

Ogólnopolskie Zawody Pływackie Poprawiamy Rekordy na Termach
Pozna , 13.4.2024

Konkurencja 9
2024.04.13 - 14:20

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2024

Pozycja	Rok ur.	Czas	Pkt.
Grupa A			
1. R P Apolonia	06	MKS Juvenia Wrocław	4:30.23 660
50m: 31.06 31.06	150m: 1:38.52 33.92	250m: 2:47.28 34.11	350m: 3:56.76 34.31
100m: 1:04.60 33.54	200m: 2:13.17 34.65	300m: 3:22.45 35.17	400m: 4:30.23 33.47
2. HERBREDER Gabriela	03	UKS „GIM 92 Ursynów”	4:34.99 627
50m: 30.47 30.47	150m: 1:40.77 35.84	250m: 2:51.53 35.24	350m: 4:01.64 34.66
100m: 1:04.93 34.46	200m: 2:16.29 35.52	300m: 3:26.98 35.45	400m: 4:34.99 33.35
3. BUDZE Monika	07	MKP Astromal-Leszno	4:47.80 547
50m: 32.32 32.32	150m: 1:45.50 37.45	250m: 2:59.72 36.97	350m: 4:13.35 36.28
100m: 1:08.05 35.73	200m: 2:22.75 37.25	300m: 3:37.07 37.35	400m: 4:47.80 34.45
4. MICHALSKA Pola	07	Mokotowski UKP Warszawianka- Wodny	4:55.86 503
50m: 34.08 34.08	150m: 1:50.25 38.27	250m: 3:05.70 37.43	350m: 4:20.22 36.89
100m: 1:11.98 37.90	200m: 2:28.27 38.02	300m: 3:43.33 37.63	400m: 4:55.86 35.64
5. GÓRNY Maja	07	WKS I sk	5:04.19 463
50m: 33.73 33.73	150m: 1:49.59 38.56	250m: 3:06.87 38.79	350m: 4:26.01 39.82
100m: 1:11.03 37.30	200m: 2:28.08 38.49	300m: 3:46.19 39.32	400m: 5:04.19 38.18
6. ZIELI SKA Oliwia	01	KS Warta Pozna	5:26.64 374
50m: 33.17 33.17	150m: 1:51.08 40.07	250m: 3:16.49 43.47	350m: 4:44.20 44.13
100m: 1:11.01 37.84	200m: 2:33.02 41.94	300m: 4:00.07 43.58	400m: 5:26.64 42.44
Grupa B			
1. WEGNER Julia	09	UKS "Olimp" Gorzów Wlkp.	4:48.57 542
50m: 31.95 31.95	150m: 1:44.85 36.90	250m: 2:59.77 37.39	350m: 4:13.96 36.82
100m: 1:07.95 36.00	200m: 2:22.38 37.53	300m: 3:37.14 37.37	400m: 4:48.57 34.61
2. WOLNA Aleksandra	09	MKP Astromal-Leszno	4:59.25 486
50m: 33.96 33.96	150m: 1:50.24 38.17	250m: 3:06.94 38.46	350m: 4:23.30 37.87
100m: 1:12.07 38.11	200m: 2:28.48 38.24	300m: 3:45.43 38.49	400m: 4:59.25 35.95
3. CHYCZEWSKA Pola	09	UKS "Olimp" Gorzów Wlkp.	5:01.42 476
50m: 33.32 33.32	150m: 1:50.27 38.39	250m: 3:07.56 38.65	350m: 4:24.29 38.30
100m: 1:11.88 38.56	200m: 2:28.91 38.64	300m: 3:45.99 38.43	400m: 5:01.42 37.13
4. KULI SKA Weronika	08	MUKS "Pi tnastka"	5:08.21 445
50m: 34.75 34.75	150m: 1:52.82 39.63	250m: 3:13.11 40.59	350m: 4:32.79 39.10
100m: 1:13.19 38.44	200m: 2:32.52 39.70	300m: 3:53.69 40.58	400m: 5:08.21 35.42
5. MAY Matylda	08	MKP Astromal-Leszno	5:08.76 443
50m: 35.02 35.02	150m: 1:52.81 39.69	250m: 3:12.47 40.16	350m: 4:31.68 39.64
100m: 1:13.12 38.10	200m: 2:32.31 39.50	300m: 3:52.04 39.57	400m: 5:08.76 37.08
6. PAWLAK Jagoda	08	UKS Marato czyk Ostrów Wlkp.	6:02.90 272
50m: 39.01 39.01	150m: 2:08.95 46.22	250m: 3:42.00 46.59	350m: 5:16.35 47.44
100m: 1:22.73 43.72	200m: 2:55.41 46.46	300m: 4:28.91 46.91	400m: 6:02.90 46.55
Grupa C			
1. STANISŁAWIUK Maja	10	UKS „GIM 92 Ursynów”	4:50.19 533
50m: 32.78 32.78	150m: 1:47.16 37.35	250m: 3:01.60 37.30	350m: 4:15.84 36.91
100m: 1:09.81 37.03	200m: 2:24.30 37.14	300m: 3:38.93 37.33	400m: 4:50.19 34.35
2. JESSA Zuzanna	10	UKS "Olimp" Gorzów Wlkp.	4:59.41 485
50m: 31.91 31.91	150m: 1:47.65 38.83	250m: 3:07.37 39.83	350m: 4:24.53 37.75
100m: 1:08.82 36.91	200m: 2:27.54 39.89	300m: 3:46.78 39.41	400m: 4:59.41 34.88
3. LEWANDOWSKA Julia	10	MUKS "Pi tnastka"	5:00.62 480
50m: 33.87 33.87	150m: 1:50.67 38.46	250m: 3:07.26 38.25	350m: 4:23.80 37.94
100m: 1:12.21 38.34	200m: 2:29.01 38.34	300m: 3:45.86 38.60	400m: 5:00.62 36.82

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Konkurencja 9, Dziewcz t, 400m dowolny, Grupa C

Pozycja			Rok ur.					Czas	Pkt.		
4.	KORDALSKA Maja		10	KS Warta Pozna				5:04.05	463		
	50m:	33.37 33.37	150m:	1:50.70	39.42	250m:	3:09.72	39.83	350m:	4:28.39	39.53
	100m:	1:11.28 37.91	200m:	2:29.89	39.19	300m:	3:48.86	39.14	400m:	5:04.05	35.66
5.	URAKOWSKA Zuzanna		10	Fundacja Power Swimming				5:10.34	436		
	50m:	35.31 35.31	150m:	1:53.79	39.43	250m:	3:12.71	39.08	350m:	4:31.96	38.81
	100m:	1:14.36 39.05	200m:	2:33.63	39.84	300m:	3:53.15	40.44	400m:	5:10.34	38.38
6.	UK Hanna		10	KS Warta Pozna				5:11.10	433		
	50m:	34.16 34.16	150m:	1:52.13	39.40	250m:	3:12.01	40.03	350m:	4:31.82	40.02
	100m:	1:12.73 38.57	200m:	2:31.98	39.85	300m:	3:51.80	39.79	400m:	5:11.10	39.28
7.	LATOSZEWSKA Maria		10	UKS "Olimp" Gorzów Wlkp.				5:20.45	396		
	50m:	36.92 36.92	150m:	2:00.57	41.93	250m:	3:23.51	41.30	350m:	4:44.42	39.00
	100m:	1:18.64 41.72	200m:	2:42.21	41.64	300m:	4:05.42	41.91	400m:	5:20.45	36.03
8.	PABIEROWSKA Lena		10	MKP Astromal-Leszno				5:23.33	385		
	50m:	33.68 33.68	150m:	1:52.76	40.49	250m:	3:17.42	42.48	350m:	4:43.31	42.92
	100m:	1:12.27 38.59	200m:	2:34.94	42.18	300m:	4:00.39	42.97	400m:	5:23.33	40.02
9.	KACZOROWSKA Emilia		10	WKS I sk				5:27.03	372		
	50m:	34.42 34.42	150m:	1:58.84	43.31	250m:	3:25.74	42.98	350m:	4:48.54	39.43
	100m:	1:15.53 41.11	200m:	2:42.76	43.92	300m:	4:09.11	43.37	400m:	5:27.03	38.49
10.	SZYMCZYK Joanna		10	UKS GOS Raszyn				5:41.40	327		
	50m:	36.99 36.99	150m:	2:04.25	44.73	250m:	3:31.95	43.99	350m:	4:59.95	44.24
	100m:	1:19.52 42.53	200m:	2:47.96	43.71	300m:	4:15.71	43.76	400m:	5:41.40	41.45
11.	JANKOWSKA Martyna		10	UKS Marato czyk Ostrów Wlkp.				5:59.73	280		
	50m:	37.92 37.92	150m:	2:06.53	45.32	250m:	3:39.59	46.45	350m:	5:14.13	47.39
	100m:	1:21.21 43.29	200m:	2:53.14	46.61	300m:	4:26.74	47.15	400m:	5:59.73	45.60

Grupa D

1.	ŁYSIUK Lidia		11	UKS „GIM 92 Ursynów”				5:05.04	459		
	50m:	33.02 33.02	150m:	1:51.38	40.02	250m:	3:11.38	39.62	350m:	4:28.52	38.88
	100m:	1:11.36 38.34	200m:	2:31.76	40.38	300m:	3:49.64	38.26	400m:	5:05.04	36.52
2.	MICHALAK Maria		11	KS Warta Pozna				5:16.69	410		
	50m:	34.91 34.91	150m:	1:54.47	40.25	250m:	3:16.08	40.72	350m:	4:37.26	40.21
	100m:	1:14.22 39.31	200m:	2:35.36	40.89	300m:	3:57.05	40.97	400m:	5:16.69	39.43
3.	MAJZA - WAWRZY SKA Barbara		11	UKS 3-Wodnik Wolsztyn				5:25.08	379		
	50m:	37.16 37.16	150m:	2:00.58	42.03	250m:	3:23.53	41.80	350m:	4:46.35	41.00
	100m:	1:18.55 41.39	200m:	2:41.73	41.15	300m:	4:05.35	41.82	400m:	5:25.08	38.73

Grupa E

1.	RYMARCZUK Alicja		12	UKS „GIM 92 Ursynów”				5:29.57	364		
	50m:	36.05 36.05	150m:	1:59.33	42.45	250m:	3:25.49	43.17	350m:	4:49.17	41.65
	100m:	1:16.88 40.83	200m:	2:42.32	42.99	300m:	4:07.52	42.03	400m:	5:29.57	40.40

Grupa F

1.	F FERREK Julia		15	MUKS "TUREKin pływa"				5:30.91	359		
	50m:	35.54 35.54	150m:	1:58.64	42.19	250m:	3:24.16	42.91	350m:	4:49.49	42.64
	100m:	1:16.45 40.91	200m:	2:41.25	42.61	300m:	4:06.85	42.69	400m:	5:30.91	41.42