

Ogólnopolskie Zawody Pływackie 10 Urodziny Term Malta skich  
Pozna , 16.10.2021

Konkurencja 31  
2021.10.16 - 17:14

Kobiet, 400m zmienny

Open  
Wyniki

Punkty: FINA 2021

Pozycja			Rok ur.					Czas	Pkt.	
<b>A</b>										
1.	KO CIELNIAK Aleksandra		02	UKS Shark Rudna				<b>5:06.07</b>	605	
	50m:	33.63 33.63	150m:	1:53.07	39.98	250m:	3:14.90	43.97	350m:	4:33.72 34.93
	100m:	1:13.09 39.46	200m:	2:30.93	37.86	300m:	3:58.79	43.89	400m:	5:06.07 32.35
2.	ZAKRZEWSKA Barbara		05	UKS "Kro nicka Przysa "				<b>6:00.21</b>	371	
	50m:	38.18 38.18	150m:	2:10.22	46.01	250m:	3:48.25	52.99	350m:	5:22.62 41.65
	100m:	1:24.21 46.03	200m:	2:55.26	45.04	300m:	4:40.97	52.72	400m:	6:00.21 37.59
3.	MIZERSKA Anna		06	UKS „GROT” Koziegłowy				<b>6:34.39</b>	283	
	50m:	42.47 42.47	150m:	2:23.62	50.35	250m:	4:10.00	56.69	350m:	5:52.10 44.83
	100m:	1:33.27 50.80	200m:	3:13.31	49.69	300m:	5:07.27	57.27	400m:	6:34.39 42.29
<b>C</b>										
1.	MICHALUK Wiktoria		08	MKS Juwenia Białystok				<b>5:48.67</b>	409	
	50m:	36.81 36.81	150m:	2:05.46	45.37	250m:	3:40.39	50.19	350m:	5:11.26 41.33
	100m:	1:20.09 43.28	200m:	2:50.20	44.74	300m:	4:29.93	49.54	400m:	5:48.67 37.41
2.	JURCZUK Weronika		08	MKS Juwenia Białystok				<b>5:58.39</b>	377	
	50m:	39.42 39.42	150m:	2:10.00	45.78	250m:	3:45.48	50.59	350m:	5:18.57 40.89
	100m:	1:24.22 44.80	200m:	2:54.89	44.89	300m:	4:37.68	52.20	400m:	5:58.39 39.82
<b>D</b>										
1.	PRASAŁ Aleksandra		09	MUKP Korona-Swim Kielce				<b>5:23.29</b>	513	
	50m:	33.44 33.44	150m:	1:52.90	40.20	250m:	3:22.74	49.51	350m:	4:47.85 36.47
	100m:	1:12.70 39.26	200m:	2:33.23	40.33	300m:	4:11.38	48.64	400m:	5:23.29 35.44
2.	GROCKA Natalia		09	MKS Juwenia Wrocław				<b>5:45.30</b>	421	
	50m:	36.51 36.51	150m:	2:05.60	44.44	250m:	3:37.02	48.60	350m:	5:07.19 40.67
	100m:	1:21.16 44.65	200m:	2:48.42	42.82	300m:	4:26.52	49.50	400m:	5:45.30 38.11
3.	KRAWCZYK Lena		09	UKS "Kro nicka Przysa "				<b>6:19.52</b>	317	
	50m:	39.04 39.04	150m:	2:18.05	47.33	250m:	3:59.46	55.50	350m:	5:39.50 44.94
	100m:	1:30.72 51.68	200m:	3:03.96	45.91	300m:	4:54.56	55.10	400m:	6:19.52 40.02