

Zimowe Otwarte Mistrzostwa Polski w Pływaniu Osób Niepełnosprawnych - Szczecin 2022  
Szczecin, 4- - 6-11-2022

Event 15		Women, 400m Freestyle								Open Results		
2022-11-05 - 11:36												
Points: WPS 2022												
Rank			YB						Time	Pts		
Open												
1.	LINDBERG Pernilla					Sweden		<b>4:41.67</b>	918	S14	14684	
	50m:	31.20	31.20	150m:	1:41.48	35.67	250m:	2:53.93	36.54	350m:	4:06.70	36.51
	100m:	1:05.81	34.61	200m:	2:17.39	35.91	300m:	3:30.19	36.26	400m:	4:41.67	34.97
2.	VAN DER KRUK Amber					Netherlands		<b>4:43.04</b>	908	S14	32251	
	50m:	30.63	30.63	150m:	1:40.83	35.78	250m:	2:53.15	35.87	350m:	4:06.59	36.54
	100m:	1:05.05	34.42	200m:	2:17.28	36.45	300m:	3:30.05	36.90	400m:	4:43.04	36.45
3.	KRUGER Lisa					Netherlands		<b>4:53.86</b>	800	S10	19395	
	50m:	31.83	31.83	150m:	1:44.55	37.21	250m:	3:00.35	37.96	350m:	4:16.34	37.53
	100m:	1:07.34	35.51	200m:	2:22.39	37.84	300m:	3:38.81	38.46	400m:	4:53.86	37.52
4.	MARINA Angela					Canada		<b>4:59.09</b>	776	S14	33845	
	50m:	33.96	33.96	150m:	1:47.29	37.55	250m:	3:03.93	38.14	350m:	4:21.86	39.08
	100m:	1:09.74	35.78	200m:	2:25.79	38.50	300m:	3:42.78	38.85	400m:	4:59.09	37.23
5.	BADOWSKA Nikola			07	IKS AWF Warszawa		<b>5:49.11</b>	515	S8	52055		
	50m:	39.47	39.47	150m:	2:10.18	46.45	250m:	3:39.53	41.90	350m:	5:07.87	44.01
	100m:	1:23.73	44.26	200m:	2:57.63	47.45	300m:	4:23.86	44.33	400m:	5:49.11	41.24
6.	ST CLAIR MAITLAND Nicola					Sweden		<b>6:21.19</b>	404	S7	32180	
	50m:	41.27	41.27	150m:	2:14.32	47.53	250m:	3:52.85	49.84	350m:	5:32.45	50.49
	100m:	1:26.79	45.52	200m:	3:03.01	48.69	300m:	4:41.96	49.11	400m:	6:21.19	48.74
7.	BORSKA Alexandra					Czech Republic		<b>6:08.12</b>	351	S8	53608	
	50m:	43.30	43.30	150m:	2:16.13	47.46	250m:	3:50.52	46.95	350m:	5:24.45	46.94
	100m:	1:28.67	45.37	200m:	3:03.57	47.44	300m:	4:37.51	46.99	400m:	6:08.12	43.67
8.	GIEDRYS Alicja			81	Szansa Start Gdansk		<b>5:52.79</b>	257	S10			
	50m:	39.52	39.52	150m:	2:08.37	44.97	250m:	3:39.13	44.98	350m:	5:10.04	45.10
	100m:	1:23.40	43.88	200m:	2:54.15	45.78	300m:	4:24.94	45.81	400m:	5:52.79	42.75
9.	KARDASZ Nadia			05	Szansa Start Gdansk		<b>5:59.23</b>	211	S10	33345		
	50m:	38.34	38.34	150m:	2:10.58	46.70	250m:	3:43.05	45.93	350m:	5:15.46	46.30
	100m:	1:23.88	45.54	200m:	2:57.12	46.54	300m:	4:29.16	46.11	400m:	5:59.23	43.77
10.	KACIK Nikola			01	Szansa Start Gdansk		<b>6:40.25</b>	142	S8			
	50m:	43.27	43.27	150m:	2:23.17	50.71	250m:	4:05.97	51.28	350m:	5:49.54	51.81
	100m:	1:32.46	49.19	200m:	3:14.69	51.52	300m:	4:57.73	51.76	400m:	6:40.25	50.71
11.	WOJNAROWSKA Patrycja			01	Start Tarnow		<b>7:07.33</b>	118	S7			
	50m:	45.17	45.17	150m:	2:28.07	52.91	250m:	4:18.73	56.39	350m:	6:10.66	56.00
	100m:	1:35.16	49.99	200m:	3:22.34	54.27	300m:	5:14.66	55.93	400m:	7:07.33	56.67
12.	SOLTYSIK Julia			11	WSSiRN Start Katowice		<b>6:32.85</b>	57	S10			
	50m:	44.62	44.62	150m:	2:24.29	50.76	250m:	4:06.58	51.95	350m:	5:48.40	49.67
	100m:	1:33.53	48.91	200m:	3:14.63	50.34	300m:	4:58.73	52.15	400m:	6:32.85	44.45
13.	MACOVA Veronika					Czech Republic		<b>6:58.12</b>	42	S9	41879	
	50m:	47.73	47.73	150m:	2:33.01	53.43	250m:	4:20.69	53.43	350m:	6:07.11	49.99
	100m:	1:39.58	51.85	200m:	3:27.26	54.25	300m:	5:17.12	56.43	400m:	6:58.12	51.01
14.	STRZOP Roksana			05	WSSiRN Start Katowice		<b>6:57.22</b>	20	S14			
	50m:	48.29	48.29	150m:	2:33.87	53.50	250m:	4:21.98	53.82	350m:	6:06.52	50.59
	100m:	1:40.37	52.08	200m:	3:28.16	54.29	300m:	5:15.93	53.95	400m:	6:57.22	50.70
15.	WOJCIK Alicja			09	Start Tarnow		<b>7:35.15</b>	12	S8			
	50m:	51.22	51.22	150m:	2:47.42	58.22	250m:	4:45.02	58.52	350m:	6:44.04	1:00.05
	100m:	1:49.20	57.98	200m:	3:46.50	59.08	300m:	5:43.99	58.97	400m:	7:35.15	51.11

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Event 15, Women, 400m Freestyle

Grupa S7

1.	ST CLAIR MAITLAND Nicola			Sweden					<b>6:21.19</b>	404	S7	32180
	50m: 41.27	41.27	150m: 2:14.32	47.53	250m: 3:52.85	49.84	350m: 5:32.45	50.49				
	100m: 1:26.79	45.52	200m: 3:03.01	48.69	300m: 4:41.96	49.11	400m: 6:21.19	48.74				
2.	WOJNAROWSKA Patrycja		01	Start Tarnow					<b>7:07.33</b>	118	S7	
	50m: 45.17	45.17	150m: 2:28.07	52.91	250m: 4:18.73	56.39	350m: 6:10.66	56.00				
	100m: 1:35.16	49.99	200m: 3:22.34	54.27	300m: 5:14.66	55.93	400m: 7:07.33	56.67				

Grupa S8

1.	BADOWSKA Nikola		07	IKS AWF Warszawa					<b>5:49.11</b>	515	S8	52055
	50m: 39.47	39.47	150m: 2:10.18	46.45	250m: 3:39.53	41.90	350m: 5:07.87	44.01				
	100m: 1:23.73	44.26	200m: 2:57.63	47.45	300m: 4:23.86	44.33	400m: 5:49.11	41.24				
2.	BORSKA Alexandra			Czech Republic					<b>6:08.12</b>	351	S8	53608
	50m: 43.30	43.30	150m: 2:16.13	47.46	250m: 3:50.52	46.95	350m: 5:24.45	46.94				
	100m: 1:28.67	45.37	200m: 3:03.57	47.44	300m: 4:37.51	46.99	400m: 6:08.12	43.67				
3.	KACIK Nikola		01	Szansa Start Gdansk					<b>6:40.25</b>	142	S8	
	50m: 43.27	43.27	150m: 2:23.17	50.71	250m: 4:05.97	51.28	350m: 5:49.54	51.81				
	100m: 1:32.46	49.19	200m: 3:14.69	51.52	300m: 4:57.73	51.76	400m: 6:40.25	50.71				
4.	WOJCIK Alicja		09	Start Tarnow					<b>7:35.15</b>	12	S8	
	50m: 51.22	51.22	150m: 2:47.42	58.22	250m: 4:45.02	58.52	350m: 6:44.04	1:00.05				
	100m: 1:49.20	57.98	200m: 3:46.50	59.08	300m: 5:43.99	58.97	400m: 7:35.15	51.11				

Grupa S9

1.	MACOVA Veronika			Czech Republic					<b>6:58.12</b>	42	S9	41879
	50m: 47.73	47.73	150m: 2:33.01	53.43	250m: 4:20.69	53.43	350m: 6:07.11	49.99				
	100m: 1:39.58	51.85	200m: 3:27.26	54.25	300m: 5:17.12	56.43	400m: 6:58.12	51.01				

Grupa S10

1.	KRUGER Lisa			Netherlands					<b>4:53.86</b>	800	S10	19395
	50m: 31.83	31.83	150m: 1:44.55	37.21	250m: 3:00.35	37.96	350m: 4:16.34	37.53				
	100m: 1:07.34	35.51	200m: 2:22.39	37.84	300m: 3:38.81	38.46	400m: 4:53.86	37.52				
2.	GIEDRYS Alicja		81	Szansa Start Gdansk					<b>5:52.79</b>	257	S10	
	50m: 39.52	39.52	150m: 2:08.37	44.97	250m: 3:39.13	44.98	350m: 5:10.04	45.10				
	100m: 1:23.40	43.88	200m: 2:54.15	45.78	300m: 4:24.94	45.81	400m: 5:52.79	42.75				
3.	KARDASZ Nadia		05	Szansa Start Gdansk					<b>5:59.23</b>	211	S10	33345
	50m: 38.34	38.34	150m: 2:10.58	46.70	250m: 3:43.05	45.93	350m: 5:15.46	46.30				
	100m: 1:23.88	45.54	200m: 2:57.12	46.54	300m: 4:29.16	46.11	400m: 5:59.23	43.77				
4.	SOLTYSIK Julia		11	WSSiRN Start Katowice					<b>6:32.85</b>	57	S10	
	50m: 44.62	44.62	150m: 2:24.29	50.76	250m: 4:06.58	51.95	350m: 5:48.40	49.67				
	100m: 1:33.53	48.91	200m: 3:14.63	50.34	300m: 4:58.73	52.15	400m: 6:32.85	44.45				

Grupa S14

1.	LINDBERG Pernilla			Sweden					<b>4:41.67</b>	918	S14	14684
	50m: 31.20	31.20	150m: 1:41.48	35.67	250m: 2:53.93	36.54	350m: 4:06.70	36.51				
	100m: 1:05.81	34.61	200m: 2:17.39	35.91	300m: 3:30.19	36.26	400m: 4:41.67	34.97				
2.	VAN DER KRUK Amber			Netherlands					<b>4:43.04</b>	908	S14	32251
	50m: 30.63	30.63	150m: 1:40.83	35.78	250m: 2:53.15	35.87	350m: 4:06.59	36.54				
	100m: 1:05.05	34.42	200m: 2:17.28	36.45	300m: 3:30.05	36.90	400m: 4:43.04	36.45				
3.	MARINA Angela			Canada					<b>4:59.09</b>	776	S14	33845
	50m: 33.96	33.96	150m: 1:47.29	37.55	250m: 3:03.93	38.14	350m: 4:21.86	39.08				
	100m: 1:09.74	35.78	200m: 2:25.79	38.50	300m: 3:42.78	38.85	400m: 4:59.09	37.23				

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Szczecin, 4- - 6-11-2022

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Event 15, Women, 400m Freestyle, Grupa S14

Rank					YB				Time		Pts	
4.	STRZOP Roksana		05		WSSiRN Start Katowice				<b>6:57.22</b>		20	S14
	50m:	48.29	48.29	150m:	2:33.87	53.50	250m:	4:21.98	53.82	350m:	6:06.52	50.59
	100m:	1:40.37	52.08	200m:	3:28.16	54.29	300m:	5:15.93	53.95	400m:	6:57.22	50.70