

Ogólnopolskie Zawody Pływackie Sprawdzamy Form Na Termach 2022  
Pozna , 23.4.2022

Konkurencja 9  
2022.04.23 - 13:34

Kobiet, 400m dowolny

Open  
Wyniki

Punkty: Rudolph Table 2022

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m	
<b>Grupa A</b>									
1.	DOLAVRYK Yana	05	Ukraina (Opole)	<b>4:41.17</b>	10,3	1:06.68	1:12.47	1:12.43	1:09.59
	50m: 30.68	30.68	150m: 1:43.10	36.42	250m: 2:55.69	36.54	350m: 4:07.20	35.62	
	100m: 1:06.68	36.00	200m: 2:19.15	36.05	300m: 3:31.58	35.89	400m: 4:41.17	33.97	
2.	MACIAK Julia	06	IUKS „Muszelka” Warszawa	<b>4:41.35</b>	10,5	1:08.12	1:11.84	1:11.56	1:09.83
	50m: 32.70	32.70	150m: 1:44.48	36.36	250m: 2:56.10	36.14	350m: 4:07.55	36.03	
	100m: 1:08.12	35.42	200m: 2:19.96	35.48	300m: 3:31.52	35.42	400m: 4:41.35	33.80	
3.	CHŁ D Zuzanna	06	UKS MOS w Opolu	<b>4:42.13</b>	10,2	1:07.79	1:12.50	1:12.55	1:09.29
	50m: 32.09	32.09	150m: 1:43.85	36.06	250m: 2:56.36	36.07	350m: 4:08.18	35.34	
	100m: 1:07.79	35.70	200m: 2:20.29	36.44	300m: 3:32.84	36.48	400m: 4:42.13	33.95	
4.	SOJKA Oliwia	06	Uks "Aqua Team Mikołów"	<b>4:47.32</b>	8,9	1:08.22	1:13.37	1:13.98	1:11.75
	50m: 32.58	32.58	150m: 1:44.47	36.25	250m: 2:58.41	36.82	350m: 4:12.20	36.63	
	100m: 1:08.22	35.64	200m: 2:21.59	37.12	300m: 3:35.57	37.16	400m: 4:47.32	35.12	
5.	NOWALI SKA Julia	06	KS JUST SWIM Jelenia Góra	<b>4:55.58</b>	6,7	1:09.16	1:16.03	1:16.74	1:13.65
	50m: 32.37	32.37	150m: 1:46.88	37.72	250m: 3:03.39	38.20	350m: 4:19.91	37.98	
	100m: 1:09.16	36.79	200m: 2:25.19	38.31	300m: 3:41.93	38.54	400m: 4:55.58	35.67	
6.	PIOTROWSKA Oliwia	06	MKP „SŁOWIANKA” Gorzów	<b>4:55.63</b>	6,7	1:09.49	1:14.92	1:16.45	1:14.77
	50m: 33.17	33.17	150m: 1:46.49	37.00	250m: 3:02.58	38.17	350m: 4:18.92	38.06	
	100m: 1:09.49	36.32	200m: 2:24.41	37.92	300m: 3:40.86	38.28	400m: 4:55.63	36.71	
7.	MAGDA Honorata	06	KS Delfin Gdynia	<b>5:15.47</b>	1,5	1:14.65	1:20.57	1:21.03	1:19.22
	50m: 34.91	34.91	150m: 1:54.97	40.32	250m: 3:16.04	40.82	350m: 4:36.04	39.79	
	100m: 1:14.65	39.74	200m: 2:35.22	40.25	300m: 3:56.25	40.21	400m: 5:15.47	39.43	
8.	ANTONIAK Anastasiia	06	UKP Wodnik Włocławek	<b>5:43.40</b>		1:20.65	1:30.04	1:30.39	1:22.32
	50m: 37.35	37.35	150m: 2:05.87	45.22	250m: 3:36.21	45.52	350m: 5:04.51	43.43	
	100m: 1:20.65	43.30	200m: 2:50.69	44.82	300m: 4:21.08	44.87	400m: 5:43.40	38.89	
9.	RYBICKA Wiktoria	06	UKS Shark Rudna	<b>5:46.49</b>		1:20.92	1:28.65	1:29.68	1:27.24
	50m: 38.15	38.15	150m: 2:05.32	44.40	250m: 3:34.27	44.70	350m: 5:04.22	44.97	
	100m: 1:20.92	42.77	200m: 2:49.57	44.25	300m: 4:19.25	44.98	400m: 5:46.49	42.27	
10.	BARCISZEWSKA Michalina	06	Gnie nie skie Towarzystwo	<b>7:03.05</b>	nowe Diament	1:39.45	1:48.42	1:48.58	1:46.60
	50m: 47.12	47.12	150m: 2:33.81	54.36	250m: 4:22.17	54.30	350m: 6:11.22	54.77	
	100m: 1:39.45	52.33	200m: 3:27.87	54.06	300m: 5:16.45	54.28	400m: 7:03.05	51.83	

**Grupa B**

1.	GULCZY SKA Natalia	07	Uks Cityzen	<b>4:53.37</b>	8,0	1:08.71	1:14.74	1:15.53	1:14.39
	50m: 32.56	32.56	150m: 1:45.95	37.24	250m: 3:00.88	37.43	350m: 4:16.93	37.95	
	100m: 1:08.71	36.15	200m: 2:23.45	37.50	300m: 3:38.98	38.10	400m: 4:53.37	36.44	
2.	SIEDLECKA Alicja	07	UKS „SPORTOWIEC” Obor	<b>5:05.87</b>	4,8	1:12.06	1:19.13	1:19.19	1:15.49
	50m: 34.08	34.08	150m: 1:51.69	39.63	250m: 3:11.02	39.83	350m: 4:30.45	40.07	
	100m: 1:12.06	37.98	200m: 2:31.19	39.50	300m: 3:50.38	39.36	400m: 5:05.87	35.42	
3.	SZOLC Zuzanna	07	Uks "Aqua Team Mikołów"	<b>5:15.01</b>	2,4	1:14.61	1:20.57	1:20.35	1:19.48
	50m: 35.07	35.07	150m: 1:54.72	40.11	250m: 3:15.58	40.40	350m: 4:35.90	40.37	
	100m: 1:14.61	39.54	200m: 2:35.18	40.46	300m: 3:55.53	39.95	400m: 5:15.01	39.11	
4.	STEMBALSKA Weronika	07	UKS Shark Rudna	<b>5:43.61</b>		1:20.18	1:28.08	1:29.43	1:25.92
	50m: 37.59	37.59	150m: 2:03.79	43.61	250m: 3:32.44	44.18	350m: 5:01.47	43.78	
	100m: 1:20.18	42.59	200m: 2:48.26	44.47	300m: 4:17.69	45.25	400m: 5:43.61	42.14	

**Grupa C**

1.	BA KOWSKA Wiktoria	08	UKS MOS w Opolu	<b>4:53.20</b>	9,4	1:08.37	1:13.64	1:14.94	1:16.25
	50m: 32.80	32.80	150m: 1:45.08	36.71	250m: 2:59.31	37.30	350m: 4:15.44	38.49	
	100m: 1:08.37	35.57	200m: 2:22.01	36.93	300m: 3:36.95	37.64	400m: 4:53.20	37.76	
2.	TOMASZEWSKA Maria	08	MKP „SŁOWIANKA” Gorzów	<b>4:59.36</b>	7,8	1:10.78	1:17.93	1:17.20	1:13.45
	50m: 32.89	32.89	150m: 1:49.51	38.73	250m: 3:07.43	38.72	350m: 4:24.00	38.09	
	100m: 1:10.78	37.89	200m: 2:28.71	39.20	300m: 3:45.91	38.48	400m: 4:59.36	35.36	
3.	JA KOWSKA Julia	08	UKS MOS w Opolu	<b>5:04.26</b>	6,5	1:11.36	1:18.43	1:17.95	1:16.52
	50m: 33.31	33.31	150m: 1:49.92	38.56	250m: 3:08.92	39.13	350m: 4:26.83	39.09	
	100m: 1:11.36	38.05	200m: 2:29.79	39.87	300m: 3:47.74	38.82	400m: 5:04.26	37.43	

Ogólnopolskie Zawody Pływackie Sprawdzamy Form Na Termach 2022  
Pozna , 23.4.2022

Konkurencja 9, Dziewcz t, 400m dowolny, Grupa C

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
4. JABŁO SKA Natalia	08	MTP Kormoran Olsztyn	<b>5:10.07</b> 5,0	1:13.15	1:18.71	1:20.10	1:18.11
50m:	35.05	35.05	150m:	1:51.92	38.77	250m:	3:11.55
100m:	1:13.15	38.10	200m:	2:31.86	39.94	300m:	3:51.96
5. ONICHIMIUK Alicja	08	KU AZS UAM Pozna	<b>5:14.22</b> 4,0	1:16.02	1:20.37	1:19.81	1:18.02
50m:	36.05	36.05	150m:	1:56.43	40.41	250m:	3:16.43
100m:	1:16.02	39.97	200m:	2:36.39	39.96	300m:	3:56.20
6. GACEK Maja	08	UKS Shark Rudna	<b>5:29.00</b>	1:19.50	1:25.48	1:25.66	1:18.36
50m:	37.75	37.75	150m:	2:01.70	42.20	250m:	3:27.72
100m:	1:19.50	41.75	200m:	2:44.98	43.28	300m:	4:10.64
7. WITKOWSKA Alicja	08	MKP „SŁOWIANKA” Gorzów	<b>5:35.99</b>	1:18.24	1:27.09	1:27.32	1:23.34
50m:	36.25	36.25	150m:	2:01.94	43.70	250m:	3:28.98
100m:	1:18.24	41.99	200m:	2:45.33	43.39	300m:	4:12.65
8. PAWLAK Jagoda	08	UKS Marato czyk Ostrów	<b>5:50.63</b>	1:22.58	1:30.27	1:29.95	1:27.83
50m:	38.68	38.68	150m:	2:07.97	45.39	250m:	3:37.67
100m:	1:22.58	43.90	200m:	2:52.85	44.88	300m:	4:22.80

Grupa D

1. SZCZEPANIK Nikola	09	MKP „SŁOWIANKA” Gorzów	<b>5:04.16</b> 8,5	1:12.89	1:18.12	1:18.32	1:14.83
50m:	34.42	34.42	150m:	1:52.24	39.35	250m:	3:10.41
100m:	1:12.89	38.47	200m:	2:31.01	38.77	300m:	3:49.33
2. BOROVIKOVA Anfisa	09	Ukraina (Opole)	<b>5:11.10</b> 6,7	1:11.49	1:20.77	1:21.43	1:17.41
50m:	33.88	33.88	150m:	1:51.55	40.06	250m:	3:12.91
100m:	1:11.49	37.61	200m:	2:32.26	40.71	300m:	3:53.69
3. WITO Anna	09	UKS MOS w Opolu	<b>5:14.76</b> 5,8	1:12.64	1:20.75	1:22.40	1:18.97
50m:	34.14	34.14	150m:	1:53.33	40.69	250m:	3:14.82
100m:	1:12.64	38.50	200m:	2:33.39	40.06	300m:	3:55.79
4. CHMIELEWSKA Maria	09	UKS Marato czyk Ostrów	<b>5:18.17</b> 4,9	1:15.45	1:21.45	1:22.25	1:19.02
50m:	35.60	35.60	150m:	1:55.77	40.32	250m:	3:17.39
100m:	1:15.45	39.85	200m:	2:36.90	41.13	300m:	3:59.15
5. M DRY Maja	09	St. KP Olimpia wiecie	<b>5:18.85</b> 4,8	1:14.55	1:20.53	1:22.39	1:21.38
50m:	35.17	35.17	150m:	1:54.68	40.13	250m:	3:16.69
100m:	1:14.55	39.38	200m:	2:35.08	40.40	300m:	3:57.47
6. MONGIAŁŁO Zuzanna	09	UKS Shark Rudna	<b>5:22.77</b> 3,8	1:18.60	1:23.97	1:23.10	1:17.10
50m:	36.56	36.56	150m:	2:00.04	41.44	250m:	3:23.80
100m:	1:18.60	42.04	200m:	2:42.57	42.53	300m:	4:05.67
7. BAWOLSKA Milena	09	UKS KORAL Wrocław	<b>5:39.35</b>	1:16.98	1:28.90	1:28.04	1:25.43
50m:	35.50	35.50	150m:	2:01.23	44.25	250m:	3:29.73
100m:	1:16.98	41.48	200m:	2:45.88	44.65	300m:	4:13.92
8. JA LANEK Martyna	09	Stowarzyszenie UKS Siódmiot	<b>5:40.56</b> 4,0	1:17.52	1:27.25	1:29.14	1:26.65
50m:	36.35	36.35	150m:	2:00.87	43.35	250m:	3:29.39
100m:	1:17.52	41.17	200m:	2:44.77	43.90	300m:	4:13.91
9. SOSNOWSKA Urszula	09	KS Delfin Gdynia	<b>5:47.26</b>	1:20.70	1:28.98	1:30.18	1:27.40
50m:	37.84	37.84	150m:	2:04.76	44.06	250m:	3:34.57
100m:	1:20.70	42.86	200m:	2:49.68	44.92	300m:	4:19.86
10. SZEWCZYK Amelia	09	UKS Marato czyk Ostrów	<b>5:50.66</b>	1:21.82	1:30.33	1:30.80	1:27.71
50m:	38.50	38.50	150m:	2:06.69	44.87	250m:	3:37.19
100m:	1:21.82	43.32	200m:	2:52.15	45.46	300m:	4:22.95
11. TOMCZAK Weronika	09	Gnie nie skie Towarzystwo	<b>5:53.10</b> nowe Diameni	1:21.85	1:32.45	1:33.35	1:25.45
50m:	38.47	38.47	150m:	2:07.75	45.90	250m:	3:41.55
100m:	1:21.85	43.38	200m:	2:54.30	46.55	300m:	4:27.65

Grupa E

1. RZEPKA Klara	10	Uks "Aqua Team Mikołów"	<b>5:09.86</b> 10,0	1:13.55	1:20.19	1:20.45	1:15.67
50m:	34.97	34.97	150m:	1:53.36	39.81	250m:	3:14.12
100m:	1:13.55	38.58	200m:	2:33.74	40.38	300m:	3:54.19
2. REUTA Polina	10	Ukraina (Opole)	<b>5:12.01</b> 9,5	1:14.23	1:20.63	1:21.09	1:16.06
50m:	35.11	35.11	150m:	1:54.55	40.32	250m:	3:15.76
100m:	1:14.23	39.12	200m:	2:34.86	40.31	300m:	3:55.95
3. KOPER Julia	10	KU AZS UAM Pozna	<b>5:33.95</b> 4,2	1:18.12	1:27.68	1:27.12	1:21.03
50m:	36.39	36.39	150m:	2:01.56	43.44	250m:	3:28.91
100m:	1:18.12	41.73	200m:	2:45.80	44.24	300m:	4:12.92