

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

Konkurencja 21  
2019-03-30 - 17:34

Kobiet, 400m zmienny

Open  
Wyniki

Punkty: FINA 2018

Pozycja	Rok ur.			Czas	Pkt.	100m	200m	300m	400m
<b>17 lat i starsi</b>									
1.	PARADOWSKA Kinga	01	MUKS "Pi tnastka"	<b>5:02.53</b>	682	1:09.78	1:20.39	1:23.25	1:09.11
	50m:	32.64	32.64	150m:	1:50.12	40.34	250m:	3:11.53	41.36
	100m:	1:09.78	37.14	200m:	2:30.17	40.05	300m:	3:53.42	41.89
							350m:	4:28.66	35.24
							400m:	5:02.53	33.87
<b>15 - 16 lat</b>									
1.	RYDY SKA Marianna	04	MUKS "Pi tnastka"	<b>5:09.32</b>	638	1:12.08	1:19.71	1:29.05	1:08.48
	50m:	33.34	33.34	150m:	1:52.29	40.21	250m:	3:16.54	44.75
	100m:	1:12.08	38.74	200m:	2:31.79	39.50	300m:	4:00.84	44.30
							350m:	4:36.44	35.60
							400m:	5:09.32	32.88
2.	CYGAN Julia	04	MUKS "Pi tnastka"	<b>5:11.34</b>	626	1:15.44	1:20.78	1:26.14	1:08.98
	50m:	34.97	34.97	150m:	1:56.05	40.61	250m:	3:19.43	43.21
	100m:	1:15.44	40.47	200m:	2:36.22	40.17	300m:	4:02.36	42.93
							350m:	4:37.26	34.90
							400m:	5:11.34	34.08
3.	WITEK Oliwia	04	MKS Jedyńka Łódź	<b>5:39.47</b>	483	1:18.79	1:27.70	1:36.89	1:16.09
	50m:	36.07	36.07	150m:	2:03.81	45.02	250m:	3:35.06	48.57
	100m:	1:18.79	42.72	200m:	2:46.49	42.68	300m:	4:23.38	48.32
							350m:	5:01.63	38.25
							400m:	5:39.47	37.84
<b>13 - 14 lat</b>									
1.	SZALAST Karolina	05	UKS Tri-Team Rumia	<b>5:22.05</b>	565	1:13.78	1:21.54	1:34.67	1:12.06
	50m:	33.72	33.72	150m:	1:54.98	41.20	250m:	3:22.64	47.32
	100m:	1:13.78	40.06	200m:	2:35.32	40.34	300m:	4:09.99	47.35
							350m:	4:46.53	36.54
							400m:	5:22.05	35.52
2.	S DŁAK Alicja	05	MUKS "Pi tnastka"	<b>5:31.56</b>	518	1:15.49	1:27.70	1:32.68	1:15.69
	50m:	33.87	33.87	150m:	1:59.88	44.39	250m:	3:28.97	45.78
	100m:	1:15.49	41.62	200m:	2:43.19	43.31	300m:	4:15.87	46.90
							350m:	4:55.64	39.77
							400m:	5:31.56	35.92
3.	MARCINKOWSKA Maja	05	MKS Jedyńka Łódź	<b>5:34.85</b>	503	1:24.55	1:24.94	1:35.67	1:09.69
	50m:	39.51	39.51	150m:	2:08.03	43.48	250m:	3:37.15	47.66
	100m:	1:24.55	45.04	200m:	2:49.49	41.46	300m:	4:25.16	48.01
							350m:	5:00.69	35.53
							400m:	5:34.85	34.16
4.	ZARZECZNA Olga	05	KS Poznań Poznań	<b>5:44.72</b>	461	1:22.62	1:29.17	1:34.79	1:18.14
	50m:	36.80	36.80	150m:	2:07.73	45.11	250m:	3:39.02	47.23
	100m:	1:22.62	45.82	200m:	2:51.79	44.06	300m:	4:26.58	47.56
							350m:	5:06.14	39.56
							400m:	5:44.72	38.58