

Konkurencja 13
2023.11.03 - 15:38

Kobiet, 200m zmienny

Open
Wyniki

Punkty: FINA 2023

| Pozycja | Rok ur. | | Czas | Pkt. | 50m | 100m | 150m | 200m | |
|---------|-----------------------|----|---------------------------|----------------|-----|---------|---------|---------|-------|
| Open | | | | | | | | | |
| 1. | ŁOBODA Maria | 08 | Uks Cityzen | 2:30.42 | 531 | 31.84 | 38.78 | 44.62 | 35.18 |
| 2. | CHMIELEWSKA Maria | 09 | UKS Marato czyk Ostrów W | 2:32.52 | 510 | 33.97 | 38.38 | 45.22 | 34.95 |
| 3. | BUDZE Monika | 07 | MKP Astromal-Leszno | 2:33.44 | 500 | 32.63 | 41.50 | 45.14 | 34.17 |
| 4. | GRYKO Patrycja | 09 | KS Posnania Pozna | 2:34.34 | 492 | 32.71 | 39.35 | 46.55 | 35.73 |
| 5. | WOLNA Aleksandra | 09 | MKP Astromal-Leszno | 2:38.07 | 458 | 32.61 | 42.13 | 48.53 | 34.80 |
| 6. | KORDALSKA Maja | 10 | KS Warta Pozna | 2:38.61 | 453 | 34.64 | 41.74 | 47.00 | 35.23 |
| 7. | LISIECKA Barbara | 11 | UKS Niagara Jedyndka Wols | 2:44.72 | 404 | 37.97 | 41.55 | 48.68 | 36.52 |
| 8. | MURAS Julia | 10 | KS Warta Pozna | 2:47.73 | 383 | 34.37 | 47.00 | 47.35 | 39.01 |
| 9. | ONICHIMIUK Maria | 11 | KU AZS UAM Pozna | 2:50.18 | 367 | 36.59 | 42.52 | 53.37 | 37.70 |
| 10. | SADŁOCHA Amelia | 11 | KTP Iskra Konin | 2:51.23 | 360 | 38.02 | 44.26 | 49.44 | 39.51 |
| 11. | NOWAK Aleksandra | 11 | KS Wodnik rem | 2:53.65 | 345 | 36.22 | 45.11 | 53.30 | 39.02 |
| 12. | RATAJCZAK Lena | 11 | KP Aquapark W growiec | 2:56.57 | 328 | 40.10 | 44.51 | 55.15 | 36.81 |
| 13. | GRABOWSKA Małgorzata | 11 | KS Posnania Pozna | 2:56.95 | 326 | 37.69 | 44.29 | 53.28 | 41.69 |
| 14. | SZEWCZYK Amelia | 09 | UKS Marato czyk Ostrów W | 2:57.81 | 321 | 1:28.29 | | | |
| 15. | BERG Maria | 10 | KS Posnania Pozna | 2:58.18 | 319 | 42.03 | 47.46 | 48.45 | 40.24 |
| 16. | MAKOWSKA Blanka | 11 | KS Posnania Pozna | 2:59.18 | 314 | 41.31 | 48.29 | 50.40 | 39.18 |
| 17. | SADŁOCHA Marcelina | 12 | KTP Iskra Konin | 2:59.57 | 312 | 39.75 | 46.51 | 56.82 | 36.49 |
| 18. | RUMIEJOWSKA A. | 11 | MUKS „HURAGAN” Koło | 3:00.24 | 309 | 41.45 | 47.54 | 51.07 | 40.18 |
| 19. | DOBRZYKOWSKA M. | 12 | KU AZS UAM Pozna | 3:00.77 | 306 | 39.98 | 45.39 | 55.37 | 40.03 |
| 20. | KRAUSE Barbara | 11 | KS Posnania Pozna | 3:00.86 | 305 | 39.35 | 47.61 | 53.16 | 40.74 |
| 21. | R YSKO Amelia | 11 | KS Posnania Pozna | 3:01.43 | 303 | 37.71 | 47.47 | 55.17 | 41.08 |
| 22. | STASIAKIEWICZ Helena | 11 | UKS Niagara Jedyndka Wols | 3:02.60 | 297 | 40.32 | 47.61 | 53.69 | 40.98 |
| 23. | MIKOŁAJCZAK Helena | 12 | IUKS Jedyndka Pozna | 3:04.04 | 290 | 41.70 | 48.10 | 55.29 | 38.95 |
| 24. | GRYSKA Gabriela | 11 | KS Posnania Pozna | 3:04.43 | 288 | 40.84 | 46.38 | 56.63 | 40.58 |
| 25. | OLKOWSKA Oliwia | 11 | KTP Iskra Konin | 3:04.45 | 288 | | | 55.37 | 40.55 |
| 26. | JANKOWSKA Magdalena | 11 | KTP Iskra Konin | 3:04.70 | 287 | 42.05 | 49.20 | 53.45 | 40.00 |
| 27. | WYRWA Paulina | 12 | UPKS Wodnik Rawicz | 3:06.14 | 280 | 39.87 | 47.37 | 56.15 | 42.75 |
| 28. | ZHORNITSKA Oleksandra | 11 | KS Posnania Pozna | 3:08.41 | 270 | 38.99 | 50.91 | 59.33 | 39.18 |
| 29. | KANTEK - WALIGÓRSKA M | 12 | UKS Niagara Jedyndka Wols | 3:11.43 | 257 | 43.51 | 51.31 | 55.44 | 41.17 |
| 30. | GRODECKA Maja | 11 | KS Posnania Pozna | 3:12.04 | 255 | 41.91 | 50.92 | 57.70 | 41.51 |
| 31. | JANKOWSKA Martyna | 10 | UKS Marato czyk Ostrów W | 3:12.11 | 255 | 44.76 | 50.62 | 54.19 | 42.54 |
| 32. | MERDA Marcelina | 12 | UKS Niagara Jedyndka Wols | 3:12.45 | 253 | 44.05 | 47.45 | 58.78 | 42.17 |
| 33. | WÓJCİK Marta | 12 | IUKS Jedyndka Pozna | 3:12.93 | 251 | 42.74 | 52.43 | 57.47 | 40.29 |
| 34. | HAŁUSZCZAK Amelia | 12 | UKS Niagara Jedyndka Wols | 3:24.42 | 211 | 45.01 | 55.07 | 57.08 | 47.26 |
| 35. | SCHMIDT Amelia | 11 | KU AZS UAM Pozna | 3:27.35 | 202 | 49.20 | 53.51 | 1:01.15 | 43.49 |
| 36. | SCHYLLER Aniela | 12 | MUKS „HURAGAN” Koło | 3:27.72 | 201 | 46.68 | 59.49 | 55.51 | 46.04 |
| 37. | RAMA Nina | 12 | MUKS „HURAGAN” Koło | 3:27.86 | 201 | 47.99 | 52.84 | 59.89 | 47.14 |
| 38. | RAJCZYK Lena | 12 | KTP Iskra Konin | 3:28.29 | 200 | 47.75 | 55.90 | 58.84 | 45.80 |
| 39. | LATANOWICZ Natalia | 12 | IUKS Jedyndka Pozna | 3:30.54 | 193 | 44.32 | 55.69 | 1:01.56 | 48.97 |
| 40. | CZŁAPA Blanka | 12 | IUKS Jedyndka Pozna | 3:37.22 | 176 | 46.96 | 1:00.36 | 59.86 | 50.04 |
| 41. | PI TEK Michalina | 11 | MUKS „HURAGAN” Koło | 3:39.43 | 171 | 49.46 | 53.74 | 1:05.57 | 50.66 |
| 42. | MAZURKIEWICZ Martyna | 12 | IUKS Jedyndka Pozna | 3:40.64 | 168 | 47.57 | 57.39 | 1:02.86 | 52.82 |
| 43. | JAMROZIK Amelia | 11 | MUKS „HURAGAN” Koło | 3:46.65 | 155 | 50.03 | 1:00.60 | 1:02.74 | 53.28 |
| 44. | SZCZEPKOWSKA Oliwia | 11 | MUKS „HURAGAN” Koło | 3:48.30 | 152 | 50.76 | 55.22 | 1:07.84 | 54.48 |
| 45. | JANKOWSKA Oliwia | 12 | KU AZS UAM Pozna | 3:49.32 | 150 | 56.88 | 56.84 | 1:03.27 | 52.33 |
| 46. | SOSNOWSKA Dominika | 12 | MUKS „HURAGAN” Koło | 3:58.16 | 133 | 53.82 | 1:01.73 | 1:04.50 | 58.11 |
| 47. | STEFANIAK Karolina | 12 | IUKS Jedyndka Pozna | 4:27.21 | 94 | 1:08.78 | 1:06.61 | 1:16.81 | 55.01 |
| DYSKW. | WOJTYSIAK Ewa | 11 | MUKS „HURAGAN” Koło | | | 45.86 | 53.28 | 1:01.95 | |

Z3 - Pływak uko czył poszczególne odcinki niezgodnie z przepisami o zakoczeniu wy cigu w danym stylu., /M4

Konkurencja 13, Kobiet, 200m zmienny

14 - 16 lat

| | | | | | | | | |
|----------------------|----|--------------------------|----------------|-----|---------|-------|-------|-------|
| 1. ŁOBODA Maria | 08 | Uks Cityzen | 2:30.42 | 531 | 31.84 | 38.78 | 44.62 | 35.18 |
| 2. CHMIELEWSKA Maria | 09 | UKS Marato czyk Ostrów W | 2:32.52 | 510 | 33.97 | 38.38 | 45.22 | 34.95 |
| 3. BUDZE Monika | 07 | MKP Astromal-Leszno | 2:33.44 | 500 | 32.63 | 41.50 | 45.14 | 34.17 |
| 4. GRYKO Patrycja | 09 | KS Posnania Pozna | 2:34.34 | 492 | 32.71 | 39.35 | 46.55 | 35.73 |
| 5. WOLNA Aleksandra | 09 | MKP Astromal-Leszno | 2:38.07 | 458 | 32.61 | 42.13 | 48.53 | 34.80 |
| 6. SZEWCZYK Amelia | 09 | UKS Marato czyk Ostrów W | 2:57.81 | 321 | 1:28.29 | | | |

11 - 13 lat

| | | | | | | | | |
|---------------------------|----|--------------------------|----------------|-----|---------|---------|---------|-------|
| 1. KORDALSKA Maja | 10 | KS Warta Pozna | 2:38.61 | 453 | 34.64 | 41.74 | 47.00 | 35.23 |
| 2. LISIECKA Barbara | 11 | UKS Niagara Jedyńka Wols | 2:44.72 | 404 | 37.97 | 41.55 | 48.68 | 36.52 |
| 3. MURAS Julia | 10 | KS Warta Pozna | 2:47.73 | 383 | 34.37 | 47.00 | 47.35 | 39.01 |
| 4. ONICHIMIUK Maria | 11 | KU AZS UAM Pozna | 2:50.18 | 367 | 36.59 | 42.52 | 53.37 | 37.70 |
| 5. SADŁOCHA Amelia | 11 | KTP Iskra Konin | 2:51.23 | 360 | 38.02 | 44.26 | 49.44 | 39.51 |
| 6. NOWAK Aleksandra | 11 | KS Wodnik rem | 2:53.65 | 345 | 36.22 | 45.11 | 53.30 | 39.02 |
| 7. RATAJCZAK Lena | 11 | KP Aquapark W growiec | 2:56.57 | 328 | 40.10 | 44.51 | 55.15 | 36.81 |
| 8. GRABOWSKA Małgorzata | 11 | KS Posnania Pozna | 2:56.95 | 326 | 37.69 | 44.29 | 53.28 | 41.69 |
| 9. BERG Maria | 10 | KS Posnania Pozna | 2:58.18 | 319 | 42.03 | 47.46 | 48.45 | 40.24 |
| 10. MAKOWSKA Blanka | 11 | KS Posnania Pozna | 2:59.18 | 314 | 41.31 | 48.29 | 50.40 | 39.18 |
| 11. SADŁOCHA Marcelina | 12 | KTP Iskra Konin | 2:59.57 | 312 | 39.75 | 46.51 | 56.82 | 36.49 |
| 12. RUMIEJOWSKA A. | 11 | MUKS „HURAGAN” Koło | 3:00.24 | 309 | 41.45 | 47.54 | 51.07 | 40.18 |
| 13. DOBRZYKOWSKA M. | 12 | KU AZS UAM Pozna | 3:00.77 | 306 | 39.98 | 45.39 | 55.37 | 40.03 |
| 14. KRAUSE Barbara | 11 | KS Posnania Pozna | 3:00.86 | 305 | 39.35 | 47.61 | 53.16 | 40.74 |
| 15. R YSKO Amelia | 11 | KS Posnania Pozna | 3:01.43 | 303 | 37.71 | 47.47 | 55.17 | 41.08 |
| 16. STASIAKIEWICZ Helena | 11 | UKS Niagara Jedyńka Wols | 3:02.60 | 297 | 40.32 | 47.61 | 53.69 | 40.98 |
| 17. MIKOŁAJCZAK Helena | 12 | IUKS Jedyńka Pozna | 3:04.04 | 290 | 41.70 | 48.10 | 55.29 | 38.95 |
| 18. GRYSKA Gabriela | 11 | KS Posnania Pozna | 3:04.43 | 288 | 40.84 | 46.38 | 56.63 | 40.58 |
| 19. OLKOWSKA Oliwia | 11 | KTP Iskra Konin | 3:04.45 | 288 | | | 55.37 | 40.55 |
| 20. JANKOWSKA Magdalena | 11 | KTP Iskra Konin | 3:04.70 | 287 | 42.05 | 49.20 | 53.45 | 40.00 |
| 21. WYRWA Paulina | 12 | UPKS Wodnik Rawicz | 3:06.14 | 280 | 39.87 | 47.37 | 56.15 | 42.75 |
| 22. ZHORNITSKA Oleksandra | 11 | KS Posnania Pozna | 3:08.41 | 270 | 38.99 | 50.91 | 59.33 | 39.18 |
| 23. KANTEK - WALIGÓRSKA M | 12 | UKS Niagara Jedyńka Wols | 3:11.43 | 257 | 43.51 | 51.31 | 55.44 | 41.17 |
| 24. GRODECKA Maja | 11 | KS Posnania Pozna | 3:12.04 | 255 | 41.91 | 50.92 | 57.70 | 41.51 |
| 25. JANKOWSKA Martyna | 10 | UKS Marato czyk Ostrów W | 3:12.11 | 255 | 44.76 | 50.62 | 54.19 | 42.54 |
| 26. MERDA Marcelina | 12 | UKS Niagara Jedyńka Wols | 3:12.45 | 253 | 44.05 | 47.45 | 58.78 | 42.17 |
| 27. WÓJCIK Marta | 12 | IUKS Jedyńka Pozna | 3:12.93 | 251 | 42.74 | 52.43 | 57.47 | 40.29 |
| 28. HAŁUSZCZAK Amelia | 12 | UKS Niagara Jedyńka Wols | 3:24.42 | 211 | 45.01 | 55.07 | 57.08 | 47.26 |
| 29. SCHMIDT Amelia | 11 | KU AZS UAM Pozna | 3:27.35 | 202 | 49.20 | 53.51 | 1:01.15 | 43.49 |
| 30. SCHYLLER Aniela | 12 | MUKS „HURAGAN” Koło | 3:27.72 | 201 | 46.68 | 59.49 | 55.51 | 46.04 |
| 31. RAMA Nina | 12 | MUKS „HURAGAN” Koło | 3:27.86 | 201 | 47.99 | 52.84 | 59.89 | 47.14 |
| 32. RAJCZYK Lena | 12 | KTP Iskra Konin | 3:28.29 | 200 | 47.75 | 55.90 | 58.84 | 45.80 |
| 33. LATANOWICZ Natalia | 12 | IUKS Jedyńka Pozna | 3:30.54 | 193 | 44.32 | 55.69 | 1:01.56 | 48.97 |
| 34. CZŁAPA Blanka | 12 | IUKS Jedyńka Pozna | 3:37.22 | 176 | 46.96 | 1:00.36 | 59.86 | 50.04 |
| 35. PI TEK Michalina | 11 | MUKS „HURAGAN” Koło | 3:39.43 | 171 | 49.46 | 53.74 | 1:05.57 | 50.66 |
| 36. MAZURKIEWICZ Martyna | 12 | IUKS Jedyńka Pozna | 3:40.64 | 168 | 47.57 | 57.39 | 1:02.86 | 52.82 |
| 37. JAMROZIK Amelia | 11 | MUKS „HURAGAN” Koło | 3:46.65 | 155 | 50.03 | 1:00.60 | 1:02.74 | 53.28 |
| 38. SZCZEPKOWSKA Oliwia | 11 | MUKS „HURAGAN” Koło | 3:48.30 | 152 | 50.76 | 55.22 | 1:07.84 | 54.48 |
| 39. JANKOWSKA Oliwia | 12 | KU AZS UAM Pozna | 3:49.32 | 150 | 56.88 | 56.84 | 1:03.27 | 52.33 |
| 40. SOSNOWSKA Dominika | 12 | MUKS „HURAGAN” Koło | 3:58.16 | 133 | 53.82 | 1:01.73 | 1:04.50 | 58.11 |
| 41. STEFANIAK Karolina | 12 | IUKS Jedyńka Pozna | 4:27.21 | 94 | 1:08.78 | 1:06.61 | 1:16.81 | 55.01 |
| DYSKW. WOJTYSIAK Ewa | 11 | MUKS „HURAGAN” Koło | | | 45.86 | 53.28 | 1:01.95 | |

Z3 - Pływak uko czył poszczególne odcinki niezgodnie z przepisami o zakoczeniu wy cigu w danym stylu., /M4

Konkurencja 13, Kobiet, 200m zmienny

Sprawdzian 11 lat WiWS

| | | | | | | | | | |
|-----|-----------------------|----|--------------------------|----------------|-----|---------|---------|---------|-------|
| 1. | SADŁOCHA Marcelina | 12 | KTP Iskra Konin | 2:59.57 | 312 | 39.75 | 46.51 | 56.82 | 36.49 |
| 2. | DOBRZYKOWSKA M. | 12 | KU AZS UAM Pozna | 3:00.77 | 306 | 39.98 | 45.39 | 55.37 | 40.03 |
| 3. | MIKOŁAJCZAK Helena | 12 | IUKS Jedyńka Pozna | 3:04.04 | 290 | 41.70 | 48.10 | 55.29 | 38.95 |
| 4. | WYRWA Paulina | 12 | UPKS Wodnik Rawicz | 3:06.14 | 280 | 39.87 | 47.37 | 56.15 | 42.75 |
| 5. | KANTEK - WALIGÓRSKA M | 12 | UKS Niagara Jedyńka Wols | 3:11.43 | 257 | 43.51 | 51.31 | 55.44 | 41.17 |
| 6. | MERDA Marcelina | 12 | UKS Niagara Jedyńka Wols | 3:12.45 | 253 | 44.05 | 47.45 | 58.78 | 42.17 |
| 7. | WÓJCIK Marta | 12 | IUKS Jedyńka Pozna | 3:12.93 | 251 | 42.74 | 52.43 | 57.47 | 40.29 |
| 8. | HAŁUSZCZAK Amelia | 12 | UKS Niagara Jedyńka Wols | 3:24.42 | 211 | 45.01 | 55.07 | 57.08 | 47.26 |
| 9. | SCHYLLER Aniela | 12 | MUKS „HURAGAN” Koło | 3:27.72 | 201 | 46.68 | 59.49 | 55.51 | 46.04 |
| 10. | RAMA Nina | 12 | MUKS „HURAGAN” Koło | 3:27.86 | 201 | 47.99 | 52.84 | 59.89 | 47.14 |
| 11. | RAJCZYK Lena | 12 | KTP Iskra Konin | 3:28.29 | 200 | 47.75 | 55.90 | 58.84 | 45.80 |
| 12. | LATANOWICZ Natalia | 12 | IUKS Jedyńka Pozna | 3:30.54 | 193 | 44.32 | 55.69 | 1:01.56 | 48.97 |
| 13. | CZŁAPA Blanka | 12 | IUKS Jedyńka Pozna | 3:37.22 | 176 | 46.96 | 1:00.36 | 59.86 | 50.04 |
| 14. | MAZURKIEWICZ Martyna | 12 | IUKS Jedyńka Pozna | 3:40.64 | 168 | 47.57 | 57.39 | 1:02.86 | 52.82 |
| 15. | JANKOWSKA Oliwia | 12 | KU AZS UAM Pozna | 3:49.32 | 150 | 56.88 | 56.84 | 1:03.27 | 52.33 |
| 16. | SOSNOWSKA Dominika | 12 | MUKS „HURAGAN” Koło | 3:58.16 | 133 | 53.82 | 1:01.73 | 1:04.50 | 58.11 |
| 17. | STEFANIAK Karolina | 12 | IUKS Jedyńka Pozna | 4:27.21 | 94 | 1:08.78 | 1:06.61 | 1:16.81 | 55.01 |

Sprawdzian 12 lat WiWS

| | | | | | | | | | |
|--------|-----------------------|----|--------------------------|----------------|-----|-------|---------|---------|-------|
| 1. | LISIECKA Barbara | 11 | UKS Niagara Jedyńka Wols | 2:44.72 | 404 | 37.97 | 41.55 | 48.68 | 36.52 |
| 2. | ONICHIMIUK Maria | 11 | KU AZS UAM Pozna | 2:50.18 | 367 | 36.59 | 42.52 | 53.37 | 37.70 |
| 3. | SADŁOCHA Amelia | 11 | KTP Iskra Konin | 2:51.23 | 360 | 38.02 | 44.26 | 49.44 | 39.51 |
| 4. | NOWAK Aleksandra | 11 | KS Wodnik rem | 2:53.65 | 345 | 36.22 | 45.11 | 53.30 | 39.02 |
| 5. | RATAJCZAK Lena | 11 | KP Aquapark W growiec | 2:56.57 | 328 | 40.10 | 44.51 | 55.15 | 36.81 |
| 6. | GRABOWSKA Małgorzata | 11 | KS Posnania Pozna | 2:56.95 | 326 | 37.69 | 44.29 | 53.28 | 41.69 |
| 7. | MAKOWSKA Blanka | 11 | KS Posnania Pozna | 2:59.18 | 314 | 41.31 | 48.29 | 50.40 | 39.18 |
| 8. | RUMIEJOWSKA A. | 11 | MUKS „HURAGAN” Koło | 3:00.24 | 309 | 41.45 | 47.54 | 51.07 | 40.18 |
| 9. | KRAUSE Barbara | 11 | KS Posnania Pozna | 3:00.86 | 305 | 39.35 | 47.61 | 53.16 | 40.74 |
| 10. | RYSKO Amelia | 11 | KS Posnania Pozna | 3:01.43 | 303 | 37.71 | 47.47 | 55.17 | 41.08 |
| 11. | STASIAKIEWICZ Helena | 11 | UKS Niagara Jedyńka Wols | 3:02.60 | 297 | 40.32 | 47.61 | 53.69 | 40.98 |
| 12. | GRYSKA Gabriela | 11 | KS Posnania Pozna | 3:04.43 | 288 | 40.84 | 46.38 | 56.63 | 40.58 |
| 13. | OLKOWSKA Oliwia | 11 | KTP Iskra Konin | 3:04.45 | 288 | | | 55.37 | 40.55 |
| 14. | JANKOWSKA Magdalena | 11 | KTP Iskra Konin | 3:04.70 | 287 | 42.05 | 49.20 | 53.45 | 40.00 |
| 15. | ZHORNITSKA Oleksandra | 11 | KS Posnania Pozna | 3:08.41 | 270 | 38.99 | 50.91 | 59.33 | 39.18 |
| 16. | GRODECKA Maja | 11 | KS Posnania Pozna | 3:12.04 | 255 | 41.91 | 50.92 | 57.70 | 41.51 |
| 17. | SCHMIDT Amelia | 11 | KU AZS UAM Pozna | 3:27.35 | 202 | 49.20 | 53.51 | 1:01.15 | 43.49 |
| 18. | PI TEK Michalina | 11 | MUKS „HURAGAN” Koło | 3:39.43 | 171 | 49.46 | 53.74 | 1:05.57 | 50.66 |
| 19. | JAMROZIK Amelia | 11 | MUKS „HURAGAN” Koło | 3:46.65 | 155 | 50.03 | 1:00.60 | 1:02.74 | 53.28 |
| 20. | SZCZEPKOWSKA Oliwia | 11 | MUKS „HURAGAN” Koło | 3:48.30 | 152 | 50.76 | 55.22 | 1:07.84 | 54.48 |
| DYSKW. | WOJTYSIAK Ewa | 11 | MUKS „HURAGAN” Koło | | | 45.86 | 53.28 | 1:01.95 | |

Z3 - Pływak ukończył poszczególnie odcinki niezgodnie z przepisami o zakresie czerpienia w danym stylu., /M4