

Konkurencja 51  
2016-02-21 - 18:02

Kobiet, 400m zmienny

12 lat i starsi  
Wyniki

POZna International Swimming Cup 4:52.46 CIE LAK, Joanna 2015-02-06

Punkty: FINA 2013

|                        |                       |         |       | Rok ur.                      |         |       |       | Czas           |       | Pkt.  |         |       |
|------------------------|-----------------------|---------|-------|------------------------------|---------|-------|-------|----------------|-------|-------|---------|-------|
| <b>16 lat i starsi</b> |                       |         |       |                              |         |       |       |                |       |       |         |       |
| 1.                     | BARANOWSKA, Katarzyna |         | 87    | AZS Gdansk/SV Wuppertal      |         |       |       | <b>4:54.88</b> | 693   |       |         |       |
|                        | 50m:                  | 31.44   | 31.44 | 150m:                        | 1:46.14 | 38.39 | 250m: | 3:04.42        | 41.40 | 350m: | 4:20.93 | 35.05 |
|                        | 100m:                 | 1:07.75 | 36.31 | 200m:                        | 2:23.02 | 36.88 | 300m: | 3:45.88        | 41.46 | 400m: | 4:54.88 | 33.95 |
| 2.                     | ADAMSKA, Alicja       |         | 00    | UKS Aligator Gorzyce         |         |       |       | <b>5:12.74</b> | 581   |       |         |       |
|                        | 50m:                  | 33.41   | 33.41 | 150m:                        | 1:51.68 | 38.75 | 250m: | 3:15.72        | 45.63 | 350m: | 4:38.58 | 36.35 |
|                        | 100m:                 | 1:12.93 | 39.52 | 200m:                        | 2:30.09 | 38.41 | 300m: | 4:02.23        | 46.51 | 400m: | 5:12.74 | 34.16 |
| 3.                     | SZOPA, Marta          |         | 00    | CSTR Strzy ów                |         |       |       | <b>5:30.89</b> | 490   |       |         |       |
|                        | 50m:                  | 35.57   | 35.57 | 150m:                        | 2:04.03 | 42.43 | 250m: | 3:30.88        | 44.77 | 350m: | 4:55.44 | 37.98 |
|                        | 100m:                 | 1:21.60 | 46.03 | 200m:                        | 2:46.11 | 42.08 | 300m: | 4:17.46        | 46.58 | 400m: | 5:30.89 | 35.45 |
| 4.                     | PODLE NY, Emilia      |         | 00    | TS Wisła Kraków              |         |       |       | <b>5:42.19</b> | 443   |       |         |       |
|                        | 50m:                  | 36.86   | 36.86 | 150m:                        | 2:05.64 | 44.75 | 250m: | 3:35.22        | 46.34 | 350m: | 5:03.85 | 40.93 |
|                        | 100m:                 | 1:20.89 | 44.03 | 200m:                        | 2:48.88 | 43.24 | 300m: | 4:22.92        | 47.70 | 400m: | 5:42.19 | 38.34 |
| <b>14 - 15 lat</b>     |                       |         |       |                              |         |       |       |                |       |       |         |       |
| 1.                     | BURA, Dominika        |         | 01    | UKS Aligator Gorzyce         |         |       |       | <b>5:03.78</b> | 634   |       |         |       |
|                        | 50m:                  | 34.03   | 34.03 | 150m:                        | 1:54.31 | 41.69 | 250m: | 3:15.69        | 41.28 | 350m: | 4:31.52 | 34.21 |
|                        | 100m:                 | 1:12.62 | 38.59 | 200m:                        | 2:34.41 | 40.10 | 300m: | 3:57.31        | 41.62 | 400m: | 5:03.78 | 32.26 |
| 2.                     | OSTROWSKA, Kamila     |         | 01    | UKS Aligator Gorzyce         |         |       |       | <b>5:04.38</b> | 630   |       |         |       |
|                        | 50m:                  | 33.25   | 33.25 | 150m:                        | 1:49.19 | 37.02 | 250m: | 3:09.94        | 43.71 | 350m: | 4:29.75 | 36.26 |
|                        | 100m:                 | 1:12.17 | 38.92 | 200m:                        | 2:26.23 | 37.04 | 300m: | 3:53.49        | 43.55 | 400m: | 5:04.38 | 34.63 |
| 3.                     | PLUTA, Emilia         |         | 02    | UKS Aligator Gorzyce         |         |       |       | <b>5:15.13</b> | 568   |       |         |       |
|                        | 50m:                  | 34.84   | 34.84 | 150m:                        | 1:56.22 | 41.18 | 250m: | 3:21.44        | 45.02 | 350m: | 4:40.87 | 35.45 |
|                        | 100m:                 | 1:15.04 | 40.20 | 200m:                        | 2:36.42 | 40.20 | 300m: | 4:05.42        | 43.98 | 400m: | 5:15.13 | 34.26 |
| 4.                     | BURA, Julia           |         | 02    | UKS Aligator Gorzyce         |         |       |       | <b>5:15.34</b> | 567   |       |         |       |
|                        | 50m:                  | 35.37   | 35.37 | 150m:                        | 1:57.08 | 40.99 | 250m: | 3:19.57        | 42.41 | 350m: | 4:40.17 | 37.71 |
|                        | 100m:                 | 1:16.09 | 40.72 | 200m:                        | 2:37.16 | 40.08 | 300m: | 4:02.46        | 42.89 | 400m: | 5:15.34 | 35.17 |
| 5.                     | KOTSUR, Karina        |         | 02    | Volna                        |         |       |       | <b>5:22.28</b> | 531   |       |         |       |
|                        | 50m:                  | 32.91   | 32.91 | 150m:                        | 1:52.51 | 40.79 | 250m: | 3:19.74        | 46.56 | 350m: | 4:46.52 | 38.53 |
|                        | 100m:                 | 1:11.72 | 38.81 | 200m:                        | 2:33.18 | 40.67 | 300m: | 4:07.99        | 48.25 | 400m: | 5:22.28 | 35.76 |
| 6.                     | KOWAL, Emilia         |         | 02    | Omega Olkusz                 |         |       |       | <b>5:23.51</b> | 525   |       |         |       |
|                        | 50m:                  | 35.76   | 35.76 | 150m:                        | 1:59.47 | 39.70 | 250m: | 3:24.53        | 45.21 | 350m: | 4:48.05 | 38.24 |
|                        | 100m:                 | 1:19.77 | 44.01 | 200m:                        | 2:39.32 | 39.85 | 300m: | 4:09.81        | 45.28 | 400m: | 5:23.51 | 35.46 |
| 7.                     | RAJCA, Olivia         |         | 02    | UKS 190 Łód                  |         |       |       | <b>5:23.92</b> | 523   |       |         |       |
|                        | 50m:                  | 34.38   | 34.38 | 150m:                        | 1:58.16 | 44.11 | 250m: | 3:24.52        | 44.99 | 350m: | 4:48.60 | 39.06 |
|                        | 100m:                 | 1:14.05 | 39.67 | 200m:                        | 2:39.53 | 41.37 | 300m: | 4:09.54        | 45.02 | 400m: | 5:23.92 | 35.32 |
| 8.                     | CIESIUL, Karolina     |         | 01    | Klub Sportowy WANKAN Legnica |         |       |       | <b>5:25.86</b> | 514   |       |         |       |
|                        | 50m:                  | 34.56   | 34.56 | 150m:                        | 1:56.77 | 40.57 | 250m: | 3:22.29        | 46.96 | 350m: | 4:50.07 | 38.55 |
|                        | 100m:                 | 1:16.20 | 41.64 | 200m:                        | 2:35.33 | 38.56 | 300m: | 4:11.52        | 49.23 | 400m: | 5:25.86 | 35.79 |
| 9.                     | FARYNA, Patrycja      |         | 01    | Klub Sportowy WANKAN Legnica |         |       |       | <b>5:29.29</b> | 498   |       |         |       |
|                        | 50m:                  | 34.10   | 34.10 | 150m:                        | 1:56.48 | 41.88 | 250m: | 3:25.44        | 46.82 | 350m: | 4:51.78 | 39.23 |
|                        | 100m:                 | 1:14.60 | 40.50 | 200m:                        | 2:38.62 | 42.14 | 300m: | 4:12.55        | 47.11 | 400m: | 5:29.29 | 37.51 |
| 10.                    | BŁASZCZYK, Weronika   |         | 02    | Uks Junior Kluczbork         |         |       |       | <b>5:40.06</b> | 452   |       |         |       |
|                        | 50m:                  | 35.18   | 35.18 | 150m:                        | 2:03.24 | 45.62 | 250m: | 3:35.28        | 48.24 | 350m: | 5:02.92 | 38.35 |
|                        | 100m:                 | 1:17.62 | 42.44 | 200m:                        | 2:47.04 | 43.80 | 300m: | 4:24.57        | 49.29 | 400m: | 5:40.06 | 37.14 |

Konkurencja 51, Dziewcz t, 400m zmienny, 14 - 15 lat

|                        | Rok ur.       |                     |       |               |  |                | Czas | Pkt. |
|------------------------|---------------|---------------------|-------|---------------|--|----------------|------|------|
| 11. GRYLEWICZ, Zuzanna | 02            | Klub Sportowy REKIN |       | wiebodzic     |  | <b>5:43.06</b> | 440  |      |
| 50m: 36.96 36.96       | 150m:         | 250m: 3:36.03       | 48.51 | 350m: 5:05.43 |  | 40.61          |      |      |
| 100m: 1:22.02 45.06    | 200m: 2:47.52 | 300m: 4:24.82       | 48.79 | 400m: 5:43.06 |  | 37.63          |      |      |

12 - 13 lat

|                       |               |                        |               |       |               |                |     |
|-----------------------|---------------|------------------------|---------------|-------|---------------|----------------|-----|
| 1. MALINA, Amelia     | 03            | KS Górnik Sosnowiec    |               |       |               | <b>5:21.99</b> | 532 |
| 50m: 33.13 33.13      | 150m: 1:54.62 | 40.64                  | 250m: 3:21.19 | 46.15 | 350m: 4:45.03 | 37.37          |     |
| 100m: 1:13.98 40.85   | 200m: 2:35.04 | 40.42                  | 300m: 4:07.66 | 46.47 | 400m: 5:21.99 | 36.96          |     |
| 2. URBANIAK, Dominika | 03            | UKS 190 Łód            |               |       |               | <b>5:30.40</b> | 493 |
| 50m: 34.97 34.97      | 150m: 1:59.13 | 43.20                  | 250m: 3:28.60 | 46.02 | 350m: 4:54.07 | 37.35          |     |
| 100m: 1:15.93 40.96   | 200m: 2:42.58 | 43.45                  | 300m: 4:16.72 | 48.12 | 400m: 5:30.40 | 36.33          |     |
| 3. GAWRON, Paula      | 04            | CSTR Strzy ów          |               |       |               | <b>5:54.26</b> | 400 |
| 50m: 39.52 39.52      | 150m: 2:11.31 | 43.33                  | 250m: 3:44.65 | 50.46 | 350m: 5:15.82 | 39.80          |     |
| 100m: 1:27.98 48.46   | 200m: 2:54.19 | 42.88                  | 300m: 4:36.02 | 51.37 | 400m: 5:54.26 | 38.44          |     |
| 4. MACIOŁA, Maja      | 03            | Mks Rokita Brzeg Dolny |               |       |               | <b>6:04.46</b> | 367 |
| 50m: 37.64 37.64      | 150m: 2:05.97 | 43.58                  | 250m: 3:46.94 | 56.49 | 350m: 5:25.03 | 41.84          |     |
| 100m: 1:22.39 44.75   | 200m: 2:50.45 | 44.48                  | 300m: 4:43.19 | 56.25 | 400m: 6:04.46 | 39.43          |     |
| 5. ALEXANDROVA, Olga  | 04            | Jantar                 |               |       |               | <b>6:36.69</b> | 284 |
| 50m: 42.71 42.71      | 150m: 2:23.36 | 48.80                  | 250m: 4:09.00 | 55.72 | 350m: 5:51.17 | 45.82          |     |
| 100m: 1:34.56 51.85   | 200m: 3:13.28 | 49.92                  | 300m: 5:05.35 | 56.35 | 400m: 6:36.69 | 45.52          |     |