

Ogólnopolskie Zawody Pływackie - Sprawdzamy Formę na Termach
Poznań, 12.4.2025

Konkurencja 21
2025.04.12 - 17:14

Kobiet, 400m zmienny

Open
Wyniki

Punkty: Rudolph Table 2025

Pozycja	Rok ur.										Czas	Pkt.
Grupa A												
1.	GULCZYŃSKA Natalia				07	KS AZS AWF Poznań				5:21.50	9,3	
	50m:	34.00	34.00	150m:	1:58.84	45.95	250m:	3:28.46	46.06	350m:	4:48.43 33.99	
	100m:	1:12.89	38.89	200m:	2:42.40	43.56	300m:	4:14.44	45.98	400m:	5:21.50 33.07	
2.	FARTUSZYŃSKA Weronika				08	MKS Juvenia Wrocław				5:33.91	6,8	
	50m:	35.64	35.64	150m:	2:01.03	44.56	250m:	3:31.30	47.05	350m:	4:57.82 37.95	
	100m:	1:16.47	40.83	200m:	2:44.25	43.22	300m:	4:19.87	48.57	400m:	5:33.91 36.09	
Grupa B												
1.	KRASZEWSKA Zuzanna				09	KS Posnania Poznań				5:45.44	4,4	
	50m:	34.53	34.53	150m:	2:02.18	45.72	250m:	3:35.60	48.75	350m:	5:06.24 39.98	
	100m:	1:16.46	41.93	200m:	2:46.85	44.67	300m:	4:26.26	50.66	400m:	5:45.44 39.20	
2.	ROGIŃSKA Małgorzata				10	MKP Kołobrzeg				5:55.78	3,0	
	50m:	34.74	34.74	150m:	2:08.82	48.27	250m:	3:45.66	49.44	350m:	5:18.26 41.59	
	100m:	1:20.55	45.81	200m:	2:56.22	47.40	300m:	4:36.67	51.01	400m:	5:55.78 37.52	
Grupa C												
1.	PRZYWARA Laura				11	UKS „Skalar" Warszawa				5:26.55	10,8	
	50m:	33.19	33.19	150m:	1:56.94	44.93	250m:	3:26.93	45.28	350m:	4:50.75 37.54	
	100m:	1:12.01	38.82	200m:	2:41.65	44.71	300m:	4:13.21	46.28	400m:	5:26.55 35.80	
2.	SIEWIERSKA Paulina				11	MKS Znicz Koszalin				5:56.32	4,1	
	50m:	37.76	37.76	150m:	2:09.82	47.86	250m:	3:46.19	50.44	350m:	5:17.82	
	100m:	1:21.96	44.20	200m:	2:55.75	45.93	300m:			400m:	5:56.32 38.50	
3.	ZYSK Natalia				11	UKS Siódemka Gdynia				5:57.31	3,9	
	50m:	36.86	36.86	150m:	2:10.01	46.35	250m:	3:47.44	53.41	350m:	5:20.19 40.82	
	100m:	1:23.66	46.80	200m:	2:54.03	44.02	300m:	4:39.37	51.93	400m:	5:57.31 37.12	
4.	GOŁĘBIEWSKA Helena				12	WKS Śląsk				6:06.32	3,4	
	50m:	40.22	40.22	150m:	2:19.38	46.80	250m:	3:55.35	50.24	350m:	5:27.24 41.19	
	100m:	1:32.58	52.36	200m:	3:05.11	45.73	300m:	4:46.05	50.70	400m:	6:06.32 39.08	
5.	BIELOVODOVSKA Milana				12	Uks Cityzen				6:21.77		
	50m:	41.88	41.88	150m:	2:22.31	50.36	250m:	4:04.33	54.03	350m:	5:40.98 43.24	
	100m:	1:31.95	50.07	200m:	3:10.30	47.99	300m:	4:57.74	53.41	400m:	6:21.77 40.79	
6.	DĘBOWIECKA Julia				11	MKS Znicz Koszalin				6:28.72		
	50m:	40.98	40.98	150m:	2:21.50	47.72	250m:	4:04.70	54.07	350m:	5:44.68 44.56	
	100m:	1:33.78	52.80	200m:	3:10.63	49.13	300m:	5:00.12	55.42	400m:	6:28.72 44.04	