

Letnie Otwarte Mistrzostwa Polski w Pływaniu Osób Niepełnosprawnych  
Szczecin, 27- - 29-6-2014

Event 7  
2014-06-27 - 18:08

Women, 400m Freestyle

Open  
Results

Points: IPC 2012

| Rank                 |                      |         | YB    |                             |         |         |       | Time           | Pts     |       |         |         |
|----------------------|----------------------|---------|-------|-----------------------------|---------|---------|-------|----------------|---------|-------|---------|---------|
| <b>Grupa S6</b>      |                      |         |       |                             |         |         |       |                |         |       |         |         |
| 1.                   | ZVYAGINTSEVA Natalya |         | 76    | Kazakhstan                  |         |         |       | <b>8:04.56</b> | 286     | S6    |         |         |
|                      | 50m:                 | 53.04   | 53.04 | 150m:                       | 2:51.63 | 1:00.68 | 250m: | 4:55.90        | 1:02.16 | 350m: | 7:02.62 | 1:03.25 |
|                      | 100m:                | 1:50.95 | 57.91 | 200m:                       | 3:53.74 | 1:02.11 | 300m: | 5:59.37        | 1:03.47 | 400m: | 8:04.56 | 1:01.94 |
| <b>Grupa S9</b>      |                      |         |       |                             |         |         |       |                |         |       |         |         |
| 1.                   | SOBCZAK Katarzyna    |         | 94    | Start Wroclaw               |         |         |       | <b>5:33.12</b> | 497     | S9    |         |         |
|                      | 50m:                 | 37.54   | 37.54 | 150m:                       | 2:00.73 | 42.13   | 250m: | 3:26.01        | 42.43   | 350m: | 4:51.96 | 43.03   |
|                      | 100m:                | 1:18.60 | 41.06 | 200m:                       | 2:43.58 | 42.85   | 300m: | 4:08.93        | 42.92   | 400m: | 5:33.12 | 41.16   |
| 2.                   | LISIAK Nikola        |         | 01    | KSI Start Szczecin          |         |         |       | <b>7:15.79</b> | 222     | S9    |         |         |
|                      | 50m:                 | 44.75   | 44.75 | 150m:                       | 2:33.51 | 54.87   | 250m: | 4:26.83        | 56.26   | 350m: | 6:21.08 | 56.80   |
|                      | 100m:                | 1:38.64 | 53.89 | 200m:                       | 3:30.57 | 57.06   | 300m: | 5:24.28        | 57.45   | 400m: | 7:15.79 | 54.71   |
| <b>Grupa S10</b>     |                      |         |       |                             |         |         |       |                |         |       |         |         |
| 1.                   | JABLONSKA Oliwia     |         | 97    | Start Wroclaw               |         |         |       | <b>4:42.23</b> | 907     | S10   |         |         |
|                      | 50m:                 | 32.71   | 32.71 | 150m:                       | 1:44.94 | 36.24   | 250m: | 2:56.47        | 35.55   | 350m: | 4:08.25 | 35.89   |
|                      | 100m:                | 1:08.70 | 35.99 | 200m:                       | 2:20.92 | 35.98   | 300m: | 3:32.36        | 35.89   | 400m: | 4:42.23 | 33.98   |
| 2.                   | PAWLIK Katarzyna     |         | 89    | Start Katowice              |         |         |       | <b>5:51.43</b> | 470     | S10   |         |         |
|                      | 50m:                 | 36.83   | 36.83 | 150m:                       | 2:01.03 | 43.24   | 250m: | 3:30.38        | 45.41   | 350m: | 5:04.93 | 47.42   |
|                      | 100m:                | 1:17.79 | 40.96 | 200m:                       | 2:44.97 | 43.94   | 300m: | 4:17.51        | 47.13   | 400m: | 5:51.43 | 46.50   |
| 3.                   | GIEDRYS Alicja       |         | 81    | Szansa Start Gdansk         |         |         |       | <b>6:04.12</b> | 422     | S10   |         |         |
|                      | 50m:                 | 39.93   | 39.93 | 150m:                       | 2:11.12 | 46.37   | 250m: | 3:45.67        | 47.33   | 350m: | 5:19.95 | 46.72   |
|                      | 100m:                | 1:24.75 | 44.82 | 200m:                       | 2:58.34 | 47.22   | 300m: | 4:33.23        | 47.56   | 400m: | 6:04.12 | 44.17   |
| 4.                   | REMMELG Anette       |         | 00    | Estonia                     |         |         |       | <b>6:15.71</b> | 384     | S10   |         |         |
|                      | 50m:                 | 38.84   | 38.84 | 150m:                       | 2:10.76 | 47.50   | 250m: | 3:49.11        | 49.52   | 350m: | 5:28.32 | 49.13   |
|                      | 100m:                | 1:23.26 | 44.42 | 200m:                       | 2:59.59 | 48.83   | 300m: | 4:39.19        | 50.08   | 400m: | 6:15.71 | 47.39   |
| 5.                   | STANEK Sylwia        |         | 96    | LKS Gol - Start Czestochowa |         |         |       | <b>7:04.48</b> | 266     | S10   |         |         |
|                      | 50m:                 | 44.51   | 44.51 | 150m:                       | 2:30.70 | 54.26   | 250m: | 4:21.14        | 54.62   | 350m: | 6:11.36 | 55.12   |
|                      | 100m:                | 1:36.44 | 51.93 | 200m:                       | 3:26.52 | 55.82   | 300m: | 5:16.24        | 55.10   | 400m: | 7:04.48 | 53.12   |
| <b>Grupa S12</b>     |                      |         |       |                             |         |         |       |                |         |       |         |         |
| 1.                   | SUTPAYEVA Diana      |         | 85    | Kazakhstan                  |         |         |       | <b>6:37.67</b> | 339     | S12   |         |         |
|                      | 50m:                 | 40.24   | 40.24 | 150m:                       | 2:20.79 | 52.62   | 250m: | 4:05.60        | 52.81   | 350m: | 5:49.33 | 52.28   |
|                      | 100m:                | 1:28.17 | 47.93 | 200m:                       | 3:12.79 | 52.00   | 300m: | 4:57.05        | 51.45   | 400m: | 6:37.67 | 48.34   |
| <b>Grupa S1 - 10</b> |                      |         |       |                             |         |         |       |                |         |       |         |         |
| 1.                   | JABLONSKA Oliwia     |         | 97    | Start Wroclaw               |         |         |       | <b>4:42.23</b> | 907     | S10   |         |         |
|                      | 50m:                 | 32.71   | 32.71 | 150m:                       | 1:44.94 | 36.24   | 250m: | 2:56.47        | 35.55   | 350m: | 4:08.25 | 35.89   |
|                      | 100m:                | 1:08.70 | 35.99 | 200m:                       | 2:20.92 | 35.98   | 300m: | 3:32.36        | 35.89   | 400m: | 4:42.23 | 33.98   |
| 2.                   | SOBCZAK Katarzyna    |         | 94    | Start Wroclaw               |         |         |       | <b>5:33.12</b> | 497     | S9    |         |         |
|                      | 50m:                 | 37.54   | 37.54 | 150m:                       | 2:00.73 | 42.13   | 250m: | 3:26.01        | 42.43   | 350m: | 4:51.96 | 43.03   |
|                      | 100m:                | 1:18.60 | 41.06 | 200m:                       | 2:43.58 | 42.85   | 300m: | 4:08.93        | 42.92   | 400m: | 5:33.12 | 41.16   |
| 3.                   | PAWLIK Katarzyna     |         | 89    | Start Katowice              |         |         |       | <b>5:51.43</b> | 470     | S10   |         |         |
|                      | 50m:                 | 36.83   | 36.83 | 150m:                       | 2:01.03 | 43.24   | 250m: | 3:30.38        | 45.41   | 350m: | 5:04.93 | 47.42   |
|                      | 100m:                | 1:17.79 | 40.96 | 200m:                       | 2:44.97 | 43.94   | 300m: | 4:17.51        | 47.13   | 400m: | 5:51.43 | 46.50   |
| 4.                   | GIEDRYS Alicja       |         | 81    | Szansa Start Gdansk         |         |         |       | <b>6:04.12</b> | 422     | S10   |         |         |
|                      | 50m:                 | 39.93   | 39.93 | 150m:                       | 2:11.12 | 46.37   | 250m: | 3:45.67        | 47.33   | 350m: | 5:19.95 | 46.72   |
|                      | 100m:                | 1:24.75 | 44.82 | 200m:                       | 2:58.34 | 47.22   | 300m: | 4:33.23        | 47.56   | 400m: | 6:04.12 | 44.17   |

Letnie Otwarte Mistrzostwa Polski w Pływaniu Osób Niepełnosprawnych  
Szczecin, 27- - 29-6-2014

Event 7, Women, 400m Freestyle, Grupa S1 - 10

| Rank |                      |         | YB    |                             |         |         |       | Time           | Pts     |       |         |         |
|------|----------------------|---------|-------|-----------------------------|---------|---------|-------|----------------|---------|-------|---------|---------|
| 5.   | REMMELG Anette       |         | 00    | Estonia                     |         |         |       | <b>6:15.71</b> | 384     | S10   |         |         |
|      | 50m:                 | 38.84   | 38.84 | 150m:                       | 2:10.76 | 47.50   | 250m: | 3:49.11        | 49.52   | 350m: | 5:28.32 | 49.13   |
|      | 100m:                | 1:23.26 | 44.42 | 200m:                       | 2:59.59 | 48.83   | 300m: | 4:39.19        | 50.08   | 400m: | 6:15.71 | 47.39   |
| 6.   | ZVYAGINTSEVA Natalya |         | 76    | Kazakhstan                  |         |         |       | <b>8:04.56</b> | 286     | S6    |         |         |
|      | 50m:                 | 53.04   | 53.04 | 150m:                       | 2:51.63 | 1:00.68 | 250m: | 4:55.90        | 1:02.16 | 350m: | 7:02.62 | 1:03.25 |
|      | 100m:                | 1:50.95 | 57.91 | 200m:                       | 3:53.74 | 1:02.11 | 300m: | 5:59.37        | 1:03.47 | 400m: | 8:04.56 | 1:01.94 |
| 7.   | STANEK Sylwia        |         | 96    | LKS Gol - Start Czestochowa |         |         |       | <b>7:04.48</b> | 266     | S10   |         |         |
|      | 50m:                 | 44.51   | 44.51 | 150m:                       | 2:30.70 | 54.26   | 250m: | 4:21.14        | 54.62   | 350m: | 6:11.36 | 55.12   |
|      | 100m:                | 1:36.44 | 51.93 | 200m:                       | 3:26.52 | 55.82   | 300m: | 5:16.24        | 55.10   | 400m: | 7:04.48 | 53.12   |
| 8.   | LISIAK Nikola        |         | 01    | KSI Start Szczecin          |         |         |       | <b>7:15.79</b> | 222     | S9    |         |         |
|      | 50m:                 | 44.75   | 44.75 | 150m:                       | 2:33.51 | 54.87   | 250m: | 4:26.83        | 56.26   | 350m: | 6:21.08 | 56.80   |
|      | 100m:                | 1:38.64 | 53.89 | 200m:                       | 3:30.57 | 57.06   | 300m: | 5:24.28        | 57.45   | 400m: | 7:15.79 | 54.71   |

Grupa S11 - 13

|    |                 |         |       |            |         |       |       |                |       |       |         |       |
|----|-----------------|---------|-------|------------|---------|-------|-------|----------------|-------|-------|---------|-------|
| 1. | SUTPAYEVA Diana |         | 85    | Kazakhstan |         |       |       | <b>6:37.67</b> | 339   | S12   |         |       |
|    | 50m:            | 40.24   | 40.24 | 150m:      | 2:20.79 | 52.62 | 250m: | 4:05.60        | 52.81 | 350m: | 5:49.33 | 52.28 |
|    | 100m:           | 1:28.17 | 47.93 | 200m:      | 3:12.79 | 52.00 | 300m: | 4:57.05        | 51.45 | 400m: | 6:37.67 | 48.34 |

Open

|    |                      |         |       |                             |         |         |       |                |         |       |         |         |
|----|----------------------|---------|-------|-----------------------------|---------|---------|-------|----------------|---------|-------|---------|---------|
| 1. | JABLONSKA Oliwia     |         | 97    | Start Wroclaw               |         |         |       | <b>4:42.23</b> | 907     | S10   |         |         |
|    | 50m:                 | 32.71   | 32.71 | 150m:                       | 1:44.94 | 36.24   | 250m: | 2:56.47        | 35.55   | 350m: | 4:08.25 | 35.89   |
|    | 100m:                | 1:08.70 | 35.99 | 200m:                       | 2:20.92 | 35.98   | 300m: | 3:32.36        | 35.89   | 400m: | 4:42.23 | 33.98   |
| 2. | SOBCZAK Katarzyna    |         | 94    | Start Wroclaw               |         |         |       | <b>5:33.12</b> | 497     | S9    |         |         |
|    | 50m:                 | 37.54   | 37.54 | 150m:                       | 2:00.73 | 42.13   | 250m: | 3:26.01        | 42.43   | 350m: | 4:51.96 | 43.03   |
|    | 100m:                | 1:18.60 | 41.06 | 200m:                       | 2:43.58 | 42.85   | 300m: | 4:08.93        | 42.92   | 400m: | 5:33.12 | 41.16   |
| 3. | PAWLIK Katarzyna     |         | 89    | Start Katowice              |         |         |       | <b>5:51.43</b> | 470     | S10   |         |         |
|    | 50m:                 | 36.83   | 36.83 | 150m:                       | 2:01.03 | 43.24   | 250m: | 3:30.38        | 45.41   | 350m: | 5:04.93 | 47.42   |
|    | 100m:                | 1:17.79 | 40.96 | 200m:                       | 2:44.97 | 43.94   | 300m: | 4:17.51        | 47.13   | 400m: | 5:51.43 | 46.50   |
| 4. | GIEDRYS Alicja       |         | 81    | Szansa Start Gdansk         |         |         |       | <b>6:04.12</b> | 422     | S10   |         |         |
|    | 50m:                 | 39.93   | 39.93 | 150m:                       | 2:11.12 | 46.37   | 250m: | 3:45.67        | 47.33   | 350m: | 5:19.95 | 46.72   |
|    | 100m:                | 1:24.75 | 44.82 | 200m:                       | 2:58.34 | 47.22   | 300m: | 4:33.23        | 47.56   | 400m: | 6:04.12 | 44.17   |
| 5. | REMMELG Anette       |         | 00    | Estonia                     |         |         |       | <b>6:15.71</b> | 384     | S10   |         |         |
|    | 50m:                 | 38.84   | 38.84 | 150m:                       | 2:10.76 | 47.50   | 250m: | 3:49.11        | 49.52   | 350m: | 5:28.32 | 49.13   |
|    | 100m:                | 1:23.26 | 44.42 | 200m:                       | 2:59.59 | 48.83   | 300m: | 4:39.19        | 50.08   | 400m: | 6:15.71 | 47.39   |
| 6. | SUTPAYEVA Diana      |         | 85    | Kazakhstan                  |         |         |       | <b>6:37.67</b> | 339     | S12   |         |         |
|    | 50m:                 | 40.24   | 40.24 | 150m:                       | 2:20.79 | 52.62   | 250m: | 4:05.60        | 52.81   | 350m: | 5:49.33 | 52.28   |
|    | 100m:                | 1:28.17 | 47.93 | 200m:                       | 3:12.79 | 52.00   | 300m: | 4:57.05        | 51.45   | 400m: | 6:37.67 | 48.34   |
| 7. | ZVYAGINTSEVA Natalya |         | 76    | Kazakhstan                  |         |         |       | <b>8:04.56</b> | 286     | S6    |         |         |
|    | 50m:                 | 53.04   | 53.04 | 150m:                       | 2:51.63 | 1:00.68 | 250m: | 4:55.90        | 1:02.16 | 350m: | 7:02.62 | 1:03.25 |
|    | 100m:                | 1:50.95 | 57.91 | 200m:                       | 3:53.74 | 1:02.11 | 300m: | 5:59.37        | 1:03.47 | 400m: | 8:04.56 | 1:01.94 |
| 8. | STANEK Sylwia        |         | 96    | LKS Gol - Start Czestochowa |         |         |       | <b>7:04.48</b> | 266     | S10   |         |         |
|    | 50m:                 | 44.51   | 44.51 | 150m:                       | 2:30.70 | 54.26   | 250m: | 4:21.14        | 54.62   | 350m: | 6:11.36 | 55.12   |
|    | 100m:                | 1:36.44 | 51.93 | 200m:                       | 3:26.52 | 55.82   | 300m: | 5:16.24        | 55.10   | 400m: | 7:04.48 | 53.12   |
| 9. | LISIAK Nikola        |         | 01    | KSI Start Szczecin          |         |         |       | <b>7:15.79</b> | 222     | S9    |         |         |
|    | 50m:                 | 44.75   | 44.75 | 150m:                       | 2:33.51 | 54.87   | 250m: | 4:26.83        | 56.26   | 350m: | 6:21.08 | 56.80   |
|    | 100m:                | 1:38.64 | 53.89 | 200m:                       | 3:30.57 | 57.06   | 300m: | 5:24.28        | 57.45   | 400m: | 7:15.79 | 54.71   |