

Mistrzostwa Województwa Pomorskiego  
Gdynia, 23. - 24.11.2024

Konkurencja 19  
23.11.2024 - 15:55

Kobiet, 400m dowolny

12 lat i starsi  
Wyniki

Rekord Okr gu Open	4:16.04	Sokołowska Diana	AWGDA	Gelsenkirchen (AUT)	05.02.2016
Rekord Okr gu - 18	4:17.54	Cierpiałowska Paulina	ZAGDA	Pozna	21.11.2020
Rekord Okr gu - 17	4:17.54	Cierpiałowska Paulina	ZAGDA	Pozna	21.11.2020
Rekord Okr gu - 16	4:17.54	Cierpiałowska Paulina	ZAGDA	Pozna	21.11.2020
Rekord Okr gu - 15	4:17.54	Cierpiałowska Paulina	ZAGDA	Pozna	21.11.2020
Rekord Okr gu - 14	4:22.88	Cierpiałowska Paulina	WOMAL	Gorzów Wlkp.	09.06.2018
Rekord Okr gu - 13	4:22.88	Cierpiałowska Paulina	WOMAL	Gorzów Wlkp.	09.06.2018
Rekord Okr gu - 12	4:33.26	Cierpiałowska Paulina	WOMAL	Gda sk	09.12.2017

Punkty: AQUA 2024

Pozycja	Rok ur.	Czas	Pkt.
<b>12 - 13 lat</b>			
1. Skierka Magdalena	11	Dwójka Morena Gda sk	<b>4:55.76</b> 478
50m: 33.13 33.13	150m: 1:47.15 37.34	250m: 3:04.47 38.44	350m: 4:19.90 37.11
100m: 1:09.81 36.68	200m: 2:26.03 38.88	300m: 3:42.79 38.32	400m: 4:55.76 35.86
2. Palicka Patrycja	11	Skalar Słupsk	<b>4:58.13</b> 466
50m: 33.86 33.86	150m: 1:48.29 37.51	250m: 3:05.74 38.59	350m: 4:21.86 37.74
100m: 1:10.78 36.92	200m: 2:27.15 38.86	300m: 3:44.12 38.38	400m: 4:58.13 36.27
3. Zysk Natalia	11	Siódemka Gdynia	<b>4:59.31</b> 461
50m: 34.06 34.06	150m: 1:50.24 38.33	250m: 3:07.24 38.78	350m: 4:23.60 37.55
100m: 1:11.91 37.85	200m: 2:28.46 38.22	300m: 3:46.05 38.81	400m: 4:59.31 35.71
4. Domeradka Łucja	11	abianka Gda sk	<b>5:06.60</b> 429
50m: 35.35 35.35	150m: 1:52.84 39.08	250m: 3:11.82 39.21	350m: 4:30.36 38.83
100m: 1:13.76 38.41	200m: 2:32.61 39.77	300m: 3:51.53 39.71	400m: 5:06.60 36.24
<b>14 - 16 lat</b>			
1. Grzech Maja	08	abianka Gda sk	<b>4:37.32</b> 580
50m: 32.45 32.45	150m: 1:42.46 34.99	250m: 2:53.70 35.77	350m: 4:04.42 35.56
100m: 1:07.47 35.02	200m: 2:17.93 35.47	300m: 3:28.86 35.16	400m: 4:37.32 32.90
2. Zieli ska Małgorzata	08	abianka Gda sk	<b>4:41.05</b> 557
50m: 32.41 32.41	150m: 1:43.50 35.57	250m: 2:54.78 35.45	350m: 4:06.02 35.62
100m: 1:07.93 35.52	200m: 2:19.33 35.83	300m: 3:30.40 35.62	400m: 4:41.05 35.03
3. Gruda Zofia	10	abianka Gda sk	<b>4:41.75</b> 553
50m: 32.43 32.43	150m: 1:43.48 35.70	250m: 2:55.64 36.08	350m: 4:07.32 35.62
100m: 1:07.78 35.35	200m: 2:19.56 36.08	300m: 3:31.70 36.06	400m: 4:41.75 34.43
4. Głomska Maja	10	Dwójka Tczew	<b>4:43.51</b> 543
50m: 33.01 33.01	150m: 1:45.70 36.06	250m: 2:58.03 36.95	350m: 4:10.38 35.98
100m: 1:09.64 36.63	200m: 2:21.08 35.38	300m: 3:34.40 36.37	400m: 4:43.51 33.13
5. Gna Nadia	09	TRI-Team Rumia	<b>4:43.75</b> 541
50m: 32.74 32.74	150m: 1:44.88 36.41	250m: 2:57.77 36.45	350m: 4:10.12 36.07
100m: 1:08.47 35.73	200m: 2:21.32 36.44	300m: 3:34.05 36.28	400m: 4:43.75 33.63
6. Dubiel Liliana	10	abianka Gda sk	<b>4:53.34</b> 490
50m: 32.59 32.59	150m: 1:46.82 37.83	250m: 3:03.43 38.14	350m: 4:18.93 36.58
100m: 1:08.99 36.40	200m: 2:25.29 38.47	300m: 3:42.35 38.92	400m: 4:53.34 34.41
7. Pawełek Emilia	10	Dwójka Tczew	<b>4:57.68</b> 469
50m: 33.50 33.50	150m: 1:49.88 38.90	250m: 3:06.75 38.43	350m: 4:22.61 37.60
100m: 1:10.98 37.48	200m: 2:28.32 38.44	300m: 3:45.01 38.26	400m: 4:57.68 35.07
8. Kowalska Lena	08	Delfin Gdynia	<b>5:06.62</b> 429
50m: 35.90 35.90	150m: 1:52.72 38.81	250m: 3:11.01 39.30	350m: 4:30.00 39.51
100m: 1:13.91 38.01	200m: 2:31.71 38.99	300m: 3:50.49 39.48	400m: 5:06.62 36.62

Mistrzostwa Województwa Pomorskiego  
Gdynia, 23. - 24.11.2024

Konkurencja 19, Kobiet, 400m dowolny

17 - 18 lat

1.	Mitek Alicja		06	Barrakuda Gda sk		<b>4:26.58</b>	653					
	50m:	29.72	29.72	150m:	1:35.38	33.30	250m:	2:43.18	34.05	350m:	3:52.62	34.94
	100m:	1:02.08	32.36	200m:	2:09.13	33.75	300m:	3:17.68	34.50	400m:	4:26.58	33.96
2.	Chmielewska Aleksandra		06	abianka Gda sk		<b>4:37.23</b>	580					
	50m:	31.44	31.44	150m:	1:41.80	35.77	250m:	2:53.99	36.28	350m:	4:04.46	34.69
	100m:	1:06.03	34.59	200m:	2:17.71	35.91	300m:	3:29.77	35.78	400m:	4:37.23	32.77

OPEN

1.	Mitek Alicja		06	Barrakuda Gda sk		<b>4:26.58</b>	653					
	50m:	29.72	29.72	150m:	1:35.38	33.30	250m:	2:43.18	34.05	350m:	3:52.62	34.94
	100m:	1:02.08	32.36	200m:	2:09.13	33.75	300m:	3:17.68	34.50	400m:	4:26.58	33.96
2.	Chmielewska Aleksandra		06	abianka Gda sk		<b>4:37.23</b>	580					
	50m:	31.44	31.44	150m:	1:41.80	35.77	250m:	2:53.99	36.28	350m:	4:04.46	34.69
	100m:	1:06.03	34.59	200m:	2:17.71	35.91	300m:	3:29.77	35.78	400m:	4:37.23	32.77
3.	Grzech Maja		08	abianka Gda sk		<b>4:37.32</b>	580					
	50m:	32.45	32.45	150m:	1:42.46	34.99	250m:	2:53.70	35.77	350m:	4:04.42	35.56
	100m:	1:07.47	35.02	200m:	2:17.93	35.47	300m:	3:28.86	35.16	400m:	4:37.32	32.90
4.	Zieli ska Małgorzata		08	abianka Gda sk		<b>4:41.05</b>	557					
	50m:	32.41	32.41	150m:	1:43.50	35.57	250m:	2:54.78	35.45	350m:	4:06.02	35.62
	100m:	1:07.93	35.52	200m:	2:19.33	35.83	300m:	3:30.40	35.62	400m:	4:41.05	35.03
5.	Gruda Zofia		10	abianka Gda sk		<b>4:41.75</b>	553					
	50m:	32.43	32.43	150m:	1:43.48	35.70	250m:	2:55.64	36.08	350m:	4:07.32	35.62
	100m:	1:07.78	35.35	200m:	2:19.56	36.08	300m:	3:31.70	36.06	400m:	4:41.75	34.43
6.	Głomska Maja		10	Dwójka Tczew		<b>4:43.51</b>	543					
	50m:	33.01	33.01	150m:	1:45.70	36.06	250m:	2:58.03	36.95	350m:	4:10.38	35.98
	100m:	1:09.64	36.63	200m:	2:21.08	35.38	300m:	3:34.40	36.37	400m:	4:43.51	33.13
7.	Gna Nadia		09	TRI-Team Rumia		<b>4:43.75</b>	541					
	50m:	32.74	32.74	150m:	1:44.88	36.41	250m:	2:57.77	36.45	350m:	4:10.12	36.07
	100m:	1:08.47	35.73	200m:	2:21.32	36.44	300m:	3:34.05	36.28	400m:	4:43.75	33.63
8.	Dubiel Liliana		10	abianka Gda sk		<b>4:53.34</b>	490					
	50m:	32.59	32.59	150m:	1:46.82	37.83	250m:	3:03.43	38.14	350m:	4:18.93	36.58
	100m:	1:08.99	36.40	200m:	2:25.29	38.47	300m:	3:42.35	38.92	400m:	4:53.34	34.41
9.	Skierka Magdalena		11	Dwójka Morena Gda sk		<b>4:55.76</b>	478					
	50m:	33.13	33.13	150m:	1:47.15	37.34	250m:	3:04.47	38.44	350m:	4:19.90	37.11
	100m:	1:09.81	36.68	200m:	2:26.03	38.88	300m:	3:42.79	38.32	400m:	4:55.76	35.86
10.	Pawełek Emilia		10	Dwójka Tczew		<b>4:57.68</b>	469					
	50m:	33.50	33.50	150m:	1:49.88	38.90	250m:	3:06.75	38.43	350m:	4:22.61	37.60
	100m:	1:10.98	37.48	200m:	2:28.32	38.44	300m:	3:45.01	38.26	400m:	4:57.68	35.07
11.	Palicka Patrycja		11	Skalar Słupsk		<b>4:58.13</b>	466					
	50m:	33.86	33.86	150m:	1:48.29	37.51	250m:	3:05.74	38.59	350m:	4:21.86	37.74
	100m:	1:10.78	36.92	200m:	2:27.15	38.86	300m:	3:44.12	38.38	400m:	4:58.13	36.27
12.	Zysk Natalia		11	Siódemka Gdynia		<b>4:59.31</b>	461					
	50m:	34.06	34.06	150m:	1:50.24	38.33	250m:	3:07.24	38.78	350m:	4:23.60	37.55
	100m:	1:11.91	37.85	200m:	2:28.46	38.22	300m:	3:46.05	38.81	400m:	4:59.31	35.71
13.	Domeradka Łucja		11	abianka Gda sk		<b>5:06.60</b>	429					
	50m:	35.35	35.35	150m:	1:52.84	39.08	250m:	3:11.82	39.21	350m:	4:30.36	38.83
	100m:	1:13.76	38.41	200m:	2:32.61	39.77	300m:	3:51.53	39.71	400m:	5:06.60	36.24
14.	Kowalska Lena		08	Delfin Gdynia		<b>5:06.62</b>	429					
	50m:	35.90	35.90	150m:	1:52.72	38.81	250m:	3:11.01	39.30	350m:	4:30.00	39.51
	100m:	1:13.91	38.01	200m:	2:31.71	38.99	300m:	3:50.49	39.48	400m:	5:06.62	36.62