

Polska Liga Pływacka  
Ciechanów, 16. - 17.10.2015

Konkurencja 38  
17.10.2015 - 16:37

Kobiet, 400m zmienny

Open  
Wyniki

Punkty: FINA 2015

Pozycja					Rok ur.					Czas	Pkt.	
1.	TCHÓRZ, Alicja				92	Dolno I ski OZP-1 zespół				<b>4:45.76</b>	751	15,00
	50m:	30.28	30.28	150m:	1:42.45	37.66	250m:	3:00.05	40.45	350m:	4:13.70	33.67
	100m:	1:04.79	34.51	200m:	2:19.60	37.15	300m:	3:40.03	39.98	400m:	4:45.76	32.06
2.	UKOWSKA, Paula				93	Dolno I ski OZP-1 zespół				<b>4:53.94</b>	690	13,00
	50m:	31.73	31.73	150m:	1:45.67	37.89	250m:	3:05.94	43.83	350m:	4:22.24	33.20
	100m:	1:07.78	36.05	200m:	2:22.11	36.44	300m:	3:49.04	43.10	400m:	4:53.94	31.70
3.	GRALEWSKA, Kalina				96	Mazowiecki OZP				<b>4:54.09</b>	689	12,00
	50m:	32.32	32.32	150m:	1:45.00	36.18	250m:	3:03.01	41.80	350m:	4:20.95	34.63
	100m:	1:08.82	36.50	200m:	2:21.21	36.21	300m:	3:46.32	43.31	400m:	4:54.09	33.14
4.	NIENAŁTOWSKA, Natalia				96	Mazowiecki OZP				<b>4:56.54</b>	672	11,00
	50m:	32.36	32.36	150m:	1:46.69	37.51	250m:	3:07.37	41.81	350m:	4:23.31	34.28
	100m:	1:09.18	36.82	200m:	2:25.56	38.87	300m:	3:49.03	41.66	400m:	4:56.54	33.23
5.	PIECHOTA, Paulina				99	Lodzki Okregowy Zwiazek Plywac				<b>4:57.50</b>	666	10,00
	50m:	32.44	32.44	150m:	1:48.47	38.63	250m:	3:08.83	42.75	350m:	4:24.70	33.40
	100m:	1:09.84	37.40	200m:	2:26.08	37.61	300m:	3:51.30	42.47	400m:	4:57.50	32.80
6.	JANISZEWSKA, Dominika				99	Mazowiecki OZP				<b>5:01.85</b>	638	-
	50m:	32.23	32.23	150m:	1:49.52	41.18	250m:	3:10.61	41.38	350m:	4:28.42	35.01
	100m:	1:08.34	36.11	200m:	2:29.23	39.71	300m:	3:53.41	42.80	400m:	5:01.85	33.43
7.	FILIPEK, Jagoda				99	Dolno I ski OZP-2 zespół				<b>5:02.30</b>	635	9,00
	50m:	32.82	32.82	150m:	1:49.99	39.89	250m:	3:12.10	43.95	350m:	4:29.91	34.41
	100m:	1:10.10	37.28	200m:	2:28.15	38.16	300m:	3:55.50	43.40	400m:	5:02.30	32.39
8.	NITA, Anna				97	Dolno I ski OZP-1 zespół				<b>5:02.64</b>	633	-
	50m:	33.59	33.59	150m:	1:50.59	40.23	250m:	3:12.80	43.65	350m:	4:30.75	33.65
	100m:	1:10.36	36.77	200m:	2:29.15	38.56	300m:	3:57.10	44.30	400m:	5:02.64	31.89
9.	ADAMCZYK, Julia SL				99	Lubelski OZP				<b>5:02.82</b>	631	8,00
	50m:	34.57	34.57	150m:	1:50.19	38.39	250m:	3:13.47	44.18	350m:	4:30.48	33.45
	100m:	1:11.80	37.23	200m:	2:29.29	39.10	300m:	3:57.03	43.56	400m:	5:02.82	32.34
10.	KUNKA, Kamila				96	Małopolski Okr gowy Zwi zek Pł				<b>5:02.84</b>	631	7,00
	50m:	32.98	32.98	150m:	1:49.78	38.82	250m:	3:12.37	44.41	350m:	4:31.35	33.87
	100m:	1:10.96	37.98	200m:	2:27.96	38.18	300m:	3:57.48	45.11	400m:	5:02.84	31.49
11.	DZWONNIK, Zuzanna				00	Lodzki Okregowy Zwiazek Plywac				<b>5:08.26</b>	599	6,00
	50m:			150m:	1:52.26		250m:			350m:	4:33.34	34.51
	100m:			200m:	2:30.65	38.39	300m:	3:58.83		400m:	5:08.26	34.92
12.	URYGA, Paulina				95	Małopolski Okr gowy Zwi zek Pł				<b>5:11.39</b>	581	5,00
	50m:	35.07	35.07	150m:	1:52.83	39.33	250m:	3:14.91	42.03	350m:	4:34.69	37.55
	100m:	1:13.50	38.43	200m:	2:32.88	40.05	300m:	3:57.14	42.23	400m:	5:11.39	36.70
13.	SIRIGNANO, Luigia				96	Małopolski Okr gowy Zwi zek Pł				<b>5:12.64</b>	574	-
	50m:	33.60	33.60	150m:	1:53.75	41.00	250m:	3:18.33	44.30	350m:	4:37.90	36.22
	100m:	1:12.75	39.15	200m:	2:34.03	40.28	300m:	4:01.68	43.35	400m:	5:12.64	34.74
14.	WIKIEŁ, aklina				00	Wari sko-Mazurski OZP				<b>5:15.85</b>	556	4,00
	50m:	33.57	33.57	150m:	1:53.85	41.31	250m:	3:16.91	42.84	350m:	4:38.17	38.32
	100m:	1:12.54	38.97	200m:	2:34.07	40.22	300m:	3:59.85	42.94	400m:	5:15.85	37.68
15.	WALZ, Kornelia				00	Lodzki Okregowy Zwiazek Plywac				<b>5:33.49</b>	473	-
	50m:	38.60	38.60	150m:	2:02.51	41.04	250m:	3:31.22	45.87	350m:	5:33.49	1:16.33
	100m:	1:21.47	42.87	200m:	2:45.35	42.84	300m:	4:17.16	45.94	400m:	5:33.49	
16.	ZAJ C, Oliwia				98	Dolno I ski OZP-2 zespół				<b>5:42.68</b>	436	3,00
	50m:	37.77	37.77	150m:	2:06.69	44.04	250m:	3:39.32	50.54	350m:	5:07.47	35.52
	100m:	1:22.65	44.88	200m:	2:48.78	42.09	300m:	4:31.95	52.63	400m:	5:42.68	35.21