

Mistrzostwa Województwa Pomorskiego
Gdynia, 4. - 5.11.2023

Konkurencja 19
04.11.2023 - 16:09

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Rekord Okr gu Open	4:16.04	Sokołowska Diana	AWGDA	Gelsenkirchen (AUT)	05.02.2016
Rekord Okr gu - 18	4:17.54	Cierpiąłowska Paulina	ZAGDA	Pozna	21.11.2020
Rekord Okr gu - 17	4:17.54	Cierpiąłowska Paulina	ZAGDA	Pozna	21.11.2020
Rekord Okr gu - 16	4:17.54	Cierpiąłowska Paulina	ZAGDA	Pozna	21.11.2020
Rekord Okr gu - 15	4:17.54	Cierpiąłowska Paulina	ZAGDA	Pozna	21.11.2020
Rekord Okr gu - 14	4:22.88	Cierpiąłowska Paulina	WOMAL	Gorzów Wlkp.	09.06.2018
Rekord Okr gu - 13	4:22.88	Cierpiąłowska Paulina	WOMAL	Gorzów Wlkp.	09.06.2018
Rekord Okr gu - 12	4:33.26	Cierpiąłowska Paulina	WOMAL	Gda sk	09.12.2017

Punkty: FINA 2023

Pozycja Rok ur. Czas Pkt.

12 - 13 lat

1. Krawczyk Aleksandra	10	Dwójka Morena Gda sk	4:46.56	525
50m: 33.46 33.46	150m: 1:47.88 37.50	250m: 3:01.43 36.38	350m: 4:13.28 35.35	
100m: 1:10.38 36.92	200m: 2:25.05 37.17	300m: 3:37.93 36.50	400m: 4:46.56 33.28	
2. Głomska Klaudia	10	Dwójka Tczew	4:47.72	519
50m: 33.52 33.52	150m: 1:46.40 36.78	250m: 3:00.54 37.07	350m: 4:13.01 35.80	
100m: 1:09.62 36.10	200m: 2:23.47 37.07	300m: 3:37.21 36.67	400m: 4:47.72 34.71	
3. Głomska Maja	10	Dwójka Tczew	4:55.31	480
50m: 34.12 34.12	150m: 1:49.30 37.58	250m: 3:05.17 38.34	350m: 4:18.99 35.69	
100m: 1:11.72 37.60	200m: 2:26.83 37.53	300m: 3:43.30 38.13	400m: 4:55.31 36.32	
4. Skierka Magdalena	11	Dwójka Morena Gda sk	5:07.89	423
50m: 34.69 34.69	150m: 1:51.83 39.50	250m: 3:11.15 39.92	350m: 4:30.18 39.39	
100m: 1:12.33 37.64	200m: 2:31.23 39.40	300m: 3:50.79 39.64	400m: 5:07.89 37.71	

14 - 16 lat

1. Grzech Maja	08	abianka Gda sk	4:41.41	555
50m: 32.08 32.08	150m: 1:42.84 35.90	250m: 2:54.84 35.94	350m: 4:07.10 36.16	
100m: 1:06.94 34.86	200m: 2:18.90 36.06	300m: 3:30.94 36.10	400m: 4:41.41 34.31	
2. O ka Nina	08	Delfin Gdynia	5:02.14	448
50m: 33.80 33.80	150m: 1:48.42 37.97	250m: 3:05.66 38.92	350m: 4:23.83 39.54	
100m: 1:10.45 36.65	200m: 2:26.74 38.32	300m: 3:44.29 38.63	400m: 5:02.14 38.31	
3. mudzi ska Milena	09	Barrakuda Gda sk	5:14.81	396
50m: 32.87 32.87	150m: 1:51.11 40.20	250m: 3:13.05 40.78	350m: 4:36.55 41.94	
100m: 1:10.91 38.04	200m: 2:32.27 41.16	300m: 3:54.61 41.56	400m: 5:14.81 38.26	

17 - 18 lat

1. Rudomina Agnieszka	06	MKP Gda sk	4:28.50	639
50m: 31.10 31.10	150m: 1:38.90 34.27	250m: 2:47.84 34.45	350m: 3:56.08 34.00	
100m: 1:04.63 33.53	200m: 2:13.39 34.49	300m: 3:22.08 34.24	400m: 4:28.50 32.42	
2. Szalast Karolina	05	TRI-Team Rumia	4:43.22	544
50m: 32.10 32.10	150m: 1:42.93 35.78	250m: 2:55.11 36.22	350m: 4:07.64 36.11	
100m: 1:07.15 35.05	200m: 2:18.89 35.96	300m: 3:31.53 36.42	400m: 4:43.22 35.58	

OPEN

1. Rudomina Agnieszka	06	MKP Gda sk	4:28.50	639
50m: 31.10 31.10	150m: 1:38.90 34.27	250m: 2:47.84 34.45	350m: 3:56.08 34.00	
100m: 1:04.63 33.53	200m: 2:13.39 34.49	300m: 3:22.08 34.24	400m: 4:28.50 32.42	
2. Grzech Maja	08	abianka Gda sk	4:41.41	555
50m: 32.08 32.08	150m: 1:42.84 35.90	250m: 2:54.84 35.94	350m: 4:07.10 36.16	
100m: 1:06.94 34.86	200m: 2:18.90 36.06	300m: 3:30.94 36.10	400m: 4:41.41 34.31	
3. Szalast Karolina	05	TRI-Team Rumia	4:43.22	544
50m: 32.10 32.10	150m: 1:42.93 35.78	250m: 2:55.11 36.22	350m: 4:07.64 36.11	
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Pozycja			Rok ur.						Czas	Pkt.
4.	Krawczyk Aleksandra		10	Dwójka Morena Gda sk					4:46.56	525
	50m: 33.46	33.46	150m: 1:47.88	37.50	250m: 3:01.43	36.38	350m: 4:13.28	35.35		
	100m: 1:10.38	36.92	200m: 2:25.05	37.17	300m: 3:37.93	36.50	400m: 4:46.56	33.28		
5.	Głomska Klaudia		10	Dwójka Tczew					4:47.72	519
	50m: 33.52	33.52	150m: 1:46.40	36.78	250m: 3:00.54	37.07	350m: 4:13.01	35.80		
	100m: 1:09.62	36.10	200m: 2:23.47	37.07	300m: 3:37.21	36.67	400m: 4:47.72	34.71		
6.	Raczy ska Wiktoria		04	Flota Gdynia					4:53.05	491
	50m: 32.59	32.59	150m: 1:45.48	37.11	250m: 2:59.87	37.49	350m: 4:15.42	37.95		
	100m: 1:08.37	35.78	200m: 2:22.38	36.90	300m: 3:37.47	37.60	400m: 4:53.05	37.63		
7.	Głomska Maja		10	Dwójka Tczew					4:55.31	480
	50m: 34.12	34.12	150m: 1:49.30	37.58	250m: 3:05.17	38.34	350m: 4:18.99	35.69		
	100m: 1:11.72	37.60	200m: 2:26.83	37.53	300m: 3:43.30	38.13	400m: 4:55.31	36.32		
8.	O ka Nina		08	Delfin Gdynia					5:02.14	448
	50m: 33.80	33.80	150m: 1:48.42	37.97	250m: 3:05.66	38.92	350m: 4:23.83	39.54		
	100m: 1:10.45	36.65	200m: 2:26.74	38.32	300m: 3:44.29	38.63	400m: 5:02.14	38.31		
9.	Skierka Magdalena		11	Dwójka Morena Gda sk					5:07.89	423
	50m: 34.69	34.69	150m: 1:51.83	39.50	250m: 3:11.15	39.92	350m: 4:30.18	39.39		
	100m: 1:12.33	37.64	200m: 2:31.23	39.40	300m: 3:50.79	39.64	400m: 5:07.89	37.71		
10.	mudzi ska Milena		09	Barrakuda Gda sk					5:14.81	396
	50m: 32.87	32.87	150m: 1:51.11	40.20	250m: 3:13.05	40.78	350m: 4:36.55	41.94		
	100m: 1:10.91	38.04	200m: 2:32.27	41.16	300m: 3:54.61	41.56	400m: 5:14.81	38.26		