

Ogólnopolskie Integracyjne Zawody Pływackie MUSZELKA 2016
Warszawa, 12- - 13-11-2016

Konkurencja 7
12-11-2016 - 10:45

Kobiet, 400m dowolny

Open
Wyniki

Punkty: IPC 2014

Pozycja	Rok ur.	Czas	Pkt.
19 lat i starsi, dysf. narz du ruchu			
1. JABŁO SKA, Oliwia	97	4:47.79	902
50m: 34.45 34.45	150m: 1:46.22 36.18	250m: 2:59.20 36.51	350m: 4:12.11 36.39
100m: 1:10.04 35.59	200m: 2:22.69 36.47	300m: 3:35.72 36.52	400m: 4:47.79 35.68
2. NOGA, Aneta	96	7:18.31	279
50m: 55.34 55.34	150m: 3:00.67 1:03.31	250m: 5:10.10 1:04.94	350m: 7:15.44 1:02.27
100m: 1:57.36 1:02.02	200m: 4:05.16 1:04.49	300m: 6:13.17 1:03.07	400m: 7:18.31 2.87
16 lat i młodszy, dysf. narz du ruchu			
1. LISIAK, Nikola	01	6:02.04	453
50m: 40.49 40.49	150m: 2:11.55 46.73	250m: 3:43.82 45.19	350m: 5:17.34 45.91
100m: 1:24.82 44.33	200m: 2:58.63 47.08	300m: 4:31.43 47.61	400m: 6:02.04 44.70
2. DAROCH, Oliwia	02	6:19.79	393
50m: 39.66 39.66	150m: 2:14.91 48.70	250m: 3:53.20 48.92	350m: 5:33.64 50.06
100m: 1:26.21 46.55	200m: 3:04.28 49.37	300m: 4:43.58 50.38	400m: 6:19.79 46.15
11 - 12 lat			
1. KLIMOWICZ, Adrianna	05	6:02.72	
50m: 40.76 40.76	150m: 3:00.12 47.31	250m: 4:34.11 46.88	350m:
100m: 2:12.81 1:32.05	200m: 3:47.23 47.11	300m: 5:20.09 45.98	400m: 6:02.72
13 - 14 lat			
1. CYNARSKA, Weronika	03	4:37.35	
50m: 31.64 31.64	150m: 1:40.40 34.83	250m: 2:51.05 35.40	350m: 4:02.67 35.85
100m: 1:05.57 33.93	200m: 2:15.65 35.25	300m: 3:26.82 35.77	400m: 4:37.35 34.68
2. CYNARSKA, Natalia	03	4:41.92	
50m: 32.42 32.42	150m: 1:42.26 35.41	250m: 2:54.55 36.46	350m: 4:07.04 36.31
100m: 1:06.85 34.43	200m: 2:18.09 35.83	300m: 3:30.73 36.18	400m: 4:41.92 34.88
3. BADZIAN, Natalia	03	4:50.60	
50m: 33.31 33.31	150m: 1:45.75 36.52	250m: 2:59.63 36.70	350m: 4:13.52 37.20
100m: 1:09.23 35.92	200m: 2:22.93 37.18	300m: 3:36.32 36.69	400m: 4:50.60 37.08
4. ZIEMACKA, Julia	03	4:53.21	
50m: 32.97 32.97	150m: 1:46.05 37.04	250m: 3:00.78 37.58	350m: 4:16.17 37.86
100m: 1:09.01 36.04	200m: 2:23.20 37.15	300m: 3:38.31 37.53	400m: 4:53.21 37.04
5. KURZEPA, Adrianna	02	4:56.45	
50m: 34.46 34.46	150m: 1:47.46 36.86	250m: 3:01.84 37.47	350m: 4:18.50 38.56
100m: 1:10.60 36.14	200m: 2:24.37 36.91	300m: 3:39.94 38.10	400m: 4:56.45 37.95
6. CHOMICKA, Zofia	02	4:59.70	
50m: 34.11 34.11	150m: 1:48.90 37.80	250m: 3:05.66 38.14	350m: 4:22.90 38.44
100m: 1:11.10 36.99	200m: 2:27.52 38.62	300m: 3:44.46 38.80	400m: 4:59.70 36.80