

2012 Memoriał Henryka Kosakowskiego  
Lublin, 21-4-2012

Konkurencja 13  
2012-04-21 - 17:04

Kobiet, 400m dowolny

13 lat i starsi  
Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Czas	Pkt.
1.	WIERTEL Agata		95	Lublinianka				<b>4:26.96</b>	681
	50m:	30.87 30.87	150m:	1:38.16 34.02	250m:	2:45.42 33.53	350m:	3:53.55 34.17	
	100m:	1:04.14 33.27	200m:	2:11.89 33.73	300m:	3:19.38 33.96	400m:	4:26.96 33.41	
2.	ZYGO Karolina		96	Olimpia Lublin				<b>4:33.00</b>	637
	50m:	32.28 32.28	150m:	1:40.09 33.90	250m:	2:47.75 33.84	350m:	3:57.18 35.35	
	100m:	1:06.19 33.91	200m:	2:13.91 33.82	300m:	3:21.83 34.08	400m:	4:33.00 35.82	
3.	DYRDA Karolina		97	Skarpa Lublin				<b>4:34.09</b>	629
	50m:	30.63 30.63	150m:	1:40.22 35.10	250m:	2:50.78 35.35	350m:	4:00.48 34.49	
	100m:	1:05.12 34.49	200m:	2:15.43 35.21	300m:	3:25.99 35.21	400m:	4:34.09 33.61	
4.	S DŁAK Katarzyna		94	Orka Zamo				<b>4:36.11</b>	615
	50m:	31.45 31.45	150m:	1:40.62 34.91	250m:	2:51.07 35.30	350m:	4:01.49 35.11	
	100m:	1:05.71 34.26	200m:	2:15.77 35.15	300m:	3:26.38 35.31	400m:	4:36.11 34.62	
5.	SZYNAL Ludwika		94	Skarpa Lublin				<b>4:38.23</b>	601
	50m:	32.15 32.15	150m:	1:41.64 35.18	250m:	2:52.52 35.27	350m:	4:03.14 34.99	
	100m:	1:06.46 34.31	200m:	2:17.25 35.61	300m:	3:28.15 35.63	400m:	4:38.23 35.09	
6.	WIECZOREK Magdalena		98	Fala Kra nik				<b>4:45.91</b>	554
	50m:	32.84 32.84	150m:	1:45.07 36.48	250m:	2:58.06 36.69	350m:	4:10.66 36.17	
	100m:	1:08.59 35.75	200m:	2:21.37 36.30	300m:	3:34.49 36.43	400m:	4:45.91 35.25	
7.	MIROSŁAW Klara		96	Olimpijczyk 23 Lublin				<b>4:53.57</b>	512
	50m:	32.75 32.75	150m:	1:45.28 36.84	250m:	3:00.48 37.63	350m:	4:15.94 37.66	
	100m:	1:08.44 35.69	200m:	2:22.85 37.57	300m:	3:38.28 37.80	400m:	4:53.57 37.63	
8.	KAMI SKA Liliana		97	Delfinek Łuków				<b>4:58.85</b>	485
	50m:	33.84 33.84	150m:	1:49.78 38.22	250m:	3:06.85 38.41	350m:	4:22.84 37.93	
	100m:	1:11.56 37.72	200m:	2:28.44 38.66	300m:	3:44.91 38.06	400m:	4:58.85 36.01	
9.	MICHAŁOWSKA Olga		98	Skarpa Lublin				<b>4:59.19</b>	484
	50m:	34.54 34.54	150m:	1:50.64 38.44	250m:	3:07.76 38.47	350m:	4:23.29 36.95	
	100m:	1:12.20 37.66	200m:	2:29.29 38.65	300m:	3:46.34 38.58	400m:	4:59.19 35.90	
10.	LYSOKONENKO Victoria		99	Rivne				<b>4:59.46</b>	482
	50m:	35.08 35.08	150m:	1:52.18 38.52	250m:	3:07.34 37.35	350m:	4:22.97 37.54	
	100m:	1:13.66 38.58	200m:	2:29.99 37.81	300m:	3:45.43 38.09	400m:	4:59.46 36.49	
11.	BERNAT Gabriela		99	Skarpa Lublin				<b>5:04.86</b>	457
	50m:	35.54 35.54	150m:	1:53.26 39.16	250m:	3:10.95 39.02	350m:	4:27.79 38.26	
	100m:	1:14.10 38.56	200m:	2:31.93 38.67	300m:	3:49.53 38.58	400m:	5:04.86 37.07	
12.	MACIEJEWSKA Joanna		97	Lublinianka				<b>5:06.93</b>	448
	50m:	34.24 34.24	150m:	1:51.11 39.29	250m:	3:08.94 38.81	350m:	4:27.37 39.41	
	100m:	1:11.82 37.58	200m:	2:30.13 39.02	300m:	3:47.96 39.02	400m:	5:06.93 39.56	
13.	LICZNIAK Weronika		99	Lublinianka				<b>5:15.63</b>	412
	50m:	34.74 34.74	150m:	1:53.66 40.00	250m:	3:14.51 40.36	350m:	4:37.08 40.82	
	100m:	1:13.66 38.92	200m:	2:34.15 40.49	300m:	3:56.26 41.75	400m:	5:15.63 38.55	
14.	KAPŁON Aleksandra		99	Orka Zamo				<b>5:16.79</b>	407
	50m:	35.15 35.15	150m:	1:53.64 39.68	250m:	3:14.36 41.22	350m:	4:37.69 41.52	
	100m:	1:13.96 38.81	200m:	2:33.14 39.50	300m:	3:56.17 41.81	400m:	5:16.79 39.10	
15.	MAŁEK Julia		98	Skarpa Lublin				<b>5:18.31</b>	401
	50m:	34.63 34.63	150m:	1:53.73 40.49	250m:	3:15.08 40.90	350m:	4:37.55 41.21	
	100m:	1:13.24 38.61	200m:	2:34.18 40.45	300m:	3:56.34 41.26	400m:	5:18.31 40.76	
16.	LISICA Julia		98	Skarpa Lublin				<b>5:20.66</b>	393
	50m:	36.73 36.73	150m:	1:57.43 40.25	250m:	3:19.28 41.19	350m:	4:40.96 40.87	
	100m:	1:17.18 40.45	200m:	2:38.09 40.66	300m:	4:00.09 40.81	400m:	5:20.66 39.70	
17.	NOWICKA Natalia		98	Skarpa Lublin				<b>5:35.46</b>	343
	<i>STYL GRZBIETOWY</i>								
	50m:	38.16 38.16	150m:	2:03.16 43.08	250m:	3:29.16 42.50	350m:	4:54.91 42.42	
	100m:	1:20.08 41.92	200m:	2:46.66 43.50	300m:	4:12.49 43.33	400m:	5:35.46 40.55	

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Pozycja				Rok ur.					Czas	Pkt.		
18.	KRUK Alicja			98	Skarpa Lublin				<b>5:42.78</b>	321		
	50m:	38.66	38.66	150m:	2:04.66	43.40	250m:	3:32.94	44.37	350m:	4:59.88	42.95
	100m:	1:21.26	42.60	200m:	2:48.57	43.91	300m:	4:16.93	43.99	400m:	5:42.78	42.90
19.	NOWACZEK Lucyna			98	Skarpa Lublin				<b>6:27.10</b>	223		
	50m:	42.34	42.34	150m:	2:21.34	50.11	250m:	3:59.19	48.65	350m:	5:38.57	49.06
	100m:	1:31.23	48.89	200m:	3:10.54	49.20	300m:	4:49.51	50.32	400m:	6:27.10	48.53