

Z DELFINEM DO TOKIO
Toru , 22-10-2016

Event 25
2016-10-22

Women, 400m Freestyle

12 years and older
Results

Points: FINA 2011

Rank			YB							Time	Pts
16 years and older											
1.	SLUPEK, Roksana SB		99	MUKS "Pietnastka" Bydgoszcz						4:30.29	656
	50m:	31.41 31.41	150m:	1:39.99	34.57	250m:	2:49.24	34.54	350m:	3:57.32	33.89
	100m:	1:05.42 34.01	200m:	2:14.70	34.71	300m:	3:23.43	34.19	400m:	4:30.29	32.97
2.	KROL, Oliwia		99	MKS Trojka Lodz						4:31.64	646
	50m:	32.38 32.38	150m:	1:42.07	35.00	250m:	2:51.27	34.44	350m:	3:58.78	33.40
	100m:	1:07.07 34.69	200m:	2:16.83	34.76	300m:	3:25.38	34.11	400m:	4:31.64	32.86
3.	WARDZINSKA, Martyna		98	MKS Trojka Lodz						4:35.29	621
	50m:	32.68 32.68	150m:	1:42.16	34.80	250m:	2:52.28	35.11	350m:	4:01.68	34.52
	100m:	1:07.36 34.68	200m:	2:17.17	35.01	300m:	3:27.16	34.88	400m:	4:35.29	33.61
4.	KOWALSKA, Dominika		00	MKS Trojka Lodz						4:38.44	600
	50m:	32.77 32.77	150m:	1:42.50	34.92	250m:	2:52.36	34.85	350m:	4:03.36	35.58
	100m:	1:07.58 34.81	200m:	2:17.51	35.01	300m:	3:27.78	35.42	400m:	4:38.44	35.08
5.	TOMKOWICZ, Wiktoria SB		00	MUKS "Pietnastka" Bydgoszcz						4:45.04	559
	50m:	32.82 32.82	150m:	1:44.69	36.38	250m:	2:56.95	36.20	350m:	4:10.24	36.68
	100m:	1:08.31 35.49	200m:	2:20.75	36.06	300m:	3:33.56	36.61	400m:	4:45.04	34.80
6.	RUTKOWSKA, Wiktoria SB		99	MUKS "Pietnastka" Bydgoszcz						4:46.58	550
	50m:	32.84 32.84	150m:	1:44.42	35.90	250m:	2:57.51	36.66	350m:	4:11.20	36.95
	100m:	1:08.52 35.68	200m:	2:20.85	36.43	300m:	3:34.25	36.74	400m:	4:46.58	35.38
7.	MISIORNYY, Anna		00	MKS Trojka Lodz						4:50.92	526
	50m:	33.04 33.04	150m:	1:45.37	36.81	250m:	3:00.75	38.02	350m:	4:15.27	37.05
	100m:	1:08.56 35.52	200m:	2:22.73	37.36	300m:	3:38.22	37.47	400m:	4:50.92	35.65
14 - 15 years											
1.	JAWORSKA, Maja		02	MZOS Plock						4:41.91	578
	50m:	31.30 31.30	150m:	1:41.43	35.77	250m:	2:53.93	36.10	350m:	4:06.62	36.19
	100m:	1:05.66 34.36	200m:	2:17.83	36.40	300m:	3:30.43	36.50	400m:	4:41.91	35.29
2.	JUZWICKA, Zuzanna		01	MKS Trojka Lodz						4:42.12	577
	50m:	32.35 32.35	150m:	1:43.05	35.55	250m:	2:55.62	36.51	350m:	4:07.85	36.28
	100m:	1:07.50 35.15	200m:	2:19.11	36.06	300m:	3:31.57	35.95	400m:	4:42.12	34.27
3.	00802 WLODARCZYK, Agnieszka		01	MUKS "Pietnastka" Bydgoszcz						4:46.53	551
	50m:	33.04 33.04	150m:	1:44.74	36.04	250m:	2:58.24	36.69	350m:	4:11.95	36.87
	100m:	1:08.70 35.66	200m:	2:21.55	36.81	300m:	3:35.08	36.84	400m:	4:46.53	34.58
4.	KRYMOW, Natalia		01	MZOS Plock						4:51.72	522
	50m:	32.20 32.20	150m:	1:43.94	36.24	250m:	2:59.42	38.06	350m:	4:16.29	38.48
	100m:	1:07.70 35.50	200m:	2:21.36	37.42	300m:	3:37.81	38.39	400m:	4:51.72	35.43
5.	BIEGALA, Klaudia		01	MKS Trojka Lodz						4:53.99	510
	50m:	33.62 33.62	150m:	1:49.31	38.36	250m:	3:04.48	37.82	350m:	4:19.43	37.73
	100m:	1:10.95 37.33	200m:	2:26.66	37.35	300m:	3:41.70	37.22	400m:	4:53.99	34.56
6.	DESZCZKA, Laura		01	MKS Trojka Lodz						5:05.04	456
	50m:	34.84 34.84	150m:	1:50.35	38.10	250m:	3:07.56	38.89	350m:	4:25.82	39.35
	100m:	1:12.25 37.41	200m:	2:28.67	38.32	300m:	3:46.47	38.91	400m:	5:05.04	39.22
7.	ZIELINSKA, Laura		01	KP Delfin Inowroclaw						5:16.51	408
	50m:		150m:	1:51.81		250m:			350m:	4:36.46	41.19
	100m:		200m:	2:32.46	40.65	300m:	3:55.27		400m:	5:16.51	40.05
8.	MICHALOWSKA, Gabriela		02	MTKP Delfin Torun						5:44.07	318
	50m:	37.11 37.11	150m:	2:02.62	44.36	250m:	3:32.00	44.80	350m:		
	100m:	1:18.26 41.15	200m:	2:47.20	44.58	300m:	4:16.18	44.18	400m:	5:44.07	

Z DELFINEM DO TOKIO

Toru , 22-10-2016

Event 25, Women, 400m Freestyle

12 - 13 years

1.	ZIELINSKA, Daria	03	Torun Multisport Team	4:42.70	573
	50m: 32.44 32.44	150m: 1:45.46 36.61	250m: 2:57.55 35.68	350m: 4:09.91 35.90	
	100m: 1:08.85 36.41	200m: 2:21.87 36.41	300m: 3:34.01 36.46	400m: 4:42.70 32.79	
2.	CYNARSKA, NATALIA	03	Iuks Muszelka	4:43.92	566
	50m: 32.60 32.60	150m: 1:44.07 36.31	250m: 2:56.81 36.10	350m: 4:09.89 36.39	
	100m: 1:07.76 35.16	200m: 2:20.71 36.64	300m: 3:33.50 36.69	400m: 4:43.92 34.03	
3.	RYDNSKA, MARIANNA	04	MKS SP-63 Bydgoszcz	4:50.12	530
	50m: 33.80 33.80	150m: 1:47.90 37.32	250m: 3:01.83 37.14	350m: 4:15.30 36.33	
	100m: 1:10.58 36.78	200m: 2:24.69 36.79	300m: 3:38.97 37.14	400m: 4:50.12 34.82	
4.	ZBROJEWSKA, Zofia	03	MKS Trojka Lodz	4:56.60	496
	50m: 33.60 33.60	150m: 1:48.89 38.25	250m: 3:04.93 37.97	350m: 4:20.13 37.67	
	100m: 1:10.64 37.04	200m: 2:26.96 38.07	300m: 3:42.46 37.53	400m: 4:56.60 36.47	
5.	ZIEMACKA, JULIA	03	Iuks Muszelka	4:58.07	489
	50m: 33.74 33.74	150m: 1:47.43 37.08	250m: 3:03.81 38.27	350m: 4:20.89 38.86	
	100m: 1:10.35 36.61	200m: 2:25.54 38.11	300m: 3:42.03 38.22	400m: 4:58.07 37.18	
6.	STODOLSKA, Zofia	03	Mks - Astoria Bydgoszcz	4:59.62	482
	50m: 33.73 33.73	150m: 1:49.40 38.23	250m: 3:06.53 38.77	350m: 4:23.44 38.19	
	100m: 1:11.17 37.44	200m: 2:27.76 38.36	300m: 3:45.25 38.72	400m: 4:59.62 36.18	
7.	LASECKA, Aleksandra	03	MKS SP-63 Bydgoszcz	5:03.57	463
	50m: 35.09 35.09	150m: 1:51.05 38.80	250m: 3:07.32 38.24	350m: 4:26.09 39.29	
	100m: 1:12.25 37.16	200m: 2:29.08 38.03	300m: 3:46.80 39.48	400m: 5:03.57 37.48	
8.	CYGAN, Julia	04	MUKS "Pietnastka" Bydgoszcz	5:03.71	462
	50m: 33.64 33.64	150m: 1:50.80 38.58	250m: 3:47.43 350m:		
	100m: 1:12.22 38.58	200m:	300m: 4:26.56 39.13	400m: 5:03.71	
9.	OSSOWSKA, Blanka	04	MKS SP-63 Bydgoszcz	5:18.84	399
	50m: 35.89 35.89	150m: 1:54.95 40.18	250m: 3:16.78 41.04	350m: 4:39.08 41.05	
	100m: 1:14.77 38.88	200m: 2:35.74 40.79	300m: 3:58.03 41.25	400m: 5:18.84 39.76	
10.	MALINOS, Julia	04	Orka Zamosc	5:23.76	382
	50m: 36.01 36.01	150m: 1:59.10 42.62	250m: 3:20.72 40.17	350m: 4:43.69 42.62	
	100m: 1:16.48 40.47	200m: 2:40.55 41.45	300m: 4:01.07 40.35	400m: 5:23.76 40.07	
11.	ZDROJEWSKA, MAJA	04	ORKA Grudziadz	5:24.61	379
	50m: 34.98 34.98	150m: 1:56.93 41.92	250m: 3:21.33 41.66	350m: 4:45.04 41.91	
	100m: 1:15.01 40.03	200m: 2:39.67 42.74	300m: 4:03.13 41.80	400m: 5:24.61 39.57	
12.	MILCZAREK, Oliwia	03	MKS Trojka Lodz	5:33.91	348
	50m: 36.37 36.37	150m: 2:00.44 42.10	250m: 3:25.90 43.02	350m: 4:52.49 43.53	
	100m: 1:18.34 41.97	200m: 2:42.88 42.44	300m: 4:08.96 43.06	400m: 5:33.91 41.42	
13.	HAUZNER, Emilia	04	Orka Zamosc	6:10.60	254
	50m: 40.46 40.46	150m: 2:15.39 47.89	250m: 3:51.55 47.51	350m: 5:26.34 47.14	
	100m: 1:27.50 47.04	200m: 3:04.04 48.65	300m: 4:39.20 47.65	400m: 6:10.60 44.26	