

Zimowe Mistrzostwa Polski Juniorów Młodszych 15 lat w pływaniu  
Opole, 13. - 15.12.2019

Konkurencja 11  
13.12.2019 - 18:32

Dziewcz t, 400m zmienny

15 lat  
Wyniki Finał

Rekord Polski Open	4:31.89	BARANOWSKA Katarzyna	00116	Debrecen (HUN)	16.12.2007
Rekord Polski 15 lat	4:38.89	KNOP Aleksandra	01605	Lublin	18.12.2018

Punkty: FINA 2019

Pozycja			Rok ur.					Czas	Pkt.
1.	TARASIEWICZ Klaudia		04	UKP POLONIA Warszawa				<b>4:52.94</b>	690
	50m:	30.66 30.66	150m:	1:42.32 36.74	250m:	3:02.81 43.91	350m:	4:19.87 33.43	
	100m:	1:05.58 34.92	200m:	2:18.90 36.58	300m:	3:46.44 43.63	400m:	4:52.94 33.07	
2.	BEDNARZ Julia		04	UKS ORKA Zamo				<b>4:56.70</b>	664
	50m:	31.83 31.83	150m:	1:44.65 37.55	250m:	3:04.68 42.06	350m:	4:22.27 35.67	
	100m:	1:07.10 35.27	200m:	2:22.62 37.97	300m:	3:46.60 41.92	400m:	4:56.70 34.43	
3.	MIKOŁAJCZYK Maja		04	UKS SP-149 Łód				<b>5:00.19</b>	641
	50m:	31.28 31.28	150m:	1:44.88 38.17	250m:	3:05.54 41.69	350m:	4:24.89 35.71	
	100m:	1:06.71 35.43	200m:	2:23.85 38.97	300m:	3:49.18 43.64	400m:	5:00.19 35.30	
4.	LALA Nadia		04	UKP UNIA O wi cim				<b>5:00.89</b>	637
	50m:	31.70 31.70	150m:	1:46.84 38.25	250m:	3:09.49 43.97	350m:	4:27.31 34.57	
	100m:	1:08.59 36.89	200m:	2:25.52 38.68	300m:	3:52.74 43.25	400m:	5:00.89 33.58	
5.	BOCIEK Wiktoria		04	KS GÓRNIK Sosnowiec				<b>5:03.17</b>	623
	50m:	31.98 31.98	150m:	1:48.13 39.22	250m:	3:10.86 42.17	350m:	4:29.98 34.65	
	100m:	1:08.91 36.93	200m:	2:28.69 40.56	300m:	3:55.33 44.47	400m:	5:03.17 33.19	
6.	CYGAN Julia		04	MKS ASTORIA Bydgoszcz				<b>5:04.66</b>	613
	50m:	32.11 32.11	150m:	1:48.90 39.99	250m:	3:10.40 41.81	350m:	4:29.97 36.89	
	100m:	1:08.91 36.80	200m:	2:28.59 39.69	300m:	3:53.08 42.68	400m:	5:04.66 34.69	
7.	DRAGAN Julia		04	KS OLIMPIA Lublin				<b>5:05.04</b>	611
	50m:	33.03 33.03	150m:	1:50.46 39.28	250m:	3:11.57 42.48	350m:	4:30.95 36.41	
	100m:	1:11.18 38.15	200m:	2:29.09 38.63	300m:	3:54.54 42.97	400m:	5:05.04 34.09	
8.	GAZDA Małgorzata		04	KU AZS UMCS Lublin				<b>5:06.09</b>	605
	50m:	33.13 33.13	150m:	1:48.95 37.69	250m:	3:11.46 43.89	350m:	4:31.37 35.89	
	100m:	1:11.26 38.13	200m:	2:27.57 38.62	300m:	3:55.48 44.02	400m:	5:06.09 34.72	
9.	SIOMA Zuzanna		04	UKS ORKA Zamo				<b>5:09.95</b>	583
	50m:	32.10 32.10	150m:	1:49.52 39.18	250m:	3:11.47 44.04	350m:	4:33.84 37.60	
	100m:	1:10.34 38.24	200m:	2:27.43 37.91	300m:	3:56.24 44.77	400m:	5:09.95 36.11	
10.	MACIASZCZYK Weronika		04	UKS SP-149 Łód				<b>5:10.48</b>	580
	50m:	32.91 32.91	150m:	1:48.74 38.74	250m:	3:13.17 45.22	350m:	4:35.18 36.39	
	100m:	1:10.00 37.09	200m:	2:27.95 39.21	300m:	3:58.79 45.62	400m:	5:10.48 35.30	