

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach  
Poznań, 30.11.2024

Konkurencja 23  
2024.11.30 - 15:12

Kobiet, 400m zmienny

Open  
Wyniki

Punkty: AQUA 2024

Pozycja			Rok ur.					Czas	Pkt.			
<b>17 lat i starsi</b>												
1.	MAKOWSKA, Maria		07	MKP Szczecin				<b>5:37.70</b>	450			
	50m:	36.46	36.46	150m:	2:06.56	47.11	250m:	3:36.34	45.55	350m:	5:01.29	38.42
	100m:	1:19.45	42.99	200m:	2:50.79	44.23	300m:	4:22.87	46.53	400m:	5:37.70	36.41
<b>15 - 16 lat</b>												
1.	CHAŁUPKA, Amelia		09	MKS Piaseczno				<b>5:20.08</b>	529			
	50m:	35.32	35.32	150m:	1:58.67	42.06	250m:	3:23.52	44.69	350m:	4:45.41	37.23
	100m:	1:16.61	41.29	200m:	2:38.83	40.16	300m:	4:08.18	44.66	400m:	5:20.08	34.67
2.	ŁAZAR, Milena		09	MKP Szczecin				<b>5:30.93</b>	479			
	50m:	38.86	38.86	150m:	2:06.24	43.10	250m:	3:32.51	44.89	350m:	4:55.18	36.56
	100m:	1:23.14	44.28	200m:	2:47.62	41.38	300m:	4:18.62	46.11	400m:	5:30.93	35.75
3.	ZABRANIAK, Karina		08	MKP Szczecin				<b>5:33.53</b>	467			
	50m:	36.15	36.15	150m:	2:01.52	41.19	250m:	3:30.94	48.10	350m:	4:57.07	37.58
	100m:	1:20.33	44.18	200m:	2:42.84	41.32	300m:	4:19.49	48.55	400m:	5:33.53	36.46
<b>14 lat</b>												
1.	GOŁUB, Karolina		10	UKS „GIM 92 Ursynów”				<b>5:06.83</b>	601			
	50m:	31.68	31.68	150m:	1:48.63	38.89	250m:	3:11.91	44.85	350m:	4:33.12	36.82
	100m:	1:09.74	38.06	200m:	2:27.06	38.43	300m:	3:56.30	44.39	400m:	5:06.83	33.71
2.	DZIEWANOWSKA, Nikola		10	UKS Delfin Garwolin				<b>5:47.70</b>	413			
	50m:	36.21	36.21	150m:	2:06.63	47.83	250m:	3:41.75	48.41	350m:	5:10.14	38.98
	100m:	1:18.80	42.59	200m:	2:53.34	46.71	300m:	4:31.16	49.41	400m:	5:47.70	37.56
<b>12 lat</b>												
1.	RZEWNIK, Marianna		12	UKP „Marlin”				<b>6:08.01</b>	348			
	50m:	42.03	42.03	150m:	3:28.28	53.57	250m:	5:22.47	57.68	350m:		
	100m:	2:34.71	1:52.68	200m:	4:24.79	56.51	300m:	6:08.01	45.54	400m:	6:08.01	