



Konkurencja 20
2024-05-25 - 18:29

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Rekord Polski Open 4:36.95 BARANOWSKA Katarzyna 00116 Beijing (CHN) 2008-08-09

Punkty: FINA 2024

Pozycja	Rok ur.	Czas	Pkt.
14 lat i starsi			
1. RODZIEWICZ Alicja	08	5:11.03	624
50m: 32.98 32.98	150m: 1:52.46 39.95	250m: 3:14.60 43.98	350m: 4:35.85 35.93
100m: 1:12.51 39.53	200m: 2:30.62 38.16	300m: 3:59.92 45.32	400m: 5:11.03 35.18
2. KONDRASIUK Zofia	08	5:13.73	608
50m: 34.16 34.16	150m: 1:52.18 38.59	250m: 3:16.88 46.39	350m: 4:39.54 35.11
100m: 1:13.59 39.43	200m: 2:30.49 38.31	300m: 4:04.43 47.55	400m: 5:13.73 34.19
3. SKROK Julia	07	5:17.32	588
50m: 33.25 33.25	150m: 1:55.51 42.60	250m: 3:20.52 44.48	350m: 4:42.13 36.35
100m: 1:12.91 39.66	200m: 2:36.04 40.53	300m: 4:05.78 45.26	400m: 5:17.32 35.19
4. NIKIEL Natalia	06	5:17.56	586
50m: 33.21 33.21	150m: 1:53.17 41.91	250m: 3:19.19 45.19	350m: 4:41.93 36.92
100m: 1:11.26 38.05	200m: 2:34.00 40.83	300m: 4:05.01 45.82	400m: 5:17.56 35.63
5. KUCZMAR Aleksandra	09	5:21.59	565
50m: 33.94 33.94	150m: 1:55.37 42.32	250m: 3:23.88 47.58	350m: 4:47.06 34.65
100m: 1:13.05 39.11	200m: 2:36.30 40.93	300m: 4:12.41 48.53	400m: 5:21.59 34.53
6. WRONA Maria	08	5:27.06	537
50m: 35.62 35.62	150m: 2:00.82 44.37	250m: 3:29.98 46.23	350m: 4:52.61 36.09
100m: 1:16.45 40.83	200m: 2:43.75 42.93	300m: 4:16.52 46.54	400m: 5:27.06 34.45
7. PLAGA Olga	07	5:27.80	533
50m: 34.84 34.84	150m: 1:57.90 43.28	250m: 3:25.25 44.82	350m: 4:49.80 38.89
100m: 1:14.62 39.78	200m: 2:40.43 42.53	300m: 4:10.91 45.66	400m: 5:27.80 38.00
8. GRUDA Zofia	10	5:32.02	513
50m: 34.78 34.78	150m: 2:02.40 45.12	250m: 3:31.05 44.32	350m: 4:55.50 38.42
100m: 1:17.28 42.50	200m: 2:46.73 44.33	300m: 4:17.08 46.03	400m: 5:32.02 36.52
9. MACIAK Julia	06	5:32.20	512
50m: 34.28 34.28	150m: 1:56.67 41.42	250m: 3:27.74 51.08	350m: 4:56.48 37.19
100m: 1:15.25 40.97	200m: 2:36.66 39.99	300m: 4:19.29 51.55	400m: 5:32.20 35.72
10. ROZWADOWSKA Karolina	09	5:38.75	483
50m: 36.88 36.88	150m: 2:06.22 46.15	250m: 3:35.17 45.15	350m: 5:01.33 39.48
100m: 1:20.07 43.19	200m: 2:50.02 43.80	300m: 4:21.85 46.68	400m: 5:38.75 37.42
11. GUBAŁA Justyna	09	5:48.36	444
50m: 36.16 36.16	150m: 2:02.71 43.68	250m: 3:38.85 53.08	350m: 5:10.02 38.85
100m: 1:19.03 42.87	200m: 2:45.77 43.06	300m: 4:31.17 52.32	400m: 5:48.36 38.34
12. MUSZY SKA Patrycja	10	5:50.13	437
50m: 39.58 39.58	150m: 2:16.61 50.37	250m: 3:46.99 43.90	350m: 5:12.38 40.87
100m: 1:26.24 46.66	200m: 3:03.09 46.48	300m: 4:31.51 44.52	400m: 5:50.13 37.75

DYSKW. TRAFALSKA Antonina 08 UKS 190 Łódź
Z3 - Pływak ukończył poszczególne odcinki niezgodnie z przepisami o zakresie czerpienia wycigu w danym stylu., K16

17 - 18 lat

1. SKROK Julia	07	5:17.32	588
50m: 33.25 33.25	150m: 1:55.51 42.60	250m: 3:20.52 44.48	350m: 4:42.13 36.35
100m: 1:12.91 39.66	200m: 2:36.04 40.53	300m: 4:05.78 45.26	400m: 5:17.32 35.19
2. NIKIEL Natalia	06	5:17.56	586
50m: 33.21 33.21	150m: 1:53.17 41.91	250m: 3:19.19 45.19	350m: 4:41.93 36.92
100m: 1:11.26 38.05	200m: 2:34.00 40.83	300m: 4:05.01 45.82	400m: 5:17.56 35.63



Konkurencja 20, Dziewcz t, 400m zmienny, 17 - 18 lat

Pozycja			Rok ur.					Czas	Pkt.			
3.	PLAGA Olga		07	TP SKALAR Słupsk				5:27.80	533			
	50m:	34.84	34.84	150m:	1:57.90	43.28	250m:	3:25.25	44.82	350m:	4:49.80	38.89
	100m:	1:14.62	39.78	200m:	2:40.43	42.53	300m:	4:10.91	45.66	400m:	5:27.80	38.00
4.	MACIAK Julia		06	IUKS MUSZELKA Warszawa				5:32.20	512			
	50m:	34.28	34.28	150m:	1:56.67	41.42	250m:	3:27.74	51.08	350m:	4:56.48	37.19
	100m:	1:15.25	40.97	200m:	2:36.66	39.99	300m:	4:19.29	51.55	400m:	5:32.20	35.72

16 lat

1.	RODZIEWICZ Alicja		08	UKS NAWA Skierniewice				5:11.03	624			
	50m:	32.98	32.98	150m:	1:52.46	39.95	250m:	3:14.60	43.98	350m:	4:35.85	35.93
	100m:	1:12.51	39.53	200m:	2:30.62	38.16	300m:	3:59.92	45.32	400m:	5:11.03	35.18
2.	KONDRASIUK Zofia		08	MKP Szczecin				5:13.73	608			
	50m:	34.16	34.16	150m:	1:52.18	38.59	250m:	3:16.88	46.39	350m:	4:39.54	35.11
	100m:	1:13.59	39.43	200m:	2:30.49	38.31	300m:	4:04.43	47.55	400m:	5:13.73	34.19
3.	WRONA Maria		08	UKP UNIA O wi cim				5:27.06	537			
	50m:	35.62	35.62	150m:	2:00.82	44.37	250m:	3:29.98	46.23	350m:	4:52.61	36.09
	100m:	1:16.45	40.83	200m:	2:43.75	42.93	300m:	4:16.52	46.54	400m:	5:27.06	34.45
DYSKW.	TRAFALSKA Antonina		08	UKS 190 Łódź								
	<i>Z3 - Pływak uko czył poszczególne odcinki niezgodnie z przepisami o zakoczeniu wy cigu w danym stylu., K16</i>											

15 lat

1.	KUCZMAR Aleksandra		09	UKP POLONIA Warszawa				5:21.59	565			
	50m:	33.94	33.94	150m:	1:55.37	42.32	250m:	3:23.88	47.58	350m:	4:47.06	34.65
	100m:	1:13.05	39.11	200m:	2:36.30	40.93	300m:	4:12.41	48.53	400m:	5:21.59	34.53
2.	ROZWADOWSKA Karolina		09	SKS 137 DELFIN Łódź				5:38.75	483			
	50m:	36.88	36.88	150m:	2:06.22	46.15	250m:	3:35.17	45.15	350m:	5:01.33	39.48
	100m:	1:20.07	43.19	200m:	2:50.02	43.80	300m:	4:21.85	46.68	400m:	5:38.75	37.42
3.	GUBAŁA Justyna		09	Stow. Solne Miasto Wieliczka				5:48.36	444			
	50m:	36.16	36.16	150m:	2:02.71	43.68	250m:	3:38.85	53.08	350m:	5:10.02	38.85
	100m:	1:19.03	42.87	200m:	2:45.77	43.06	300m:	4:31.17	52.32	400m:	5:48.36	38.34

14 lat

1.	GRUDA Zofia		10	UKS ABIANKA Gda sk				5:32.02	513			
	50m:	34.78	34.78	150m:	2:02.40	45.12	250m:	3:31.05	44.32	350m:	4:55.50	38.42
	100m:	1:17.28	42.50	200m:	2:46.73	44.33	300m:	4:17.08	46.03	400m:	5:32.02	36.52
2.	MUSZY SKA Patrycja		10	SKS 137 DELFIN Łódź				5:50.13	437			
	50m:	39.58	39.58	150m:	2:16.61	50.37	250m:	3:46.99	43.90	350m:	5:12.38	40.87
	100m:	1:26.24	46.66	200m:	3:03.09	46.48	300m:	4:31.51	44.52	400m:	5:50.13	37.75