

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach  
Poznań, 11.11.2023

Konkurencja 11  
2023.11.11 - 13:28

Kobiet, 400m dowolny

Open  
Wyniki

Punkty: FINA 2023

Pozycja			Rok ur.					Czas	Pkt.
<b>Grupa A</b>									
1.	GLI	SKA Oliwia	07	TP Zielona Góra				<b>4:27.86</b>	643
	50m:	32.23 32.23	150m:	1:40.54 34.25	250m:	2:47.64 33.43	350m:	3:54.68 33.65	
	100m:	1:06.29 34.06	200m:	2:14.21 33.67	300m:	3:21.03 33.39	400m:	4:27.86 33.18	
2.	GOLANOWSKA	Gabriela	07	Kaliski Klub Sportowy „Włókniarz” 192				<b>4:49.23</b>	511
	50m:	34.49 34.49	150m:	1:47.47 36.40	250m:	3:00.13 36.33	350m:	4:12.97 36.50	
	100m:	1:11.07 36.58	200m:	2:23.80 36.33	300m:	3:36.47 36.34	400m:	4:49.23 36.26	
3.	WOJTKOWIAK	Wiktoria	07	Kaliski Klub Sportowy „Włókniarz” 192				<b>4:53.22</b>	490
	50m:	32.15 32.15	150m:	1:45.64 37.29	250m:	3:00.72 37.25	350m:	4:16.53 37.80	
	100m:	1:08.35 36.20	200m:	2:23.47 37.83	300m:	3:38.73 38.01	400m:	4:53.22 36.69	
<b>Grupa B</b>									
1.	GRACJASZ	Wiktoria	08	UKS „Jasie ” Sucha Beskidzka				<b>4:25.42</b>	661
	50m:	30.76 30.76	150m:	1:40.45 34.66	250m:	2:48.53 33.50	350m:	3:54.19 32.18	
	100m:	1:05.79 35.03	200m:	2:15.03 34.58	300m:	3:22.01 33.48	400m:	4:25.42 31.23	
2.	LETKIEWICZ	Zuzanna	08	TP Zielona Góra				<b>4:40.35</b>	561
	50m:	31.70 31.70	150m:	1:42.93 35.52	250m:	2:54.21 35.69	350m:	4:05.84 35.80	
	100m:	1:07.41 35.71	200m:	2:18.52 35.59	300m:	3:30.04 35.83	400m:	4:40.35 34.51	
3.	FR SZCZAK	Antonina	08	Kaliski Klub Sportowy „Włókniarz” 192				<b>4:50.12</b>	506
	50m:	32.03 32.03	150m:	1:44.91 37.17	250m:	3:00.38 37.92	350m:	4:14.66 37.00	
	100m:	1:07.74 35.71	200m:	2:22.46 37.55	300m:	3:37.66 37.28	400m:	4:50.12 35.46	
4.	ZABRANIAK	Karina	08	MKP Szczecin				<b>4:50.84</b>	502
	50m:	33.62 33.62	150m:	1:47.28 37.16	250m:	3:01.71 37.45	350m:	4:15.63 36.87	
	100m:	1:10.12 36.50	200m:	2:24.26 36.98	300m:	3:38.76 37.05	400m:	4:50.84 35.21	
5.	DRAJER	Zuzanna	08	Kaliski Klub Sportowy „Włókniarz” 192				<b>4:52.04</b>	496
	50m:	32.73 32.73	150m:	1:46.34 37.48	250m:	3:01.59 37.87	350m:	4:16.27 37.58	
	100m:	1:08.86 36.13	200m:	2:23.72 37.38	300m:	3:38.69 37.10	400m:	4:52.04 35.77	
6.	MAJSZUTOWICZ	Zofia	09	MKP Szczecin				<b>4:53.76</b>	488
	50m:	33.03 33.03	150m:	1:46.76 37.22	250m:	3:02.93 38.24	350m:	4:18.15 37.54	
	100m:	1:09.54 36.51	200m:	2:24.69 37.93	300m:	3:40.61 37.68	400m:	4:53.76 35.61	
7.	KRYSTEK	Jagoda	08	SKS 137 Delfin Łódź				<b>4:57.25</b>	471
	50m:	33.47 33.47	150m:	1:47.60 37.37	250m:	3:03.23 37.95	350m:	4:20.29 38.65	
	100m:	1:10.23 36.76	200m:	2:25.28 37.68	300m:	3:41.64 38.41	400m:	4:57.25 36.96	
8.	BALICKA	Ada	09	KS Warta Poznań				<b>5:02.53</b>	446
	50m:	34.39 34.39	150m:	1:49.66 38.27	250m:	3:07.83 39.29	350m:	4:25.11 38.69	
	100m:	1:11.39 37.00	200m:	2:28.54 38.88	300m:	3:46.42 38.59	400m:	5:02.53 37.42	
<b>Grupa C</b>									
1.	DUDA	Natalia	10	MKP Szczecin				<b>4:31.86</b>	615
	50m:	31.46 31.46	150m:	1:40.78 34.89	250m:	2:49.84 34.44	350m:	3:59.36 34.70	
	100m:	1:05.89 34.43	200m:	2:15.40 34.62	300m:	3:24.66 34.82	400m:	4:31.86 32.50	
2.	NAJMAN	Natalia	10	TP Zielona Góra				<b>5:02.29</b>	447
	50m:	33.46 33.46	150m:	1:48.75 38.31	250m:	3:07.25 39.68	350m:	4:24.45 38.78	
	100m:	1:10.44 36.98	200m:	2:27.57 38.82	300m:	3:45.67 38.42	400m:	5:02.29 37.84	
3.	SALZMAN	Kornelia	10	Grupa 5Styl				<b>5:18.63</b>	382
	50m:	35.72 35.72	150m:	1:56.22 40.92	250m:	3:18.85 41.17	350m:	4:39.99 40.11	
	100m:	1:15.30 39.58	200m:	2:37.68 41.46	300m:	3:59.88 41.03	400m:	5:18.63 38.64	
4.	KOŁODZIEJ	Lena	10	SKS 137 Delfin Łódź				<b>5:19.51</b>	379
	50m:	37.05 37.05	150m:	1:57.19 39.79	250m:	3:18.44 40.56	350m:	4:40.43 40.81	
	100m:	1:17.40 40.35	200m:	2:37.88 40.69	300m:	3:59.62 41.18	400m:	5:19.51 39.08	

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach  
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Konkurencja 11, Dziewcząt, 400m dowolny, Grupa C

Pozycja			Rok ur.							Czas	Pkt.	
5.	FIGASZEWSKA Natalia		10	Kaliski Klub Sportowy „Włókniarz” 1925						<b>5:23.87</b>	364	
	50m:	37.04	37.04	150m:	1:59.85	41.47	250m:	3:22.78	41.37	350m:	4:45.32	41.62
	100m:	1:18.38	41.34	200m:	2:41.41	41.56	300m:	4:03.70	40.92	400m:	5:23.87	38.55
6.	UMI SKA Klara		10	SKS 137 Delfin Łódź						<b>5:34.30</b>	331	
	50m:	37.24	37.24	150m:	2:02.54	42.73	250m:	3:28.69	42.92	350m:	4:53.88	42.17
	100m:	1:19.81	42.57	200m:	2:45.77	43.23	300m:	4:11.71	43.02	400m:	5:34.30	40.42
7.	CIE LAK Maja		10	Kaliski Klub Sportowy „Włókniarz” 1925						<b>5:35.62</b>	327	
	50m:	38.20	38.20	150m:	2:04.70	43.19	250m:	3:30.72	43.52	350m:	4:55.48	42.69
	100m:	1:21.51	43.31	200m:	2:47.20	42.50	300m:	4:12.79	42.07	400m:	5:35.62	40.14

Grupa D

1.	MICHALAK Maria		11	KS Warta Poznań						<b>5:13.21</b>	402	
	50m:	35.33	35.33	150m:	1:54.85	40.48	250m:	3:14.84	39.99	350m:	4:34.81	39.85
	100m:	1:14.37	39.04	200m:	2:34.85	40.00	300m:	3:54.96	40.12	400m:	5:13.21	38.40
2.	MAJZA - WAWRZY SKA Barbara		11	UKS 3-Wodnik Wolsztyn						<b>5:34.00</b>	332	
	50m:	37.24	37.24	150m:	2:00.50	42.22	250m:	3:27.29	43.92	350m:	4:53.41	43.36
	100m:	1:18.28	41.04	200m:	2:43.37	42.87	300m:	4:10.05	42.76	400m:	5:34.00	40.59
3.	SZYMA SKA Julia		11	KS Warta Poznań						<b>5:51.54</b>	284	
	50m:	39.68	39.68	150m:	2:08.74	44.83	250m:	3:38.87	45.05	350m:	5:09.68	45.11
	100m:	1:23.91	44.23	200m:	2:53.82	45.08	300m:	4:24.57	45.70	400m:	5:51.54	41.86
4.	PAWLICA Laura		11	UKS „Jasie ” Sucha Beskidzka						<b>5:57.38</b>	271	
	50m:	38.47	38.47	150m:	2:09.34	46.64	250m:	3:42.87	46.96	350m:	5:15.40	45.10
	100m:	1:22.70	44.23	200m:	2:55.91	46.57	300m:	4:30.30	47.43	400m:	5:57.38	41.98
5.	OŁ DEK Dorota		11	TP Zielona Góra						<b>6:02.17</b>	260	
	50m:	41.65	41.65	150m:	2:15.87	47.67	250m:	3:50.60	46.99	350m:	5:20.35	43.62
	100m:	1:28.20	46.55	200m:	3:03.61	47.74	300m:	4:36.73	46.13	400m:	6:02.17	41.82

Grupa F

1.	F FERREK Julia		15	MUKS "TUREKin pływa"						<b>5:40.46</b>	313	
	50m:	36.49	36.49	150m:	2:01.63	43.79	250m:	3:30.35	44.40	350m:	4:58.50	44.21
	100m:	1:17.84	41.35	200m:	2:45.95	44.32	300m:	4:14.29	43.94	400m:	5:40.46	41.96
2.	JUREK Hanna		13	BOSiR Brzesko						<b>5:50.19</b>	288	
	50m:	41.52	41.52	150m:	2:11.03	45.05	250m:	3:38.22	42.91	350m:	5:06.54	44.17
	100m:	1:25.98	44.46	200m:	2:55.31	44.28	300m:	4:22.37	44.15	400m:	5:50.19	43.65
3.	ENO Milena		14	Aquarius MOSiW Miedzyrzecz						<b>5:59.39</b>	266	
	50m:	37.94	37.94	150m:	2:09.12	46.36	250m:	3:41.89	45.92	350m:	5:15.90	45.85
	100m:	1:22.76	44.82	200m:	2:55.97	46.85	300m:	4:30.05	48.16	400m:	5:59.39	43.49
4.	BUDNER Hanna		14	MUKS "TUREKin pływa"						<b>6:02.53</b>	259	
	50m:	39.31	39.31	150m:	2:13.31	46.89	250m:	3:46.68	46.45	350m:	5:21.11	47.03
	100m:	1:26.42	47.11	200m:	3:00.23	46.92	300m:	4:34.08	47.40	400m:	6:02.53	41.42