

ARENA GRAND PRIX Puchar Polski w pływaniu
Opole, 14-15.10.2023
Konkurencja 31
2023-10-15 - 10:20
Kobiet, 400m zmienny
14 lat i starsi
Wyniki
Rekord Polski 4:36.95 **BARANOWSKA Katarzyna** 00116 **Beijing (CHN)** 2008-08-09

Punkty: FINA 2023

Pozycja			Rok ur.					Czas	Pkt.		
1.	FAMULOK Zuzanna		03	AZS AWF Katowice				4:58.13	713		
	50m:	30.18 30.18	150m:	1:44.39	39.98	250m:	3:05.73	42.23	350m:	4:24.23	36.09
	100m:	1:04.41 34.23	200m:	2:23.50	39.11	300m:	3:48.14	42.41	400m:	4:58.13	33.90
2.	GLI SKA Oliwia		07	TP Zielona Góra				5:10.73	629		
	50m:	33.49 33.49	150m:	1:50.26	38.34	250m:	3:13.16	43.86	350m:	4:35.32	35.52
	100m:	1:11.92 38.43	200m:	2:29.30	39.04	300m:	3:59.80	46.64	400m:	5:10.73	35.41
3.	SKRZYPCZAK Natalia		07	Akademia SMS Racibórz				5:24.57	552		
	50m:	33.81 33.81	150m:	1:56.17	43.19	250m:	3:24.02	45.94	350m:	4:48.06	38.74
	100m:	1:12.98 39.17	200m:	2:38.08	41.91	300m:	4:09.32	45.30	400m:	5:24.57	36.51
4.	MACIAK Julia		06	IUKS MUSZELKA Warszawa				5:27.23	539		
	50m:	34.33 34.33	150m:	1:55.96	42.13	250m:	3:26.24	48.28	350m:	4:53.20	37.49
	100m:	1:13.83 39.50	200m:	2:37.96	42.00	300m:	4:15.71	49.47	400m:	5:27.23	34.03
5.	SOJKA Oliwia		06	UKS Aqua Team Mikołów				5:31.54	518		
	50m:	35.72 35.72	150m:	1:59.64	43.49	250m:	3:29.84	47.93	350m:	4:55.89	37.82
	100m:	1:16.15 40.43	200m:	2:41.91	42.27	300m:	4:18.07	48.23	400m:	5:31.54	35.65
6.	ZI TEK Julia		09	UKP Ruda I ska				5:49.65	442		
	50m:	36.41 36.41	150m:	2:07.37	46.74	250m:	3:43.43	49.82	350m:	5:11.94	37.66
	100m:	1:20.63 44.22	200m:	2:53.61	46.24	300m:	4:34.28	50.85	400m:	5:49.65	37.71