

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

Konkurencja 22  
2023-07-08 - 17:25

Dziewcz t, 400m dowolny

14 lat  
Wyniki Finał

Rekord Polski 14-lat 4:16.54 KILIJA SKA Donata 00612 Tampere (FIN) 2009-07-20

Punkty: FINA 2023

Pozycja			Rok ur.							Czas	Pkt.	
<b>Finał A</b>												
1.	RESZKO Lena		09	UKP POLONIA Warszawa						<b>4:32.49</b>	652	
	50m:	31.13	31.13	150m:	1:40.17	34.62	250m:	2:50.71	35.15	350m:	3:59.76	34.18
	100m:	1:05.55	34.42	200m:	2:15.56	35.39	300m:	3:25.58	34.87	400m:	4:32.49	32.73
2.	POLAK Iga		09	KS PŁETWAŁ Zakopane						<b>4:36.58</b>	624	
	50m:	31.21	31.21	150m:	1:40.96	35.23	250m:	2:52.48	35.57	350m:	4:02.53	34.91
	100m:	1:05.73	34.52	200m:	2:16.91	35.95	300m:	3:27.62	35.14	400m:	4:36.58	34.05
3.	KUCZMAR Aleksandra		09	MKS Ochota Warszawa						<b>4:37.80</b>	616	
	50m:	30.94	30.94	150m:	1:39.84	35.08	250m:	2:51.05	35.71	350m:	4:03.01	36.01
	100m:	1:04.76	33.82	200m:	2:15.34	35.50	300m:	3:27.00	35.95	400m:	4:37.80	34.79
4.	WEGNER Julia		09	MKP SŁOWIANKA Gorzów Wlkp.						<b>4:39.06</b>	607	
	50m:	30.98	30.98	150m:	1:40.76	35.41	250m:	2:52.54	36.21	350m:	4:04.67	35.81
	100m:	1:05.35	34.37	200m:	2:16.33	35.57	300m:	3:28.86	36.32	400m:	4:39.06	34.39
5.	KARKOCHA Gabriela		09	UKS MANTA Kochłowice Ruda I ska						<b>4:41.19</b>	594	
	50m:	31.11	31.11	150m:	1:40.51	35.44	250m:	2:52.54	36.12	350m:	4:05.97	36.65
	100m:	1:05.07	33.96	200m:	2:16.42	35.91	300m:	3:29.32	36.78	400m:	4:41.19	35.22
6.	WIECZOREK Michalina		09	UKS ÓSEMKA O wi cim						<b>4:45.55</b>	567	
	50m:	32.08	32.08	150m:	1:43.39	36.47	250m:	2:57.35	37.13	350m:	4:10.75	36.61
	100m:	1:06.92	34.84	200m:	2:20.22	36.83	300m:	3:34.14	36.79	400m:	4:45.55	34.80
7.	MAZUREK Dagmara		09	UKS Olimpijczyk 23						<b>4:45.71</b>	566	
	50m:	31.67	31.67	150m:	1:41.77	35.58	250m:	2:55.48	36.99	350m:	4:10.08	37.15
	100m:	1:06.19	34.52	200m:	2:18.49	36.72	300m:	3:32.93	37.45	400m:	4:45.71	35.63
8.	KISZCZAK Olga		09	UKS ÓSEMKA O wi cim						<b>4:45.99</b>	564	
	50m:	31.14	31.14	150m:	1:41.21	35.86	250m:	2:55.52	37.23	350m:	4:10.30	37.15
	100m:	1:05.35	34.21	200m:	2:18.29	37.08	300m:	3:33.15	37.63	400m:	4:45.99	35.69
9.	AK Zoya		09	UKS SMS Galicja Kraków						<b>4:46.07</b>	564	
	50m:	31.92	31.92	150m:	1:43.12	35.96	250m:	2:57.05	37.34	350m:	4:10.80	36.45
	100m:	1:07.16	35.24	200m:	2:19.71	36.59	300m:	3:34.35	37.30	400m:	4:46.07	35.27
10.	DŁUGOPOLSKA Nikola		09	Stow. OLIMPIJCZYK Kraków						<b>4:47.44</b>	556	
	50m:	32.34	32.34	150m:	1:43.31	35.79	250m:	2:57.11	36.86	350m:	4:11.65	37.16
	100m:	1:07.52	35.18	200m:	2:20.25	36.94	300m:	3:34.49	37.38	400m:	4:47.44	35.79
<b>Finał B</b>												
11.	CHYCZEWSKA Pola		09	MKP SŁOWIANKA Gorzów Wlkp.						<b>4:44.63</b>	572	
	50m:	31.86	31.86	150m:	1:43.61	36.61	250m:	2:57.02	36.96	350m:	4:10.11	36.32
	100m:	1:07.00	35.14	200m:	2:20.06	36.45	300m:	3:33.79	36.77	400m:	4:44.63	34.52
12.	ELASKOWSKA Wiktoria		09	MKS TRÓJKA Łód						<b>4:50.12</b>	541	
	50m:	33.68	33.68	150m:	1:47.17	36.66	250m:	3:01.16	36.89	350m:	4:15.24	36.58
	100m:	1:10.51	36.83	200m:	2:24.27	37.10	300m:	3:38.66	37.50	400m:	4:50.12	34.88
13.	ZI TEK Julia		09	UKP Ruda I ska						<b>4:52.60</b>	527	
	50m:	32.21	32.21	150m:	1:46.55	37.86	250m:	3:02.06	37.43	350m:	4:17.78	37.25
	100m:	1:08.69	36.48	200m:	2:24.63	38.08	300m:	3:40.53	38.47	400m:	4:52.60	34.82
14.	GNA Nadia		09	UKS Tri-Team Rumia						<b>4:52.62</b>	527	
	50m:	33.17	33.17	150m:	1:46.94	37.31	250m:	3:01.66	37.26	350m:	4:16.84	37.37
	100m:	1:09.63	36.46	200m:	2:24.40	37.46	300m:	3:39.47	37.81	400m:	4:52.62	35.78
15.	G SKA Paulina		09	MKS IKAR Stal Mielec						<b>4:53.11</b>	524	
	50m:	33.07	33.07	150m:	1:46.86	37.59	250m:	3:02.60	37.89	350m:	4:17.57	37.21
	100m:	1:09.27	36.20	200m:	2:24.71	37.85	300m:	3:40.36	37.76	400m:	4:53.11	35.54
16.	CHAŁUPKA Amelia		09	MKS Piaseczno						<b>4:54.57</b>	516	
	50m:	32.67	32.67	150m:	1:47.01	37.60	250m:	3:02.79	37.92	350m:	4:18.38	37.93
	100m:	1:09.41	36.74	200m:	2:24.87	37.86	300m:	3:40.45	37.66	400m:	4:54.57	36.19

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Pozycja			Rok ur.				Czas				Pkt.
17.	OKO Anna		09	LKS Jedno	32 Przyszowice		<b>4:55.72</b>	510			
	50m:	32.51 32.51	150m:	1:46.50 37.54	250m:	3:02.38 37.74	350m:	4:19.17 38.21			
	100m:	1:08.96 36.45	200m:	2:24.64 38.14	300m:	3:40.96 38.58	400m:	4:55.72 36.55			
18.	MICHALIK Wiktoria		09	UKS ÓSEMKA O wi cim			<b>4:56.00</b>	509			
	50m:	32.69 32.69	150m:	1:46.94 37.55	250m:	3:03.47 38.18	350m:	4:19.92 38.26			
	100m:	1:09.39 36.70	200m:	2:25.29 38.35	300m:	3:41.66 38.19	400m:	4:56.00 36.08			
19.	POŁE Oliwia		09	MKS CKS-SMS Szczecin			<b>5:00.54</b>	486			
	50m:	32.76 32.76	150m:	1:47.07 38.02	250m:	3:03.86 38.50	350m:	4:22.82 39.58			
	100m:	1:09.05 36.29	200m:	2:25.36 38.29	300m:	3:43.24 39.38	400m:	5:00.54 37.72			
20.	LIPKOWSKA Paulina		09	UKS G-8 Bielany Warszawa			<b>5:00.85</b>	485			
	50m:	33.00 33.00	150m:	1:48.37 37.97	250m:	3:05.55 38.61	350m:	4:25.28 40.09			
	100m:	1:10.40 37.40	200m:	2:26.94 38.57	300m:	3:45.19 39.64	400m:	5:00.85 35.57			