

## Konkurencja 3

## Kobiet, 400m zmienny

## Open

2022-11-30 - 17:20

Wyniki Finał

Rekord Polski 4:31.89 BARANOWSKA Katarzyna POL Debrecen (HUN) 2007-12-16

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.
<b>Finał A</b>									
1.	KNOP Aleksandra		03	UKS 190 Łód				<b>4:35.82</b>	827
	50m: 29.52	29.52	150m: 1:37.57	34.69	250m: 2:52.02	40.25	350m: 4:04.40	31.47	
	100m: 1:02.88	33.36	200m: 2:11.77	34.20	300m: 3:32.93	40.91	400m: 4:35.82	31.42	
2.	FAMULOK Zuzanna		03	AZS AWF Katowice				<b>4:38.22</b>	806
	50m: 29.91	29.91	150m: 1:40.14	36.54	250m: 2:54.91	39.07	350m: 4:06.76	32.75	
	100m: 1:03.60	33.69	200m: 2:15.84	35.70	300m: 3:34.01	39.10	400m: 4:38.22	31.46	
3.	POZNA SKA Justyna		05	MKS JEDYNKA Łód				<b>4:39.92</b>	791
	50m: 30.52	30.52	150m: 1:41.38	36.00	250m: 2:57.01	40.18	350m: 4:09.47	32.20	
	100m: 1:05.38	34.86	200m: 2:16.83	35.45	300m: 3:37.27	40.26	400m: 4:39.92	30.45	
4.	GU Wiktoria		04	MKP Szczecin				<b>4:40.17</b>	789
	50m: 30.23	30.23	150m: 1:41.94	36.90	250m: 2:58.29	39.97	350m: 4:10.43	31.49	
	100m: 1:05.04	34.81	200m: 2:18.32	36.38	300m: 3:38.94	40.65	400m: 4:40.17	29.74	
5.	PARADOWSKA Kinga		01	Stow. AZS WSG				<b>4:48.00</b>	726
	50m: 31.02	31.02	150m: 1:45.18	39.34	250m: 3:03.23	39.60	350m: 4:16.20	33.05	
	100m: 1:05.84	34.82	200m: 2:23.63	38.45	300m: 3:43.15	39.92	400m: 4:48.00	31.80	
6.	KAMI SKA Anna		03	AZS AWF Warszawa				<b>4:54.42</b>	680
	50m: 31.04	31.04	150m: 1:45.73	38.47	250m: 3:05.40	42.33	350m: 4:22.41	34.45	
	100m: 1:07.26	36.22	200m: 2:23.07	37.34	300m: 3:47.96	42.56	400m: 4:54.42	32.01	
7.	BOCIAN Roksana		04	UKP UNIA O wi cim				<b>4:55.61</b>	672
	50m: 31.69	31.69	150m: 1:46.69	39.10	250m: 3:05.22	40.77	350m: 4:21.88	34.51	
	100m: 1:07.59	35.90	200m: 2:24.45	37.76	300m: 3:47.37	42.15	400m: 4:55.61	33.73	
8.	SŁABOSZ Emilia		05	MOSM Tychy				<b>4:56.64</b>	665
	50m: 31.78	31.78	150m: 1:46.99	38.88	250m: 3:07.55	42.82	350m: 4:24.52	33.40	
	100m: 1:08.11	36.33	200m: 2:24.73	37.74	300m: 3:51.12	43.57	400m: 4:56.64	32.12	
9.	S DŁAK Alicja		05	MKS JEDYNKA Łód				<b>5:02.21</b>	629
	50m: 32.23	32.23	150m: 1:49.34	39.32	250m: 3:11.06	42.44	350m: 4:28.87	34.78	
	100m: 1:10.02	37.79	200m: 2:28.62	39.28	300m: 3:54.09	43.03	400m: 5:02.21	33.34	
10.	LUBI SKA Alicja		05	MKS JEDYNKA Łód				<b>5:06.14</b>	605
	50m: 31.74	31.74	150m: 1:47.78	39.69	250m: 3:08.34	42.43	350m: 4:30.09	38.43	
	100m: 1:08.09	36.35	200m: 2:25.91	38.13	300m: 3:51.66	43.32	400m: 5:06.14	36.05	
<b>Finał B</b>									
11.	MACIAK Julia		06	IUKS MUSZELKA Warszawa				<b>4:59.53</b>	646
	50m: 31.33	31.33	150m: 1:45.38	38.02	250m: 3:08.66	46.71	350m: 4:28.51	33.42	
	100m: 1:07.36	36.03	200m: 2:21.95	36.57	300m: 3:55.09	46.43	400m: 4:59.53	31.02	
	BUKOWSKA Olga		05	MKP Szczecin				<b>4:59.53</b>	646
	50m: 31.56	31.56	150m: 1:47.29	39.69	250m: 3:08.49	42.47	350m: 4:26.57	35.01	
	100m: 1:07.60	36.04	200m: 2:26.02	38.73	300m: 3:51.56	43.07	400m: 4:59.53	32.96	
13.	ZI BA Anastazja		05	MUKS PI TNASTKA Bydgoszcz				<b>5:04.27</b>	616
	50m: 30.99	30.99	150m: 1:46.41	39.62	250m: 3:09.87	43.22	350m: 4:29.97	36.16	
	100m: 1:06.79	35.80	200m: 2:26.65	40.24	300m: 3:53.81	43.94	400m: 5:04.27	34.30	
14.	KARLI SKA Paula		05	MKP Szczecin				<b>5:06.54</b>	602
	50m: 31.74	31.74	150m: 1:47.69	37.66	250m: 3:09.50	44.87	350m: 4:32.03	36.35	
	100m: 1:10.03	38.29	200m: 2:24.63	36.94	300m: 3:55.68	46.18	400m: 5:06.54	34.51	
15.	WO NICA Milena		04	UKS ABIANKA Gda sk				<b>5:07.08</b>	599
	50m: 33.33	33.33	150m: 1:50.81	38.89	250m: 3:13.47	43.29	350m: 4:32.74	35.43	
	100m: 1:11.92	38.59	200m: 2:30.18	39.37	300m: 3:57.31	43.84	400m: 5:07.08	34.34	

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Pozycja					Rok ur.					Czas	Pkt.	
16.	TADKO Wiktoria				05	MKS SMS Victoria Racibórz				<b>5:07.34</b>	598	
	50m:	33.10	33.10	150m:	1:50.23	39.60	250m:	3:13.25	44.45	350m:	4:33.81	35.63
	100m:	1:10.63	37.53	200m:	2:28.80	38.57	300m:	3:58.18	44.93	400m:	5:07.34	33.53
17.	BURDYN Dominika				05	KU AZS UMCS Lublin				<b>5:10.79</b>	578	
	50m:	32.38	32.38	150m:	1:49.43	38.32	250m:	3:12.84	45.09	350m:	4:35.62	36.70
	100m:	1:11.11	38.73	200m:	2:27.75	38.32	300m:	3:58.92	46.08	400m:	5:10.79	35.17
18.	FIRA Weronika				04	SIKRET Gliwice				<b>5:11.08</b>	576	
	50m:	33.64	33.64	150m:	1:52.67	39.52	250m:	3:15.56	44.73	350m:	4:36.87	35.88
	100m:	1:13.15	39.51	200m:	2:30.83	38.16	300m:	4:00.99	45.43	400m:	5:11.08	34.21
19.	KLIMIUK Zuzanna				05	MKP SŁOWIANKA Gorzów Wlkp.				<b>5:17.44</b>	542	
	50m:	34.92	34.92	150m:	1:57.50	41.14	250m:	3:21.74	45.35	350m:	4:43.86	36.50
	100m:	1:16.36	41.44	200m:	2:36.39	38.89	300m:	4:07.36	45.62	400m:	5:17.44	33.58
20.	HAŁADYN Kamila				04	UKS SP-149 Łódź				<b>5:25.67</b>	502	
	50m:	32.62	32.62	150m:	1:51.53	41.53	250m:	3:22.42	49.79	350m:	4:50.43	38.09
	100m:	1:10.00	37.38	200m:	2:32.63	41.10	300m:	4:12.34	49.92	400m:	5:25.67	35.24