

Ogólnopolskie Zawody Pływackie Poprawiamy Rekordy na Termach 2022
Pozna , 14.5.2022

Konkurencja 9
2022.05.14 - 13:22

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.
Grupa A									
1.	POLA SKA Aleksandra		00	UKS GOS Raszyn			4:17.74	772	
	50m: 30.34	30.34	150m: 1:36.13	33.05	250m: 2:41.54	32.38	350m: 3:46.32	32.26	
	100m: 1:03.08	32.74	200m: 2:09.16	33.03	300m: 3:14.06	32.52	400m: 4:17.74	31.42	
2.	KULIK Julia		05	UKS GOS Raszyn			4:33.74	644	
	50m: 31.45	31.45	150m: 1:39.46	34.26	250m: 2:49.22	35.02	350m: 3:59.74	35.67	
	100m: 1:05.20	33.75	200m: 2:14.20	34.74	300m: 3:24.07	34.85	400m: 4:33.74	34.00	
3.	ZAGDA SKA Oliwia		05	MKS Juvenia Wrocław			4:40.32	600	
	50m: 32.57	32.57	150m: 1:43.61	35.78	250m: 2:54.95	35.80	350m: 4:06.20	35.56	
	100m: 1:07.83	35.26	200m: 2:19.15	35.54	300m: 3:30.64	35.69	400m: 4:40.32	34.12	
4.	WIDNICKA Kamila		06	MKS Juvenia Wrocław			4:41.42	593	
	50m: 31.59	31.59	150m: 1:42.22	35.85	250m: 2:54.53	36.15	350m: 4:06.32	35.61	
	100m: 1:06.37	34.78	200m: 2:18.38	36.16	300m: 3:30.71	36.18	400m: 4:41.42	35.10	
5.	GERBIER Kiara		04	KS Warta Pozna			4:49.19	546	
	50m: 31.80	31.80	150m: 1:43.97	36.84	250m: 2:58.11	37.45	350m: 4:13.14	37.51	
	100m: 1:07.13	35.33	200m: 2:20.66	36.69	300m: 3:35.63	37.52	400m: 4:49.19	36.05	
6.	SMEKTAŁA Oliwia		04	KS Warta Pozna			4:52.12	530	
	50m: 34.19	34.19	150m: 1:48.05	37.44	250m: 3:02.62	37.18	350m: 4:17.67	37.63	
	100m: 1:10.61	36.42	200m: 2:25.44	37.39	300m: 3:40.04	37.42	400m: 4:52.12	34.45	
7.	PRZYBYSZ Kinga		04	MKP Astromal-Leszno			4:52.29	529	
	50m: 33.47	33.47	150m: 1:48.20	37.60	250m: 3:03.14	37.51	350m: 4:17.43	37.20	
	100m: 1:10.60	37.13	200m: 2:25.63	37.43	300m: 3:40.23	37.09	400m: 4:52.29	34.86	
Grupa B									
1.	KUCZMAR Zuzanna		07	MKS Ochota Warszawa			4:37.06	621	
	50m: 31.64	31.64	150m: 1:41.13	34.95	250m: 2:51.44	35.27	350m: 4:02.31	35.28	
	100m: 1:06.18	34.54	200m: 2:16.17	35.04	300m: 3:27.03	35.59	400m: 4:37.06	34.75	
2.	MAŁOLEPSZA Weronika		07	MKP Szczecin			4:50.17	541	
	50m: 32.58	32.58	150m: 1:44.81	36.61	250m: 2:59.42	37.40	350m: 4:14.32	37.17	
	100m: 1:08.20	35.62	200m: 2:22.02	37.21	300m: 3:37.15	37.73	400m: 4:50.17	35.85	
3.	OWCZAREK Julia		07	MKP „SŁOWIANKA" Gorzów Wlkp.			4:58.33	497	
	50m: 33.60	33.60	150m: 1:47.83	37.68	250m: 3:03.71	38.12	350m: 4:20.92	38.98	
	100m: 1:10.15	36.55	200m: 2:25.59	37.76	300m: 3:41.94	38.23	400m: 4:58.33	37.41	
4.	KULAS Anna		07	MKS Juvenia Wrocław			5:07.27	455	
	50m: 33.56	33.56	150m: 1:51.50	39.28	250m: 3:10.54	39.40	350m: 4:29.69	38.91	
	100m: 1:12.22	38.66	200m: 2:31.14	39.64	300m: 3:50.78	40.24	400m: 5:07.27	37.58	
5.	PLUTA Aleksandra		07	WKS I sk			5:19.37	405	
	50m: 35.66	35.66	150m: 1:55.78	40.33	250m: 3:17.46	40.84	350m: 4:40.08	41.32	
	100m: 1:15.45	39.79	200m: 2:36.62	40.84	300m: 3:58.76	41.30	400m: 5:19.37	39.29	
Grupa C									
1.	WI NIEWSKA Maja		08	MKS Ochota Warszawa			4:59.94	489	
	50m: 33.30	33.30	150m: 1:47.47	37.82	250m: 3:04.80	38.76	350m: 4:22.03	38.25	
	100m: 1:09.65	36.35	200m: 2:26.04	38.57	300m: 3:43.78	38.98	400m: 4:59.94	37.91	
2.	KORDALSKA Oliwia		08	KS Warta Pozna			5:02.19	479	
	50m: 33.99	33.99	150m: 1:50.83	39.05	250m: 3:08.38	38.76	350m: 4:26.02	38.40	
	100m: 1:11.78	37.79	200m: 2:29.62	38.79	300m: 3:47.62	39.24	400m: 5:02.19	36.17	
3.	ZABRANIAK Karina		08	MKP Szczecin			5:11.89	435	
	50m: 34.07	34.07	150m: 1:52.89	39.42	250m: 3:13.10	40.57	350m: 4:33.27	40.25	
	100m: 1:13.47	39.40	200m: 2:32.53	39.64	300m: 3:53.02	39.92	400m: 5:11.89	38.62	

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Pozna , 14.5.2022

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

Pozycja			Rok ur.					Czas	Pkt.		
4.	MASIEREK Marika		08	Toru	Multisport Team			5:15.81	419		
	50m:	34.15 34.15	150m:	1:54.52	40.99	250m:	3:16.49	41.51	350m:	4:38.26	41.28
	100m:	1:13.53 39.38	200m:	2:34.98	40.46	300m:	3:56.98	40.49	400m:	5:15.81	37.55
5.	ONICHIMIUK Alicja		08	KU AZS UAM	Pozna			5:17.99	411		
	50m:	34.77 34.77	150m:	1:55.11	40.51	250m:	3:17.41	41.53	350m:	4:38.91	41.03
	100m:	1:14.60 39.83	200m:	2:35.88	40.77	300m:	3:57.88	40.47	400m:	5:17.99	39.08
	MAY Matylda		08	MKP Astromal-	Leszno			5:17.99	411		
	50m:	35.43 35.43	150m:	1:55.66	40.26	250m:	3:18.24	41.37	350m:	4:40.16	40.51
	100m:	1:15.40 39.97	200m:	2:36.87	41.21	300m:	3:59.65	41.41	400m:	5:17.99	37.83

Grupa D

1.	WEGNER Julia		09	MKP „SŁOWIANKA"	Gorzów Wlkp.			4:59.02	494		
	50m:	33.84 33.84	150m:	1:50.73	39.03	250m:	3:08.41	39.06	350m:	4:24.68	38.28
	100m:	1:11.70 37.86	200m:	2:29.35	38.62	300m:	3:46.40	37.99	400m:	4:59.02	34.34
2.	KAPKA Antonina		09	CSiR MOS w D	browie Górniczej			5:06.25	460		
	50m:	34.21 34.21	150m:	1:51.90	38.86	250m:	3:10.17	38.81	350m:	4:28.96	38.77
	100m:	1:13.04 38.83	200m:	2:31.36	39.46	300m:	3:50.19	40.02	400m:	5:06.25	37.29

Grupa E

1.	OLSCHOWKA Julia		10	KS Warta	Pozna			5:20.52	401		
	50m:	35.19 35.19	150m:	1:56.99	41.52	250m:	3:20.12	41.39	350m:	4:42.56	40.24
	100m:	1:15.47 40.28	200m:	2:38.73	41.74	300m:	4:02.32	42.20	400m:	5:20.52	37.96
2.	BARTYZEL Nadia		10	MKP Kołobrzeg				5:30.57	366		
	50m:	36.72 36.72	150m:	2:02.20	42.60	250m:	3:27.69	42.23	350m:	4:51.96	41.16
	100m:	1:19.60 42.88	200m:	2:45.46	43.26	300m:	4:10.80	43.11	400m:	5:30.57	38.61
3.	KORDALSKA Maja		10	KS Warta	Pozna			5:32.56	359		
	50m:	36.42 36.42	150m:	1:58.25	42.31	250m:	3:25.64	44.24	350m:	4:52.99	43.62
	100m:	1:15.94 39.52	200m:	2:41.40	43.15	300m:	4:09.37	43.73	400m:	5:32.56	39.57
4.	STYKOWSKA Liwia		10	MKS Ochota	Warszawa			5:34.79	352		
	50m:	36.76 36.76	150m:	2:02.03	43.19	250m:	3:29.50	43.64	350m:	4:55.39	42.37
	100m:	1:18.84 42.08	200m:	2:45.86	43.83	300m:	4:13.02	43.52	400m:	5:34.79	39.40
5.	HUSZCZA Aleksandra		10	UKS „GIM 92	Ursynów"			5:41.17	332		
	50m:	37.37 37.37	150m:	2:04.15	43.64	250m:	3:33.23	44.46	350m:	5:00.73	43.49
	100m:	1:20.51 43.14	200m:	2:48.77	44.62	300m:	4:17.24	44.01	400m:	5:41.17	40.44

Grupa F

1.	OSICZKO Kaja		11	MKS Ochota	Warszawa			5:55.96	293		
	50m:	40.35 40.35	150m:	2:10.13	45.57	250m:	3:43.04	46.65	350m:	5:12.31	43.23
	100m:	1:24.56 44.21	200m:	2:56.39	46.26	300m:	4:29.08	46.04	400m:	5:55.96	43.65

DYSKW. LACH Maria 11 MKS Ochota Warszawa
O1 - Pływak wystartował po komendzie na miejsca i zaj ciu pozycji nieruchomej a przed sygnałem startu.