

Wielkopolskie Rozgrywki Pływackie w kategorii 11/12/13 – latków.  
Pozna , 27.1. - 20.10.2023

Konkurencja 37  
2023.10.20 - 12:58

Dziewcz t, 400m dowolny

11 - 13 lat  
Wyniki

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.
<b>13 lat</b>									
1.	UK Hanna		10	KS Warta Pozna			<b>5:05.39</b>	449	
	50m: 33.67	33.67	150m: 1:49.91	38.21	250m: 3:07.86	39.09	350m: 4:26.56	39.57	
	100m: 1:11.70	38.03	200m: 2:28.77	38.86	300m: 3:46.99	39.13	400m: 5:05.39	38.83	
2.	KOPER Julia		10	KU AZS UAM Pozna			<b>5:10.44</b>	427	
	50m: 33.65	33.65	150m: 1:50.04	38.35	250m: 3:08.47	39.47	350m: 4:30.84	41.20	
	100m: 1:11.69	38.04	200m: 2:29.00	38.96	300m: 3:49.64	41.17	400m: 5:10.44	39.60	
3.	GWÓD Estera		10	UKS Niagara Jedyńka Wolsztyn			<b>5:14.01</b>	413	
	50m: 36.35	36.35	150m: 1:57.96	41.01	250m: 3:18.40	40.27	350m: 4:36.84	38.75	
	100m: 1:16.95	40.60	200m: 2:38.13	40.17	300m: 3:58.09	39.69	400m: 5:14.01	37.17	
4.	SZŁAPKA Antonina		10	UKS Cityzen			<b>5:18.68</b>	395	
	50m: 35.60	35.60	150m: 1:55.29	40.49	250m: 3:16.24	40.48	350m: 4:38.76	41.27	
	100m: 1:14.80	39.20	200m: 2:35.76	40.47	300m: 3:57.49	41.25	400m: 5:18.68	39.92	
5.	SIEPKA Zofia		10	KS Poznania Pozna			<b>5:32.30</b>	348	
	50m: 35.98	35.98	150m: 1:58.67	42.20	250m: 3:24.55	42.80	350m: 4:51.14	43.61	
	100m: 1:16.47	40.49	200m: 2:41.75	43.08	300m: 4:07.53	42.98	400m: 5:32.30	41.16	
6.	ŁADO Natalia		10	UKS KORAL Wrocław			<b>5:34.80</b>	341	
	50m: 37.58	37.58	150m: 2:02.17	42.70	250m: 3:27.61	43.24	350m: 4:54.31	43.47	
	100m: 1:19.47	41.89	200m: 2:44.37	42.20	300m: 4:10.84	43.23	400m: 5:34.80	40.49	
7.	RAMA Elena		10	MUKS „HURAGAN” Koło			<b>5:54.87</b>	286	
	50m: 39.41	39.41	150m: 2:09.96	46.01	250m: 3:41.81	45.88	350m: 5:11.85	44.58	
	100m: 1:23.95	44.54	200m: 2:55.93	45.97	300m: 4:27.27	45.46	400m: 5:54.87	43.02	
8.	JANKOWSKA Martyna		10	UKS Marato czyk Ostrów Wlkp.			<b>6:53.00</b>	181	
	50m: 40.91	40.91	150m: 2:10.56	45.09	250m: 3:44.82	47.01	350m: 5:19.07	46.87	
	100m: 1:25.47	44.56	200m: 2:57.81	47.25	300m: 4:32.20	47.38	400m: 6:53.00	1:33.93	
<b>12 lat</b>									
1.	SADŁOCHA Amelia		11	KTP Iskra Konin			<b>5:13.12</b>	416	
	50m: 34.69	34.69	150m: 1:53.07	39.65	250m: 3:13.29	40.33	350m: 4:35.05	41.08	
	100m: 1:13.42	38.73	200m: 2:32.96	39.89	300m: 3:53.97	40.68	400m: 5:13.12	38.07	
2.	MICHALAK Maria		11	KS Warta Pozna			<b>5:15.07</b>	409	
	50m: 36.19	36.19	150m: 1:55.82	40.33	250m: 3:16.45	40.45	350m: 4:37.34	40.29	
	100m: 1:15.49	39.30	200m: 2:36.00	40.18	300m: 3:57.05	40.60	400m: 5:15.07	37.73	
3.	GRABOWSKA Małgorzata		11	KS Poznania Pozna			<b>5:38.62</b>	329	
	50m: 35.64	35.64	150m: 1:59.36	42.77	250m: 3:27.01	43.60	350m: 4:55.97	44.63	
	100m: 1:16.59	40.95	200m: 2:43.41	44.05	300m: 4:11.34	44.33	400m: 5:38.62	42.65	
4.	MAJZA - WAWRZY SKA Barbara		11	UKS 3-Wodnik Wolsztyn			<b>5:39.53</b>	327	
	50m: 38.39	38.39	150m: 2:04.59	42.99	250m: 3:30.91	43.38	350m: 4:57.76	43.02	
	100m: 1:21.60	43.21	200m: 2:47.53	42.94	300m: 4:14.74	43.83	400m: 5:39.53	41.77	
5.	ŁACZEK Wiktoria		11	Sp1 Swarzędz			<b>5:40.30</b>	324	
	50m: 36.08	36.08	150m: 2:00.01	43.29	250m: 3:28.45	44.71	350m: 4:58.73	45.11	
	100m: 1:16.72	40.64	200m: 2:43.74	43.73	300m: 4:13.62	45.17	400m: 5:40.30	41.57	
6.	RUMIEJOWSKA Aleksandra		11	MUKS „HURAGAN” Koło			<b>5:52.51</b>	292	
	50m: 38.32	38.32	150m: 2:07.73	44.85	250m: 3:38.59	45.34	350m: 5:08.32	44.92	
	100m: 1:22.88	44.56	200m: 2:53.25	45.52	300m: 4:23.40	44.81	400m: 5:52.51	44.19	
7.	STASIAKIEWICZ Helena		11	UKS Niagara Jedyńka Wolsztyn			<b>5:53.36</b>	290	
	50m: 39.05	39.05	150m: 2:09.06	45.67	250m: 3:39.60	45.38	350m: 5:10.32	44.45	
	100m: 1:23.39	44.34	200m: 2:54.22	45.16	300m: 4:25.87	46.27	400m: 5:53.36	43.04	
8.	SZYMA SKA Julia		11	KS Warta Pozna			<b>5:53.45</b>	289	
	50m: 39.59	39.59	150m: 2:09.30	45.79	250m: 3:40.18	45.99	350m: 5:11.32	45.32	
	100m: 1:23.51	43.92	200m: 2:54.19	44.89	300m: 4:26.00	45.82	400m: 5:53.45	42.13	

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Pozycja			Rok ur.					Czas	Pkt.		
9.	BOCHE	SKA Aleksandra	11	UKS „GROT” Koziegłowy				<b>6:01.11</b>	271		
	50m:	38.56 38.56	150m:	2:08.78	46.09	250m:	3:42.85	46.97	350m:	5:16.60	46.88
	100m:	1:22.69 44.13	200m:	2:55.88	47.10	300m:	4:29.72	46.87	400m:	6:01.11	44.51
10.	JAMROZIK	Amelia	11	MUKS „HURAGAN” Koło				<b>7:21.13</b>	149		
	50m:	46.39 46.39	150m:	2:38.75	57.61	250m:	4:32.99	56.77	350m:	6:27.26	56.74
	100m:	1:41.14 54.75	200m:	3:36.22	57.47	300m:	5:30.52	57.53	400m:	7:21.13	53.87

11 lat

1.	MIKOŁAJCZAK	Helena	12	IUKS Jedyńka Poznań				<b>5:42.92</b>	317		
	50m:	36.52 36.52	150m:	2:03.66	43.93	250m:	3:31.11	43.78	350m:	4:59.70	44.15
	100m:	1:19.73 43.21	200m:	2:47.33	43.67	300m:	4:15.55	44.44	400m:	5:42.92	43.22
2.	KANTEK - WALIGÓRSKA	Maja	12	UKS Niagara Jedyńka Wolsztyn				<b>6:00.98</b>	272		
	50m:	38.87 38.87	150m:	2:10.39	46.06	250m:	3:45.01	47.68	350m:		
	100m:	1:24.33 45.46	200m:	2:57.33	46.94	300m:	4:32.59	47.58	400m:	6:00.98	
3.	RAJCZYK	Lena	12	KTP Iskra Konin				<b>6:02.65</b>	268		
	50m:	40.08 40.08	150m:	2:12.66	46.56	250m:	3:46.64	47.29	350m:	5:20.06	46.39
	100m:	1:26.10 46.02	200m:	2:59.35	46.69	300m:	4:33.67	47.03	400m:	6:02.65	42.59
4.	HAAK	Maja	12	KS Warta Poznań				<b>6:52.65</b>	182		
	50m:	42.96 42.96	150m:	2:29.06	54.70	250m:	5:11.63	54.52	350m:		
	100m:	1:34.36 51.40	200m:	4:17.11	1:48.05	300m:	6:04.62	52.99	400m:	6:52.65	