

XXVI Ogólnopolskie Zawody Integracyjne w pływaniu, I Runda Parapływackiego Grand Prix Polski  
Wrocław, 8. - 9.5.2021

Konkurencja 13  
08.05.2021 - 14:40

Kobiet, 400m dowolny

Open  
Wyniki

Punkty: FINA 2020

Pozycja			Rok ur.				Czas		Pkt.
1.	GRZESIAK Oliwia		07	WKS	I sk Wrocław		<b>4:50.21</b>		523
	50m:	31.54 31.54	150m:	1:43.45 36.67	250m:	2:59.26 37.87	350m:	4:14.70 37.98	
	100m:	1:06.78 35.24	200m:	2:21.39 37.94	300m:	3:36.72 37.46	400m:	4:50.21 35.51	
2.	PLUTA Aleksandra		07	WKS	I sk Wrocław		<b>5:04.57</b>		453
	50m:	33.32 33.32	150m:	1:49.72 38.83	250m:	3:09.10 39.82	350m:	4:27.43 38.97	
	100m:	1:10.89 37.57	200m:	2:29.28 39.56	300m:	3:48.46 39.36	400m:	5:04.57 37.14	
3.	KOCHA SKA Aleksandra		08	MKS	Juvenia Wrocław		<b>5:06.38</b>		445
	50m:	34.88 34.88	150m:	1:52.71 39.27	250m:	3:10.93 38.97	350m:	4:28.70 38.70	
	100m:	1:13.44 38.56	200m:	2:31.96 39.25	300m:	3:50.00 39.07	400m:	5:06.38 37.68	
4.	NAPIERALCZYK Martyna		08	WKS	I sk Wrocław		<b>5:08.62</b>		435
	50m:	35.27 35.27	150m:	1:52.95 39.18	250m:	3:11.30 38.23	350m:	4:30.66 39.57	
	100m:	1:13.77 38.50	200m:	2:33.07 40.12	300m:	3:51.09 39.79	400m:	5:08.62 37.96	
5.	TURBA SKA Marta		07	WKS	I sk Wrocław		<b>5:43.69</b>		315
	50m:	36.47 36.47	150m:	2:00.86 43.25	250m:	3:29.45 44.41	350m:	4:59.19 45.14	
	100m:	1:17.61 41.14	200m:	2:45.04 44.18	300m:	4:14.05 44.60	400m:	5:43.69 44.50	
6.	STALSKA Patrycja		08	MKP	Atol Ole nica		<b>6:02.14</b>		269
	50m:	42.08 42.08	150m:	2:14.51 46.45	250m:	3:46.20 46.76	350m:	5:17.59 44.96	
	100m:	1:28.06 45.98	200m:	2:59.44 44.93	300m:	4:32.63 46.43	400m:	6:02.14 44.55	
7.	PR TKOWSKA Hanna		07	WKS	I sk Wrocław		<b>6:03.47</b>		266
	50m:	42.70 42.70	150m:	2:16.01 47.50	250m:	3:48.19 45.92	350m:	5:20.02 45.86	
	100m:	1:28.51 45.81	200m:	3:02.27 46.26	300m:	4:34.16 45.97	400m:	6:03.47 43.45	
8.	RUGAŁA Hanna		11	Start	Opole		<b>6:43.04</b>		195
	50m:	42.39 42.39	150m:	2:24.07 51.89	250m:	4:09.43 52.57	350m:	5:55.55 53.70	
	100m:	1:32.18 49.79	200m:	3:16.86 52.79	300m:	5:01.85 52.42	400m:	6:43.04 47.49	
9.	DENDRA MONIKA		05	START	Kat. oddział Chorzów		<b>7:15.41</b>		6 155
	50m:	50.00 50.00	150m:	2:39.04 55.55	250m:	4:31.89 57.23	350m:	6:24.17 56.30	
	100m:	1:43.49 53.49	200m:	3:34.66 55.62	300m:	5:27.87 55.98	400m:	7:15.41 51.24	