

ARENA GRAND PRIX Puchar Polski w pływaniu
Opole, 14-15.10.2023

 Konkurencja 21
2023-10-15 - 9:00

Kobiet, 400m dowolny

 14 lat i starsi
Wyniki

 Rekord Polski 4:04.23 JEDRZEJCZAK Otylia 00114 Melbourne (AUS) 2007-03-25
Punkty: FINA 2023

Pozycja			Rok ur.					Czas	Pkt.		
1.	TARASIEWICZ Klaudia		04	MKP Szczecin				4:20.96	743		
	50m:	30.63 30.63	150m:	1:36.94	33.21	250m:	2:43.45	33.09	350m:	3:49.77	33.01
	100m:	1:03.73 33.10	200m:	2:10.36	33.42	300m:	3:16.76	33.31	400m:	4:20.96	31.19
2.	GU Wiktoria		04	MKP Szczecin				4:21.07	742		
	50m:	30.49 30.49	150m:	1:37.21	33.68	250m:	2:43.90	33.23	350m:	3:50.46	33.17
	100m:	1:03.53 33.04	200m:	2:10.67	33.46	300m:	3:17.29	33.39	400m:	4:21.07	30.61
3.	TRACZYK Anna		06	MKS Juwenia Wrocław				4:38.24	613		
	50m:	31.56 31.56	150m:	1:42.51	36.07	250m:	2:53.69	35.77	350m:	4:04.27	35.17
	100m:	1:06.44 34.88	200m:	2:17.92	35.41	300m:	3:29.10	35.41	400m:	4:38.24	33.97
4.	ŁUCZAK Dominika		02	TP Zielona Góra				4:40.72	597		
	50m:	32.27 32.27	150m:	1:43.59	36.23	250m:	2:55.35	35.86	350m:	4:06.05	35.03
	100m:	1:07.36 35.09	200m:	2:19.49	35.90	300m:	3:31.02	35.67	400m:	4:40.72	34.67
5.	MACIAK Julia		06	IUKS MUSZELKA Warszawa				4:44.32	574		
	50m:	32.08 32.08	150m:	1:44.17	36.33	250m:	2:56.88	36.05	350m:	4:09.50	36.91
	100m:	1:07.84 35.76	200m:	2:20.83	36.66	300m:	3:32.59	35.71	400m:	4:44.32	34.82
6.	NIKIEL Natalia		06	MKS Park Wodny Tarnowskie Góry				4:55.54	511		
	50m:	33.64 33.64	150m:	1:46.98	37.26	250m:	3:01.97	37.41	350m:	4:17.97	38.31
	100m:	1:09.72 36.08	200m:	2:24.56	37.58	300m:	3:39.66	37.69	400m:	4:55.54	37.57
7.	FARTUSZY SKA Weronika		08	UKS JUNIOR Kluczbork				4:56.05	509		
	50m:	34.24 34.24	150m:	1:49.45	37.56	250m:	3:05.18	37.78	350m:	4:20.78	37.87
	100m:	1:11.89 37.65	200m:	2:27.40	37.95	300m:	3:42.91	37.73	400m:	4:56.05	35.27
8.	ZI TEK Julia		09	UKP Ruda Śląska				4:56.99	504		
	50m:	33.42 33.42	150m:	1:49.32	38.65	250m:	3:05.33	37.63	350m:	4:20.97	37.28
	100m:	1:10.67 37.25	200m:	2:27.70	38.38	300m:	3:43.69	38.36	400m:	4:56.99	36.02
9.	WITO Anna		09	UKS MOS w Opolu				4:59.63	491		
	50m:	34.23 34.23	150m:	1:50.70	38.68	250m:	3:07.12	38.32	350m:	4:23.46	37.68
	100m:	1:12.02 37.79	200m:	2:28.80	38.10	300m:	3:45.78	38.66	400m:	4:59.63	36.17
10.	KOCHANIK Izabela		09	UKS Tri-Team Rumia				5:07.18	455		
	50m:	34.00 34.00	150m:	1:50.83	38.87	250m:	3:09.44	39.52	350m:	4:29.23	39.95
	100m:	1:11.96 37.96	200m:	2:29.92	39.09	300m:	3:49.28	39.84	400m:	5:07.18	37.95
11.	JANECKA Maria		06	MKS SP 63 Bydgoszcz				5:07.48	454		
	50m:	34.41 34.41	150m:	1:51.40	38.97	250m:	3:10.32	39.55	350m:	4:30.22	39.95
	100m:	1:12.43 38.02	200m:	2:30.77	39.37	300m:	3:50.27	39.95	400m:	5:07.48	37.26