

Letnie Mistrzostwa Polski Juniorów Młodszych 14 lat
Ostrowiec wi tokrzyski, 06-09-07-2023

Konkurencja 14
2023-07-07 - 18:38

Dziewcz t, 400m zmienny

14 lat
Wyniki Finał

Rekord Polski 14-lat 4:52.05 KNOP Aleksandra 01605 Lublin 2017-05-19

Punkty: FINA 2023

Pozycja			Rok ur.							Czas	Pkt.
Finał A											
1.	DUDEK Lena		09	CSiR MOS w D browie Górniczej						5:12.06	621
	50m:	32.59 32.59	150m:	1:51.37	40.96	250m:	3:15.70	44.31	350m:	4:37.36	37.26
	100m:	1:10.41 37.82	200m:	2:31.39	40.02	300m:	4:00.10	44.40	400m:	5:12.06	34.70
2.	KAPKA Antonina		09	CSiR MOS w D browie Górniczej						5:14.90	605
	50m:	32.65 32.65	150m:	1:53.44	42.57	250m:	3:19.49	45.03	350m:	4:40.07	36.49
	100m:	1:10.87 38.22	200m:	2:34.46	41.02	300m:	4:03.58	44.09	400m:	5:14.90	34.83
3.	KUCZMAR Aleksandra		09	MKS Ochota Warszawa						5:20.84	572
	50m:	32.43 32.43	150m:	1:53.86	42.78	250m:	3:21.91	47.05	350m:	4:45.20	36.00
	100m:	1:11.08 38.65	200m:	2:34.86	41.00	300m:	4:09.20	47.29	400m:	5:20.84	35.64
4.	KOSTA CZYK Kaja		09	CSiR MOS w D browie Górniczej						5:23.72	557
	50m:	33.24 33.24	150m:	1:54.43	40.92	250m:	3:22.20	48.43	350m:	4:47.37	36.85
	100m:	1:13.51 40.27	200m:	2:33.77	39.34	300m:	4:10.52	48.32	400m:	5:23.72	36.35
5.	SOBOLAK Gabriela		09	TP OLIMPIJCZYK Aleksandrów Łódzki						5:26.26	544
	50m:	34.61 34.61	150m:	2:01.45	44.75	250m:	3:27.16	43.06	350m:	4:50.64	38.28
	100m:	1:16.70 42.09	200m:	2:44.10	42.65	300m:	4:12.36	45.20	400m:	5:26.26	35.62
6.	GRYKO Patrycja		09	KS WARTA Pozna						5:27.13	539
	50m:	32.15 32.15	150m:	1:54.89	43.01	250m:	3:24.44	48.05	350m:	4:51.36	38.13
	100m:	1:11.88 39.73	200m:	2:36.39	41.50	300m:	4:13.23	48.79	400m:	5:27.13	35.77
7.	GRAJDURA Nina		09	UKS Sokół-Mo cice Tarnów						5:32.11	515
	50m:	33.77 33.77	150m:	1:58.71	44.92	250m:	3:27.71	46.33	350m:	4:55.16	39.73
	100m:	1:13.79 40.02	200m:	2:41.38	42.67	300m:	4:15.43	47.72	400m:	5:32.11	36.95
8.	CIUPA Ewelina		09	KP SUKCES Chorzów						5:35.52	500
	50m:	34.34 34.34	150m:	1:58.38	44.19	250m:	3:31.20	49.63	350m:	4:59.56	37.76
	100m:	1:14.19 39.85	200m:	2:41.57	43.19	300m:	4:21.80	50.60	400m:	5:35.52	35.96
9.	GNA Nadia		09	UKS Tri-Team Rumia						5:38.52	487
	50m:	35.67 35.67	150m:	2:02.86	44.58	250m:	3:33.21	47.09	350m:	5:00.85	40.88
	100m:	1:18.28 42.61	200m:	2:46.12	43.26	300m:	4:19.97	46.76	400m:	5:38.52	37.67
10.	CHAŁUPKA Amelia		09	MKS Piaseczno						5:42.58	470
	50m:	37.15 37.15	150m:	2:07.10	45.82	250m:	3:39.58	47.83	350m:	5:06.64	38.24
	100m:	1:21.28 44.13	200m:	2:51.75	44.65	300m:	4:28.40	48.82	400m:	5:42.58	35.94
Finał B											
11.	BOGIELCZYK Natalia		09	KS NEPTUN widnica						5:33.07	511
	50m:	34.85 34.85	150m:	1:59.27	44.74	250m:	3:31.46	48.36	350m:	4:56.78	38.40
	100m:	1:14.53 39.68	200m:	2:43.10	43.83	300m:	4:18.38	46.92	400m:	5:33.07	36.29
12.	ZI TEK Julia		09	UKP Ruda l ska						5:38.51	487
	50m:	34.75 34.75	150m:	2:03.50	45.31	250m:	3:37.40	49.53	350m:	5:03.23	36.49
	100m:	1:18.19 43.44	200m:	2:47.87	44.37	300m:	4:26.74	49.34	400m:	5:38.51	35.28
13.	ROZWADOWSKA Karolina		09	SKS 137 DELFIN Łód						5:43.08	467
	50m:	37.06 37.06	150m:	2:07.65	47.05	250m:	3:39.17	45.73	350m:	5:05.83	39.47
	100m:	1:20.60 43.54	200m:	2:53.44	45.79	300m:	4:26.36	47.19	400m:	5:43.08	37.25
14.	GROCKA Natalia		09	MKS JUVENIA Wrocław						5:47.97	448
	50m:	36.16 36.16	150m:	2:06.25	45.64	250m:	3:42.06	50.52	350m:	5:12.56	39.02
	100m:	1:20.61 44.45	200m:	2:51.54	45.29	300m:	4:33.54	51.48	400m:	5:47.97	35.41
15.	EKIERT Gabriela		09	MKS JUVENIA Białystok						5:48.76	445
	50m:	37.74 37.74	150m:	2:08.54	47.39	250m:	3:42.45	49.74	350m:	5:11.77	39.13
	100m:	1:21.15 43.41	200m:	2:52.71	44.17	300m:	4:32.64	50.19	400m:	5:48.76	36.99
16.	FTARA Maja		09	MKS IKAR Stal Mielec						5:50.23	439
	50m:	34.92 34.92	150m:	2:03.03	47.22	250m:	3:36.66	48.30	350m:	5:10.12	44.44
	100m:	1:15.81 40.89	200m:	2:48.36	45.33	300m:	4:25.68	49.02	400m:	5:50.23	40.11

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Konkurencja 14, Dziewcz t, 400m zmienny, Finał, 14 lat

Pozycja			Rok ur.					Czas	Pkt.		
17.	KOSI	SKA Olga	09	UKS Salmo ry				5:52.87	430		
	50m:	36.21 36.21	150m:	2:06.84	47.08	250m:	3:41.50	49.13	350m:	5:14.05	41.76
	100m:	1:19.76 43.55	200m:	2:52.37	45.53	300m:	4:32.29	50.79	400m:	5:52.87	38.82
18.	PONI	SKA Lena	09	MOSM Tychy				5:58.03	411		
	50m:	37.06 37.06	150m:	2:11.83	46.16	250m:	3:48.88	51.83	350m:	5:20.93	41.12
	100m:	1:25.67 48.61	200m:	2:57.05	45.22	300m:	4:39.81	50.93	400m:	5:58.03	37.10
19.	KWIATO	Natalia	09	UKS ALIGATOR Gorzyce				5:59.07	408		
	50m:	37.31 37.31	150m:	2:11.89	45.88	250m:	3:47.91	49.87	350m:	5:20.23	41.46
	100m:	1:26.01 48.70	200m:	2:58.04	46.15	300m:	4:38.77	50.86	400m:	5:59.07	38.84
20.	PATYRA	Joanna	09	UKS SP-149 Łód				6:03.25	394		
	50m:	37.88 37.88	150m:	2:15.62	50.28	250m:	3:51.18	47.48	350m:	5:22.77	42.53
	100m:	1:25.34 47.46	200m:	3:03.70	48.08	300m:	4:40.24	49.06	400m:	6:03.25	40.48