

Zimowe Mistrzostwa Polski Seniorów i Młodzie ovców
Lublin, 17- - 20-12-2015

Konkurencja 40
2015-12-20 - 9:30

Kobiet, 400m zmienny

OPEN
Wyniki Eliminacje

Minimum - ME Londyn 2016 4:38.23
Rekord Polski Seniorów 4:31.89 BARANOWSKA Katarzyna 00116 Debrecen (HUN) 2007-12-16

Punkty: FINA 2015

Pozycja			Wiek							Czas	Pkt.
1.	ADAMCZYK Julia		16	Lublinianka						4:57.08	669 A
	50m:	32.04 32.04	150m:	1:47.34	38.84	250m:	3:07.69	43.08	350m:	4:24.34	34.57
	100m:	1:08.50 36.46	200m:	2:24.61	37.27	300m:	3:49.77	42.08	400m:	4:57.08	32.74
2.	PIECHOTA Paulina		16	UKS 190 Łódź						4:57.85	664 A
	50m:	31.67 31.67	150m:	1:47.22	39.22	250m:	3:06.66	41.61	350m:	4:23.89	35.14
	100m:	1:08.00 36.33	200m:	2:25.05	37.83	300m:	3:48.75	42.09	400m:	4:57.85	33.96
3.	NIENAŁTOWSKA Natalia		19	AZS AWF Warszawa						4:58.26	661 A
	50m:	32.85 32.85	150m:	1:47.39	37.25	250m:	3:08.24	42.86	350m:	4:25.41	34.10
	100m:	1:10.14 37.29	200m:	2:25.38	37.99	300m:	3:51.31	43.07	400m:	4:58.26	32.85
4.	NITA Anna		18	I sk Wrocław						4:58.59	659 A
	50m:	31.94 31.94	150m:	1:46.58	38.74	250m:	3:07.83	43.77	350m:	4:25.60	33.74
	100m:	1:07.84 35.90	200m:	2:24.06	37.48	300m:	3:51.86	44.03	400m:	4:58.59	32.99
5.	JANISZEWSKA Dominika		16	AZS AWF Warszawa						4:59.12	655 A
	50m:	31.85 31.85	150m:	1:48.65	40.41	250m:	3:08.94	41.37	350m:	4:26.13	34.89
	100m:	1:08.24 36.39	200m:	2:27.57	38.92	300m:	3:51.24	42.30	400m:	4:59.12	32.99
6.	SIE CZYK Jowita SK		18	ak Biała Podlaska						4:59.17	655 A
	50m:	30.91 30.91	150m:	1:45.52	38.50	250m:	3:06.21	42.60	350m:	4:24.01	35.43
	100m:	1:07.02 36.11	200m:	2:23.61	38.09	300m:	3:48.58	42.37	400m:	4:59.17	35.16
7.	SAJECKA Zofia		17	GIM 92 Ursynów Warszawa						4:59.19	655 A
	50m:	31.96 31.96	150m:	1:44.98	36.50	250m:	3:04.03	42.30	350m:	4:23.52	36.07
	100m:	1:08.48 36.52	200m:	2:21.73	36.75	300m:	3:47.45	43.42	400m:	4:59.19	35.67
8.	DZWONNIK Zuzanna		15	Delfin-137 Łódź						5:00.08	649 A
	50m:	32.42 32.42	150m:	1:46.71	36.63	250m:	3:05.98	42.70	350m:	4:24.58	35.51
	100m:	1:10.08 37.66	200m:	2:23.28	36.57	300m:	3:49.07	43.09	400m:	5:00.08	35.50
9.	TERESKO Anna		18	MOS D browa Górnicza						5:00.15	648 A
	50m:	32.21 32.21	150m:	1:48.25	39.31	250m:	3:09.42	43.20	350m:	4:27.89	34.24
	100m:	1:08.94 36.73	200m:	2:26.22	37.97	300m:	3:53.65	44.23	400m:	5:00.15	32.26
10.	MENDYK Adrianna SO		17	Wodnik Radom						5:01.37	641 A
	50m:	31.68 31.68	150m:	1:46.48	37.70	250m:	3:07.96	44.17	350m:	4:27.88	35.54
	100m:	1:08.78 37.10	200m:	2:23.79	37.31	300m:	3:52.34	44.38	400m:	5:01.37	33.49
11.	HALICKA Lidia		14	I sk Wrocław						5:01.58	639 B
	50m:	32.57 32.57	150m:	1:47.29	37.08	250m:	3:06.93	42.82	350m:	4:27.20	36.11
	100m:	1:10.21 37.64	200m:	2:24.11	36.82	300m:	3:51.09	44.16	400m:	5:01.58	34.38
12.	OKAJ Oliwia		19	I sk Wrocław						5:01.92	637 B
	50m:	31.40 31.40	150m:	1:47.24	39.38	250m:	3:07.70	42.03	350m:	4:27.14	36.24
	100m:	1:07.86 36.46	200m:	2:25.67	38.43	300m:	3:50.90	43.20	400m:	5:01.92	34.78
13.	GUS Julia SB		16	Pi tnaśka Bydgoszcz						5:01.94	637 B
	50m:	31.40 31.40	150m:	1:45.81	37.95	250m:	3:06.97	43.58	350m:	4:26.63	35.97
	100m:	1:07.86 36.46	200m:	2:23.39	37.58	300m:	3:50.66	43.69	400m:	5:01.94	35.31
14.	PECYNA Michalina		15	IKS Konstancin						5:02.73	632 B
	50m:	32.13 32.13	150m:	1:47.52	37.90	250m:	3:09.15	43.92	350m:	4:29.20	35.51
	100m:	1:09.62 37.49	200m:	2:25.23	37.71	300m:	3:53.69	44.54	400m:	5:02.73	33.53
15.	FILIPEK Jagoda		16	I sk Wrocław						5:03.80	625 B
	50m:	31.99 31.99	150m:	1:48.27	39.05	250m:	3:10.11	43.43	350m:	4:29.62	35.93
	100m:	1:09.22 37.23	200m:	2:26.68	38.41	300m:	3:53.69	43.58	400m:	5:03.80	34.18
16.	OSINIĄK Ewa		15	Olimpijczyk 23 Lublin						5:03.88	625 B
	50m:	32.11 32.11	150m:	1:48.86	39.06	250m:	3:10.21	43.28	350m:	4:30.58	35.56
	100m:	1:09.80 37.69	200m:	2:26.93	38.07	300m:	3:55.02	44.81	400m:	5:03.88	33.30

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Pozycja			Wiek					Czas	Pkt.	
17.	WARDZI	SKA Martyna	17	Trójka Łód				5:04.40	622	B
	50m:	31.66 31.66	150m:	1:48.20	39.33	250m:	3:10.10	43.20	350m:	4:30.62 35.54
	100m:	1:08.87 37.21	200m:	2:26.90	38.70	300m:	3:55.08	44.98	400m:	5:04.40 33.78
18.	GOTOWSKA	Weronika	15	G-8 Bielany Warszawa				5:04.49	621	B
	50m:	33.14 33.14	150m:	1:48.11	37.56	250m:	3:09.96	43.70	350m:	4:29.49 34.90
	100m:	1:10.55 37.41	200m:	2:26.26	38.15	300m:	3:54.59	44.63	400m:	5:04.49 35.00
19.	PAJ	K Liliana SZG	16	Korner Zielona Góra				5:06.31	610	B
	50m:	32.33 32.33	150m:	1:46.10	37.65	250m:	3:07.15	44.36	350m:	4:30.09 37.08
	100m:	1:08.45 36.12	200m:	2:22.79	36.69	300m:	3:53.01	45.86	400m:	5:06.31 36.22
20.	MUSIOŁ	Wiktoria SO	17	Unia O wi cim				5:07.08	605	B
	50m:	31.94 31.94	150m:	1:47.88	39.40	250m:	3:10.91	44.62	350m:	4:31.77 35.76
	100m:	1:08.48 36.54	200m:	2:26.29	38.41	300m:	3:56.01	45.10	400m:	5:07.08 35.31
21.	WETT	Oliwia	14	Sambor Tczew				5:11.27	581	R
	50m:	32.65 32.65	150m:	1:50.85	40.14	250m:	3:14.78	44.73	350m:	4:36.49 36.80
	100m:	1:10.71 38.06	200m:	2:30.05	39.20	300m:	3:59.69	44.91	400m:	5:11.27 34.78
22.	LIWI	SKA Marta	18	MOS D browa Górnicza				5:13.26	570	R
	50m:	32.32 32.32	150m:	1:50.93	41.57	250m:	3:16.23	44.85	350m:	4:38.56 35.76
	100m:	1:09.36 37.04	200m:	2:31.38	40.45	300m:	4:02.80	46.57	400m:	5:13.26 34.70
23.	DZIEWA	Aleksandra	19	PZP				5:13.75	568	
	50m:	31.44 31.44	150m:	1:49.81	41.13	250m:	3:15.66	45.49	350m:	4:38.40 36.93
	100m:	1:08.68 37.24	200m:	2:30.17	40.36	300m:	4:01.47	45.81	400m:	5:13.75 35.35
24.	COCHÓR	Izabela	14	Ostrobramska Warszawa				5:14.98	561	
	50m:	33.14 33.14	150m:	1:52.48	40.20	250m:	3:16.57	45.21	350m:	4:39.43 36.84
	100m:	1:12.28 39.14	200m:	2:31.36	38.88	300m:	4:02.59	46.02	400m:	5:14.98 35.55
25.	KRÓL	Oliwia	16	Trójka Łód				5:16.43	553	
	50m:	32.71 32.71	150m:	1:52.39	42.16	250m:	3:19.66	45.58	350m:	4:41.78 35.86
	100m:	1:10.23 37.52	200m:	2:34.08	41.69	300m:	4:05.92	46.26	400m:	5:16.43 34.65
26.	SADOWSKA	Klaudia	16	I sk Wrocław				5:16.63	552	
	50m:	33.49 33.49	150m:	1:55.99	42.47	250m:	3:19.32	42.37	350m:	4:40.52 37.30
	100m:	1:13.52 40.03	200m:	2:36.95	40.96	300m:	4:03.22	43.90	400m:	5:16.63 36.11
27.	MIKOŁAJEK	Aleksandra	15	Avia widnik				5:17.44	548	
	50m:	34.05 34.05	150m:	1:56.51	42.36	250m:	3:20.72	43.03	350m:	4:41.52 37.06
	100m:	1:14.15 40.10	200m:	2:37.69	41.18	300m:	4:04.46	43.74	400m:	5:17.44 35.92
28.	WOJTANEK	Wiktoria	14	Kapry Armexim Pruszków				5:20.71	531	
	50m:	33.90 33.90	150m:	1:55.30	41.62	250m:	3:21.45	45.80	350m:	4:45.50 38.82
	100m:	1:13.68 39.78	200m:	2:35.65	40.35	300m:	4:06.68	45.23	400m:	5:20.71 35.21
29.	KRUSZEWSKA	Kaja	15	Juvenia Białystok				5:22.57	522	
	50m:	34.18 34.18	150m:	1:56.27	42.94	250m:	3:23.84	46.26	350m:	4:47.57 37.20
	100m:	1:13.33 39.15	200m:	2:37.58	41.31	300m:	4:10.37	46.53	400m:	5:22.57 35.00
30.	BUJAK	Maria	14	Skarpa Lublin				5:32.45	477	
	50m:	35.58 35.58	150m:	2:02.09	42.43	250m:	3:29.77	47.36	350m:	4:55.14 38.05
	100m:	1:19.66 44.08	200m:	2:42.41	40.32	300m:	4:17.09	47.32	400m:	5:32.45 37.31
31.	BARTCZAK	Julia	15	Delfin-137 Łód				5:32.61	476	
	50m:	33.86 33.86	150m:	1:55.76	41.86	250m:	3:24.35	46.67	350m:	4:53.44 41.53
	100m:	1:13.90 40.04	200m:	2:37.68	41.92	300m:	4:11.91	47.56	400m:	5:32.61 39.17