



Konkurencja 21  
25.11.2016 - 15:55

Kobiet, 400m dowolny

Open  
Wyniki

Rekord I skia Open	4:10.96	Gawęłczyk Dominika	AZS AWF Katowice	01.01.2009
Rekord I skia 14	4:25.99	Kossakowska Dominika	SiKReT Gliwice	01.01.2015
Rekord I skia 15	4:20.32	Zaborowicz Julia	KS Górnik Sosnowiec	01.01.2016
Rekord I skia 16	4:16.54	Gawęłczyk Dominika	AZS AWF Katowice	01.01.2007
Rekord I skia 17	4:15.35	Gawęłczyk Dominika	AZS AWF Katowice	01.01.2008
Rekord I skia 18	4:10.96	Gawęłczyk Dominika	AZS AWF Katowice	01.01.2009

Punkty: FINA 2016

Pozycja	Rok ur.	Czas	Pkt.
<b>14 lat</b>			
1. Szymczak Patrycja <i>Mistrz I skia</i>	02 UKS MANTA Kochłowice Ruda I s	<b>4:32.55</b>	637
50m: 31.45 31.45	150m: 1:40.59 34.79	250m: 2:50.26 34.86	350m: 3:59.38 34.36
100m: 1:05.80 34.35	200m: 2:15.40 34.81	300m: 3:25.02 34.76	400m: 4:32.55 33.17
2. Pluta Emilia	02 UKS Aligator gorzyce	<b>4:40.39</b>	585
50m: 32.64 32.64	150m: 1:43.98 36.07	250m: 2:55.94 35.58	350m: 4:06.04 34.95
100m: 1:07.91 35.27	200m: 2:20.36 36.38	300m: 3:31.09 35.15	400m: 4:40.39 34.35
3. Zarembik Katarzyna SR	02 MKS-SMS Victoria Racibórz	<b>4:43.17</b>	568
50m: 32.68 32.68	150m: 1:44.90 36.22	250m: 2:57.77 36.48	350m: 4:09.33 35.54
100m: 1:08.68 36.00	200m: 2:21.29 36.39	300m: 3:33.79 36.02	400m: 4:43.17 33.84
4. Szkoda Klaudia	02 CSiR MOS D browa Górnicza	<b>4:52.10</b>	517
50m: 33.08 33.08	150m: 1:46.30 36.88	250m: 3:00.94 37.23	350m: 4:15.67 37.27
100m: 1:09.42 36.34	200m: 2:23.71 37.41	300m: 3:38.40 37.46	400m: 4:52.10 36.43
5. Szofitysek Karolina	02 SiKReT Gliwice	<b>5:06.26</b>	449
50m: 34.24 34.24	150m: 1:54.42 40.87	250m: 3:14.20 39.65	350m: 4:31.29 37.37
100m: 1:13.55 39.31	200m: 2:34.55 40.13	300m: 3:53.92 39.72	400m: 5:06.26 34.97
6. Michalak Laura	02 MOSM Tychy	<b>5:16.07</b>	408
50m: 36.53 36.53	150m: 1:59.67 42.15	250m: 3:18.32 38.11	350m: 4:37.52 40.14
100m: 1:17.52 40.99	200m: 2:40.21 40.54	300m: 3:57.38 39.06	400m: 5:16.07 38.55
<b>15 lat</b>			
1. Zaborowicz Julia <i>Mistrz I skia, Wynik lepszy od Rekordu I skia</i>	01 K.S. Górnik Sosnowiec	<b>4:20.22</b>	732
50m: 30.35 30.35	150m: 1:37.12 33.95	250m: 2:43.75 32.89	350m: 3:49.53 32.45
100m: 1:03.17 32.82	200m: 2:10.86 33.74	300m: 3:17.08 33.33	400m: 4:20.22 30.69
2. Kossakowska Dominika	01 SiKReT Gliwice	<b>4:20.25</b>	731
50m: 30.17 30.17	150m: 1:36.69 33.63	250m: 2:43.80 33.22	350m: 3:49.55 32.42
100m: 1:03.06 32.89	200m: 2:10.58 33.89	300m: 3:17.13 33.33	400m: 4:20.25 30.70
3. Ma dok Klaudia	01 Nowy KP Bielsko-Biała	<b>4:38.05</b>	600
50m: 32.36 32.36	150m: 1:42.63 35.54	250m: 2:53.68 35.75	350m: 4:03.77 35.22
100m: 1:07.09 34.73	200m: 2:17.93 35.30	300m: 3:28.55 34.87	400m: 4:38.05 34.28
4. Kosi ska Dominika	01 KS Pi tka Chorzów	<b>4:45.86</b>	552
50m: 33.01 33.01	150m: 1:45.44 36.35	250m: 2:58.52 36.46	350m: 4:10.96 36.36
100m: 1:09.09 36.08	200m: 2:22.06 36.62	300m: 3:34.60 36.08	400m: 4:45.86 34.90
5. Gazda Zuzanna	01 CSiR MOS D browa Górnicza	<b>4:47.19</b>	544
50m: 32.87 32.87	150m: 1:44.69 36.25	250m: 2:57.39 36.05	350m: 4:10.90 36.72
100m: 1:08.44 35.57	200m: 2:21.34 36.65	300m: 3:34.18 36.79	400m: 4:47.19 36.29
6. Tomasiak Agnieszka	01 UKS Salmo ory	<b>4:49.95</b>	529
50m: 32.76 32.76	150m: 1:45.50 36.73	250m: 2:59.10 36.66	350m: 4:12.68 36.87
100m: 1:08.77 36.01	200m: 2:22.44 36.94	300m: 3:35.81 36.71	400m: 4:49.95 37.27
7. Majewska Weronika SR	01 UKS MANTA Kochłowice Ruda I s	<b>4:49.98</b>	528
50m: 34.06 34.06	150m: 1:47.63 36.93	250m: 3:01.00 36.59	350m: 4:14.47 36.27
100m: 1:10.70 36.64	200m: 2:24.41 36.78	300m: 3:38.20 37.20	400m: 4:49.98 35.51



Konkurencja 21, Dziewcz t, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.
8.	Grychtół Weronika		01	Uks Wodnik 29 Katowice				<b>4:55.75</b>	498
	50m:	32.71 32.71	150m:	1:46.56 37.43	250m:	3:02.13 37.86	350m:	4:18.52 38.44	
	100m:	1:09.13 36.42	200m:	2:24.27 37.71	300m:	3:40.08 37.95	400m:	4:55.75 37.23	
9.	Skórka Maja		01	CSiR MOS D browa Górnicza				<b>4:56.81</b>	493
	50m:	33.96 33.96	150m:	1:50.76 38.83	250m:	3:06.36 37.70	350m:	4:21.29 37.00	
	100m:	1:11.93 37.97	200m:	2:28.66 37.90	300m:	3:44.29 37.93	400m:	4:56.81 35.52	
10.	Skudlik Marta		01	UKS MANTA Kochłowice Ruda I s				<b>5:01.63</b>	470
	50m:	33.59 33.59	150m:	1:47.83 37.83	250m:	3:04.59 38.50	350m:	4:23.09 38.85	
	100m:	1:10.00 36.41	200m:	2:26.09 38.26	300m:	3:44.24 39.65	400m:	5:01.63 38.54	
11.	Bigos Dominika		01	KS Pi tka Chorzów				<b>5:08.56</b>	439
	50m:	35.94 35.94	150m:	1:55.56 40.25	250m:	3:14.28 39.19	350m:	4:31.98 38.77	
	100m:	1:15.31 39.37	200m:	2:35.09 39.53	300m:	3:53.21 38.93	400m:	5:08.56 36.58	

16 - 18 lat

1.	Zawadzka Anna <i>Mistrz I ska</i>		00	Uks Wodnik 29 Katowice				<b>4:29.80</b>	656
	50m:	31.48 31.48	150m:	1:38.88 33.84	250m:	2:47.36 34.36	350m:	3:56.40 34.52	
	100m:	1:05.04 33.56	200m:	2:13.00 34.12	300m:	3:21.88 34.52	400m:	4:29.80 33.40	
2.	Adamczyk Agata		99	UKS Aligator gorzyce				<b>4:32.58</b>	636
	50m:	32.08 32.08	150m:	1:40.99 34.56	250m:	2:50.52 34.56	350m:	3:59.62 34.11	
	100m:	1:06.43 34.35	200m:	2:15.96 34.97	300m:	3:25.51 34.99	400m:	4:32.58 32.96	
3.	Lichwa Dominika		99	AZS AWF Katowice				<b>4:39.88</b>	588
	50m:	31.56 31.56	150m:	1:41.01 35.19	250m:	2:52.68 35.89	350m:	4:04.99 36.40	
	100m:	1:05.82 34.26	200m:	2:16.79 35.78	300m:	3:28.59 35.91	400m:	4:39.88 34.89	
4.	Kustra Julia		00	SiKReT Głiwice				<b>4:45.44</b>	554
	50m:	32.59 32.59	150m:	1:45.48 36.62	250m:	2:58.28 36.30	350m:	4:10.70 36.23	
	100m:	1:08.86 36.27	200m:	2:21.98 36.50	300m:	3:34.47 36.19	400m:	4:45.44 34.74	

Open

1.	Zaborowicz Julia <i>Wynik lepszy od Rekordu I ska</i>		01	K.S. Górnik Sosnowiec				<b>4:20.22</b>	732
	50m:	30.35 30.35	150m:	1:37.12 33.95	250m:	2:43.75 32.89	350m:	3:49.53 32.45	
	100m:	1:03.17 32.82	200m:	2:10.86 33.74	300m:	3:17.08 33.33	400m:	4:20.22 30.69	
2.	Kossakowska Dominika		01	SiKReT Głiwice				<b>4:20.25</b>	731
	50m:	30.17 30.17	150m:	1:36.69 33.63	250m:	2:43.80 33.22	350m:	3:49.55 32.42	
	100m:	1:03.06 32.89	200m:	2:10.58 33.89	300m:	3:17.13 33.33	400m:	4:20.25 30.70	
3.	Bart Patrycja		97	Mks Pałac Młodzie y Katowice				<b>4:27.32</b>	675
	50m:	30.78 30.78	150m:	1:38.16 34.01	250m:	2:45.73 33.61	350m:	3:53.70 34.18	
	100m:	1:04.15 33.37	200m:	2:12.12 33.96	300m:	3:19.52 33.79	400m:	4:27.32 33.62	
4.	Zawadzka Anna		00	Uks Wodnik 29 Katowice				<b>4:29.80</b>	656
	50m:	31.48 31.48	150m:	1:38.88 33.84	250m:	2:47.36 34.36	350m:	3:56.40 34.52	
	100m:	1:05.04 33.56	200m:	2:13.00 34.12	300m:	3:21.88 34.52	400m:	4:29.80 33.40	
5.	Teresko Anna		97	CSiR MOS D browa Górnicza				<b>4:30.06</b>	654
	50m:	31.39 31.39	150m:	1:38.76 33.87	250m:	2:47.24 34.28	350m:	3:56.70 34.78	
	100m:	1:04.89 33.50	200m:	2:12.96 34.20	300m:	3:21.92 34.68	400m:	4:30.06 33.36	
6.	Szymczak Patrycja		02	UKS MANTA Kochłowice Ruda I s				<b>4:32.55</b>	637
	50m:	31.45 31.45	150m:	1:40.59 34.79	250m:	2:50.26 34.86	350m:	3:59.38 34.36	
	100m:	1:05.80 34.35	200m:	2:15.40 34.81	300m:	3:25.02 34.76	400m:	4:32.55 33.17	
7.	Adamczyk Agata		99	UKS Aligator gorzyce				<b>4:32.58</b>	636
	50m:	32.08 32.08	150m:	1:40.99 34.56	250m:	2:50.52 34.56	350m:	3:59.62 34.11	
	100m:	1:06.43 34.35	200m:	2:15.96 34.97	300m:	3:25.51 34.99	400m:	4:32.58 32.96	



Konkurencja 21, Kobiet, 400m dowolny, Open

Pozycja					Rok ur.					Czas	Pkt.	
8.	Ma dok Klaudia				01	Nowy KP Bielsko-Biała				<b>4:38.05</b>	600	
	50m:	32.36	32.36	150m:	1:42.63	35.54	250m:	2:53.68	35.75	350m:	4:03.77	35.22
	100m:	1:07.09	34.73	200m:	2:17.93	35.30	300m:	3:28.55	34.87	400m:	4:38.05	34.28
9.	Fuks Aleksandra				03	Mus Gilus Gilowice				<b>4:39.67</b>	589	
	50m:	32.07	32.07	150m:	1:42.52	35.57	250m:	2:53.83	35.85	350m:	4:05.37	35.95
	100m:	1:06.95	34.88	200m:	2:17.98	35.46	300m:	3:29.42	35.59	400m:	4:39.67	34.30
10.	Lichwa Dominika				99	AZS AWF Katowice				<b>4:39.88</b>	588	
	50m:	31.56	31.56	150m:	1:41.01	35.19	250m:	2:52.68	35.89	350m:	4:04.99	36.40
	100m:	1:05.82	34.26	200m:	2:16.79	35.78	300m:	3:28.59	35.91	400m:	4:39.88	34.89
11.	Pluta Emilia				02	UKS Aligator gorzyce				<b>4:40.39</b>	585	
	50m:	32.64	32.64	150m:	1:43.98	36.07	250m:	2:55.94	35.58	350m:	4:06.04	34.95
	100m:	1:07.91	35.27	200m:	2:20.36	36.38	300m:	3:31.09	35.15	400m:	4:40.39	34.35
12.	Zarembik Katarzyna SR				02	MKS-SMS Victoria Racibórz				<b>4:43.17</b>	568	
	50m:	32.68	32.68	150m:	1:44.90	36.22	250m:	2:57.77	36.48	350m:	4:09.33	35.54
	100m:	1:08.68	36.00	200m:	2:21.29	36.39	300m:	3:33.79	36.02	400m:	4:43.17	33.84
13.	Kustra Julita				00	SiKReT Gliwice				<b>4:45.44</b>	554	
	50m:	32.59	32.59	150m:	1:45.48	36.62	250m:	2:58.28	36.30	350m:	4:10.70	36.23
	100m:	1:08.86	36.27	200m:	2:21.98	36.50	300m:	3:34.47	36.19	400m:	4:45.44	34.74
14.	Kosi ska Dominika				01	KS Pi tka Chorzów				<b>4:45.86</b>	552	
	50m:	33.01	33.01	150m:	1:45.44	36.35	250m:	2:58.52	36.46	350m:	4:10.96	36.36
	100m:	1:09.09	36.08	200m:	2:22.06	36.62	300m:	3:34.60	36.08	400m:	4:45.86	34.90
15.	Gazda Zuzanna				01	CSiR MOS D browa Górnicza				<b>4:47.19</b>	544	
	50m:	32.87	32.87	150m:	1:44.69	36.25	250m:	2:57.39	36.05	350m:	4:10.90	36.72
	100m:	1:08.44	35.57	200m:	2:21.34	36.65	300m:	3:34.18	36.79	400m:	4:47.19	36.29
16.	Tomasiak Agnieszka				01	UKS Salmo ory				<b>4:49.95</b>	529	
	50m:	32.76	32.76	150m:	1:45.50	36.73	250m:	2:59.10	36.66	350m:	4:12.68	36.87
	100m:	1:08.77	36.01	200m:	2:22.44	36.94	300m:	3:35.81	36.71	400m:	4:49.95	37.27
17.	Majewska Weronika SR				01	UKS MANTA Kochłowice Ruda I s				<b>4:49.98</b>	528	
	50m:	34.06	34.06	150m:	1:47.63	36.93	250m:	3:01.00	36.59	350m:	4:14.47	36.27
	100m:	1:10.70	36.64	200m:	2:24.41	36.78	300m:	3:38.20	37.20	400m:	4:49.98	35.51
18.	Szkoda Klaudia				02	CSiR MOS D browa Górnicza				<b>4:52.10</b>	517	
	50m:	33.08	33.08	150m:	1:46.30	36.88	250m:	3:00.94	37.23	350m:	4:15.67	37.27
	100m:	1:09.42	36.34	200m:	2:23.71	37.41	300m:	3:38.40	37.46	400m:	4:52.10	36.43
19.	Grychtoł Weronika				01	Uks Wodnik 29 Katowice				<b>4:55.75</b>	498	
	50m:	32.71	32.71	150m:	1:46.56	37.43	250m:	3:02.13	37.86	350m:	4:18.52	38.44
	100m:	1:09.13	36.42	200m:	2:24.27	37.71	300m:	3:40.08	37.95	400m:	4:55.75	37.23
20.	Skórka Maja				01	CSiR MOS D browa Górnicza				<b>4:56.81</b>	493	
	50m:	33.96	33.96	150m:	1:50.76	38.83	250m:	3:06.36	37.70	350m:	4:21.29	37.00
	100m:	1:11.93	37.97	200m:	2:28.66	37.90	300m:	3:44.29	37.93	400m:	4:56.81	35.52
21.	Skudlik Marta				01	UKS MANTA Kochłowice Ruda I s				<b>5:01.63</b>	470	
	50m:	33.59	33.59	150m:	1:47.83	37.83	250m:	3:04.59	38.50	350m:	4:23.09	38.85
	100m:	1:10.00	36.41	200m:	2:26.09	38.26	300m:	3:44.24	39.65	400m:	5:01.63	38.54
22.	Szołtysek Karolina				02	SiKReT Gliwice				<b>5:06.26</b>	449	
	50m:	34.24	34.24	150m:	1:54.42	40.87	250m:	3:14.20	39.65	350m:	4:31.29	37.37
	100m:	1:13.55	39.31	200m:	2:34.55	40.13	300m:	3:53.92	39.72	400m:	5:06.26	34.97
23.	Bigos Dominika				01	KS Pi tka Chorzów				<b>5:08.56</b>	439	
	50m:	35.94	35.94	150m:	1:55.56	40.25	250m:	3:14.28	39.19	350m:	4:31.98	38.77
	100m:	1:15.31	39.37	200m:	2:35.09	39.53	300m:	3:53.21	38.93	400m:	5:08.56	36.58
24.	Michalak Laura				02	MOSM Tychy				<b>5:16.07</b>	408	
	50m:	36.53	36.53	150m:	1:59.67	42.15	250m:	3:18.32	38.11	350m:	4:37.52	40.14
	100m:	1:17.52	40.99	200m:	2:40.21	40.54	300m:	3:57.38	39.06	400m:	5:16.07	38.55