

Ogóln. Zawody Pływackie "Ruszamy z Kopyta"  
Zielona Góra, 3-2-2013

Konkurencja 11  
2013-02-03 - 12:10

Kobiet, 400m dowolny

Open  
Wyniki

Punkty: FINA 2012

Pozycja			Rok ur.					Czas	Pkt.	
<b>Open</b>										
1.	BUCZKOWSKA Katarzyna		96	KORNER Zielona Góra				<b>4:41.72</b>	579	
	50m:	31.33 31.33	150m:	1:41.02	35.43	250m:	2:53.46	36.50	350m:	4:06.24 36.26
	100m:	1:05.59 34.26	200m:	2:16.96	35.94	300m:	3:29.98	36.52	400m:	4:41.72 35.48
2.	LEWANDOWSKA Aleksandra		98	MKP Szczecin				<b>4:42.78</b>	573	
	50m:	32.54 32.54	150m:	1:42.81	35.45	250m:	2:55.04	36.07	350m:	4:07.66 36.36
	100m:	1:07.36 34.82	200m:	2:18.97	36.16	300m:	3:31.30	36.26	400m:	4:42.78 35.12
3.	GAWLICKA Maja		98	KORNER Zielona Góra				<b>4:44.52</b>	562	
	50m:	32.79 32.79	150m:	1:43.25	35.53	250m:	2:55.90	36.58	350m:	4:09.69 36.94
	100m:	1:07.72 34.93	200m:	2:19.32	36.07	300m:	3:32.75	36.85	400m:	4:44.52 34.83
4.	LACH Paulina		98	KORNER Zielona Góra				<b>4:57.24</b>	493	
	50m:	32.14 32.14	150m:	1:45.56	37.34	250m:	3:02.31	38.53	350m:	4:20.07 38.96
	100m:	1:08.22 36.08	200m:	2:23.78	38.22	300m:	3:41.11	38.80	400m:	4:57.24 37.17
5.	STAWARZ Sandra		98	L SK Wrocław				<b>4:57.35</b>	493	
	50m:	33.89 33.89	150m:	1:47.81	37.60	250m:	3:05.53	38.72	350m:	4:21.31 37.16
	100m:	1:10.21 36.32	200m:	2:26.81	39.00	300m:	3:44.15	38.62	400m:	4:57.35 36.04
6.	RODZIEWICZ Ada		98	MKP Szczecin				<b>5:08.07</b>	443	
	50m:	36.20 36.20	150m:	1:53.30	38.65	250m:	3:11.47	38.99	350m:	4:29.86 39.27
	100m:	1:14.65 38.45	200m:	2:32.48	39.18	300m:	3:50.59	39.12	400m:	5:08.07 38.21
7.	WO NIAK Karina		98	MKP Szczecin				<b>5:20.10</b>	395	
	50m:	36.80 36.80	150m:	1:58.88	41.25	250m:	3:20.56	41.25	350m:	4:41.64 40.35
	100m:	1:17.63 40.83	200m:	2:39.31	40.43	300m:	4:01.29	40.73	400m:	5:20.10 38.46
8.	MAJSZUTOWICZ Paulina		98	MKP Szczecin				<b>5:44.80</b>	316	
	50m:	39.20 39.20	150m:	2:08.90	45.07	250m:	3:37.06	43.66	350m:	5:02.94 42.76
	100m:	1:23.83 44.63	200m:	2:53.40	44.50	300m:	4:20.18	43.12	400m:	5:44.80 41.86

14 - 16 lat

1.	LEWANDOWSKA Aleksandra		98	MKP Szczecin				<b>4:42.78</b>	573	
	50m:	32.54 32.54	150m:	1:42.81	35.45	250m:	2:55.04	36.07	350m:	4:07.66 36.36
	100m:	1:07.36 34.82	200m:	2:18.97	36.16	300m:	3:31.30	36.26	400m:	4:42.78 35.12
2.	GAWLICKA Maja		98	KORNER Zielona Góra				<b>4:44.52</b>	562	
	50m:	32.79 32.79	150m:	1:43.25	35.53	250m:	2:55.90	36.58	350m:	4:09.69 36.94
	100m:	1:07.72 34.93	200m:	2:19.32	36.07	300m:	3:32.75	36.85	400m:	4:44.52 34.83
3.	LACH Paulina		98	KORNER Zielona Góra				<b>4:57.24</b>	493	
	50m:	32.14 32.14	150m:	1:45.56	37.34	250m:	3:02.31	38.53	350m:	4:20.07 38.96
	100m:	1:08.22 36.08	200m:	2:23.78	38.22	300m:	3:41.11	38.80	400m:	4:57.24 37.17
4.	STAWARZ Sandra		98	L SK Wrocław				<b>4:57.35</b>	493	
	50m:	33.89 33.89	150m:	1:47.81	37.60	250m:	3:05.53	38.72	350m:	4:21.31 37.16
	100m:	1:10.21 36.32	200m:	2:26.81	39.00	300m:	3:44.15	38.62	400m:	4:57.35 36.04
5.	RODZIEWICZ Ada		98	MKP Szczecin				<b>5:08.07</b>	443	
	50m:	36.20 36.20	150m:	1:53.30	38.65	250m:	3:11.47	38.99	350m:	4:29.86 39.27
	100m:	1:14.65 38.45	200m:	2:32.48	39.18	300m:	3:50.59	39.12	400m:	5:08.07 38.21
6.	WO NIAK Karina		98	MKP Szczecin				<b>5:20.10</b>	395	
	50m:	36.80 36.80	150m:	1:58.88	41.25	250m:	3:20.56	41.25	350m:	4:41.64 40.35
	100m:	1:17.63 40.83	200m:	2:39.31	40.43	300m:	4:01.29	40.73	400m:	5:20.10 38.46
7.	MAJSZUTOWICZ Paulina		98	MKP Szczecin				<b>5:44.80</b>	316	
	50m:	39.20 39.20	150m:	2:08.90	45.07	250m:	3:37.06	43.66	350m:	5:02.94 42.76
	100m:	1:23.83 44.63	200m:	2:53.40	44.50	300m:	4:20.18	43.12	400m:	5:44.80 41.86