

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

Konkurencja 18
23.11.2024 - 15:52

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Punkty: AQUA 2024

Pozycja			Rok ur.					Czas	Pkt.
12 lat									
1.	GŁAZ Milena		12	MKS IKAR Stal Mielec				5:29.76	345
	50m:	38.83 38.83	150m:	2:02.22 42.03	250m:	3:25.78 41.25	350m:	4:50.19 42.43	
	100m:	1:20.19 41.36	200m:	2:44.53 42.31	300m:	4:07.76 41.98	400m:	5:29.76 39.57	
2.	MENET Maria		12	UKS SP AQUARIUS Lesko				5:29.99	344
	50m:	36.90 36.90	150m:	1:59.05 41.80	250m:	3:24.11 42.75	350m:	4:50.05 42.61	
	100m:	1:17.25 40.35	200m:	2:41.36 42.31	300m:	4:07.44 43.33	400m:	5:29.99 39.94	
3.	BOBECKA Zuzanna		12	KSW Stal Rzeszów				5:35.71	327
	50m:	36.33 36.33	150m:	2:03.11 44.22	250m:	3:29.38 43.15	350m:	4:55.82 43.58	
	100m:	1:18.89 42.56	200m:	2:46.23 43.12	300m:	4:12.24 42.86	400m:	5:35.71 39.89	
4.	WARCHOŁ Amelia		12	SP Motyl MOSiR Stalowa Wola				5:45.37	300
	50m:	37.60 37.60	150m:	2:05.69 44.06	250m:	3:34.60 44.64	350m:	5:02.28 42.55	
	100m:	1:21.63 44.03	200m:	2:49.96 44.27	300m:	4:19.73 45.13	400m:	5:45.37 43.09	
5.	NOWAK Oliwia		12	Stow. Sportowe PROSWIM				5:45.87	299
	50m:	38.13 38.13	150m:	2:05.31 44.01	250m:	3:34.34 44.65	350m:	5:03.13 44.35	
	100m:	1:21.30 43.17	200m:	2:49.69 44.38	300m:	4:18.78 44.44	400m:	5:45.87 42.74	
6.	CZAJKOWSKA Oliwia		12	UKS DELFIN Tarnobrzeg				5:49.63	289
	50m:	39.78 39.78	150m:	2:09.99 45.23	250m:	3:41.71 45.87	350m:	5:09.72 43.65	
	100m:	1:24.76 44.98	200m:	2:55.84 45.85	300m:	4:26.07 44.36	400m:	5:49.63 39.91	
7.	GIERLA Sara		12	UKS SP AQUARIUS Lesko				5:53.36	280
	50m:	39.27 39.27	150m:	2:09.31 45.66	250m:	3:40.90 46.04	350m:	5:11.99 45.59	
	100m:	1:23.65 44.38	200m:	2:54.86 45.55	300m:	4:26.40 45.50	400m:	5:53.36 41.37	
8.	BARNIAK Milena		12	UKS DELFINEK Ustrzyki Dolne				5:54.42	277
	50m:	38.72 38.72	150m:	2:08.92 46.24	250m:	3:42.50 47.12	350m:	5:14.45 45.72	
	100m:	1:22.68 43.96	200m:	2:55.38 46.46	300m:	4:28.73 46.23	400m:	5:54.42 39.97	
9.	KIPA Julia		12	MUKP FALA Ropczyce				6:03.35	257
	50m:	41.12 41.12	150m:	2:14.09 47.28	250m:	3:49.34 47.84	350m:	5:20.92 44.67	
	100m:	1:26.81 45.69	200m:	3:01.50 47.41	300m:	4:36.25 46.91	400m:	6:03.35 42.43	
13 lat									
1.	WOYTERSKA Lena		11	MKS IKAR Stal Mielec				5:02.38	447
	50m:	34.60 34.60	150m:	1:51.47 38.96	250m:	3:09.29 38.66	350m:	4:25.94 38.25	
	100m:	1:12.51 37.91	200m:	2:30.63 39.16	300m:	3:47.69 38.40	400m:	5:02.38 36.44	
2.	JASTRZ BSKA Natalia		11	UKS FENIKS D bica				5:33.90	332
	50m:	36.32 36.32	150m:	2:01.32 43.64	250m:	3:28.68 44.04	350m:	4:54.40 42.29	
	100m:	1:17.68 41.36	200m:	2:44.64 43.32	300m:	4:12.11 43.43	400m:	5:33.90 39.50	
3.	KRASOWSKA Maja		11	UKS DELFIN Tarnobrzeg				5:46.98	296
	50m:	38.75 38.75	150m:	2:07.00 44.21	250m:	3:38.12 45.30	350m:	5:07.80 43.80	
	100m:	1:22.79 44.04	200m:	2:52.82 45.82	300m:	4:24.00 45.88	400m:	5:46.98 39.18	
14 lat									
1.	MALEC Matylda		10	MKS IKAR Stal Mielec				4:56.63	474
	50m:	33.96 33.96	150m:	1:49.10 38.32	250m:	3:04.95 37.97	350m:	4:20.48 37.55	
	100m:	1:10.78 36.82	200m:	2:26.98 37.88	300m:	3:42.93 37.98	400m:	4:56.63 36.15	
2.	BASZCZUK Milena		10	UKS FENIKS D bica				5:00.73	454
	50m:	33.68 33.68	150m:	1:48.78 37.84	250m:	3:05.75 38.64	350m:	4:23.62 39.50	
	100m:	1:10.94 37.26	200m:	2:27.11 38.33	300m:	3:44.12 38.37	400m:	5:00.73 37.11	
3.	KIDA Maja		10	KP REKIN Lubaczów				5:12.02	407
	50m:	34.29 34.29	150m:	1:52.77 39.51	250m:	3:12.81 40.21	350m:	4:35.09 40.42	
	100m:	1:13.26 38.97	200m:	2:32.60 39.83	300m:	3:54.67 41.86	400m:	5:12.02 36.93	

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

Konkurencja 18, Dziewcząt, 400m dowolny, 14 lat

Pozycja			Rok ur.						Czas	Pkt.
4.	AGAIBY Weronika		10		SP Motyl MOSiR Stalowa Wola				5:20.28	376
	50m:	35.66 35.66	150m:	1:55.47 40.32	250m:	3:17.60 41.37	350m:	4:40.91 41.89		
	100m:	1:15.15 39.49	200m:	2:36.23 40.76	300m:	3:59.02 41.42	400m:	5:20.28 39.37		
5.	W GRZYN Emilia		10		KP SOKÓŁ Rzeszów				5:33.45	333
	50m:	37.12 37.12	150m:	2:01.94 42.82	250m:	3:28.29 43.21	350m:	4:53.86 42.40		
	100m:	1:19.12 42.00	200m:	2:45.08 43.14	300m:	4:11.46 43.17	400m:	5:33.45 39.59		
6.	FLOREK Aleksandra		10		UKS SP AQUARIUS Lesko				5:35.75	326
	50m:	38.24 38.24	150m:	2:03.20 43.01	250m:	3:29.49 43.29	350m:	4:55.40 42.77		
	100m:	1:20.19 41.95	200m:	2:46.20 43.00	300m:	4:12.63 43.14	400m:	5:35.75 40.35		
7.	FURDAK Liliana		10		KS PRESTIGE Rzeszów				5:52.40	282
	50m:	38.96 38.96	150m:	2:07.44 45.42	250m:	3:40.00 46.15	350m:	5:05.42 39.78		
	100m:	1:22.02 43.06	200m:	2:53.85 46.41	300m:	4:25.64 45.64	400m:	5:52.40 46.98		
8.	BEDNARCZYK Hanna		10		KP REKIN Lubaczów				6:38.71	195
	50m:	42.63 42.63	150m:	2:22.06 50.89	250m:	4:04.52 51.29	350m:			
	100m:	1:31.17 48.54	200m:	3:13.23 51.17	300m:	5:48.06 1:43.54	400m:	6:38.71		

15 lat i starsi

1.	KRUK Kornelia		07		UKS DELFIN Tarnobrzeg				5:09.37	417
	50m:	33.09 33.09	150m:	1:48.32 38.18	250m:	3:07.16 39.39	350m:	4:29.46 41.66		
	100m:	1:10.14 37.05	200m:	2:27.77 39.45	300m:	3:47.80 40.64	400m:	5:09.37 39.91		