

Liga SMS II runda
Zielona Góra - Drzonków, 28. - 29.5.2021

Konkurencja 11
28.05.2021 - 17:52

Kobiet, 400m zmienny

Open
Wyniki

Punkty: FINA 2021

Pozycja	Rok ur.		Czas		Pkt.	Dru	100m	200m	300m	400m	
1. FAMULOK Zuzanna	03	SMS O wi cim	4:55.80	73031,00			1:06.73	1:17.56	1:22.11	1:08.65	
50m:	30.95	30.95	150m:	1:45.75	39.02	250m:	3:05.73	41.44	350m:	4:22.06	34.91
100m:	1:06.73	35.78	200m:	2:24.29	38.54	300m:	3:47.15	41.42	400m:	4:55.80	33.74
2. HERASIMOWICZ Zuzanna	02	SMS Warszawa Bielany	5:01.26	69129,00			1:09.75	1:14.75	1:26.11	1:10.02	
50m:	32.95	32.95	150m:	1:47.77	38.02	250m:	3:07.58	43.08	350m:	4:26.22	34.98
100m:	1:09.75	36.80	200m:	2:24.50	36.73	300m:	3:51.24	43.66	400m:	5:01.26	35.04
3. MO D AN Milena	03	SMS Szczecin	5:04.65	66828,00			1:07.97	1:18.03	1:27.11	1:10.85	
50m:	31.88	31.88	150m:	1:47.06	39.09	250m:	3:09.17	43.17	350m:	4:29.62	35.82
100m:	1:07.97	36.09	200m:	2:26.00	38.94	300m:	3:53.80	44.63	400m:	5:04.65	35.03
4. TARASIEWICZ Klaudia	04	SMS Warszawa Konwiktors	5:05.14	66527,00			1:07.69	1:20.24	1:32.11	1:05.09	
50m:	32.08	32.08	150m:	1:48.04	40.35	250m:	3:14.05	46.12	350m:	4:33.80	33.75
100m:	1:07.69	35.61	200m:	2:27.93	39.89	300m:	4:00.05	46.00	400m:	5:05.14	31.34
5. KLUSEK Aleksandra	05	SMS Warszawa Konwiktors	5:05.55	66226,00			1:07.42	1:17.61	1:31.11	1:09.14	
50m:	31.45	31.45	150m:	1:46.25	38.83	250m:	3:10.52	45.49	350m:	4:31.98	35.57
100m:	1:07.42	35.97	200m:	2:25.03	38.78	300m:	3:56.41	45.89	400m:	5:05.55	33.57
6. LUBI SKA Alicja	05	SMS O wi cim	5:06.34	65725,00			1:05.64	1:16.92	1:28.11	1:15.58	
50m:	30.89	30.89	150m:	1:44.62	38.98	250m:	3:05.42	42.86	350m:	4:29.34	38.58
100m:	1:05.64	34.75	200m:	2:22.56	37.94	300m:	3:50.76	45.34	400m:	5:06.34	37.00
7. KOWALSKA Klara	05	SMS Lublin	5:06.37	65724,00			1:06.05	1:17.54	1:32.11	1:09.83	
50m:	30.73	30.73	150m:	1:45.32	39.27	250m:	3:09.79	46.20	350m:	4:32.15	35.61
100m:	1:06.05	35.32	200m:	2:23.59	38.27	300m:	3:56.54	46.75	400m:	5:06.37	34.22
8. NOWAK Zuzanna	02	SMS O wi cim	5:08.42	644	-		1:08.38	1:19.24	1:31.11	1:09.11	
50m:	31.76	31.76	150m:	1:48.40	40.02	250m:	3:13.14	45.52	350m:	4:34.36	35.05
100m:	1:08.38	36.62	200m:	2:27.62	39.22	300m:	3:59.31	46.17	400m:	5:08.42	34.06
9. PAROL Olga	05	SMS Gda sk	5:08.98	64023,00			1:09.62	1:18.93	1:30.11	1:10.29	
50m:	32.08	32.08	150m:	1:48.91	39.29	250m:	3:13.02	44.47	350m:	4:34.70	36.01
100m:	1:09.62	37.54	200m:	2:28.55	39.64	300m:	3:58.69	45.67	400m:	5:08.98	34.28
10. SOBIAK Zuzanna	02	SMS Wrocław	5:09.05	64022,00			1:09.15	1:17.39	1:33.11	1:08.66	
50m:	32.06	32.06	150m:	1:48.53	39.38	250m:	3:12.52	45.98	350m:	4:34.30	33.91
100m:	1:09.15	37.09	200m:	2:26.54	38.01	300m:	4:00.39	47.87	400m:	5:09.05	34.75
11. BIERNAT Oliwia	03	SMS Kraków	5:09.38	63821,00			1:08.87	1:18.84	1:29.11	1:12.14	
50m:	32.10	32.10	150m:	1:48.77	39.90	250m:	3:13.79	46.08	350m:	4:35.43	38.19
100m:	1:08.87	36.77	200m:	2:27.71	38.94	300m:	3:57.24	43.45	400m:	5:09.38	33.95
12. CIOCH-GRADZIK Wiktoria	03	SMS Lublin	5:10.81	62920,00			1:08.29	1:22.05	1:30.11	1:10.33	
50m:	31.38	31.38	150m:	1:49.09	40.80	250m:	3:15.25	44.91	350m:	4:36.28	35.80
100m:	1:08.29	36.91	200m:	2:30.34	41.25	300m:	4:00.48	45.23	400m:	5:10.81	34.53
13. KAMI SKA Anna	03	SMS Bydgoszcz	5:10.88	62819,00			1:09.76	1:20.39	1:28.11	1:11.80	
50m:	31.58	31.58	150m:	1:50.59	40.83	250m:	3:14.20	44.05	350m:	4:37.03	37.95
100m:	1:09.76	38.18	200m:	2:30.15	39.56	300m:	3:59.08	44.88	400m:	5:10.88	33.85
14. MAKSYMOWICZ Nina	05	SMS Warszawa Bielany	5:12.33	62018,00			1:09.15	1:21.44	1:31.11	1:10.26	
50m:	32.41	32.41	150m:	1:50.45	41.30	250m:	3:15.22	44.63	350m:	4:38.18	36.11
100m:	1:09.15	36.74	200m:	2:30.59	40.14	300m:	4:02.07	46.85	400m:	5:12.33	34.15
15. LECHOWSKA Magdalena	06	SMS Wrocław	5:14.25	60817,00			1:09.34	1:23.60	1:26.11	1:14.84	
50m:	31.71	31.71	150m:	1:51.83	42.49	250m:	3:15.58	42.64	350m:	4:38.45	39.04
100m:	1:09.34	37.63	200m:	2:32.94	41.11	300m:	3:59.41	43.83	400m:	5:14.25	35.80
16. GAWRON Paula	04	SMS Kraków	5:14.69	60616,00			1:11.95	1:19.91	1:30.11	1:12.35	
50m:	32.78	32.78	150m:	1:52.13	40.18	250m:	3:16.24	44.38	350m:	4:38.99	36.65
100m:	1:11.95	39.17	200m:	2:31.86	39.73	300m:	4:02.34	46.10	400m:	5:14.69	35.70
17. PITY SKA Klara	06	SMS Wrocław	5:16.12	598	-		1:11.89	1:19.18	1:32.11	1:12.54	
50m:	32.46	32.46	150m:	1:51.31	39.42	250m:	3:16.67	45.60	350m:	4:39.83	36.25
100m:	1:11.89	39.43	200m:	2:31.07	39.76	300m:	4:03.58	46.91	400m:	5:16.12	36.29
18. S DŁAK Alicja	05	SMS Bydgoszcz	5:20.06	57615,00			1:08.78	1:25.41	1:30.11	1:15.49	
50m:			150m:			250m:			350m:		
100m:	1:08.78		200m:	2:34.19		300m:	4:04.57		400m:	5:20.06	
19. TUPALSKA Oliwia	05	SMS Warszawa Konwiktors	5:23.50	558	-		1:11.48	1:22.94	1:35.11	1:13.28	
50m:	33.33	33.33	150m:	1:53.53	42.05	250m:	3:22.78	48.36	350m:	4:50.14	39.92
100m:	1:11.48	38.15	200m:	2:34.42	40.89	300m:	4:10.22	47.44	400m:	5:23.50	33.36
20. GLI SKA Oliwia	07	SMS Zielona Góra	5:24.20	55414,00			1:14.78	1:22.12	1:32.11	1:15.19	
50m:	34.19	34.19	150m:	1:56.48	41.70	250m:	3:24.06	47.16	350m:	4:47.98	38.97
100m:	1:14.78	40.59	200m:	2:36.90	40.42	300m:	4:09.01	44.95	400m:	5:24.20	36.22

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Pozycja	Rok ur.		Czas			Pkt.	Dru	100m	200m	300m	400m
21. BURDYN Dominika	05	SMS Lublin	5:25.69	547	-		1:10.50	1:21.93	1:36.11	1:16.31	
50m:	32.20	32.20	150m:	1:51.65	41.15	250m:	3:20.96	48.53	350m:	4:48.25	38.87
100m:	1:10.50	38.30	200m:	2:32.43	40.78	300m:	4:09.38	48.42	400m:	5:25.69	37.44
22. WO NICA Milena	04	SMS Gda sk	5:26.10	544	13,00		1:14.15	1:26.60	1:31.41	1:13.86	
50m:	33.55	33.55	150m:	1:57.99	43.84	250m:	3:26.71	45.96	350m:	4:49.38	37.14
100m:	1:14.15	40.60	200m:	2:40.75	42.76	300m:	4:12.24	45.53	400m:	5:26.10	36.72
23. KASPROWICZ Marta	03	SMS Racibórz	5:26.79	541	12,00		1:11.73	1:24.75	1:36.11	1:13.47	
50m:	32.84	32.84	150m:	1:54.55	42.82	250m:	3:24.32	47.84	350m:	4:50.62	37.30
100m:	1:11.73	38.89	200m:	2:36.48	41.93	300m:	4:13.32	49.00	400m:	5:26.79	36.17
24. ZMIERCZAK Natalia	03	SMS Olsztyn	5:26.95	540	11,00		1:13.10	1:24.31	1:35.11	1:13.76	
50m:	33.02	33.02	150m:	1:55.16	42.06	250m:	3:23.83	46.42	350m:	4:49.22	36.03
100m:	1:13.10	40.08	200m:	2:37.41	42.25	300m:	4:13.19	49.36	400m:	5:26.95	37.73
25. CICHA Aleksandra	05	SMS Kraków	5:28.05	535	-		1:12.10	1:22.19	1:37.11	1:15.92	
50m:	32.42	32.42	150m:	1:53.10	41.00	250m:	3:21.54	47.25	350m:	4:47.43	35.30
100m:	1:12.10	39.68	200m:	2:34.29	41.19	300m:	4:12.13	50.59	400m:	5:28.05	40.62
26. SZAFRA SKA Malwina	06	SMS Ostrowiec w.	5:30.59	523	10,00		1:11.71	1:25.39	1:38.11	1:14.68	
50m:	33.20	33.20	150m:	1:54.60	42.89	250m:	3:26.19	49.09	350m:	4:54.06	38.15
100m:	1:11.71	38.51	200m:	2:37.10	42.50	300m:	4:15.91	49.72	400m:	5:30.59	36.53
27. TADKO Wiktoria	05	SMS Racibórz	5:31.79	517	9,00		1:19.74	1:24.15	1:33.11	1:14.59	
50m:	36.76	36.76	150m:	2:02.77	43.03	250m:	3:29.81	45.92	350m:	4:56.23	39.03
100m:	1:19.74	42.98	200m:	2:43.89	41.12	300m:	4:17.20	47.39	400m:	5:31.79	35.56
28. DUDA Anna	07	SMS Szczecin	5:32.69	513	8,00		1:12.75	1:27.51	1:37.11	1:14.59	
50m:	32.95	32.95	150m:	1:57.20	44.45	250m:	3:30.01	49.75	350m:	4:56.73	38.63
100m:	1:12.75	39.80	200m:	2:40.26	43.06	300m:	4:18.10	48.09	400m:	5:32.69	35.96
29. GRELA Amelia	06	SMS Zielona Góra	5:42.37	470	7,00		1:18.33	1:26.99	1:39.11	1:17.97	
50m:	34.85	34.85	150m:	2:02.55	44.22	250m:	3:33.96	48.64	350m:	5:06.10	41.70
100m:	1:18.33	43.48	200m:	2:45.32	42.77	300m:	4:24.40	50.44	400m:	5:42.37	36.27
30. MORITZ Marcelina	05	SMS Bydgoszcz	5:46.84	452	-		1:11.61	1:31.15	1:38.11	1:25.89	
50m:	33.13	33.13	150m:	1:56.94	45.33	250m:	3:30.90	48.14	350m:	5:03.07	42.12
100m:	1:11.61	38.48	200m:	2:42.76	45.82	300m:	4:20.95	50.05	400m:	5:46.84	43.77
31. SOSNÓWKA Oliwia	05	SMS Ostrowiec w.	5:50.71	438	6,00		1:15.61	1:36.29	1:38.11	1:20.16	
50m:	35.59	35.59	150m:	2:04.14	48.53	250m:	3:41.86	49.96	350m:	5:11.82	41.27
100m:	1:15.61	40.02	200m:	2:51.90	47.76	300m:	4:30.55	48.69	400m:	5:50.71	38.89
32. OSZMIA SKA Julia	04	SMS Gorzów Wielkopolski	6:05.51	386	5,00		1:23.72	1:38.11	1:37.11	1:26.42	
50m:	37.20	37.20	150m:	2:13.67	49.95	250m:	3:50.36	48.53	350m:	5:22.73	43.64
100m:	1:23.72	46.52	200m:	3:01.83	48.16	300m:	4:39.09	48.73	400m:	6:05.51	42.78