

Konkurencja 3

Kobiet, 400m dowolny

10 lat i starsi

2016-05-21 - 10:29

Wyniki

Rekord zawodów 10 - 11	5:17.01	SWACZYNA Magdalena	POL	LKS Jedno	32 Przyszowice	2014-05-31
Rekord zawodów 12 - 13	5:01.40	KUSTRA Julita	POL	MTP Delfin Cieszyn		2013-05-18
Rekord zawodów 14 - 15	4:56.63	KORAL Julia	POL	KS. Górnik Radlin		2013-05-18
Rekord zawodów 16 +	4:45.74	KORAL Julia	POL	KS Górnik Radlin		2014-05-31

Punkty: FINA 2015

Pozycja	Rok ur.	Czas	Pkt.
<b>10 - 11 lat</b>			
1. GALKA Zofia	05 Mario Sport	<b>5:41.25</b>	324
50m: 38.44 38.44	150m: 2:06.39 44.08	250m: 3:34.80 44.04	350m: 5:01.65 43.36
100m: 1:22.31 43.87	200m: 2:50.76 44.37	300m: 4:18.29 43.49	400m: 5:41.25 39.60
2. TRZECIAK Wiktoria	05 UKS Salmo ory	<b>5:42.76</b>	320
50m: 38.18 38.18	150m: 2:05.39 43.50	250m: 3:34.39 45.13	350m: 5:02.34 43.95
100m: 1:21.89 43.71	200m: 2:49.26 43.87	300m: 4:18.39 44.00	400m: 5:42.76 40.42
3. GACH Magdalena	05 UKS Ondraszek Bielsko - Biała	<b>5:44.02</b>	316
50m: 39.78 39.78	150m: 2:08.35 44.66	250m: 3:37.28 44.75	350m: 5:04.76 43.28
100m: 1:23.69 43.91	200m: 2:52.53 44.18	300m: 4:21.48 44.20	400m: 5:44.02 39.26
4. FUKOVÁ Kate ina	05 Plavecký oddíl Frýdek-Místek	<b>5:46.41</b>	310
50m: 38.43 38.43	150m: 2:07.83 45.09	250m: 3:38.77 45.48	350m: 5:09.02 44.57
100m: 1:22.74 44.31	200m: 2:53.29 45.46	300m: 4:24.45 45.68	400m: 5:46.41 37.39
5. T MOVÁ Michaela	05 Plavecký oddíl Frýdek-Místek	<b>6:07.06</b>	260
50m: 40.94 40.94	150m: 2:19.07 49.26	250m: 3:56.60 47.93	350m: 5:28.01 45.04
100m: 1:29.81 48.87	200m: 3:08.67 49.60	300m: 4:42.97 46.37	400m: 6:07.06 39.05
6. GRUCHEL Kamila	05 UKS MANTA Kochłowice Ruda l s	<b>6:15.48</b>	243
50m: 41.85 41.85	150m: 2:14.95 46.83	250m: 3:49.57 47.25	350m: 5:25.56 48.57
100m: 1:28.12 46.27	200m: 3:02.32 47.37	300m: 4:36.99 47.42	400m: 6:15.48 49.92
7. MACURA Kinga	06 Delfin Cieszyn	<b>6:18.94</b>	237
50m: 39.15 39.15	150m: 2:15.89 49.82	250m: 3:56.50 50.26	350m: 5:37.31 50.20
100m: 1:26.07 46.92	200m: 3:06.24 50.35	300m: 4:47.11 50.61	400m: 6:18.94 41.63
8. WISELKA Magdalena	05 Mario Sport	<b>6:40.31</b>	201
50m: 45.10 45.10	150m: 2:27.93 51.28	250m: 4:11.23 50.74	350m: 5:54.37 51.67
100m: 1:36.65 51.55	200m: 3:20.49 52.56	300m: 5:02.70 51.47	400m: 6:40.31 45.94
9. BIALOZYT Dagmara	06 Delfin Cieszyn	<b>6:50.65</b>	186
50m: 43.29 43.29	150m: 2:29.19 54.13	250m: 4:16.71 53.12	350m: 6:07.11 55.54
100m: 1:35.06 51.77	200m: 3:23.59 54.40	300m: 5:11.57 54.86	400m: 6:50.65 43.54
10. BADURA Natalia	06 UKS MANTA Kochłowice Ruda l s	<b>6:59.04</b>	175
50m: 44.17 44.17	150m: 2:28.40 53.39	250m: 4:15.83 54.55	350m: 6:04.59 54.78
100m: 1:35.01 50.84	200m: 3:21.28 52.88	300m: 5:09.81 53.98	400m: 6:59.04 54.45
11. FRÁNKOVÁ Veronika	05 Plavecký oddíl Frýdek-Místek	<b>7:02.35</b>	171
50m: 48.37 48.37	150m: 2:39.32 55.43	250m: 4:31.01 55.74	350m: 6:17.04 52.27
100m: 1:43.89 55.52	200m: 3:35.27 55.95	300m: 5:24.77 53.76	400m: 7:02.35 45.31
12. SKUDLIK Michalina	06 UKS MANTA Kochłowice Ruda l s	<b>7:11.43</b>	160
50m: 46.62 46.62	150m: 2:34.25 54.40	250m: 4:27.00 56.74	350m: 6:19.25 56.53
100m: 1:39.85 53.23	200m: 3:30.26 56.01	300m: 5:22.72 55.72	400m: 7:11.43 52.18
13. BACZEK Roksana	06 Mario Sport	<b>7:18.75</b>	152
50m: 49.28 49.28	150m: 2:43.15 57.78	250m: 4:36.60 56.27	350m: 6:28.01 57.12
100m: 1:45.37 56.09	200m: 3:40.33 57.18	300m: 5:30.89 54.29	400m: 7:18.75 50.74
14. SMYKOWSKA Kinga	05 UKS MANTA Kochłowice Ruda l s	<b>7:31.83</b>	139
50m: 48.82 48.82	150m: 2:41.69 57.78	250m: 4:40.92 1:00.67	350m: 6:38.90 57.55
100m: 1:43.91 55.09	200m: 3:40.25 58.56	300m: 5:41.35 1:00.43	400m: 7:31.83 52.93

Konkurencja 3, Kobiet, 400m dowolny

12 - 13 lat

1.	MISZCZYK Alicja	04	UKS Wodnik 29 Katowice	<b>5:30.93</b>	355
	50m: 36.52 36.52	150m: 2:00.43 42.35	250m: 3:26.89 43.28	350m: 4:52.36 42.73	
	100m: 1:18.08 41.56	200m: 2:43.61 43.18	300m: 4:09.63 42.74	400m: 5:30.93 38.57	
2.	KRÓL Julia	04	UKS Wodnik 29 Katowice	<b>5:34.29</b>	345
	50m: 36.44 36.44	150m: 1:59.81 42.94	250m: 3:27.41 43.64	350m: 4:52.54 42.61	
	100m: 1:16.87 40.43	200m: 2:43.77 43.96	300m: 4:09.93 42.52	400m: 5:34.29 41.75	
3.	POPPE Anna	03	UKS MANTA Kochłowice Ruda I s	<b>5:39.56</b>	329
	50m: 40.59 40.59	150m: 2:07.32 44.03	250m: 3:34.82 43.48	350m: 4:59.62 42.35	
	100m: 1:23.29 42.70	200m: 2:51.34 44.02	300m: 4:17.27 42.45	400m: 5:39.56 39.94	
4.	SOCHA Zofia	03	TS Wisła Kraków	<b>6:04.51</b>	266
	50m: 40.36 40.36	150m: 2:14.58 47.64	250m: 3:50.07 47.79	350m: 5:22.73 44.94	
	100m: 1:26.94 46.58	200m: 3:02.28 47.70	300m: 4:37.79 47.72	400m: 6:04.51 41.78	
5.	NIEWIADOMSKA Nikola	03	UKS MANTA Kochłowice Ruda I s	<b>6:19.03</b>	236
	50m: 39.65 39.65	150m: 2:16.25 49.31	250m: 3:53.74 48.21	350m: 5:31.74 48.69	
	100m: 1:26.94 47.29	200m: 3:05.53 49.28	300m: 4:43.05 49.31	400m: 6:19.03 47.29	
6.	MACHALICA Aleksandra	04	Mario Sport	<b>6:26.69</b>	223
	50m: 40.58 40.58	150m:	250m:	350m:	
	100m: 1:28.49 47.91	200m: 3:11.88	300m: 4:52.29	400m: 6:26.69	
7.	FIC Bo ena	04	UKS MANTA Kochłowice Ruda I s	<b>6:48.66</b>	188
	50m: 40.53 40.53	150m: 2:21.95 51.89	250m: 4:09.59 55.02	350m: 5:56.32 53.56	
	100m: 1:30.06 49.53	200m: 3:14.57 52.62	300m: 5:02.76 53.17	400m: 6:48.66 52.34	
8.	KUMIEGA Marta	04	UKS MANTA Kochłowice Ruda I s	<b>7:26.53</b>	144
	50m: 44.67 44.67	150m: 2:37.81 58.76	250m: 4:35.78 58.59	350m: 6:31.94 58.29	
	100m: 1:39.05 54.38	200m: 3:37.19 59.38	300m: 5:33.65 57.87	400m: 7:26.53 54.59	

14 - 15 lat

1.	MA DOK Klaudia	01	Nowy KP Bielsko-Biała	<b>4:48.16</b>	539
	50m: 32.01 32.01	150m: 1:43.81 36.17	250m: 2:57.78 37.07	350m: 4:12.43 37.74	
	100m: 1:07.64 35.63	200m: 2:20.71 36.90	300m: 3:34.69 36.91	400m: 4:48.16 35.73	
2.	RZADEK Natalia	01	Nowy KP Bielsko-Biała	<b>4:56.29</b>	495
	50m: 34.20 34.20	150m: 1:49.83 38.09	250m: 3:06.35 38.09	350m: 4:20.98 36.20	
	100m: 1:11.74 37.54	200m: 2:28.26 38.43	300m: 3:44.78 38.43	400m: 4:56.29 35.31	
3.	GRYCHTOŁ Weronika	01	UKS Wodnik 29 Katowice	<b>4:56.72</b>	493
	50m: 33.04 33.04	150m: 1:46.16 37.16	250m: 3:00.88 37.47	350m: 4:18.31 38.84	
	100m: 1:09.00 35.96	200m: 2:23.41 37.25	300m: 3:39.47 38.59	400m: 4:56.72 38.41	
4.	MIROWSKA Zuzanna	02	TS Wisła Kraków	<b>5:05.44</b>	452
	50m: 35.04 35.04	150m: 1:52.92 39.24	250m: 3:11.29 38.97	350m: 4:29.27 38.77	
	100m: 1:13.68 38.64	200m: 2:32.32 39.40	300m: 3:50.50 39.21	400m: 5:05.44 36.17	
5.	ZI BA Natalia	02	Ukp Ruda I ska	<b>5:14.27</b>	415
	50m: 35.42 35.42	150m: 1:54.56 39.75	250m: 3:14.59 39.99	350m: 4:35.39 40.63	
	100m: 1:14.81 39.39	200m: 2:34.60 40.04	300m: 3:54.76 40.17	400m: 5:14.27 38.88	
6.	LEPCZY SKA Natalia	01	Nowy KP Bielsko-Biała	<b>5:28.20</b>	364
	50m: 36.96 36.96	150m: 2:00.01 42.10	250m: 3:24.23 41.61	350m: 4:48.20 42.31	
	100m: 1:17.91 40.95	200m: 2:42.62 42.61	300m: 4:05.89 41.66	400m: 5:28.20 40.00	

16 lat i starsi

1.	ZAWADZKA Anna	00	UKS Wodnik 29 Katowice	<b>4:41.94</b>	575
	50m: 31.38 31.38	150m: 1:40.99 35.53	250m: 2:53.53 36.21	350m: 4:07.89 37.29	
	100m: 1:05.46 34.08	200m: 2:17.32 36.33	300m: 3:30.60 37.07	400m: 4:41.94 34.05	
2.	KUSTRA Julita	00	Mario Sport	<b>5:00.35</b>	476
	50m: 33.91 33.91	150m: 1:48.54 37.87	250m: 3:05.77 38.45	350m: 4:23.93 39.02	
	100m: 1:10.67 36.76	200m: 2:27.32 38.78	300m: 3:44.91 39.14	400m: 5:00.35 36.42	

Konkurencja 3, Kobiet, 400m dowolny, 16 lat i starsi

Pozycja	Rok ur.				Czas				Pkt.		
3. PAWERA Karolina	00 Ukp Ruda I ska				<b>5:01.56</b>				470		
50m:	33.97	33.97	150m:	1:48.22	37.60	250m:	3:05.67	39.00	350m:	4:24.05	39.11
100m:	1:10.62	36.65	200m:	2:26.67	38.45	300m:	3:44.94	39.27	400m:	5:01.56	37.51
4. ADAMCZYK Wiktoria	00 Uks Shark Rudna				<b>5:03.96</b>				459		
50m:	35.41	35.41	150m:	1:52.88	38.87	250m:	3:11.19	38.99	350m:	4:28.29	38.64
100m:	1:14.01	38.60	200m:	2:32.20	39.32	300m:	3:49.65	38.46	400m:	5:03.96	35.67
5. KOLBER Roksana	98 CSiR MOS D browa Górnicza				<b>5:14.06</b>				416		
50m:	35.75	35.75	150m:	1:53.79	39.31	250m:	3:13.17	39.96	350m:	4:34.31	40.39
100m:	1:14.48	38.73	200m:	2:33.21	39.42	300m:	3:53.92	40.75	400m:	5:14.06	39.75
6. WOJTYLAK Maja	00 UMKS Goczałkowice-Zdrój				<b>5:15.13</b>				412		
50m:	33.73	33.73	150m:	1:51.46	39.54	250m:	3:12.66	41.03	350m:	4:35.75	41.48
100m:	1:11.92	38.19	200m:	2:31.63	40.17	300m:	3:54.27	41.61	400m:	5:15.13	39.38
7. SURMIAK Gabriela	00 Ukp Ruda I ska				<b>5:16.36</b>				407		
50m:	35.11	35.11	150m:	1:53.94	40.00	250m:	3:15.06	40.74	350m:	4:37.78	41.88
100m:	1:13.94	38.83	200m:	2:34.32	40.38	300m:	3:55.90	40.84	400m:	5:16.36	38.58