

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach
Poznań, 14-4-2018

Konkurencja 1
2018-04-14 - 12:45

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2017

Pozycja	Rok ur.	Czas Pkt.	100m	200m	300m	400m
16 lat i starsi						
1. PARADOWSKA, Kinga SB 01	MUKS Pi tnastka Bydgoszcz	4:30.35 669	1:04.87	1:08.33	1:08.67	1:08.48
50m: 31.11 31.11	150m: 1:38.82 33.95	250m: 2:47.49	34.29	350m: 3:56.49	34.62	
100m: 1:04.87 33.76	200m: 2:13.20 34.38	300m: 3:21.87	34.38	400m: 4:30.35	33.86	
2. WŁODARCZYK, Agnieszka 01	MUKS Pi tnastka Bydgoszcz	4:35.42 632	1:06.67	1:10.01	1:10.25	1:08.49
50m: 31.95 31.95	150m: 1:41.70 35.03	250m: 2:51.87	35.19	350m: 4:01.75	34.82	
100m: 1:06.67 34.72	200m: 2:16.68 34.98	300m: 3:26.93	35.06	400m: 4:35.42	33.67	
3. MICIĄK, Agata 02	M.K.P. "Słowianka" Gorzów	4:39.80 603	1:05.64	1:11.17	1:11.21	1:11.78
50m: 31.36 31.36	150m: 1:40.99 35.35	250m: 2:52.09	35.28	350m: 4:03.99	35.97	
100m: 1:05.64 34.28	200m: 2:16.81 35.82	300m: 3:28.02	35.93	400m: 4:39.80	35.81	
4. DOM OL, Zuzanna 02	Kks Włókniarz 1925 Kalisz	4:40.55 598	1:06.22	1:10.90	1:11.85	1:11.58
50m: 31.46 31.46	150m: 1:41.50 35.28	250m: 2:52.90	35.78	350m: 4:04.95	35.98	
100m: 1:06.22 34.76	200m: 2:17.12 35.62	300m: 3:28.97	36.07	400m: 4:40.55	35.60	
5. WOLSKA, Karolina SB 01	MUKS Pi tnastka Bydgoszcz	4:46.02 565	1:08.50	1:12.45	1:13.10	1:11.97
50m: 32.92 32.92	150m: 1:44.22 35.72	250m: 2:56.79	35.84	350m: 4:10.02	35.97	
100m: 1:08.50 35.58	200m: 2:20.95 36.73	300m: 3:34.05	37.26	400m: 4:46.02	36.00	
6. BŁAJET, Oliwia SP 00	KS Warta Poznań	4:50.45 539	1:09.39	1:13.85	1:14.20	1:13.01
50m: 33.25 33.25	150m: 1:46.55 37.16	250m: 3:00.29	37.05	350m: 4:14.79	37.35	
100m: 1:09.39 36.14	200m: 2:23.24 36.69	300m: 3:37.44	37.15	400m: 4:50.45	35.66	
7. SZYMA SKA, Wiktoria 02	Kks Włókniarz 1925 Kalisz	4:54.97 515	1:09.47	1:15.25	1:16.39	1:13.86
50m: 33.01 33.01	150m: 1:47.23 37.76	250m: 3:03.11	38.39	350m: 4:19.18	38.07	
100m: 1:09.47 36.46	200m: 2:24.72 37.49	300m: 3:41.11	38.00	400m: 4:54.97	35.79	
8. JADCZAK, Monika 01	KS Krotosz Krotoszyn	5:26.36 380	1:15.52	1:22.71	1:25.31	1:22.82
50m: 35.44 35.44	150m: 1:56.45 40.93	250m: 3:20.49	42.26	350m: 4:45.46	41.92	
100m: 1:15.52 40.08	200m: 2:38.23 41.78	300m: 4:03.54	43.05	400m: 5:26.36	40.90	
14 - 15 lat						
1. MRO EK, Weronika 04	MKP Kołobrzeg	4:44.25 575	1:06.84	1:12.92	1:13.31	1:11.18
50m: 31.82 31.82	150m: 1:43.30 36.46	250m: 2:55.99	36.23	350m: 4:09.29	36.22	
100m: 1:06.84 35.02	200m: 2:19.76 36.46	300m: 3:33.07	37.08	400m: 4:44.25	34.96	
2. ZIEMACKA, Julia 03	Iuks Muszelka Warszawa	4:45.78 566	1:05.91	1:12.06	1:14.14	1:13.67
50m: 31.82 31.82	150m: 1:43.30 36.46	250m: 2:55.99	36.23	350m: 4:09.29	36.22	
100m: 1:06.84 35.02	200m: 2:19.76 36.46	300m: 3:33.07	37.08	400m: 4:44.25	34.96	
3. CIOCH-GRADZIK, Wiktoria 03	UKS MANTA Kochłowice Ru	4:46.52 562	1:07.81	1:13.46	1:13.55	1:11.70
50m: 32.20 32.20	150m: 1:44.65 36.84	250m: 2:58.23	36.96	350m: 4:11.60	36.78	
100m: 1:07.81 35.61	200m: 2:21.27 36.62	300m: 3:34.82	36.59	400m: 4:46.52	34.92	
4. CZECHYRA, Agata 03	KS Warta Poznań	4:47.12 558	1:08.00	1:12.95	1:13.69	1:12.48
50m: 32.06 32.06	150m: 1:44.08 36.08	250m: 2:57.69	36.74	350m: 4:11.42	36.78	
100m: 1:08.00 35.94	200m: 2:20.95 36.87	300m: 3:34.64	36.95	400m: 4:47.12	35.70	
5. KAWCZY SKA, Zuzanna 03	MKP Szczecin	4:56.22 508	1:09.85	1:16.19	1:16.60	1:13.58
50m: 32.06 32.06	150m: 1:44.08 36.08	250m: 2:57.69	36.74	350m: 4:11.42	36.78	
100m: 1:08.00 35.94	200m: 2:20.95 36.87	300m: 3:34.64	36.95	400m: 4:47.12	35.70	
6. FIGAS, Alicja 04	MKP Szczecin	4:58.81 495	1:12.03	1:16.50	1:16.11	1:14.17
50m: 33.65 33.65	150m: 1:50.01 37.98	250m: 3:06.49	37.96	350m: 4:22.18	37.54	
100m: 1:12.03 38.38	200m: 2:28.53 38.52	300m: 3:44.64	38.15	400m: 4:58.81	36.63	
7. SOBOLEWSKA, Magdalena 04	UKS MANTA Kochłowice Ru	4:59.70 491	1:12.49	1:16.10	1:16.28	1:14.83
50m: 34.57 34.57	150m: 1:50.46 37.97	250m: 3:06.77	38.18	350m: 4:22.93	38.06	
100m: 1:12.49 37.92	200m: 2:28.59 38.13	300m: 3:44.87	38.10	400m: 4:59.70	36.77	
8. NAGRABA, Oliwia 04	UKS 307 Warszawa-Mokot	5:02.01 479	1:09.51	1:17.64	1:18.74	1:16.12
50m: 32.48 32.48	150m: 1:48.03 38.52	250m: 3:06.65	39.50	350m: 4:24.71	38.82	
100m: 1:09.51 37.03	200m: 2:27.15 39.12	300m: 3:45.89	39.24	400m: 5:02.01	37.30	
9. ADAMSKA, Julia 03	ródniejszy UKS Polna War	5:02.28 478	1:09.83	1:18.68	1:19.61	1:14.16
50m: 32.76 32.76	150m: 1:48.97 39.14	250m: 3:08.75	40.24	350m: 4:26.88	38.76	
100m: 1:09.83 37.07	200m: 2:28.51 39.54	300m: 3:48.12	39.37	400m: 5:02.28	35.40	
10. MISIAK, Nadia 04	Uks Jedyńka Kórnik	5:02.87 475	1:12.17	1:16.07	1:17.34	1:17.29
50m: 34.96 34.96	150m: 1:50.08 37.91	250m: 3:07.07	38.83	350m: 4:24.70	39.12	
100m: 1:12.17 37.21	200m: 2:28.24 38.16	300m: 3:45.58	38.51	400m: 5:02.87	38.17	

Ogólnopolskie Zawody Pływackie Gorące -ściganie na Termach
Poznań, 14-4-2018

Konkurencja 1, Dziewcząt, 400m dowolny, 14 - 15 lat

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m				
11. KOZŁOWSKA, Maja	04	KS Warta Poznań	5:04.28 469	1:12.07	1:16.91	1:17.68	1:17.62				
50m:	33.76	33.76	150m:	1:50.32	38.25	250m:	3:07.50	38.52	350m:	4:26.25	39.59
100m:	1:12.07	38.31	200m:	2:28.98	38.66	300m:	3:46.66	39.16	400m:	5:04.28	38.03
12. KIELAR, Zofia	03	Znicz Koszalin	5:07.83 453	1:11.07	1:19.03	1:20.95	1:16.78				
50m:	33.52	33.52	150m:	1:50.48	39.41	250m:	3:10.44	40.34	350m:	4:31.39	40.34
100m:	1:11.07	37.55	200m:	2:30.10	39.62	300m:	3:51.05	40.61	400m:	5:07.83	36.44
13. STASZAK, Agnieszka	04	KS Warta Poznań	5:09.15 447	1:14.59	1:20.81	1:19.01	1:14.74				
50m:	34.83	34.83	150m:	1:55.11	40.52	250m:	3:15.00	39.60	350m:	4:33.04	38.63
100m:	1:14.59	39.76	200m:	2:35.40	40.29	300m:	3:54.41	39.41	400m:	5:09.15	36.11
14. URBANIAK, Olga	04	MKP Szczecin	5:14.96 423	1:14.24	1:20.37	1:21.09	1:19.26				
50m:	35.44	35.44	150m:	1:54.37	40.13	250m:	3:15.04	40.43	350m:	4:36.30	40.60
100m:	1:14.24	38.80	200m:	2:34.61	40.24	300m:	3:55.70	40.66	400m:	5:14.96	38.66
15. LASKA, Kornelia	03	UKS Manta Warszawa	5:15.76 419	1:11.24	1:18.65	1:22.74	1:23.13				
50m:	33.33	33.33	150m:	1:49.95	38.71	250m:	3:10.35	40.46	350m:	4:34.55	41.92
100m:	1:11.24	37.91	200m:	2:29.89	39.94	300m:	3:52.63	42.28	400m:	5:15.76	41.21
16. WŁODARCZYK, Anna	03	MAL WOPR Malbork	5:16.11 418	1:13.48	1:21.12	1:22.56	1:18.95				
50m:	34.55	34.55	150m:	1:53.69	40.21	250m:	3:15.52	40.92	350m:	4:36.96	39.80
100m:	1:13.48	38.93	200m:	2:34.60	40.91	300m:	3:57.16	41.64	400m:	5:16.11	39.15
17. ZIELINSKA, Oliwia	04	MKP Astromal Leszno	5:20.70 400	1:15.65	1:22.25	1:22.57	1:20.23				
50m:	35.53	35.53	150m:	1:56.45	40.80	250m:	3:18.91	41.01	350m:	4:41.80	41.33
100m:	1:15.65	40.12	200m:	2:37.90	41.45	300m:	4:00.47	41.56	400m:	5:20.70	38.90
18. DOBRZELEWSKA, Nina	04	MKP Szczecin	5:20.96 399	1:14.94	1:22.45	1:23.34	1:20.23				
50m:	35.70	35.70	150m:	1:56.10	41.16	250m:	3:19.23	41.84	350m:	4:41.29	40.56
100m:	1:14.94	39.24	200m:	2:37.39	41.29	300m:	4:00.73	41.50	400m:	5:20.96	39.67

13 lat i młodszy

1. SZALAST, Karolina	05	UKS TRI-Team Rumia	5:01.07 484	1:12.67	1:17.68	1:17.27	1:13.45				
50m:	34.56	34.56	150m:	1:51.55	38.88	250m:	3:09.57	39.22	350m:	4:25.80	38.18
100m:	1:12.67	38.11	200m:	2:30.35	38.80	300m:	3:47.62	38.05	400m:	5:01.07	35.27
2. STACHOWIAK, Mia	05	KS Warta Poznań	5:03.41 473	1:12.29	1:17.28	1:18.14	1:15.70				
50m:	34.21	34.21	150m:	1:51.00	38.71	250m:	3:09.04	39.47	350m:	4:26.31	38.60
100m:	1:12.29	38.08	200m:	2:29.57	38.57	300m:	3:47.71	38.67	400m:	5:03.41	37.10
3. URBA SKA, Patrycja	05	MKS Jedynka Łódź	5:04.71 467	1:13.45	1:19.59	1:15.64	1:16.03				
50m:	34.58	34.58	150m:	1:53.36	39.91	250m:	3:10.48	37.44	350m:	4:27.90	39.22
100m:	1:13.45	38.87	200m:	2:33.04	39.68	300m:	3:48.68	38.20	400m:	5:04.71	36.81
4. PA K, Urszula	06	ródmijski UKS Polna War	5:18.99 407	1:13.68	1:21.90	1:23.28	1:20.13				
50m:	34.62	34.62	150m:	1:54.45	40.77	250m:	3:17.58	42.00	350m:	4:39.62	40.76
100m:	1:13.68	39.06	200m:	2:35.58	41.13	300m:	3:58.86	41.28	400m:	5:18.99	39.37
5. UŁAWA, Julia	06	ródmijski UKS Polna War	5:20.54 401	1:14.73	1:22.85	1:23.11	1:19.85				
50m:	34.49	34.49	150m:	1:56.37	41.64	250m:	3:19.65	42.07	350m:	4:42.57	41.88
100m:	1:14.73	40.24	200m:	2:37.58	41.21	300m:	4:00.69	41.04	400m:	5:20.54	37.97
6. CIERNIAK, Zuzanna	05	KS Warta Poznań	5:24.65 386	1:17.62	1:24.01	1:23.12	1:19.90				
50m:	36.64	36.64	150m:	1:59.63	42.01	250m:	3:23.21	41.58	350m:	4:45.54	40.79
100m:	1:17.62	40.98	200m:	2:41.63	42.00	300m:	4:04.75	41.54	400m:	5:24.65	39.11
7. ONOSZKO, Anna	05	KS Warta Poznań	5:32.96 358	1:20.09	1:25.21	1:25.53	1:22.13				
50m:	38.42	38.42	150m:	2:02.80	42.71	250m:	3:28.14	42.84	350m:	4:54.26	43.43
100m:	1:20.09	41.67	200m:	2:45.30	42.50	300m:	4:10.83	42.69	400m:	5:32.96	38.70
8. BOCHE SKA, Dominika	05	UKS Grot Koziegłowy	5:36.58 346	1:17.35	1:26.72	1:27.81	1:24.70				
50m:	35.56	35.56	150m:	2:00.06	42.71	250m:	3:27.29	43.22	350m:	4:56.09	44.21
100m:	1:17.35	41.79	200m:	2:44.07	44.01	300m:	4:11.88	44.59	400m:	5:36.58	40.49
9. CZECHYRA, Joanna	06	KS Warta Poznań	5:39.75 337	1:18.38	1:29.18	1:26.56	1:25.63				
50m:	36.13	36.13	150m:	2:03.11	44.73	250m:	3:30.67	43.11	350m:	4:57.75	43.63
100m:	1:18.38	42.25	200m:	2:47.56	44.45	300m:	4:14.12	43.45	400m:	5:39.75	42.00
10. SMYKOWSKA, Martyna	06	KU AZS UAM Poznań	5:42.79 328	1:19.65	1:29.41	1:29.51	1:24.22				
50m:	37.69	37.69	150m:	2:04.37	44.72	250m:	3:34.24	45.18	350m:	5:01.97	43.40
100m:	1:19.65	41.96	200m:	2:49.06	44.69	300m:	4:18.57	44.33	400m:	5:42.79	40.82
11. STELMASZCZYK, Hanna	05	ródmijski UKS Polna War	5:56.52 291	1:23.54	1:32.52	1:32.62	1:27.84				
50m:	38.99	38.99	150m:	2:09.74	46.20	250m:	3:42.67	46.61	350m:	5:14.22	45.54
100m:	1:23.54	44.55	200m:	2:56.06	46.32	300m:	4:28.68	46.01	400m:	5:56.52	42.30

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach
Poznań, 14-4-2018

Konkurencja 1, Dziewcząt, 400m dowolny, 13 lat i młodsi

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m	
12. KANIASTY, Matylda	05	Uks Cityzen Pozna	6:17.05	246	1:23.28	1:38.43	1:38.32	1:37.02
50m: 37.74	37.74	150m: 2:11.96	48.68	250m: 3:51.13	49.42	350m: 5:29.85	49.82	
100m: 1:23.28	45.54	200m: 3:01.71	49.75	300m: 4:40.03	48.90	400m: 6:17.05	47.20	
13. NOWAK, Jagoda	05	UKS Octopus Suchy Las	6:48.63	193	1:28.78	1:45.27		
50m: 41.01	41.01	150m: 2:21.06	52.28	250m: 4:07.81	53.76	350m: 5:57.07		
100m: 1:28.78	47.77	200m: 3:14.05	52.99	300m:		400m: 6:48.63	51.56	