



Konkurencja 17
20/12/2014 - 13:03

Kobiet, 400m zmienny

13 lat i starsi
Wyniki

Punkty: FINA 2014

Pozycja	Rok ur.	Czas	Pkt.
13 lat			
1. Litwin Andrea	01 Ikar Mielec	5:25.31	515
50m: 33.32 33.32	150m: 1:54.82 42.84	250m: 3:23.51 46.86	350m: 4:49.47 36.68
100m: 1:11.98 38.66	200m: 2:36.65 41.83	300m: 4:12.79 49.28	400m: 5:25.31 35.84
2. Lewandowska Natalia SO	01 SiKReT Gliwice	5:28.88	498
50m: 33.47 33.47	150m: 1:56.24 42.75	250m: 3:23.87 46.44	350m: 4:51.05 39.76
100m: 1:13.49 40.02	200m: 2:37.43 41.19	300m: 4:11.29 47.42	400m: 5:28.88 37.83
3. Serafin Magdalena	01 SMS Galicja Kraków	5:33.57	478
50m: 35.69 35.69	150m: 1:59.09 41.70	250m: 3:29.47 49.30	350m: 4:57.52 38.03
100m: 1:17.39 41.70	200m: 2:40.17 41.08	300m: 4:19.49 50.02	400m: 5:33.57 36.05
4. Gancarz Karolina	01 Motyl MOSiR St. Wola	5:40.60	449
50m: 36.13 36.13	150m: 2:03.26 43.80	250m: 3:33.36 46.81	350m: 5:01.82 40.38
100m: 1:19.46 43.33	200m: 2:46.55 43.29	300m: 4:21.44 48.08	400m: 5:40.60 38.78
5. Ciesiul Karolina	01 Wankan Legnica	5:41.48	445
50m: 36.13 36.13	150m: 2:03.26 43.80	250m: 3:37.95 49.92	350m: 5:05.89 38.96
100m: 1:21.17 45.04	200m: 2:48.03 41.08	300m: 4:26.93 48.98	400m: 5:41.48 35.59
6. Kempa Anna SO	01 MMKS K dzierzyn-Ko le	5:44.61	433
50m: 37.04 37.04	150m: 2:03.26 43.80	250m: 3:37.71 47.19	350m: 5:05.89 38.96
100m: 1:20.67 43.63	200m: 2:50.52 41.08	300m: 4:26.35 48.64	400m: 5:44.61 35.59
7. Skrok Zuzanna	01 Motyl MOSiR St. Wola	5:45.06	432
50m: 36.92 36.92	150m: 2:07.22 44.84	250m: 3:39.45 47.19	350m: 5:08.26 40.44
100m: 1:22.38 45.46	200m: 2:52.26 45.04	300m: 4:27.82 48.37	400m: 5:45.06 36.80
14 lat			
1. Lechowicz Nadia	00 SMS Galicja Kraków	5:25.70	513
50m: 35.09 35.09	150m: 1:57.17 39.89	250m: 3:24.08 47.76	350m: 4:49.20 37.00
100m: 1:17.28 42.19	200m: 2:36.32 39.15	300m: 4:12.20 48.12	400m: 5:25.70 36.50
2. Szuster Aleksandra SO	00 Unia O wi cim	5:37.16	463
50m: 33.02 33.02	150m: 2:03.26 43.80	250m: 3:30.99 49.75	350m: 4:59.83 38.18
100m: 1:14.16 41.14	200m: 2:41.24 41.08	300m: 4:21.65 50.66	400m: 5:37.16 37.33
DYSKW. Sałbut Roksana SO	00 Unia O wi cim	5:29.25	
<i>K15 - Brak dotkni cia ciany obydwoma rozł czonymi dło mi przy nawrocie lub na zako czenie wy cigu (Czas: 13:1</i>			
50m: 34.55 34.55	150m: 1:56.33 42.30	250m: 3:23.97 45.84	350m: 4:51.00 40.18
100m: 1:14.03 39.48	200m: 2:38.13 41.80	300m: 4:10.82 46.85	400m: 5:29.25 38.25
15 lat			
1. Paj k Liliana SO	99 Unia O wi cim	5:07.67	609
50m: 33.33 33.33	150m: 1:50.62 38.56	250m: 3:11.43 43.58	350m: 4:31.83 36.49
100m: 1:12.06 38.73	200m: 2:27.85 37.23	300m: 3:55.34 43.91	400m: 5:07.67 35.84
2. Palka Maria SO	99 Unia O wi cim	5:14.10	572
50m: 32.84 32.84	150m: 1:51.49 41.01	250m: 3:17.43 46.06	350m: 4:39.40 36.43
100m: 1:10.48 37.64	200m: 2:31.37 39.88	300m: 4:02.97 45.54	400m: 5:14.10 34.70
3. Tymofejewicz Natalia SO	99 Motyl MOSiR St. Wola	5:33.01	480
50m: 34.71 34.71	150m: 1:57.52 43.18	250m: 3:27.44 47.81	350m: 4:54.49 39.01
100m: 1:14.34 39.63	200m: 2:39.63 42.11	300m: 4:15.48 48.04	400m: 5:33.01 38.52
DYSKW. Leszczy ska Klaudia Julia SO	99 Unia O wi cim	4:58.58	
<i>K15 - Brak dotkni cia ciany obydwoma rozł czonymi dło mi przy nawrocie lub na zako czenie wy cigu</i>			
50m: 32.78 32.78	150m: 1:47.88 38.22	250m: 3:07.05 41.45	350m: 4:24.87 35.63
100m: 1:09.66 36.88	200m: 2:25.60 37.72	300m: 3:49.24 42.19	400m: 4:58.58 33.71



Matopolska
swim team



Bijemy Rekordy
O wi cim, 20/12/2014



Konkurencja 17, Kobiet, 400m zmienny

16 lat i starsi

1. Zaj c Martyna			96	Orlik Przeworsk				5:42.10	443		
50m:	35.73	35.73	150m:	2:02.84	43.65	250m:	3:34.36	47.60	350m:	5:02.69	40.34
100m:	1:19.19	43.46	200m:	2:46.76	43.92	300m:	4:22.35	47.99	400m:	5:42.10	39.41