

X Międzynarodowe Zawody w Pływaniu "Koziołki Pływackie"  
Kdzierzyn, 10. - 11.5.2019

Konkurencja 9  
10.05.2019 - 18:10

Kobiet, 400m dowolny

11 lat i starsi  
Wyniki

Punkty: FINA 2018

Pozycja					Rok ur.					Czas	Pkt.	
<b>11 lat</b>												
1.	Natalia Łuczka				08	UKS „MANTA” Kochłowice Ruda				<b>5:28.87</b>	362	
	50m:	36.04	36.04	150m:	1:58.91	42.40	250m:	3:24.50	42.80	350m:	4:48.32	41.75
	100m:	1:16.51	40.47	200m:	2:41.70	42.79	300m:	4:06.57	42.07	400m:	5:28.87	40.55
2.	Zuzanna Walkiewicz				08	UKS „MANTA” Kochłowice Ruda				<b>5:35.09</b>	342	
	50m:	38.28	38.28	150m:	2:03.04	43.04	250m:	3:28.93	42.86	350m:	4:54.15	42.00
	100m:	1:20.00	41.72	200m:	2:46.07	43.03	300m:	4:12.15	43.22	400m:	5:35.09	40.94
3.	Monika Michalczuk				08	Gminny Klub Pływacki 7 Zdrój T				<b>5:37.99</b>	334	
	50m:	37.65	37.65	150m:	2:03.58	43.86	250m:	3:29.83	43.11	350m:	4:56.76	43.83
	100m:	1:19.72	42.07	200m:	2:46.72	43.14	300m:	4:12.93	43.10	400m:	5:37.99	41.23
4.	Lena Pawlak				08	TP Olimpijczyk Aleksandrów Łód				<b>5:39.81</b>	328	
	50m:	37.05	37.05	150m:	2:04.54	44.65	250m:	3:33.25	43.44	350m:	4:58.31	42.25
	100m:	1:19.89	42.84	200m:	2:49.81	45.27	300m:	4:16.06	42.81	400m:	5:39.81	41.50
5.	Katarzyna Janicka				08	Start Opole				<b>5:47.29</b>	307	
	50m:	38.64	38.64	150m:	2:07.35	44.99	250m:	3:39.24	46.71	350m:	5:06.67	44.70
	100m:	1:22.36	43.72	200m:	2:52.53	45.18	300m:	4:21.97	42.73	400m:	5:47.29	40.62
6.	Zofia Janczewska				08	TP Olimpijczyk Aleksandrów Łód				<b>5:47.76</b>	306	
	50m:	37.92	37.92	150m:	2:05.02	44.14	250m:	3:34.21	45.26	350m:	5:03.28	46.01
	100m:	1:20.88	42.96	200m:	2:48.95	43.93	300m:	4:17.27	43.06	400m:	5:47.76	44.48
7.	Aleksandra Kocha ska				08	MKS Juvenia Wrocław				<b>5:51.29</b>	297	
	50m:	39.15	39.15	150m:	2:06.35	44.01	250m:	3:38.41	47.08	350m:	5:09.23	44.79
	100m:	1:22.34	43.19	200m:	2:51.33	44.98	300m:	4:24.44	46.03	400m:	5:51.29	42.06
8.	Nadia Wawrosz				08	UMKS Jedyńka Zabrze				<b>6:10.89</b>	252	
	50m:	37.66	37.66	150m:	2:07.55	46.37	250m:	3:43.75	48.57	350m:	5:21.88	49.47
	100m:	1:21.18	43.52	200m:	2:55.18	47.63	300m:	4:32.41	48.66	400m:	6:10.89	49.01
9.	Liliana Gorska				08	MMKS Kdzierzyn-Ko le				<b>6:17.89</b>	239	
	50m:	41.14	41.14	150m:	2:14.67	46.99	250m:	3:51.64	49.21	350m:	5:29.94	48.46
	100m:	1:27.68	46.54	200m:	3:02.43	47.76	300m:	4:41.48	49.84	400m:	6:17.89	47.95
<b>12 lat</b>												
1.	Flawia Kamzol				07	KS Fala Niepołomice				<b>4:48.93</b>	534	
	50m:	33.74	33.74	150m:	1:47.54	37.04	250m:	3:00.44	36.75	350m:	4:14.79	36.25
	100m:	1:10.50	36.76	200m:	2:23.69	36.15	300m:	3:38.54	38.10	400m:	4:48.93	34.14
2.	Marta Poppe				07	UKS „MANTA” Kochłowice Ruda				<b>4:59.09</b>	482	
	50m:	34.43	34.43	150m:	1:50.43	38.16	250m:	3:07.05	38.20	350m:	4:22.03	37.46
	100m:	1:12.27	37.84	200m:	2:28.85	38.42	300m:	3:44.57	37.52	400m:	4:59.09	37.06
3.	Zuzanna Trafalska				07	TP Olimpijczyk Aleksandrów Łód				<b>5:06.22</b>	449	
	50m:	36.39	36.39	150m:	1:54.06	39.15	250m:	3:12.85	39.33	350m:	4:29.42	37.68
	100m:	1:14.91	38.52	200m:	2:33.52	39.46	300m:	3:51.74	38.89	400m:	5:06.22	36.80
4.	Michalina Skudlik				07	UKS „MANTA” Kochłowice Ruda				<b>5:19.78</b>	394	
	50m:	36.83	36.83	150m:	1:57.56	40.56	250m:	3:20.01	40.89	350m:	4:41.26	39.45
	100m:	1:17.00	40.17	200m:	2:39.12	41.56	300m:	4:01.81	41.80	400m:	5:19.78	38.52
5.	Hanna Mielnik				07	UKS "5 plus 1" Opole				<b>5:25.02</b>	375	
	50m:	34.46	34.46	150m:	1:55.03	41.35	250m:	3:20.40	42.69	350m:	4:45.20	41.77
	100m:	1:13.68	39.22	200m:	2:37.71	42.68	300m:	4:03.43	43.03	400m:	5:25.02	39.82
6.	Amelia Łopianiak				07	Start Opole				<b>5:34.80</b>	343	
	50m:	37.67	37.67	150m:	2:02.13	43.53	250m:	3:25.48	40.26	350m:	4:50.82	43.28
	100m:	1:18.60	40.93	200m:	2:45.22	43.09	300m:	4:07.54	42.06	400m:	5:34.80	43.98
7.	Aurelia Pustelnik				07	UKS "Aqua Team Mikołów"				<b>5:38.00</b>	334	
	50m:	39.82	39.82	150m:	2:06.66	42.93	250m:	3:33.23	43.08	350m:	4:58.30	42.86
	100m:	1:23.73	43.91	200m:	2:50.15	43.49	300m:	4:15.44	42.21	400m:	5:38.00	39.70

X Międzynarodowe Zawody w Pływaniu "Koziołki Pływackie"  
K dzierzyn, 10. - 11.5.2019

Konkurencja 9, Dziewcz t, 400m dowolny, 12 lat

Pozycja					Rok ur.					Czas	Pkt.	
8.	Jagoda Justy ska				07	MMKS K dzierzyn-Ko le				<b>5:43.73</b>	317	
	50m:	38.38	38.38	150m:	2:07.99	45.07	250m:	3:38.85	44.89	350m:	5:05.69	42.14
	100m:	1:22.92	44.54	200m:	2:53.96	45.97	300m:	4:23.55	44.70	400m:	5:43.73	38.04
9.	Victoria Setnicka				07	Start Opole				<b>5:46.75</b>	309	
	50m:	39.08	39.08	150m:	2:06.72	43.87	250m:	3:36.54	45.36	350m:	5:06.05	44.29
	100m:	1:22.85	43.77	200m:	2:51.18	44.46	300m:	4:21.76	45.22	400m:	5:46.75	40.70
10.	Dominika Polok				07	UKS "5 plus 1" Opole				<b>5:46.77</b>	309	
	50m:	38.80	38.80	150m:	2:07.94	45.30	250m:	3:37.22	44.66	350m:	5:05.55	44.28
	100m:	1:22.64	43.84	200m:	2:52.56	44.62	300m:	4:21.27	44.05	400m:	5:46.77	41.22
11.	Zofia Bobrowska				07	UKS MOS w Opolu				<b>5:51.56</b>	296	
	50m:	39.87	39.87	150m:	2:09.48	45.84	250m:	3:40.82	45.48	350m:	5:10.53	44.88
	100m:	1:23.64	43.77	200m:	2:55.34	45.86	300m:	4:25.65	44.83	400m:	5:51.56	41.03
12.	Alicja Siedlecka				07	UKS „SPORTOWIEC” Oborniki				<b>5:56.45</b>	284	
	50m:	38.76	38.76	150m:	2:10.72	47.21	250m:	3:42.71	46.16	350m:	5:14.29	45.51
	100m:	1:23.51	44.75	200m:	2:56.55	45.83	300m:	4:28.78	46.07	400m:	5:56.45	42.16
13.	Martyna Michalska				07	UKS "Aqua Team Mikołów"				<b>5:59.74</b>	277	
	50m:	39.85	39.85	150m:	2:13.43	46.89	250m:	3:45.32	45.38	350m:	5:15.85	44.89
	100m:	1:26.54	46.69	200m:	2:59.94	46.51	300m:	4:30.96	45.64	400m:	5:59.74	43.89
14.	Martyna Wojciechowska				07	MMKS K dzierzyn-Ko le				<b>6:11.64</b>	251	
	50m:	40.28	40.28	150m:	2:16.01	48.95	250m:	3:53.93	48.65	350m:	5:26.96	45.34
	100m:	1:27.06	46.78	200m:	3:05.28	49.27	300m:	4:41.62	47.69	400m:	6:11.64	44.68
15.	Malwina Wujkowska				07	Start Opole				<b>6:45.64</b>	193	
	50m:	44.75	44.75	150m:	2:26.94	52.65	250m:	4:12.12	52.59	350m:	5:57.13	52.32
	100m:	1:34.29	49.54	200m:	3:19.53	52.59	300m:	5:04.81	52.69	400m:	6:45.64	48.51

13 lat

1.	Natalia Mikula				06	TP Olimpijczyk Aleksandrów Łód				<b>4:52.98</b>	512	
	50m:	33.21	33.21	150m:	1:46.29	37.05	250m:	3:01.43	37.65	350m:	4:16.76	37.58
	100m:	1:09.24	36.03	200m:	2:23.78	37.49	300m:	3:39.18	37.75	400m:	4:52.98	36.22
2.	Zuzanna Chł d				06	UKS MOS w Opolu				<b>5:00.43</b>	475	
	50m:	33.97	33.97	150m:	1:50.41	38.57	250m:	3:08.11	38.19	350m:	4:24.50	38.00
	100m:	1:11.84	37.87	200m:	2:29.92	39.51	300m:	3:46.50	38.39	400m:	5:00.43	35.93
3.	Amelia Purchała				06	KS Pi tka Chorzów				<b>5:02.88</b>	464	
	50m:	34.10	34.10	150m:	1:50.30	38.38	250m:	3:07.90	38.72	350m:	4:26.76	39.42
	100m:	1:11.92	37.82	200m:	2:29.18	38.88	300m:	3:47.34	39.44	400m:	5:02.88	36.12
4.	Anna Dukowska				06	TP Olimpijczyk Aleksandrów Łód				<b>5:04.46</b>	457	
	50m:	34.36	34.36	150m:	1:50.65	38.85	250m:	3:08.45	39.43	350m:	4:25.84	39.22
	100m:	1:11.80	37.44	200m:	2:29.02	38.37	300m:	3:46.62	38.17	400m:	5:04.46	38.62
5.	Natalia Badura				06	UKS „MANTA” Kochłowice Ruda				<b>5:08.63</b>	438	
	50m:	35.25	35.25	150m:	1:54.25	39.87	250m:	3:13.16	39.43	350m:	4:31.71	38.96
	100m:	1:14.38	39.13	200m:	2:33.73	39.48	300m:	3:52.75	39.59	400m:	5:08.63	36.92
6.	Oliwia Sojka				06	UKS "Aqua Team Mikołów"				<b>5:10.23</b>	432	
	50m:	35.00	35.00	150m:	1:54.32	39.53	250m:	3:14.93	40.42	350m:	4:34.26	39.69
	100m:	1:14.79	39.79	200m:	2:34.51	40.19	300m:	3:54.57	39.64	400m:	5:10.23	35.97
7.	Paulina Dorosi ska				06	UKS „MANTA” Kochłowice Ruda				<b>5:19.03</b>	397	
	50m:	35.98	35.98	150m:	1:55.73	40.40	250m:	3:16.82	40.71	350m:	4:38.97	41.24
	100m:	1:15.33	39.35	200m:	2:36.11	40.38	300m:	3:57.73	40.91	400m:	5:19.03	40.06
8.	Liwia Biernat				06	LUKS „WINNER” Zdzeszowice				<b>5:26.17</b>	371	
	50m:	35.23	35.23	150m:	1:59.97	43.35	250m:	3:26.61	43.19	350m:	4:48.31	40.79
	100m:	1:16.62	41.39	200m:	2:43.42	43.45	300m:	4:07.52	40.91	400m:	5:26.17	37.86
9.	Amelia Szydło				06	LUKS „WINNER” Zdzeszowice				<b>5:43.23</b>	318	
	50m:	36.43	36.43	150m:	2:02.02	43.70	250m:	3:30.70	44.67	350m:	5:00.52	44.72
	100m:	1:18.32	41.89	200m:	2:46.03	44.01	300m:	4:15.80	45.10	400m:	5:43.23	42.71

X Międzynarodowe Zawody w Pływaniu "Koziołki Pływackie"  
K dzierzyn, 10. - 11.5.2019

Konkurencja 9, Kobiet, 400m dowolny

14 lat i starsi

1.	Iga Ma lej		03	MKS Juwenia Wrocław		<b>4:41.84</b>	576					
	50m:	32.65	32.65	150m:	1:43.54	35.82	250m:	2:55.53	35.94	350m:	4:07.11	35.53
	100m:	1:07.72	35.07	200m:	2:19.59	36.05	300m:	3:31.58	36.05	400m:	4:41.84	34.73
2.	Oliwia Biernat		03	UKS Aquatica Pawłowice		<b>4:48.89</b>	534					
	50m:	32.01	32.01	150m:	1:44.00	36.50	250m:	2:58.93	37.79	350m:	4:13.61	37.01
	100m:	1:07.50	35.49	200m:	2:21.14	37.14	300m:	3:36.60	37.67	400m:	4:48.89	35.28
3.	Paulina Budzi ska		03	MMKS K dzierzyn-Ko le		<b>4:49.02</b>	534					
	50m:	33.28	33.28	150m:	1:47.30	36.95	250m:	3:00.11	36.66	350m:	4:14.01	36.98
	100m:	1:10.35	37.07	200m:	2:23.45	36.15	300m:	3:37.03	36.92	400m:	4:49.02	35.01
4.	Dominika Kramkowska		04	MKS Juwenia Wrocław		<b>4:50.37</b>	526					
	50m:	31.81	31.81	150m:	1:45.25	37.18	250m:	3:00.44	37.70	350m:	4:15.31	36.55
	100m:	1:08.07	36.26	200m:	2:22.74	37.49	300m:	3:38.76	38.32	400m:	4:50.37	35.06
5.	Maria miechowska		03	MKS Juwenia Wrocław		<b>4:50.86</b>	524					
	50m:	33.97	33.97	150m:	1:45.71	36.46	250m:	2:59.36	36.93	350m:	4:13.75	37.33
	100m:	1:09.25	35.28	200m:	2:22.43	36.72	300m:	3:36.42	37.06	400m:	4:50.86	37.11
6.	Gabriela Grabowska		04	UKS 307 Warszawa		<b>4:54.54</b>	504					
	50m:	33.19	33.19	150m:	1:47.30	37.28	250m:	3:02.66	37.68	350m:	4:18.75	37.94
	100m:	1:10.02	36.83	200m:	2:24.98	37.68	300m:	3:40.81	38.15	400m:	4:54.54	35.79
7.	Weronika Błaszczuk		02	UKS Junior Kluczbork		<b>4:55.22</b>	501					
	50m:	33.13	33.13	150m:	1:46.81	37.12	250m:	3:02.03	37.57	350m:	4:18.35	38.18
	100m:	1:09.69	36.56	200m:	2:24.46	37.65	300m:	3:40.17	38.14	400m:	4:55.22	36.87
8.	Marta Zakrzewska		03	MKS Juwenia Wrocław		<b>4:58.20</b>	486					
	50m:	33.07	33.07	150m:	1:46.62	37.35	250m:	3:02.02	37.93	350m:	4:19.30	38.29
	100m:	1:09.27	36.20	200m:	2:24.09	37.47	300m:	3:41.01	38.99	400m:	4:58.20	38.90
9.	Oliwia Sikorska		04	MKS Juwenia Wrocław		<b>4:59.64</b>	479					
	50m:	31.13	31.13	150m:	1:43.85	37.30	250m:	3:00.59	38.39	350m:	4:20.48	39.80
	100m:	1:06.55	35.42	200m:	2:22.20	38.35	300m:	3:40.68	40.09	400m:	4:59.64	39.16
10.	Hanna Stanecka		04	Starachowicki Klub Pływacki BA		<b>5:01.84</b>	469					
	50m:	33.39	33.39	150m:	1:49.21	38.33	250m:	3:07.46	39.06	350m:	4:24.91	38.10
	100m:	1:10.88	37.49	200m:	2:28.40	39.19	300m:	3:46.81	39.35	400m:	5:01.84	36.93
11.	Weronika Kołakowska		05	MKS Piaseczno		<b>5:19.58</b>	395					
	50m:	36.05	36.05	150m:	1:58.49	41.79	250m:	3:20.13	40.83	350m:	4:40.26	39.87
	100m:	1:16.70	40.65	200m:	2:39.30	40.81	300m:	4:00.39	40.26	400m:	5:19.58	39.32
12.	Aleksandra Smyczek		05	MMKS K dzierzyn-Ko le		<b>5:46.00</b>	311					
	50m:	39.59	39.59	150m:	2:08.92	45.36	250m:	3:39.48	45.09	350m:	5:09.56	44.57
	100m:	1:23.56	43.97	200m:	2:54.39	45.47	300m:	4:24.99	45.51	400m:	5:46.00	36.44
13.	Jagoda Muszy ska		04	MMKS K dzierzyn-Ko le		<b>5:46.40</b>	310					
	50m:	36.98	36.98	150m:	2:02.14	43.71	250m:	3:32.17	45.42	350m:	5:03.08	45.31
	100m:	1:18.43	41.45	200m:	2:46.75	44.61	300m:	4:17.77	45.60	400m:	5:46.40	43.32
14.	Weronika Francuz		04	MMKS K dzierzyn-Ko le		<b>5:52.04</b>	295					
	50m:	37.54	37.54	150m:	2:04.73	44.56	250m:	3:36.41	45.89	350m:	5:07.29	45.31
	100m:	1:20.17	42.63	200m:	2:50.52	45.79	300m:	4:21.98	45.57	400m:	5:52.04	44.75