

Ogólnopolskie Zawody Pływackie Sprawdzamy Form na Termach Rocznik 2008 i starsi  
Poznań, 28.11.2020

Konkurencja 11  
2020.11.28 - 18:49

Kobiet, 400m dowolny

12 lat i starsi  
Wyniki

Punkty: FINA 2020

Pozycja			Rok ur.					Czas	Pkt.	
<b>12 lat</b>										
1.	KORDALSKA, Oliwia		08	KS Warta Pozna				<b>5:04.65</b>	452	
	50m:	33.60 33.60	150m:	1:49.29	38.20	250m:	3:07.13	39.13	350m:	4:26.19 39.38
	100m:	1:11.09 37.49	200m:	2:28.00	38.71	300m:	3:46.81	39.68	400m:	5:04.65 38.46
2.	NOWAK, Maja		08	KS Warta Pozna				<b>5:40.61</b>	323	
	50m:	37.31 37.31	150m:	2:02.67	43.67	250m:	3:31.57	45.12	350m:	4:58.29 42.94
	100m:	1:19.00 41.69	200m:	2:46.45	43.78	300m:	4:15.35	43.78	400m:	5:40.61 42.32
3.	PAWLAK, Jagoda		08	St. Rekreacyjno-Sportowe MKS Oceanik				<b>5:51.61</b>	szc294	
	50m:	38.05 38.05	150m:	2:04.53	44.23	250m:	3:35.55	45.94	350m:	5:08.32 46.96
	100m:	1:20.30 42.25	200m:	2:49.61	45.08	300m:	4:21.36	45.81	400m:	5:51.61 43.29
4.	KRYSTEK, Jagoda		08	SKS 137 Delfin Łódź				<b>5:54.80</b>	286	
	50m:	41.36 41.36	150m:	2:12.51	45.81	250m:	3:44.30	46.09	350m:	5:12.98 43.82
	100m:	1:26.70 45.34	200m:	2:58.21	45.70	300m:	4:29.16	44.86	400m:	5:54.80 41.82
5.	STRYKOWSKA, Gabriela		08	Uks Cityzen				<b>5:58.66</b>	277	
	50m:	39.77 39.77	150m:	2:09.80	45.98	250m:	3:44.61	47.26	350m:	5:16.86 47.52
	100m:	1:23.82 44.05	200m:	2:57.35	47.55	300m:	4:29.34	44.73	400m:	5:58.66 41.80
<b>13 lat</b>										
1.	DZI GIEL, Marta		07	UKS Manta Warszawa Włochy				<b>4:51.32</b>	517	
	50m:	32.94 32.94	150m:	1:46.59	37.24	250m:	3:00.90	37.33	350m:	4:15.25 37.04
	100m:	1:09.35 36.41	200m:	2:23.57	36.98	300m:	3:38.21	37.31	400m:	4:51.32 36.07
2.	RYDY SKA, Maja		07	MKS SP 63 Bydgoszcz				<b>5:10.67</b>	426	
	50m:	34.20 34.20	150m:	1:51.23	39.14	250m:	3:10.29	39.79	350m:	4:30.71 40.24
	100m:	1:12.09 37.89	200m:	2:30.50	39.27	300m:	3:50.47	40.18	400m:	5:10.67 39.96
3.	YCKA, Weronika		07	KS Warta Pozna				<b>5:23.11</b>	379	
	50m:	36.47 36.47	150m:	1:57.08	40.90	250m:	3:19.56	41.45	350m:	4:43.09 41.98
	100m:	1:16.18 39.71	200m:	2:38.11	41.03	300m:	4:01.11	41.55	400m:	5:23.11 40.02
<b>14 lat</b>										
1.	KOLA CZYK, Wiktoria		06	KS Warta Pozna				<b>4:49.26</b>	528	
	50m:	31.39 31.39	150m:	1:43.22	36.58	250m:	2:58.00	37.39	350m:	4:13.04 37.07
	100m:	1:06.64 35.25	200m:	2:20.61	37.39	300m:	3:35.97	37.97	400m:	4:49.26 36.22
2.	PRACHARCZYK, Weronika		06	KS Posenania Pozna				<b>5:03.18</b>	459	
	50m:	32.60 32.60	150m:	1:47.34	38.69	250m:	3:06.24	39.73	350m:	4:25.50 39.67
	100m:	1:08.65 36.05	200m:	2:26.51	39.17	300m:	3:45.83	39.59	400m:	5:03.18 37.68
3.	KULCZY SKA, Adriana		06	MUKS "Pi tnatka"				<b>5:05.40</b>	449	
	50m:	33.18 33.18	150m:	1:50.65	39.93	250m:	3:09.81	39.59	350m:	4:28.97 39.22
	100m:	1:10.72 37.54	200m:	2:30.22	39.57	300m:	3:49.75	39.94	400m:	5:05.40 36.43
4.	WYSOCKA, Nadia		06	Uks Cityzen				<b>5:42.94</b>	317	
	50m:	35.81 35.81	150m:	2:01.42	44.21	250m:	3:30.94	45.11	350m:	5:00.15 44.24
	100m:	1:17.21 41.40	200m:	2:45.83	44.41	300m:	4:15.91	44.97	400m:	5:42.94 42.79