

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

Konkurencja 17
2017-06-16 - 15:45

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Punkty: FINA 2016

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
1. W GRZYNOWSKA A.	I sk Wrocław	4:32.22	671	1:04.10	1:09.66	1:10.59	1:07.87
50m: 30.44	30.44	150m: 1:38.73	34.63	250m: 2:49.00	35.24	350m: 3:59.27	34.92
100m: 1:04.10	33.66	200m: 2:13.76	35.03	300m: 3:24.35	35.35	400m: 4:32.22	32.95
2. DUDEK Aleksandra	01 Pi tnastka Bydgoszcz	4:38.38	627	1:05.91	1:10.94	1:12.58	1:08.95
50m: 31.60	31.60	150m: 1:41.27	35.36	250m: 2:53.07	36.22	350m: 4:05.37	35.94
100m: 1:05.91	34.31	200m: 2:16.85	35.58	300m: 3:29.43	36.36	400m: 4:38.38	33.01
3. DOM OL Zuzanna	02 Włókniarz Kalisz	4:38.57	626	1:07.03	1:11.11	1:11.61	1:08.82
50m: 32.01	32.01	150m: 1:42.55	35.52	250m: 2:53.91	35.77	350m: 4:04.64	34.89
100m: 1:07.03	35.02	200m: 2:18.14	35.59	300m: 3:29.75	35.84	400m: 4:38.57	33.93
4. SOBIAK Zuzanna	02 Warta Poznań	4:43.56	594	1:07.84	1:12.24	1:12.45	1:11.03
50m: 32.69	32.69	150m: 1:43.62	35.78	250m: 2:56.39	36.31	350m: 4:08.41	35.88
100m: 1:07.84	35.15	200m: 2:20.08	36.46	300m: 3:32.53	36.14	400m: 4:43.56	35.15
5. WŁODARCZYK Agnieszka	01 Pi tnastka Bydgoszcz	4:43.94	591	1:07.59	1:12.56	1:12.69	1:11.10
50m: 32.52	32.52	150m: 1:43.67	36.08	250m: 2:56.58	36.43	350m: 4:09.09	36.25
100m: 1:07.59	35.07	200m: 2:20.15	36.48	300m: 3:32.84	36.26	400m: 4:43.94	34.85
6. SZYMA SKA Wiktoria	02 Włókniarz Kalisz	4:44.16	590	1:08.25	1:13.20	1:14.09	1:08.62
50m: 32.71	32.71	150m: 1:44.92	36.67	250m: 2:58.48	37.03	350m: 4:11.11	35.57
100m: 1:08.25	35.54	200m: 2:21.45	36.53	300m: 3:35.54	37.06	400m: 4:44.16	33.05
7. CYGAN Julia	04 Pi tnastka Bydgoszcz	4:44.48	588	1:08.14	1:12.50	1:12.95	1:10.89
50m: 32.41	32.41	150m: 1:44.26	36.12	250m: 2:56.79	36.15	350m: 4:09.88	36.29
100m: 1:08.14	35.73	200m: 2:20.64	36.38	300m: 3:33.59	36.80	400m: 4:44.48	34.60
8. WOLSKA Karolina	01 Pi tnastka Bydgoszcz	4:47.39	570	1:09.04	1:12.83	1:14.12	1:11.40
50m: 33.35	33.35	150m: 1:45.38	36.34	250m: 2:58.78	36.91	350m: 4:13.20	37.21
100m: 1:09.04	35.69	200m: 2:21.87	36.49	300m: 3:35.99	37.21	400m: 4:47.39	34.19
9. BŁAJET Oliwia	00 Warta Poznań	4:47.95	567	1:08.71	1:12.90	1:13.23	1:13.11
50m: 32.79	32.79	150m: 1:45.10	36.39	250m: 2:58.20	36.59	350m: 4:11.75	36.91
100m: 1:08.71	35.92	200m: 2:21.61	36.51	300m: 3:34.84	36.64	400m: 4:47.95	36.20
10. KŁUSEK Maria	02 Shark Rudna	4:52.53	541	1:09.59	1:14.18	1:14.71	1:14.05
50m: 33.23	33.23	150m: 1:46.27	36.68	250m: 3:01.07	37.30	350m: 4:15.90	37.42
100m: 1:09.59	36.36	200m: 2:23.77	37.50	300m: 3:38.48	37.41	400m: 4:52.53	36.63
11. KRZYSZTOFIAK Iga	03 Warta Poznań	4:55.23	526	1:08.16	1:13.69	1:16.45	1:16.93
50m: 32.38	32.38	150m: 1:44.81	36.65	250m: 2:59.67	37.82	350m: 4:17.17	38.87
100m: 1:08.16	35.78	200m: 2:21.85	37.04	300m: 3:38.30	38.63	400m: 4:55.23	38.06
12. HOLAK Marta	01 Pi tnastka Bydgoszcz	4:58.36	509	1:11.93	1:17.08	1:17.09	1:12.26
50m: 33.92	33.92	150m: 1:50.48	38.55	250m: 3:07.55	38.54	350m: 4:23.75	37.65
100m: 1:11.93	38.01	200m: 2:29.01	38.53	300m: 3:46.10	38.55	400m: 4:58.36	34.61
13. STODOLSKA Zofia	03 Astoria Bydgoszcz	4:58.43	509	1:12.60	1:16.64	1:16.70	1:12.49
50m: 34.54	34.54	150m: 1:50.85	38.25	250m: 3:07.47	38.23	350m: 4:23.37	37.43
100m: 1:12.60	38.06	200m: 2:29.24	38.39	300m: 3:45.94	38.47	400m: 4:58.43	35.06
14. KANTECKA Julia	03 Oceanik Ostrzeszów	5:04.13	481	1:12.06	1:18.32	1:18.28	1:15.47
50m: 34.14	34.14	150m: 1:51.43	39.37	250m: 3:09.29	38.91	350m: 4:26.99	38.33
100m: 1:12.06	37.92	200m: 2:30.38	38.95	300m: 3:48.66	39.37	400m: 5:04.13	37.14
15. STROI SKA Katarzyna	02 Extreme Oborniki	5:05.68	474	1:13.85	1:18.67	1:17.86	1:15.30
50m: 35.38	35.38	150m: 1:52.97	39.12	250m: 3:11.38	38.86	350m: 4:28.77	38.39
100m: 1:13.85	38.47	200m: 2:32.52	39.55	300m: 3:50.38	39.00	400m: 5:05.68	36.91
16. ROTTER Zuzanna	97 Jedyńka Kórnik	5:12.20	445	1:11.19	1:19.89	1:22.33	1:18.79
50m: 33.91	33.91	150m: 1:51.02	39.83	250m: 3:11.83	40.75	350m: 4:33.02	39.61
100m: 1:11.19	37.28	200m: 2:31.08	40.06	300m: 3:53.41	41.58	400m: 5:12.20	39.18
17. BARANOWSKA Martyna	03 Warta Poznań	5:13.37	440	1:14.80	1:20.80	1:21.50	1:16.27
50m: 34.90	34.90	150m: 1:55.42	40.62	250m: 3:16.39	40.79	350m: 4:36.55	39.45
100m: 1:14.80	39.90	200m: 2:35.60	40.18	300m: 3:57.10	40.71	400m: 5:13.37	36.82
18. KROMOLICKA Wiktoria	SF00 Warta Poznań	5:13.59	439	1:03.68	1:12.41	1:33.65	1:23.85
50m: 29.81	29.81	150m: 1:39.65	35.97	250m: 3:05.46	49.37	350m: 4:33.37	43.63
100m: 1:03.68	33.87	200m: 2:16.09	36.44	300m: 3:49.74	44.28	400m: 5:13.59	40.22
19. ADAMCZAK Maria	03 Wodnik Rawicz	5:24.23	397	1:16.30	1:23.28	1:23.51	1:21.14
50m: 36.19	36.19	150m: 1:57.93	41.63	250m: 3:21.96	42.38	350m: 4:44.91	41.82
100m: 1:16.30	40.11	200m: 2:39.58	41.65	300m: 4:03.09	41.13	400m: 5:24.23	39.32
20. DZIELECKA Łucja	04 Oceanik Ostrzeszów	5:34.71	361	1:16.50	1:25.72	1:27.27	1:25.22
50m: 36.35	36.35	150m: 1:59.68	43.18	250m: 3:25.91	43.69	350m: 4:52.00	42.51
100m: 1:16.50	40.15	200m: 2:42.22	42.54	300m: 4:09.49	43.58	400m: 5:34.71	42.71

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Poznań, 16- - 17-6-2017

Konkurencja 17, Kobiet, 400m dowolny, 12 lat i starsi

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m			
21. KUBCZYK Gabriela	04	Włókniarz Kalisz	5:46.23	326	1:21.26	1:29.75	1:29.38	1:25.84			
50m:	37.97	37.97	150m:	2:06.20	44.94	250m:	3:35.74	44.73	350m:	5:04.73	44.34
100m:	1:21.26	43.29	200m:	2:51.01	44.81	300m:	4:20.39	44.65	400m:	5:46.23	41.50
22. BAŁWAS Aleksandra	05	Włókniarz Kalisz	5:52.74	308	1:24.41	1:30.38	1:30.96	1:26.99			
50m:	40.22	40.22	150m:	2:09.97	45.56	250m:	3:40.31	45.52	350m:	5:10.61	44.86
100m:	1:24.41	44.19	200m:	2:54.79	44.82	300m:	4:25.75	45.44	400m:	5:52.74	42.13
23. CZARNIAK Wiktoria	04	Osowa Góra Bydgoszcz	6:46.09	202	1:33.14	1:44.52	1:47.13	1:41.30			
50m:	43.34	43.34	150m:	2:25.32	52.18	250m:			350m:	5:57.51	52.72
100m:	1:33.14	49.80	200m:	3:17.66	52.34	300m:	5:04.79		400m:	6:46.09	48.58
DYSKW. MISIAK Nadia	04	Jedynka Kórnik	5:28.32	O-4							
50m:		150m:	250m:		350m:						
100m:		200m:	300m:		400m:	5:28.32					