

Letnie Mistrzostwa Okręgu Wielkopolskiego w Pływaniu
Poznań, 20- - 21-6-2014

Konkurencja 15
2014-06-20 - 16:57

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2013

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m
1. PODLEWSKA, Miriam	97	UKP UNIA O wi cim	4:42.49	606	1:07.76	1:12.13	1:11.56	1:11.04
50m:	32.17	32.17	150m:	1:43.69	35.93	250m:	2:55.43	35.54
100m:	1:07.76	35.59	200m:	2:19.89	36.20	300m:	3:31.45	36.02
350m:			4:07.50	36.05	400m:	4:42.49	34.99	
2. WÓJCIK, Claudia	97	KS Warta Pozna	4:51.53	552	1:08.69	1:14.41	1:15.14	1:13.29
50m:	32.74	32.74	150m:	1:45.76	37.07	250m:	3:00.36	37.26
100m:	1:08.69	35.95	200m:	2:23.10	37.34	300m:	3:38.24	37.88
350m:			4:15.16	36.92	400m:	4:51.53	36.37	
3. BŁAJET, Oliwia	00	KS Warta Pozna	4:57.65	518	1:10.58	1:16.46	1:15.89	1:14.72
50m:	33.31	33.31	150m:	1:48.86	38.28	250m:	3:04.72	37.68
100m:	1:10.58	37.27	200m:	2:27.04	38.18	300m:	3:42.93	38.21
350m:			4:20.60	37.67	400m:	4:57.65	37.05	
4. POPŁONYK, Aleksandra	98	UKS Dziewi tka Kalisz	4:58.20	515	1:10.47	1:16.56	1:17.19	1:13.98
50m:	33.95	33.95	150m:	1:48.74	38.27	250m:	3:05.79	38.76
100m:	1:10.47	36.52	200m:	2:27.03	38.29	300m:	3:44.22	38.43
350m:			4:22.55	38.33	400m:	4:58.20	35.65	
5. RADOSZ, Joanna	97	UKS Fala Swarz dz	4:59.05	511	1:11.82	1:15.85	1:16.66	1:14.72
50m:	34.44	34.44	150m:	1:49.61	37.79	250m:	3:05.85	38.18
100m:	1:11.82	37.38	200m:	2:27.67	38.06	300m:	3:44.33	38.48
350m:			4:22.69	38.36	400m:	4:59.05	36.36	
6. PŁATEK, Anna	98	KP Astromal Akwawit Lesz	5:19.98	417	1:16.04	1:21.79	1:22.24	1:19.91
50m:	35.82	35.82	150m:	1:56.82	40.78	250m:	3:19.01	41.18
100m:	1:16.04	40.22	200m:	2:37.83	41.01	300m:	4:00.07	41.06
350m:			4:41.13	41.06	400m:	5:19.98	38.85	
7. PŁÓCIENNIK, Wiktoria	00	UKS Dziewi tka Kalisz	5:22.16	409	1:12.74	1:22.91	1:24.41	1:22.10
50m:	33.91	33.91	150m:	1:54.06	41.32	250m:	3:17.98	42.33
100m:	1:12.74	38.83	200m:	2:35.65	41.59	300m:	4:00.06	42.08
350m:			4:41.95	41.89	400m:	5:22.16	40.21	
8. PIETRZAK, Patrycja	00	MUKS "Pi tnastka" Bydgosz	5:29.79	381	1:21.34	1:27.12	1:24.36	1:16.97
50m:	37.86	37.86	150m:	2:05.11	43.77	250m:	3:31.45	42.99
100m:	1:21.34	43.48	200m:	2:48.46	43.35	300m:	4:12.82	41.37
350m:			4:52.33	39.51	400m:	5:29.79	37.46	
9. LICZNERSKA, Martyna	99	MUKS "Pi tnastka" Bydgosz	5:32.11	373	1:19.20	1:26.13	1:24.12	1:22.66
50m:	36.97	36.97	150m:	2:02.19	42.99	250m:	3:27.28	41.95
100m:	1:19.20	42.23	200m:	2:45.33	43.14	300m:	4:09.45	42.17
350m:			4:51.35	41.90	400m:	5:32.11	40.76	