

Konkurencja 22

Kobiet, 400m dowolny

Open

2022-12-02 - 17:20

Wyniki Finał

Rekord Polski 4:02.68 POLA SKA Aleksandra POL Olsztyn 2020-12-18

Punkty: FINA 2022

Pozycja	Rok ur.	Czas	Pkt.
<b>Finał A</b>			
1. GU Wiktoria	04 MKP Szczecin	<b>4:04.30</b>	877
<i>Wynik Lepszy od Rekordu Polski 18-lat</i>			
50m: 28.86 28.86	150m: 1:30.83 31.00	250m: 2:32.28 30.69	350m: 3:34.11 31.00
100m: 59.83 30.97	200m: 2:01.59 30.76	300m: 3:03.11 30.83	400m: 4:04.30 30.19
2. KNOP Aleksandra	03 UKS 190 Łód	<b>4:05.42</b>	865
50m: 29.11 29.11	150m: 1:31.01 31.11	250m: 2:32.88 30.79	350m: 3:34.55 30.75
100m: 59.90 30.79	200m: 2:02.09 31.08	300m: 3:03.80 30.92	400m: 4:05.42 30.87
3. KOWALSKA Klara	05 KU AZS UMCS Lublin	<b>4:08.54</b>	833
50m: 29.33 29.33	150m: 1:32.74 31.62	250m: 2:35.79 31.38	350m: 3:38.65 31.40
100m: 1:01.12 31.79	200m: 2:04.41 31.67	300m: 3:07.25 31.46	400m: 4:08.54 29.89
4. PIECHOTA Paulina	99 UKS 190 Łód	<b>4:08.96</b>	829
50m: 29.51 29.51	150m: 1:31.79 31.22	250m: 2:34.76 31.65	350m: 3:38.34 31.89
100m: 1:00.57 31.06	200m: 2:03.11 31.32	300m: 3:06.45 31.69	400m: 4:08.96 30.62
5. POLA SKA Aleksandra	00 UKS GOS Raszyn	<b>4:10.66</b>	812
50m: 28.63 28.63	150m: 1:31.58 31.61	250m: 2:34.98 31.65	350m: 3:38.84 32.21
100m: 59.97 31.34	200m: 2:03.33 31.75	300m: 3:06.63 31.65	400m: 4:10.66 31.82
6. POZNA SKA Justyna	05 MKS JEDYNKA Łód	<b>4:15.02</b>	771
50m: 29.60 29.60	150m: 1:33.36 32.09	250m: 2:37.40 31.91	350m: 3:42.34 32.63
100m: 1:01.27 31.67	200m: 2:05.49 32.13	300m: 3:09.71 32.31	400m: 4:15.02 32.68
7. KRASZEWSKA Martyna	05 MTP KORMORAN Olsztyn	<b>4:15.96</b>	763
50m: 29.69 29.69	150m: 1:33.57 32.24	250m: 2:39.32 33.12	350m: 3:45.36 32.62
100m: 1:01.33 31.64	200m: 2:06.20 32.63	300m: 3:12.74 33.42	400m: 4:15.96 30.60
8. KULIK Julia	05 UKS GOS Raszyn	<b>4:18.90</b>	737
50m: 29.83 29.83	150m: 1:34.31 32.31	250m: 2:38.92 32.38	350m: 3:46.16 33.67
100m: 1:02.00 32.17	200m: 2:06.54 32.23	300m: 3:12.49 33.57	400m: 4:18.90 32.74
9. MACIAK Julia	06 IUKS MUSZELKA Warszawa	<b>4:19.30</b>	734
50m: 29.63 29.63	150m: 1:35.03 32.97	250m: 2:40.88 32.98	350m: 3:47.27 32.97
100m: 1:02.06 32.43	200m: 2:07.90 32.87	300m: 3:14.30 33.42	400m: 4:19.30 32.03
10. NOWAK Maja	03 UKS GOS Raszyn	<b>4:19.66</b>	731
50m: 30.79 30.79	150m: 1:37.96 33.86	250m: 2:44.40 33.01	350m: 3:49.30 32.19
100m: 1:04.10 33.31	200m: 2:11.39 33.43	300m: 3:17.11 32.71	400m: 4:19.66 30.36
<b>Finał B</b>			
11. ŁUCZAK Dominika	02 TP Zielona Góra	<b>4:18.71</b>	739
50m: 30.08 30.08	150m: 1:35.27 32.83	250m: 2:40.84 32.75	350m: 3:47.00 33.22
100m: 1:02.44 32.36	200m: 2:08.09 32.82	300m: 3:13.78 32.94	400m: 4:18.71 31.71
12. KOSSOWSKA Julita	05 UKS 190 Łód	<b>4:22.29</b>	709
50m: 29.90 29.90	150m: 1:35.24 32.89	250m: 2:42.16 33.55	350m: 3:50.01 33.86
100m: 1:02.35 32.45	200m: 2:08.61 33.37	300m: 3:16.15 33.99	400m: 4:22.29 32.28
13. GÓRSKA Zofia	05 UKS GOS Raszyn	<b>4:22.38</b>	708
50m: 29.81 29.81	150m: 1:35.59 33.05	250m: 2:42.67 33.55	350m: 3:50.05 33.47
100m: 1:02.54 32.73	200m: 2:09.12 33.53	300m: 3:16.58 33.91	400m: 4:22.38 32.33
14. WRZESI SKA Wiktoria	04 UKS 190 Łód	<b>4:22.52</b>	707
50m: 30.47 30.47	150m: 1:36.54 33.31	250m: 2:43.31 33.34	350m: 3:50.13 33.41
100m: 1:03.23 32.76	200m: 2:09.97 33.43	300m: 3:16.72 33.41	400m: 4:22.52 32.39
15. WIKTOROWICZ Patrycja	04 MKS SMS Victoria Racibórz	<b>4:24.46</b>	692
50m: 30.26 30.26	150m: 1:36.14 33.29	250m: 2:43.72 34.08	350m: 3:52.01 34.43
100m: 1:02.85 32.59	200m: 2:09.64 33.50	300m: 3:17.58 33.86	400m: 4:24.46 32.45

## Konkurencja 22, Kobiety, 400m dowolny, Finał, Open

Pozycja			Rok ur.					Czas	Pkt.			
16.	NITA Daria		01	KS AZS AGH Kraków				<b>4:25.09</b>	687			
	50m:	30.19	30.19	150m:	1:37.22	33.67	250m:	2:45.00	33.76	350m:	3:52.54	33.63
	100m:	1:03.55	33.36	200m:	2:11.24	34.02	300m:	3:18.91	33.91	400m:	4:25.09	32.55
17.	HELLAK Emilia		03	KS SWIM-ART Wrocław				<b>4:26.80</b>	673			
	50m:	30.08	30.08	150m:	1:36.70	33.24	250m:	2:44.08	33.72	350m:	3:52.22	34.36
	100m:	1:03.46	33.38	200m:	2:10.36	33.66	300m:	3:17.86	33.78	400m:	4:26.80	34.58
18.	SIWKO Natalia		04	KU AZS UMCS Lublin				<b>4:27.68</b>	667			
	50m:	30.26	30.26	150m:	1:37.42	33.91	250m:	2:45.73	34.23	350m:	3:54.46	34.24
	100m:	1:03.51	33.25	200m:	2:11.50	34.08	300m:	3:20.22	34.49	400m:	4:27.68	33.22
19.	BUKOWSKA Olga		05	MKP Szczecin				<b>4:29.14</b>	656			
	50m:	30.82	30.82	150m:	1:38.75	34.52	250m:	2:47.97	34.60	350m:	3:56.33	34.09
	100m:	1:04.23	33.41	200m:	2:13.37	34.62	300m:	3:22.24	34.27	400m:	4:29.14	32.81
20.	BOCIAN Roksana		04	UKP UNIA O wi cim				<b>4:29.83</b>	651			
	50m:	31.19	31.19	150m:	1:38.57	34.08	250m:	2:47.87	34.79	350m:	3:58.17	35.05
	100m:	1:04.49	33.30	200m:	2:13.08	34.51	300m:	3:23.12	35.25	400m:	4:29.83	31.66

## Finał C

21.	SŁABOSZ Emilia		05	MOSM Tychy				<b>4:22.43</b>	708			
	50m:	30.13	30.13	150m:	1:36.34	33.17	250m:	2:43.52	33.73	350m:	3:50.74	33.48
	100m:	1:03.17	33.04	200m:	2:09.79	33.45	300m:	3:17.26	33.74	400m:	4:22.43	31.69
22.	FIGAS Alicja		04	MKP Szczecin				<b>4:25.00</b>	687			
	50m:	30.29	30.29	150m:	1:37.04	33.55	250m:	2:43.93	33.54	350m:	3:51.69	33.48
	100m:	1:03.49	33.20	200m:	2:10.39	33.35	300m:	3:18.21	34.28	400m:	4:25.00	33.31
23.	SAMORAJ Oliwia		05	MKS Piaseczno				<b>4:27.58</b>	668			
	50m:	30.90	30.90	150m:	1:38.21	33.98	250m:	2:46.59	34.32	350m:	3:54.61	33.77
	100m:	1:04.23	33.33	200m:	2:12.27	34.06	300m:	3:20.84	34.25	400m:	4:27.58	32.97
24.	MAZUR Zuzanna		05	MKP SŁOWIANKA Gorzów Wlkp.				<b>4:30.66</b>	645			
	50m:	30.77	30.77	150m:	1:38.53	34.30	250m:	2:48.11	34.83	350m:	3:57.54	34.69
	100m:	1:04.23	33.46	200m:	2:13.28	34.75	300m:	3:22.85	34.74	400m:	4:30.66	33.12
25.	MAKSYMOWICZ Nina		05	UKS G-8 Bielany Warszawa				<b>4:31.77</b>	637			
	50m:	30.35	30.35	150m:	1:37.67	33.72	250m:	2:46.90	34.80	350m:	3:58.08	34.98
	100m:	1:03.95	33.60	200m:	2:12.10	34.43	300m:	3:23.10	36.20	400m:	4:31.77	33.69
26.	MAKSYMOWICZ Nadia		05	UKS G-8 Bielany Warszawa				<b>4:32.58</b>	632			
	50m:	30.71	30.71	150m:	1:38.61	34.15	250m:	2:48.89	35.40	350m:	3:59.20	35.12
	100m:	1:04.46	33.75	200m:	2:13.49	34.88	300m:	3:24.08	35.19	400m:	4:32.58	33.38
27.	MLECZEK Natalia		05	MKP Wodnik 29 Tychy				<b>4:33.26</b>	627			
	50m:	31.17	31.17	150m:	1:39.26	34.36	250m:	2:49.22	34.98	350m:	3:59.50	35.08
	100m:	1:04.90	33.73	200m:	2:14.24	34.98	300m:	3:24.42	35.20	400m:	4:33.26	33.76
28.	KOWALCZYK Katarzyna		05	MKP Szczecin				<b>4:34.89</b>	616			
	50m:	31.60	31.60	150m:	1:40.34	34.63	250m:	2:50.59	35.20	350m:	4:00.85	34.96
	100m:	1:05.71	34.11	200m:	2:15.39	35.05	300m:	3:25.89	35.30	400m:	4:34.89	34.04
29.	TADKO Wiktoria		05	MKS SMS Victoria Racibórz				<b>4:35.04</b>	615			
	50m:	31.70	31.70	150m:	1:40.90	34.83	250m:	2:51.16	35.17	350m:	4:01.60	35.06
	100m:	1:06.07	34.37	200m:	2:15.99	35.09	300m:	3:26.54	35.38	400m:	4:35.04	33.44
30.	FIRA Weronika		04	SIKRET Gliwice				<b>4:35.29</b>	613			
	50m:	31.33	31.33	150m:	1:40.28	34.78	250m:	2:50.66	35.19	350m:	4:01.22	35.16
	100m:	1:05.50	34.17	200m:	2:15.47	35.19	300m:	3:26.06	35.40	400m:	4:35.29	34.07