

Ogólnopolski Sprawdzian Wszechstronno ci Stylowej i Wytrzymało ci Miting Pływacki Laguna Cup 2019  
Gryfino, 30-11-2019

Konkurencja 15  
2019-11-30 - 14:55

Dziewcz t, 400m dowolny

11 lat  
Wyniki

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.
1.	RA NIEWSKA Alicja		08	UKS „FOKA” Choszczno				<b>5:49.64</b>	301
	50m:	37.69 37.69	150m:	2:07.49	45.74	250m:	3:38.31 45.17	350m:	5:07.90 44.99
	100m:	1:21.75 44.06	200m:	2:53.14	45.65	300m:	4:22.91 44.60	400m:	5:49.64 41.74
2.	KUCHARCZYK Nadia		08	UKS „FOKA” Choszczno				<b>5:57.73</b>	281
	50m:	36.05 36.05	150m:			250m:	3:37.10 46.27	350m:	5:11.75 47.90
	100m:	1:18.07 42.02	200m:	2:50.83		300m:	4:23.85 46.75	400m:	5:57.73 45.98
3.	LASKOWSKA Katarzyna		08	MKS Neptun Stargard				<b>6:03.57</b>	268
	50m:	39.64 39.64	150m:	2:10.68	46.57	250m:	3:44.91 47.22	350m:	5:19.42 46.62
	100m:	1:24.11 44.47	200m:	2:57.69	47.01	300m:	4:32.80 47.89	400m:	6:03.57 44.15
4.	WO NIAK Amelia		08	MKS Neptun Stargard				<b>6:03.92</b>	267
	50m:	40.84 40.84	150m:	2:12.97	47.20	250m:	3:47.44 47.81	350m:	5:20.73 45.96
	100m:	1:25.77 44.93	200m:	2:59.63	46.66	300m:	4:34.77 47.33	400m:	6:03.92 43.19
5.	OLWERT Karolina		08	MKS Neptun Stargard				<b>6:04.39</b>	266
	50m:	40.00 40.00	150m:	2:11.45	46.57	250m:	3:45.96 47.59	350m:	5:20.48 47.79
	100m:	1:24.88 44.88	200m:	2:58.37	46.92	300m:	4:32.69 46.73	400m:	6:04.39 43.91
6.	CHRZAN Zuzanna		08	MKS Neptun Stargard				<b>6:05.21</b>	264
	50m:	39.63 39.63	150m:	2:10.79	46.42	250m:	3:45.26 47.41	350m:	5:19.88 47.34
	100m:	1:24.37 44.74	200m:	2:57.85	47.06	300m:	4:32.54 47.28	400m:	6:05.21 45.33
7.	BOBO Karolina		08	IUKP „WODNIK” Police				<b>6:17.39</b>	239
	50m:	41.28 41.28	150m:	2:17.40	48.59	250m:	3:54.71 48.86	350m:	5:31.37 47.94
	100m:	1:28.81 47.53	200m:	3:05.85	48.45	300m:	4:43.43 48.72	400m:	6:17.39 46.02
8.	FURMAN Milena		08	IUKP „WODNIK” Police				<b>6:19.54</b>	235
	50m:	40.54 40.54	150m:	2:16.93	48.51	250m:	3:55.58 49.13	350m:	5:34.78 49.53
	100m:	1:28.42 47.88	200m:	3:06.45	49.52	300m:	4:45.25 49.67	400m:	6:19.54 44.76
9.	MATOSZKO Weronika		08	IUKP „WODNIK” Police				<b>6:36.80</b>	206
	50m:	43.71 43.71	150m:	2:23.24	51.45	250m:	4:05.90 50.57	350m:	5:49.17 52.15
	100m:	1:31.79 48.08	200m:	3:15.33	52.09	300m:	4:57.02 51.12	400m:	6:36.80 47.63
10.	DROZD Joanna		08	MKS Neptun Stargard				<b>7:27.81</b>	143
	50m:	44.30 44.30	150m:			250m:	4:36.52 59.17	350m:	6:33.26 57.60
	100m:	1:38.27 53.97	200m:	3:37.35		300m:	5:35.66 59.14	400m:	7:27.81 54.55
11.	GOŁ B Maria		08	MKS Neptun Stargard				<b>7:57.81</b>	118
	50m:	44.55 44.55	150m:			250m:	4:53.30 1:04.76	350m:	6:59.61 1:01.53
	100m:	2:44.89 2:00.34	200m:	3:48.54		300m:	5:58.08 1:04.78	400m:	7:57.81 58.20