

Polska Liga Pływacka
Ciechanów, 16. - 17.10.2015

Konkurencja 11
16.10.2015 - 18:07

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2015

| Pozycja | | | Rok ur. | | | | | | | Czas | Pkt. | | |
|---------|-------------------------|---------|---------|--------------------------------|---------|-------|-------|---------|-------|----------------|---------|-------|--|
| 1. | KARPISZ, Milena | | 97 | Lodzki Okregowy Zwiazek Plywac | | | | | | 4:14.50 | 782 | 15,00 | |
| | 50m: | 30.99 | 30.99 | 150m: | 1:33.68 | 31.20 | 250m: | 2:37.71 | 32.10 | 350m: | 3:42.56 | 32.43 | |
| | 100m: | 1:02.48 | 31.49 | 200m: | 2:05.61 | 31.93 | 300m: | 3:10.13 | 32.42 | 400m: | 4:14.50 | 31.94 | |
| 2. | KUNKA, Kamila | | 96 | Małopolski Okr gowy Zwi zek Pł | | | | | | 4:17.63 | 754 | 13,00 | |
| | 50m: | 30.56 | 30.56 | 150m: | 1:35.81 | 32.72 | 250m: | 2:40.92 | 32.39 | 350m: | 3:45.88 | 32.48 | |
| | 100m: | 1:03.09 | 32.53 | 200m: | 2:08.53 | 32.72 | 300m: | 3:13.40 | 32.48 | 400m: | 4:17.63 | 31.75 | |
| 3. | UKOWSKA, Paula | | 93 | Dolno l ski OZP-1 zespól | | | | | | 4:18.13 | 749 | 12,00 | |
| | 50m: | 30.42 | 30.42 | 150m: | 1:37.24 | 33.31 | 250m: | 2:43.31 | 32.64 | 350m: | 3:47.17 | 31.88 | |
| | 100m: | 1:03.93 | 33.51 | 200m: | 2:10.67 | 33.43 | 300m: | 3:15.29 | 31.98 | 400m: | 4:18.13 | 30.96 | |
| 4. | BURSKA, Justyna | | 95 | Lodzki Okregowy Zwiazek Plywac | | | | | | 4:20.21 | 732 | 11,00 | |
| | 50m: | 31.51 | 31.51 | 150m: | 1:36.66 | 32.77 | 250m: | 2:42.10 | 32.63 | 350m: | 3:48.00 | 32.94 | |
| | 100m: | 1:03.89 | 32.38 | 200m: | 2:09.47 | 32.81 | 300m: | 3:15.06 | 32.96 | 400m: | 4:20.21 | 32.21 | |
| 5. | PIECHOTA, Paulina | | 99 | Lodzki Okregowy Zwiazek Plywac | | | | | | 4:20.80 | 727 | - | |
| | 50m: | 31.13 | 31.13 | 150m: | 1:36.86 | 32.93 | 250m: | 2:42.88 | 32.97 | 350m: | 3:48.74 | 32.88 | |
| | 100m: | 1:03.93 | 32.80 | 200m: | 2:09.91 | 33.05 | 300m: | 3:15.86 | 32.98 | 400m: | 4:20.80 | 32.06 | |
| 6. | NITA, Anna | | 97 | Dolno l ski OZP-1 zespól | | | | | | 4:24.67 | 695 | 10,00 | |
| | 50m: | 31.05 | 31.05 | 150m: | 1:37.59 | 33.31 | 250m: | 2:44.85 | 33.69 | 350m: | 3:52.77 | 33.86 | |
| | 100m: | 1:04.28 | 33.23 | 200m: | 2:11.16 | 33.57 | 300m: | 3:18.91 | 34.06 | 400m: | 4:24.67 | 31.90 | |
| 7. | JANISZEWSKA, Dominika | | 99 | Mazowiecki OZP | | | | | | 4:24.97 | 693 | 9,00 | |
| | 50m: | 30.98 | 30.98 | 150m: | 1:37.84 | 33.29 | 250m: | 2:44.68 | 33.37 | 350m: | 3:52.36 | 33.89 | |
| | 100m: | 1:04.55 | 33.57 | 200m: | 2:11.31 | 33.47 | 300m: | 3:18.47 | 33.79 | 400m: | 4:24.97 | 32.61 | |
| 8. | ROMAN, Magdalena | | 99 | Mazowiecki OZP | | | | | | 4:25.54 | 688 | 8,00 | |
| | 50m: | 31.30 | 31.30 | 150m: | 1:38.39 | 33.63 | 250m: | 2:45.91 | 33.81 | 350m: | 3:53.38 | 33.65 | |
| | 100m: | 1:04.76 | 33.46 | 200m: | 2:12.10 | 33.71 | 300m: | 3:19.73 | 33.82 | 400m: | 4:25.54 | 32.16 | |
| 9. | ADAMCZYK, Julia SL | | 99 | Lubelski OZP | | | | | | 4:28.95 | 663 | 7,00 | |
| | 50m: | 31.23 | 31.23 | 150m: | 1:38.80 | 33.95 | 250m: | 2:47.20 | 34.24 | 350m: | 3:55.65 | 34.21 | |
| | 100m: | 1:04.85 | 33.62 | 200m: | 2:12.96 | 34.16 | 300m: | 3:21.44 | 34.24 | 400m: | 4:28.95 | 33.30 | |
| 10. | WOJCIECHOWSKA, Joanna | | 98 | Lubelski OZP | | | | | | 4:30.90 | 648 | 6,00 | |
| | 50m: | 32.17 | 32.17 | 150m: | 1:39.62 | 33.95 | 250m: | 2:48.34 | 34.16 | 350m: | 3:57.18 | 34.55 | |
| | 100m: | 1:05.67 | 33.50 | 200m: | 2:14.18 | 34.56 | 300m: | 3:22.63 | 34.29 | 400m: | 4:30.90 | 33.72 | |
| 11. | ORCZYKOWSKA, Wioletta | | 97 | Małopolski Okr gowy Zwi zek Pł | | | | | | 4:31.21 | 646 | 5,00 | |
| | 50m: | 30.91 | 30.91 | 150m: | 1:38.30 | 33.92 | 250m: | 2:46.55 | 34.21 | 350m: | 3:56.46 | 35.14 | |
| | 100m: | 1:04.38 | 33.47 | 200m: | 2:12.34 | 34.04 | 300m: | 3:21.32 | 34.77 | 400m: | 4:31.21 | 34.75 | |
| 12. | ANDRZEJEWSKA, Kamila SL | | 99 | Lubelski OZP | | | | | | 4:31.98 | 641 | - | |
| | 50m: | 31.83 | 31.83 | 150m: | 1:40.18 | 34.38 | 250m: | 2:49.23 | 34.59 | 350m: | 3:58.39 | 34.55 | |
| | 100m: | 1:05.80 | 33.97 | 200m: | 2:14.64 | 34.46 | 300m: | 3:23.84 | 34.61 | 400m: | 4:31.98 | 33.59 | |
| 13. | BERNAT, Gabriela SL | | 99 | Lubelski OZP | | | | | | 4:34.90 | 620 | - | |
| | 50m: | 32.21 | 32.21 | 150m: | 1:42.52 | 35.30 | 250m: | 2:51.65 | 34.32 | 350m: | 4:00.88 | 34.51 | |
| | 100m: | 1:07.22 | 35.01 | 200m: | 2:17.33 | 34.81 | 300m: | 3:26.37 | 34.72 | 400m: | 4:34.90 | 34.02 | |
| 14. | ZAJ C, Oliwia | | 98 | Dolno l ski OZP-2 zespól | | | | | | 4:39.19 | 592 | 4,00 | |
| | 50m: | 32.85 | 32.85 | 150m: | 1:42.55 | | 250m: | 2:53.41 | 35.53 | 350m: | 4:04.93 | | |
| | 100m: | | | 200m: | 2:17.88 | 35.33 | 300m: | | | 400m: | 4:39.19 | 34.26 | |
| 15. | MUDA, Weronika SL | | 00 | Lubelski OZP | | | | | | 4:40.09 | 587 | - | |
| | 50m: | | | 150m: | 1:42.50 | 35.46 | 250m: | 2:53.66 | 35.41 | 350m: | 4:04.69 | 35.63 | |
| | 100m: | 1:07.04 | | 200m: | 2:18.25 | 35.75 | 300m: | 3:29.06 | 35.40 | 400m: | 4:40.09 | 35.40 | |
| 16. | LICZNIAK, Weronika SL | | 99 | Lubelski OZP | | | | | | 4:46.80 | 546 | - | |
| | 50m: | 32.64 | 32.64 | 150m: | 1:43.69 | 35.94 | 250m: | 2:56.21 | 36.42 | 350m: | 4:09.06 | 36.16 | |
| | 100m: | 1:07.75 | 35.11 | 200m: | 2:19.79 | 36.10 | 300m: | 3:32.90 | 36.69 | 400m: | 4:46.80 | 37.74 | |
| 17. | OSINIAK, Ewa | | 00 | Lubelski OZP | | | | | | 4:47.46 | 543 | - | |
| | 50m: | 31.76 | 31.76 | 150m: | 1:42.49 | 35.78 | 250m: | 2:54.51 | 36.34 | 350m: | 4:06.01 | 35.58 | |
| | 100m: | 1:06.71 | 34.95 | 200m: | 2:18.17 | 35.68 | 300m: | 3:30.43 | 35.92 | 400m: | 4:47.46 | 41.45 | |

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|---------|-----------------------|---------------|---------|-----------------------|-------|-------|----------------|-------|-------|---------|-------|
| 18. | ŁYSAKOWSKA, Julia SL | | 01 | Lubelski OZP | | | 4:50.11 | 528 | - | | |
| | 50m: | 33.69 33.69 | 150m: | 1:46.72 | 36.80 | 250m: | 3:00.56 | 37.17 | 350m: | 4:14.48 | 36.70 |
| | 100m: | 1:09.92 36.23 | 200m: | 2:23.39 | 36.67 | 300m: | 3:37.78 | 37.22 | 400m: | 4:50.11 | 35.63 |
| 19. | CHODYNA, Kinga | | 00 | Wari sko-Mazurski OZP | | | 4:55.45 | 500 | 3,00 | | |
| | 50m: | 34.49 34.49 | 150m: | 1:48.37 | 36.97 | 250m: | 3:03.11 | 37.01 | 350m: | 4:18.65 | 37.92 |
| | 100m: | 1:11.40 36.91 | 200m: | 2:26.10 | 37.73 | 300m: | 3:40.73 | 37.62 | 400m: | 4:55.45 | 36.80 |
| 20. | SZELUGA, Wiktoria SOL | | 01 | Wari sko-Mazurski OZP | | | 5:01.03 | 472 | 2,00 | | |
| | 50m: | 33.81 33.81 | 150m: | 1:48.28 | 37.98 | 250m: | 3:05.11 | | 350m: | 4:22.78 | 39.01 |
| | 100m: | 1:10.30 36.49 | 200m: | | | 300m: | 3:43.77 | 38.66 | 400m: | 5:01.03 | 38.25 |
| 21. | KRUPI SKA, Laura | | 01 | Wari sko-Mazurski OZP | | | 5:18.01 | 401 | - | | |
| | 50m: | | 150m: | | | 250m: | 3:16.54 | 41.10 | 350m: | 4:38.18 | 40.47 |
| | 100m: | 1:15.06 | 200m: | 2:35.44 | | 300m: | 3:57.71 | 41.17 | 400m: | 5:18.01 | 39.83 |