



Liga Szkół i Klubów I skich 2006 i starsi  
Gliwice, 8.10.2019 - 17.4.2020

Konkurencja 21  
18.02.2020 - 10:51

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2019

| Pozycja               | Rok ur.                             | Czas                | LKS                 | FINA |
|-----------------------|-------------------------------------|---------------------|---------------------|------|
| <b>14 lat</b>         |                                     |                     |                     |      |
| 1. Macura Kinga       | 06 MTP Delfin Cieszyn               | <b>4:41.89</b>      | 24,00               | 571  |
| 50m: 32.09 32.09      | 150m: 1:42.90 35.39                 | 250m: 2:54.59 35.92 | 350m: 4:06.91 35.92 |      |
| 100m: 1:07.51 35.42   | 200m: 2:18.67 35.77                 | 300m: 3:30.99 36.40 | 400m: 4:41.89 34.98 |      |
| 2. Kubecka Dominika   | 06 UKP „Ruda I ska”                 | <b>4:49.48</b>      | 22,00               | 527  |
| 50m: 33.31 33.31      | 150m: 1:45.69 36.62                 | 250m: 2:59.58 37.20 | 350m: 4:13.95 37.24 |      |
| 100m: 1:09.07 35.76   | 200m: 2:22.38 36.69                 | 300m: 3:36.71 37.13 | 400m: 4:49.48 35.53 |      |
| 3. Długosz Zuzanna    | 06 "Sikret" Gliwice                 | <b>4:57.63</b>      | 20,00               | 485  |
| 50m: 32.45 32.45      | 150m: 1:48.44 38.43                 | 250m: 3:05.77 38.50 | 350m: 4:22.47 38.12 |      |
| 100m: 1:10.01 37.56   | 200m: 2:27.27 38.83                 | 300m: 3:44.35 38.58 | 400m: 4:57.63 35.16 |      |
| 4. Badura Natalia     | 06 UKS „MANTA” Kochłowice Ruda I sk | <b>4:58.93</b>      | 18,00               | 479  |
| 50m: 33.73 33.73      | 150m: 1:50.67 39.21                 | 250m: 3:07.10 38.27 | 350m: 4:23.24 37.76 |      |
| 100m: 1:11.46 37.73   | 200m: 2:28.83 38.16                 | 300m: 3:45.48 38.38 | 400m: 4:58.93 35.69 |      |
| 5. Kuder Aleksandra   | 06 UKS „ONDRASZEK” w Bielsku-Białej | <b>5:01.28</b>      | 16,00               | 468  |
| 50m: 1:11.30 1:11.30  | 150m: 2:29.22 38.84                 | 250m: 3:46.03 38.50 | 350m: 4:24.48 38.45 |      |
| 100m: 1:50.38 39.08   | 200m: 3:07.44 38.22                 | 300m: 3:46.03 38.50 | 400m: 5:01.28 36.80 |      |
| 6. Kawa Paulina       | 06 UKS Wodnik Siemianowice I skie   | <b>5:02.15</b>      | 14,00               | 464  |
| 50m: 33.63 33.63      | 150m: 1:49.95 39.59                 | 250m: 3:07.87 39.79 | 350m: 4:25.75 38.64 |      |
| 100m: 1:10.36 36.73   | 200m: 2:28.08 38.13                 | 300m: 3:47.11 39.24 | 400m: 5:02.15 36.40 |      |
| 7. Adamczyk Hanna     | 06 UKS „Aligator” Gorzyce           | <b>5:14.02</b>      | 12,00               | 413  |
| 50m: 35.61 35.61      | 150m: 1:54.85 40.47                 | 250m: 3:15.98 40.47 | 350m: 4:36.84 40.26 |      |
| 100m: 1:14.38 38.77   | 200m: 2:35.51 40.66                 | 300m: 3:56.58 40.60 | 400m: 5:14.02 37.18 |      |
| 8. Makaryk Martyna    | 06 MKS SMS Victoria Racibórz        | <b>5:16.65</b>      | 10,00               | 403  |
| 50m: 35.27 35.27      | 150m: 1:53.77 39.85                 | 250m: 3:16.09 38.50 | 350m: 4:37.91 41.82 |      |
| 100m: 1:13.92 38.65   | 200m: 2:33.53 39.76                 | 300m: 3:56.09 38.50 | 400m: 5:16.65 38.74 |      |
| 9. Purchała Amelia    | 06 KS Pi tka Chorzów                | <b>5:19.04</b>      | 8,00                | 394  |
| 50m: 35.58 35.58      | 150m: 1:56.20 40.65                 | 250m: 3:17.72 41.11 | 350m: 4:40.22 41.08 |      |
| 100m: 1:15.55 39.97   | 200m: 2:36.61 40.41                 | 300m: 3:59.14 41.42 | 400m: 5:19.04 38.82 |      |
| 10. W troba Anna      | 06 UKS Aquatica Pawłowice           | <b>5:20.27</b>      | 6,00                | 389  |
| 50m: 35.40 35.40      | 150m: 1:56.33 41.22                 | 250m: 3:19.47 41.83 | 350m: 4:42.13 41.31 |      |
| 100m: 1:15.11 39.71   | 200m: 2:37.64 41.31                 | 300m: 4:00.82 41.35 | 400m: 5:20.27 38.14 |      |
| 11. Nikiel Natalia    | 06 KS Pi tka Chorzów                | <b>5:26.79</b>      | 4,00                | 366  |
| 50m: 36.83 36.83      | 150m: 2:41.24 1:22.99               | 250m: 3:59.14 41.42 | 350m: 5:01.28 36.80 |      |
| 100m: 1:18.25 41.42   | 200m: 2:36.61 40.41                 | 300m: 3:59.14 41.42 | 400m: 5:26.79 36.80 |      |
| 12. Karwacka Kinga    | 06 UKS Aquatica Pawłowice           | <b>5:30.43</b>      | 2,00                | 354  |
| 50m: 37.56 37.56      | 150m: 2:00.63 42.04                 | 250m: 3:25.09 42.23 | 350m: 4:49.91 42.13 |      |
| 100m: 1:18.59 41.03   | 200m: 2:42.86 42.23                 | 300m: 4:07.78 42.69 | 400m: 5:30.43 40.52 |      |
| 13. Kra nicka Natalia | 06 MKS SMS Victoria Racibórz        | <b>5:33.16</b>      | 1,00                | 346  |
| 50m: 35.63 35.63      | 150m: 2:00.47 42.75                 | 250m: 3:27.22 43.37 | 350m: 4:53.13 42.57 |      |
| 100m: 1:17.72 42.09   | 200m: 2:43.85 43.38                 | 300m: 4:10.56 43.34 | 400m: 5:33.16 40.03 |      |
| 14. Ba niak Victoria  | 06 CSiR MOS w D browie Górniczej    | <b>5:36.75</b>      | 1,00                | 335  |
| 50m: 35.53 35.53      | 150m: 1:58.40 42.69                 | 250m: 3:26.08 44.27 | 350m: 4:53.61 43.65 |      |
| 100m: 1:15.71 40.18   | 200m: 2:41.81 43.41                 | 300m: 4:09.96 43.88 | 400m: 5:36.75 43.14 |      |
| 15. Koperczak Matylda | 06 MKS „Pałac Młodzie y”            | <b>5:44.84</b>      | 1,00                | 312  |
| 50m: 38.18 38.18      | 150m: 2:03.78 43.64                 | 250m: 3:31.62 44.12 | 350m: 4:59.68 43.94 |      |
| 100m: 1:20.14 41.96   | 200m: 2:47.50 43.72                 | 300m: 4:15.74 44.12 | 400m: 5:44.84 45.16 |      |
| 16. Widera Oliwia     | 06 UKS Salmo ory                    | <b>5:50.74</b>      | 1,00                | 296  |
| 50m: 39.40 39.40      | 150m: 2:09.82 45.51                 | 250m: 3:41.83 46.42 | 350m: 5:01.28 36.80 |      |
| 100m: 1:24.31 44.91   | 200m: 2:55.41 45.59                 | 300m: 4:27.09 45.26 | 400m: 5:50.74 36.80 |      |



Konkurencja 21, Kobiet, 400m dowolny

15 lat

|     |                       |         |       |                                  |         |                |       |         |       |       |         |       |
|-----|-----------------------|---------|-------|----------------------------------|---------|----------------|-------|---------|-------|-------|---------|-------|
| 1.  | Volkert Julia         |         | 05    | MOSM Tychy                       |         | <b>4:38.87</b> | 24,00 | 590     |       |       |         |       |
|     | 50m:                  | 31.37   | 31.37 | 150m:                            | 1:40.44 | 34.95          | 250m: | 2:51.78 | 35.74 | 350m: | 4:03.85 | 36.23 |
|     | 100m:                 | 1:05.49 | 34.12 | 200m:                            | 2:16.04 | 35.60          | 300m: | 3:27.62 | 35.84 | 400m: | 4:38.87 | 35.02 |
| 2.  | Kozubowska Natalia    |         | 05    | UKS „MANTA” Kochłowice Ruda I sk |         | <b>4:44.91</b> | 22,00 | 553     |       |       |         |       |
|     | 50m:                  | 32.36   | 32.36 | 150m:                            | 1:44.32 | 36.52          | 250m: | 2:57.80 | 36.85 | 350m: | 4:11.40 | 36.42 |
|     | 100m:                 | 1:07.80 | 35.44 | 200m:                            | 2:20.95 | 36.63          | 300m: | 3:34.98 | 37.18 | 400m: | 4:44.91 | 33.51 |
| 3.  | Smiczek Julia         |         | 05    | KS Pi tka Chorzów                |         | <b>4:48.72</b> | 20,00 | 531     |       |       |         |       |
|     | 50m:                  | 32.51   | 32.51 | 150m:                            | 1:45.17 | 36.54          | 250m: | 2:58.94 | 37.18 | 350m: | 4:13.15 | 37.06 |
|     | 100m:                 | 1:08.63 | 36.12 | 200m:                            | 2:21.76 | 36.59          | 300m: | 3:36.09 | 37.15 | 400m: | 4:48.72 | 35.57 |
| 4.  | Grzybek Magdalena     |         | 05    | KS Górnik Radlin                 |         | <b>4:55.22</b> | 18,00 | 497     |       |       |         |       |
|     | 50m:                  | 32.49   | 32.49 | 150m:                            | 1:46.95 | 37.59          | 250m: | 3:02.99 | 38.37 | 350m: | 4:19.58 | 38.20 |
|     | 100m:                 | 1:09.36 | 36.87 | 200m:                            | 2:24.62 | 37.67          | 300m: | 3:41.38 | 38.39 | 400m: | 4:55.22 | 35.64 |
| 5.  | Wi cek Weronika       |         | 05    | UKS Victoria Kozy                |         | <b>4:58.22</b> | 16,00 | 482     |       |       |         |       |
|     | 50m:                  | 34.83   | 34.83 | 150m:                            | 1:51.38 | 38.30          | 250m: | 3:07.14 | 37.20 | 350m: | 4:21.58 | 37.25 |
|     | 100m:                 | 1:13.08 | 38.25 | 200m:                            | 2:29.94 | 38.56          | 300m: | 3:44.33 | 37.19 | 400m: | 4:58.22 | 36.64 |
| 6.  | M czka Paulina        |         | 05    | UKS Trójka                       |         | <b>5:09.75</b> | 14,00 | 430     |       |       |         |       |
|     | 50m:                  | 32.06   | 32.06 | 150m:                            | 1:49.27 | 40.03          | 250m: | 3:09.43 | 40.74 | 350m: | 4:29.73 | 39.08 |
|     | 100m:                 | 1:09.24 | 37.18 | 200m:                            | 2:28.69 | 39.42          | 300m: | 3:50.65 | 41.22 | 400m: | 5:09.75 | 40.02 |
| 7.  | Adamus Wiktoria       |         | 05    | UKS „Aligator” Gorzyce           |         | <b>5:15.91</b> | 12,00 | 405     |       |       |         |       |
|     | 50m:                  | 33.65   | 33.65 | 150m:                            | 1:51.46 | 39.83          | 250m: | 3:12.30 | 40.74 | 350m: | 4:35.50 | 41.83 |
|     | 100m:                 | 1:11.63 | 37.98 | 200m:                            | 2:31.56 | 40.10          | 300m: | 3:53.67 | 41.37 | 400m: | 5:15.91 | 40.41 |
| 8.  | Grzybek Zofia         |         | 05    | Pts "Janosik"                    |         | <b>5:20.77</b> | 10,00 | 387     |       |       |         |       |
|     | 50m:                  | 36.45   | 36.45 | 150m:                            | 1:56.58 | 40.39          | 250m: | 3:18.35 | 41.10 | 350m: | 4:40.74 | 41.10 |
|     | 100m:                 | 1:16.19 | 39.74 | 200m:                            | 2:37.25 | 40.67          | 300m: | 3:59.64 | 41.29 | 400m: | 5:20.77 | 40.03 |
| 9.  | Daszkiewicz Magdalena |         | 05    | UKS „Aligator” Gorzyce           |         | <b>5:22.48</b> | 8,00  | 381     |       |       |         |       |
|     | 50m:                  | 34.38   | 34.38 | 150m:                            | 1:54.51 | 40.77          | 250m: | 3:18.16 | 41.79 | 350m: | 4:41.81 | 41.62 |
|     | 100m:                 | 1:13.74 | 39.36 | 200m:                            | 2:36.37 | 41.86          | 300m: | 4:00.19 | 42.03 | 400m: | 5:22.48 | 40.67 |
| 10. | Socha Emilia          |         | 05    | MKS Park Wodny Tarnowskie Góry   |         | <b>5:26.63</b> | 6,00  | 367     |       |       |         |       |
|     | 50m:                  | 35.23   | 35.23 | 150m:                            | 1:56.21 | 40.72          | 250m: | 3:19.05 | 41.90 | 350m: | 4:45.31 | 42.89 |
|     | 100m:                 | 1:15.49 | 40.26 | 200m:                            | 2:37.15 | 40.94          | 300m: | 4:02.42 | 43.37 | 400m: | 5:26.63 | 41.32 |
| 11. | Masło Maja            |         | 05    | CSiR MOS w D browie Górniczej    |         | <b>5:29.74</b> | 4,00  | 357     |       |       |         |       |
|     | 50m:                  | 35.36   | 35.36 | 150m:                            | 1:57.23 | 41.49          | 250m: | 3:23.00 | 43.33 | 350m: | 4:49.83 | 43.24 |
|     | 100m:                 | 1:15.74 | 40.38 | 200m:                            | 2:39.67 | 42.44          | 300m: | 4:06.59 | 43.59 | 400m: | 5:29.74 | 39.91 |
| 12. | Jarek Karolina        |         | 05    | MKS SMS Victoria Racibórz        |         | <b>5:55.00</b> | 2,00  | 286     |       |       |         |       |
|     | 50m:                  | 40.66   | 40.66 | 150m:                            | 2:13.89 | 47.28          | 250m: |         |       | 350m: |         |       |
|     | 100m:                 | 1:26.61 | 45.95 | 200m:                            | 3:45.00 | 1:31.11        | 300m: | 4:31.05 |       | 400m: | 5:55.00 |       |
| 13. | Cuber Maja            |         | 05    | MKS SMS Victoria Racibórz        |         | <b>5:55.17</b> | 1,00  | 285     |       |       |         |       |
|     | 50m:                  |         |       | 150m:                            |         |                | 250m: |         |       | 350m: |         |       |
|     | 100m:                 | 1:24.00 |       | 200m:                            |         |                | 300m: |         |       | 400m: | 5:55.17 |       |

16 lat i starsi

|    |                      |         |       |                           |         |                |       |         |       |       |         |       |
|----|----------------------|---------|-------|---------------------------|---------|----------------|-------|---------|-------|-------|---------|-------|
| 1. | Zarembik Katarzyna   |         | 02    | MKS SMS Victoria Racibórz |         | <b>4:31.71</b> | 24,00 | 638     |       |       |         |       |
|    | 50m:                 | 30.92   | 30.92 | 150m:                     | 1:39.35 | 34.58          | 250m: | 2:48.69 | 34.50 | 350m: | 3:58.15 | 34.80 |
|    | 100m:                | 1:04.77 | 33.85 | 200m:                     | 2:14.19 | 34.84          | 300m: | 3:23.35 | 34.66 | 400m: | 4:31.71 | 33.56 |
| 2. | Malarz Maja          |         | 04    | UKS Victoria Kozy         |         | <b>4:31.97</b> | 22,00 | 636     |       |       |         |       |
|    | 50m:                 | 30.17   | 30.17 | 150m:                     | 1:37.66 | 34.26          | 250m: | 2:47.46 | 35.07 | 350m: | 3:57.98 | 35.18 |
|    | 100m:                | 1:03.40 | 33.23 | 200m:                     | 2:12.39 | 34.73          | 300m: | 3:22.80 | 35.34 | 400m: | 4:31.97 | 33.99 |
| 3. | Wiktorowicz Patrycja |         | 04    | MKS SMS Victoria Racibórz |         | <b>4:37.25</b> | 20,00 | 600     |       |       |         |       |
|    | 50m:                 | 31.29   | 31.29 | 150m:                     | 1:40.14 | 34.86          | 250m: | 2:51.37 | 35.57 | 350m: | 4:02.41 | 35.64 |
|    | 100m:                | 1:05.28 | 33.99 | 200m:                     | 2:15.80 | 35.66          | 300m: | 3:26.77 | 35.40 | 400m: | 4:37.25 | 34.84 |
| 4. | Fira Weronika        |         | 04    | "Sikret" Gliwice          |         | <b>4:43.54</b> | 18,00 | 561     |       |       |         |       |
|    | 50m:                 | 31.71   | 31.71 | 150m:                     | 1:42.38 | 35.78          | 250m: | 2:54.76 | 35.93 | 350m: | 4:07.63 | 36.51 |
|    | 100m:                | 1:06.60 | 34.89 | 200m:                     | 2:18.83 | 36.45          | 300m: | 3:31.12 | 36.36 | 400m: | 4:43.54 | 35.91 |



Liga Szkół i Klubów I skich 2006 i starsi  
Gliwice, 8.10.2019 - 17.4.2020

Konkurencja 21, Kobiet, 400m dowolny, 16 lat i starsi

| Pozycja |                     |         |       | Rok ur. |                             |       |       |         | Czas           | LKS   | FINA    |       |
|---------|---------------------|---------|-------|---------|-----------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 5.      | Niewiadomska Nikola |         |       | 03      | UKS „MANTA” Kochłowice Ruda | I sk  |       |         | <b>4:52.59</b> | 16,00 | 511     |       |
|         | 50m:                | 32.96   | 32.96 | 150m:   | 1:44.91                     | 36.41 | 250m: | 2:59.93 | 37.60          | 350m: | 4:15.64 | 38.02 |
|         | 100m:               | 1:08.50 | 35.54 | 200m:   | 2:22.33                     | 37.42 | 300m: | 3:37.62 | 37.69          | 400m: | 4:52.59 | 36.95 |
| 6.      | Drabik Aneta        |         |       | 04      | KP „Sukces” Chorzów         |       |       |         | <b>4:58.78</b> | 14,00 | 479     |       |
|         | 50m:                | 35.65   | 35.65 | 150m:   | 1:52.17                     | 38.49 | 250m: | 3:08.05 | 37.67          | 350m: | 4:23.02 | 37.55 |
|         | 100m:               | 1:13.68 | 38.03 | 200m:   | 2:30.38                     | 38.21 | 300m: | 3:45.47 | 37.42          | 400m: | 4:58.78 | 35.76 |
| 7.      | Kondrot Wiktoria    |         |       | 04      | MKS „Pałac Młodzie y”       |       |       |         | <b>5:02.50</b> | 12,00 | 462     |       |
|         | 50m:                | 33.41   | 33.41 | 150m:   | 1:49.30                     | 38.19 | 250m: | 3:07.42 | 39.06          | 350m: | 4:25.32 | 38.82 |
|         | 100m:               | 1:11.11 | 37.70 | 200m:   | 2:28.36                     | 39.06 | 300m: | 3:46.50 | 39.08          | 400m: | 5:02.50 | 37.18 |
| 8.      | Rybska Maja         |         |       | 04      | CSiR MOS w D browie Górnicy |       |       |         | <b>5:06.91</b> | 10,00 | 442     |       |
|         | 50m:                | 35.70   | 35.70 | 150m:   | 1:52.65                     | 38.97 | 250m: | 3:10.12 | 38.87          | 350m: | 4:27.73 | 39.00 |
|         | 100m:               | 1:13.68 | 37.98 | 200m:   | 2:31.25                     | 38.60 | 300m: | 3:48.73 | 38.61          | 400m: | 5:06.91 | 39.18 |
| NIE UK. | Knap Oliwia         |         |       | 04      | CSiR MOS w D browie Górnicy |       |       |         |                |       | -       |       |
|         | 50m:                | 35.18   | 35.18 | 150m:   |                             |       | 250m: |         |                | 350m: |         |       |
|         | 100m:               |         |       | 200m:   |                             |       | 300m: |         |                | 400m: |         |       |