

IX Puchar Rycerza Kmity
Zabierzów, 21/ - 23/3/2014

Konkurencja 3
21/3/2014 - 16:37

Kobiet, 400m zmienny

12 lat i starsi
Wyniki

Punkty: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.			
16 lat i starsi												
1.	Radli ska Marcelina		93	AZS AGH Kraków				4:54.12	699			
	50m:	30.83	30.83	150m:	1:43.11	37.36	250m:	3:02.19	41.40	350m:	4:19.48	35.01
	100m:	1:05.75	34.92	200m:	2:20.79	37.68	300m:	3:44.47	42.28	400m:	4:54.12	34.64
2.	Kolber Roksana		98	Unia O wi cim				5:22.01	532			
	50m:	34.40	34.40	150m:	1:57.36	43.41	250m:	3:23.94	44.72	350m:	4:46.20	36.91
	100m:	1:13.95	39.55	200m:	2:39.22	41.86	300m:	4:09.29	45.35	400m:	5:22.01	35.81
DYSKW.	Turza Patrycja		98	Górnik Sosnowiec				5:50.41				
	<i>G6 - Nieci gła akcja nawrotu (np. niewykonanie nawrotu natychmiast po zakończeniu poci gi cia ramieniem lub oby</i>											
	50m:	36.05	36.05	150m:	2:05.61	46.82	250m:	3:40.94	51.28	350m:	5:12.01	39.76
	100m:	1:18.79	42.74	200m:	2:49.66	44.05	300m:	4:32.25	51.31	400m:	5:50.41	38.40

14 - 15 lat

1.	Piechota Paulina		99	UKS 190 Łód				4:59.06	665			
	50m:	31.70	31.70	150m:	1:46.00	37.69	250m:	3:06.17	43.52	350m:	4:25.96	35.32
	100m:	1:08.31	36.61	200m:	2:22.65	36.65	300m:	3:50.64	44.47	400m:	4:59.06	33.10
2.	Paj k Liliana SO		99	Unia O wi cim				5:08.30	607			
	50m:	33.61	33.61	150m:	1:51.15	37.94	250m:	3:12.89	44.38	350m:	4:33.26	36.02
	100m:	1:13.21	39.60	200m:	2:28.51	37.36	300m:	3:57.24	44.35	400m:	5:08.30	35.04

12 - 13 lat

1.	Serafin Magdalena		01	Jordan Kraków				5:45.00	433			
	50m:	37.18	37.18	150m:	2:05.12	43.40	250m:	3:38.42	50.44	350m:	5:08.69	39.91
	100m:	1:21.72	44.54	200m:	2:47.98	42.86	300m:	4:28.78	50.36	400m:	5:45.00	36.31
2.	Tomasiak Agnieszka		01	Salmo ory				5:54.16	400			
	50m:	35.84	35.84	150m:	2:06.03	44.05	250m:	3:42.16	52.49	350m:	5:13.32	38.22
	100m:	1:21.98	46.14	200m:	2:49.67	43.64	300m:	4:35.10	52.94	400m:	5:54.16	40.84
3.	Bajorek Katarzyna		01	Jordan Kraków				6:04.42	367			
	50m:	38.15	38.15	150m:	2:10.88	46.10	250m:	3:48.56	52.51	350m:	5:23.42	41.70
	100m:	1:24.78	46.63	200m:	2:56.05	45.17	300m:	4:41.72	53.16	400m:	6:04.42	41.00
4.	Broda Nikola		01	Jordan Kraków				6:06.88	360			
	50m:	40.09	40.09	150m:	2:15.75	44.25	250m:	3:51.94	52.35	350m:	5:28.36	44.55
	100m:	1:31.50	51.41	200m:	2:59.59	43.84	300m:	4:43.81	51.87	400m:	6:06.88	38.52