

Ogólnopolskie Zawody Pływackie Poprawiamy Rekordy na Termach
Pozna , 15.3.2025

Konkurencja 21
2025.03.15 - 17:04

Kobiet, 400m zmienny

Open
Wyniki

Punkty: AQUA 2025

Pozycja			Rok ur.					Czas	Pkt.			
Grupa B												
1.	WNUK Jessica		08	MKS Juvenia Wrocław				5:15.40	588			
	50m:	31.35	31.35	150m:	1:50.81	41.95	250m:	3:17.56	46.12	350m:	4:39.72	35.70
	100m:	1:08.86	37.51	200m:	2:31.44	40.63	300m:	4:04.02	46.46	400m:	5:15.40	35.68
2.	CHAŁUPKA Amelia		09	MKS Piaseczno				5:28.11	523			
	50m:	33.84	33.84	150m:	1:56.56	43.52	250m:	3:25.13	46.97	350m:	4:51.86	39.70
	100m:	1:13.04	39.20	200m:	2:38.16	41.60	300m:	4:12.16	47.03	400m:	5:28.11	36.25
3.	KIJEWSKA Wiktoria		08	UKP „Polonia Warszawa”				5:36.86	483			
	50m:	33.71	33.71	150m:	1:56.99	44.21	250m:	3:28.30	48.05	350m:	4:57.78	39.84
	100m:	1:12.78	39.07	200m:	2:40.25	43.26	300m:	4:17.94	49.64	400m:	5:36.86	39.08
Grupa C												
1.	POLSAKOVA Nina		10	IUKS „Muszelka” Warszawa				5:45.72	447			
	50m:	35.63	35.63	150m:	2:04.09	44.92	250m:	3:38.58	49.44	350m:	5:07.24	37.91
	100m:	1:19.17	43.54	200m:	2:49.14	45.05	300m:	4:29.33	50.75	400m:	5:45.72	38.48
Grupa E												
1.	BLUKACZ Pola		12	UKS ORKA Cz stochowa				5:56.87	406			
	50m:	38.58	38.58	150m:	2:13.24	49.37	250m:	3:47.47	47.84	350m:	5:17.38	40.72
	100m:	1:23.87	45.29	200m:	2:59.63	46.39	300m:	4:36.66	49.19	400m:	5:56.87	39.49
2.	RZEWNIK Marianna		12	UKP „Marlin”				6:56.19	256			
	50m:	42.00	42.00	150m:			250m:	4:26.90	56.94	350m:	6:12.09	45.99
	100m:	1:39.51	57.51	200m:	3:29.96		300m:	5:26.10	59.20	400m:	6:56.19	44.10
Grupa F												
1.	PODSIADŁY Pola		13	UKP „Marlin”				7:30.96	201			
	50m:	46.87	46.87	150m:	2:43.63	1:01.62	250m:	4:45.11	1:02.00	350m:	6:40.51	52.19
	100m:	1:42.01	55.14	200m:	3:43.11	59.48	300m:	5:48.32	1:03.21	400m:	7:30.96	50.45
Grupa G												
1.	F FERREK Julia		15	MUKS "TUREKin pływa"				5:52.03	423			
	50m:	38.37	38.37	150m:	2:10.02	46.71	250m:	3:44.72	50.71	350m:	5:15.19	39.06
	100m:	1:23.31	44.94	200m:	2:54.01	43.99	300m:	4:36.13	51.41	400m:	5:52.03	36.84