

Letnie Mistrzostwa Okręgu Wielkopolskiego
Poznań, 14. - 15.6.2024

Konkurencja 20
2024.06.14 - 15:46

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2024

Pozycja			Rok ur.					Czas	Pkt.
19 lat i starsi									
1.	Gerbier Kiara		04	O AZS w Poznaniu				4:30.96	655
	50m:	29.94	29.94	150m:	1:38.60	34.72	250m:	2:48.33	34.70
	100m:	1:03.88	33.94	200m:	2:13.63	35.03	300m:	3:23.43	35.10
				350m:	3:57.85	34.42	400m:	4:30.96	33.11
2.	Czechyra Agata		03	O AZS w Poznaniu				4:54.08	512
	50m:	34.32	34.32	150m:	1:49.17	37.63	250m:	3:03.90	37.45
	100m:	1:11.54	37.22	200m:	2:26.45	37.28	300m:	3:41.30	37.40
				350m:	4:18.14	36.84	400m:	4:54.08	35.94
3.	Zielińska Oliwia		01	KS Warta Poznań				5:18.67	402
	50m:	34.29	34.29	150m:	1:54.15	40.57	250m:	3:17.67	41.78
	100m:	1:13.58	39.29	200m:	2:35.89	41.74	300m:	3:59.49	41.82
				350m:	4:39.79	40.30	400m:	5:18.67	38.88
16 - 18 lat									
1.	Gulczyńska Natalia		07	KS AZS AWF Poznań				4:39.58	596
	50m:	31.89	31.89	150m:	1:41.72	35.50	250m:	2:53.41	35.63
	100m:	1:06.22	34.33	200m:	2:17.78	36.06	300m:	3:29.64	36.23
				350m:	4:04.17	34.53	400m:	4:39.58	35.41
2.	Budzeń Monika		07	MKP Astromal-Leszno				4:43.56	571
	50m:	32.36	32.36	150m:	1:43.55	36.26	250m:	2:57.18	36.93
	100m:	1:07.29	34.93	200m:	2:20.25	36.70	300m:	3:33.73	36.55
				350m:	4:09.80	36.07	400m:	4:43.56	33.76
3.	May Matylda		08	MKP Astromal-Leszno				5:00.92	478
	50m:	34.43	34.43	150m:	1:50.43	38.44	250m:	3:07.53	38.48
	100m:	1:11.99	37.56	200m:	2:29.05	38.62	300m:	3:46.17	38.64
				350m:	4:24.48	38.31	400m:	5:00.92	36.44
4.	Czerwińska Zofia		08	KU AZS UAM Poznań				5:04.92	459
	50m:	32.37	32.37	150m:	1:49.22	39.04	250m:	3:08.04	39.41
	100m:	1:10.18	37.81	200m:	2:28.63	39.41	300m:	3:47.95	39.91
				350m:	4:27.25	39.30	400m:	5:04.92	37.67
5.	Pawlak Jagoda		08	UKS Maratończyk Ostrów Wlkp.				5:32.34	355
	50m:	37.05	37.05	150m:	2:01.74	42.75	250m:	3:25.40	40.54
	100m:	1:18.99	41.94	200m:	2:44.86	43.12	300m:	4:08.48	43.08
				350m:	4:51.50	43.02	400m:	5:32.34	40.84
14 - 15 lat									
1.	Madelska Natalia		10	KS Poznań Poznań				5:00.09	482
	50m:	33.36	33.36	150m:	1:49.77	38.60	250m:	3:07.89	39.10
	100m:	1:11.17	37.81	200m:	2:28.79	39.02	300m:	3:46.81	38.92
				350m:	4:24.99	38.18	400m:	5:00.09	35.10
2.	Kordalska Maja		10	KS Warta Poznań				5:00.67	479
	50m:	33.77	33.77	150m:	1:50.44	38.59	250m:	3:08.33	38.67
	100m:	1:11.85	38.08	200m:	2:29.66	39.22	300m:	3:46.53	38.20
				350m:	4:24.74	38.21	400m:	5:00.67	35.93
3.	Kuczyńska Hanna		10	KS Warta Poznań				5:00.80	479
	50m:	34.71	34.71	150m:	1:50.80	38.34	250m:	3:07.60	38.21
	100m:	1:12.46	37.75	200m:	2:29.39	38.59	300m:	3:46.34	38.74
				350m:	4:24.64	38.30	400m:	5:00.80	36.16
4.	Balicka Ada		09	O AZS w Poznaniu				5:03.65	465
	50m:	35.98	35.98	150m:	1:52.93	38.24	250m:	3:10.03	38.37
	100m:	1:14.69	38.71	200m:	2:31.66	38.73	300m:	3:48.61	38.58
				350m:	4:27.24	38.63	400m:	5:03.65	36.41
5.	Pabierowska Lena		10	MKP Astromal-Leszno				5:19.98	398
	50m:	35.27	35.27	150m:	1:55.91	40.83	250m:	3:18.62	41.63
	100m:	1:15.08	39.81	200m:	2:36.99	41.08	300m:	4:00.15	41.53
				350m:	4:41.34	41.19	400m:	5:19.98	38.64
6.	Siepkowa Zofia		10	KS Poznań Poznań				5:22.45	388
	50m:	34.55	34.55	150m:	1:54.89	41.28	250m:	3:18.46	41.94
	100m:	1:13.61	39.06	200m:	2:36.52	41.63	300m:	4:00.54	42.08
				350m:	4:42.12	41.58	400m:	5:22.45	40.33
7.	Kubiak Zuzanna		10	KS Poznań Poznań				5:23.96	383
	50m:	34.25	34.25	150m:	1:56.11	40.97	250m:	3:20.46	42.24
	100m:	1:15.14	40.89	200m:	2:38.22	42.11	300m:	4:03.22	42.76
				350m:	4:44.25	41.03	400m:	5:23.96	39.71

Letnie Mistrzostwa Okręgu Wielkopolskiego
Poznań, 14. - 15.6.2024

Konkurencja 20, Dziewcząt, 400m dowolny, 14 - 15 lat

Pozycja			Rok ur.					Czas	Pkt.
8.	Ł. kowska Maja		10	UKS „GROT” Koziegłowy				5:38.69	335
	50m:	37.02 37.02	150m:	2:02.53 43.27	250m:	3:29.32 43.34	350m:	4:57.33 44.29	
	100m:	1:19.26 42.24	200m:	2:45.98 43.45	300m:	4:13.04 43.72	400m:	5:38.69 41.36	
12 - 13 lat									
1.	Mikołajczak Helena		12	KS Posenania Poznań				5:15.02	417
	50m:	34.52 34.52	150m:	1:55.06 40.66	250m:	3:17.02 41.03	350m:	4:38.36 40.26	
	100m:	1:14.40 39.88	200m:	2:35.99 40.93	300m:	3:58.10 41.08	400m:	5:15.02 36.66	
2.	Grzesik Dominika		11	UKS Fala Swarzędz				5:52.31	298
	50m:	36.17 36.17	150m:	2:05.38 45.92	250m:	3:36.53 45.40	350m:	5:09.04 46.10	
	100m:	1:19.46 43.29	200m:	2:51.13 45.75	300m:	4:22.94 46.41	400m:	5:52.31 43.27	
3.	Bocheńska Aleksandra		11	UKS „GROT” Koziegłowy				6:07.60	262
	50m:	39.42 39.42	150m:	2:11.29 47.55	250m:	3:46.76 47.86	350m:	5:22.76 47.94	
	100m:	1:23.74 44.32	200m:	2:58.90 47.61	300m:	4:34.82 48.06	400m:	6:07.60 44.84	
4.	Walkowiak Olga		11	UKS „GROT” Koziegłowy				6:18.11	241
	50m:	39.53 39.53	150m:	2:13.18 47.49	250m:	3:51.36 49.23	350m:	5:30.67 49.34	
	100m:	1:25.69 46.16	200m:	3:02.13 48.95	300m:	4:41.33 49.97	400m:	6:18.11 47.44	
11 lat i młodsi									
1.	Ferek Julia		15	MUKS "TUREKin pływa"				5:33.67	351
	50m:	35.68 35.68	150m:	1:58.68 41.98	250m:	3:25.42 43.21	350m:	4:52.21 43.38	
	100m:	1:16.70 41.02	200m:	2:42.21 43.53	300m:	4:08.83 43.41	400m:	5:33.67 41.46	
2.	Zabłocka Oliwia		13	KS Warta Poznań				5:39.19	334
	50m:	36.01 36.01	150m:	2:03.75 44.37	250m:	3:31.89 43.82	350m:	4:59.51 43.35	
	100m:	1:19.38 43.37	200m:	2:48.07 44.32	300m:	4:16.16 44.27	400m:	5:39.19 39.68	
3.	Cielak Kaja		13	UKS Niagara Jedynka Wolsztyn				5:52.82	296
	50m:	38.66 38.66	150m:	2:08.52 46.04	250m:	3:40.27 45.92	350m:	5:10.88 44.38	
	100m:	1:22.48 43.82	200m:	2:54.35 45.83	300m:	4:26.50 46.23	400m:	5:52.82 41.94	
4.	Budner Hanna		14	MUKS "TUREKin pływa"				6:01.54	275
	50m:	38.66 38.66	150m:	2:10.27 47.12	250m:	3:45.92 48.38	350m:	5:19.48 46.58	
	100m:	1:23.15 44.49	200m:	2:57.54 47.27	300m:	4:32.90 46.98	400m:	6:01.54 42.06	
PK	Sobótka Oliwia		10	UKS „GIM 92 Ursynów"				4:36.38	617
	50m:	32.25 32.25	150m:	1:42.51 35.43	250m:	2:52.63 34.75	350m:	4:02.61 34.74	
	100m:	1:07.08 34.83	200m:	2:17.88 35.37	300m:	3:27.87 35.24	400m:	4:36.38 33.77	
PK	Kosecka Klara		09	MTPK Delfin Toru				5:19.94	398
	50m:	35.61 35.61	150m:	1:57.06 41.00	250m:	3:18.75 40.24	350m:	4:40.47 40.26	
	100m:	1:16.06 40.45	200m:	2:38.51 41.45	300m:	4:00.21 41.46	400m:	5:19.94 39.47	