

ZIMOWE MISTRZOSTWA DOLNEGO L SKA W PŁYWANIU W KATEGORII WIEKOWEJ „14 LAT i STARSII”
Nowa Ruda, 25. - 27.11.2021

Konkurencja 7
2021.11.26 - 8:54

Kobiet, 400m dowolny

14 - 50 lat
Wyniki

Punkty: FINA 2021

Pozycja	Rok ur.	Czas	Pkt.	Rud
14				
1. WŁADYCZKA Amelia	07	4:44.78	554	11,5
50m: 31.94 31.94	150m: 1:43.63 36.52	250m: 2:57.19 36.88	350m: 4:10.39 36.32	
100m: 1:07.11 35.17	200m: 2:20.31 36.68	300m: 3:34.07 36.88	400m: 4:44.78 34.39	
2. KULAS Anna	07	4:58.96	479	7,9
50m: 32.64 32.64	150m: 1:47.45 37.94	250m: 3:03.38 37.82	350m: 4:21.87 39.48	
100m: 1:09.51 36.87	200m: 2:25.56 38.11	300m: 3:42.39 39.01	400m: 4:58.96 37.09	
3. JAROS Aleksandra	07	5:10.60	427	4,9
50m: 34.36 34.36	150m: 1:52.15 39.41	250m: 3:11.65 40.06	350m: 4:31.61 40.40	
100m: 1:12.74 38.38	200m: 2:31.59 39.44	300m: 3:51.21 39.56	400m: 5:10.60 38.99	
4. ZABRZESKA Kinga	07	5:15.81	406	3,6
50m: 35.29 35.29	150m: 1:54.16 39.75	250m: 3:15.37 40.12	350m: 4:37.56 40.59	
100m: 1:14.41 39.12	200m: 2:35.25 41.09	300m: 3:56.97 41.60	400m: 5:15.81 38.25	
5. ŁATA Martyna	07	6:02.64	268	
50m: 37.00 37.00	150m: 2:05.14 45.96	250m: 3:41.15 48.09	350m: 5:18.90 49.21	
100m: 1:19.18 42.18	200m: 2:53.06 47.92	300m: 4:29.69 48.54	400m: 6:02.64 43.74	
6. RUTA Jagoda	07	6:06.20	260	
50m: 37.98 37.98	150m: 2:09.65 47.11	250m: 3:45.69 48.55	350m: 5:21.79 47.50	
100m: 1:22.54 44.56	200m: 2:57.14 47.49	300m: 4:34.29 48.60	400m: 6:06.20 44.41	
7. SAŁAPATA Olimpia	07	6:26.01	222	
50m: 39.17 39.17	150m: 2:17.69 51.14	250m: 3:59.13 51.56	350m: 5:39.13 49.62	
100m: 1:26.55 47.38	200m: 3:07.57 49.88	300m: 4:49.51 50.38	400m: 6:26.01 46.88	
15				
1. NOWALI SKA Julia	06	4:48.61	532	9,3
50m: 31.54 31.54	150m: 1:44.72 37.50	250m: 2:58.99 37.18	350m: 4:13.55 37.19	
100m: 1:07.22 35.68	200m: 2:21.81 37.09	300m: 3:36.36 37.37	400m: 4:48.61 35.06	
2. BAWOLSKA Liwia	06	4:58.93	479	6,6
50m: 32.70 32.70	150m: 1:46.43 37.57	250m: 3:03.89 38.86	350m: 4:22.29 38.97	
100m: 1:08.86 36.16	200m: 2:25.03 38.60	300m: 3:43.32 39.43	400m: 4:58.93 36.64	
3. SKOCZYLAS Milena	06	5:11.64	422	3,3
50m: 35.54 35.54	150m: 1:53.79 39.19	250m: 3:11.66 38.95	350m: 4:31.94 40.35	
100m: 1:14.60 39.06	200m: 2:32.71 38.92	300m: 3:51.59 39.93	400m: 5:11.64 39.70	
4. HARTEL Maja	06	5:44.28	313	
50m: 36.23 36.23	150m: 1:57.83 42.03	250m: 3:26.94 45.22	350m: 5:00.17 46.77	
100m: 1:15.80 39.57	200m: 2:41.72 43.89	300m: 4:13.40 46.46	400m: 5:44.28 44.11	
16				
1. L GA Maja	05	4:48.47	533	8,6
50m: 32.96 32.96	150m: 1:45.98 36.86	250m: 3:00.20 36.65	350m: 4:13.68 36.45	
100m: 1:09.12 36.16	200m: 2:23.55 37.57	300m: 3:37.23 37.03	400m: 4:48.47 34.79	
2. WILGOSZ Maria	05	4:59.21	477	5,7
50m: 33.43 33.43	150m: 1:48.07 37.76	250m: 3:04.88 38.64	350m: 4:21.95 38.09	
100m: 1:10.31 36.88	200m: 2:26.24 38.17	300m: 3:43.86 38.98	400m: 4:59.21 37.26	
3. BEJSTER Wiktoria	05	5:06.99	442	3,7
50m: 34.12 34.12	150m: 1:51.17 38.80	250m: 3:10.24 39.65	350m: 4:28.74 38.92	
100m: 1:12.37 38.25	200m: 2:30.59 39.42	300m: 3:49.82 39.58	400m: 5:06.99 38.25	
4. MARCINOWSKA Julia	05	5:32.44	348	
50m: 35.51 35.51	150m: 1:58.43 42.24	250m: 3:24.41 42.92	350m: 4:50.25 42.86	
100m: 1:16.19 40.68	200m: 2:41.49 43.06	300m: 4:07.39 42.98	400m: 5:32.44 42.19	

Konkurencja 7, Kobiet, 400m dowolny

17 - 50 lat

1. ZYS Angelika				04	Gminny Klub Pływacki 7 Zdrój Trzebnica	5:19.81	391				
50m:	35.67	35.67	150m:	1:57.26	41.93	250m:	3:19.87	41.28	350m:	4:41.31	41.08
100m:	1:15.33	39.66	200m:	2:38.59	41.33	300m:	4:00.23	40.36	400m:	5:19.81	38.50