



Konkurencja 11  
29/11/2019 - 18:02

Kobiet, 400m zmienny

18 lat i młodszy  
Wyniki

Punkty: FINA 2019

Pozycja		Rok ur.						Czas	Pkt.	Dru .
1.	Paradowska Kinga	01	SMS Bydgoszcz					<b>4:46.29</b>	739	31,00
	50m: 30.66 30.66	150m: 1:43.73 37.74	250m: 2:59.53 38.80	350m: 4:13.82 34.52	400m: 4:46.29 32.47					
	100m: 1:05.99 35.33	200m: 2:20.73 37.00	300m: 3:39.30 39.77							
2.	Famulok Zuzanna	03	SMS O wi cim					<b>4:50.41</b>	708	29,00
	50m: 30.70 30.70	150m: 1:43.94 37.93	250m: 3:01.22 40.90	350m: 4:18.17 35.10	400m: 4:50.41 32.24					
	100m: 1:06.01 35.31	200m: 2:20.32 36.38	300m: 3:43.07 41.85							
3.	Tarasiewicz Klaudia	04	SMS Warszawa Konwiktorska					<b>4:52.50</b>	693	28,00
	50m: 31.08 31.08	150m: 1:44.31 37.56	250m: 3:04.98 43.93	350m: 4:20.88 32.19	400m: 4:52.50 31.62					
	100m: 1:06.75 35.67	200m: 2:21.05 36.74	300m: 3:48.69 43.71							
4.	Nowak Zuzanna	02	SMS O wi cim					<b>4:54.59</b>	679	27,00
	50m: 30.86 30.86	150m: 1:44.03 37.83	250m: 3:03.59 42.44	350m: 4:21.13 34.55	400m: 4:54.59 33.46					
	100m: 1:06.20 35.34	200m: 2:21.15 37.12	300m: 3:46.58 42.99							
5.	Biernat Oliwia	03	SMS Kraków					<b>4:58.11</b>	655	26,00
	50m: 30.08 30.08	150m: 1:43.59 38.43	250m: 3:03.78 42.33	350m: 4:23.52 36.44	400m: 4:58.11 34.59					
	100m: 1:05.16 35.08	200m: 2:21.45 37.86	300m: 3:47.08 43.30							
6.	Sobiak Zuzanna	02	SMS Wrocław					<b>4:58.44</b>	653	25,00
	50m: 31.15 31.15	150m: 1:45.57 37.68	250m: 3:06.87 44.30	350m: 4:25.66 34.55	400m: 4:58.44 32.78					
	100m: 1:07.89 36.74	200m: 2:22.57 37.00	300m: 3:51.11 44.24							
7.	Wilczewska Aleksandra	02	SMS Lublin					<b>4:59.53</b>	646	24,00
	50m: 31.28 31.28	150m: 1:45.62 37.71	250m: 3:06.35 43.89	350m: 4:25.45 35.04	400m: 4:59.53 34.08					
	100m: 1:07.91 36.63	200m: 2:22.46 36.84	300m: 3:50.41 44.06							
8.	Mo d an Milena	03	SMS Szczecin					<b>5:02.23</b>	628	23,00
	50m: 31.09 31.09	150m: 1:46.22 38.97	250m: 3:07.45 43.63	350m: 4:27.40 35.21	400m: 5:02.23 34.83					
	100m: 1:07.25 36.16	200m: 2:23.82 37.60	300m: 3:52.19 44.74							
9.	Miłek Marcelina	02	SMS Kraków					<b>5:03.72</b>	619	22,00
	50m: 32.38 32.38	150m: 1:46.82 38.27	250m: 3:08.72 43.49	350m: 4:29.56 35.46	400m: 5:03.72 34.16					
	100m: 1:08.55 36.17	200m: 2:25.23 38.41	300m: 3:54.10 45.38							
10.	Kawka Nina	03	SMS Warszawa Bielany					<b>5:03.74</b>	619	21,00
	50m: 30.37 30.37	150m: 1:45.40 39.87	250m: 3:10.32 46.31	350m: 4:31.19 34.13	400m: 5:03.74 32.55					
	100m: 1:05.53 35.16	200m: 2:24.01 38.61	300m: 3:57.06 46.74							
11.	Lala Nadia	04	SMS O wi cim					<b>5:04.85</b>	612	-
	50m: 31.60 31.60	150m: 1:48.23 39.68	250m: 3:11.22 43.62	350m: 4:31.51 36.14	400m: 5:04.85 33.34					
	100m: 1:08.55 36.95	200m: 2:27.60 39.37	300m: 3:55.37 44.15							
12.	Cioch-Gradzik Wiktoria	03	SMS Lublin					<b>5:05.98</b>	606	20,00
	50m: 32.10 32.10	150m: 1:48.58 40.02	250m: 3:12.35 44.83	350m: 4:32.32 35.11	400m: 5:05.98 33.66					
	100m: 1:08.56 36.46	200m: 2:27.52 38.94	300m: 3:57.21 44.86							
13.	Prochownik Martyna	02	SMS Lublin					<b>5:06.06</b>	605	-
	50m: 30.83 30.83	150m: 1:45.68 38.98	250m: 3:09.99 45.36	350m: 4:31.33 36.36	400m: 5:06.06 34.73					
	100m: 1:06.70 35.87	200m: 2:24.63 38.95	300m: 3:54.97 44.98							
14.	Sm tek Wiktoria	01	SMS Racibórz					<b>5:06.44</b>	603	19,00
	50m: 32.19 32.19	150m: 1:51.18 39.64	250m: 3:12.73 43.17	350m: 4:31.82 35.83	400m: 5:06.44 34.62					
	100m: 1:11.54 39.35	200m: 2:29.56 38.38	300m: 3:55.99 43.26							
15.	Modrzejewska Magdalena	02	SMS Racibórz					<b>5:07.50</b>	597	18,00
	50m: 32.58 32.58	150m: 1:49.76 39.83	250m: 3:13.78 45.34	350m: 4:33.86 35.20	400m: 5:07.50 33.64					
	100m: 1:09.93 37.35	200m: 2:28.44 38.68	300m: 3:58.66 44.88							
16.	Wolska Karolina	01	SMS Bydgoszcz					<b>5:07.53</b>	596	17,00
	50m: 31.60 31.60	150m: 1:46.61 38.51	250m: 3:09.66 45.29	350m: 4:32.04 36.18	400m: 5:07.53 35.49					
	100m: 1:08.10 36.50	200m: 2:24.37 37.76	300m: 3:55.86 46.20							
17.	Marczak Marta	04	SMS Kraków					<b>5:07.54</b>	596	-
	50m: 31.85 31.85	150m: 1:47.89 39.60	250m: 3:10.37 44.42	350m: 4:33.79 37.29	400m: 5:07.54 33.75					
	100m: 1:08.29 36.44	200m: 2:25.95 38.06	300m: 3:56.50 46.13							



Konkurencja 11, Kobiety, 400m zmienny, 18 lat i młodszy

Pozycja	Rok ur.	Czas	Pkt.	Dru .
18. Zmierczak Natalia	03 SMS Olsztyn	<b>5:08.63</b>	590	16,00
50m: 32.75 32.75	150m: 1:51.84 40.52	250m: 3:14.57 43.76	350m: 4:34.50 34.61	
100m: 1:11.32 38.57	200m: 2:30.81 38.97	300m: 3:59.89 45.32	400m: 5:08.63 34.13	
19. Parol Olga	05 SMS Szczecin	<b>5:09.66</b>	584	15,00
50m: 32.94 32.94	150m: 1:50.00 39.81	250m: 3:13.47 44.56	350m: 4:35.16 37.19	
100m: 1:10.19 37.25	200m: 2:28.91 38.91	300m: 3:57.97 44.50	400m: 5:09.66 34.50	
20. Kaczorowska Alicja	04 SMS Warszawa Bielany	<b>5:10.00</b>	582	14,00
50m: 31.89 31.89	150m: 1:49.48 40.13	250m: 3:14.14 44.55	350m: 4:36.04 36.01	
100m: 1:09.35 37.46	200m: 2:29.59 40.11	300m: 4:00.03 45.89	400m: 5:10.00 33.96	
21. S d łak Alicja	05 SMS Bydgoszcz	<b>5:10.03</b>	582	-
50m: 31.91 31.91	150m: 1:50.73 40.69	250m: 3:13.21 42.92	350m: 4:35.19 37.02	
100m: 1:10.04 38.13	200m: 2:30.29 39.56	300m: 3:58.17 44.96	400m: 5:10.03 34.84	
22. Skarwecka Wiktoria	02 SMS O wi cim	<b>5:10.52</b>	579	-
50m: 32.20 32.20	150m: 1:49.68 39.58	250m: 3:13.60 44.22	350m: 4:35.65 36.33	
100m: 1:10.10 37.90	200m: 2:29.38 39.70	300m: 3:59.32 45.72	400m: 5:10.52 34.87	
23. Kraszewska Martyna	05 SMS Olsztyn	<b>5:14.64</b>	557	13,00
50m: 31.40 31.40	150m: 1:48.60 41.13	250m: 3:15.27 45.75	350m: 4:39.65 36.99	
100m: 1:07.47 36.07	200m: 2:29.52 40.92	300m: 4:02.66 47.39	400m: 5:14.64 34.99	
24. Szpiegowska Wiktoria	02 SMS Wrocław	<b>5:16.20</b>	549	12,00
50m: 32.79 32.79	150m: 1:52.12 40.77	250m: 3:17.51 45.93	350m: 4:40.58 36.38	
100m: 1:11.35 38.56	200m: 2:31.58 39.46	300m: 4:04.20 46.69	400m: 5:16.20 35.62	
25. Wo nica Milena	04 SMS Gda sk	<b>5:16.70</b>	546	11,00
50m: 33.24 33.24	150m: 1:53.16 40.34	250m: 3:17.78 45.12	350m: 4:40.67 37.13	
100m: 1:12.82 39.58	200m: 2:32.66 39.50	300m: 4:03.54 45.76	400m: 5:16.70 36.03	
26. Piasecka Alicja	04 SMS Gda sk	<b>5:17.81</b>	540	10,00
50m: 33.68 33.68	150m: 1:53.04 40.81	250m: 3:16.95 44.44	350m: 4:41.35 38.84	
100m: 1:12.23 38.55	200m: 2:32.51 39.47	300m: 4:02.51 45.56	400m: 5:17.81 36.46	
27. Kurasi ska Oliwia	02 SMS Ostrowiec w.	<b>5:19.04</b>	534	9,00
50m: 33.30 33.30	150m: 1:53.14 40.56	250m: 3:19.09 46.45	350m: 4:42.67 37.54	
100m: 1:12.58 39.28	200m: 2:32.64 39.50	300m: 4:05.13 46.04	400m: 5:19.04 36.37	
28. Kasproicz Marta	03 SMS Racibórz	<b>5:19.41</b>	532	-
50m: 33.45 33.45	150m: 1:54.97 42.86	250m: 3:22.31 46.44	350m: 4:45.63 36.39	
100m: 1:12.11 38.66	200m: 2:35.87 40.90	300m: 4:09.24 46.93	400m: 5:19.41 33.78	
29. Szyszko Karolina	03 SMS Warszawa Konwiktorska	<b>5:23.13</b>	514	8,00
50m: 31.73 31.73	150m: 1:49.18 39.90	250m: 3:15.74 46.25	350m: 4:43.50 39.77	
100m: 1:09.28 37.55	200m: 2:29.49 40.31	300m: 4:03.73 47.99	400m: 5:23.13 39.63	
30. Sierpie Aleksandra	04 SMS Ostrowiec w.	<b>5:36.72</b>	454	7,00
50m: 35.03 35.03	150m: 2:01.80 43.49	250m: 3:31.28 46.44	350m: 4:57.82 39.96	
100m: 1:18.31 43.28	200m: 2:44.84 43.04	300m: 4:17.86 46.58	400m: 5:36.72 38.90	
31. Widerak Sonia	04 SMS Pozna	<b>5:42.91</b>	430	6,00
50m: 35.61 35.61	150m: 1:59.47 43.40	250m: 3:32.11 50.98	350m: 5:04.27 40.18	
100m: 1:16.07 40.46	200m: 2:41.13 41.66	300m: 4:24.09 51.98	400m: 5:42.91 38.64	
32. Oszmia ska Julia	04 SMS Gorzów Wlkp.	<b>5:43.11</b>	429	5,00
50m: 34.66 34.66	150m: 2:02.29 44.80	250m: 3:30.91 44.83	350m: 5:01.11 43.69	
100m: 1:17.49 42.83	200m: 2:46.08 43.79	300m: 4:17.42 46.51	400m: 5:43.11 42.00	
33. Pilarska Natalia	03 SMS Pozna	<b>5:50.04</b>	404	4,00
50m: 38.79 38.79	150m: 2:09.59 43.97	250m: 3:40.27 48.57	350m: 5:11.22 40.65	
100m: 1:25.62 46.83	200m: 2:51.70 42.11	300m: 4:30.57 50.30	400m: 5:50.04 38.82	
DYSKW. Ziemacka Julia	03 SMS Warszawa Bielany			-

*K16 - Pływak dotkn ł cian nierównocze nie dwiema d ło mi przy nawrocie lub na zako czenie wy cigu. (Czas: 18:15)*



Liga Szkół Mistrzostwa Sportowego Runda I  
O wi cim, 29 - 30/11/2019



Konkurencja 11, Kobiet, 400m zmienny

Pozycja				Rok ur.					Czas	Pkt.	Dru .	
PK	Noco	Dominika		02	SMS	O	wi	cim	<b>5:11.86</b>	572	-	
	50m:	31.41	31.41	150m:	1:46.51	39.14	250m:	3:11.53	45.47	350m:	4:34.89	36.85
	100m:	1:07.37	35.96	200m:	2:26.06	39.55	300m:	3:58.04	46.51	400m:	5:11.86	36.97
PK	Chowaniec	Oliwia		04	SMS	O	wi	cim	<b>5:25.86</b>	501	-	
	50m:	33.56	33.56	150m:	1:53.71	41.19	250m:	3:22.08	47.01	350m:	4:47.93	38.82
	100m:	1:12.52	38.96	200m:	2:35.07	41.36	300m:	4:09.11	47.03	400m:	5:25.86	37.93