

Polska Liga Pływacka
Warszawa, 17 - 18-4-2015

Konkurencja 11
2015-04-17 - 18:04

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.						Czas	Pkt.	
1.	KUNKA, Kamila		96	Małopolski OZP				4:24.32	740	15	
	50m:	30.82 30.82	150m:	1:37.80	33.90	250m:	2:45.02	33.47	350m:	3:52.01	33.47
	100m:	1:03.90 33.08	200m:	2:11.55	33.75	300m:	3:18.54	33.52	400m:	4:24.32	32.31
2.	UKOWSKA, Paula		93	Dolno I ski OZP				4:25.24	732	13	
	50m:	30.98 30.98	150m:	1:37.98	33.77	250m:	2:46.04	34.03	350m:	3:52.88	33.16
	100m:	1:04.21 33.23	200m:	2:12.01	34.03	300m:	3:19.72	33.68	400m:	4:25.24	32.36
3.	JANKOWSKA, Klaudia		98	Mazowiecki OZP 1				4:27.32	716	12	
	50m:	30.57 30.57	150m:	1:37.39	33.12	250m:	2:44.77	33.66	350m:	3:53.63	34.29
	100m:	1:04.27 33.70	200m:	2:11.11	33.72	300m:	3:19.34	34.57	400m:	4:27.32	33.69
4.	ADAMCZYK, Julia		99	Lubelski OZP				4:31.74	681	11	
	50m:	31.76 31.76	150m:	1:40.92	34.69	250m:	2:50.00	34.50	350m:	3:58.40	34.14
	100m:	1:06.23 34.47	200m:	2:15.50	34.58	300m:	3:24.26	34.26	400m:	4:31.74	33.34
5.	ROMAN, Magdalena		99	Mazowiecki OZP 1				4:32.45	676	10	
	50m:	30.45 30.45	150m:	1:38.60	34.36	250m:	2:47.77	34.69	350m:	3:58.09	35.24
	100m:	1:04.24 33.79	200m:	2:13.08	34.48	300m:	3:22.85	35.08	400m:	4:32.45	34.36
6.	WOJCIECHOWSKA, Joanna		98	Lubelski OZP				4:33.15	671	9	
	50m:	31.40 31.40	150m:	1:39.96	34.84	250m:	2:50.02	34.98	350m:	3:59.78	34.84
	100m:	1:05.12 33.72	200m:	2:15.04	35.08	300m:	3:24.94	34.92	400m:	4:33.15	33.37
7.	MUSIOŁ, Wiktoria		98	Małopolski OZP				4:33.53	668	8	
	50m:	31.51 31.51	150m:	1:40.62	34.75	250m:	2:50.69	34.95	350m:	4:00.46	34.72
	100m:	1:05.87 34.36	200m:	2:15.74	35.12	300m:	3:25.74	35.05	400m:	4:33.53	33.07
8.	ZROBEK, Natalia		99	Łódzki OZP				4:38.27	634	7	
	50m:	31.33 31.33	150m:	1:41.14	35.37	250m:	2:52.82	35.98	350m:	4:04.25	35.91
	100m:	1:05.77 34.44	200m:	2:16.84	35.70	300m:	3:28.34	35.52	400m:	4:38.27	34.02
9.	KRÓL, Oliwia		99	Łódzki OZP				4:39.34	627	6	
	50m:	31.95 31.95	150m:	1:42.66	35.45	250m:	2:54.23	35.59	350m:	4:05.40	35.60
	100m:	1:07.21 35.26	200m:	2:18.64	35.98	300m:	3:29.80	35.57	400m:	4:39.34	33.94
10.	JANISZEWSKA, Dominika		99	Mazowiecki OZP 2				4:39.37	627	5	
	50m:	32.08 32.08	150m:	1:42.25	34.96	250m:	2:53.34	35.53	350m:	4:04.46	35.80
	100m:	1:07.29 35.21	200m:	2:17.81	35.56	300m:	3:28.66	35.32	400m:	4:39.37	34.91
11.	ORCZYKOWSKA, Wioletta		97	Małopolski OZP				4:41.21	615		
	50m:	31.30 31.30	150m:	1:40.79	35.35	250m:	2:52.90	35.80	350m:	4:05.67	36.08
	100m:	1:05.44 34.14	200m:	2:17.10	36.31	300m:	3:29.59	36.69	400m:	4:41.21	35.54
12.	SPROSKA, Magdalena		97	Opolski OZP				4:42.02	609	4	
	50m:	31.75 31.75	150m:	1:42.35	35.80	250m:	2:53.93	35.76	350m:	4:06.47	36.31
	100m:	1:06.55 34.80	200m:	2:18.17	35.82	300m:	3:30.16	36.23	400m:	4:42.02	35.55
13.	PECYNA, Michalina		00	Mazowiecki OZP 2				4:42.22	608	3	
	50m:	31.55 31.55	150m:	1:42.71	36.11	250m:	2:55.55	36.52	350m:	4:08.01	36.41
	100m:	1:06.60 35.05	200m:	2:19.03	36.32	300m:	3:31.60	36.05	400m:	4:42.22	34.21
14.	REKS, Aleksandra		00	Mazowiecki OZP 1				4:42.44	607		
	50m:	32.22 32.22	150m:	1:42.59	35.57	250m:	2:54.54	36.10	350m:	4:06.97	36.32
	100m:	1:07.02 34.80	200m:	2:18.44	35.85	300m:	3:30.65	36.11	400m:	4:42.44	35.47
15.	GÓRECKA, Weronika		00	Dolno I ski OZP				4:42.97	603	2	
	50m:	32.08 32.08	150m:	1:42.83	35.53	250m:	2:55.50	36.20	350m:	4:08.16	36.26
	100m:	1:07.30 35.22	200m:	2:19.30	36.47	300m:	3:31.90	36.40	400m:	4:42.97	34.81
16.	OSINIAK, Ewa		00	Lubelski OZP				4:43.10	602		
	50m:	32.50 32.50	150m:	1:44.01	36.09	250m:	2:57.23	36.41	350m:	4:09.54	35.85
	100m:	1:07.92 35.42	200m:	2:20.82	36.81	300m:	3:33.69	36.46	400m:	4:43.10	33.56
17.	NIESZPOREK, Wiktoria		99	Łódzki OZP				4:46.77	579		
	50m:	32.42 32.42	150m:	1:44.31	36.35	250m:	2:57.41	36.61	350m:	4:11.56	36.94
	100m:	1:07.96 35.54	200m:	2:20.80	36.49	300m:	3:34.62	37.21	400m:	4:46.77	35.21

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18.	ANDRZEJEWSKA, Kamila			99	Lubelski OZP				4:47.16	577		
	50m:	32.35	32.35	150m:	1:44.85	36.54	250m:	2:59.32	37.34	350m:	4:13.83	37.10
	100m:	1:08.31	35.96	200m:	2:21.98	37.13	300m:	3:36.73	37.41	400m:	4:47.16	33.33
19.	BOCHENEK, Anna			01	Mazowiecki OZP 2				4:48.99	566		
	50m:	32.92	32.92	150m:	1:45.80	37.04	250m:	3:00.38	37.60	350m:	4:14.99	37.26
	100m:	1:08.76	35.84	200m:	2:22.78	36.98	300m:	3:37.73	37.35	400m:	4:48.99	34.00
20.	ŁYSAKOWSKA, Julia			01	Lubelski OZP				4:59.06	511		
	50m:	34.90	34.90	150m:	1:51.42	38.45	250m:	3:07.44	37.57	350m:	4:23.65	38.04
	100m:	1:12.97	38.07	200m:	2:29.87	38.45	300m:	3:45.61	38.17	400m:	4:59.06	35.41
21.	HASNY, Marta			98	Opolski OZP				4:59.83	507	1	
	50m:	32.82	32.82	150m:	1:49.35	38.69	250m:	3:05.93	37.70	350m:	4:22.36	38.37
	100m:	1:10.66	37.84	200m:	2:28.23	38.88	300m:	3:43.99	38.06	400m:	4:59.83	37.47