

Zimowe Mistrzostwa Polski Juniorów 17-18 lat  
Lublin, 11- - 13-3-2016

Konkurencja 11  
2016-03-11 - 10:55

Kobiet, 400m zmienny

17 - 18 lat  
Wyniki Eliminacje

Rekord Polski OPEN	4:31.89	BARANOWSKA Katarzyna	00116	Debrecen (HUN)	2007-12-16
Rekord Polski Juniorów 17 lat	4:33.26	NITKA Aleksandra	01006	Zabierzow	2010-10-09
Rekord Polski Juniorów 18 lat	4:33.26	NITKA Aleksandra		Zabierzów	2010-10-09

Punkty: FINA 2015

Pozycja			Wiek					Czas	Pkt.
1.	ADAMCZYK Julia SL	17	AZS UMCS Lublin					<b>4:53.74</b>	692 A
	50m: 31.28 31.28	150m: 1:45.21 37.04	250m: 3:03.07 41.92	350m: 4:19.78 35.32					
	100m: 1:08.17 36.89	200m: 2:21.15 35.94	300m: 3:44.46 41.39	400m: 4:53.74 33.96					
2.	SAJECKA Zofia	18	GIM 92 Ursynów W-wa					<b>4:53.83</b>	691 A
	50m: 31.15 31.15	150m: 1:43.34 35.81	250m: 3:01.77 42.09	350m: 4:20.19 35.68					
	100m: 1:07.53 36.38	200m: 2:19.68 36.34	300m: 3:44.51 42.74	400m: 4:53.83 33.64					
3.	JANISZEWSKA Dominika	17	AZS AWF Warszawa					<b>4:58.34</b>	660 A
	50m: 30.99 30.99	150m: 1:44.03 38.45	250m: 3:04.06 41.69	350m: 4:23.20 35.93					
	100m: 1:05.58 34.59	200m: 2:22.37 38.34	300m: 3:47.27 43.21	400m: 4:58.34 35.14					
4.	PIECHOTA Paulina	17	UKS 190 Łódź					<b>4:59.24</b>	654 A
	50m: 31.38 31.38	150m: 1:44.32 37.94	250m: 3:03.69 42.75	350m: 4:22.97 35.95					
	100m: 1:06.38 35.00	200m: 2:20.94 36.62	300m: 3:47.02 43.33	400m: 4:59.24 36.27					
5.	MENDYK Adrianna SO	18	Wodnik Radom					<b>5:01.90</b>	637 A
	50m: 31.76 31.76	150m: 1:45.99 37.63	250m: 3:06.79 43.66	350m: 4:26.80 35.72					
	100m: 1:08.36 36.60	200m: 2:23.13 37.14	300m: 3:51.08 44.29	400m: 5:01.90 35.10					
6.	WARDZI SKA Martyna	18	Trójka Łódź					<b>5:02.63</b>	633 A
	50m: 31.67 31.67	150m: 1:47.44 39.21	250m: 3:09.39 43.59	350m: 4:28.85 35.10					
	100m: 1:08.23 36.56	200m: 2:25.80 38.36	300m: 3:53.75 44.36	400m: 5:02.63 33.78					
7.	PROCHOWNIK Olimpia SO	17	Unia O wi cim					<b>5:03.85</b>	625 A
	50m: 32.69 32.69	150m: 1:51.53 40.62	250m: 3:12.15 41.20	350m: 4:29.84 36.15					
	100m: 1:10.91 38.22	200m: 2:30.95 39.42	300m: 3:53.69 41.54	400m: 5:03.85 34.01					
8.	BEDNAREK Aleksandra	18	Jedynka Łódź					<b>5:05.71</b>	614 A
	50m: 33.01 33.01	150m: 1:49.04 39.10	250m: 3:10.45 43.47	350m: 4:30.38 35.98					
	100m: 1:09.94 36.93	200m: 2:26.98 37.94	300m: 3:54.40 43.95	400m: 5:05.71 35.33					
9.	KORAL Julia SR	18	Górnik Radlin					<b>5:07.51</b>	603 A
	50m: 33.18 33.18	150m: 1:51.57 39.06	250m: 3:12.39 42.14	350m: 4:32.22 36.57					
	100m: 1:12.51 39.33	200m: 2:30.25 38.68	300m: 3:55.65 43.26	400m: 5:07.51 35.29					
10.	CZAJA Barbara SK	17	Górnik Radlin					<b>5:08.56</b>	597 A
	50m: 31.86 31.86	150m: 1:48.31 38.60	250m: 3:12.70 44.70	350m: 4:33.69 35.92					
	100m: 1:09.71 37.85	200m: 2:28.00 39.69	300m: 3:57.77 45.07	400m: 5:08.56 34.87					
11.	FILIPEK Jagoda	17	I sk Wrocław					<b>5:09.72</b>	590 R
	50m: 31.63 31.63	150m: 1:47.47 39.42	250m: 3:09.55 43.85	350m: 4:32.80 38.56					
	100m: 1:08.05 36.42	200m: 2:25.70 38.23	300m: 3:54.24 44.69	400m: 5:09.72 36.92					
12.	PAJ K Liliana	17	Korner Zielona Góra					<b>5:10.18</b>	587 R
	50m: 34.05 34.05	150m: 1:50.95 37.85	250m: 3:13.07 43.98	350m: 4:34.02 37.08					
	100m: 1:13.10 39.05	200m: 2:29.09 38.14	300m: 3:56.94 43.87	400m: 5:10.18 36.16					
13.	KRÓL Oliwia	17	Trójka Łódź					<b>5:14.20</b>	565
	50m: 32.49 32.49	150m: 1:50.31 41.16	250m: 3:16.05 45.22	350m: 4:38.25 36.15					
	100m: 1:09.15 36.66	200m: 2:30.83 40.52	300m: 4:02.10 46.05	400m: 5:14.20 35.95					
14.	SMOŁA Monika	17	Delfin Toruń					<b>5:16.76</b>	552
	50m: 33.13 33.13	150m: 1:53.46 42.22	250m: 3:20.09 44.98	350m: 4:41.96 35.58					
	100m: 1:11.24 38.11	200m: 2:35.11 41.65	300m: 4:06.38 46.29	400m: 5:16.76 34.80					
15.	UKOWSKA Natalia	17	Glosator Kraków					<b>5:21.44</b>	528
	50m: 33.68 33.68	150m: 1:53.66 40.48	250m: 3:19.77 46.27	350m: 4:44.75 38.40					
	100m: 1:13.18 39.50	200m: 2:33.50 39.84	300m: 4:06.35 46.58	400m: 5:21.44 36.69					
16.	WIECZOREK Magdalena	18	Fala Krańnik					<b>5:24.73</b>	512
	50m: 32.74 32.74	150m: 1:53.78 41.65	250m: 3:19.63 45.41	350m: 4:45.48 39.57					
	100m: 1:12.13 39.39	200m: 2:34.22 40.44	300m: 4:05.91 46.28	400m: 5:24.73 39.25					

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Konkurencja 11, Kobiet, 400m zmienny, Eliminacje, 17 - 18 lat

Pozycja			Wiek				Czas		Pkt.
17.	ŁOSAK Wiktoria SK		18	KSZO Ostrowiec w.				<b>5:27.92</b>	497
	50m:	34.05 34.05	150m:	1:57.76 43.24	250m:	3:25.81 47.00	350m:	4:51.25 37.66	
	100m:	1:14.52 40.47	200m:	2:38.81 41.05	300m:	4:13.59 47.78	400m:	5:27.92 36.67	