

2022 Zimowe Mistrzostwa Województwa Lubelskiego  
Lublin, 5. - 6.11.2022Konkurencja 11  
05.11.2022 - 12:12

Kobiet, 400m zmienny

12 lat i starsi  
Wyniki

Punkty: FINA 2022

Pozycja			Wiek			Czas	Pkt.	
<b>12 - 13 lat</b>								
1.	SZABAŁA Antonina		13	UKS SP5 Swim		<b>5:10.53</b>	579	
	50m:	31.14 31.14	150m:	1:47.83 39.41	250m:	3:10.53 44.57	350m:	4:34.72 38.15
	100m:	1:08.42 37.28	200m:	2:25.96 38.13	300m:	3:56.57 46.04	400m:	5:10.53 35.81
2.	KOSTYŁA Kaja		13	UKS SP5 Swim		<b>5:33.68</b>	467	
	50m:	37.51 37.51	150m:	2:02.93 43.03	250m:	3:31.19 47.28	350m:	4:57.30 38.52
	100m:	1:19.90 42.39	200m:	2:43.91 40.98	300m:	4:18.78 47.59	400m:	5:33.68 36.38
3.	PASTUSZUK Zuzanna		12	UKS Olimpijczyk 23		<b>5:46.72</b>	416	
	50m:	35.05 35.05	150m:	2:02.30 43.58	250m:	3:36.10 50.44	350m:	5:08.34 40.72
	100m:	1:18.72 43.67	200m:	2:45.66 43.36	300m:	4:27.62 51.52	400m:	5:46.72 38.38
4.	MUCHA Martyna		13	UKS „ORKA” Zamo		<b>6:56.86</b>	239	
	50m:	43.97 43.97	150m:	2:33.88 54.50	250m:	4:27.63 57.57	350m:	6:14.26 48.21
	100m:	1:39.38 55.41	200m:	3:30.06 56.18	300m:	5:26.05 58.42	400m:	6:56.86 42.60
5.	ZAŁUSKA Marlena		12	UKS „ORKA” Zamo		<b>7:47.62</b>	169	
	50m:	51.86 51.86	150m:	2:53.89 58.91	250m:	4:57.65 1:04.39	350m:	6:57.04 51.23
	100m:	1:54.98 1:03.12	200m:	3:53.26 59.37	300m:	6:05.81 1:08.16	400m:	7:47.62 50.58
<b>14 - 15 lat</b>								
1.	K DZIOR Pola		15	UKS SP5 Swim		<b>5:16.57</b>	547	
	50m:	34.27 34.27	150m:	1:53.88 40.86	250m:	3:18.62 44.73	350m:	4:41.41 37.56
	100m:	1:13.02 38.75	200m:	2:33.89 40.01	300m:	4:03.85 45.23	400m:	5:16.57 35.16
2.	PR CIK Amelia		14	UKP Bychawa		<b>6:07.51</b>	349	
	50m:	38.86 38.86	150m:	2:10.66 44.45	250m:	3:48.87 55.37	350m:	5:27.50 42.74
	100m:	1:26.21 47.35	200m:	2:53.50 42.84	300m:	4:44.76 55.89	400m:	6:07.51 40.01
<b>12 lat i starsi</b>								
1.	DRAGAN Julia		18	KS „OLIMPIA” Lublin		<b>5:02.49</b>	627	
	50m:	33.29 33.29	150m:	1:51.56 39.31	250m:	3:12.99 42.77	350m:	4:29.33 33.72
	100m:	1:12.25 38.96	200m:	2:30.22 38.66	300m:	3:55.61 42.62	400m:	5:02.49 33.16
2.	SZABAŁA Antonina		13	UKS SP5 Swim		<b>5:10.53</b>	579	
	50m:	31.14 31.14	150m:	1:47.83 39.41	250m:	3:10.53 44.57	350m:	4:34.72 38.15
	100m:	1:08.42 37.28	200m:	2:25.96 38.13	300m:	3:56.57 46.04	400m:	5:10.53 35.81
3.	K DZIOR Pola		15	UKS SP5 Swim		<b>5:16.57</b>	547	
	50m:	34.27 34.27	150m:	1:53.88 40.86	250m:	3:18.62 44.73	350m:	4:41.41 37.56
	100m:	1:13.02 38.75	200m:	2:33.89 40.01	300m:	4:03.85 45.23	400m:	5:16.57 35.16
4.	KOSTYŁA Kaja		13	UKS SP5 Swim		<b>5:33.68</b>	467	
	50m:	37.51 37.51	150m:	2:02.93 43.03	250m:	3:31.19 47.28	350m:	4:57.30 38.52
	100m:	1:19.90 42.39	200m:	2:43.91 40.98	300m:	4:18.78 47.59	400m:	5:33.68 36.38
5.	PASTUSZUK Zuzanna		12	UKS Olimpijczyk 23		<b>5:46.72</b>	416	
	50m:	35.05 35.05	150m:	2:02.30 43.58	250m:	3:36.10 50.44	350m:	5:08.34 40.72
	100m:	1:18.72 43.67	200m:	2:45.66 43.36	300m:	4:27.62 51.52	400m:	5:46.72 38.38
6.	PR CIK Amelia		14	UKP Bychawa		<b>6:07.51</b>	349	
	50m:	38.86 38.86	150m:	2:10.66 44.45	250m:	3:48.87 55.37	350m:	5:27.50 42.74
	100m:	1:26.21 47.35	200m:	2:53.50 42.84	300m:	4:44.76 55.89	400m:	6:07.51 40.01
7.	MUCHA Martyna		13	UKS „ORKA” Zamo		<b>6:56.86</b>	239	
	50m:	43.97 43.97	150m:	2:33.88 54.50	250m:	4:27.63 57.57	350m:	6:14.26 48.21
	100m:	1:39.38 55.41	200m:	3:30.06 56.18	300m:	5:26.05 58.42	400m:	6:56.86 42.60

2022 Zimowe Mistrzostwa Województwa Lubelskiego  
Lublin, 5. - 6.11.2022

## Konkurencja 11, Kobiet, 400m zmienny, 12 lat i starsi

Pozycja			Wiek					Czas	Pkt.
8.	ZAŁUSKA Marlena		12	UKS „ORKA” Zamo				<b>7:47.62</b>	169
	50m:	51.86 51.86	150m:	2:53.89 58.91	250m:	4:57.65 1:04.39	350m:	6:57.04 51.23	
	100m:	1:54.98 1:03.12	200m:	3:53.26 59.37	300m:	6:05.81 1:08.16	400m:	7:47.62 50.58	
PK	SHYRIKOVA Mariia		15	Stoev Team				<b>5:08.21</b>	593
	50m:	33.95 33.95	150m:	1:52.64 39.01	250m:	3:13.44 42.67	350m:	4:33.40 36.23	
	100m:	1:13.63 39.68	200m:	2:30.77 38.13	300m:	3:57.17 43.73	400m:	5:08.21 34.81	
PK	FERSZT Kornelia		14	KS „Górnik” Sosnowiec				<b>5:18.19</b>	538
	50m:	35.29 35.29	150m:	1:56.07 40.06	250m:	3:20.81 46.29	350m:	4:43.41 36.77	
	100m:	1:16.01 40.72	200m:	2:34.52 38.45	300m:	4:06.64 45.83	400m:	5:18.19 34.78	
PK	GORZKIEWICZ Łucja		13	UKS „GIM 92 Ursynów”				<b>5:43.40</b>	428
	50m:	38.59 38.59	150m:	2:08.60 44.63	250m:	3:39.55 47.51	350m:	5:07.35 39.55	
	100m:	1:23.97 45.38	200m:	2:52.04 43.44	300m:	4:27.80 48.25	400m:	5:43.40 36.05	
PK	GŁA EWSKA Zofia		13	UKS „GIM 92 Ursynów”				<b>5:43.74</b>	427
	50m:	37.03 37.03	150m:	2:05.04 44.41	250m:	3:37.51 49.21	350m:	5:06.31 39.11	
	100m:	1:20.63 43.60	200m:	2:48.30 43.26	300m:	4:27.20 49.69	400m:	5:43.74 37.43	
PK	LISHCHUK Lidia		14	Stoev Team				<b>5:44.85</b>	423
	50m:	35.73 35.73	150m:	2:03.71 44.20	250m:	3:33.96 47.25	350m:	5:05.09 41.66	
	100m:	1:19.51 43.78	200m:	2:46.71 43.00	300m:	4:23.43 49.47	400m:	5:44.85 39.76	