

Konkurencja 43
2016-02-21 - 10:54

Kobiet, 400m dowolny

11 lat i starsi
Wyniki

POZna International Swimming Cup 4:20.15 ZACHOSZCZ, Joanna 2014-01-18

Punkty: FINA 2013

				Rok ur.				Czas		Pkt.
16 lat i starsi										
1.	KNUDSEN, Tiril			00	Kongstensvommerne			4:35.57	618	
	50m: 31.47	31.47	150m: 1:41.39	35.35	250m: 2:51.79	35.08	350m: 4:01.89	34.88		
	100m: 1:06.04	34.57	200m: 2:16.71	35.32	300m: 3:27.01	35.22	400m: 4:35.57	33.68		
2.	ADAMSKA, Alicja			00	UKS Aligator Gorzyce			4:36.12	615	
	50m: 31.60	31.60	150m: 1:40.89	35.13	250m: 2:51.82	35.46	350m: 4:02.74	35.49		
	100m: 1:05.76	34.16	200m: 2:16.36	35.47	300m: 3:27.25	35.43	400m: 4:36.12	33.38		
3.	ADAMCZYK, Agata			99	UKS Aligator Gorzyce			4:38.14	601	
	50m: 32.52	32.52	150m: 1:42.70	35.55	250m: 2:53.41	35.31	350m: 4:04.15	35.21		
	100m: 1:07.15	34.63	200m: 2:18.10	35.40	300m: 3:28.94	35.53	400m: 4:38.14	33.99		
4.	RUDEK, Wiktoria			00	Uks Orka Luba			4:39.71	591	
	50m: 31.12	31.12	150m: 1:41.48	35.57	250m: 2:53.52	36.04	350m: 4:05.48	35.75		
	100m: 1:05.91	34.79	200m: 2:17.48	36.00	300m: 3:29.73	36.21	400m: 4:39.71	34.23		
5.	ROTTER, Zuzanna			97	UKS Jedyńka Kórnik			4:40.29	588	
	50m: 32.02	32.02	150m: 1:41.75	35.23	250m: 2:53.29	35.75	350m: 4:05.60	36.08		
	100m: 1:06.52	34.50	200m: 2:17.54	35.79	300m: 3:29.52	36.23	400m: 4:40.29	34.69		
6.	MALCZEWSKA, Zofia			00	Legia Warszawa			4:45.90	554	
	50m: 31.67	31.67	150m: 1:42.72	35.86	250m: 2:56.08	36.82	350m: 4:10.68	37.39		
	100m: 1:06.86	35.19	200m: 2:19.26	36.54	300m: 3:33.29	37.21	400m: 4:45.90	35.22		
7.	PETTERS, Klaudia			99	Uks Oxpess Bolesławiec			4:46.49	550	
	50m: 32.62	32.62	150m: 1:43.52	35.66	250m: 2:56.40	36.86	350m: 4:10.26	36.80		
	100m: 1:07.86	35.24	200m: 2:19.54	36.02	300m: 3:33.46	37.06	400m: 4:46.49	36.23		
8.	A CIUKIEWICZ, Marta			00	Mkp Kołobrzeg			4:49.33	534	
	50m: 32.43	32.43	150m: 1:43.49	36.05	250m: 2:56.63	36.73	350m: 4:11.44	37.81		
	100m: 1:07.44	35.01	200m: 2:19.90	36.41	300m: 3:33.63	37.00	400m: 4:49.33	37.89		
9.	SZOPA, Marta			00	CSTR Strzy ów			4:50.96	525	
	50m: 32.98	32.98	150m: 1:47.03	37.45	250m: 3:01.92	37.33	350m: 4:16.02	36.91		
	100m: 1:09.58	36.60	200m: 2:24.59	37.56	300m: 3:39.11	37.19	400m: 4:50.96	34.94		
10.	NOWICKA, Weronika			00	UKS Fala Swarz dz			4:55.75	500	
	50m: 33.89	33.89	150m: 1:48.00	37.29	250m: 3:03.91	38.42	350m: 4:19.62	37.62		
	100m: 1:10.71	36.82	200m: 2:25.49	37.49	300m: 3:42.00	38.09	400m: 4:55.75	36.13		
11.	NAMOCHANKA, Nastassia			99	Goktsor			4:58.51	486	
	50m: 32.87	32.87	150m: 1:47.52	37.82	250m: 3:04.23	38.34	350m: 4:21.17	37.99		
	100m: 1:09.70	36.83	200m: 2:25.89	38.37	300m: 3:43.18	38.95	400m: 4:58.51	37.34		
12.	RADOSZ, Joanna			97	UKS Fala Swarz dz			5:03.73	462	
	50m: 32.98	32.98	150m: 1:47.34	37.89	250m: 3:05.76	39.68	350m: 4:25.38	39.88		
	100m: 1:09.45	36.47	200m: 2:26.08	38.74	300m: 3:45.50	39.74	400m: 5:03.73	38.35		
13.	KRZYWAK, Maria			99	UKP Torpeda Ole nica			5:08.20	442	
	50m: 33.70	33.70	150m: 1:50.64	38.82	250m: 3:08.80	39.15	350m: 4:29.09	39.88		
	100m: 1:11.82	38.12	200m: 2:29.65	39.01	300m: 3:49.21	40.41	400m: 5:08.20	39.11		
14.	ŁUCZAK, Marta			99	Iskra Konin			5:20.34	394	
	50m: 32.78	32.78	150m: 1:51.36	40.29	250m: 3:14.76	42.29	350m: 4:41.29	43.27		
	100m: 1:11.07	38.29	200m: 2:32.47	41.11	300m: 3:58.02	43.26	400m: 5:20.34	39.05		

Konkurencja 43, Kobiet, 400m dowolny, 16 lat i starsi

		Rok ur.				Czas		Pkt.			
HARTLIEB, Klaudia		00		UKS Shark Rudna							
50m:	31.75	31.75	150m:	250m:	350m:						
100m:			200m:	300m:	400m:						
14 - 15 lat											
1.	BURA, Dominika	01		UKS Aligator Gorzyce		4:37.09		608			
50m:	32.56	32.56	150m:	1:42.88	35.49	250m:	2:54.48	35.69	350m:	4:04.43	34.44
100m:	1:07.39	34.83	200m:	2:18.79	35.91	300m:	3:29.99	35.51	400m:	4:37.09	32.66
2.	RAJCA, Olivia	02		UKS 190 Łód		4:43.80		566			
50m:	32.92	32.92	150m:	1:45.63	36.66	250m:	2:58.43	36.31	350m:	4:10.52	35.77
100m:	1:08.97	36.05	200m:	2:22.12	36.49	300m:	3:34.75	36.32	400m:	4:43.80	33.28
3.	WIELI SKA, Paulina	02		Klub Sportowy WANKAN Legnica		4:44.79		560			
50m:	31.51	31.51	150m:	1:43.65	36.74	250m:	2:56.53	36.29	350m:	4:10.11	36.84
100m:	1:06.91	35.40	200m:	2:20.24	36.59	300m:	3:33.27	36.74	400m:	4:44.79	34.68
4.	WŁODARCZYK, Agnieszka	01		MKP W growiec		4:48.67		538			
50m:	31.71	31.71	150m:	1:43.09	36.43	250m:	2:57.20	37.13	350m:	4:12.58	37.59
100m:	1:06.66	34.95	200m:	2:20.07	36.98	300m:	3:34.99	37.79	400m:	4:48.67	36.09
5.	CIESIUL, Karolina	01		Klub Sportowy WANKAN Legnica		4:50.26		529			
50m:	32.25	32.25	150m:	1:44.28	36.55	250m:	2:58.78	37.54	350m:	4:14.63	38.12
100m:	1:07.73	35.48	200m:	2:21.24	36.96	300m:	3:36.51	37.73	400m:	4:50.26	35.63
6.	DOM OL, Zuzanna	02		KKS Włókniarz 1925 Kalisz		4:51.09		525			
50m:	32.91	32.91	150m:	1:46.90	37.35	250m:	3:01.36	37.08	350m:	4:15.15	36.77
100m:	1:09.55	36.64	200m:	2:24.28	37.38	300m:	3:38.38	37.02	400m:	4:51.09	35.94
7.	PAULOVICH, Alina	02		Jantar		4:51.15		524			
50m:	33.23	33.23	150m:	1:47.18	37.56	250m:	3:00.03	35.72	350m:	4:13.06	36.43
100m:	1:09.62	36.39	200m:	2:24.31	37.13	300m:	3:36.63	36.60	400m:	4:51.15	38.09
8.	IVANOUSKAYA, Hanna	02		Volna		4:53.70		511			
50m:	33.02	33.02	150m:	1:47.09	37.24	250m:	3:02.58	37.80	350m:	4:17.66	37.32
100m:	1:09.85	36.83	200m:	2:24.78	37.69	300m:	3:40.34	37.76	400m:	4:53.70	36.04
9.	KULINKOVICH, Dziyana	02		Jantar		4:54.29		508			
50m:	33.25	33.25	150m:	1:46.98	37.36	250m:	3:00.88	36.94	350m:	4:16.35	38.08
100m:	1:09.62	36.37	200m:	2:23.94	36.96	300m:	3:38.27	37.39	400m:	4:54.29	37.94
10.	WOJTASIK, Anita	02		UKS Aligator Gorzyce		4:54.63		506			
50m:	34.22	34.22	150m:	1:49.39	37.75	250m:	3:04.49	37.46	350m:	4:16.27	35.02
100m:	1:11.64	37.42	200m:	2:27.03	37.64	300m:	3:41.25	36.76	400m:	4:54.63	38.36
11.	JAKUBCZAK, Weronika	01		KKS Włókniarz 1925 Kalisz		4:56.48		497			
50m:	32.68	32.68	150m:	1:47.57	38.14	250m:	3:04.17	38.46	350m:	4:19.77	37.80
100m:	1:09.43	36.75	200m:	2:25.71	38.14	300m:	3:41.97	37.80	400m:	4:56.48	36.71
12.	KOTWAS, Aleksandra	01		Iskra Konin		4:56.57		496			
50m:	32.05	32.05	150m:	1:47.30	38.64	250m:	3:04.35	38.36	350m:	4:20.63	37.57
100m:	1:08.66	36.61	200m:	2:25.99	38.69	300m:	3:43.06	38.71	400m:	4:56.57	35.94
13.	BŁASZCZYK, Weronika	02		Uks Junior Kluczbork		5:04.97		456			
50m:	34.57	34.57	150m:	1:51.23	38.70	250m:	3:09.24	39.03	350m:	4:27.68	39.07
100m:	1:12.53	37.96	200m:	2:30.21	38.98	300m:	3:48.61	39.37	400m:	5:04.97	37.29
14.	DUDZIAK, Agata	01		UKS "3 Wodnik Wolsztyn"		5:06.38		450			
50m:	33.64	33.64	150m:	1:52.49	40.00	250m:	3:13.18	40.48	350m:	4:31.55	38.33
100m:	1:12.49	38.85	200m:	2:32.70	40.21	300m:	3:53.22	40.04	400m:	5:06.38	34.83

Konkurencja 43, Dziewcz t, 400m dowolny, 14 - 15 lat

			Rok ur.						Czas	Pkt.
15.	MIROWSKA, Zuzanna		02	TS Wisła Kraków					5:07.55	445
	50m: 35.40	35.40	150m: 1:52.15	38.65	250m: 3:11.06	39.48	350m: 4:29.95	39.41		
	100m: 1:13.50	38.10	200m: 2:31.58	39.43	300m: 3:50.54	39.48	400m: 5:07.55	37.60		
16.	WIAZICKA, Aleksandra		02	Ukp Gryf D bica					5:08.08	442
	50m: 34.97	34.97	150m: 1:51.99	39.00	250m: 3:10.81	39.38	350m: 4:30.05	39.43		
	100m: 1:12.99	38.02	200m: 2:31.43	39.44	300m: 3:50.62	39.81	400m: 5:08.08	38.03		
17.	MILEWICZ, Natalia		01	"Ósemka" Toru					5:08.31	441
	50m: 32.73	32.73	150m: 1:51.09	39.83	250m: 3:10.93	39.82	350m: 4:29.78	39.11		
	100m: 1:11.26	38.53	200m: 2:31.11	40.02	300m: 3:50.67	39.74	400m: 5:08.31	38.53		
18.	SKOCZEK, Julia		01	KKS Włókniarz 1925 Kalisz					5:08.46	441
	50m: 33.82	33.82	150m: 1:52.32	40.21	250m: 3:12.46	40.04	350m: 4:31.72	39.50		
	100m: 1:12.11	38.29	200m: 2:32.42	40.10	300m: 3:52.22	39.76	400m: 5:08.46	36.74		
19.	FRANKIEWICZ, Zuzanna		01	"Ósemka" Toru					5:12.78	423
	50m: 34.35	34.35	150m: 1:51.73	39.48	250m: 3:12.58	40.71	350m: 4:32.76	40.03		
	100m: 1:12.25	37.90	200m: 2:31.87	40.14	300m: 3:52.73	40.15	400m: 5:12.78	40.02		
20.	WARSZOWSKA, Zofia		01	KKS Włókniarz 1925 Kalisz					5:17.48	404
	50m: 35.57	35.57	150m: 1:56.75	41.00	250m: 3:19.21	41.15	350m: 4:39.29	39.90		
	100m: 1:15.75	40.18	200m: 2:38.06	41.31	300m: 3:59.39	40.18	400m: 5:17.48	38.19		
21.	KRÓLIKOWSKA, Paulina		01	"Ósemka" Toru					5:18.27	401
	50m: 33.60	33.60	150m: 1:51.24	39.60	250m: 3:13.10	41.13	350m: 4:36.78	42.20		
	100m: 1:11.64	38.04	200m: 2:31.97	40.73	300m: 3:54.58	41.48	400m: 5:18.27	41.49		
22.	HOIE, Othelia		02	Kongstensvommerne					5:30.04	360
	50m: 34.83	34.83	150m: 1:55.52	41.09	250m: 3:19.48	42.28	350m: 4:46.33	43.64		
	100m: 1:14.43	39.60	200m: 2:37.20	41.68	300m: 4:02.69	43.21	400m: 5:30.04	43.71		
23.	PACY SKA, Zofia		02	M.K.P Kontra Gniezno					5:30.96	357
	50m: 35.64	35.64	150m: 1:55.72	40.23	250m: 3:20.55	42.67	350m: 4:48.38	43.91		
	100m: 1:15.49	39.85	200m: 2:37.88	42.16	300m: 4:04.47	43.92	400m: 5:30.96	42.58		
24.	GRZELCZYK, Natalia		02	MUKS "Wodnik" Łask					6:02.75	271
	50m: 37.35	37.35	150m:		250m: 3:40.04	47.16	350m: 5:14.36	47.12		
	100m: 1:20.69	43.34	200m: 2:52.88		300m: 4:27.24	47.20	400m: 6:02.75	48.39		

12 - 13 lat

1.	URBANIAK, Dominika		03	UKS 190 Łód					4:47.77	543
	50m: 34.05	34.05	150m: 1:46.49	36.50	250m: 2:59.56	36.49	350m: 4:12.41	36.38		
	100m: 1:09.99	35.94	200m: 2:23.07	36.58	300m: 3:36.03	36.47	400m: 4:47.77	35.36		
2.	RACZY SKA, Wiktoria		04	SKS 137 Delfin Łod					4:59.27	483
	50m: 33.64	33.64	150m: 1:49.72	38.38	250m: 3:06.56	38.48	350m: 4:22.85	37.73		
	100m: 1:11.34	37.70	200m: 2:28.08	38.36	300m: 3:45.12	38.56	400m: 4:59.27	36.42		
3.	OBUCHOWICZ, Natasza		03	Legia Warszawa					5:01.27	473
	50m: 33.03	33.03	150m: 1:48.63	38.11	250m: 3:06.43	38.93	350m: 4:24.34	38.45		
	100m: 1:10.52	37.49	200m: 2:27.50	38.87	300m: 3:45.89	39.46	400m: 5:01.27	36.93		
4.	RYDY SKA, Marianna		04	MKS SP-63 Bydgoszcz					5:04.44	459
	50m: 33.52	33.52	150m: 1:49.64	38.50	250m: 3:08.76	39.87	350m: 4:27.65	39.77		
	100m: 1:11.14	37.62	200m: 2:28.89	39.25	300m: 3:47.88	39.12	400m: 5:04.44	36.79		
5.	TACIAK, Martyna		03	Buks Warszawa					5:07.33	446
	50m: 34.61	34.61	150m: 1:51.73	39.05	250m: 3:10.64	39.50	350m: 4:29.12	39.46		
	100m: 1:12.68	38.07	200m: 2:31.14	39.41	300m: 3:49.66	39.02	400m: 5:07.33	38.21		

Konkurencja 43, Dziewcz t, 400m dowolny, 12 - 13 lat

				Rok ur.						Czas	Pkt.	
6.	GAWRON, Paula			04	CSTR Strzy ów					5:08.59	440	
	50m:	34.09	34.09	150m:	1:52.62	39.58	250m:	3:12.00	39.60	350m:	4:30.45	38.96
	100m:	1:13.04	38.95	200m:	2:32.40	39.78	300m:	3:51.49	39.49	400m:	5:08.59	38.14
7.	PRZYBYSZ, Dominika			03	Buks Warszawa					5:11.62	428	
	50m:	34.49	34.49	150m:	1:51.60	39.64	250m:	3:11.77	40.46	350m:	4:32.51	40.57
	100m:	1:11.96	37.47	200m:	2:31.31	39.71	300m:	3:51.94	40.17	400m:	5:11.62	39.11
8.	MACIOŁA, Maja			03	Mks Rokita Brzeg Dolny					5:16.00	410	
	50m:	34.61	34.61	150m:	1:53.28	39.97	250m:	3:14.24	40.92	350m:	4:36.48	40.88
	100m:	1:13.31	38.70	200m:	2:33.32	40.04	300m:	3:55.60	41.36	400m:	5:16.00	39.52
9.	ERA SKA, Ula			03	Buks Warszawa					5:21.86	388	
	50m:	35.25	35.25	150m:	1:56.49	41.29	250m:	3:18.60	41.64	350m:	4:41.43	41.57
	100m:	1:15.20	39.95	200m:	2:36.96	40.47	300m:	3:59.86	41.26	400m:	5:21.86	40.43
10.	SOKOŁOWSKA, Dominika			04	KS Neptun widnica					5:26.12	373	
	50m:	36.78	36.78	150m:	2:00.62	42.49	250m:	3:24.82	41.48	350m:	4:48.20	41.33
	100m:	1:18.13	41.35	200m:	2:43.34	42.72	300m:	4:06.87	42.05	400m:	5:26.12	37.92
11.	JELE , Katarzyna			04	Omega Olsztyn					5:26.39	372	
	50m:	36.47	36.47	150m:	1:58.93	41.61	250m:	3:24.56	43.12	350m:	4:47.26	40.81
	100m:	1:17.32	40.85	200m:	2:41.44	42.51	300m:	4:06.45	41.89	400m:	5:26.39	39.13
12.	KASJANIUK, Patrycja			03	Buks Warszawa					5:27.37	369	
	50m:	35.46	35.46	150m:	1:57.92	41.98	250m:	3:21.17	41.90	350m:	4:46.46	42.51
	100m:	1:15.94	40.48	200m:	2:39.27	41.35	300m:	4:03.95	42.78	400m:	5:27.37	40.91
13.	GORZE , Marta			03	UKS CITYZEN Pozna					5:33.63	348	
	50m:	36.54	36.54	150m:	2:01.35	43.20	250m:	3:28.14	43.47	350m:	4:51.81	41.60
	100m:	1:18.15	41.61	200m:	2:44.67	43.32	300m:	4:10.21	42.07	400m:	5:33.63	41.82
14.	CHRYPLEWICZ, Julia			04	Klub Sportowy REKIN wiebodzic					5:38.21	334	
	50m:	37.58	37.58	150m:	2:02.87	42.94	250m:	3:30.70	43.90	350m:	4:59.15	43.84
	100m:	1:19.93	42.35	200m:	2:46.80	43.93	300m:	4:15.31	44.61	400m:	5:38.21	39.06
15.	ZDROJEWSKA, Maja			04	ORKA Grudzi dz					5:38.95	332	
	50m:	37.56	37.56	150m:	2:03.30	43.62	250m:	3:30.88	44.33	350m:	4:58.77	43.31
	100m:	1:19.68	42.12	200m:	2:46.55	43.25	300m:	4:15.46	44.58	400m:	5:38.95	40.18
16.	MISIAK, Nadia			04	UKS Jedyńka Kórnik					5:40.16	329	
	50m:	38.93	38.93	150m:	2:06.38	44.35	250m:	3:35.76	44.38	350m:	5:00.53	41.97
	100m:	1:22.03	43.10	200m:	2:51.38	45.00	300m:	4:18.56	42.80	400m:	5:40.16	39.63
17.	TRATSEUSKAYA, Viktoriya			03	Neptun					5:40.69	327	
	50m:	36.11	36.11	150m:	2:00.76	43.63	250m:	3:29.29	44.39	350m:	4:58.30	44.63
	100m:	1:17.13	41.02	200m:	2:44.90	44.14	300m:	4:13.67	44.38	400m:	5:40.69	42.39
18.	BANASZKIEWICZ, Oliwia			04	Omega Olsztyn					5:41.24	325	
	50m:	36.37	36.37	150m:	2:01.16	43.11	250m:	3:28.78	43.72	350m:	4:58.11	45.08
	100m:	1:18.05	41.68	200m:	2:45.06	43.90	300m:	4:13.03	44.25	400m:	5:41.24	43.13
19.	ZAR BA, Daria			03	Buks Warszawa					5:46.05	312	
	50m:	43.02	43.02	150m:	2:08.93	43.40	250m:	3:36.74	43.76	350m:	5:04.42	44.34
	100m:	1:25.53	42.51	200m:	2:52.98	44.05	300m:	4:20.08	43.34	400m:	5:46.05	41.63
20.	PILARSKA, Natalia			03	MKP W growiec					5:58.48	281	
	50m:	38.16	38.16	150m:	2:08.46	45.83	250m:	3:42.02	46.93	350m:	5:14.47	46.15
	100m:	1:22.63	44.47	200m:	2:55.09	46.63	300m:	4:28.32	46.30	400m:	5:58.48	44.01
21.	ALEXANDROVA, Olga			04	Jantar					6:09.50	256	
	50m:	38.40	38.40	150m:	2:09.28	46.38	250m:	3:44.69	47.76	350m:	5:20.65	48.49
	100m:	1:22.90	44.50	200m:	2:56.93	47.65	300m:	4:32.16	47.47	400m:	6:09.50	48.85

Konkurencja 43, Kobiet, 400m dowolny

11 lat

1.	ŁASISZ, Julia		05	Znicz Koszalin		5:39.68	330	
	50m: 36.82	36.82	150m: 2:01.06	250m: 3:28.57	43.60	350m: 4:54.66	41.82	
	100m:		200m: 2:44.97	43.91	300m: 4:12.84	44.27	400m: 5:39.68	45.02
2.	SMANTSAR, Maryia		05	Neptun		5:53.13	294	
	50m: 38.90	38.90	150m: 2:08.87	45.83	250m: 3:40.22	45.61	350m: 5:10.89	43.52
	100m: 1:23.04	44.14	200m: 2:54.61	45.74	300m: 4:27.37	47.15	400m: 5:53.13	42.24
3.	CYGANEK, Nina		05	UKS P.S.Salwator Kraków		6:04.64	267	
	50m: 42.05	42.05	150m: 2:17.59	47.90	250m: 3:50.42	45.64	350m: 5:21.50	45.14
	100m: 1:29.69	47.64	200m: 3:04.78	47.19	300m: 4:36.36	45.94	400m: 6:04.64	43.14
4.	BATURA, Hanna		05	Ccor		6:12.38	250	
	50m: 41.90	41.90	150m: 2:17.37	47.97	250m: 3:52.05	47.18	350m: 5:25.87	46.25
	100m: 1:29.40	47.50	200m: 3:04.87	47.50	300m: 4:39.62	47.57	400m: 6:12.38	46.51
5.	RAK, Wiktoria		05	Mks Rokita Brzeg Dolny		6:40.03	202	
	50m: 46.18	46.18	150m: 2:29.31	52.20	250m: 4:11.58	51.77	350m: 5:53.25	50.21
	100m: 1:37.11	50.93	200m: 3:19.81	50.50	300m: 5:03.04	51.46	400m: 6:40.03	46.78
6.	RÓ YCKA, Karolina		05	CSTR Strzy ów		6:46.68	192	
	50m: 46.58	46.58	150m: 2:31.33	53.20	250m: 4:15.31	51.64	350m: 5:55.98	48.85
	100m: 1:38.13	51.55	200m: 3:23.67	52.34	300m: 5:07.13	51.82	400m: 6:46.68	50.70