

Polska Liga Pływacka
Opole, 17- - 18-10-2014

Konkurencja 11
2014-10-17 - 17:50

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.			
1.	Burska Justyna		95	Łódzki OZP				4:15.60	772			
	50m:	30.90	30.90	150m:	1:36.61	32.70	250m:	2:41.31	31.80	350m:	3:44.66	31.44
	100m:	1:03.91	33.01	200m:	2:09.51	32.90	300m:	3:13.22	31.91	400m:	4:15.60	30.94
2.	Karpisz Milena		97	Łódzki OZP				4:16.91	760			
	50m:	31.06	31.06	150m:	1:36.32	32.61	250m:	2:41.27	32.39	350m:	3:45.88	32.17
	100m:	1:03.71	32.65	200m:	2:08.88	32.56	300m:	3:13.71	32.44	400m:	4:16.91	31.03
3.	Piechota Paulina		99	Łódzki OZP				4:17.33	756			
	50m:	30.50	30.50	150m:	1:36.60	32.97	250m:	2:41.47	32.33	350m:	3:46.12	32.35
	100m:	1:03.63	33.13	200m:	2:09.14	32.54	300m:	3:13.77	32.30	400m:	4:17.33	31.21
4.	Kilija ska Donata		95	Dolno I ski OZP				4:21.44	721			
	50m:	30.62	30.62	150m:	1:36.85	33.34	250m:	2:41.59	32.34	350m:	3:48.39	34.23
	100m:	1:03.51	32.89	200m:	2:09.25	32.40	300m:	3:14.16	32.57	400m:	4:21.44	33.05
5.	Kunka Kamila		96	Małopolski OZP				4:21.67	719			
	50m:	30.57	30.57	150m:	1:36.95	33.32	250m:	2:43.58	33.25	350m:	3:49.88	33.06
	100m:	1:03.63	33.06	200m:	2:10.33	33.38	300m:	3:16.82	33.24	400m:	4:21.67	31.79
6.	Adamczyk Julia		99	Lubelski OZP				4:24.81	694			
	50m:	31.02	31.02	150m:	1:37.78	33.46	250m:	2:45.11	33.58	350m:	3:52.63	33.67
	100m:	1:04.32	33.30	200m:	2:11.53	33.75	300m:	3:18.96	33.85	400m:	4:24.81	32.18
7.	Nowak Julia		97	Dolno I ski OZP				4:25.05	692			
	50m:	30.79	30.79	150m:	1:37.60	33.57	250m:	2:45.20	33.84	350m:	3:52.68	33.42
	100m:	1:04.03	33.24	200m:	2:11.36	33.76	300m:	3:19.26	34.06	400m:	4:25.05	32.37
8.	Nita Anna		97	Dolno I ski OZP				4:26.12	684			
	50m:	30.99	30.99	150m:	1:37.46	33.37	250m:	2:44.83	33.95	350m:	3:53.06	34.09
	100m:	1:04.09	33.10	200m:	2:10.88	33.42	300m:	3:18.97	34.14	400m:	4:26.12	33.06
9.	Ulatowska Alicja		96	Małopolski OZP				4:29.39	659			
	50m:	31.23	31.23	150m:	1:38.73	33.77	250m:	2:47.09	34.29	350m:	3:55.60	34.18
	100m:	1:04.96	33.73	200m:	2:12.80	34.07	300m:	3:21.42	34.33	400m:	4:29.39	33.79
10.	Wojciechowska Joanna		98	Lubelski OZP				4:31.21	646			
	50m:	30.90	30.90	150m:	1:38.94	34.35	250m:	2:47.86	34.40	350m:	3:57.54	34.80
	100m:	1:04.59	33.69	200m:	2:13.46	34.52	300m:	3:22.74	34.88	400m:	4:31.21	33.67
11.	Zygo Karolina		96	Lubelski OZP				4:39.19	592			
	50m:	32.35	32.35	150m:	1:40.51	34.22	250m:	2:50.16	34.85	350m:	4:03.14	37.00
	100m:	1:06.29	33.94	200m:	2:15.31	34.80	300m:	3:26.14	35.98	400m:	4:39.19	36.05
12.	Hasny Marta		98	Opolski OZP				4:44.05	562			
	50m:	31.70	31.70	150m:	1:42.65	35.94	250m:	2:55.59	36.27	350m:	4:08.60	36.19
	100m:	1:06.71	35.01	200m:	2:19.32	36.67	300m:	3:32.41	36.82	400m:	4:44.05	35.45
13.	Kapłon Aleksandra		99	Lubelski OZP				4:48.02	539			
	50m:	31.81	31.81	150m:	1:42.66	35.91	250m:	2:55.83	36.73	350m:	4:11.55	38.23
	100m:	1:06.75	34.94	200m:	2:19.10	36.44	300m:	3:33.32	37.49	400m:	4:48.02	36.47
14.	Machnik Monika		97	Opolski OZP				4:54.79	503			
	50m:	33.94	33.94	150m:	1:46.41	36.37	250m:	3:00.79	37.73	350m:	4:17.14	38.11
	100m:	1:10.04	36.10	200m:	2:23.06	36.65	300m:	3:39.03	38.24	400m:	4:54.79	37.65
15.	Nowak Marta		99	Opolski OZP				5:07.60	443			
	50m:	33.98	33.98	150m:	1:51.60	39.19	250m:	3:11.17	39.64	350m:	4:28.56	38.40
	100m:	1:12.41	38.43	200m:	2:31.53	39.93	300m:	3:50.16	38.99	400m:	5:07.60	39.04
PK	Haczkiewicz Paulina		97	WKS I sk Wrocław				4:35.72	615			
	50m:	31.07	31.07	150m:	1:40.71	35.19	250m:	2:50.96	34.89	350m:	4:01.01	35.38
	100m:	1:05.52	34.45	200m:	2:16.07	35.36	300m:	3:25.63	34.67	400m:	4:35.72	34.71
PK	Zaj c Oliwia		98	MKS Juvenia Wrocław				4:38.07	599			
	50m:	31.78	31.78	150m:	1:42.42	35.47	250m:	2:53.22	35.47	350m:	4:04.24	35.68
	100m:	1:06.95	35.17	200m:	2:17.75	35.33	300m:	3:28.56	35.34	400m:	4:38.07	33.83