

Letnie Mistrzostwa Okręgu Wielkopolskiego
Poznań, 16. - 17.6.2023

Konkurencja 3
2023.06.16 - 9:50

Kobiet, 400m zmienny

10 lat i starsi
Wyniki

Punkty: FINA 2023

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m	
10 lat i starsi									
1.	ŁOBODA Maria	08	Uks Cityzen	5:28.48	533	1:12.80	1:24.77	1:35.51	1:15.40
	50m: 33.02	33.02	150m: 1:55.15	42.35	250m: 3:24.59	47.02	350m: 4:51.96	38.88	
	100m: 1:12.80	39.78	200m: 2:37.57	42.42	300m: 4:13.08	48.49	400m: 5:28.48	36.52	
2.	LEWANDOWSKA Julia	10	MUKS "Pi tnastrka"	5:28.58	532	1:18.18	1:19.04	1:38.63	1:12.73
	50m: 35.57	35.57	150m: 1:57.85	39.67	250m: 3:26.05	48.83	350m: 4:52.90	37.05	
	100m: 1:18.18	42.61	200m: 2:37.22	39.37	300m: 4:15.85	49.80	400m: 5:28.58	35.68	
3.	GRYKO Patrycja	09	KS Warta Poznań	5:31.26	519	1:10.83	1:25.52	1:38.45	1:16.46
	50m:		150m: 1:53.56	42.73	250m: 3:26.15	49.80	350m: 4:53.95	39.15	
	100m: 1:10.83		200m: 2:36.35	42.79	300m: 4:14.80	48.65	400m: 5:31.26	37.31	
4.	SZEWczyk Amelia	09	UKS Marato czyk Ostrów W	6:22.03	338	1:32.41	1:39.42	1:46.87	1:23.33
	50m: 41.63	41.63	150m: 2:23.25	50.84	250m: 4:05.39	53.56	350m: 5:41.69	42.99	
	100m: 1:32.41	50.78	200m: 3:11.83	48.58	300m: 4:58.70	53.31	400m: 6:22.03	40.34	
5.	GÓRZY SKA Karolina	10	KP "Nemo" Lipno	6:45.75	282	1:29.66	1:42.27	1:58.58	1:35.24
	50m: 39.26	39.26	150m: 2:22.00	52.34	250m: 4:11.24	59.31	350m: 5:57.71	47.20	
	100m: 1:29.66	50.40	200m: 3:11.93	49.93	300m: 5:10.51	59.27	400m: 6:45.75	48.04	

14 - 16 lat

1.	ŁOBODA Maria	08	Uks Cityzen	5:28.48	533	1:12.80	1:24.77	1:35.51	1:15.40
	50m: 33.02	33.02	150m: 1:55.15	42.35	250m: 3:24.59	47.02	350m: 4:51.96	38.88	
	100m: 1:12.80	39.78	200m: 2:37.57	42.42	300m: 4:13.08	48.49	400m: 5:28.48	36.52	
2.	GRYKO Patrycja	09	KS Warta Poznań	5:31.26	519	1:10.83	1:25.52	1:38.45	1:16.46
	50m:		150m: 1:53.56	42.73	250m: 3:26.15	49.80	350m: 4:53.95	39.15	
	100m: 1:10.83		200m: 2:36.35	42.79	300m: 4:14.80	48.65	400m: 5:31.26	37.31	
3.	SZEWczyk Amelia	09	UKS Marato czyk Ostrów W	6:22.03	338	1:32.41	1:39.42	1:46.87	1:23.33
	50m: 41.63	41.63	150m: 2:23.25	50.84	250m: 4:05.39	53.56	350m: 5:41.69	42.99	
	100m: 1:32.41	50.78	200m: 3:11.83	48.58	300m: 4:58.70	53.31	400m: 6:22.03	40.34	

10 - 13 lat

1.	LEWANDOWSKA Julia	10	MUKS "Pi tnastrka"	5:28.58	532	1:18.18	1:19.04	1:38.63	1:12.73
	50m: 35.57	35.57	150m: 1:57.85	39.67	250m: 3:26.05	48.83	350m: 4:52.90	37.05	
	100m: 1:18.18	42.61	200m: 2:37.22	39.37	300m: 4:15.85	49.80	400m: 5:28.58	35.68	
2.	GÓRZY SKA Karolina	10	KP "Nemo" Lipno	6:45.75	282	1:29.66	1:42.27	1:58.58	1:35.24
	50m: 39.26	39.26	150m: 2:22.00	52.34	250m: 4:11.24	59.31	350m: 5:57.71	47.20	
	100m: 1:29.66	50.40	200m: 3:11.93	49.93	300m: 5:10.51	59.27	400m: 6:45.75	48.04	