

Ogólnopolskie Zawody Pływackie Poprawiamy Rekordy na Termach
Pozna , 13.4.2024

Konkurencja 21
2024.04.13 - 17:48

Kobiet, 400m zmienny

Open
Wyniki

Punkty: FINA 2024

Pozycja			Rok ur.					Czas	Pkt.	
Grupa A										
1.	SKROK Julia		07	WKS I sk				5:19.02	578	
	50m:	32.64 32.64	150m:	1:54.47	43.08	250m:	3:19.64	43.88	350m:	4:42.26 38.34
	100m:	1:11.39 38.75	200m:	2:35.76	41.29	300m:	4:03.92	44.28	400m:	5:19.02 36.76
Grupa B										
1.	IWANOWSKA Zuzanna		08	MUKS "Pi tnatka"				5:53.74	424	
	50m:	36.43 36.43	150m:	2:06.85	47.26	250m:	3:42.74	50.28	350m:	5:15.97 41.68
	100m:	1:19.59 43.16	200m:	2:52.46	45.61	300m:	4:34.29	51.55	400m:	5:53.74 37.77
2.	SOSNOWSKA Urszula		09	KS Delfin Gdynia				6:11.16	367	
	50m:	41.63 41.63	150m:	2:17.97	47.87	250m:	3:55.51	50.75	350m:	5:29.73 42.56
	100m:	1:30.10 48.47	200m:	3:04.76	46.79	300m:	4:47.17	51.66	400m:	6:11.16 41.43
3.	PAWLAK Jagoda		08	UKS Marato czyk Ostrów Wlkp.				6:35.55	303	
	50m:	42.14 42.14	150m:	2:22.23	47.56	250m:	4:05.56	56.30	350m:	5:49.87 46.02
	100m:	1:34.67 52.53	200m:	3:09.26	47.03	300m:	5:03.85	58.29	400m:	6:35.55 45.68
Grupa C										
1.	MICHALCZYSZYN Natasza		10	MKP Szczecin				5:40.32	476	
	50m:	37.14 37.14	150m:	2:06.64	45.89	250m:	3:36.78	47.04	350m:	5:03.81 39.03
	100m:	1:20.75 43.61	200m:	2:49.74	43.10	300m:	4:24.78	48.00	400m:	5:40.32 36.51
2.	KOWALSKA-FR CZYK Zofia		10	UKS „GIM 92 Ursynów"				5:45.77	454	
	50m:	31.85 31.85	150m:	2:02.31	47.37	250m:	3:36.13	49.75	350m:	
	100m:	1:14.94 43.09	200m:	2:46.38	44.07	300m:	4:25.63	49.50	400m:	5:45.77
3.	KRAWIEC Selena		10	Dwójka Morena Gda sk				5:47.70	447	
	50m:	38.76 38.76	150m:	2:12.81	47.18	250m:	3:43.92	45.67	350m:	5:09.92 39.51
	100m:	1:25.63 46.87	200m:	2:58.25	45.44	300m:	4:30.41	46.49	400m:	5:47.70 37.78
4.	UK Hanna		10	KS Warta Pozna				5:53.81	424	
	50m:	37.64 37.64	150m:	2:10.42	46.27	250m:	3:45.56	50.18	350m:	5:15.63 38.97
	100m:	1:24.15 46.51	200m:	2:55.38	44.96	300m:	4:36.66	51.10	400m:	5:53.81 38.18
5.	ROGI SKA Małgorzata		10	MKP Kołobrzeg				6:02.51	394	
	50m:	37.79 37.79	150m:	2:13.60	48.60	250m:	3:48.19	48.21	350m:	5:23.32 43.87
	100m:	1:25.00 47.21	200m:	2:59.98	46.38	300m:	4:39.45	51.26	400m:	6:02.51 39.19
Grupa D										
1.	ŁYSIUK Karina		11	UKS „GIM 92 Ursynów"				5:38.88	482	
	50m:	35.97 35.97	150m:	2:02.37	43.12	250m:	3:29.49	45.10	350m:	4:59.86 42.43
	100m:	1:19.25 43.28	200m:	2:44.39	42.02	300m:	4:17.43	47.94	400m:	5:38.88 39.02
2.	SZERSZE -NIEW GŁOWSKA Zofia		11	UKS „GIM 92 Ursynów"				6:03.15	392	
	50m:	39.71 39.71	150m:	2:18.28	50.29	250m:	3:50.82	46.75	350m:	5:22.89 44.04
	100m:	1:27.99 48.28	200m:	3:04.07	45.79	300m:	4:38.85	48.03	400m:	6:03.15 40.26
3.	KULIGA Katarzyna		11	Dwójka Morena Gda sk				6:05.61	384	
	50m:	40.24 40.24	150m:	2:17.73	47.72	250m:	3:53.65	50.11	350m:	5:26.70 41.60
	100m:	1:30.01 49.77	200m:	3:03.54	45.81	300m:	4:45.10	51.45	400m:	6:05.61 38.91
4.	GODEK Lena		11	KS Warta Pozna				6:29.76	317	
	50m:	40.13 40.13	150m:	2:28.81	54.63	250m:	4:10.02	51.57	350m:	5:48.51 44.07
	100m:	1:34.18 54.05	200m:	3:18.45	49.64	300m:	5:04.44	54.42	400m:	6:29.76 41.25