

Ogólnopolskie Zawody Pływackie Poprawiamy Rekordy na Termach
Pozna , 20.5.2023

Konkurencja 9
2023.05.20 - 12:44

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2023

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
Grupa A							
1.	NOWALI SKA, Julia 06	Just Swim Beavers	5:04.84 466	1:12.01	1:17.70	1:19.12	1:16.01
	50m: 33.70 33.70	150m: 1:51.04 39.03	250m: 3:09.63	39.92	350m: 4:27.75	38.92	
	100m: 1:12.01 38.31	200m: 2:29.71 38.67	300m: 3:48.83	39.20	400m: 5:04.84	37.09	
2.	FERCHMIN, Aleksandra 04	KU AZS UAM Pozna	5:25.86 381	1:19.86	1:23.31	1:23.09	1:19.60
	50m: 38.44 38.44	150m: 2:01.56 41.70	250m: 3:24.68	41.51	350m: 4:47.13	40.87	
	100m: 1:19.86 41.42	200m: 2:43.17 41.61	300m: 4:06.26	41.58	400m: 5:25.86	38.73	
Grupa B							
1.	TARASZKIEWICZ, Zofia 07	Mokotowski UKP Warszawa	4:46.58 561	1:08.80	1:13.68	1:13.04	1:11.06
	50m: 32.77 32.77	150m: 1:45.66 36.86	250m: 2:58.94	36.46	350m: 4:12.16	36.64	
	100m: 1:08.80 36.03	200m: 2:22.48 36.82	300m: 3:35.52	36.58	400m: 4:46.58	34.42	
2.	BUDZE , Monika 07	MKP Astromal-Leszno	4:47.33 556	1:09.20	1:14.31	1:14.31	1:09.51
	50m: 32.98 32.98	150m: 1:46.01 36.81	250m: 3:00.94	37.43	350m: 4:13.96	36.14	
	100m: 1:09.20 36.22	200m: 2:23.51 37.50	300m: 3:37.82	36.88	400m: 4:47.33	33.37	
3.	GOLANOWSKA, Gabriela 07	Kaliski Klub Sportowy „Włó4	4:48.02 552	1:13.01	1:15.18	1:10.71	1:09.12
	50m: 35.58 35.58	150m: 1:50.43 37.42	250m: 3:03.35	35.16	350m: 4:14.21	35.31	
	100m: 1:13.01 37.43	200m: 2:28.19 37.76	300m: 3:38.90	35.55	400m: 4:48.02	33.81	
4.	WI , Wiktoria 08	KS Posnania Pozna	4:48.23 551	1:08.62	1:13.88	1:14.25	1:11.48
	50m: 32.72 32.72	150m: 1:45.52 36.90	250m: 2:59.75	37.25	350m: 4:13.30	36.55	
	100m: 1:08.62 35.90	200m: 2:22.50 36.98	300m: 3:36.75	37.00	400m: 4:48.23	34.93	
5.	SKORYKOW, Lena 08	UKS Ostrobramska	4:50.32 539	1:10.02	1:14.26	1:13.97	1:12.07
	50m: 33.37 33.37	150m: 1:47.00 36.98	250m: 3:01.34	37.06	350m: 4:15.07	36.82	
	100m: 1:10.02 36.65	200m: 2:24.28 37.28	300m: 3:38.25	36.91	400m: 4:50.32	35.25	
6.	MICHALSKA, Pola 07	Mokotowski UKP Warszawa	4:51.56 533	1:08.95	1:14.66	1:14.39	1:13.56
	50m: 33.27 33.27	150m: 1:46.44 37.49	250m: 3:01.04	37.43	350m: 4:15.39	37.39	
	100m: 1:08.95 35.68	200m: 2:23.61 37.17	300m: 3:38.00	36.96	400m: 4:51.56	36.17	
7.	LETKIEWICZ, Zuzanna 08	TP Zielona Góra	5:00.32 487	1:09.31	1:17.12	1:18.18	1:15.71
	50m: 32.88 32.88	150m: 1:47.05 37.74	250m: 3:05.65	39.22	350m: 4:23.20	38.59	
	100m: 1:09.31 36.43	200m: 2:26.43 39.38	300m: 3:44.61	38.96	400m: 5:00.32	37.12	
8.	MAY, Matylda 08	MKP Astromal-Leszno	5:02.70 476	1:13.16	1:17.46	1:17.28	1:14.80
	50m: 34.90 34.90	150m: 1:51.79 38.63	250m: 3:09.28	38.66	350m: 4:25.97	38.07	
	100m: 1:13.16 38.26	200m: 2:30.62 38.83	300m: 3:47.90	38.62	400m: 5:02.70	36.73	
9.	JACUK, Julia 07	MKS „Astoria” Bydgoszcz	5:04.20 469	1:13.13	1:17.30	1:17.59	1:16.18
	50m: 34.92 34.92	150m: 1:51.21 38.08	250m: 3:08.82	38.39	350m: 4:26.57	38.55	
	100m: 1:13.13 38.21	200m: 2:30.43 39.22	300m: 3:48.02	39.20	400m: 5:04.20	37.63	
10.	WOJTKOWIAK, Wiktoria 07	Kaliski Klub Sportowy „Włó5	5:05.44 463	1:12.82	1:18.93	1:17.70	1:15.99
	50m: 34.21 34.21	150m: 1:52.09 39.27	250m: 3:10.10	38.35	350m: 4:27.93	38.48	
	100m: 1:12.82 38.61	200m: 2:31.75 39.66	300m: 3:49.45	39.35	400m: 5:05.44	37.51	
11.	TOMKIEL, Anna 07	Mokotowski UKP Warszawa	5:10.28 442	1:14.84	1:20.27	1:19.45	1:15.72
	50m: 35.42 35.42	150m: 1:54.92 40.08	250m: 3:14.79	39.68	350m: 4:33.80	39.24	
	100m: 1:14.84 39.42	200m: 2:35.11 40.19	300m: 3:54.56	39.77	400m: 5:10.28	36.48	
12.	SIEDLECKA, Alicja 07	KS Warta Pozna	5:14.09 426	1:14.93	1:21.31	1:20.10	1:17.75
	50m: 35.63 35.63	150m: 1:55.40 40.47	250m: 3:16.56	40.32	350m: 4:36.37	40.03	
	100m: 1:14.93 39.30	200m: 2:36.24 40.84	300m: 3:56.34	39.78	400m: 5:14.09	37.72	
13.	PILARSKA, Maja 08	KP Aquapark W growiec	5:26.99 377	1:17.21	1:24.47	1:24.18	1:21.13
	50m: 36.28 36.28	150m: 2:00.15 42.94	250m: 3:24.43	42.75	350m: 4:48.72	42.86	
	100m: 1:17.21 40.93	200m: 2:41.68 41.53	300m: 4:05.86	41.43	400m: 5:26.99	38.27	
14.	IWANOWSKA, Zuzanna 08	MUKS "Pi tnastka"	5:34.63 352	1:19.80	1:24.86	1:26.25	1:23.72
	50m: 37.32 37.32	150m: 2:01.96 42.16	250m: 3:28.06	43.40	350m: 4:53.23	42.32	
	100m: 1:19.80 42.48	200m: 2:44.66 42.70	300m: 4:10.91	42.85	400m: 5:34.63	41.40	
Grupa C							
1.	BALICKA, Ada 09	KS Warta Pozna	5:09.86 444	1:13.69	1:18.45	1:19.48	1:18.24
	50m: 35.22 35.22	150m: 1:52.63 38.94	250m: 3:11.93	39.79	350m: 4:31.22	39.60	
	100m: 1:13.69 38.47	200m: 2:32.14 39.51	300m: 3:51.62	39.69	400m: 5:09.86	38.64	

Ogólnopolskie Zawody Pływackie Poprawiamy Rekordy na Termach
Pozna , 20.5.2023

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

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
2. KOSECKA, Klara	09	St. KP Olimpia wiecie	5:39.42 337	1:17.21	1:25.39	1:28.33	1:28.49
50m: 36.13	36.13	150m: 2:00.23	43.02	250m: 3:26.09	43.49	350m: 4:56.53	45.60
100m: 1:17.21	41.08	200m: 2:42.60	42.37	300m: 4:10.93	44.84	400m: 5:39.42	42.89
3. GRAMALA, Zofia	09	KS Posnania Pozna	5:41.03 333	1:18.03	1:27.30	1:29.77	1:25.93
50m: 36.34	36.34	150m: 2:01.23	43.20	250m: 3:29.49	44.16	350m: 5:01.21	46.11
100m: 1:18.03	41.69	200m: 2:45.33	44.10	300m: 4:15.10	45.61	400m: 5:41.03	39.82
4. GRZESIAK, Kalina	09	UKS SP AQUARIUS Lesko	6:22.72 235	1:28.14	1:38.36	1:39.50	1:36.72
50m: 41.40	41.40	150m: 2:17.17	49.03	250m: 3:56.23	49.73	350m: 5:35.63	49.63
100m: 1:28.14	46.74	200m: 3:06.50	49.33	300m: 4:46.00	49.77	400m: 6:22.72	47.09

Grupa D

1. KOPER, Julia	10	KU AZS UAM Pozna	5:16.77 415	1:15.31	1:22.10	1:20.66	1:18.70
50m: 35.48	35.48	150m: 1:55.85	40.54	250m: 3:17.33	39.92	350m: 4:38.56	40.49
100m: 1:15.31	39.83	200m: 2:37.41	41.56	300m: 3:58.07	40.74	400m: 5:16.77	38.21
2. KARWAJ, Paulina	10	UKS SP AQUARIUS Lesko	5:54.58 296	1:20.73	1:32.55	1:34.06	1:27.24
50m: 37.01	37.01	150m: 2:05.90	45.17	250m: 3:40.19	46.91	350m: 5:13.73	46.39
100m: 1:20.73	43.72	200m: 2:53.28	47.38	300m: 4:27.34	47.15	400m: 5:54.58	40.85
3. FLOREK, Aleksandra	10	UKS SP AQUARIUS Lesko	5:59.28 284	1:22.85	1:30.42	1:33.12	1:32.89
50m: 39.47	39.47	150m: 2:07.78	44.93	250m: 3:39.67	46.40	350m: 5:13.94	47.55
100m: 1:22.85	43.38	200m: 2:53.27	45.49	300m: 4:26.39	46.72	400m: 5:59.28	45.34

Grupa E

1. PIÓR, Julia	11	Grudzi dzki KP „Orka”	5:18.20 410	1:15.72	1:22.01	1:21.73	1:18.74
50m: 35.87	35.87	150m: 1:56.91	41.19	250m: 3:18.87	41.14	350m: 4:39.90	40.44
100m: 1:15.72	39.85	200m: 2:37.73	40.82	300m: 3:59.46	40.59	400m: 5:18.20	38.30
2. MICHALAK, Maria	11	KS Warta Pozna	5:32.75 358	1:18.91	1:25.55	1:26.10	1:22.19
50m: 37.42	37.42	150m: 2:01.74	42.83	250m: 3:27.66	43.20	350m: 4:53.02	42.46
100m: 1:18.91	41.49	200m: 2:44.46	42.72	300m: 4:10.56	42.90	400m: 5:32.75	39.73

Grupa F

1. F FERREK, Julia	15	MUKS "TUREKin pływa"	6:00.95 280	1:22.37	1:32.69	1:33.73	1:32.16
50m: 38.11	38.11	150m: 2:08.68	46.31	250m: 3:42.20	47.14	350m: 5:16.39	47.60
100m: 1:22.37	44.26	200m: 2:55.06	46.38	300m: 4:28.79	46.59	400m: 6:00.95	44.56
2. BUDNER, Hanna	14	MUKS "TUREKin pływa"	6:19.85 241	1:28.14	1:38.42	1:39.43	1:33.86
50m: 40.93	40.93	150m: 2:17.44	49.30	250m: 3:56.67	50.11	350m: 5:34.43	48.44
100m: 1:28.14	47.21	200m: 3:06.56	49.12	300m: 4:45.99	49.32	400m: 6:19.85	45.42