

Zimowe Mistrzostwa Okręgu Podkarpackiego 2024 w pływaniu
Mielec, 23. - 24.11.2024

Konkurencja 11
23.11.2024 - 12:25

Kobiet, 400m zmienny

13 lat i starsi
Wyniki

Punkty: AQUA 2024

Pozycja					Rok ur.					Czas	Pkt.	
13 lat												
1.	MAJCHER Julia				11	BŁYSK Jarosław				5:40.17	441	
	50m:	35.21	35.21	150m:	2:01.15	43.97	250m:	3:31.21	47.11	350m:	5:01.50	40.87
	100m:	1:17.18	41.97	200m:	2:44.10	42.95	300m:	4:20.63	49.42	400m:	5:40.17	38.67
2.	WASIUTA Malwina				11	MKS IKAR Stal Mielec				6:01.07	368	
	50m:	40.40	40.40	150m:	2:13.45	45.34	250m:	3:50.06	52.67	350m:	5:21.66	40.46
	100m:	1:28.11	47.71	200m:	2:57.39	43.94	300m:	4:41.20	51.14	400m:	6:01.07	39.41
3.	SMOLAK Nikola				11	Stow. Sportowe PROSWIM				6:04.17	359	
	50m:	36.84	36.84	150m:	2:08.73	47.41	250m:	3:47.37	51.92	350m:	5:23.38	42.81
	100m:	1:21.32	44.48	200m:	2:55.45	46.72	300m:	4:40.57	53.20	400m:	6:04.17	40.79
4.	KOZŁOWSKA Alicja				11	Stow. Sportowe PROSWIM				6:05.35	356	
	50m:	36.18	36.18	150m:	2:12.48	47.86	250m:	3:49.02	49.62	350m:	5:24.34	42.74
	100m:	1:24.62	48.44	200m:	2:59.40	46.92	300m:	4:41.60	52.58	400m:	6:05.35	41.01
5.	WŁOSZCZYNA Aleksandra				11	MKS IKAR Stal Mielec				6:07.33	350	
	50m:	39.72	39.72	150m:	2:14.24	46.23	250m:	3:51.08	51.23	350m:	5:26.18	43.32
	100m:	1:28.01	48.29	200m:	2:59.85	45.61	300m:	4:42.86	51.78	400m:	6:07.33	41.15
6.	PIECH Weronika				11	KS PRESTIGE Rzeszów				6:26.68	300	
	50m:	42.98	42.98	150m:	2:28.84	54.64	250m:	4:07.24	47.24	350m:	5:43.27	46.96
	100m:	1:34.20	51.22	200m:	3:20.00	51.16	300m:	4:56.31	49.07	400m:	6:26.68	43.41
14 lat												
1.	FURDAK Liliana				10	KS PRESTIGE Rzeszów				6:29.11	294	
	50m:	40.79	40.79	150m:	2:14.39	48.13	250m:	4:02.22	58.78	350m:	5:46.44	45.06
	100m:	1:26.26	45.47	200m:	3:03.44	49.05	300m:	5:01.38	59.16	400m:	6:29.11	42.67
15 lat i starsi												
1.	FTARA Maja				09	MKS IKAR Stal Mielec				5:52.34	396	
	50m:	33.87	33.87	150m:	2:02.65	45.95	250m:	3:34.74	47.19	350m:	5:10.25	46.37
	100m:	1:16.70	42.83	200m:	2:47.55	44.90	300m:	4:23.88	49.14	400m:	5:52.34	42.09
2.	SZMYD Karolina				09	UKS FENIKS D bica				6:31.49	289	
	50m:	43.83	43.83	150m:	2:25.68	50.23	250m:	4:07.86	52.34	350m:	5:47.47	46.29
	100m:	1:35.45	51.62	200m:	3:15.52	49.84	300m:	5:01.18	53.32	400m:	6:31.49	44.02