

Ogólnopolskie Zawody Pływackie - Otwarcie Sezonu na Termach  
Pozna , 24.9.2022

Konkurencja 21  
2022.09.24 - 15:38

Kobiet, 400m dowolny

Open  
Wyniki

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.
<b>14 lat i starsi</b>									
1.	MA LEJ Iga		03	UKS "Kro nicka Przysta "				<b>4:50.20</b>	523
	50m: 32.47	32.47	150m: 1:44.68	36.74	250m: 2:58.59	37.08	350m: 4:13.36	37.40	
	100m: 1:07.94	35.47	200m: 2:21.51	36.83	300m: 3:35.96	37.37	400m: 4:50.20	36.84	
2.	DZI GIEL Marta		07	UKS Manta Warszawa Włochy				<b>4:52.66</b>	510
	50m: 33.15	33.15	150m: 1:46.30	37.04	250m: 3:00.74	37.14	350m: 4:16.39	38.06	
	100m: 1:09.26	36.11	200m: 2:23.60	37.30	300m: 3:38.33	37.59	400m: 4:52.66	36.27	
3.	GARBA Ró a		08	UKS „SZAFIR” Wałbrzych				<b>5:26.90</b>	366
	50m: 37.81	37.81	150m: 2:03.20	42.76	250m: 3:27.06	41.52	350m: 4:48.85	40.03	
	100m: 1:20.44	42.63	200m: 2:45.54	42.34	300m: 4:08.82	41.76	400m: 5:26.90	38.05	
4.	K DZIERSKA Michalina		08	KS WANKAN Legnica				<b>5:30.80</b>	353
	50m: 36.03	36.03	150m: 2:00.88	42.60	250m: 3:25.46	42.43	350m: 4:50.15	42.64	
	100m: 1:18.28	42.25	200m: 2:43.03	42.15	300m: 4:07.51	42.05	400m: 5:30.80	40.65	
<b>13 lat</b>									
1.	KAMI SKA Zofia		09	UKS "Kro nicka Przysta "				<b>5:06.72</b>	443
	50m: 34.74	34.74	150m: 1:51.99	38.69	250m: 3:10.63	39.47	350m: 4:29.32	39.38	
	100m: 1:13.30	38.56	200m: 2:31.16	39.17	300m: 3:49.94	39.31	400m: 5:06.72	37.40	
2.	BABICH Ania		09	Ukraina				<b>5:07.79</b>	438
	50m: 34.36	34.36	150m: 1:49.90	38.42	250m: 3:09.28	39.84	350m: 4:28.78	39.95	
	100m: 1:11.48	37.12	200m: 2:29.44	39.54	300m: 3:48.83	39.55	400m: 5:07.79	39.01	
3.	JA LANEK Martyna		09	Stowarzyszenie UKS Siódemka Sopot				<b>5:23.30</b>	378
	50m: 35.41	35.41	150m: 1:54.05	39.83	250m: 3:17.24	42.00	350m: 4:41.50	42.13	
	100m: 1:14.22	38.81	200m: 2:35.24	41.19	300m: 3:59.37	42.13	400m: 5:23.30	41.80	
4.	CIKOTO Zofia		09	UKS „SZAFIR” Wałbrzych				<b>5:31.60</b>	351
	50m: 37.65	37.65	150m: 2:02.09	42.58	250m: 3:27.20	42.34	350m: 4:52.03	42.36	
	100m: 1:19.51	41.86	200m: 2:44.86	42.77	300m: 4:09.67	42.47	400m: 5:31.60	39.57	
<b>12 lat</b>									
1.	LIPI SKA Natalia		10	UKS „Ósemka” Toru				<b>4:56.18</b>	492
	50m: 33.09	33.09	150m: 1:46.68	37.49	250m: 3:02.22	37.67	350m: 4:17.88	37.76	
	100m: 1:09.19	36.10	200m: 2:24.55	37.87	300m: 3:40.12	37.90	400m: 4:56.18	38.30	
2.	KOPER Julia		10	KU AZS UAM Pozna				<b>5:24.98</b>	372
	50m: 35.27	35.27	150m: 1:57.34	41.65	250m: 3:22.51	42.25	350m: 4:47.11	42.20	
	100m: 1:15.69	40.42	200m: 2:40.26	42.92	300m: 4:04.91	42.40	400m: 5:24.98	37.87	
<b>11 lat</b>									
1.	TKACZYK Iga		11	UKS „Ósemka” Toru				<b>5:34.72</b>	341
	50m: 36.16	36.16	150m: 2:00.38	42.99	250m: 3:26.49	43.01	350m: 4:54.33	44.07	
	100m: 1:17.39	41.23	200m: 2:43.48	43.10	300m: 4:10.26	43.77	400m: 5:34.72	40.39	
2.	MICHALAK Maria		11	KS Warta Pozna				<b>5:53.54</b>	289
	50m: 39.35	39.35	150m: 2:07.19	44.76	250m: 3:39.03	46.14	350m: 5:10.69	45.61	
	100m: 1:22.43	43.08	200m: 2:52.89	45.70	300m: 4:25.08	46.05	400m: 5:53.54	42.85	
3.	ROSZCZYK Kamila		11	UKS G-8 Bielany Warszawa				<b>6:20.03</b>	233
	50m: 41.32	41.32	150m: 2:20.41	50.02	250m: 3:59.24	49.31	350m: 5:35.73	47.49	
	100m: 1:30.39	49.07	200m: 3:09.93	49.52	300m: 4:48.24	49.00	400m: 6:20.03	44.30	
4.	RORAT Zuzanna		11	UKS Delfinek Legnica				<b>6:25.65</b>	223
	50m:		150m:		250m: 5:39.42		350m:		
	100m:		200m:		300m:		400m:	6:25.65	

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10 lat i młodsi

1. SAMOKHINA Viktoriia			12	Ukraina				<b>5:57.38</b>	280		
50m:	41.64	41.64	150m:	2:13.68	46.26	250m:	3:45.65	46.04	350m:	5:16.01	44.72
100m:	1:27.42	45.78	200m:	2:59.61	45.93	300m:	4:31.29	45.64	400m:	5:57.38	41.37