

Jubileuszowe Zimowe Mistrzostwa Okręgu z Okazji 90-lecia Wielkopolskiego Okręgowego Związku Pływackiego  
Poznań, 8- - 9-12-2017

Konkurencja 19  
2017-12-08

Kobiet, 400m dowolny

12 lat i starsi  
Wyniki

Punkty: FINA 2017

Pozycja	Rok ur.	Czas	Pkt.
<b>12 - 13 lat</b>			
1. MRO EK Weronika	04 MKP Kołobrzeg	<b>4:34.30</b>	624
50m: 30.17 30.17	150m: 1:38.84 34.98	250m: 2:49.92 35.62	350m: 4:00.77 35.43
100m: 1:03.86 33.69	200m: 2:14.30 35.46	300m: 3:25.34 35.42	400m: 4:34.30 33.53
2. STASZAK Agnieszka	04 KS Warta Pozna	<b>4:50.93</b>	523
50m: 32.85 32.85	150m: 1:47.74 37.74	250m: 3:03.06 37.60	350m: 4:16.89 36.56
100m: 1:10.00 37.15	200m: 2:25.46 37.72	300m: 3:40.33 37.27	400m: 4:50.93 34.04
3. LUDWICZAK Paulina	05 KS Warta Pozna	<b>4:57.20</b>	491
50m: 34.04 34.04	150m: 1:50.46 39.02	250m: 3:06.73 38.00	350m: 4:22.81 38.03
100m: 1:11.44 37.40	200m: 2:28.73 38.27	300m: 3:44.78 38.05	400m: 4:57.20 34.39
4. WA KOWSKA Zofia	04 KS Warta Pozna	<b>4:57.67</b>	489
50m: 33.63 33.63	150m: 1:49.33 38.18	250m: 3:04.70 37.58	350m: 4:18.70 36.32
100m: 1:11.15 37.52	200m: 2:27.12 37.79	300m: 3:42.38 37.68	400m: 4:57.67 38.97
5. MIELCAREK Małgorzata	04 MKP Kołobrzeg	<b>5:06.40</b>	448
50m: 34.67 34.67	150m: 1:52.20 39.07	250m: 3:11.35 39.62	350m: 4:29.15 38.96
100m: 1:13.13 38.46	200m: 2:31.73 39.53	300m: 3:50.19 38.84	400m: 5:06.40 37.25
6. BIERNACKA Maja	04 MKS Jedyńka Łódź	<b>5:08.23</b>	440
50m: 34.34 34.34	150m: 1:52.70 39.39	250m: 3:12.37 40.04	350m: 4:30.79 39.18
100m: 1:13.31 38.97	200m: 2:32.33 39.63	300m: 3:51.61 39.24	400m: 5:08.23 37.44
7. CIERNIAK Zuzanna	05 KS Warta Pozna	<b>5:15.00</b>	412
50m: 36.55 36.55	150m: 1:56.89 40.28	250m: 3:18.19 40.41	350m: 4:37.89 39.85
100m: 1:16.61 40.06	200m: 2:37.78 40.89	300m: 3:58.04 39.85	400m: 5:15.00 37.11
8. ZELIS Julia	04 MUKS Piłastka Bydgoszcz	<b>5:15.91</b>	409
50m: 36.71 36.71	150m: 1:57.86 41.06	250m: 3:19.50 40.68	350m: 4:39.18 39.32
100m: 1:16.80 40.09	200m: 2:38.82 40.96	300m: 3:59.86 40.36	400m: 5:15.91 36.73
9. MISIAK Nadia	04 Uks Jedyńka Kórnik	<b>5:18.10</b>	400
50m: 35.26 35.26	150m: 1:54.17 40.02	250m: 3:15.35 40.80	350m: 4:37.86 41.14
100m: 1:14.15 38.89	200m: 2:34.55 40.38	300m: 3:56.72 41.37	400m: 5:18.10 40.24
10. BOCHE SKA Dominika	05 UKS Grot Koziegłowy	<b>5:21.84</b>	386
50m: 36.83 36.83	150m: 1:58.80 41.51	250m: 3:22.85 42.05	350m: 4:44.28 40.31
100m: 1:17.29 40.46	200m: 2:40.80 42.00	300m: 4:03.97 41.12	400m: 5:21.84 37.56
11. ZIELINSKA Oliwia	04 MKP Astromal Leszno	<b>5:29.09</b>	361
50m: 37.62 37.62	150m: 2:01.53 42.54	250m: 3:25.17 41.57	350m: 4:49.18 41.97
100m: 1:18.99 41.37	200m: 2:43.60 42.07	300m: 4:07.21 42.04	400m: 5:29.09 39.91

**14 - 15 lat**

1. SOBIAK Zuzanna	02 KS Warta Pozna	<b>4:34.27</b>	625
50m: 30.55 30.55	150m: 1:38.73 34.85	250m: 2:49.20 35.34	350m: 4:00.10 35.39
100m: 1:03.88 33.33	200m: 2:13.86 35.13	300m: 3:24.71 35.51	400m: 4:34.27 34.17
2. JANIK Julia	02 UKP Torpeda Oleśnica	<b>4:36.19</b>	612
50m: 31.56 31.56	150m: 1:41.04 34.96	250m: 2:52.06 35.21	350m: 4:03.01 35.35
100m: 1:06.08 34.52	200m: 2:16.85 35.81	300m: 3:27.66 35.60	400m: 4:36.19 33.18
3. STROI SKA Katarzyna	02 KS Poznań	<b>4:53.25</b>	511
50m: 33.97 33.97	150m: 1:48.04 37.32	250m: 3:03.26 37.58	350m: 4:17.73 36.98
100m: 1:10.72 36.75	200m: 2:25.68 37.64	300m: 3:40.75 37.49	400m: 4:53.25 35.52
4. BARANOWSKA Martyna	03 KS Warta Pozna	<b>4:56.58</b>	494
50m: 32.66 32.66	150m: 1:48.27 38.32	250m: 3:04.94 38.33	350m: 4:21.17 37.68
100m: 1:09.95 37.29	200m: 2:26.61 38.34	300m: 3:43.49 38.55	400m: 4:56.58 35.41
5. SZWABI SKA Adrianna	03 UKP Torpeda Oleśnica	<b>5:16.82</b>	405
50m: 26.31 26.31	150m: 1:53.88 43.18	250m: 3:18.59 39.44	350m: 4:38.13 41.48
100m: 1:10.70 44.39	200m: 2:39.15 45.27	300m: 3:56.65 38.06	400m: 5:16.82 38.69

Jubileuszowe Zimowe Mistrzostwa Okręgu z Okazji 90-lecia Wielkopolskiego Okręgowego Związku Pływackiego  
Poznań, 8- - 9-12-2017

Konkurencja 19, Dziewcząt, 400m dowolny, 14 - 15 lat

Pozycja	Rok ur.								Czas	Pkt.	
6. ADAMCZAK Maria	03 UPKS Wodnik Rawicz								<b>5:18.05</b>	400	
50m:	35.20	35.20	150m:	1:55.12	40.79	250m:	3:17.91	41.62	350m:	4:39.29	40.31
100m:	1:14.33	39.13	200m:	2:36.29	41.17	300m:	3:58.98	41.07	400m:	5:18.05	38.76
7. PILARSKA Natalia	03 MKP Wągrowiec								<b>5:28.43</b>	364	
50m:	36.18	36.18	150m:	1:59.95	42.19	250m:	3:24.29	42.09	350m:	4:47.99	42.26
100m:	1:17.76	41.58	200m:	2:42.20	42.25	300m:	4:05.73	41.44	400m:	5:28.43	40.44

16 lat i starsi

1. BŁAJET Oliwia Sp	00 KS Warta Pozna								<b>4:37.16</b>	605	
50m:	31.71	31.71	150m:	1:41.08	34.84	250m:	2:51.58	35.36	350m:	4:02.87	35.93
100m:	1:06.24	34.53	200m:	2:16.22	35.14	300m:	3:26.94	35.36	400m:	4:37.16	34.29
2. MICHALAK Weronika Sp	00 KS Warta Pozna								<b>4:57.74</b>	488	
50m:	32.84	32.84	150m:	1:47.44	37.83	250m:	3:03.64	38.21	350m:	4:20.45	38.56
100m:	1:09.61	36.77	200m:	2:25.43	37.99	300m:	3:41.89	38.25	400m:	4:57.74	37.29
3. ROTTER Zuzanna	97 Uks Jedyńka Kórnik								<b>4:58.39</b>	485	
50m:	34.27	34.27	150m:	1:49.27	38.00	250m:	3:05.57	38.07	350m:	4:21.18	37.83
100m:	1:11.27	37.00	200m:	2:27.50	38.23	300m:	3:43.35	37.78	400m:	4:58.39	37.21