

XXII Ogólnopolskie Zawody Integracyjne w pływaniu  
Wrocław, 28- - 29-5-2016

Konkurencja 11  
2016-05-28 - 13:30

Kobiet, 400m dowolny

Open  
Wyniki

Punkty: FINA 2015

Pozycja					Rok ur.					Czas	FINA	IPC
1.	TRACZYK, Justyna				04	AZS-AWF Wrocław				<b>5:01.63</b>	470	
	50m:	34.55	34.55	150m:	1:50.96	38.84	250m:	3:09.04	38.96	350m:	4:25.88	38.06
	100m:	1:12.12	37.57	200m:	2:30.08	39.12	300m:	3:47.82	38.78	400m:	5:01.63	35.75
2.	SOBCZAK, Katarzyna					Start Wrocław				<b>5:10.53</b>	430	717
	50m:	34.72	34.72	150m:	1:50.47	38.20	250m:	3:09.49	40.21	350m:	4:30.62	40.75
	100m:	1:12.27	37.55	200m:	2:29.28	38.81	300m:	3:49.87	40.38	400m:	5:10.53	39.91
3.	WOJAKIEWICZ, Matylda				03	AZS-AWF Wrocław				<b>5:22.08</b>	386	
	50m:	35.53	35.53	150m:	1:54.93	40.45	250m:	3:17.67	41.52	350m:	4:41.34	42.07
	100m:	1:14.48	38.95	200m:	2:36.15	41.22	300m:	3:59.27	41.60	400m:	5:22.08	40.74
4.	DAMU , Alicja				04	TOWARZYSTWO PŁYWACKIE Zielona				<b>5:44.85</b>	314	
	50m:	39.25	39.25	150m:	2:08.54	45.83	250m:	3:37.14	43.59	350m:	5:03.34	43.35
	100m:	1:22.71	43.46	200m:	2:53.55	45.01	300m:	4:19.99	42.85	400m:	5:44.85	41.51
5.	DAROCH, Oliwia				02	LKS GOL - START Cz stochowa				<b>6:29.31</b>	218	365
	50m:	41.80	41.80	150m:	2:18.21	49.12	250m:	3:58.87	50.32	350m:	5:40.27	50.94
	100m:	1:29.09	47.29	200m:	3:08.55	50.34	300m:	4:49.33	50.46	400m:	6:29.31	49.04
6.	GRZEGRZÓŁKA, Małgorzata				98	IKS AWF W-wa				<b>7:58.95</b>	117	214
	50m:	51.22	51.22	150m:	3:51.55	1:00.72	250m:	6:01.15	1:05.41	350m:		
	100m:	2:50.83	1:59.61	200m:	4:55.74	1:04.19	300m:	7:02.79	1:01.64	400m:	7:58.95	
7.	NOGA, Aneta				96	LKS GOL - START Cz stochowa				<b>7:59.38</b>	117	214
	50m:	50.79	50.79	150m:	2:50.63	1:00.15	250m:	4:49.80	1:00.78	350m:	7:03.15	1:04.60
	100m:	1:50.48	59.69	200m:	3:49.02	58.39	300m:	5:58.55	1:08.75	400m:	7:59.38	56.23