

Letnie Mistrzostwa Okręgu Wielkopolskiego w Pływaniu
Poznań, 16-17-6-2017

Konkurencja 11
2017-06-16 - 11:50

Kobiet, 400m zmienny

12 lat i starsi
Wyniki

Punkty: FINA 2016

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
1. W GRZYNOWSKA A.	I sk Wrocław	5:08.10	661	1:09.91	1:19.33	1:29.47	1:09.39
50m: 32.40	32.40	150m: 1:50.25	40.34	250m: 3:13.93	44.69	350m: 4:34.75	36.04
100m: 1:09.91	37.51	200m: 2:29.24	38.99	300m: 3:58.71	44.78	400m: 5:08.10	33.35
2. SOBIAK Zuzanna	02 Warta Poznań	5:15.29	617	1:12.54	1:18.78	1:32.53	1:11.44
50m: 33.56	33.56	150m: 1:53.11	40.57	250m: 3:17.42	46.10	350m: 4:40.08	36.23
100m: 1:12.54	38.98	200m: 2:31.32	38.21	300m: 4:03.85	46.43	400m: 5:15.29	35.21
3. GRO Weronika	03 Piłsnia Bydgoszcz	5:17.86	602	1:12.17	1:22.19	1:31.72	1:11.78
50m: 33.84	33.84	150m: 1:53.33	41.16	250m: 3:20.11	45.75	350m: 4:43.09	37.01
100m: 1:12.17	38.33	200m: 2:34.36	41.03	300m: 4:06.08	45.97	400m: 5:17.86	34.77
4. SKORUPA Monika	99 Vega Dobrodzie	5:20.23	588	1:11.94	1:21.58	1:30.50	1:16.21
50m: 33.16	33.16	150m: 1:53.43	41.49	250m: 3:18.94	45.42	350m: 4:43.12	39.10
100m: 1:11.94	38.78	200m: 2:33.52	40.09	300m: 4:04.02	45.08	400m: 5:20.23	37.11
5. CHMIEL Liwia	02 Trójka roda Wilk	5:20.80	585	1:15.38	1:23.85	1:28.88	1:12.69
50m: 34.73	34.73	150m: 1:57.99	42.61	250m: 3:24.13	44.90	350m: 4:44.95	36.84
100m: 1:15.38	40.65	200m: 2:39.23	41.24	300m: 4:08.11	43.98	400m: 5:20.80	35.85
6. WRÓBEL Julia	03 Iskra Konin	5:23.20	572	1:11.61	1:23.98	1:33.85	1:13.76
50m: 33.08	33.08	150m: 1:54.22	42.61	250m: 3:22.29	46.70	350m: 4:46.61	37.17
100m: 1:11.61	38.53	200m: 2:35.59	41.37	300m: 4:09.44	47.15	400m: 5:23.20	36.59
7. CYGAN Julia	04 Piłsnia Bydgoszcz	5:27.44	550	1:22.53	1:22.37	1:29.72	1:12.82
50m: 38.81	38.81	150m: 2:04.14	41.61	250m: 3:29.61	44.71	350m: 4:52.07	37.45
100m: 1:22.53	43.72	200m: 2:44.90	40.76	300m: 4:14.62	45.01	400m: 5:27.44	35.37
8. MO D AN Milena	03 Shark Rudna	5:29.02	543	1:13.83	1:25.01	1:33.92	1:16.26
50m: 34.18	34.18	150m: 1:56.88	43.05	250m: 3:25.00	46.16	350m: 4:51.65	38.89
100m: 1:13.83	39.65	200m: 2:38.84	41.96	300m: 4:12.76	47.76	400m: 5:29.02	37.37
9. DECHNIK Anna	01 Wodnik Wolsztyn	5:58.19	420	1:27.85	1:32.57	1:36.37	1:21.40
50m: 39.86	39.86	150m: 2:14.67	46.82	250m: 3:48.10	47.68	350m: 5:18.55	41.76
100m: 1:27.85	47.99	200m: 3:00.42	45.75	300m: 4:36.79	48.69	400m: 5:58.19	39.64
10. KUBIS Nela	05 Jedyńka Poznań	6:46.90	287	1:45.36	1:46.15	1:47.13	1:28.26
50m: 48.09	48.09	150m: 2:39.66	54.30	250m: 4:24.86	53.35	350m: 6:05.33	46.69
100m: 1:45.36	57.27	200m: 3:31.51	51.85	300m: 5:18.64	53.78	400m: 6:46.90	41.57
PK MIKOŁAJCZAK Malwina	06 Warta Poznań	6:27.54	332	1:34.75	1:32.84	1:54.73	1:25.22
50m: 42.81	42.81	150m: 2:21.72	46.97	250m: 4:04.62	57.03	350m: 5:47.40	45.08
100m: 1:34.75	51.94	200m: 3:07.59	45.87	300m: 5:02.32	57.70	400m: 6:27.54	40.14