

2017 Zimowe Mistrzostwa Polski Juniorów Młodszych - 14 lat  
Lublin, 3- - 5-3-2017

Konkurencja 11  
2017-03-03 - 12:55

Dziewcz t, 400m zmienny

14 lat  
Wyniki Eliminacje

Rekord Polski 14 lat 4:53.86 SIE CZYK Jowita 00903 Poznan 2011-12-18  
Punkty: FINA 2016

Pozycja			Wiek					Czas	Pkt.			
1.	KNOP Aleksandra		14	UKS 190 Łód				<b>4:52.79</b>	695	A		
	<i>WYNIK LEPSZY OD REKORDU POLSKI JUNIORÓW 14 LAT</i>											
	50m:	30.99	30.99	150m:	1:43.78	36.97	250m:	3:02.92	42.47	350m:	4:19.42	34.11
	100m:	1:06.81	35.82	200m:	2:20.45	36.67	300m:	3:45.31	42.39	400m:	4:52.79	33.37
2.	DUJANI Iva		14	Gim92 Ursynów W-wa				<b>5:00.72</b>	642	A		
	50m:	31.92	31.92	150m:	1:47.90	38.87	250m:	3:07.69	42.11	350m:	4:26.50	36.10
	100m:	1:09.03	37.11	200m:	2:25.58	37.68	300m:	3:50.40	42.71	400m:	5:00.72	34.22
3.	URBANIAK Dominika		14	UKS 190 Łód				<b>5:02.99</b>	627	A		
	50m:	32.30	32.30	150m:	1:49.59	40.21	250m:	3:12.23	44.26	350m:	4:30.86	34.38
	100m:	1:09.38	37.08	200m:	2:27.97	38.38	300m:	3:56.48	44.25	400m:	5:02.99	32.13
4.	CYNARSKA Weronika		14	Muszelka Warszawa				<b>5:03.52</b>	624	A		
	50m:	33.68	33.68	150m:	1:50.39	37.99	250m:	3:13.39	44.24	350m:	4:30.36	34.12
	100m:	1:12.40	38.72	200m:	2:29.15	38.76	300m:	3:56.24	42.85	400m:	5:03.52	33.16
5.	CYNARSKA Natalia		14	Muszelka Warszawa				<b>5:06.37</b>	607	A		
	50m:	33.45	33.45	150m:	1:49.11	37.57	250m:	3:09.39	43.15	350m:	4:30.21	35.87
	100m:	1:11.54	38.09	200m:	2:26.24	37.13	300m:	3:54.34	44.95	400m:	5:06.37	36.16
6.	MACIEJEWSKA Beata		14	UKS SP 149 Łód				<b>5:07.79</b>	599	A		
	50m:	32.35	32.35	150m:	1:49.40	37.39	250m:	3:11.16	43.30	350m:	4:31.92	36.14
	100m:	1:12.01	39.66	200m:	2:27.86	38.46	300m:	3:55.78	44.62	400m:	5:07.79	35.87
7.	GRO Weronika		14	Pi tnastrka Bydgoszcz				<b>5:08.65</b>	594	A		
	50m:	32.21	32.21	150m:	1:49.51	39.96	250m:	3:12.09	42.86	350m:	4:33.10	36.61
	100m:	1:09.55	37.34	200m:	2:29.23	39.72	300m:	3:56.49	44.40	400m:	5:08.65	35.55
8.	HERBREDER Gabriela		14	Gim92 Ursynów W-wa				<b>5:10.26</b>	584	A		
	50m:	33.69	33.69	150m:	1:54.54	39.71	250m:	3:18.11	43.54	350m:	4:36.68	35.01
	100m:	1:14.83	41.14	200m:	2:34.57	40.03	300m:	4:01.67	43.56	400m:	5:10.26	33.58
9.	BADZIAN Natalia		14	Muszelka Warszawa				<b>5:14.06</b>	563	A		
	50m:	32.96	32.96	150m:	1:51.42	41.20	250m:	3:17.36	45.12	350m:	4:39.07	35.89
	100m:	1:10.22	37.26	200m:	2:32.24	40.82	300m:	4:03.18	45.82	400m:	5:14.06	34.99
10.	MO D AN Milena		14	Shark Rudna				<b>5:15.68</b>	555	A		
	50m:	33.11	33.11	150m:	1:51.39	39.64	250m:	3:15.43	44.30	350m:	4:38.64	37.09
	100m:	1:11.75	38.64	200m:	2:31.13	39.74	300m:	4:01.55	46.12	400m:	5:15.68	37.04
11.	GANCARZ Julia		14	Ikar Mielec				<b>5:15.90</b>	554	B		
	50m:	32.91	32.91	150m:	1:52.28	40.51	250m:	3:18.10	44.94	350m:	4:40.63	35.74
	100m:	1:11.77	38.86	200m:	2:33.16	40.88	300m:	4:04.89	46.79	400m:	5:15.90	35.27
12.	FR CKIEWICZ Martyna		14	TP Zielona Góra				<b>5:17.15</b>	547	B		
	50m:	33.21	33.21	150m:	1:52.92	40.85	250m:	3:17.20	44.67	350m:	4:40.97	38.00
	100m:	1:12.07	38.86	200m:	2:32.53	39.61	300m:	4:02.97	45.77	400m:	5:17.15	36.18
13.	MALINA Amelia		14	Górnik Sosnowiec				<b>5:17.71</b>	544	B		
	50m:	34.01	34.01	150m:	1:52.82	40.63	250m:	3:18.53	45.29	350m:	4:41.33	36.60
	100m:	1:12.19	38.18	200m:	2:33.24	40.42	300m:	4:04.73	46.20	400m:	5:17.71	36.38
14.	DACH Wiktoria SO		14	Unia O wi cim				<b>5:17.98</b>	543	B		
	50m:	32.07	32.07	150m:	1:54.95	43.91	250m:	3:17.02	41.25	350m:	4:41.26	39.74
	100m:	1:11.04	38.97	200m:	2:35.77	40.82	300m:	4:01.52	44.50	400m:	5:17.98	36.72
15.	LUTKIEWICZ Gabriela		14	Wisła Puławy				<b>5:18.77</b>	539	B		
	50m:	33.89	33.89	150m:	1:52.67	41.23	250m:	3:17.96	44.20	350m:	4:42.19	36.24
	100m:	1:11.44	37.55	200m:	2:33.76	41.09	300m:	4:05.95	47.99	400m:	5:18.77	36.58
16.	JODŁOWSKA Zuzanna		14	Galicja Kraków				<b>5:18.97</b>	538	B		
	50m:	33.95	33.95	150m:	1:54.70	40.75	250m:	3:20.20	45.45	350m:	4:42.97	38.02
	100m:	1:13.95	40.00	200m:	2:34.75	40.05	300m:	4:04.95	44.75	400m:	5:18.97	36.00

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Pozycja					Wiek					Czas	Pkt.	
17.	FUKS Aleksandra				14	Gilus Gilowice				<b>5:19.08</b>	537 B	
	50m:	33.46	33.46	150m:	1:52.15	40.80	250m:	3:17.48	44.34	350m:	4:43.58	39.78
	100m:	1:11.35	37.89	200m:	2:33.14	40.99	300m:	4:03.80	46.32	400m:	5:19.08	35.50
18.	DOMORADZKA Aleksandra				14	Olimpijczyk Suwałki				<b>5:19.19</b>	537 B	
	50m:			150m:	1:53.59	40.07	250m:	3:18.70	44.50	350m:	4:43.28	37.75
	100m:	1:13.52		200m:	2:34.20	40.61	300m:	4:05.53	46.83	400m:	5:19.19	35.91
19.	TASAK Aleksandra				14	Galicja Kraków				<b>5:23.76</b>	514 B	
	50m:	34.32	34.32	150m:	1:51.63	39.60	250m:	3:18.14	46.57	350m:	4:46.00	39.62
	100m:	1:12.03	37.71	200m:	2:31.57	39.94	300m:	4:06.38	48.24	400m:	5:23.76	37.76
20.	KOŁODZIEJCZYK Oliwia				14	Olimpia Lublin				<b>5:25.40</b>	506 B	
	50m:	33.52	33.52	150m:	1:54.92	42.33	250m:	3:22.93	46.57	350m:	4:49.04	38.05
	100m:	1:12.59	39.07	200m:	2:36.36	41.44	300m:	4:10.99	48.06	400m:	5:25.40	36.36
21.	KURZYNA Aleksandra				14	Fala Kra nik				<b>5:26.98</b>	499 R	
	50m:	35.59	35.59	150m:	1:57.75	40.22	250m:	3:24.05	46.19	350m:	4:49.65	38.08
	100m:	1:17.53	41.94	200m:	2:37.86	40.11	300m:	4:11.57	47.52	400m:	5:26.98	37.33
22.	NIEPOGODZI SKA Izabela				14	Galicja Kraków				<b>5:29.31</b>	489 R	
	50m:	33.38	33.38	150m:	1:55.36	41.40	250m:	3:22.67	46.68	350m:	4:50.33	40.85
	100m:	1:13.96	40.58	200m:	2:35.99	40.63	300m:	4:09.48	46.81	400m:	5:29.31	38.98
23.	SZCZ SNA Alicja				14	G-8 Bielany Warszawa				<b>5:30.50</b>	483	
	50m:	33.76	33.76	150m:	1:58.34	44.71	250m:	3:26.85	45.59	350m:	4:51.92	38.55
	100m:	1:13.63	39.87	200m:	2:41.26	42.92	300m:	4:13.37	46.52	400m:	5:30.50	38.58
24.	BUDZI SKA Paulina SO				14	MMKS K dzierzyn Ko le				<b>5:31.27</b>	480	
	50m:	36.97	36.97	150m:	2:02.75	44.38	250m:	3:29.91	44.56	350m:	4:54.90	39.48
	100m:	1:18.37	41.40	200m:	2:45.35	42.60	300m:	4:15.42	45.51	400m:	5:31.27	36.37
25.	KOSTRZEWSKA Maria				14	UKS 190 Łód				<b>5:31.59</b>	479	
	50m:	36.19	36.19	150m:	1:57.79	42.10	250m:	3:27.95	48.63	350m:	4:55.76	38.72
	100m:	1:15.69	39.50	200m:	2:39.32	41.53	300m:	4:17.04	49.09	400m:	5:31.59	35.83
26.	WITEK Aleksandra SG				14	abianka Gda sk				<b>5:32.00</b>	477	
	50m:	34.95	34.95	150m:	1:57.58	40.92	250m:	3:24.96	45.99	350m:	4:52.62	40.78
	100m:	1:16.66	41.71	200m:	2:38.97	41.39	300m:	4:11.84	46.88	400m:	5:32.00	39.38
27.	BIEGA SKA Weronika				14	G-8 Bielany Warszawa				<b>5:32.16</b>	476	
	50m:	34.76	34.76	150m:	1:57.41	42.17	250m:	3:26.58	46.48	350m:	4:53.46	39.40
	100m:	1:15.24	40.48	200m:	2:40.10	42.69	300m:	4:14.06	47.48	400m:	5:32.16	38.70
28.	PTASZY SKA Weronika SO				14	Unia O wi cim				<b>5:33.70</b>	470	
	50m:	36.50	36.50	150m:	2:02.13	44.97	250m:	3:31.63	45.77	350m:	4:56.24	38.21
	100m:	1:17.16	40.66	200m:	2:45.86	43.73	300m:	4:18.03	46.40	400m:	5:33.70	37.46
29.	G SIOR Oliwia				14	Wankan Legnica				<b>5:34.95</b>	464	
	50m:	35.52	35.52	150m:	2:02.36	41.64	250m:	3:32.30	48.54	350m:	5:00.94	39.20
	100m:	1:20.72	45.20	200m:	2:43.76	41.40	300m:	4:21.74	49.44	400m:	5:34.95	34.01
30.	SADLIK Martyna SO				14	Unia O wi cim				<b>5:35.96</b>	460	
	50m:	36.50	36.50	150m:	2:00.95	44.18	250m:	3:31.38	46.94	350m:	4:58.26	41.25
	100m:	1:16.77	40.27	200m:	2:44.44	43.49	300m:	4:17.01	45.63	400m:	5:35.96	37.70
31.	KACPERSKA Laura				14	Polonia Warszawa				<b>5:38.37</b>	450	
	50m:	37.64	37.64	150m:	2:03.85	44.54	250m:	3:35.14	48.86	350m:	5:02.30	38.43
	100m:	1:19.31	41.67	200m:	2:46.28	42.43	300m:	4:23.87	48.73	400m:	5:38.37	36.07
32.	KLIMCZYK Emilia				14	Galicja Kraków				<b>5:39.12</b>	447	
	50m:	35.72	35.72	150m:	2:03.28	42.44	250m:	3:32.33	47.42	350m:	5:00.49	39.78
	100m:	1:20.84	45.12	200m:	2:44.91	41.63	300m:	4:20.71	48.38	400m:	5:39.12	38.63
33.	CZERNIK Natalia SOc				14	KSZO Ostrowiec w.				<b>5:44.08</b>	428	
	50m:	38.14	38.14	150m:	2:04.60	43.17	250m:	3:35.97	47.93	350m:	5:05.32	39.52
	100m:	1:21.43	43.29	200m:	2:48.04	43.44	300m:	4:25.80	49.83	400m:	5:44.08	38.76

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Pozycja					Wiek					Czas	Pkt.	
34.	SCHAB Zuzanna				14	Wisła Kraków				<b>5:44.87</b>	425	
	50m:	38.22	38.22	150m:	2:05.64	43.78	250m:	3:36.23	48.07	350m:	5:06.48	40.62
	100m:	1:21.86	43.64	200m:	2:48.16	42.52	300m:	4:25.86	49.63	400m:	5:44.87	38.39
35.	GAWRON Amelia				14	Sokół Rzeszów				<b>5:45.32</b>	424	
	50m:	36.59	36.59	150m:	2:05.69	45.11	250m:	3:39.85	48.74	350m:	5:08.12	38.12
	100m:	1:20.58	43.99	200m:	2:51.11	45.42	300m:	4:30.00	50.15	400m:	5:45.32	37.20
36.	DOBROWOLSKA Natalia SR				14	Victoria Racibórz				<b>5:49.98</b>	407	
	50m:	37.25	37.25	150m:	2:05.71	44.47	250m:	3:39.57	49.30	350m:	5:09.88	41.83
	100m:	1:21.24	43.99	200m:	2:50.27	44.56	300m:	4:28.05	48.48	400m:	5:49.98	40.10
37.	KRYWIEL Karolina				14	MKP Szczecin				<b>5:53.72</b>	394	
	50m:	39.92	39.92	150m:	2:12.09	43.36	250m:	3:44.50	49.79	350m:	5:15.48	40.98
	100m:	1:28.73	48.81	200m:	2:54.71	42.62	300m:	4:34.50	50.00	400m:	5:53.72	38.24