

Zimowe Mistrzostwa Okręgu Wielkopolskiego w Pływaniu 2021
Poznań, 12. - 13.11.2021

Konkurencja 10
2021.11.12 - 14:30

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2021

Pozycja			Rok ur.					Czas	Pkt.
12 lat i młodsi									
1.	GLAPA Martyna		09	KS Warta Pozna				5:14.19	412
	50m:	34.47 34.47	150m:	1:53.12 39.82	250m:	3:13.09 40.08	350m:	4:34.65 40.61	
	100m:	1:13.30 38.83	200m:	2:33.01 39.89	300m:	3:54.04 40.95	400m:	5:14.19 39.54	
2.	WOLNA Aleksandra		09	MKP Astromal-Leszno				5:19.55	392
	50m:	36.37 36.37	150m:	1:57.28 40.49	250m:	3:18.90 40.61	350m:	4:41.41 41.40	
	100m:	1:16.79 40.42	200m:	2:38.29 41.01	300m:	4:00.01 41.11	400m:	5:19.55 38.14	
3.	BALICKA Ada		09	Uks Cityzen				5:26.64	367
	50m:	36.75 36.75	150m:	1:58.20 40.75	250m:	3:20.78 41.40	350m:	4:44.84 42.03	
	100m:	1:17.45 40.70	200m:	2:39.38 41.18	300m:	4:02.81 42.03	400m:	5:26.64 41.80	
4.	KOPER Julia		10	KU AZS UAM Pozna				5:38.05	331
	50m:	36.91 36.91	150m:	2:04.58 44.03	250m:	3:33.03 43.98	350m:	4:58.52 42.88	
	100m:	1:20.55 43.64	200m:	2:49.05 44.47	300m:	4:15.64 42.61	400m:	5:38.05 39.53	
5.	GOLEC Helena		09	MKP Astromal-Leszno				5:45.82	309
	50m:	38.73 38.73	150m:	2:08.29 45.37	250m:	3:38.03 44.99	350m:	5:04.98 41.72	
	100m:	1:22.92 44.19	200m:	2:53.04 44.75	300m:	4:23.26 45.23	400m:	5:45.82 40.84	
13 - 14 lat									
1.	GULCZY SKA Natalia		07	Uks Cityzen				4:38.40	593
	50m:	30.52 30.52	150m:	1:39.63 34.86	250m:	2:51.47 36.13	350m:	4:03.85 35.80	
	100m:	1:04.77 34.25	200m:	2:15.34 35.71	300m:	3:28.05 36.58	400m:	4:38.40 34.55	
2.	KORDALSKA Oliwia		08	KS Warta Pozna				4:55.48	496
	50m:	33.75 33.75	150m:	1:47.83 36.84	250m:	3:02.87 37.54	350m:	4:18.92 38.04	
	100m:	1:10.99 37.24	200m:	2:25.33 37.50	300m:	3:40.88 38.01	400m:	4:55.48 36.56	
3.	MAY Matylda		08	MKP Astromal-Leszno				5:20.71	388
	50m:	35.66 35.66	150m:	1:56.53 41.18	250m:	3:19.40 41.44	350m:	4:42.19 40.89	
	100m:	1:15.35 39.69	200m:	2:37.96 41.43	300m:	4:01.30 41.90	400m:	5:20.71 38.52	
4.	SPYCHALSKA Dominika		08	KP Aquapark W growiec				5:27.07	365
	50m:	36.59 36.59	150m:	2:01.29 42.73	250m:	3:26.45 41.79	350m:	4:49.19 41.11	
	100m:	1:18.56 41.97	200m:	2:44.66 43.37	300m:	4:08.08 41.63	400m:	5:27.07 37.88	
5.	IWANOWSKA Zuzanna		08	MUKS "Pi tnatka"				5:31.11	352
	50m:	34.57 34.57	150m:	1:57.92 43.23	250m:	3:23.57 43.11	350m:	4:49.46 43.12	
	100m:	1:14.69 40.12	200m:	2:40.46 42.54	300m:	4:06.34 42.77	400m:	5:31.11 41.65	
6.	PAWLAK Jagoda		08	UKS Marato czyk Ostrów Wlkp.				5:36.75	335
	50m:	37.07 37.07	150m:	2:01.68 43.37	250m:	3:28.66 43.40	350m:	4:55.88 43.63	
	100m:	1:18.31 41.24	200m:	2:45.26 43.58	300m:	4:12.25 43.59	400m:	5:36.75 40.87	
15 lat i starsi									
1.	PRZYBYSZ Kinga		04	MKP Astromal-Leszno				4:44.18	557
	50m:	32.19 32.19	150m:	1:43.19 35.88	250m:	2:57.19 37.24	350m:	4:09.51 35.96	
	100m:	1:07.31 35.12	200m:	2:19.95 36.76	300m:	3:33.55 36.36	400m:	4:44.18 34.67	
2.	CZECHYRA Joanna		06	KS Warta Pozna				5:08.84	434
	50m:	33.97 33.97	150m:	1:52.39 39.53	250m:	3:11.52 39.56	350m:	4:30.65 39.47	
	100m:	1:12.86 38.89	200m:	2:31.96 39.57	300m:	3:51.18 39.66	400m:	5:08.84 38.19	
3.	BOCHE SKA Dominika		05	KS Posnania Pozna				5:13.39	415
	50m:	34.29 34.29	150m:	1:51.81 39.19	250m:	3:11.71 40.20	350m:	4:33.27 41.01	
	100m:	1:12.62 38.33	200m:	2:31.51 39.70	300m:	3:52.26 40.55	400m:	5:13.39 40.12	