UKS AQUARIUS Lesko				5:57.39	271		
	50m:	43.06	43.06	150m:	2:15.52	46.33	250m:	3:45.64	45.08	350m:	5:14.92	44.18
	100m:	1:29.19	46.13	200m:	3:00.56	45.04	300m:	4:30.74	45.10	400m:	5:57.39	42.47
5.	NYLEC Aleksandra			12	UKP GRYF D bica				6:05.59	253		
	50m:	42.58	42.58	150m:	2:16.51	46.76	250m:	3:52.10	47.49	350m:	5:23.61	45.56
	100m:	1:29.75	47.17	200m:	3:04.61	48.10	300m:	4:38.05	45.95	400m:	6:05.59	41.98
6.	WARCHOŁ Amelia			12	SP Motyl MOSiR Stalowa Wola				6:06.30	251		
	50m:	39.62	39.62	150m:	2:09.58	45.40	250m:	3:45.34	48.00	350m:	5:19.35	47.69
	100m:	1:24.18	44.56	200m:	2:57.34	47.76	300m:	4:31.66	46.32	400m:	6:06.30	46.95
7.	ROWI SKA Anna			12	UKS FENIKS D bica				6:08.31	247		
	50m:	41.54	41.54	150m:	2:16.22	48.30	250m:	3:51.37	47.61	350m:	5:24.63	46.30
	100m:	1:27.92	46.38	200m:	3:03.76	47.54	300m:	4:38.33	46.96	400m:	6:08.31	43.68
8.	KOWALSKA Milena			12	SP Motyl MOSiR Stalowa Wola				6:15.19	234		
	50m:	41.48	41.48	150m:	2:15.92	48.04	250m:	3:54.47	49.63	350m:	5:30.34	47.65
	100m:	1:27.88	46.40	200m:	3:04.84	48.92	300m:	4:42.69	48.22	400m:	6:15.19	44.85
9.	KIPA Julia			12	MUKP FALA Ropczyce				6:33.59	202		
	50m:	45.96	45.96	150m:	2:28.63	51.78	250m:	4:11.44	51.16	350m:	5:48.48	47.81
	100m:	1:36.85	50.89	200m:	3:20.28	51.65	300m:	5:00.67	49.23	400m:	6:33.59	45.11
10.	STRUGAŁA Antonina			12	UKS DELFINEK Ustrzyki Dolne				6:52.63	176		
	50m:	46.03	46.03	150m:	2:31.74	54.04	250m:	4:18.90	53.43	350m:	6:03.84	51.31
	100m:	1:37.70	51.67	200m:	3:25.47	53.73	300m:	5:12.53	53.63	400m:	6:52.63	48.79
11.	FILIPCZUK Anna			12	KP SOKÓŁ Rzeszów				7:03.75	162		
	50m:	45.92	45.92	150m:	2:33.53	54.85	250m:	4:23.67	55.22	350m:	6:14.33	55.31
	100m:	1:38.68	52.76	200m:	3:28.45	54.92	300m:	5:19.02	55.35	400m:	7:03.75	49.42
12.	BRUKAŁO Hanna			12	UKS DELFINEK Ustrzyki Dolne				7:06.00	160		
	50m:	47.81	47.81	150m:	2:35.20	53.96	250m:	4:24.19	54.27	350m:	6:15.17	55.16
	100m:	1:41.24	53.43	200m:	3:29.92	54.72	300m:	5:20.01	55.82	400m:	7:06.00	50.83
13.	HNATYK Aleksandra			12	KP SOKÓŁ Rzeszów				7:10.69	154		
	50m:	51.35	51.35	150m:	2:42.96	55.33	250m:	4:33.37	55.05	350m:	6:13.97	46.78
	100m:	1:47.63	56.28	200m:	3:38.32	55.36	300m:	5:27.19	53.82	400m:	7:10.69	56.72
14.	ŁAZARZ Wiktoria			12	UKS FENIKS D bica				7:37.98	128		
	50m:	50.28	50.28	150m:	2:45.85	58.24	250m:	4:43.66	58.89	350m:	6:41.23	57.55
	100m:	1:47.61	57.33	200m:	3:44.77	58.92	300m:	5:43.68	1:00.02	400m:	7:37.98	56.75