

Konkurencja 12
20/2/2016 - 12:00

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2015

Pozycja			Rok ur.					Czas	Pkt.	
14 lat										
1.	Król Wiktoria		02	SMS Galicja Kraków				5:23.09	520	
	50m:	36.10 36.10	150m:	1:59.56	40.39	250m:	3:25.42	45.87	350m:	4:47.28 36.41
	100m:	1:19.17 43.07	200m:	2:39.55	39.99	300m:	4:10.87	45.45	400m:	5:23.09 35.81
2.	Pawłowska Julia SO		02	Unia O wi cim				5:32.54	477	
	50m:	36.82 36.82	150m:	2:00.65	43.09	250m:	3:28.35	45.59	350m:	4:54.26 40.56
	100m:	1:17.56 40.74	200m:	2:42.76	42.11	300m:	4:13.70	45.35	400m:	5:32.54 38.28
3.	Koczur Julia SO		02	Victoria Kozy				5:35.48	464	
	50m:	36.78 36.78	150m:	2:01.18	41.61	250m:	3:31.02	48.97	350m:	4:59.28 39.42
	100m:	1:19.57 42.79	200m:	2:42.05	40.87	300m:	4:19.86	48.84	400m:	5:35.48 36.20
4.	Ra na Aleksandra		02	Siemacha ASP Kraków				5:38.91	450	
	50m:	37.48 37.48	150m:	2:04.81	43.23	250m:	3:33.94	47.88	350m:	5:01.78 38.80
	100m:	1:21.58 44.10	200m:	2:46.06	41.25	300m:	4:22.98	49.04	400m:	5:38.91 37.13
5.	Dedo Katarzyna		02	Siemacha ASP Kraków				5:43.71	432	
	50m:	38.57 38.57	150m:	2:07.07	43.97	250m:	3:39.46	49.51	350m:	5:07.02 37.90
	100m:	1:23.10 44.53	200m:	2:49.95	42.88	300m:	4:29.12	49.66	400m:	5:43.71 36.69
6.	Widurska Kinga		02	SMS Galicja Kraków				5:58.16	381	
	50m:	37.32 37.32	150m:	2:08.60	46.02	250m:	3:43.96	50.45	350m:	5:18.04 42.21
	100m:	1:22.58 45.26	200m:	2:53.51	44.91	300m:	4:35.83	51.87	400m:	5:58.16 40.12
7.	Prochownik Martyna SO		02	Unia O wi cim				5:58.58	380	
	50m:	40.41 40.41	150m:	2:13.79	45.37	250m:	3:49.79	51.84	350m:	5:20.71 39.02
	100m:	1:28.42 48.01	200m:	2:57.95	44.16	300m:	4:41.69	51.90	400m:	5:58.58 37.87
15 - 16 lat										
1.	Zawisza Alina SO		00	Unia O wi cim				5:06.14	611	
	50m:	34.10 34.10	150m:	1:50.94	37.88	250m:	3:12.23	44.11	350m:	4:32.12 34.80
	100m:	1:13.06 38.96	200m:	2:28.12	37.18	300m:	3:57.32	45.09	400m:	5:06.14 34.02
2.	Kolodziej Katarzyna SO		00	Unia O wi cim				5:12.75	573	
	50m:	34.60 34.60	150m:	1:53.41	39.89	250m:	3:17.61	44.85	350m:	4:38.19 35.85
	100m:	1:13.52 38.92	200m:	2:32.76	39.35	300m:	4:02.34	44.73	400m:	5:12.75 34.56
3.	Sikora Marta		00	Jasie Sucha Besk.				5:16.61	552	
	50m:	35.13 35.13	150m:	1:55.86	40.17	250m:	3:18.43	43.18	350m:	4:40.78 37.87
	100m:	1:15.69 40.56	200m:	2:35.25	39.39	300m:	4:02.91	44.48	400m:	5:16.61 35.83
4.	St pi ska Natalia		01	Korona Kraków				5:16.90	551	
	50m:	36.72 36.72	150m:	1:59.70	40.52	250m:	3:24.49	45.46	350m:	4:44.44 34.86
	100m:	1:19.18 42.46	200m:	2:39.03	39.33	300m:	4:09.58	45.09	400m:	5:16.90 32.46
5.	Kempa Anna SO		01	MMKS K dzierzyn Ko le				5:20.83	531	
	50m:	35.34 35.34	150m:	1:57.82	42.03	250m:	3:21.50	42.69	350m:	4:44.00 38.96
	100m:	1:15.79 40.45	200m:	2:38.81	40.99	300m:	4:05.04	43.54	400m:	5:20.83 36.83
6.	Nita Daria		01	Korona Kraków				5:32.78	476	
	50m:	36.12 36.12	150m:	2:01.36	42.92	250m:	3:29.87	47.39	350m:	4:56.12 38.46
	100m:	1:18.44 42.32	200m:	2:42.48	41.12	300m:	4:17.66	47.79	400m:	5:32.78 36.66
7.	Mazurek Gabriela		01	Korona Kraków				5:44.92	427	
	50m:	38.35 38.35	150m:	2:06.42	44.91	250m:	3:38.12	48.06	350m:	5:07.30 40.01
	100m:	1:21.51 43.16	200m:	2:50.06	43.64	300m:	4:27.29	49.17	400m:	5:44.92 37.62
8.	Dzi giel Julia		01	Korona Kraków				6:04.35	362	
	50m:	38.75 38.75	150m:	2:10.53	47.47	250m:	3:49.18	52.73	350m:	5:24.68 41.56
	100m:	1:23.06 44.31	200m:	2:56.45	45.92	300m:	4:43.12	53.94	400m:	6:04.35 39.67



Konkurencja 12, Dziewcz t, 400m zmienny, 15 - 16 lat

Pozycja	Rok ur.	Czas	Pkt.
DYSKW. Rolnicka Oliwia	01 SMS Galicja Kraków	5:49.25	
<i>K14 - Praca nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie) (Czas: 12:18)</i>			
50m: 37.35 37.35	150m: 2:09.73 46.42	250m: 3:40.38 46.11	350m: 5:09.95 42.12
100m: 1:23.31 45.96	200m: 2:54.27 44.54	300m: 4:27.83 47.45	400m: 5:49.25 39.30

17 lat i starsi

1. Adamiec Dominika SO	99	Unia O wi cim	5:12.79	573
50m: 31.54 31.54	150m: 1:48.16 40.00	250m: 3:12.93 45.50	350m: 4:38.13 38.03	
100m: 1:08.16 36.62	200m: 2:27.43 39.27	300m: 4:00.10 47.17	400m: 5:12.79 34.66	
2. Łosak Wiktoria SK	98	KSZO Sostrowiec w.	5:40.25	445
50m: 35.90 35.90	150m: 2:01.86 44.66	250m: 3:33.55 48.01	350m: 5:01.89 38.91	
100m: 1:17.20 41.30	200m: 2:45.54 43.68	300m: 4:22.98 49.43	400m: 5:40.25 38.36	