



Konkurencja 4 Kobiet, 400m zmienny 14 lat i starsi  
2024-11-15 - 13:47 Wyniki

Rekord DOZP Open	4:36.52	TCHÓRZ Alicja	00101	Poznan	2015-11-21
Rekord DOZP 15 lat	4:50.95	HALICKA Lidia	00601	Poznan	2016-11-20
Rekord DOZP 14 lat	4:55.03	HALICKA Lidia	00601	Lublin	2015-12-20

Punkty: AQUA 2024

Pozycja Rok ur. Czas Pkt.  
14 lat

1.	KO LAK Hanna	10	UKS HS Team Kryty Basen Kłodzko	<b>5:24.39</b>	508
	50m: 33.44 33.44	150m: 1:54.77 41.98	250m: 3:22.61 45.87	350m: 4:47.17 38.22	
	100m: 1:12.79 39.35	200m: 2:36.74 41.97	300m: 4:08.95 46.34	400m: 5:24.39 37.22	
2.	STURMA Amelia	10	MKS JUVENIA Wrocław	<b>6:31.13</b>	290
	50m: 44.45 44.45	150m: 2:25.99 46.92	250m: 4:08.71 54.51	350m: 5:48.33 42.43	
	100m: 1:39.07 54.62	200m: 3:14.20 48.21	300m: 5:05.90 57.19	400m: 6:31.13 42.80	

15 lat

1.	SUJKA Ewa	09	MKS JUVENIA Wrocław	<b>5:14.76</b>	556
	50m: 31.31 31.31	150m: 1:51.04 40.24	250m: 3:14.49 43.73	350m: 4:36.50 37.22	
	100m: 1:10.80 39.49	200m: 2:30.76 39.72	300m: 3:59.28 44.79	400m: 5:14.76 38.26	
2.	BOGIELCZYK Natalia	09	KS NEPTUN widnica	<b>5:25.97</b>	501
	50m: 35.48 35.48	150m: 1:59.21 44.52	250m: 3:29.33 46.95	350m: 4:51.15 35.76	
	100m: 1:14.69 39.21	200m: 2:42.38 43.17	300m: 4:15.39 46.06	400m: 5:25.97 34.82	
3.	JAROS Martyna	09	KS NEPTUN widnica	<b>5:51.03</b>	401
	50m: 39.11 39.11	150m: 2:10.84 44.56	250m: 3:42.47 47.95	350m: 5:12.46 40.21	
	100m: 1:26.28 47.17	200m: 2:54.52 43.68	300m: 4:32.25 49.78	400m: 5:51.03 38.57	

16 lat i starsi

1.	ZAKRZEWSKA Barbara	05	UKS Kro nicka Przysa	<b>6:19.50</b>	317
	50m: 39.34 39.34	150m: 2:12.22 46.02	250m: 3:56.32 58.34	350m: 5:37.36 43.38	
	100m: 1:26.20 46.86	200m: 2:57.98 45.76	300m: 4:53.98 57.66	400m: 6:19.50 42.14	