

2016 Letnie Mistrzostwa Polski Juniorów 15 lat
Lublin, 15- - 17-7-2016

Konkurencja 11
2016-07-15 - 18:40

Dziewcz t, 400m zmienny

15 lat
Wyniki Finał

RP 15 lat 4:49.27 SZCZEPANIAK Karolina 00114 Gorzow Wlkp. 2007-11-30

Punkty: FINA 2016

Pozycja			Wiek					Czas	Pkt.
Finał A									
1.	HALICKA Lidia		15	I sk Wrocław				4:54.57	756
	50m: 31.43	31.43	150m: 1:46.17	38.71	250m: 3:05.59	41.38	350m: 4:21.73	34.89	
	100m: 1:07.46	36.03	200m: 2:24.21	38.04	300m: 3:46.84	41.25	400m: 4:54.57	32.84	
2.	RUTKOWSKA Agnieszka		15	Skalar Słupsk				4:56.07	745
	50m: 32.42	32.42	150m: 1:49.08	38.76	250m: 3:08.26	40.79	350m: 4:22.80	33.63	
	100m: 1:10.32	37.90	200m: 2:27.47	38.39	300m: 3:49.17	40.91	400m: 4:56.07	33.27	
3.	PISKORZ Aleksandra		15	Wodnik Siemianowice l.				5:07.43	665
	50m: 32.99	32.99	150m: 1:52.02	40.25	250m: 3:13.46	42.55	350m: 4:32.67	36.31	
	100m: 1:11.77	38.78	200m: 2:30.91	38.89	300m: 3:56.36	42.90	400m: 5:07.43	34.76	
4.	WOŁEK Oliwia Soc		15	KSZO Ostrowiec w.				5:07.96	662
	50m: 32.73	32.73	150m: 1:49.80	39.80	250m: 3:13.47	44.38	350m: 4:32.89	35.22	
	100m: 1:10.00	37.27	200m: 2:29.09	39.29	300m: 3:57.67	44.20	400m: 5:07.96	35.07	
5.	W GRZYNOWSKA Aleksandra		15	I sk Wrocław				5:09.08	655
	50m: 32.69	32.69	150m: 1:50.27	39.95	250m: 3:14.93	45.39	350m: 4:35.73	34.96	
	100m: 1:10.32	37.63	200m: 2:29.54	39.27	300m: 4:00.77	45.84	400m: 5:09.08	33.35	
6.	PARADOWSKA Kinga		15	Pi tnastka Bydgoszcz				5:10.99	643
	50m: 33.01	33.01	150m: 1:51.49	40.39	250m: 3:15.72	43.83	350m: 4:36.47	36.32	
	100m: 1:11.10	38.09	200m: 2:31.89	40.40	300m: 4:00.15	44.43	400m: 5:10.99	34.52	
7.	WETT Oliwia		15	Sambor Tczew				5:12.06	636
	50m: 32.38	32.38	150m: 1:51.29	40.74	250m: 3:16.09	45.22	350m: 4:37.77	36.24	
	100m: 1:10.55	38.17	200m: 2:30.87	39.58	300m: 4:01.53	45.44	400m: 5:12.06	34.29	
8.	BURA Dominika		15	Aligator Gorzyce				5:15.21	617
	50m: 33.30	33.30	150m: 1:53.50	42.57	250m: 3:19.78	44.60	350m: 4:41.09	36.52	
	100m: 1:10.93	37.63	200m: 2:35.18	41.68	300m: 4:04.57	44.79	400m: 5:15.21	34.12	
9.	LITWIN Andrea		15	Ikar Mielec				5:15.59	615
	50m: 32.51	32.51	150m: 1:52.51	41.61	250m: 3:17.68	44.59	350m: 4:39.95	36.19	
	100m: 1:10.90	38.39	200m: 2:33.09	40.58	300m: 4:03.76	46.08	400m: 5:15.59	35.64	
10.	OSTROWSKA Kamila		15	Aligator Gorzyce				5:16.55	609
	50m: 32.81	32.81	150m: 1:51.34	40.27	250m: 3:16.46	45.67	350m: 4:39.67	37.52	
	100m: 1:11.07	38.26	200m: 2:30.79	39.45	300m: 4:02.15	45.69	400m: 5:16.55	36.88	
Finał B									
11.	COCHÓR Izabela		15	Ostrobramska Warszawa				5:13.75	626
	50m: 32.50	32.50	150m: 1:51.77	40.82	250m: 3:16.07	45.31	350m: 4:38.85	36.81	
	100m: 1:10.95	38.45	200m: 2:30.76	38.99	300m: 4:02.04	45.97	400m: 5:13.75	34.90	
12.	OSI SKA Wiktoria		15	149 Łód				5:24.65	565
	50m: 32.97	32.97	150m: 1:53.18	41.45	250m: 3:23.85	49.67	350m: 4:50.23	37.09	
	100m: 1:11.73	38.76	200m: 2:34.18	41.00	300m: 4:13.14	49.29	400m: 5:24.65	34.42	
13.	MA DOK Klaudia		15	NKP Bielsko-Biała				5:25.25	562
	50m: 33.98	33.98	150m: 1:55.84	41.81	250m: 3:24.81	47.88	350m: 4:49.63	36.11	
	100m: 1:14.03	40.05	200m: 2:36.93	41.09	300m: 4:13.52	48.71	400m: 5:25.25	35.62	
14.	MARZAŁEK Anna		15	MKP Szczecin				5:28.11	547
	50m: 33.83	33.83	150m: 1:59.57	43.79	250m: 3:28.05	47.04	350m: 4:52.74	37.14	
	100m: 1:15.78	41.95	200m: 2:41.01	41.44	300m: 4:15.60	47.55	400m: 5:28.11	35.37	
15.	HOLAK Marta		15	Pi tnastka Bydgoszcz				5:28.76	544
	50m: 34.81	34.81	150m: 1:56.53	42.22	250m: 3:26.42	48.31	350m: 4:52.56	38.18	
	100m: 1:14.31	39.50	200m: 2:38.11	41.58	300m: 4:14.38	47.96	400m: 5:28.76	36.20	
16.	MICHNIEWSKA Anna		15	G-8 Bielany W-wa				5:28.95	543
	50m: 33.80	33.80	150m: 1:55.40	42.00	250m: 3:26.13	48.81	350m: 4:53.11	36.89	
	100m: 1:13.40	39.60	200m: 2:37.32	41.92	300m: 4:16.22	50.09	400m: 5:28.95	35.84	

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Pozycja			Wiek				Czas		Pkt.	
17.	HOJOŁ Agata		15				Galicja Kraków		5:29.03	542
	50m:	32.96 32.96	150m:	1:55.98 43.71	250m:	3:25.79 48.26	350m:	4:54.80 39.84		
	100m:	1:12.27 39.31	200m:	2:37.53 41.55	300m:	4:14.96 49.17	400m:	5:29.03 34.23		
18.	FARYNA Patrycja		15				TP Zielona Góra		5:32.81	524
	50m:	34.59 34.59	150m:	2:00.94 44.36	250m:	3:28.41 44.83	350m:	4:54.90 40.24		
	100m:	1:16.58 41.99	200m:	2:43.58 42.64	300m:	4:14.66 46.25	400m:	5:32.81 37.91		
19.	SKROK Zuzanna		15				Motyl Stalowa Wola		5:34.12	518
	50m:	33.95 33.95	150m:	1:58.23 44.84	250m:	3:29.60 47.56	350m:	4:56.90 39.55		
	100m:	1:13.39 39.44	200m:	2:42.04 43.81	300m:	4:17.35 47.75	400m:	5:34.12 37.22		
20.	DESZCZKA Laura		15				Trójka Łód		5:35.07	514
	50m:	35.43 35.43	150m:	1:58.36 43.14	250m:	3:29.06 47.81	350m:	4:56.84 39.45		
	100m:	1:15.22 39.79	200m:	2:41.25 42.89	300m:	4:17.39 48.33	400m:	5:35.07 38.23		