



Aqua Team Swim Cup III
Mikołów, 23.03.2024



Konkurencja 27
23.03.2024 - 17:13

Kobiet, 400m dowolny

2012 i starsi
Wyniki

Punkty: FINA 2023

Pozycja	Rok ur.	Czas	Pkt.
Rocznik 2012			
1. R czkowska Lena	12 LKS Jedno 32 Przyszowice	5:01.60	451
50m: 34.75 34.75	150m: 1:50.45 38.11	250m: 3:07.44 39.02	350m: 4:24.79 38.47
100m: 1:12.34 37.59	200m: 2:28.42 37.97	300m: 3:46.32 38.88	400m: 5:01.60 36.81
2. Skubisz Liliana	12 CSiR MOS D browa Górnicza	5:07.38	426
50m: 35.21 35.21	150m: 1:52.71 38.83	250m: 3:10.83 39.29	350m: 4:29.79 39.19
100m: 1:13.88 38.67	200m: 2:31.54 38.83	300m: 3:50.60 39.77	400m: 5:07.38 37.59
3. Saj Amelia	12 KP H2O Jastrz bie-Zdrój	5:16.05	391
50m: 34.21 34.21	150m: 1:52.51 39.91	250m: 3:13.10 40.42	350m: 4:35.49 41.24
100m: 1:12.60 38.39	200m: 2:32.68 40.17	300m: 3:54.25 41.15	400m: 5:16.05 40.56
4. Mesjasz Julia	12 BOSiR Bieru	6:34.39	201
50m: 42.40 42.40	150m: 2:20.54 50.41	250m: 4:02.56 51.24	350m: 5:43.88 51.23
100m: 1:30.13 47.73	200m: 3:11.32 50.78	300m: 4:52.65 50.09	400m: 6:34.39 50.51

Rocznik 2011

1. Bomba Julia	11 CSiR MOS D browa Górnicza	4:45.90	529
50m: 32.65 32.65	150m: 1:45.39 36.61	250m: 2:58.28 36.33	350m: 4:11.23 36.26
100m: 1:08.78 36.13	200m: 2:21.95 36.56	300m: 3:34.97 36.69	400m: 4:45.90 34.67
2. Kaniewska Lena	11 Mokotowski UKP Warszawianka- Wodny	5:00.23	457
50m: 34.46 34.46	150m: 1:50.40 38.03	250m: 3:07.99 38.39	350m: 4:26.00 39.21
100m: 1:12.37 37.91	200m: 2:29.60 39.20	300m: 3:46.79 38.80	400m: 5:00.23 34.23
3. Górny Weronika	11 KS Marbi-Sport Zywiec	5:14.75	396
50m: 35.13 35.13	150m: 1:54.18 39.68	250m: 3:16.65 41.60	350m: 4:38.67 40.23
100m: 1:14.50 39.37	200m: 2:35.05 40.87	300m: 3:58.44 41.79	400m: 5:14.75 36.08
4. Nowi ska Nina	11 KS Górnik Sosnowiec	5:22.78	367
50m: 36.16 36.16	150m: 1:57.85 41.12	250m: 3:20.85 41.56	350m: 4:43.50 41.34
100m: 1:16.73 40.57	200m: 2:39.29 41.44	300m: 4:02.16 41.31	400m: 5:22.78 39.28
5. Klimkowska Milena	11 UMKS Jedyńka Zabrze	5:26.97	353
50m: 36.84 36.84	150m: 2:00.11 42.40	250m: 3:22.46 42.18	350m: 4:47.18 43.00
100m: 1:17.71 40.87	200m: 2:40.28 40.17	300m: 4:04.18 41.72	400m: 5:26.97 39.79
6. Kolanowska Zofia	11 UKS Dragon B dzin	5:39.51	316
50m: 37.45 37.45	150m: 2:03.99 44.38	250m: 3:31.55 43.42	350m: 4:57.87 42.06
100m: 1:19.61 42.16	200m: 2:48.13 44.14	300m: 4:15.81 44.26	400m: 5:39.51 41.64
7. Bienioszek Marta	11 BOSiR Bieru	6:09.46	245
50m: 40.38 40.38	150m: 2:12.59 46.89	250m: 3:47.69 47.46	350m: 5:16.05 40.56
100m: 1:25.70 45.32	200m: 3:00.23 47.64	300m: 4:35.25 47.56	400m: 6:09.46
8. Janeczek Kamila	11 UKS Dwójeczka Cz stochowa	6:21.65	222
50m: 42.44 42.44	150m: 2:19.11 48.92	250m: 3:57.56 48.82	350m: 5:35.77 48.83
100m: 1:30.19 47.75	200m: 3:08.74 49.63	300m: 4:46.94 49.38	400m: 6:21.65 45.88

2010 i starsi

1. Jakubczyk Natalia	08 CSiR MOS D browa Górnicza	4:28.81	637
50m: 30.69 30.69	150m: 1:39.02 34.44	250m: 2:47.88 34.38	350m: 3:57.22 34.70
100m: 1:04.58 33.89	200m: 2:13.50 34.48	300m: 3:22.52 34.64	400m: 4:28.81 31.59
2. R czkowska Maja	07 LKS Jedno 32 Przyszowice	4:32.19	613
50m: 31.69 31.69	150m: 1:39.38 34.13	250m: 2:48.57 34.72	350m: 3:58.02 34.72
100m: 1:05.25 33.56	200m: 2:13.85 34.47	300m: 3:23.30 34.73	400m: 4:32.19 34.17

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Pozycja				Rok ur.					Czas	Pkt.		
3.	Ferszt Kornelia			08	KS Górnik Sosnowiec				4:38.51	572		
	50m:	32.80	32.80	150m:	1:44.56	36.23	250m:	2:56.64	35.85	350m:	4:05.67	33.78
	100m:	1:08.33	35.53	200m:	2:20.79	36.23	300m:	3:31.89	35.25	400m:	4:38.51	32.84
4.	Rajca Matylda			10	LKS Jedno 32 Przyszowice				4:40.17	562		
	50m:	32.89	32.89	150m:	1:44.56	36.59	250m:	2:55.74	35.60	350m:	4:06.27	35.15
	100m:	1:07.97	35.08	200m:	2:20.14	35.58	300m:	3:31.12	35.38	400m:	4:40.17	33.90
5.	Oko Anna			09	LKS Jedno 32 Przyszowice				4:40.22	562		
	50m:	32.07	32.07	150m:	1:41.93	35.22	250m:	2:54.41	36.26	350m:	4:06.15	35.73
	100m:	1:06.71	34.64	200m:	2:18.15	36.22	300m:	3:30.42	36.01	400m:	4:40.22	34.07
6.	Rzepka Klara			10	UKS Aqua Team Mikołów				4:51.30	500		
	50m:	32.95	32.95	150m:	1:45.56	36.66	250m:	2:59.50	37.21	350m:	4:14.58	37.55
	100m:	1:08.90	35.95	200m:	2:22.29	36.73	300m:	3:37.03	37.53	400m:	4:51.30	36.72
7.	Gawlik Jagoda			06	UKS Huragan SP nr 45 Sosnowiec				4:52.61	493		
	50m:	34.07	34.07	150m:	1:47.78	36.84	250m:	3:01.90	37.17	350m:	4:16.48	37.21
	100m:	1:10.94	36.87	200m:	2:24.73	36.95	300m:	3:39.27	37.37	400m:	4:52.61	36.13
8.	Sojka Oliwia			06	UKS Aqua Team Mikołów				4:59.61	460		
	50m:	34.38	34.38	150m:	1:51.39	39.17	250m:	3:07.60	37.69	350m:	4:23.54	37.66
	100m:	1:12.22	37.84	200m:	2:29.91	38.52	300m:	3:45.88	38.28	400m:	4:59.61	36.07
9.	Szebestik Paulina			08	MKS Pałac Młodzie y Katowice				5:24.10	363		
	50m:	35.04	35.04	150m:	1:54.56	40.57	250m:	3:17.99	41.78	350m:	4:42.59	42.12
	100m:	1:13.99	38.95	200m:	2:36.21	41.65	300m:	4:00.47	42.48	400m:	5:24.10	41.51
DYSKW.	Pi tek Maja			10	KS Górnik Sosnowiec				5:18.13			
	<i>O1 - Pływak wystartował po komendzie na miejsca i zaj ciu pozycji nieruchomej, a przed sygnałem startu.</i>											
	50m:	35.99	35.99	150m:	1:58.72	41.10	250m:	3:19.78	40.34	350m:	4:40.34	39.27
	100m:	1:17.62	41.63	200m:	2:39.44	40.72	300m:	4:01.07	41.29	400m:	5:18.13	37.79
NW	Jäger Anna			10	UKS Delfin Krapkowice							
NIE UK.	Wrotniak Wiktoria			10	UKS Dragon B dzin							
	<i>O2 - Pływak nie miał kontaktu ze cian podczas nawrotu.</i>											