

Mistrzostwa Województwa Pomorskiego
Gdynia, 19. - 20.11.2022

Konkurencja 19
19.11.2022 - 15:52

Kobiet, 400m dowolny

Open
Wyniki

Rekord Okr gu Open	4:16.04	Sokołowska Diana	AWGDA	Gelsenkirchen (AUT)	05.02.2016
Rekord Okr gu - 18	4:17.54	Cierpiałowska Paulina	ZAGDA	Pozna	21.11.2020
Rekord Okr gu - 17	4:17.54	Cierpiałowska Paulina	ZAGDA	Pozna	21.11.2020
Rekord Okr gu - 16	4:17.54	Cierpiałowska Paulina	ZAGDA	Pozna	21.11.2020
Rekord Okr gu - 15	4:17.54	Cierpiałowska Paulina	ZAGDA	Pozna	21.11.2020
Rekord Okr gu - 14	4:22.88	Cierpiałowska Paulina	WOMAL	Gorzów Wlkp.	09.06.2018
Rekord Okr gu - 13	4:22.88	Cierpiałowska Paulina	WOMAL	Gorzów Wlkp.	09.06.2018
Rekord Okr gu - 12	4:33.26	Cierpiałowska Paulina	WOMAL	Gda sk	09.12.2017
Rekord Okr gu - 11	4:58.62	Cierpiałowska Paulina	WOMAL	Ko cierzyna	13.11.2016
Rekord Okr gu - 10	5:07.00	Sajdowska Janina	SATCZ		31.12.1978

Punkty: FINA 2022

Pozycja			Rok ur.			Czas	Pkt.	
12 - 13 lat								
1.	Gna Nadia		09	TRI-Team Rumia		4:48.21	534	
	50m:	33.44 33.44	150m:	1:46.14 36.56	250m:	3:00.18 36.97	350m:	4:13.83 37.01
	100m:	1:09.58 36.14	200m:	2:23.21 37.07	300m:	3:36.82 36.64	400m:	4:48.21 34.38
2.	Głomska Klaudia		10	Dwójka Tczew		4:50.67	521	
	50m:	33.22 33.22	150m:	1:46.28 36.42	250m:	3:01.49 37.29	350m:	4:15.90 37.46
	100m:	1:09.86 36.64	200m:	2:24.20 37.92	300m:	3:38.44 36.95	400m:	4:50.67 34.77
3.	Czarnecka Oliwia		09	TRI-Team Rumia		5:00.27	472	
	50m:	34.51 34.51	150m:	1:51.11 38.46	250m:	3:07.76 38.23	350m:	4:23.71 37.60
	100m:	1:12.65 38.14	200m:	2:29.53 38.42	300m:	3:46.11 38.35	400m:	5:00.27 36.56
4.	Kochanik Izabela		09	TRI-Team Rumia		5:04.79	452	
	50m:	35.27 35.27	150m:	1:52.84 39.29	250m:	3:10.54 38.74	350m:	4:27.51 38.67
	100m:	1:13.55 38.28	200m:	2:31.80 38.96	300m:	3:48.84 38.30	400m:	5:04.79 37.28
5.	Wilczewska Wiktoria		09	Cartusia Kartuzy		5:07.68	439	
	50m:	34.32 34.32	150m:	1:51.66 39.17	250m:	3:10.41 39.44	350m:	4:30.02 39.70
	100m:	1:12.49 38.17	200m:	2:30.97 39.31	300m:	3:50.32 39.91	400m:	5:07.68 37.66
6.	Tomczuk Lidia		10	Cartusia Kartuzy		5:12.41	419	
	50m:	34.12 34.12	150m:	1:52.34 39.62	250m:	3:12.00 39.84	350m:	4:32.55 40.39
	100m:	1:12.72 38.60	200m:	2:32.16 39.82	300m:	3:52.16 40.16	400m:	5:12.41 39.86
14 - 16 lat								
1.	Netrebko Mariia		07	Delfin Gdynia		4:31.93	636	
	50m:	31.76 31.76	150m:	1:41.31 34.75	250m:	2:50.70 34.59	350m:	3:59.66 34.46
	100m:	1:06.56 34.80	200m:	2:16.11 34.80	300m:	3:25.20 34.50	400m:	4:31.93 32.27
2.	Rudomina Agnieszka		06	MKP Gda sk		4:32.24	634	
	50m:	31.47 31.47	150m:	1:40.41 34.50	250m:	2:50.25 34.76	350m:	3:59.43 34.39
	100m:	1:05.91 34.44	200m:	2:15.49 35.08	300m:	3:25.04 34.79	400m:	4:32.24 32.81
3.	Olko Zuzanna		06	Delfin Gdynia		4:40.23	581	
	50m:	32.04 32.04	150m:	1:42.98 35.73	250m:	2:54.56 35.73	350m:	4:05.96 35.48
	100m:	1:07.25 35.21	200m:	2:18.83 35.85	300m:	3:30.48 35.92	400m:	4:40.23 34.27
4.	Szachmytowska Lena		06	MTS Kwidzyn		4:43.18	563	
	50m:	31.81 31.81	150m:	1:42.81 35.74	250m:	2:55.93 36.59	350m:	4:08.16 35.82
	100m:	1:07.07 35.26	200m:	2:19.34 36.53	300m:	3:32.34 36.41	400m:	4:43.18 35.02
5.	O ka Nina		08	Delfin Gdynia		4:53.54	506	
	50m:	32.65 32.65	150m:	1:44.93 36.14	250m:	2:59.95 37.88	350m:	4:16.26 37.12
	100m:	1:08.79 36.14	200m:	2:22.07 37.14	300m:	3:39.14 39.19	400m:	4:53.54 37.28
6.	Gajewska Maja		07	Cartusia Kartuzy		5:04.98	451	
	50m:	34.30 34.30	150m:	1:50.93 38.65	250m:	3:08.93 38.82	350m:	4:28.42 40.13
	100m:	1:12.28 37.98	200m:	2:30.11 39.18	300m:	3:48.29 39.36	400m:	5:04.98 36.56

Mistrzostwa Województwa Pomorskiego
Gdynia, 19. - 20.11.2022

Konkurencja 19, Kobiet, 400m dowolny

Open

1.	Netrebko Mariia		07	Delfin Gdynia		4:31.93	636	
	50m: 31.76	31.76	150m: 1:41.31	34.75	250m: 2:50.70	34.59	350m: 3:59.66	34.46
	100m: 1:06.56	34.80	200m: 2:16.11	34.80	300m: 3:25.20	34.50	400m: 4:31.93	32.27
2.	Rudomina Agnieszka		06	MKP Gda sk		4:32.24	634	
	50m: 31.47	31.47	150m: 1:40.41	34.50	250m: 2:50.25	34.76	350m: 3:59.43	34.39
	100m: 1:05.91	34.44	200m: 2:15.49	35.08	300m: 3:25.04	34.79	400m: 4:32.24	32.81
3.	Olko Zuzanna		06	Delfin Gdynia		4:40.23	581	
	50m: 32.04	32.04	150m: 1:42.98	35.73	250m: 2:54.56	35.73	350m: 4:05.96	35.48
	100m: 1:07.25	35.21	200m: 2:18.83	35.85	300m: 3:30.48	35.92	400m: 4:40.23	34.27
4.	Szachmytowska Lena		06	MTS Kwidzyn		4:43.18	563	
	50m: 31.81	31.81	150m: 1:42.81	35.74	250m: 2:55.93	36.59	350m: 4:08.16	35.82
	100m: 1:07.07	35.26	200m: 2:19.34	36.53	300m: 3:32.34	36.41	400m: 4:43.18	35.02
5.	Gna Nadia		09	TRI-Team Rumia		4:48.21	534	
	50m: 33.44	33.44	150m: 1:46.14	36.56	250m: 3:00.18	36.97	350m: 4:13.83	37.01
	100m: 1:09.58	36.14	200m: 2:23.21	37.07	300m: 3:36.82	36.64	400m: 4:48.21	34.38
6.	Głomska Klaudia		10	Dwójka Tczew		4:50.67	521	
	50m: 33.22	33.22	150m: 1:46.28	36.42	250m: 3:01.49	37.29	350m: 4:15.90	37.46
	100m: 1:09.86	36.64	200m: 2:24.20	37.92	300m: 3:38.44	36.95	400m: 4:50.67	34.77
7.	O ka Nina		08	Delfin Gdynia		4:53.54	506	
	50m: 32.65	32.65	150m: 1:44.93	36.14	250m: 2:59.95	37.88	350m: 4:16.26	37.12
	100m: 1:08.79	36.14	200m: 2:22.07	37.14	300m: 3:39.14	39.19	400m: 4:53.54	37.28
8.	Czarnecka Oliwia		09	TRI-Team Rumia		5:00.27	472	
	50m: 34.51	34.51	150m: 1:51.11	38.46	250m: 3:07.76	38.23	350m: 4:23.71	37.60
	100m: 1:12.65	38.14	200m: 2:29.53	38.42	300m: 3:46.11	38.35	400m: 5:00.27	36.56
9.	Kochanik Izabela		09	TRI-Team Rumia		5:04.79	452	
	50m: 35.27	35.27	150m: 1:52.84	39.29	250m: 3:10.54	38.74	350m: 4:27.51	38.67
	100m: 1:13.55	38.28	200m: 2:31.80	38.96	300m: 3:48.84	38.30	400m: 5:04.79	37.28
10.	Gajewska Maja		07	Cartusia Kartuzy		5:04.98	451	
	50m: 34.30	34.30	150m: 1:50.93	38.65	250m: 3:08.93	38.82	350m: 4:28.42	40.13
	100m: 1:12.28	37.98	200m: 2:30.11	39.18	300m: 3:48.29	39.36	400m: 5:04.98	36.56
11.	Wilczewska Wiktoria		09	Cartusia Kartuzy		5:07.68	439	
	50m: 34.32	34.32	150m: 1:51.66	39.17	250m: 3:10.41	39.44	350m: 4:30.02	39.70
	100m: 1:12.49	38.17	200m: 2:30.97	39.31	300m: 3:50.32	39.91	400m: 5:07.68	37.66
12.	Tomczuk Lidia		10	Cartusia Kartuzy		5:12.41	419	
	50m: 34.12	34.12	150m: 1:52.34	39.62	250m: 3:12.00	39.84	350m: 4:32.55	40.39
	100m: 1:12.72	38.60	200m: 2:32.16	39.82	300m: 3:52.16	40.16	400m: 5:12.41	39.86