

Mistrzostwa Województwa Pomorskiego  
Gdynia, 4. - 5.11.2023

Konkurencja 11  
04.11.2023 - 11:36

Kobiet, 400m zmienny

12 lat i starsi  
Wyniki

Rekord Okr gu Open	4:40.65	Urba ska Karolina	AWGDA	Szczecin	04.12.2010
Rekord Okr gu - 18	4:40.65	Urba ska Karolina		Szczecin	04.12.2010
Rekord Okr gu - 17	4:48.07	Rutkowska Agnieszka	SKSLU	Olsztyn	18.12.2016
Rekord Okr gu - 16	4:48.07	Rutkowska Agnieszka	SKSLU	Olsztyn	18.12.2016
Rekord Okr gu - 15	4:48.07	Rutkowska Agnieszka	SKSLU	Olsztyn	18.12.2016
Rekord Okr gu - 14	4:59.11	Kuchta Maria	DWTCZ	Olsztyn	18.12.2016
Rekord Okr gu - 13	5:08.75	Cierpiałowska Paulina	WOMAL	Olsztyn	17.12.2017
Rekord Okr gu - 12	5:08.75	Cierpiałowska Paulina	WOMAL	Olsztyn	17.12.2017

Punkty: FINA 2023

Pozycja Rok ur. Czas Pkt.

12 - 13 lat

1. Krawczyk Aleksandra	10	Dwójka Morena Gda sk	<b>5:24.25</b>	509
50m: 33.71 33.71	150m: 1:59.78 45.67	250m: 3:28.35 45.02	350m: 4:50.31 36.60	
100m: 1:14.11 40.40	200m: 2:43.33 43.55	300m: 4:13.71 45.36	400m: 5:24.25 33.94	
2. Głomska Maja	10	Dwójka Tczew	<b>5:29.11</b>	487
50m: 37.27 37.27	150m: 2:02.48 42.55	250m: 3:29.96 46.58	350m: 4:53.04 37.34	
100m: 1:19.93 42.66	200m: 2:43.38 40.90	300m: 4:15.70 45.74	400m: 5:29.11 36.07	
3. Kuliga Katarzyna	11	Dwójka Morena Gda sk	<b>6:00.80</b>	369
50m: 39.82 39.82	150m: 2:12.10 45.38	250m: 3:46.59 49.74	350m: 5:21.55 42.43	
100m: 1:26.72 46.90	200m: 2:56.85 44.75	300m: 4:39.12 52.53	400m: 6:00.80 39.25	

14 - 16 lat

1. Plaga Olga	07	Skalar Słupsk	<b>5:10.56</b>	579
50m: 32.71 32.71	150m: 1:51.12 41.28	250m: 3:13.04 41.62	350m: 4:33.89 37.71	
100m: 1:09.84 37.13	200m: 2:31.42 40.30	300m: 3:56.18 43.14	400m: 5:10.56 36.67	
2. Olender Lena	08	Delfin Gdynia	<b>5:54.73</b>	388
50m: 34.35 34.35	150m: 2:01.67 45.50	250m: 3:35.20 48.55	350m: 5:12.85 45.64	
100m: 1:16.17 41.82	200m: 2:46.65 44.98	300m: 4:27.21 52.01	400m: 5:54.73 41.88	

17 - 18 lat

1. Rudomina Agnieszka	06	MKP Gda sk	<b>5:16.43</b>	547
50m: 33.71 33.71	150m: 1:53.81 40.56	250m: 3:21.05 47.74	350m: 4:43.10 34.76	
100m: 1:13.25 39.54	200m: 2:33.31 39.50	300m: 4:08.34 47.29	400m: 5:16.43 33.33	

OPEN

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50m: 32.71 32.71	150m: 1:51.12 41.28	250m: 3:13.04 41.62	350m: 4:33.89 37.71	
100m: 1:09.84 37.13	200m: 2:31.42 40.30	300m: 3:56.18 43.14	400m: 5:10.56 36.67	
2. Rudomina Agnieszka	06	MKP Gda sk	<b>5:16.43</b>	547
50m: 33.71 33.71	150m: 1:53.81 40.56	250m: 3:21.05 47.74	350m: 4:43.10 34.76	
100m: 1:13.25 39.54	200m: 2:33.31 39.50	300m: 4:08.34 47.29	400m: 5:16.43 33.33	
3. Krawczyk Aleksandra	10	Dwójka Morena Gda sk	<b>5:24.25</b>	509
50m: 33.71 33.71	150m: 1:59.78 45.67	250m: 3:28.35 45.02	350m: 4:50.31 36.60	
100m: 1:14.11 40.40	200m: 2:43.33 43.55	300m: 4:13.71 45.36	400m: 5:24.25 33.94	
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