

Konkurencja 11
 01.05.2022 - 18:45

Kobiet, 400m zmienny

 Open
 Wyniki Finał

Rekord Polski 4:36.95 BARANOWSKA Katarzyna 00116 Beijing (CHN) 09.08.2008

 Mistrzostwa Europy Seniorów - Rzym 2022 Open: 4:41.32; 18: 4:44.10 / Mistrzostwa Europy Juniorów- Bukareszt 2022 16 - 17: 4:56.78 /
 Mistrzostwa świata Seniorów - Budapeszt 2022 Open: 4:38.53 / Letnia Uniwersjada - Chengdu 2022 Open: 4:44.10

Punkty: FINA 2022

Pozycja	Rok ur.	Czas	Pkt.
Finał A			
1. FAMULOK Zuzanna	03 UKP UNIA O wi cim	4:50.16	773
50m: 30.41 30.41	150m: 1:43.67 38.83	250m: 3:02.99 41.43	350m: 4:18.57 33.95
100m: 1:04.84 34.43	200m: 2:21.56 37.89	300m: 3:44.62 41.63	400m: 4:50.16 31.59
2. PIEKARSKA Natalia	06 UKS 190 Łód	4:51.08	766
<i>Minimum na ME Juniorów Bukareszt 2022</i>			
50m: 30.94 30.94	150m: 1:44.68 38.19	250m: 3:03.01 41.81	350m: 4:18.74 33.43
100m: 1:06.49 35.55	200m: 2:21.20 36.52	300m: 3:45.31 42.30	400m: 4:51.08 32.34
3. POZNA SKA Justyna	05 MKS JEDYNKA Łód	4:57.50	717
50m: 31.53 31.53	150m: 1:44.37 36.89	250m: 3:02.96 42.60	350m: 4:22.17 35.36
100m: 1:07.48 35.95	200m: 2:20.36 35.99	300m: 3:46.81 43.85	400m: 4:57.50 35.33
4. MANIKO Nikol	06 Ukraine	4:59.96	700
50m: 31.05 31.05	150m: 1:45.84 38.69	250m: 3:06.84 42.56	350m: 4:25.44 34.78
100m: 1:07.15 36.10	200m: 2:24.28 38.44	300m: 3:50.66 43.82	400m: 4:59.96 34.52
5. GLI SKA Oliwia	07 TP Zielona Góra	5:05.79	660
50m: 33.70 33.70	150m: 1:49.57 38.16	250m: 3:11.59 44.40	350m: 4:31.76 35.39
100m: 1:11.41 37.71	200m: 2:27.19 37.62	300m: 3:56.37 44.78	400m: 5:05.79 34.03
6. LECHOWSKA Magdalena	06 WKS L SK Wrocław	5:05.89	660
50m: 32.90 32.90	150m: 1:50.02 39.94	250m: 3:12.96 43.40	350m: 4:32.56 35.44
100m: 1:10.08 37.18	200m: 2:29.56 39.54	300m: 3:57.12 44.16	400m: 5:05.89 33.33
7. RODZIEWICZ Alicja	08 UKS NAWA Skierniewice	5:07.32	651
50m: 32.75 32.75	150m: 1:49.05 38.84	250m: 3:12.37 45.75	350m: 4:33.52 34.80
100m: 1:10.21 37.46	200m: 2:26.62 37.57	300m: 3:58.72 46.35	400m: 5:07.32 33.80
8. RAKOWSKA Marta	06 DOKIS SP VEGA Dobrodzie	5:11.37	626
50m: 32.38 32.38	150m: 1:50.31 40.49	250m: 3:15.09 44.98	350m: 4:36.45 36.31
100m: 1:09.82 37.44	200m: 2:30.11 39.80	300m: 4:00.14 45.05	400m: 5:11.37 34.92
Finał B			
9. W GRZYNOWSKA Aleksandra	01 WKS L SK Wrocław	5:00.97	693
50m: 30.24 30.24	150m: 1:45.55 39.83	250m: 3:09.15 44.12	350m: 4:28.22 34.70
100m: 1:05.72 35.48	200m: 2:25.03 39.48	300m: 3:53.52 44.37	400m: 5:00.97 32.75
10. TUPALSKA Oliwia	05 UKP POLONIA Warszawa	5:13.35	614
50m: 31.68 31.68	150m: 1:51.42 41.62	250m: 3:17.40 44.95	350m: 4:38.68 35.24
100m: 1:09.80 38.12	200m: 2:32.45 41.03	300m: 4:03.44 46.04	400m: 5:13.35 34.67
11. PRZYBYLSKA Oliwia	07 MKS Piaseczno	5:13.41	613
50m: 32.35 32.35	150m: 1:52.33 40.88	250m: 3:15.29 43.28	350m: 4:37.83 38.04
100m: 1:11.45 39.10	200m: 2:32.01 39.68	300m: 3:59.79 44.50	400m: 5:13.41 35.58
12. SULAK Antonina	06 UKS PI TKA Konstancynów Łódzki	5:13.63	612
50m: 32.63 32.63	150m: 1:50.93 40.30	250m: 3:15.69 45.52	350m: 4:38.18 37.60
100m: 1:10.63 38.00	200m: 2:30.17 39.24	300m: 4:00.58 44.89	400m: 5:13.63 35.45
13. POPPE Marta	07 UKS MANTA Kochłowice Ruda I ska	5:16.03	598
50m: 32.94 32.94	150m: 1:52.73 42.04	250m: 3:20.26 45.17	350m: 4:42.13 35.79
100m: 1:10.69 37.75	200m: 2:35.09 42.36	300m: 4:06.34 46.08	400m: 5:16.03 33.90
14. BUKOWSKA Olga	05 UKP Ruda I ska	5:16.96	593
50m: 33.00 33.00	150m: 1:53.29 41.59	250m: 3:18.99 45.27	350m: 4:41.21 36.40
100m: 1:11.70 38.70	200m: 2:33.72 40.43	300m: 4:04.81 45.82	400m: 5:16.96 35.75

Konkurencja 11, Kobiet, 400m zmienny, Finał, Open

Pozycja			Rok ur.							Czas	Pkt.	
15.	SURMIAK Klara		04	UKP Ruda I ska						5:19.08	581	
	50m:	33.33	33.33	150m:	1:53.44	42.36	250m:	3:19.18	43.95	350m:	4:43.92	38.54
	100m:	1:11.08	37.75	200m:	2:35.23	41.79	300m:	4:05.38	46.20	400m:	5:19.08	35.16
16.	NIKIEL Natalia		06	MKS Park Wodny Tarnowskie Góry						5:19.88	577	
	50m:	34.02	34.02	150m:	1:53.67	41.46	250m:	3:20.37	47.01	350m:	4:44.40	35.87
	100m:	1:12.21	38.19	200m:	2:33.36	39.69	300m:	4:08.53	48.16	400m:	5:19.88	35.48
Finał C												
17.	FERSZT Kornelia		08	KS GÓRNIK Sosnowiec						5:22.02	565	
	50m:	34.69	34.69	150m:	1:56.04	41.22	250m:	3:21.98	46.96	350m:	4:47.11	37.39
	100m:	1:14.82	40.13	200m:	2:35.02	38.98	300m:	4:09.72	47.74	400m:	5:22.02	34.91
18.	NOWAK Paulina		05	UKS Tri-Team Rumia						5:22.04	565	
	50m:	34.70	34.70	150m:	1:58.23	42.81	250m:	3:24.30	43.73	350m:	4:46.00	36.70
	100m:	1:15.42	40.72	200m:	2:40.57	42.34	300m:	4:09.30	45.00	400m:	5:22.04	36.04
19.	MIKUŁA Natalia		06	TP OLIMPIJCZYK Aleksandrów Łódzki						5:25.57	547	
	50m:	35.10	35.10	150m:	1:57.55	39.97	250m:	3:21.31	44.26	350m:	4:47.13	40.07
	100m:	1:17.58	42.48	200m:	2:37.05	39.50	300m:	4:07.06	45.75	400m:	5:25.57	38.44
20.	DRZEWIECKA Maja		08	MKS Park Wodny Tarnowskie Góry						5:27.68	537	
	50m:	34.65	34.65	150m:	1:58.65	42.96	250m:	3:27.08	46.68	350m:	4:52.02	38.01
	100m:	1:15.69	41.04	200m:	2:40.40	41.75	300m:	4:14.01	46.93	400m:	5:27.68	35.66
21.	SKROBISZ Urszula		06	UKS ÓSEMKA Starogard Gda ski						5:31.74	517	
	50m:	34.45	34.45	150m:	1:59.33	45.24	250m:	3:30.00	46.36	350m:	4:56.06	37.89
	100m:	1:14.09	39.64	200m:	2:43.64	44.31	300m:	4:18.17	48.17	400m:	5:31.74	35.68
22.	MICHALIK Weronika		07	UKS NAWA Skierniewice						5:36.49	496	
	50m:	35.53	35.53	150m:	2:01.67	42.59	250m:	3:29.82	46.73	350m:	4:57.84	40.33
	100m:	1:19.08	43.55	200m:	2:43.09	41.42	300m:	4:17.51	47.69	400m:	5:36.49	38.65
23.	BUKOWSKA Michalina		07	UKP Ruda I ska						5:42.22	471	
	50m:	35.82	35.82	150m:	2:02.46	44.92	250m:	3:36.21	49.98	350m:	5:05.17	39.15
	100m:	1:17.54	41.72	200m:	2:46.23	43.77	300m:	4:26.02	49.81	400m:	5:42.22	37.05
24.	JAROS Aleksandra		07	KS NEPTUN widnica						5:42.25	471	
	50m:	34.23	34.23	150m:	2:01.07	46.82	250m:	3:36.78	49.56	350m:	5:05.80	38.88
	100m:	1:14.25	40.02	200m:	2:47.22	46.15	300m:	4:26.92	50.14	400m:	5:42.25	36.45