

Otwarte Mistrzostwa Województwa Zachodniopomorskiego w pływaniu
Szczecin, 31-5- - 1-6-2019

Konkurencja 15
2019-05-31 - 15:07

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2018

Pozycja			Rok ur.			Czas	Pkt.
Open							
1.	RODA Dominika		02	MKP Szczecin		4:33.74	644
	50m: 31.95 31.95	150m: 1:41.53 34.88		250m: 2:50.61 34.44	350m: 4:00.34 34.65		
	100m: 1:06.65 34.70	200m: 2:16.17 34.64		300m: 3:25.69 35.08	400m: 4:33.74 33.40		
2.	MRO EK Weronika		04	MKP Kołobrzeg		4:41.39	593
	50m: 31.59 31.59	150m: 1:41.72 35.12		250m: 2:53.22 36.03	350m: 4:06.47 36.75		
	100m: 1:06.60 35.01	200m: 2:17.19 35.47		300m: 3:29.72 36.50	400m: 4:41.39 34.92		
3.	GÓRNICKA Aleksandra		02	MKP Szczecin		4:49.53	544
	50m: 32.49 32.49	150m: 1:45.67 37.36		250m: 3:00.81 37.80	350m: 4:15.98 37.27		
	100m: 1:08.31 35.82	200m: 2:23.01 37.34		300m: 3:38.71 37.90	400m: 4:49.53 33.55		
4.	FIGAS Alicja		04	MKP Szczecin		4:55.44	512
	50m: 32.89 32.89	150m: 1:47.19 37.10		250m: 3:02.81 37.89	350m: 4:18.50 37.54		
	100m: 1:10.09 37.20	200m: 2:24.92 37.73		300m: 3:40.96 38.15	400m: 4:55.44 36.94		
5.	ŁADZIAK Nadia		06	MKP Szczecin		4:56.95	504
	50m: 33.36 33.36	150m: 1:47.55 37.90		250m: 3:03.76 38.40	350m: 4:20.23 38.48		
	100m: 1:09.65 36.29	200m: 2:25.36 37.81		300m: 3:41.75 37.99	400m: 4:56.95 36.72		
6.	KOWALCZYK Katarzyna		05	MKP Szczecin		4:59.88	490
	50m: 34.43 34.43	150m: 1:50.46 38.39		250m: 3:06.76 38.45	350m: 4:23.28 37.98		
	100m: 1:12.07 37.64	200m: 2:28.31 37.85		300m: 3:45.30 38.54	400m: 4:59.88 36.60		
7.	R P Apolonia		06	MKS Znicz Koszalin		5:00.55	486
	50m: 33.45 33.45	150m: 1:49.80 38.80		250m: 3:07.75 38.95	350m: 4:25.06 38.72		
	100m: 1:11.00 37.55	200m: 2:28.80 39.00		300m: 3:46.34 38.59	400m: 5:00.55 35.49		
8.	NOWICKA Wiktoria		05	MKP Szczecin		5:03.68	472
	50m: 33.50 33.50	150m: 1:49.84 38.17		250m: 3:08.36 39.56	350m: 4:26.64 38.26		
	100m: 1:11.67 38.17	200m: 2:28.80 38.96		300m: 3:48.38 40.02	400m: 5:03.68 37.04		
9.	HUBERT Julia		06	MKP Kołobrzeg		5:04.70	467
	50m: 33.52 33.52	150m: 1:51.29 39.44		250m: 3:10.15 39.37	350m: 4:28.40 38.86		
	100m: 1:11.85 38.33	200m: 2:30.78 39.49		300m: 3:49.54 39.39	400m: 5:04.70 36.30		
10.	ŁASISZ Julia		05	MKS Znicz Koszalin		5:22.04	395
	50m: 35.19 35.19	150m: 1:54.13 40.17		250m: 3:17.11 41.85	350m: 4:41.33 42.22		
	100m: 1:13.96 38.77	200m: 2:35.26 41.13		300m: 3:59.11 42.00	400m: 5:22.04 40.71		
11.	PATAN Marcelina		06	MKS Znicz Koszalin		5:22.74	393
	50m: 35.28 35.28	150m: 1:56.08 41.13		250m: 3:19.00 41.59	350m: 4:42.76 41.71		
	100m: 1:14.95 39.67	200m: 2:37.41 41.33		300m: 4:01.05 42.05	400m: 5:22.74 39.98		
12.	PIETRUSZY SKA Joanna		06	MKP Szczecin		5:33.74	355
	50m: 36.89 36.89	150m: 2:01.37 43.02		250m: 3:27.41 43.38	350m: 4:52.20 41.80		
	100m: 1:18.35 41.46	200m: 2:44.03 42.66		300m: 4:10.40 42.99	400m: 5:33.74 41.54		

15 - 16 lat

1.	MRO EK Weronika		04	MKP Kołobrzeg		4:41.39	593
	50m: 31.59 31.59	150m: 1:41.72 35.12		250m: 2:53.22 36.03	350m: 4:06.47 36.75		
	100m: 1:06.60 35.01	200m: 2:17.19 35.47		300m: 3:29.72 36.50	400m: 4:41.39 34.92		
2.	FIGAS Alicja		04	MKP Szczecin		4:55.44	512
	50m: 32.89 32.89	150m: 1:47.19 37.10		250m: 3:02.81 37.89	350m: 4:18.50 37.54		
	100m: 1:10.09 37.20	200m: 2:24.92 37.73		300m: 3:40.96 38.15	400m: 4:55.44 36.94		

14 lat

1.	KOWALCZYK Katarzyna		05	MKP Szczecin		4:59.88	490
	50m: 34.43 34.43	150m: 1:50.46 38.39		250m: 3:06.76 38.45	350m: 4:23.28 37.98		
	100m: 1:12.07 37.64	200m: 2:28.31 37.85		300m: 3:45.30 38.54	400m: 4:59.88 36.60		

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Szczecin, 31-5- - 1-6-2019

Konkurencja 15, Dziewcz t, 400m dowolny, 14 lat

Pozycja	Rok ur.						Czas	Pkt.
2.	NOWICKA Wiktoria		05	MKP Szczecin			5:03.68	472
	50m:	33.50 33.50	150m:	1:49.84 38.17	250m:	3:08.36 39.56	350m:	4:26.64 38.26
	100m:	1:11.67 38.17	200m:	2:28.80 38.96	300m:	3:48.38 40.02	400m:	5:03.68 37.04
3.	ŁASISZ Julia		05	MKS Znicz Koszalin			5:22.04	395
	50m:	35.19 35.19	150m:	1:54.13 40.17	250m:	3:17.11 41.85	350m:	4:41.33 42.22
	100m:	1:13.96 38.77	200m:	2:35.26 41.13	300m:	3:59.11 42.00	400m:	5:22.04 40.71

13 lat

1.	ŁADZIAK Nadia		06	MKP Szczecin			4:56.95	504
	50m:	33.36 33.36	150m:	1:47.55 37.90	250m:	3:03.76 38.40	350m:	4:20.23 38.48
	100m:	1:09.65 36.29	200m:	2:25.36 37.81	300m:	3:41.75 37.99	400m:	4:56.95 36.72
2.	R P Apolonia		06	MKS Znicz Koszalin			5:00.55	486
	50m:	33.45 33.45	150m:	1:49.80 38.80	250m:	3:07.75 38.95	350m:	4:25.06 38.72
	100m:	1:11.00 37.55	200m:	2:28.80 39.00	300m:	3:46.34 38.59	400m:	5:00.55 35.49
3.	HUBERT Julia		06	MKP Kołobrzeg			5:04.70	467
	50m:	33.52 33.52	150m:	1:51.29 39.44	250m:	3:10.15 39.37	350m:	4:28.40 38.86
	100m:	1:11.85 38.33	200m:	2:30.78 39.49	300m:	3:49.54 39.39	400m:	5:04.70 36.30
4.	PATAN Marcelina		06	MKS Znicz Koszalin			5:22.74	393
	50m:	35.28 35.28	150m:	1:56.08 41.13	250m:	3:19.00 41.59	350m:	4:42.76 41.71
	100m:	1:14.95 39.67	200m:	2:37.41 41.33	300m:	4:01.05 42.05	400m:	5:22.74 39.98
5.	PIETRUSZY SKA Joanna		06	MKP Szczecin			5:33.74	355
	50m:	36.89 36.89	150m:	2:01.37 43.02	250m:	3:27.41 43.38	350m:	4:52.20 41.80
	100m:	1:18.35 41.46	200m:	2:44.03 42.66	300m:	4:10.40 42.99	400m:	5:33.74 41.54