

Letnie Mistrzostwa Okręgu Wielkopolskiego w Pływaniu
Poznań, 21- - 22-6-2013

Konkurencja 15
2013-06-21 - 14:50

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2012

Pozycja			Rok ur.					Czas	Pkt.
1.	CIE LAK, Joanna Sp		96	KS Warta Pozna			4:35.52	653	
	50m: 32.56	32.56	150m: 1:42.57	35.05	250m: 2:52.56	34.82	350m: 4:02.29	34.63	
	100m: 1:07.52	34.96	200m: 2:17.74	35.17	300m: 3:27.66	35.10	400m: 4:35.52	33.23	
2.	NAGÓRSKA, Monika		97	MUKS Piłnastka Bydgoszcz			4:55.96	527	
	50m: 33.74	33.74	150m: 1:47.92	37.21	250m: 3:04.00	38.09	350m: 4:20.14	37.46	
	100m: 1:10.71	36.97	200m: 2:25.91	37.99	300m: 3:42.68	38.68	400m: 4:55.96	35.82	
3.	LACH, Paulina		98	KORNER Zielona Góra			5:00.95	501	
	50m: 33.74	33.74	150m: 1:49.75	38.44	250m: 3:07.06	38.55	350m: 4:24.19	38.40	
	100m: 1:11.31	37.57	200m: 2:28.51	38.76	300m: 3:45.79	38.73	400m: 5:00.95	36.76	
4.	KRZYŻAN, Maria		98	KS Warta Pozna			5:01.20	500	
	50m: 34.33	34.33	150m: 1:50.30	37.76	250m: 3:07.32	38.21	350m: 4:24.06	37.63	
	100m: 1:12.54	38.21	200m: 2:29.11	38.81	300m: 3:46.43	39.11	400m: 5:01.20	37.14	
5.	OLBISKA, Daria		98	MUKS Piłnastka Bydgoszcz			5:10.18	458	
	50m: 33.76	33.76	150m: 1:54.38	40.46	250m: 3:14.59	40.01	350m: 4:33.82	39.54	
	100m: 1:13.92	40.16	200m: 2:34.58	40.20	300m: 3:54.28	39.69	400m: 5:10.18	36.36	
6.	GRYGIER, Aleksandra		99	SCSiR Fala Swarzędz			5:11.10	454	
	50m: 35.22	35.22	150m: 1:53.80	39.63	250m: 3:13.22	39.72	350m: 4:32.84	39.47	
	100m: 1:14.17	38.95	200m: 2:33.50	39.70	300m: 3:53.37	40.15	400m: 5:11.10	38.26	
7.	RADOSZ, Joanna		97	SCSiR Fala Swarzędz			5:14.30	440	
	50m: 36.23	36.23	150m: 1:56.29	40.26	250m: 3:16.31	40.30	350m: 4:35.74	39.48	
	100m: 1:16.03	39.80	200m: 2:36.01	39.72	300m: 3:56.26	39.95	400m: 5:14.30	38.56	
8.	WICKOWSKA, Ewa		99	Uks Shark Rudna			5:22.54	407	
	50m: 36.27	36.27	150m: 1:58.65	41.28	250m: 3:22.22	41.85	350m: 4:45.90	41.87	
	100m: 1:17.37	41.10	200m: 2:40.37	41.72	300m: 4:04.03	41.81	400m: 5:22.54	36.64	
9.	BIĄŁKOWSKA, Gabriela		98	KORNER Zielona Góra			5:26.91	391	
	50m: 35.36	35.36	150m: 1:58.27	41.94	250m: 3:23.26	42.65	350m: 4:47.89	42.19	
	100m: 1:16.33	40.97	200m: 2:40.61	42.34	300m: 4:05.70	42.44	400m: 5:26.91	39.02	
10.	PŁATEK, Anna		98	KP Astromal Akwawit Leszno			5:30.40	379	
	50m: 36.25	36.25	150m: 1:58.73	41.47	250m: 3:24.39	43.04	350m: 4:49.97	42.88	
	100m: 1:17.26	41.01	200m: 2:41.35	42.62	300m: 4:07.09	42.70	400m: 5:30.40	40.43	
11.	KIPCZAK, Aleksandra		99	MUKS Piłnastka Bydgoszcz			5:50.69	317	
	50m: 38.56	38.56	150m: 2:07.79	45.27	250m: 3:38.14	45.10	350m: 5:08.42	45.17	
	100m: 1:22.52	43.96	200m: 2:53.04	45.25	300m: 4:23.25	45.11	400m: 5:50.69	42.27	
PK	KLESSA, Helena		99	MKS Nielba Wągrowiec			5:02.27	495	
	50m: 33.99	33.99	150m: 1:49.52	38.58	250m: 3:07.34	39.10	350m: 4:24.83	38.51	
	100m: 1:10.94	36.95	200m: 2:28.24	38.72	300m: 3:46.32	38.98	400m: 5:02.27	37.44	