

Miedzynarodowe Zawody Pływackie Puchar Regionów i Miast Partnerskich
Opole, 6. - 7.10.2012

Konkurencja 15
2012-10-06 - 16:40

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2008

Pozycja	Rok ur.	Czas	Pkt.
13 lat i m³odsi			
1. Eliza Kukowka	99 Vega Dobrodzień	5:03.28	495
50m: 33.74 33.74	150m: 1:49.55 38.34	250m: 3:08.29 39.73	350m: 4:26.12 38.97
100m: 1:11.21 37.47	200m: 2:28.56 39.01	300m: 3:47.15 38.86	400m: 5:03.28 37.16
2. Aleksandra Kondolewicz	99 Slask Wroclaw	5:07.02	477
50m: 35.62 35.62	150m: 1:53.81 39.27	250m: 3:12.50 38.94	350m: 4:30.62 38.88
100m: 1:14.54 38.92	200m: 2:33.56 39.75	300m: 3:51.74 39.24	400m: 5:07.02 36.40
3. Jagoda Filipek	99 Slask Wroclaw	5:08.38	471
50m: 34.46 34.46	150m: 1:52.56 39.45	250m: 3:10.88 39.19	350m: 4:29.13 39.09
100m: 1:13.11 38.65	200m: 2:31.69 39.13	300m: 3:50.04 39.16	400m: 5:08.38 39.25
4. Julia Niemczycka	99 Slask Wroclaw	5:12.94	450
50m: 34.77 34.77	150m: 1:54.02 40.18	250m: 3:14.08 40.29	350m: 4:34.85 40.12
100m: 1:13.84 39.07	200m: 2:33.79 39.77	300m: 3:54.73 40.65	400m: 5:12.94 38.09
5. Klaudia Sadowska	99 Slask Wroclaw	5:25.83	399
50m: 35.93 35.93	150m: 1:58.67 41.76	250m: 3:22.97 41.59	350m: 4:45.79 41.18
100m: 1:16.91 40.98	200m: 2:41.38 42.71	300m: 4:04.61 41.64	400m: 5:25.83 40.04
6. Zuzanna Zab ³ ocka	99 Slask Wroclaw	5:26.76	396
50m: 37.43 37.43	150m: 1:59.95 41.42	250m: 3:23.65 42.14	350m: 4:47.63 41.75
100m: 1:18.53 41.10	200m: 2:41.51 41.56	300m: 4:05.88 42.23	400m: 5:26.76 39.13
7. Nikola Najder	99 Slask Wroclaw	5:35.22	366
50m: 37.36 37.36	150m: 2:00.89 42.48	250m: 3:27.55 43.58	350m: 4:53.62 42.84
100m: 1:18.41 41.05	200m: 2:43.97 43.08	300m: 4:10.78 43.23	400m: 5:35.22 41.60
8. Zuzanna Duda	99 Slask Wroclaw	5:41.31	347
50m: 37.70 37.70	150m: 2:03.71 43.80	250m: 3:31.29 44.17	350m: 4:59.11 43.66
100m: 1:19.91 42.21	200m: 2:47.12 43.41	300m: 4:15.45 44.16	400m: 5:41.31 42.20
9. Agnieszka Kacperczyk	00 MMKS KK	5:51.09	319
50m: 38.93 38.93	150m: 2:06.74 44.76	250m: 3:38.25 45.23	350m: 5:09.11 45.37
100m: 1:21.98 43.05	200m: 2:53.02 46.28	300m: 4:23.74 45.49	400m: 5:51.09 41.98
10. NATALIA DENISIEWICZ	01 5 plus 1	6:07.12	279
50m: 40.36 40.36	150m: 2:13.56 47.20	250m: 3:49.11 48.06	350m: 5:25.22 48.23
100m: 1:26.36 46.00	200m: 3:01.05 47.49	300m: 4:36.99 47.88	400m: 6:07.12 41.90
11. Agnieszka Pietras	01 MMKS KK	6:24.64	243
50m: 43.78 43.78	150m: 2:22.04 49.65	250m: 4:00.76 48.62	350m: 5:39.03 48.70
100m: 1:32.39 48.61	200m: 3:12.14 50.10	300m: 4:50.33 49.57	400m: 6:24.64 45.61
14 - 15 lat			
1. Monika Machnik	97 Vega Dobrodzień	5:12.90	451
50m: 35.87 35.87	150m: 1:55.17 40.08	250m: 3:15.36 39.87	350m: 4:35.56 39.69
100m: 1:15.09 39.22	200m: 2:35.49 40.32	300m: 3:55.87 40.51	400m: 5:12.90 37.34
2. Natalia Kolecek	97 Vega Dobrodzień	5:14.41	444
50m: 35.45 35.45	150m: 1:54.66 39.79	250m: 3:15.61 40.38	350m: 4:36.02 40.10
100m: 1:14.87 39.42	200m: 2:35.23 40.57	300m: 3:55.92 40.31	400m: 5:14.41 38.39
3. Katarzyna MYCAK	98 Zryw Opole	5:22.33	412
50m: 35.96 35.96	150m: 1:57.21 40.96	250m: 3:20.36 41.40	350m: 4:42.76
100m: 1:16.25 40.29	200m: 2:38.96 41.75	300m: 4:00.33 49.57	400m: 5:22.33 39.57
16 lat i starsi			
1. Karolina Maciuch	96 Vega Dobrodzień	4:30.88	694
50m: 31.15 31.15	150m: 1:38.58 33.86	250m: 2:47.49 34.52	350m: 3:57.28 34.81
100m: 1:04.72 33.57	200m: 2:12.97 34.39	300m: 3:22.47 34.98	400m: 4:30.88 33.60