

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

Konkurencja 11 Kobiet, 400m zmienny 17 - 18 lat
2016-03-11 - 18:45 Wyniki Finał

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.
Finał								
1.	ADAMCZYK Julia SL	17	AZS UMCS Lublin				4:43.58	769
	50m: 30.65 30.65	150m: 1:41.78 35.99	250m: 2:57.77 40.92	350m: 4:11.34 33.18				
	100m: 1:05.79 35.14	200m: 2:16.85 35.07	300m: 3:38.16 40.39	400m: 4:43.58 32.24				
2.	PIECHOTA Paulina	17	UKS 190 Łódź				4:44.11	765
	50m: 31.00 31.00	150m: 1:42.28 36.46	250m: 2:58.82 41.02	350m: 4:13.26 32.21				
	100m: 1:05.82 34.82	200m: 2:17.80 35.52	300m: 3:41.05 42.23	400m: 4:44.11 30.85				
3.	JANISZEWSKA Dominika	17	AZS AWF Warszawa				4:47.36	739
	50m: 30.22 30.22	150m: 1:41.12 36.99	250m: 2:59.23 41.01	350m: 4:15.57 34.06				
	100m: 1:04.13 33.91	200m: 2:18.22 37.10	300m: 3:41.51 42.28	400m: 4:47.36 31.79				
4.	SAJECKA Zofia	18	GIM 92 Ursynów W-wa				4:52.85	698
	50m: 30.66 30.66	150m: 1:40.74 35.61	250m: 2:58.58 42.25	350m: 4:16.16 34.85				
	100m: 1:05.13 34.47	200m: 2:16.33 35.59	300m: 3:41.31 42.73	400m: 4:52.85 36.69				
5.	MENDYK Adrianna SO	18	Wodnik Radom				4:55.35	681
	50m: 30.69 30.69	150m: 1:43.44 37.44	250m: 3:03.89 42.90	350m: 4:21.82 34.88				
	100m: 1:06.00 35.31	200m: 2:20.99 37.55	300m: 3:46.94 43.05	400m: 4:55.35 33.53				
6.	WARDZI SKA Martyna	18	Trójka Łódź				5:03.25	629
	50m: 32.33 32.33	150m: 1:48.82 39.62	250m: 3:11.65 43.36	350m: 4:30.46 34.58				
	100m: 1:09.20 36.87	200m: 2:28.29 39.47	300m: 3:55.88 44.23	400m: 5:03.25 32.79				
7.	BEDNAREK Aleksandra	18	Jedynka Łódź				5:05.13	617
	50m: 32.70 32.70	150m: 1:48.73 38.79	250m: 3:10.62 43.56	350m: 4:30.34 35.71				
	100m: 1:09.94 37.24	200m: 2:27.06 38.33	300m: 3:54.63 44.01	400m: 5:05.13 34.79				
8.	KORAL Julia SR	18	Górnik Radlin				5:07.47	603
	50m: 33.51 33.51	150m: 1:52.23 38.75	250m: 3:13.15 42.31	350m: 4:33.14 36.37				
	100m: 1:13.48 39.97	200m: 2:30.84 38.61	300m: 3:56.77 43.62	400m: 5:07.47 34.33				
9.	CZAJA Barbara SK	17	Górnik Radlin				5:08.94	595
	50m: 32.09 32.09	150m: 1:49.73 39.58	250m: 3:13.72 43.93	350m: 4:34.55 35.44				
	100m: 1:10.15 38.06	200m: 2:29.79 40.06	300m: 3:59.11 45.39	400m: 5:08.94 34.39				
10.	PROCHOWNIK Olimpia SO	17	Unia O wi cim				5:09.10	594
	50m: 32.44 32.44	150m: 1:52.26 41.07	250m: 3:14.22 41.76	350m: 4:33.13 36.50				
	100m: 1:11.19 38.75	200m: 2:32.46 40.20	300m: 3:56.63 42.41	400m: 5:09.10 35.97				