

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach
Poznań, 30-3-2019

Konkurencja 1
2019-03-30 - 12:46

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2018

Pozycja	Rok ur.	Czas Pkt.	100m	200m	300m	400m	
17 lat i starsi							
1. PARADOWSKA Kinga	01	MUKS "Piastka" 4:30.08 671	1:05.37	1:08.01	1:08.59	1:08.11	
50m: 31.63	31.63	150m: 1:39.14	33.77	250m: 2:47.62	34.24	350m: 3:56.45	34.48
100m: 1:05.37	33.74	200m: 2:13.38	34.24	300m: 3:21.97	34.35	400m: 4:30.08	33.63
15 - 16 lat							
1. MRO EK Weronika	04	MKP Kołobrzeg 4:41.43 593	1:05.97	1:11.03	1:12.68	1:11.75	
50m: 31.69	31.69	150m: 1:41.43	35.46	250m: 2:53.27	36.27	350m: 4:06.87	37.19
100m: 1:05.97	34.28	200m: 2:17.00	35.57	300m: 3:29.68	36.41	400m: 4:41.43	34.56
2. WITEK Oliwia	04	MKS Jedyńka Łódź 4:57.85 500	1:11.41	1:16.33	1:16.25	1:13.86	
50m: 33.85	33.85	150m: 1:49.43	38.02	250m: 3:05.94	38.20	350m: 4:21.62	37.63
100m: 1:11.41	37.56	200m: 2:27.74	38.31	300m: 3:43.99	38.05	400m: 4:57.85	36.23
3. ZIELINSKA Oliwia	04	MKP Astromal-Lesžno 5:08.94 448	1:14.29	1:19.34	1:20.10	1:15.21	
50m: 35.28	35.28	150m: 1:53.42	39.13	250m: 3:13.88	40.25	350m: 4:32.48	38.75
100m: 1:14.29	39.01	200m: 2:33.63	40.21	300m: 3:53.73	39.85	400m: 5:08.94	36.46
4. KUBCZYK Gabriela	04	Kaliski Klub Sportowy „Włóczęgi” 5:11.49 437	1:13.69	1:19.38	1:20.81	1:17.61	
50m: 34.75	34.75	150m: 1:52.97	39.28	250m: 3:13.46	40.39	350m: 4:33.53	39.65
100m: 1:13.69	38.94	200m: 2:33.07	40.10	300m: 3:53.88	40.42	400m: 5:11.49	37.96
5. WOLNA Wiktoria	03	MKP Wągrowiec 5:31.22 363	1:15.31	1:24.03	1:26.59	1:25.29	
50m: 35.60	35.60	150m: 1:56.69	41.38	250m: 3:22.36	43.02	350m: 4:49.40	43.47
100m: 1:15.31	39.71	200m: 2:39.34	42.65	300m: 4:05.93	43.57	400m: 5:31.22	41.82
6. MATYSIAK Zofia	04	MKP Astromal-Lesžno 5:32.70 359	1:15.71	1:26.02	1:26.17	1:24.80	
50m: 35.51	35.51	150m: 1:58.41	42.70	250m: 3:25.29	43.56	350m: 4:51.61	43.71
100m: 1:15.71	40.20	200m: 2:41.73	43.32	300m: 4:07.90	42.61	400m: 5:32.70	41.09
7. SOROKANYCZ Julia	03	MKS Piast Głogów 5:49.27 310	1:20.71	1:29.85	1:31.26	1:27.45	
50m: 38.24	38.24	150m: 2:05.66	44.95	250m: 3:36.22	45.66	350m: 5:07.20	45.38
100m: 1:20.71	42.47	200m: 2:50.56	44.90	300m: 4:21.82	45.60	400m: 5:49.27	42.07
13 - 14 lat							
1. SZALAST Karolina	05	UKS Tri-Team Rumia 4:44.37 574	1:08.69	1:12.60	1:12.46	1:10.62	
50m: 32.73	32.73	150m: 1:44.88	36.19	250m: 2:57.58	36.29	350m: 4:09.51	35.76
100m: 1:08.69	35.96	200m: 2:21.29	36.41	300m: 3:33.75	36.17	400m: 4:44.37	34.86
2. MARCINKOWSKA Maja	05	MKS Jedyńka Łódź 4:45.49 568	1:08.17	1:13.42	1:13.21	1:10.69	
50m: 32.45	32.45	150m: 1:44.93	36.76	250m: 2:58.24	36.65	350m: 4:10.64	35.84
100m: 1:08.17	35.72	200m: 2:21.59	36.66	300m: 3:34.80	36.56	400m: 4:45.49	34.85
3. KOWALCZYK Katarzyna	05	MKP Szczecin 4:50.10 541	1:09.49	1:13.75	1:13.95	1:12.91	
50m: 32.98	32.98	150m: 1:46.25	36.76	250m: 3:00.08	36.84	350m: 4:14.21	37.02
100m: 1:09.49	36.51	200m: 2:23.24	36.99	300m: 3:37.19	37.11	400m: 4:50.10	35.89
4. KSI EK Dominika	05	KS JUST SWIM Jelenia Góra 4:58.98 494	1:10.10	1:17.43	1:16.68	1:14.77	
50m: 32.05	32.05	150m: 1:48.83	38.73	250m: 3:06.03	38.50	350m: 4:22.48	38.27
100m: 1:10.10	38.05	200m: 2:27.53	38.70	300m: 3:44.21	38.18	400m: 4:58.98	36.50
5. KIERUZEL Martyna	05	MKS Jedyńka Łódź 4:59.79 490	1:11.96	1:16.52	1:16.67	1:14.64	
50m: 34.33	34.33	150m: 1:50.25	38.29	250m: 3:06.95	38.47	350m: 4:23.15	38.00
100m: 1:11.96	37.63	200m: 2:28.48	38.23	300m: 3:45.15	38.20	400m: 4:59.79	36.64
6. MAZUR Zuzanna	05	MKP „SŁOWIANKA” Gorzów 5:03.69 472	1:12.88	1:19.30	1:18.92	1:12.59	
50m: 34.59	34.59	150m: 1:52.28	39.40	250m: 3:11.84	39.66	350m: 4:28.62	37.52
100m: 1:12.88	38.29	200m: 2:32.18	39.90	300m: 3:51.10	39.26	400m: 5:03.69	35.07
7. ŁASISZ Julia	05	MKS Znicz Koszalin 5:03.84 471	1:09.81	1:17.99	1:18.94	1:17.10	
50m: 33.14	33.14	150m: 1:48.67	38.86	250m: 3:07.03	39.23	350m: 4:25.68	38.94
100m: 1:09.81	36.67	200m: 2:27.80	39.13	300m: 3:46.74	39.71	400m: 5:03.84	38.16
8. KOWALSKA Oliwia	05	MKP „SŁOWIANKA” Gorzów 5:04.98 466	1:11.72	1:17.23	1:18.66	1:17.37	
50m: 34.26	34.26	150m: 1:50.37	38.65	250m: 3:08.16	39.21	350m: 4:27.57	39.96
100m: 1:11.72	37.46	200m: 2:28.95	38.58	300m: 3:47.61	39.45	400m: 5:04.98	37.41
9. JAWORSKA Wiktoria	05	MUKS "Piastka" 5:07.83 453	1:11.86	1:19.77	1:19.83	1:16.37	
50m: 33.34	33.34	150m: 1:51.67	39.81	250m: 3:11.69	40.06	350m: 4:30.35	38.89
100m: 1:11.86	38.52	200m: 2:31.63	39.96	300m: 3:51.46	39.77	400m: 5:07.83	37.48

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach
Poznań, 30-3-2019

Konkurencja 1, Dziewcząt, 400m dowolny, 13 - 14 lat

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
10. MAKOWSKA Martyna	05	MKS Znicz Koszalin	5:08.15 451	1:10.97	1:18.45	1:15.14	1:23.59
50m: 33.51	33.51	150m: 1:50.43	39.46	250m: 3:08.38	38.96	350m: 4:28.38	43.82
100m: 1:10.97	37.46	200m: 2:29.42	38.99	300m: 3:44.56	36.18	400m: 5:08.15	39.77
11. ONOSZKO Anna	05	KS Warta Poznań	5:08.69 449	1:14.29	1:19.77	1:18.97	1:15.66
50m: 34.93	34.93	150m: 1:54.16	39.87	250m: 3:13.87	39.81	350m: 4:32.09	39.06
100m: 1:14.29	39.36	200m: 2:34.06	39.90	300m: 3:53.03	39.16	400m: 5:08.69	36.60
12. JAGODA Patrycja	05	MKP „SŁOWIANKA” Gorzów	5:18.37 409	1:14.27	1:21.77	1:21.80	1:20.53
50m: 34.80	34.80	150m: 1:54.64	40.37	250m: 3:17.05	41.01	350m: 4:39.43	41.59
100m: 1:14.27	39.47	200m: 2:36.04	41.40	300m: 3:57.84	40.79	400m: 5:18.37	38.94
13. RONKIEWICZ Dominika	05	MUKS "Piłastka"	5:18.99 407	1:13.13	1:21.26	1:23.25	1:21.35
50m: 34.07	34.07	150m: 1:54.05	40.92	250m: 3:16.27	41.88	350m: 4:39.22	41.58
100m: 1:13.13	39.06	200m: 2:34.39	40.34	300m: 3:57.64	41.37	400m: 5:18.99	39.77
14. SMYKOWSKA Martyna	06	KU AZS UAM Poznań	5:24.44 387	1:16.91	1:24.70	1:23.15	1:19.68
50m: 35.76	35.76	150m: 1:59.63	42.72	250m: 3:23.72	42.11	350m: 4:45.62	40.86
100m: 1:16.91	41.15	200m: 2:41.61	41.98	300m: 4:04.76	41.04	400m: 5:24.44	38.82
PRANKE Olga	05	MKS Znicz Koszalin	5:24.44 387	1:15.07	1:24.19	1:23.41	1:21.77
50m: 35.37	35.37	150m: 1:57.35	42.28	250m: 3:20.78	41.52	350m: 4:44.56	41.89
100m: 1:15.07	39.70	200m: 2:39.26	41.91	300m: 4:02.67	41.89	400m: 5:24.44	39.88
16. BRD K Patrycja	05	KS Poznań Poznań	5:28.86 371	1:15.51	1:25.57	1:26.53	1:21.25
50m: 34.99	34.99	150m: 1:57.63	42.12	250m: 3:24.23	43.15	350m: 4:49.89	42.28
100m: 1:15.51	40.52	200m: 2:41.08	43.45	300m: 4:07.61	43.38	400m: 5:28.86	38.97

12 lat i młodsi

1. GIEWIADA Patrycja	07	UKS "Krońska Przysła"	5:26.69 379	1:14.01	1:27.82	1:24.49	1:20.37
50m: 33.25	33.25	150m: 1:58.62	44.61	250m: 3:23.74	41.91	350m: 4:50.06	43.74
100m: 1:14.01	40.76	200m: 2:41.83	43.21	300m: 4:06.32	42.58	400m: 5:26.69	36.63
2. KORDALSKA Oliwia	08	KS Warta Poznań	5:33.03 357	1:17.89	1:25.26	1:26.70	1:23.18
50m: 36.57	36.57	150m: 2:00.22	42.33	250m: 3:26.58	43.43	350m: 4:53.63	43.78
100m: 1:17.89	41.32	200m: 2:43.15	42.93	300m: 4:09.85	43.27	400m: 5:33.03	39.40
3. GAJB Maria	08	KS Warta Poznań	5:33.49 356	1:20.28	1:24.97	1:25.84	1:22.40
50m: 39.11	39.11	150m: 2:02.55	42.27	250m: 3:27.49	42.24	350m: 4:54.34	43.25
100m: 1:20.28	41.17	200m: 2:45.25	42.70	300m: 4:11.09	43.60	400m: 5:33.49	39.15
4. SPYCHALSKA Dominka	08	MKP Wągrowiec	6:29.32 224	1:27.51	1:42.34	1:43.04	1:36.43
50m: 39.69	39.69	150m: 2:19.21	51.70	250m: 4:01.28	51.43	350m: 5:42.80	49.91
100m: 1:27.51	47.82	200m: 3:09.85	50.64	300m: 4:52.89	51.61	400m: 6:29.32	46.52