

Krajowy Festiwal Polskiego Pływania. Super Jedyńki Opole 2017  
Opole, 14.10.2017

Konkurencja 2  
14.10.2017 - 10:05

Kobiet, 400m dowolny

Open  
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.		
<b>2001 i starsi</b>											
1.	PIECHOTA, Paulina		99	UKS 190 Łód				<b>4:16.48</b>	764		
	50m:	29.31 29.31	150m:	1:33.40	32.24	250m:	2:38.56	32.58	350m:	3:44.29	32.86
	100m:	1:01.16 31.85	200m:	2:05.98	32.58	300m:	3:11.43	32.87	400m:	4:16.48	32.19
2.	JABŁO SKA, Oliwia		97	START Wrocław				<b>4:30.86</b>	649		
	50m:	31.53 31.53	150m:	1:39.14	34.14	250m:	2:47.77	34.29	350m:	3:56.77	34.57
	100m:	1:05.00 33.47	200m:	2:13.48	34.34	300m:	3:22.20	34.43	400m:	4:30.86	34.09
3.	BEDNAREK, Aleksandra		98	UKS SP 149 Łód				<b>4:42.29</b>	573		
	50m:	32.68 32.68	150m:	1:43.40	35.35	250m:	2:55.01	35.49	350m:	4:07.35	36.26
	100m:	1:08.05 35.37	200m:	2:19.52	36.12	300m:	3:31.09	36.08	400m:	4:42.29	34.94
4.	CIESIUL, Karolina		01	KS WANKAN Legnica				<b>4:42.31</b>	573		
	50m:	31.51 31.51	150m:	1:42.04	35.88	250m:	2:54.73	36.43	350m:	4:07.45	36.20
	100m:	1:06.16 34.65	200m:	2:18.30	36.26	300m:	3:31.25	36.52	400m:	4:42.31	34.86
<b>Rocznik 2002 - 2003</b>											
1.	RASZCZUK, Zofia		02	UKP MANTA Jelcz-Laskowice				<b>4:30.02</b>	655		
	50m:	30.21 30.21	150m:	1:38.07	34.29	250m:	2:47.18	34.45	350m:	3:56.87	34.98
	100m:	1:03.78 33.57	200m:	2:12.73	34.66	300m:	3:21.89	34.71	400m:	4:30.02	33.15
2.	DOM OL, Zuzanna		02	KKS Włókniarz 1925 Kalisz				<b>4:33.05</b>	633		
	50m:	30.71 30.71	150m:	1:38.20	34.09	250m:	2:47.85	35.00	350m:	3:58.29	35.55
	100m:	1:04.11 33.40	200m:	2:12.85	34.65	300m:	3:22.74	34.89	400m:	4:33.05	34.76
3.	JAKUBCZAK, Martyna		02	KKS Włókniarz 1925 Kalisz				<b>4:35.64</b>	615		
	50m:	31.00 31.00	150m:	1:40.13	34.89	250m:	2:51.18	35.50	350m:	4:01.69	35.19
	100m:	1:05.24 34.24	200m:	2:15.68	35.55	300m:	3:26.50	35.32	400m:	4:35.64	33.95
4.	NOCO , Dominika		02	UKS MANTA Kochłowice Ruda I s				<b>4:44.49</b>	560		
	50m:	31.88 31.88	150m:	1:42.40	35.20	250m:	2:54.86	36.07	350m:	4:08.10	36.30
	100m:	1:07.20 35.32	200m:	2:18.79	36.39	300m:	3:31.80	36.94	400m:	4:44.49	36.39
5.	SZYMA SKA, Wiktoria		02	KKS Włókniarz 1925 Kalisz				<b>4:46.48</b>	548		
	50m:	31.76 31.76	150m:	1:43.48	36.30	250m:	2:56.87	36.86	350m:	4:11.43	37.56
	100m:	1:07.18 35.42	200m:	2:20.01	36.53	300m:	3:33.87	37.00	400m:	4:46.48	35.05
6.	MACIEJEWSKA, Beata		03	UKS SP 149 Łód				<b>4:47.62</b>	542		
	50m:	33.03 33.03	150m:	1:45.69	36.80	250m:	2:59.98	36.98	350m:	4:12.48	36.02
	100m:	1:08.89 35.86	200m:	2:23.00	37.31	300m:	3:36.46	36.48	400m:	4:47.62	35.14
7.	MAIK, Julia		03	KKS Włókniarz 1925 Kalisz				<b>4:47.71</b>	541		
	50m:	31.41 31.41	150m:	1:43.74	36.31	250m:	2:58.18	37.31	350m:	4:12.63	36.83
	100m:	1:07.43 36.02	200m:	2:20.87	37.13	300m:	3:35.80	37.62	400m:	4:47.71	35.08
8.	G SIOR, Oliwia		03	KS WANKAN Legnica				<b>4:48.80</b>	535		
	50m:	30.24 30.24	150m:	1:42.07	37.26	250m:	2:57.81	37.99	350m:	4:12.85	37.09
	100m:	1:04.81 34.57	200m:	2:19.82	37.75	300m:	3:35.76	37.95	400m:	4:48.80	35.95
9.	PALONKA, Zuzanna		02	WKS I sk Wrocław				<b>4:50.26</b>	527		
	50m:	33.46 33.46	150m:	1:46.43	36.95	250m:	3:00.97	37.46	350m:	4:15.24	36.94
	100m:	1:09.48 36.02	200m:	2:23.51	37.08	300m:	3:38.30	37.33	400m:	4:50.26	35.02
10.	MAZIAR, Alicja		02	Ks Rekin wiebodzice				<b>4:52.85</b>	513		
	50m:	31.49 31.49	150m:	1:45.77	37.91	250m:	3:01.87	37.84	350m:	4:17.59	37.99
	100m:	1:07.86 36.37	200m:	2:24.03	38.26	300m:	3:39.60	37.73	400m:	4:52.85	35.26
11.	NOWAKOWSKA, Marta		03	WKS I sk Wrocław				<b>4:54.30</b>	506		
	50m:	32.09 32.09	150m:	1:45.28	37.32	250m:	3:01.31	38.04	350m:	4:17.96	38.49
	100m:	1:07.96 35.87	200m:	2:23.27	37.99	300m:	3:39.47	38.16	400m:	4:54.30	36.34
12.	DUTKOWIAK, Aleksandra		03	WKS I sk Wrocław				<b>4:54.51</b>	504		
	50m:	31.86 31.86	150m:	1:45.12	37.61	250m:	3:01.17	38.17	350m:	4:18.09	38.52
	100m:	1:07.51 35.65	200m:	2:23.00	37.88	300m:	3:39.57	38.40	400m:	4:54.51	36.42

Krajowy Festiwal Polskiego Pływania. Super Jedyńki Opole 2017  
Opole, 14.10.2017

Konkurencja 2, Dziewcz t, 400m dowolny, Roczniak 2002 - 2003

Pozycja			Rok ur.					Czas	Pkt.
13.	MRUK, Aleksandra		02	UKP MANTA Jelcz-Laskowice				<b>4:55.90</b>	497
	50m:	32.96 32.96	150m:	1:46.68 37.28	250m:	3:03.30 38.51	350m:	4:18.90 37.55	
	100m:	1:09.40 36.44	200m:	2:24.79 38.11	300m:	3:41.35 38.05	400m:	4:55.90 37.00	
14.	NIEWIADOMSKA, Nikola		03	UKS MANTA Kochłowice Ruda I s				<b>4:56.10</b>	496
	50m:	32.41 32.41	150m:	1:47.07 37.83	250m:	3:02.79 37.45	350m:	4:18.12 37.08	
	100m:	1:09.24 36.83	200m:	2:25.34 38.27	300m:	3:41.04 38.25	400m:	4:56.10 37.98	
15.	W CLEWSKA, Aleksandra		03	WKS I sk Wrocław				<b>5:03.13</b>	463
	50m:	32.98 32.98	150m:	1:48.95 38.49	250m:	3:06.41 38.77	350m:	4:24.67 39.32	
	100m:	1:10.46 37.48	200m:	2:27.64 38.69	300m:	3:45.35 38.94	400m:	5:03.13 38.46	
16.	SZYMCZAK, Patrycja		02	UKS MANTA Kochłowice Ruda I s				<b>5:05.18</b>	453
	50m:	32.87 32.87	150m:	1:49.01 38.59	250m:	3:07.50 39.24	350m:	4:26.54 39.40	
	100m:	1:10.42 37.55	200m:	2:28.26 39.25	300m:	3:47.14 39.64	400m:	5:05.18 38.64	
17.	KOSACKA, Iga		03	Zryw Opole				<b>5:05.29</b>	453
	50m:	32.00 32.00	150m:	1:49.07 39.47	250m:	3:08.59 39.63	350m:	4:27.66 39.23	
	100m:	1:09.60 37.60	200m:	2:28.96 39.89	300m:	3:48.43 39.84	400m:	5:05.29 37.63	
18.	WOJAKIEWICZ, Matylda		03	KS AZS AWF Wrocław				<b>5:09.67</b>	434
	50m:	33.11 33.11	150m:	1:49.38 39.07	250m:	3:10.13 40.56	350m:	4:30.58 40.03	
	100m:	1:10.31 37.20	200m:	2:29.57 40.19	300m:	3:50.55 40.42	400m:	5:09.67 39.09	
19.	CIESIELSKA, Natalia		03	UKS SP 149 Łód				<b>5:10.16</b>	432
	50m:	35.36 35.36	150m:	1:52.94 39.67	250m:	3:11.86 39.41	350m:	4:31.46 39.85	
	100m:	1:13.27 37.91	200m:	2:32.45 39.51	300m:	3:51.61 39.75	400m:	5:10.16 38.70	
20.	JAGIENIAK, Izabela		03	Zryw Opole				<b>5:12.72</b>	421
	50m:	34.75 34.75	150m:	1:54.65 40.90	250m:	3:17.88 41.14	350m:	4:36.84 38.95	
	100m:	1:13.75 39.00	200m:	2:36.74 42.09	300m:	3:57.89 40.01	400m:	5:12.72 35.88	
21.	POPPE, Anna		03	UKS MANTA Kochłowice Ruda I s				<b>5:17.72</b>	402
	50m:	34.28 34.28	150m:	1:53.75 40.24	250m:	3:15.17 40.89	350m:	4:37.25 41.27	
	100m:	1:13.51 39.23	200m:	2:34.28 40.53	300m:	3:55.98 40.81	400m:	5:17.72 40.47	
22.	MALEC, Aleksandra		03	KS WANKAN Legnica				<b>5:40.07</b>	327
	50m:	35.91 35.91	150m:	1:58.48 42.71	250m:	3:27.48 45.02	350m:	4:57.34 44.86	
	100m:	1:15.77 39.86	200m:	2:42.46 43.98	300m:	4:12.48 45.00	400m:	5:40.07 42.73	

Roczniak 2004 - 2005

1.	BOCIEK, Wiktoria		04	KS Górnik Sosnowiec				<b>4:34.95</b>	620
	50m:	31.26 31.26	150m:	1:40.20 34.93	250m:	2:50.02 34.95	350m:	4:00.54 35.16	
	100m:	1:05.27 34.01	200m:	2:15.07 34.87	300m:	3:25.38 35.36	400m:	4:34.95 34.41	
2.	BOCIAN, Roksana		04	LKS Jedno 32 Przyszowice				<b>4:42.42</b>	572
	50m:	31.89 31.89	150m:	1:42.48 36.13	250m:	2:55.13 36.74	350m:	4:08.42 36.47	
	100m:	1:06.35 34.46	200m:	2:18.39 35.91	300m:	3:31.95 36.82	400m:	4:42.42 34.00	
3.	MLECZEK, Natalia		05	LKS Jedno 32 Przyszowice				<b>4:48.87</b>	535
	50m:	32.22 32.22	150m:	1:45.14 36.85	250m:	2:59.43 37.15	350m:	4:13.57 36.56	
	100m:	1:08.29 36.07	200m:	2:22.28 37.14	300m:	3:37.01 37.58	400m:	4:48.87 35.30	
4.	WOLNY, Natalia		04	LKS Jedno 32 Przyszowice				<b>4:52.15</b>	517
	50m:	32.27 32.27	150m:	1:44.72 37.09	250m:	2:59.48 37.39	350m:	4:15.90 37.88	
	100m:	1:07.63 35.36	200m:	2:22.09 37.37	300m:	3:38.02 38.54	400m:	4:52.15 36.25	
5.	MACIASZCZYK, Weronika		04	UKS SP 149 Łód				<b>4:52.20</b>	517
	50m:	33.15 33.15	150m:	1:45.83 36.76	250m:	3:00.98 37.53	350m:	4:16.00 37.66	
	100m:	1:09.07 35.92	200m:	2:23.45 37.62	300m:	3:38.34 37.36	400m:	4:52.20 36.20	
6.	WITEK, Oliwia		04	UKS SP 149 Łód				<b>5:03.26</b>	462
	50m:	35.19 35.19	150m:	1:51.87 38.56	250m:	3:08.36 38.37	350m:	4:26.21 39.05	
	100m:	1:13.31 38.12	200m:	2:29.99 38.12	300m:	3:47.16 38.80	400m:	5:03.26 37.05	
7.	GORSZANÓW, Jagoda		05	LKS Jedno 32 Przyszowice				<b>5:05.86</b>	450
	50m:	33.09 33.09	150m:	1:49.86 39.11	250m:	3:08.93 39.72	350m:	4:28.37 39.67	
	100m:	1:10.75 37.66	200m:	2:29.21 39.35	300m:	3:48.70 39.77	400m:	5:05.86 37.49	

Krajowy Festiwal Polskiego Pływania. Super Jedyńki Opole 2017  
Opole, 14.10.2017

Konkurencja 2, Dziewcz t, 400m dowolny, Roczni 2004 - 2005

Pozycja			Rok ur.					Czas	Pkt.		
8.	GRZYB, Natalia		04	KS WANKAN Legnica				<b>5:14.73</b>	413		
	50m:	34.68 34.68	150m:	1:52.67	39.54	250m:	3:12.78	40.27	350m:	4:34.50	40.96
	100m:	1:13.13 38.45	200m:	2:32.51	39.84	300m:	3:53.54	40.76	400m:	5:14.73	40.23
9.	CHMIELOWIEC, Dominika		04	KS WANKAN Legnica				<b>5:15.45</b>	410		
	50m:	35.36 35.36	150m:	1:54.33	39.98	250m:	3:15.49	40.64	350m:	4:36.49	40.61
	100m:	1:14.35 38.99	200m:	2:34.85	40.52	300m:	3:55.88	40.39	400m:	5:15.45	38.96
10.	MIKOSZA, Aleksandra		04	WKS I sk Wrocław				<b>5:25.37</b>	374		
	50m:	34.13 34.13	150m:	1:59.11	43.23	250m:	3:23.91	42.48	350m:	4:48.67	42.21
	100m:	1:15.88 41.75	200m:	2:41.43	42.32	300m:	4:06.46	42.55	400m:	5:25.37	36.70
11.	JUCHA, Aleksandra		04	MKS Juvenia Wrocław SSP 72				<b>5:27.22</b>	368		
	50m:	35.78 35.78	150m:	1:58.32	41.86	250m:	3:22.80	42.18	350m:	4:47.19	42.40
	100m:	1:16.46 40.68	200m:	2:40.62	42.30	300m:	4:04.79	41.99	400m:	5:27.22	40.03
12.	CAŁUS, Barbara		04	Cz stochowski KP "Pirania"				<b>5:29.98</b>	358		
	50m:	34.35 34.35	150m:	1:57.33	42.38	250m:	3:24.28	43.83	350m:	4:49.74	42.67
	100m:	1:14.95 40.60	200m:	2:40.45	43.12	300m:	4:07.07	42.79	400m:	5:29.98	40.24
13.	KUCYPERA, Iga		04	WKS I sk Wrocław				<b>5:31.08</b>	355		
	50m:	36.07 36.07	150m:	1:59.97	42.73	250m:	3:23.92	41.62	350m:	4:49.16	43.04
	100m:	1:17.24 41.17	200m:	2:42.30	42.33	300m:	4:06.12	42.20	400m:	5:31.08	41.92
14.	SIKORSKA, Ada		04	MKS Juvenia Wrocław SSP 72				<b>5:37.55</b>	335		
	50m:	37.00 37.00	150m:	2:02.44	43.21	250m:	3:29.45	43.41	350m:	4:56.63	43.04
	100m:	1:19.23 42.23	200m:	2:46.04	43.60	300m:	4:13.59	44.14	400m:	5:37.55	40.92
15.	B CLER, Natalia		05	WKS I sk Wrocław				<b>5:41.35</b>	324		
	50m:	37.70 37.70	150m:	2:03.41	43.44	250m:	3:32.03	44.42	350m:	4:59.77	43.68
	100m:	1:19.97 42.27	200m:	2:47.61	44.20	300m:	4:16.09	44.06	400m:	5:41.35	41.58
16.	GOCZLING, Katarzyna		04	WKS I sk Wrocław				<b>5:44.73</b>	314		
	50m:	36.00 36.00	150m:	2:02.26	43.57	250m:	3:30.98	44.54	350m:	5:01.05	45.43
	100m:	1:18.69 42.69	200m:	2:46.44	44.18	300m:	4:15.62	44.64	400m:	5:44.73	43.68
17.	PAWLAK, Patrycja		05	WKS I sk Wrocław				<b>6:04.30</b>	266		
	50m:	42.14 42.14	150m:	2:13.79	46.10	250m:	3:46.88	47.00	350m:	5:19.25	46.07
	100m:	1:27.69 45.55	200m:	2:59.88	46.09	300m:	4:33.18	46.30	400m:	6:04.30	45.05
18.	SKLI SKA, Maria		05	WKS I sk Wrocław				<b>6:10.38</b>	253		
	50m:	1:27.12 1:27.12	150m:	3:01.98	47.53	250m:	4:38.15	48.83	350m:	6:10.36	44.44
	100m:	2:14.45 47.33	200m:	3:49.32	47.34	300m:	5:25.92	47.77	400m:	6:10.38	0.02

2006 i młodszy

1.	CHŁ D, Zuzanna		06	Zryw Opole				<b>5:47.26</b>	308		
	50m:	37.85 37.85	150m:	2:05.80	44.03	250m:	3:36.32	44.89	350m:	5:05.39	44.07
	100m:	1:21.77 43.92	200m:	2:51.43	45.63	300m:	4:21.32	45.00	400m:	5:47.26	41.87
2.	BOROWIEC, Julia		06	Zryw Opole				<b>6:52.18</b>	184		
	50m:	42.15 42.15	150m:	2:25.72	52.80	250m:	4:14.28	55.01	350m:	6:01.26	54.05
	100m:	1:32.92 50.77	200m:	3:19.27	53.55	300m:	5:07.21	52.93	400m:	6:52.18	50.92