

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

Konkurencja 40
2015-12-20 - 16:12

Kobiet, 400m zmienny

OPEN
Wyniki Finał

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.			
Finał A												
1.	PIECHOTA Paulina		16	UKS 190 Łód				4:44.72	760			
	50m:	30.64	30.64	150m:	1:42.15	36.48	250m:	2:58.54	40.49	350m:	4:13.29	33.35
	100m:	1:05.67	35.03	200m:	2:18.05	35.90	300m:	3:39.94	41.40	400m:	4:44.72	31.43
2.	SIE CZYK Jowita SK		18	ak Biała Podlaska				4:46.85	743			
	50m:	29.85	29.85	150m:	1:40.86	36.15	250m:	2:57.21	40.95	350m:	4:13.49	34.16
	100m:	1:04.71	34.86	200m:	2:16.26	35.40	300m:	3:39.33	42.12	400m:	4:46.85	33.36
3.	ADAMCZYK Julia		16	Lublinianka				4:48.81	728			
	50m:	30.85	30.85	150m:	1:43.48	37.10	250m:	3:01.76	42.10	350m:	4:16.20	33.12
	100m:	1:06.38	35.53	200m:	2:19.66	36.18	300m:	3:43.08	41.32	400m:	4:48.81	32.61
4.	JANISZEWSKA Dominika		16	AZS AWF Warszawa				4:51.81	706			
	50m:	31.16	31.16	150m:	1:43.96	37.87	250m:	3:02.71	41.20	350m:	4:18.79	34.32
	100m:	1:06.09	34.93	200m:	2:21.51	37.55	300m:	3:44.47	41.76	400m:	4:51.81	33.02
5.	SAJECKA Zofia		17	GIM 92 Ursynów Warszawa				4:54.54	686			
	50m:	31.91	31.91	150m:	1:43.80	35.87	250m:	3:02.19	41.91	350m:	4:20.08	34.72
	100m:	1:07.93	36.02	200m:	2:20.28	36.48	300m:	3:45.36	43.17	400m:	4:54.54	34.46
6.	NIENAŁTOWSKA Natalia		19	AZS AWF Warszawa				4:55.51	679			
	50m:	31.03	31.03	150m:	1:43.14	36.45	250m:	3:02.50	42.66	350m:	4:21.21	35.02
	100m:	1:06.69	35.66	200m:	2:19.84	36.70	300m:	3:46.19	43.69	400m:	4:55.51	34.30
7.	DZWONNIK Zuzanna		15	Delfin-137 Łód				4:58.30	661			
	50m:	31.97	31.97	150m:	1:47.22	37.60	250m:	3:06.34	42.44	350m:	4:23.57	34.90
	100m:	1:09.62	37.65	200m:	2:23.90	36.68	300m:	3:48.67	42.33	400m:	4:58.30	34.73
8.	MENDYK Adrianna SO		17	Wodnik Radom				4:59.57	652			
	50m:	31.02	31.02	150m:	1:45.37	37.93	250m:	3:06.86	43.66	350m:	4:26.08	35.30
	100m:	1:07.44	36.42	200m:	2:23.20	37.83	300m:	3:50.78	43.92	400m:	4:59.57	33.49
9.	TERESKO Anna		18	MOS D browa Górnicza				4:59.77	651			
	50m:	32.06	32.06	150m:	1:47.46	38.60	250m:	3:08.51	43.56	350m:	4:26.99	34.27
	100m:	1:08.86	36.80	200m:	2:24.95	37.49	300m:	3:52.72	44.21	400m:	4:59.77	32.78
10.	NITA Anna		18	I sk Wrocław				5:00.42	647			
	50m:	32.38	32.38	150m:	1:47.31	38.84	250m:	3:08.81	44.00	350m:	4:27.56	34.28
	100m:	1:08.47	36.09	200m:	2:24.81	37.50	300m:	3:53.28	44.47	400m:	5:00.42	32.86
Finał B												
11.	HALICKA Lidia		14	I sk Wrocław				4:55.03	683			
	50m:	31.98	31.98	150m:	1:46.36	37.71	250m:	3:05.37	42.26	350m:	4:22.78	34.99
	100m:	1:08.65	36.67	200m:	2:23.11	36.75	300m:	3:47.79	42.42	400m:	4:55.03	32.25
12.	OSINIAK Ewa		15	Olimpijczyk 23 Lublin				4:59.05	656			
	50m:	31.98	31.98	150m:	1:46.64	37.49	250m:	3:07.29	42.91	350m:	4:25.44	34.58
	100m:	1:09.15	37.17	200m:	2:24.38	37.74	300m:	3:50.86	43.57	400m:	4:59.05	33.61
13.	PECYNA Michalina		15	IKS Konstancin				4:59.60	652			
	50m:	31.85	31.85	150m:	1:46.97	38.23	250m:	3:08.29	43.96	350m:	4:26.31	34.18
	100m:	1:08.74	36.89	200m:	2:24.33	37.36	300m:	3:52.13	43.84	400m:	4:59.60	33.29
14.	PAJ K Liliana SZG		16	Korner Zielona Góra				5:02.70	632			
	50m:	33.85	33.85	150m:	1:49.86	37.25	250m:	3:09.92	43.01	350m:	4:28.39	35.58
	100m:	1:12.61	38.76	200m:	2:26.91	37.05	300m:	3:52.81	42.89	400m:	5:02.70	34.31
15.	GOTOWSKA Weronika		15	G-8 Bielany Warszawa				5:02.93	631			
	50m:	32.54	32.54	150m:	1:48.91	39.12	250m:	3:11.16	42.89	350m:	4:28.98	33.74
	100m:	1:09.79	37.25	200m:	2:28.27	39.36	300m:	3:55.24	44.08	400m:	5:02.93	33.95
16.	WARDZI SKA Martyna		17	Trójka Łód				5:03.86	625			
	50m:	33.10	33.10	150m:	1:50.17	38.96	250m:	3:11.61	42.78	350m:	4:30.54	34.69
	100m:	1:11.21	38.11	200m:	2:28.83	38.66	300m:	3:55.85	44.24	400m:	5:03.86	33.32

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Pozycja			Wiek				Czas		Pkt.
17.	FILIPEK	Jagoda	16	I sk Wrocław			5:05.37	616	
	50m:	31.66 31.66	150m:	1:48.22 39.59	250m:	3:09.61 42.94	350m:	4:30.51 36.93	
	100m:	1:08.63 36.97	200m:	2:26.67 38.45	300m:	3:53.58 43.97	400m:	5:05.37 34.86	
18.	LIWI SKA	Marta	18	MOS D browa Górnicza			5:09.56	591	
	50m:	32.01 32.01	150m:	1:49.35 40.67	250m:	3:13.27 44.87	350m:	4:34.60 36.05	
	100m:	1:08.68 36.67	200m:	2:28.40 39.05	300m:	3:58.55 45.28	400m:	5:09.56 34.96	
19.	DZIEWA	Aleksandra	19	PZP			5:14.75	562	
	50m:	31.80 31.80	150m:	1:50.25 40.58	250m:	3:15.73 45.44	350m:	4:38.89 37.03	
	100m:	1:09.67 37.87	200m:	2:30.29 40.04	300m:	4:01.86 46.13	400m:	5:14.75 35.86	
DYSKW.	OKAJ	Oliwia	19	I sk Wrocław			4:59.70		
	<i>K16 - Niejednoczesne dotkni cie ciany dło mi przy nawrocie lub na zako czenie wy cigu</i>								
	50m:	31.10 31.10	150m:	1:44.61 37.78	250m:	3:04.41 42.27	350m:	4:24.30 36.37	
	100m:	1:06.83 35.73	200m:	2:22.14 37.53	300m:	3:47.93 43.52	400m:	4:59.70 35.40	