

Ogólnopolskie Zawody Pływackie 13 Urodziny Term Malta skich  
Pozna , 19.10.2024

Konkurencja 13  
2024.10.19 - 14:24

Kobiet, 400m dowolny

Open  
Wyniki

Punkty: AQUA 2024

Pozycja	Rok ur.	Czas	Pkt.
<b>15 lat i starsi</b>			
1. R P Apolonia	06	<b>4:27.94</b>	643
50m: 30.32 30.32 150m: 1:37.28 33.70 250m: 2:45.69 34.28 350m: 3:54.63 34.54			
100m: 1:03.58 33.26 200m: 2:11.41 34.13 300m: 3:20.09 34.40 400m: 4:27.94 33.31			
2. FARTUSZY SKA Weronika	08	<b>4:40.38</b>	561
50m: 31.82 31.82 150m: 1:42.67 35.76 250m: 2:54.26 35.90 350m: 4:05.81 35.67			
100m: 1:06.91 35.09 200m: 2:18.36 35.69 300m: 3:30.14 35.88 400m: 4:40.38 34.57			
3. SUJKA Ewa	09	<b>4:42.81</b>	547
50m: 30.70 30.70 150m: 1:42.25 36.05 250m: 2:53.84 35.87 350m: 4:06.86 36.52			
100m: 1:06.20 35.50 200m: 2:17.97 35.72 300m: 3:30.34 36.50 400m: 4:42.81 35.95			
4. WOLNA Aleksandra	09	<b>4:47.70</b>	519
50m: 32.11 32.11 150m: 1:44.20 36.09 250m: 2:56.56 36.33 350m: 4:10.73 37.05			
100m: 1:08.11 36.00 200m: 2:20.23 36.03 300m: 3:33.68 37.12 400m: 4:47.70 36.97			
5. POŁE Oliwia	09	<b>4:51.12</b>	501
50m: 32.41 32.41 150m: 1:46.12 37.68 250m: 3:01.50 37.53 350m: 4:15.27 36.62			
100m: 1:08.44 36.03 200m: 2:23.97 37.85 300m: 3:38.65 37.15 400m: 4:51.12 35.85			
6. BALICKA Ada	09	<b>4:55.54</b>	479
50m: 33.22 33.22 150m: 1:46.11 37.22 250m: 3:01.07 37.65 350m: 4:17.86 38.77			
100m: 1:08.89 35.67 200m: 2:23.42 37.31 300m: 3:39.09 38.02 400m: 4:55.54 37.68			
7. MAY Matylda	08	<b>4:55.67</b>	478
50m: 33.01 33.01 150m: 1:46.50 37.18 250m: 3:03.13 38.46 350m: 4:19.33 38.05			
100m: 1:09.32 36.31 200m: 2:24.67 38.17 300m: 3:41.28 38.15 400m: 4:55.67 36.34			
8. BUKOWSKA Michalina	07	<b>4:56.93</b>	472
50m: 33.53 33.53 150m: 1:47.80 37.81 250m: 3:03.58 37.87 350m: 4:19.54 38.03			
100m: 1:09.99 36.46 200m: 2:25.71 37.91 300m: 3:41.51 37.93 400m: 4:56.93 37.39			
9. TOMCZAK Weronika	09	<b>5:03.92</b>	440
50m: 34.22 34.22 150m: 1:50.58 38.69 250m: 3:08.50 39.04 350m: 4:27.14 39.45			
100m: 1:11.89 37.67 200m: 2:29.46 38.88 300m: 3:47.69 39.19 400m: 5:03.92 36.78			
10. MARULSKA Oliwia	09	<b>5:18.76</b>	382
50m: 34.90 34.90 150m: 1:55.08 40.90 250m: 3:18.22 41.96 350m: 4:40.80 41.19			
100m: 1:14.18 39.28 200m: 2:36.26 41.18 300m: 3:59.61 41.39 400m: 5:18.76 37.96			
<b>14 lat</b>			
1. NOWAK Laura	10	<b>5:02.92</b>	445
50m: 34.56 34.56 150m: 1:51.11 38.75 250m: 3:08.87 39.10 350m: 4:26.19 37.75			
100m: 1:12.36 37.80 200m: 2:29.77 38.66 300m: 3:48.44 39.57 400m: 5:02.92 36.73			
2. KAMI SKA Aleksandra	10	<b>5:07.87</b>	424
50m: 34.15 34.15 150m: 1:52.50 39.73 250m: 3:11.81 39.57 350m: 4:31.51 40.16			
100m: 1:12.77 38.62 200m: 2:32.24 39.74 300m: 3:51.35 39.54 400m: 5:07.87 36.36			
3. KOSTECKA Emilia	10	<b>5:08.71</b>	420
50m: 34.17 34.17 150m: 1:52.93 40.08 250m: 3:12.68 39.29 350m: 4:31.52 39.43			
100m: 1:12.85 38.68 200m: 2:33.39 40.46 300m: 3:52.09 39.41 400m: 5:08.71 37.19			
4. SZŁAPKA Antonina	10	<b>5:12.15</b>	406
50m: 34.56 34.56 150m: 1:53.30 40.41 250m: 3:13.69 40.21 350m: 4:33.82 40.07			
100m: 1:12.89 38.33 200m: 2:33.48 40.18 300m: 3:53.75 40.06 400m: 5:12.15 38.33			
5. ZI BA Nicola	10	<b>5:35.31</b>	328
50m: 35.73 35.73 150m: 1:59.92 42.99 250m: 3:26.86 43.32 350m: 4:53.21 42.96			
100m: 1:16.93 41.20 200m: 2:43.54 43.62 300m: 4:10.25 43.39 400m: 5:35.31 42.10			
6. BRANOWICZ Wiktoria	10	<b>5:37.48</b>	321
50m: 36.45 36.45 150m: 2:01.06 43.58 250m: 3:27.73 43.65 350m: 4:55.64 44.09			
100m: 1:17.48 41.03 200m: 2:44.08 43.02 300m: 4:11.55 43.82 400m: 5:37.48 41.84			

Ogólnopolskie Zawody Pływackie 13 Urodziny Term Malta skich  
Pozna , 19.10.2024

Konkurencja 13, Dziewcz t, 400m dowolny, 14 lat

Pozycja		Rok ur.						Czas	Pkt.
7.	ŁOSI SKA Roksana	10	TP Zielona Góra					<b>5:52.48</b>	282
	50m: 37.23 37.23	150m: 2:04.60	44.92	250m: 3:36.92	45.69	350m: 5:05.55	42.67		
	100m: 1:19.68 42.45	200m: 2:51.23	46.63	300m: 4:22.88	45.96	400m: 5:52.48	46.93		

13 lat

1.	ŁYSIUK Lidia	11	UKS „GIM 92 Ursynów"					<b>4:52.79</b>	493
	50m: 33.28 33.28	150m: 1:46.52	36.95	250m: 3:02.14	37.44	350m: 4:16.68	37.15		
	100m: 1:09.57 36.29	200m: 2:24.70	38.18	300m: 3:39.53	37.39	400m: 4:52.79	36.11		
2.	MICHALAK Maria	11	KS Warta Pozna					<b>4:55.65</b>	478
	50m: 34.01 34.01	150m: 1:48.36	37.55	250m: 3:03.39	37.42	350m: 4:19.21	37.89		
	100m: 1:10.81 36.80	200m: 2:25.97	37.61	300m: 3:41.32	37.93	400m: 4:55.65	36.44		
3.	DANISZEWSKA Aleksandra	11	UKS „GIM 92 Ursynów"					<b>5:14.67</b>	397
	50m: 34.36 34.36	150m: 1:53.78	40.33	250m: 3:15.29	40.05	350m: 4:36.28	40.75		
	100m: 1:13.45 39.09	200m: 2:35.24	41.46	300m: 3:55.53	40.24	400m: 5:14.67	38.39		
4.	SZYMA SKA Julia	11	KS Warta Pozna					<b>5:14.86</b>	396
	50m: 35.23 35.23	150m: 1:54.91	40.39	250m: 3:16.19	40.66	350m: 4:37.49	40.79		
	100m: 1:14.52 39.29	200m: 2:35.53	40.62	300m: 3:56.70	40.51	400m: 5:14.86	37.37		
5.	J DRYSZEK Milena	11	UKS ORKA Cz stochowa					<b>5:29.25</b>	346
	50m: 35.22 35.22	150m: 1:57.18	42.02	250m: 3:22.53	42.58	350m: 4:49.67	43.17		
	100m: 1:15.16 39.94	200m: 2:39.95	42.77	300m: 4:06.50	43.97	400m: 5:29.25	39.58		
6.	RATASIEWICZ Ines	11	MKS Piast Głogów					<b>5:41.09</b>	311
	50m: 35.94 35.94	150m: 2:01.44	43.98	250m: 3:30.22	44.76	350m: 4:58.78	44.56		
	100m: 1:17.46 41.52	200m: 2:45.46	44.02	300m: 4:14.22	44.00	400m: 5:41.09	42.31		
7.	OŁ DEK Dorota	11	TP Zielona Góra					<b>5:49.18</b>	290
	50m: 37.19 37.19	150m: 2:04.08	44.80	250m: 3:35.53	45.77	350m: 5:07.54	45.40		
	100m: 1:19.28 42.09	200m: 2:49.76	45.68	300m: 4:22.14	46.61	400m: 5:49.18	41.64		
8.	WIATROWSKA Julia	11	Aquapark Strzelin					<b>6:18.90</b>	227
	50m: 41.37 41.37	150m: 2:15.56	48.46	250m: 3:53.19	49.38	350m: 5:31.99	49.31		
	100m: 1:27.10 45.73	200m: 3:03.81	48.25	300m: 4:42.68	49.49	400m: 6:18.90	46.91		
9.	SOBA SKA Aleksandra	11	Aquapark Strzelin					<b>6:25.54</b>	215
	50m: 40.20 40.20	150m: 2:19.62	51.60	250m: 3:58.64	49.84	350m: 5:37.61	49.91		
	100m: 1:28.02 47.82	200m: 3:08.80	49.18	300m: 4:47.70	49.06	400m: 6:25.54	47.93		
10.	ŁOCHOWSKA Oliwia	11	UKS ORKA Cz stochowa					<b>6:41.14</b>	191
	50m: 41.47 41.47	150m: 2:23.59	52.36	250m: 4:09.71	52.97	350m: 5:54.95	51.65		
	100m: 1:31.23 49.76	200m: 3:16.74	53.15	300m: 5:03.30	53.59	400m: 6:41.14	46.19		

12 lat

1.	JAWORSKA Ada	12	MKS CKS-SMS Szczecin					<b>5:14.88</b>	396
	50m: 34.06 34.06	150m: 1:53.64	40.55	250m: 3:15.20	40.61	350m: 4:36.93	40.54		
	100m: 1:13.09 39.03	200m: 2:34.59	40.95	300m: 3:56.39	41.19	400m: 5:14.88	37.95		

11 lat

1.	OCALEWSKA Hanna	13	KP NEPTUN Stargard					<b>5:56.12</b>	273
	50m: 37.05 37.05	150m: 2:05.93	45.96	250m: 3:38.52	46.20	350m: 5:11.17	46.18		
	100m: 1:19.97 42.92	200m: 2:52.32	46.39	300m: 4:24.99	46.47	400m: 5:56.12	44.95		
2.	SAMOILOVA Varvara	13	KP NEPTUN Stargard					<b>6:12.98</b>	238
	50m: 42.41 42.41	150m: 2:17.39	47.68	250m: 3:54.24	48.79	350m: 5:27.05	47.16		
	100m: 1:29.71 47.30	200m: 3:05.45	48.06	300m: 4:39.89	45.65	400m: 6:12.98	45.93		

Ogólnopolskie Zawody Pływackie 13 Urodziny Term Malta skich  
Pozna , 19.10.2024

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Konkurencja 13, Kobiet, 400m dowolny

10 lat i młodsi

1.	F FEREK Julia		15	MUKS "TUREKin pływa"		<b>5:18.29</b>	383	
	50m: 34.69	34.69	150m: 1:54.88	40.71	250m: 3:17.69	41.50	350m: 4:40.06	41.17
	100m: 1:14.17	39.48	200m: 2:36.19	41.31	300m: 3:58.89	41.20	400m: 5:18.29	38.23
2.	NIEDBAŁKA Julia		14	UKS Victoria Kozy		<b>5:34.07</b>	331	
	50m: 37.37	37.37	150m: 2:00.37	42.17	250m: 3:25.73	42.73	350m: 4:51.65	42.67
	100m: 1:18.20	40.83	200m: 2:43.00	42.63	300m: 4:08.98	43.25	400m: 5:34.07	42.42
3.	ENO Milena		14	Aquarius MOSIW Miedzyrzecz		<b>5:41.50</b>	310	
	50m: 35.57	35.57	150m: 2:02.08	44.36	250m: 3:30.72	44.25	350m: 4:59.32	43.33
	100m: 1:17.72	42.15	200m: 2:46.47	44.39	300m: 4:15.99	45.27	400m: 5:41.50	42.18