

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach
Poznań, 30.11.2024

Konkurencja 13
2024.11.30 - 13:22

Kobiet, 400m dowolny

Open
Wyniki

Punkty: AQUA 2024

Pozycja	Rok ur.	Czas	Pkt.
17 lat i starsi			
1. GERBIER, Kiara	04	O AZS w Poznaniu	4:21.02 695
50m: 28.65 28.65	150m: 1:33.46 33.03	250m: 2:40.63 33.55	350m: 3:48.45 33.93
100m: 1:00.43 31.78	200m: 2:07.08 33.62	300m: 3:14.52 33.89	400m: 4:21.02 32.57
2. GULCZY SKA, Natalia	07	KS AZS AWF Poznań	4:21.44 692
50m: 30.02 30.02	150m: 1:35.89 33.45	250m: 2:43.17 33.18	350m: 3:50.04 33.63
100m: 1:02.44 32.42	200m: 2:09.99 34.10	300m: 3:16.41 33.24	400m: 4:21.44 31.40
15 - 16 lat			
1. DOLATA, Olga	08	KS Poznań Poznań	4:40.59 560
50m: 30.38 30.38	150m: 1:41.22 35.88	250m: 2:53.22 36.18	350m: 4:05.89 36.35
100m: 1:05.34 34.96	200m: 2:17.04 35.82	300m: 3:29.54 36.32	400m: 4:40.59 34.70
2. CHAŁUPKA, Amelia	09	MKS Piaseczno	4:42.05 551
50m: 31.09 31.09	150m: 1:41.56 35.74	250m: 2:54.47 36.39	350m: 4:07.20 36.47
100m: 1:05.82 34.73	200m: 2:18.08 36.52	300m: 3:30.73 36.26	400m: 4:42.05 34.85
3. KULI SKA, Weronika	08	MUKS "Piastka"	4:48.34 516
50m: 32.85 32.85	150m: 1:45.07 36.64	250m: 2:58.53 36.54	350m: 4:12.40 36.43
100m: 1:08.43 35.58	200m: 2:21.99 36.92	300m: 3:35.97 37.44	400m: 4:48.34 35.94
4. RYBACKA, Małgorzata	08	O AZS w Poznaniu	4:49.32 510
50m: 31.53 31.53	150m: 1:44.07 36.77	250m: 2:58.20 36.91	350m: 4:12.44 36.59
100m: 1:07.30 35.77	200m: 2:21.29 37.22	300m: 3:35.85 37.65	400m: 4:49.32 36.88
5. BALICKA, Ada	09	O AZS w Poznaniu	4:54.06 486
50m: 32.78 32.78	150m: 1:44.87 36.62	250m: 3:00.00 37.77	350m: 4:16.53 38.41
100m: 1:08.25 35.47	200m: 2:22.23 37.36	300m: 3:38.12 38.12	400m: 4:54.06 37.53
6. KOSECKA, Klara	09	St. KP Olimpia wiecie	5:26.78 354
50m: 34.57 34.57	150m: 1:54.30 40.98	250m: 3:18.68 41.90	350m: 4:44.72 43.01
100m: 1:13.32 38.75	200m: 2:36.78 42.48	300m: 4:01.71 43.03	400m: 5:26.78 42.06
7. MUDA, Zofia	09	MKS Piaseczno	5:27.36 352
50m: 35.02 35.02	150m: 1:57.66 41.85	250m: 3:22.56 42.01	350m: 4:47.50 42.70
100m: 1:15.81 40.79	200m: 2:40.55 42.89	300m: 4:04.80 42.24	400m: 5:27.36 39.86
14 lat			
1. GOŁUB, Karolina	10	UKS „GIM 92 Ursynów"	4:36.44 585
50m: 30.06 30.06	150m: 1:39.78 35.56	250m: 2:51.69 35.93	350m: 4:02.92 35.40
100m: 1:04.22 34.16	200m: 2:15.76 35.98	300m: 3:27.52 35.83	400m: 4:36.44 33.52
2. STANISŁAWIUK, Maja	10	UKS „GIM 92 Ursynów"	4:36.93 582
50m: 30.50 30.50	150m: 1:40.75 35.41	250m: 2:52.23 35.65	350m: 4:03.58 35.83
100m: 1:05.34 34.84	200m: 2:16.58 35.83	300m: 3:27.75 35.52	400m: 4:36.93 33.35
3. JESSA, Zuzanna	10	UKS "Olimp" Gorzów Wlkp.	4:37.08 581
50m: 30.83 30.83	150m: 1:40.49 35.27	250m: 2:52.53 36.18	350m: 4:03.96 35.50
100m: 1:05.22 34.39	200m: 2:16.35 35.86	300m: 3:28.46 35.93	400m: 4:37.08 33.12
4. SALZMAN, Kornelia	10	Grupa 5Styl	5:15.59 393
50m: 35.59 35.59	150m: 1:55.97 40.96	250m: 3:17.49 40.43	350m: 4:36.72 39.69
100m: 1:15.01 39.42	200m: 2:37.06 41.09	300m: 3:57.03 39.54	400m: 5:15.59 38.87
5. BRANOWICZ, Wiktoria	10	Sp "aga skie Boberki"	5:34.33 331
50m: 35.80 35.80	150m: 2:00.02 43.38	250m: 3:26.85 43.25	350m: 4:53.74 43.26
100m: 1:16.64 40.84	200m: 2:43.60 43.58	300m: 4:10.48 43.63	400m: 5:34.33 40.59

Ogólnopolskie Zawody Pływackie Gor ce ciganie na Termach
Pozna , 30.11.2024

Konkurencja 13, Kobiet, 400m dowolny

13 lat

1.	MICHALAK, Maria	11	KS Warta Pozna	4:49.09	512
	50m: 33.59 33.59	150m: 1:46.03	36.64 250m: 2:59.31 36.61	350m: 4:13.40 36.88	
	100m: 1:09.39 35.80	200m: 2:22.70	36.67 300m: 3:36.52 37.21	400m: 4:49.09 35.69	
2.	MAJZA - WAWRZY SKA, Barbara	11	UKS 3-Wodnik Wolsztyn	5:09.22	418
	50m: 33.68 33.68	150m: 1:50.85	39.40 250m: 3:10.66 40.23	350m: 4:30.69 40.04	
	100m: 1:11.45 37.77	200m: 2:30.43	39.58 300m: 3:50.65 39.99	400m: 5:09.22 38.53	
3.	SZYMA SKA, Julia	11	KS Warta Pozna	5:11.69	408
	50m: 35.54 35.54	150m: 1:53.72	39.62 250m: 3:13.87 40.31	350m: 4:33.88 39.89	
	100m: 1:14.10 38.56	200m: 2:33.56	39.84 300m: 3:53.99 40.12	400m: 5:11.69 37.81	
4.	WALCZAK, Dorota	11	UKS "Olimp" Gorzów Wlkp.	5:45.88	299
	50m: 36.46 36.46	150m: 2:02.52	43.83 250m: 3:31.98 44.84	350m: 5:01.89 44.35	
	100m: 1:18.69 42.23	200m: 2:47.14	44.62 300m: 4:17.54 45.56	400m: 5:45.88 43.99	

12 lat

1.	JAWORSKA, Ada	12	MKS CKS-SMS Szczecin	5:22.52	368
	50m: 35.10 35.10	150m: 1:55.17	40.35 250m: 3:18.05 41.56	350m: 4:42.67 42.57	
	100m: 1:14.82 39.72	200m: 2:36.49	41.32 300m: 4:00.10 42.05	400m: 5:22.52 39.85	
2.	BIELOVODSKA, Milana	12	Uks Cityzen	5:25.39	359
	50m: 35.40 35.40	150m: 1:59.04	42.72 250m: 3:23.79 42.51	350m: 4:47.43 41.45	
	100m: 1:16.32 40.92	200m: 2:41.28	42.24 300m: 4:05.98 42.19	400m: 5:25.39 37.96	
3.	AUKSEL, Zuzanna	12	UKS "Olimp" Gorzów Wlkp.	6:05.40	253
	50m: 40.32 40.32	150m: 2:10.73	46.11 250m: 3:43.17 46.70	350m: 5:17.85 48.02	
	100m: 1:24.62 44.30	200m: 2:56.47	45.74 300m: 4:29.83 46.66	400m: 6:05.40 47.55	

11 lat

1.	KHRYPKO, Zlata	13	MKP Szczecin	5:52.34	282
	50m: 36.72 36.72	150m: 2:03.30	45.33 250m: 3:34.21 44.89	350m: 5:07.13 46.69	
	100m: 1:17.97 41.25	200m: 2:49.32	46.02 300m: 4:20.44 46.23	400m: 5:52.34 45.21	