



Konkurencja 49
16.04.2024 - 12:38

Kobiet, 400m zmienny

2010 i starsi
Wyniki

Punkty: FINA 2023

| Pozycja | Rok ur. | Czas | R.St | % popr. | FINA | P.Klub |
|------------------------|---|----------------|---------------|---------|-------|--------|
| Rocznik 2010 | | | | | | |
| 1. Michael Emma | 10 CSiR MOS w D browie Górnicej | 5:43.03 | 101% | 468 | 27,00 | |
| 50m: 37.07 | 37.07 150m: 2:05.75 44.79 250m: 3:37.64 | 47.72 | 350m: 5:04.96 | 39.51 | | |
| 100m: 1:20.96 | 43.89 200m: 2:49.92 44.17 300m: 4:25.45 | 47.81 | 400m: 5:43.03 | 38.07 | | |
| 2. Klajmon Karolina | 10 UKS „Nowy Klub Pływacki” | 5:47.96 | +0,63 | 104% | 448 | 22,00 |
| 50m: 34.44 | 34.44 150m: 2:00.78 44.29 250m: 3:36.29 | 53.16 | 350m: 5:08.59 | 40.49 | | |
| 100m: 1:16.49 | 42.05 200m: 2:43.13 42.35 300m: 4:28.10 | 51.81 | 400m: 5:47.96 | 39.37 | | |
| 3. Ku nierz Antonina | 10 UKP „Ruda I ska” | 5:55.83 | - | 419 | 17,00 | |
| 50m: 36.39 | 36.39 150m: 2:11.13 51.48 250m: 3:47.73 | 49.42 | 350m: 5:18.42 | 40.10 | | |
| 100m: 1:19.65 | 43.26 200m: 2:58.31 47.18 300m: 4:38.32 | 50.59 | 400m: 5:55.83 | 37.41 | | |
| 4. Fitał Karolina | 10 UKP „Ruda I ska” | 5:55.99 | +0,80 | 98% | 418 | 15,00 |
| 50m: 38.15 | 38.15 150m: 2:12.41 47.96 250m: 3:49.94 | 51.91 | 350m: 5:20.00 | 39.53 | | |
| 100m: 1:24.45 | 46.30 200m: 2:58.03 45.62 300m: 4:40.47 | 50.53 | 400m: 5:55.99 | 35.99 | | |
| 5. Wrotniak Wiktoria | 10 UKS „Dragon” B dzin | 6:00.52 | +0,82 | 98% | 403 | 13,00 |
| 50m: 35.56 | 35.56 150m: 2:05.35 47.05 250m: 3:42.23 | 51.44 | 350m: 5:18.68 | 44.53 | | |
| 100m: 1:18.30 | 42.74 200m: 2:50.79 45.44 300m: 4:34.15 | 51.92 | 400m: 6:00.52 | 41.84 | | |
| 6. Ogi ska Lena | 10 UKS „MANTA” Kochłowice Ruda I ska | 6:04.41 | +0,81 | - | 390 | 11,00 |
| 50m: 40.25 | 40.25 150m: 2:14.25 44.95 250m: 3:50.02 | 50.59 | 350m: 5:23.58 | 41.64 | | |
| 100m: 1:29.30 | 49.05 200m: 2:59.43 45.18 300m: 4:41.94 | 51.92 | 400m: 6:04.41 | 40.83 | | |
| 7. Morga ska Marta | 10 UKS „MANTA” Kochłowice Ruda I ska | 6:06.92 | - | 382 | 9,00 | |
| 50m: 39.93 | 39.93 150m: 2:18.94 49.53 250m: 3:56.13 | 50.77 | 350m: 5:27.04 | 40.60 | | |
| 100m: 1:29.41 | 49.48 200m: 3:05.36 46.42 300m: 4:46.44 | 50.31 | 400m: 6:06.92 | 39.88 | | |
| 8. Bro ek Milena | 10 MOSM Tychy | 6:14.01 | +0,78 | - | 361 | 7,00 |
| 50m: 40.10 | 40.10 150m: 2:15.14 48.65 250m: 3:55.59 | 53.04 | 350m: 5:31.90 | 44.07 | | |
| 100m: 1:26.49 | 46.39 200m: 3:02.55 47.41 300m: 4:47.83 | 52.24 | 400m: 6:14.01 | 42.11 | | |
| 9. Kubie Pola | 10 Akademia Sms Racibórz | 6:15.14 | +0,70 | - | 357 | 5,00 |
| 50m: 38.82 | 38.82 150m: 2:14.13 48.90 250m: 3:53.72 | 51.02 | 350m: 5:31.20 | 45.00 | | |
| 100m: 1:25.23 | 46.41 200m: 3:02.70 48.57 300m: 4:46.20 | 52.48 | 400m: 6:15.14 | 43.94 | | |
| 10. Borowska Natalia | 10 UKS „ONDRASZEK” w Bielsku-Białej | 6:21.02 | +0,84 | - | 341 | 3,00 |
| 50m: 37.53 | 37.53 150m: 2:16.57 51.54 250m: 3:59.27 | 53.87 | 350m: 5:40.16 | 45.47 | | |
| 100m: 1:25.03 | 47.50 200m: 3:05.40 48.83 300m: 4:54.69 | 55.42 | 400m: 6:21.02 | 40.86 | | |
| 11. Olszewska Karolina | 10 MOSM Tychy | 6:21.51 | +0,76 | - | 340 | 2,00 |
| 50m: 38.41 | 38.41 150m: 2:17.49 52.60 250m: 4:01.65 | 54.23 | 350m: 5:40.65 | 43.90 | | |
| 100m: 1:24.89 | 46.48 200m: 3:07.42 49.93 300m: 4:56.75 | 55.10 | 400m: 6:21.51 | 40.86 | | |
| 12. Siemianowska Pola | 10 Uks "Salmo ory" | 6:33.01 | +0,89 | - | 311 | 1,00 |
| 50m: 40.74 | 40.74 150m: 2:23.56 51.42 250m: 4:06.12 | 52.52 | 350m: 5:45.88 | 44.92 | | |
| 100m: 1:32.14 | 51.40 200m: 3:13.60 50.04 300m: 5:00.96 | 54.84 | 400m: 6:33.01 | 47.13 | | |
| 13. Bocianowska Julia | 10 Uks "Salmo ory" | 6:58.11 | - | 258 | 1,00 | |
| 50m: 41.99 | 41.99 150m: 2:29.61 51.70 250m: 4:16.95 | 56.29 | 350m: 6:05.37 | 52.61 | | |
| 100m: 1:37.91 | 55.92 200m: 3:20.66 51.05 300m: 5:12.76 | 55.81 | 400m: 6:58.11 | 52.74 | | |
| Rocznik 2009 | | | | | | |
| 1. Kosta czyk Kaja | 09 CSiR MOS w D browie Górnicej | 5:25.96 | 97% | 545 | 25,00 | |
| 50m: 32.85 | 32.85 150m: 1:54.32 41.81 250m: 3:23.83 | 49.24 | 350m: 4:50.59 | 38.05 | | |
| 100m: 1:12.51 | 39.66 200m: 2:34.59 40.27 300m: 4:12.54 | 48.71 | 400m: 5:25.96 | 35.37 | | |
| 2. Zi tek Julia | 09 UKP „Ruda I ska” | 5:26.54 | +0,76 | 100% | 542 | 20,00 |
| 50m: 34.22 | 34.22 150m: 1:58.57 44.16 250m: 3:28.62 | 47.08 | 350m: 4:52.13 | 36.23 | | |
| 100m: 1:14.41 | 40.19 200m: 2:41.54 42.97 300m: 4:15.90 | 47.28 | 400m: 5:26.54 | 34.41 | | |
| 3. Ciupa Ewelina | 09 UKS „MANTA” Kochłowice Ruda I ska | 5:37.84 | +0,63 | 98% | 490 | 17,00 |
| 50m: 35.24 | 35.24 150m: 2:02.38 44.97 250m: 3:35.63 | 50.17 | 350m: 5:01.64 | 36.26 | | |
| 100m: 1:17.41 | 42.17 200m: 2:45.46 43.08 300m: 4:25.38 | 49.75 | 400m: 5:37.84 | 36.20 | | |
| 4. Bałoz Laura | 09 MKS SMS Victoria Racibórz | 5:45.05 | +0,71 | 120% | 460 | 17,00 |
| 50m: 37.80 | 37.80 150m: 2:06.25 43.86 250m: 3:36.88 | 48.43 | 350m: 5:07.21 | 40.89 | | |
| 100m: 1:22.39 | 44.59 200m: 2:48.45 42.20 300m: 4:26.32 | 49.44 | 400m: 5:45.05 | 37.84 | | |
| 5. I czek Zuzanna | 09 UKS „Huragan” przy SP nr 45 w Sosnowcu | 5:45.52 | +0,73 | - | 458 | 13,00 |
| 50m: 35.38 | 35.38 150m: 2:00.71 43.09 250m: 3:35.27 | 53.23 | 350m: 5:08.52 | 39.83 | | |
| 100m: 1:17.62 | 42.24 200m: 2:42.04 41.33 300m: 4:28.69 | 53.42 | 400m: 5:45.52 | 37.00 | | |



Konkurencja 49, Dziewcz t, 400m zmienny, Roczniak 2009

| Pozycja | Rok ur. | | | | | | Czas | R.St | % popr. | FINA | P.Klub |
|----------------------|-----------------------------------|-------|-------|---------|-------|-------|----------------|-------|---------|---------|--------|
| 6. Goł bek Wiktoria | 09 UKS Wodnik Siemianowice I skie | | | | | | 5:45.92 | +0,91 | - | 456 | 11,00 |
| 50m: | 38.95 | 38.95 | 150m: | 2:12.15 | 46.44 | 250m: | 3:44.39 | 49.29 | 350m: | 5:10.85 | 38.85 |
| 100m: | 1:25.71 | 46.76 | 200m: | 2:55.10 | 42.95 | 300m: | 4:32.00 | 47.61 | 400m: | 5:45.92 | 35.07 |
| 7. Bednarek Lena | 09 CSiR MOS w D browie Górnicy | | | | | | 5:49.47 | +0,65 | - | 442 | 9,00 |
| 50m: | 37.31 | 37.31 | 150m: | 2:10.69 | 46.83 | 250m: | 3:42.91 | 46.07 | 350m: | 5:11.60 | 40.24 |
| 100m: | 1:23.86 | 46.55 | 200m: | 2:56.84 | 46.15 | 300m: | 4:31.36 | 48.45 | 400m: | 5:49.47 | 37.87 |
| 8. Poduszka Weronika | 09 MKS Pałac Młodzie y Katowice | | | | | | 5:57.16 | +0,64 | - | 414 | 7,00 |
| 50m: | 36.58 | 36.58 | 150m: | 2:09.96 | 48.03 | 250m: | 3:48.45 | 53.30 | 350m: | 5:20.13 | 38.39 |
| 100m: | 1:21.93 | 45.35 | 200m: | 2:55.15 | 45.19 | 300m: | 4:41.74 | 53.29 | 400m: | 5:57.16 | 37.03 |
| 9. Kosi ska Olga | 09 UKS Aquatica Pawłowice | | | | | | 5:57.20 | +0,60 | 96% | 414 | 5,00 |
| 50m: | 36.59 | 36.59 | 150m: | 2:05.73 | 43.95 | 250m: | 3:41.03 | 50.27 | 350m: | 5:16.17 | 43.84 |
| 100m: | 1:21.78 | 45.19 | 200m: | 2:50.76 | 45.03 | 300m: | 4:32.33 | 51.30 | 400m: | 5:57.20 | 41.03 |

2008 i starsi

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|-------------------------|---|-------|-------|---------|-------|-------|----------------|-------|-------|---------|-------|
| 1. Stefa czyk Magdalena | 08 CSiR MOS w D browie Górnicy | | | | | | 5:22.10 | +0,79 | 96% | 565 | 25,00 |
| 50m: | 32.94 | 32.94 | 150m: | 1:53.57 | 42.89 | 250m: | 3:20.77 | 45.45 | 350m: | 4:45.93 | 38.44 |
| 100m: | 1:10.68 | 37.74 | 200m: | 2:35.32 | 41.75 | 300m: | 4:07.49 | 46.72 | 400m: | 5:22.10 | 36.17 |
| 2. Ferszt Kornelia | 08 KS „Górnik” Sosnowiec | | | | | | 5:25.88 | +0,75 | 102% | 546 | 22,00 |
| 50m: | 36.32 | 36.32 | 150m: | 2:01.55 | 43.20 | 250m: | 3:30.70 | 48.33 | 350m: | 4:53.17 | 35.33 |
| 100m: | 1:18.35 | 42.03 | 200m: | 2:42.37 | 40.82 | 300m: | 4:17.84 | 47.14 | 400m: | 5:25.88 | 32.71 |
| 3. Drabik Aneta | 04 KP „Sukces” Chorzów | | | | | | 5:28.86 | +0,80 | 101% | 531 | 19,00 |
| 50m: | 34.69 | 34.69 | 150m: | 2:00.24 | 44.94 | 250m: | 3:29.51 | 46.79 | 350m: | 4:53.54 | 36.95 |
| 100m: | 1:15.30 | 40.61 | 200m: | 2:42.72 | 42.48 | 300m: | 4:16.59 | 47.08 | 400m: | 5:28.86 | 35.32 |
| 4. Sittek Aleksandra | 08 "Sikret" Gliwice | | | | | | 5:52.09 | +0,81 | 102% | 432 | 17,00 |
| 50m: | 33.81 | 33.81 | 150m: | 2:01.47 | 45.86 | 250m: | 3:37.41 | 51.00 | 350m: | 5:10.84 | 43.38 |
| 100m: | 1:15.61 | 41.80 | 200m: | 2:46.41 | 44.94 | 300m: | 4:27.46 | 50.05 | 400m: | 5:52.09 | 41.25 |
| NW Baran Paulina | 08 UKS „Huragan” przy SP nr 45 w Sosnowcu | | | | | | | | | - | - |