

VIII GRAND PRIX WARMII I MAZUR W PŁYWANIU
OLSZTYN, 7. - 8.12.2024

Konkurencja 29
08.12.2024 - 12:10

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Rekord PL Open	4:02.68	POLANSKA Aleksandra	07614	Olsztyn	18.12.2020
Rekord PL 19 +	4:02.68	POLANSKA Aleksandra	07614	Olsztyn	18.12.2020
Rekord PL 18	4:04.30	GU Wiktoria	00116	Bydgoszcz	02.12.2022
Rekord PL 17	4:08.05	GU Wiktoria	01705	Bydgoszcz	03.12.2021
Rekord PL 16	4:08.04	KILIJA SKA Donata	00612	Poznan	17.12.2011
Rekord PL 15	4:08.60	GU Wiktoria	01705	Poznan	23.11.2019
Rekord PL 14	4:09.54	GU Wiktoria	01705	Olsztyn	15.12.2018
Rekord PL 13	4:18.09	KNOP Aleksandra	01605	Ostrowiec Sw	18.06.2016
Rekord PL 12	4:33.26	CIERPIAŁOWSKA Paulina	00310	Gdansk	09.12.2017

Punkty: FINA 2023

Pozycja			Wiek			Czas	Pkt.	
12 lat								
1.	KRYSZTOF Alicja		12	MTP Kormoran Olsztyn		5:01.67	450	
	50m: 33.90	33.90	150m: 1:50.40	38.06	250m: 3:07.45	38.36	350m: 4:24.70	38.57
	100m: 1:12.34	38.44	200m: 2:29.09	38.69	300m: 3:46.13	38.68	400m: 5:01.67	36.97
2.	RYMARCZUK Alicja		12	UKS „GIM 92 Ursynów”		5:06.77	428	
	50m: 33.58	33.58	150m: 1:50.02	38.71	250m: 3:09.73	39.80	350m: 4:28.88	39.26
	100m: 1:11.31	37.73	200m: 2:29.93	39.91	300m: 3:49.62	39.89	400m: 5:06.77	37.89
3.	GALEWSKA Isabella		12	MTP Kormoran Olsztyn		5:17.08	388	
	50m: 34.92	34.92	150m: 1:55.50	40.78	250m: 3:15.95	39.81	350m: 4:37.28	40.92
	100m: 1:14.72	39.80	200m: 2:36.14	40.64	300m: 3:56.36	40.41	400m: 5:17.08	39.80
4.	STEMPLI SKA Amelia		12	Ks "Marlin Mława"		5:38.32	319	
	50m: 36.84	36.84	150m: 2:02.60	43.23	250m: 3:30.94	44.40	350m: 4:58.68	43.61
	100m: 1:19.37	42.53	200m: 2:46.54	43.94	300m: 4:15.07	44.13	400m: 5:38.32	39.64
5.	WI NIEWSKA Paulina		12	UKS „Siódemka" Brodnica		6:02.50	259	
	50m: 39.26	39.26	150m: 2:12.67	47.50	250m: 3:48.47	48.54	350m:	
	100m: 1:25.17	45.91	200m: 2:59.93	47.26	300m:		400m: 6:02.50	
13 lat								
1.	GORGOSZ Julia		13	MKS Medyk Gi ycko		5:25.76	357	
	50m: 34.66	34.66	150m: 1:55.05	40.99	250m: 3:19.36	41.97	350m: 4:44.07	42.21
	100m: 1:14.06	39.40	200m: 2:37.39	42.34	300m: 4:01.86	42.50	400m: 5:25.76	41.69
2.	POW ZKA Julia		13	Ks "Marlin Mława"		5:44.58	302	
	50m: 39.23	39.23	150m: 2:06.54	44.19	250m: 3:36.83	44.88	350m: 5:03.68	43.00
	100m: 1:22.35	43.12	200m: 2:51.95	45.41	300m: 4:20.68	43.85	400m: 5:44.58	40.90
14 lat i starsi								
1.	SUSKA Zuzanna		17	UKP Jedyńka Elbl g		4:59.48	460	
	50m: 32.60	32.60	150m: 1:47.40	38.15	250m: 3:04.47	38.72	350m: 4:22.52	38.92
	100m: 1:09.25	36.65	200m: 2:25.75	38.35	300m: 3:43.60	39.13	400m: 4:59.48	36.96
2.	PAMEDYTYT Marta		14	Klaip dos Gintaro SC		5:10.66	412	
	50m: 32.69	32.69	150m: 1:49.61	39.41	250m: 3:10.48	40.41	350m: 4:30.49	40.14
	100m: 1:10.20	37.51	200m: 2:30.07	40.46	300m: 3:50.35	39.87	400m: 5:10.66	40.17
3.	GRITZNER Marianna		17	MKS Medyk Gi ycko		5:25.84	357	
	50m: 34.14	34.14	150m: 1:53.84	41.05	250m: 3:17.70	41.97	350m: 4:43.59	42.99
	100m: 1:12.79	38.65	200m: 2:35.73	41.89	300m: 4:00.60	42.90	400m: 5:25.84	42.25
4.	BURKIEWICZ Zofia		15	SSP „Orka" Iława		5:34.19	331	
	50m: 36.73	36.73	150m: 1:59.91	42.15	250m: 3:26.37	43.44	350m: 4:53.04	42.94
	100m: 1:17.76	41.03	200m: 2:42.93	43.02	300m: 4:10.10	43.73	400m: 5:34.19	41.15