

Zimowe Mistrzostwa Okręgu Wielkopolskiego w Pływaniu  
Poznań, 15-16-2-2013

Konkurencja 15  
2013-02-15 - 15:35

Kobiet, 400m dowolny

13 lat i starsi  
Wyniki

Punkty: FINA 2012

Pozycja			Rok ur.					Czas	Pkt.		
1.	CIE LAK, Joanna		96	KS Warta Pozna				<b>4:23.02</b>	712		
	50m:	31.12 31.12	150m:	1:36.90	32.91	250m:	2:43.55	33.39	350m:	3:50.73	33.77
	100m:	1:03.99 32.87	200m:	2:10.16	33.26	300m:	3:16.96	33.41	400m:	4:23.02	32.29
2.	WÓJCIK, Claudia		97	KS Warta Pozna				<b>4:39.78</b>	591		
	50m:	32.30 32.30	150m:	1:43.09	35.88	250m:	2:54.48	35.42	350m:	4:05.26	35.36
	100m:	1:07.21 34.91	200m:	2:19.06	35.97	300m:	3:29.90	35.42	400m:	4:39.78	34.52
3.	TRAFAS, Kornelia		99	KS Warta Pozna				<b>4:39.95</b>	590		
	50m:	31.87 31.87	150m:	1:43.14	36.25	250m:	2:55.27	35.86	350m:	4:06.76	35.77
	100m:	1:06.89 35.02	200m:	2:19.41	36.27	300m:	3:30.99	35.72	400m:	4:39.95	33.19
4.	CECERE, Natalia		97	KS Warta Pozna				<b>4:47.17</b>	547		
	50m:	31.80 31.80	150m:	1:43.61	36.46	250m:	2:57.17	36.91	350m:	4:10.72	36.86
	100m:	1:07.15 35.35	200m:	2:20.26	36.65	300m:	3:33.86	36.69	400m:	4:47.17	36.45
5.	KRZYŻAN, Maria		98	KS Warta Pozna				<b>4:47.67</b>	544		
	50m:	33.20 33.20	150m:	1:45.38	36.40	250m:	2:58.89	36.79	350m:	4:12.65	37.00
	100m:	1:08.98 35.78	200m:	2:22.10	36.72	300m:	3:35.65	36.76	400m:	4:47.67	35.02
6.	WALCZAK, Katarzyna		97	KS Warta Pozna				<b>4:51.76</b>	522		
	50m:	33.00 33.00	150m:	1:45.87	36.85	250m:	3:00.16	37.45	350m:	4:14.96	37.40
	100m:	1:09.02 36.02	200m:	2:22.71	36.84	300m:	3:37.56	37.40	400m:	4:51.76	36.80
7.	JUJECZKA, Martyna		99	KS Warta Pozna				<b>4:51.92</b>	521		
	50m:	32.45 32.45	150m:	1:45.35	37.18	250m:	2:59.89	37.37	350m:	4:15.53	37.83
	100m:	1:08.17 35.72	200m:	2:22.52	37.17	300m:	3:37.70	37.81	400m:	4:51.92	36.39
8.	POPŁONYK, Aleksandra		98	UKS 9 Kalisz				<b>4:54.01</b>	510		
	50m:	33.50 33.50	150m:	1:47.38	37.23	250m:	3:02.78	37.60	350m:	4:18.45	37.58
	100m:	1:10.15 36.65	200m:	2:25.18	37.80	300m:	3:40.87	38.09	400m:	4:54.01	35.56
9.	GOMOŁA, Monika		98	KS Warta Pozna				<b>4:56.76</b>	496		
	50m:	33.94 33.94	150m:	1:48.51	37.78	250m:	3:04.36	38.02	350m:	4:20.32	37.94
	100m:	1:10.73 36.79	200m:	2:26.34	37.83	300m:	3:42.38	38.02	400m:	4:56.76	36.44
10.	GRZYBOWSKA, Renata		99	UKS CITYZEN_ Pozna				<b>5:08.05</b>	443		
	50m:	34.58 34.58	150m:	1:54.26	40.27	250m:	3:13.72	39.96	350m:	4:31.60	38.64
	100m:	1:13.99 39.41	200m:	2:33.76	39.50	300m:	3:52.96	39.24	400m:	5:08.05	36.45
11.	SAMÓŁ, Monika		99	KS Warta Pozna				<b>5:16.27</b>	409		
	50m:	32.70 32.70	150m:	1:49.64	39.54	250m:	3:11.57	41.68	350m:	4:35.50	41.76
	100m:	1:10.10 37.40	200m:	2:29.89	40.25	300m:	3:53.74	42.17	400m:	5:16.27	40.77
12.	SOSIŃSKA, Aleksandra		98	UKS CITYZEN_ Pozna				<b>5:23.54</b>	382		
	50m:	35.54 35.54	150m:	1:57.03	41.07	250m:	3:19.77	41.45	350m:	4:42.90	41.38
	100m:	1:15.96 40.42	200m:	2:38.32	41.29	300m:	4:01.52	41.75	400m:	5:23.54	40.64
13.	PŁATEK, Anna		98	KP Astromal Akwawit Leszno				<b>5:27.95</b>	367		
	50m:	35.70 35.70	150m:	1:57.61	41.82	250m:	3:22.47	42.38	350m:	4:48.09	42.45
	100m:	1:15.79 40.09	200m:	2:40.09	42.48	300m:	4:05.64	43.17	400m:	5:27.95	39.86
14.	KOWALEWSKA, Weronika		00	UKS CITYZEN_ Pozna				<b>5:30.66</b>	358		
	50m:	37.17 37.17	150m:	2:01.44	42.19	250m:	3:26.00	42.25	350m:	4:50.73	42.21
	100m:	1:19.25 42.08	200m:	2:43.75	42.31	300m:	4:08.52	42.52	400m:	5:30.66	39.93