

Ogólnopolskie Zawody Pływackie - Sprawdzamy Formę na Termach  
Poznań, 25.5.2024

Konkurencja 9  
2024.05.25 - 12:44

Kobiet, 400m dowolny

Open  
Wyniki

Punkty: FINA 2024

Pozycja			Rok ur.					Czas	Pkt.
<b>Grupa A</b>									
1.	Gerbier Kiara		04	O AZS w Poznaniu				<b>4:33.32</b>	638
	50m:	30.90	30.90	150m:	1:40.98	35.33	250m:	2:51.14	34.68
	100m:	1:05.65	34.75	200m:	2:16.46	35.48	300m:	3:25.99	34.85
							350m:	4:00.43	34.44
							400m:	4:33.32	32.89
2.	Czechyra Agata		03	O AZS w Poznaniu				<b>4:53.22</b>	517
	50m:	33.52	33.52	150m:	1:46.41	37.03	250m:	3:01.55	37.37
	100m:	1:09.38	35.86	200m:	2:24.18	37.77	300m:	3:39.39	37.84
							350m:	4:16.83	37.44
							400m:	4:53.22	36.39
<b>Grupa B</b>									
1.	Letkiewicz Zuzanna		08	TP Zielona Góra				<b>4:45.63</b>	559
	50m:	31.91	31.91	150m:	1:42.47	36.03	250m:	2:55.65	37.08
	100m:	1:06.44	34.53	200m:	2:18.57	36.10	300m:	3:32.63	36.98
							350m:	4:09.90	37.27
							400m:	4:45.63	35.73
2.	Drajer Zuzanna		08	Kaliski KS „Włókniarz” 1925 Kalisz				<b>5:01.88</b>	474
	50m:	33.88	33.88	150m:	1:51.51	39.64	250m:	3:07.99	37.53
	100m:	1:11.87	37.99	200m:	2:30.46	38.95	300m:	3:46.48	38.49
							350m:	4:24.50	38.02
							400m:	5:01.88	37.38
3.	Balicka Ada		09	O AZS w Poznaniu				<b>5:05.83</b>	455
	50m:	34.75	34.75	150m:	1:51.25	38.76	250m:	3:09.55	39.16
	100m:	1:12.49	37.74	200m:	2:30.39	39.14	300m:	3:48.45	38.90
							350m:	4:27.63	39.18
							400m:	5:05.83	38.20
4.	Onichimiuk Alicja		08	KU AZS UAM Poznań				<b>5:08.40</b>	444
	50m:	32.81	32.81	150m:	1:50.02	39.28	250m:	3:08.91	39.58
	100m:	1:10.74	37.93	200m:	2:29.33	39.31	300m:	3:49.24	40.33
							350m:	4:29.82	40.58
							400m:	5:08.40	38.58
5.	May Matylda		08	MKP Astromal-Leszno				<b>5:12.62</b>	426
	50m:	34.99	34.99	150m:	1:54.05	39.98	250m:	3:14.79	40.37
	100m:	1:14.07	39.08	200m:	2:34.42	40.37	300m:	3:54.78	39.99
							350m:	4:34.55	39.77
							400m:	5:12.62	38.07
6.	Tomczak Weronika		09	O AZS w Poznaniu				<b>5:23.94</b>	383
	50m:	36.96	36.96	150m:	1:58.21	40.79	250m:	3:20.70	41.61
	100m:	1:17.42	40.46	200m:	2:39.09	40.88	300m:	4:03.36	42.66
							350m:	4:44.72	41.36
							400m:	5:23.94	39.22
7.	Majchrzak Anna		08	O AZS w Poznaniu				<b>5:52.60</b>	297
	50m:			150m:	2:05.70	44.72	250m:		350m:
	100m:	1:20.98		200m:			300m:		400m:
								5:52.60	
<b>Grupa C</b>									
1.	Pabierowska Lena		10	MKP Astromal-Leszno				<b>5:19.88</b>	398
	50m:	35.31	35.31	150m:	1:55.02	40.82	250m:	3:17.91	41.69
	100m:	1:14.20	38.89	200m:	2:36.22	41.20	300m:	3:59.43	41.52
							350m:	4:40.66	41.23
							400m:	5:19.88	39.22
2.	Kubiak Zuzanna		10	KS Poznań				<b>5:29.86</b>	363
	50m:	36.21	36.21	150m:	2:00.96	42.91	250m:	3:26.63	42.73
	100m:	1:18.05	41.84	200m:	2:43.90	42.94	300m:	4:09.40	42.77
							350m:	4:51.28	41.88
							400m:	5:29.86	38.58
3.	Jankowska Martyna		10	UKS Marato czyk Ostrów Wlkp.				<b>6:08.75</b>	260
	50m:	38.23	38.23	150m:	2:08.09	45.73	250m:	3:43.99	48.34
	100m:	1:22.36	44.13	200m:	2:55.65	47.56	300m:	4:33.63	49.64
							350m:	5:20.60	46.97
							400m:	6:08.75	48.15
<b>Grupa D</b>									
1.	Michalak Maria		11	KS Warta Poznań				<b>5:08.22</b>	445
	50m:	34.16	34.16	150m:	1:51.16	39.22	250m:	3:10.84	40.26
	100m:	1:11.94	37.78	200m:	2:30.58	39.42	300m:	3:50.52	39.68
							350m:	4:30.28	39.76
							400m:	5:08.22	37.94

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Grupa F

1.	F ferek Julia		15	MUKS "TUREKin pływa"		<b>5:36.33</b>	342	
	50m: 36.06	36.06	150m: 2:00.47	43.52	250m: 3:28.08	43.71	350m: 4:55.24	43.52
	100m: 1:16.95	40.89	200m: 2:44.37	43.90	300m: 4:11.72	43.64	400m: 5:36.33	41.09
2.	Zabłocka Oliwia		13	KS Warta Poznań		<b>5:39.99</b>	331	
	50m: 35.78	35.78	150m: 2:03.44	44.46	250m: 3:31.22	43.93	350m: 4:58.76	42.91
	100m: 1:18.98	43.20	200m: 2:47.29	43.85	300m: 4:15.85	44.63	400m: 5:39.99	41.23
3.	Budner Hanna		14	MUKS "TUREKin pływa"		<b>5:42.52</b>	324	
	50m: 35.89	35.89	150m: 2:03.31	44.37	250m: 3:33.51	45.14	350m: 5:02.51	42.87
	100m: 1:18.94	43.05	200m: 2:48.37	45.06	300m: 4:19.64	46.13	400m: 5:42.52	40.01
4.	eno Milena		14	Aquarius MOSIW Miedzyrzecz		<b>5:42.76</b>	323	
	50m: 36.38	36.38	150m: 2:03.45	44.47	250m: 3:34.12	45.59	350m: 5:02.40	42.72
	100m: 1:18.98	42.60	200m: 2:48.53	45.08	300m: 4:19.68	45.56	400m: 5:42.76	40.36
5.	y a Małgorzata		13	Aquarius MOSIW Miedzyrzecz		<b>7:04.68</b>	170	
	50m: 43.27	43.27	150m: 2:31.42	55.40	250m: 4:21.55	55.44	350m: 6:11.74	54.29
	100m: 1:36.02	52.75	200m: 3:26.11	54.69	300m: 5:17.45	55.90	400m: 7:04.68	52.94
6.	Disterheft Agata		13	UKS „SPORTOWIEC” Oborniki		<b>7:56.29</b>	120	
	50m: 50.12	50.12	150m: 2:51.21	1:02.70	250m: 4:53.11	1:01.12	350m: 6:59.00	1:00.61
	100m: 1:48.51	58.39	200m: 3:51.99	1:00.78	300m: 5:58.39	1:05.28	400m: 7:56.29	57.29